



THE ULTIMATE GUIDE TO

# *Tantric Sex*

*19 Lessons to Achieving Ecstasy*

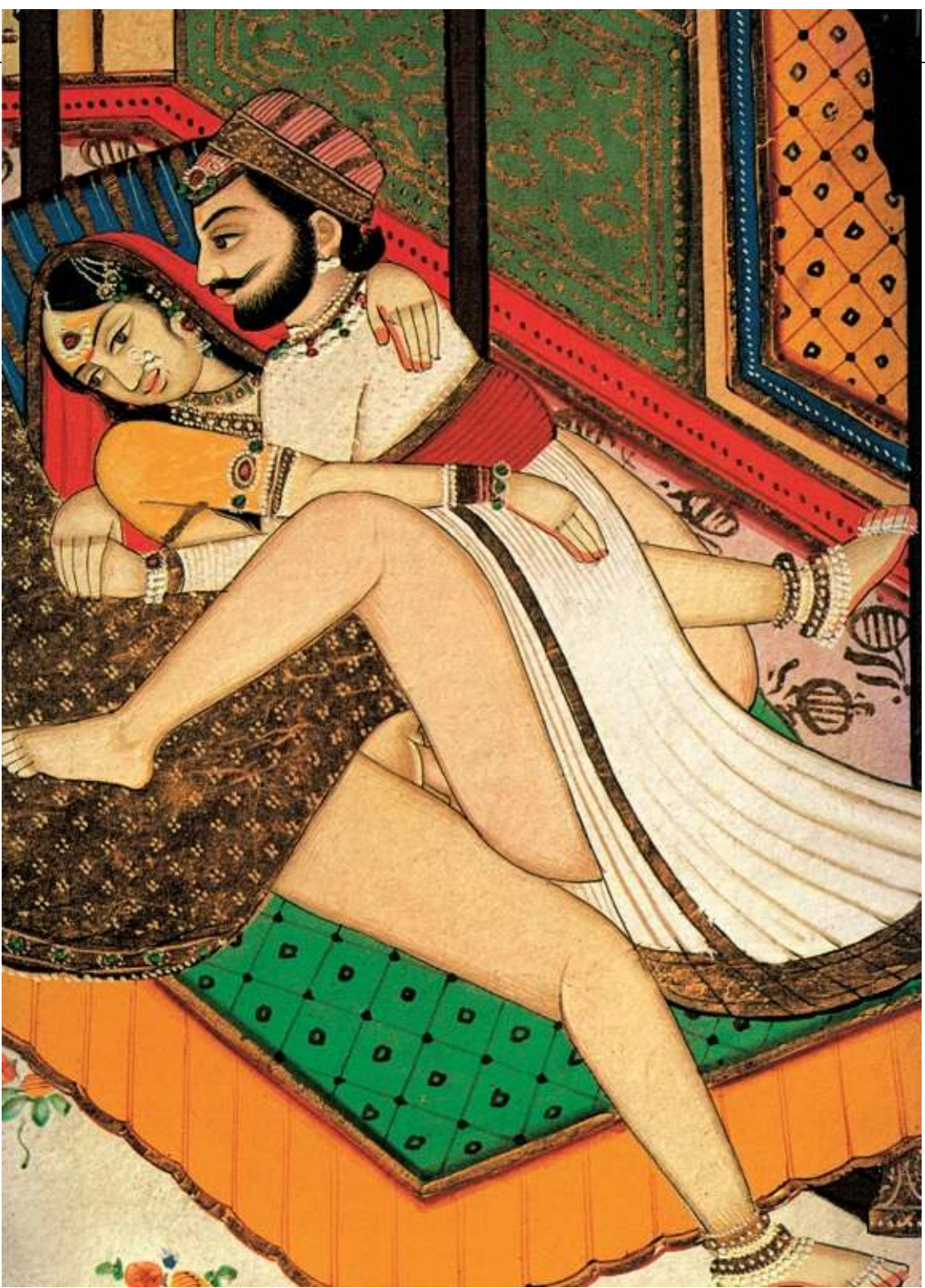
Guillermo Ferrara

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SEX**





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# THE ULTIMATE GUIDE TO **Tantric** **SEX**

Guillermo Ferrara

19 Lessons to Achieving Ecstasy

Translated by William Haynes



SKYHORSE PUBLISHING

DISCLAIMER: This book offers suggestions only, and in no way should it be used as a substitute for consultation with professional therapists. The information provided in this work offers you the knowledge so you can choose, at your own risk, to act on that knowledge.

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*“There is a Brotherhood of Tantrics waiting to be brought to life. This brotherhood will awaken as the end of the Kali Age approaches. Recognizing the potent female principle of life, the brotherhood of Tantra will transform this corrupted world. Then, at the ecstatic moment when one age transforms into the next, those faithful followers of the selfless path will reach their goal.”*

KAULA TANTRA

## Dedication

— *To Sandra. Your beautiful presence in this space and time built a home inside of me. You are a magical woman, a gift of life.*

# Contents

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## 1. WHAT IS TANTRA?

---



Two roads  
Shiva and Shakti  
Ardhanarishvara: the androgynous  
The magic path of sexual energy  
Khajuraho: temples of love  
Basics of tantric sex  
Activating the chakras  
Sexual energy: a human treasure  
Millennial sex secrets, today  
Tantric objective  
Enjoy, live, celebrate, and transcend

## 2. LEARNING TANTRA

---



The use of sexual magic  
Kundalini: myths and realities  
Understanding the universe from a tantric perspective  
15 tantric exercises for couples

1. The new birth
2. Fusion of the chakras
3. The breath of life
4. The tantric embrace
5. Erotic tantric massage
6. Rest
7. Awakening erotic points
8. Touch and awareness
9. Praise the second food
10. The kiss of the beloved
11. Touch and eye contact
12. Using crystals and stones
13. Stimulating the nipples
14. Blindfolds
15. Your clothes are exciting

Touch: the existential language  
Maithuna: the sexual rite of the five Ms  
Tantra in daily life

## 3. THE TANTRIC WOMAN

---



Knowing the inner goddess  
Discover your multiorgasmic capacity  
Unleash your power  
Realize your fantasies  
Other approaches



The poetry of your feminine power  
Shakti and enchantment

---

Two women  
Erotic points of the female body  
Electricity and energy  
The rhythm of Shakti  
Feminine freedom

#### 4. THE TANTRIC MAN

---



Knowing the inner god  
Discover your multiorgasmic ability  
Erotic points of the male body  
Increase your magnetism  
The wisdom of sexual rhythms

#### 5. TANTRA, THE BEAUTIFUL WAY

---



The wonder of the body  
Naturalness  
Bodies and faces in ecstasy  
Understanding reality  
Tantra and religion  
Repairing a broken heart, good-bye blame!  
Too much heaven  
A superior civilization  
Living eyes, extrasensory perception. Do you think like your lover?  
One  
Immortality  
With tantric sex, you should be dancing  
Surrender  
How deep is your love?  
The circuit of sexual positions

#### 6. THE CIRCUIT OF SEXUAL POSITIONS

---



#### 7. EJACULATION AND ORGASM

---



To know the tantric orgasm is to enter paradise  
Tantric embrace  
Increase your desire  
Sexual secrets of the tantric orgasm

1. Urinary tract
2. Special breathing
3. Asvini mudra
4. Respiration and controlling ejaculation
5. Finding the rhythm

6. The testicles
7. The nipples
8. The tongue and eyes
9. Sirsasana
10. The glans

---

## 8. LESSONS IN TANTRIC SEX

---



1. Shiva and Shakti: consciousness and energy
2. The yab-yum
3. Energy
4. The art of the body
5. Emotions and thoughts
6. The naked fire ritual
7. The tantric circle
8. The rest of the gods
9. The science of breathing
10. Sexual encounters during a full moon
11. The wave and tantric scissors
12. Tantric meditation (active and passive)
13. The five elements and the five senses
14. How to enter the tantric orgasm
15. The sexual ritual “maithuna”
16. Tantra for women
17. Secret sexual initiations and games
18. Tantra for groups

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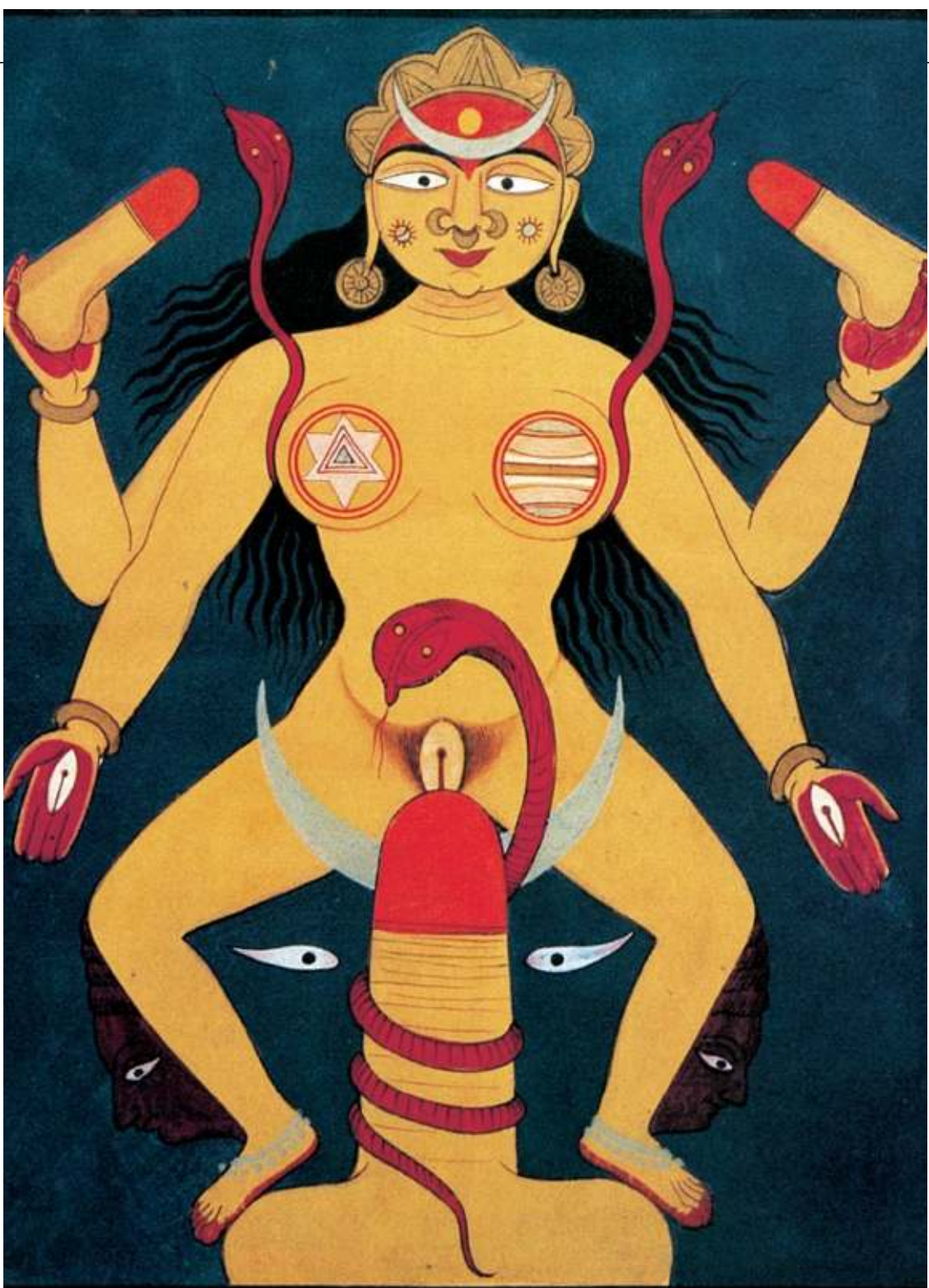
## 9. TANTRA IN YOUR DAILY LIFE

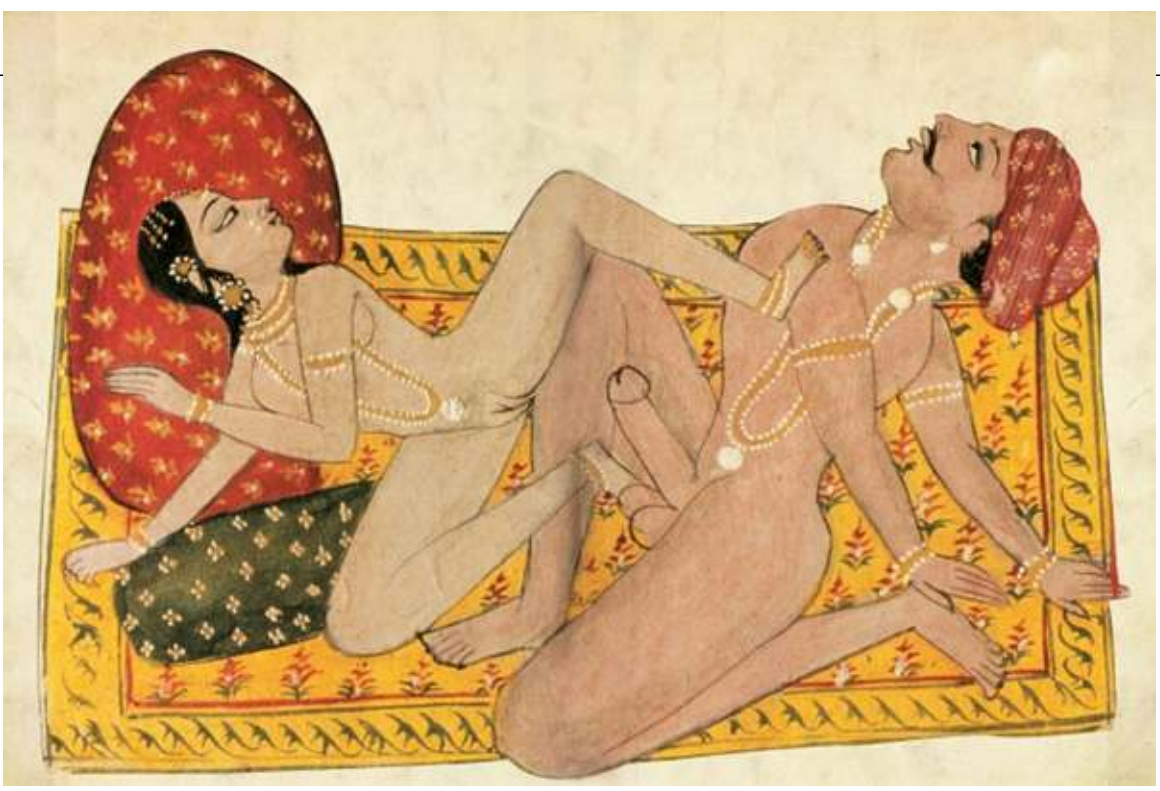
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- Be true to yourself
- From Earth to Heaven in a breath
- Emotions: keys to the inner self
- The moon and Tantra
- Don't listen to your brain
- Tantric solitude
- Tantric couple
- Don't mortgage your heart

## GLOSSARY





# What is Tantra?



*“Sex is man’s most vital energy  
and should not be an end to itself.  
Sex should guide man to his soul.  
The objective: from lust until light.”*

OSHO



Tantra integrates the brightest values of life: power and conscious energy, the basic pillars in which they flow.

Tantra is an existential compendium for discovering the vital road leading to spiritual evolution through

beauty, art, love, meditation, joy, and meditative sex. It dates back to the dark ages, in ancient India where Shiva (the god) revealed the secrets of life to his consort Shakti (the goddess), also called Parvati.

It is also a method for growth that allows an evolving practice in all aspects of one's individuality: wealth, sexuality, nutrition, art, love, creativity, perception through internal intuition and mysticism, and spiritual power.

For the tantric, we are not fragmented nor divided; there are many people who feel it, so it is also a integrative, comprehensive, and free way to heal deteriorating mental conditions, taboos, and other emotional wounds.

In fact, the word "Tantra" is composed of "tan" ("tissues") and "tra" ("release"); etymologically it comes from "tanoti" ("expansion") and "trayoti" ("release"). It is a vital tissue that connects all facets of the human to a divine, spiritual liberation.

Tantra shows life as an inexhaustible tissue where situations, people, events, and experiences are intertwined so that, with each other, we can come together towards a full development, both personal and collective.

The "Tantras" are also the ancient, sacred books that mention the secrets and techniques to achieve spiritual enlightenment. Tantra seeks the same goal, but not as obsessively. During this personal journey it is enjoyed without mortification but with rejoicing, meditation, abundant laughter and love, and intelligence. In fact, consciousness and energy go hand in hand as the perfect formula for progress. To expand this awareness of life, there is an emphasis on raising one's energy.

Although there are several sacred texts, the ancient tantric passed down an oral tradition that is difficult to access; learning was primarily through direct experience.

## Two roads

In Tantra, there are two basic methods: Buddhist Tantra, or **right hand**, and Hindu Tantra, or **left hand**. The first emphasizes **meditation** and contemplation without performing sex; the second is fully immersed in sexual practices, rituals, and the encouragement of the **kundalini** energy.

This book is inspired by the Hindu Tantra and its intention is nothing more than to share life and the secrets of sexual experience so men and women today can manage their sexual energy and improve their spiritual evolution.

These methods are not a religion, nor do they imply power structures, but are a clear invitation to direct learning, without the need for intermediaries. Although Tantra is practiced as a couple (whether casual lovers or committed couples), it also moves to increase the spiritual fire, energy of attraction, seduction, and sensuality as well as to practice yoga, massages, rituals, symbols, mantras, and sex.



**Shiva** or "The Supreme Danzarin," one of the three aspects (along with Brahma and Vishnu) of the divine trinity of Hinduism. Alongside the goddess Kali.



**In the West, Tantra is popular because it includes sexual activity among those who practice it.**

Tantra has become popular in the West because its methods involve personal practices for sexual activity. The drawback is that many of its students begin to think about eating dessert before the main course; the maithuna, or sexual rite, is the last piece after the practices in energy, or sadhana.

Regardless, the vision of Tantra moves beyond mere sex or pleasure (that can be obtained in unlimited quantities). Instead, it points towards an understanding that the universe is a constant, creative whole, balanced by two fundamental energies: Shiva and Shakti, the male and female poles.

These poles, these principles, are both the macrocosm and microcosm: a human being is a small-scale mirror of the whole of humanity. It is easy to see that this vision opens a huge and bright set of vital possibilities.

## Shiva and Shakti

Understand that in the beginning, we were whole; the idea of “one” was not expressed before the Big Bang. From this creation arises a duality of the two opposite and complementary poles: the female, Shakti, and the male, Shiva. Shakti and Shiva coexist, forming a permanent equilibrium in the universe.

Shiva is the light, the cosmic Dancer, the main solar, and male consciousness. Shakti is the goddess, consort of Shiva, his love, Parvati; she is also the dark night, the energy, the Great Mother, the power of creation, fertilization, female, woman, sister, priestess, lover.

In the beginning, Shiva and Shakti were **androgynous**, united by the same energy. Through sex, they

two forces were released to the universe to create life and maintain balance between the two poles. The tantric sex act aims to feel the fusion of the two gods within us; when a woman and a man gaze deep into each other's being, it is not just an invitation to pleasure and to love, but a transcendent unity of these poles that govern life.

The tantric sex ritual, **maithuna**, joins Shiva and Shakti in any man or woman who feel the divinity of their identity through the **lingam** (the male sexual organ) and the **yoni** (the vagina, the gate of life). The union of Tantra is much more than a physical event; it also opens the doors for creation and the raw material that founded life: pleasure, consciousness, energy, motion, and beauty.

Tantric practice seeks nothing less than to embody the divinity of Shiva and Shakti in our own consciousness, to feel the sacred character through our sexual encounters, laughter, teaching, dancing, and the revelation of the secrets of life. Every being has its Shiva and Shakti within; you can find the essence of each within both male and female bodies beyond the limits of personality.

The union of the bodies through sex is the ability to perceive the primary unit of the androgynous, the mindless moment, without identification, without limitation, a meeting of the same light, consciousness, the supreme delight, the reunion with the origin of life itself.



According to the theory of Panspermia, Earth was “fertilized” (like an egg) by a comet. This was the birth of life as we know it.





## **Ardhanarisvara: the androgynous**

*“The symbol of sex also expresses the reality of love. True love represents a relationship, but the word ‘love’ (like the word ‘sex’) is used thoughtlessly and without considering its true meaning. Love and sex are fundamentally the same thing, because both express the meaning of the Law of Attraction. Sex is sex and love is love because both words are equally represented in a relationship: interaction, union between god and his universe, man and god, man and his own soul, and between man and woman. This highlights the basis of the relationship. But the result of that relationship is the creation and manifestation of the world through which divinity can express itself and grow.”*

*Sex, by ALICE BAILEY AND DJWHAL KHULLEE*

Before the creation of dual energy (Shiva and Shakti, ying and yang, male and female), before the Big Bang, there was an original unity. The Supreme Divinity's overflow of ecstasy gave rise to the movement of life within the dual manifestation.

The androgynous Tantra comes from the beginning of humanity. Then, through sex (from the Latin "sectus" meaning "cut" or "split"), humanity was divided into woman and man willing to play the Game of Life, or **Lilah**, to meet again in a countless number of personalities and forms.

This includes a cosmic game that we must learn to play. Through the energy of sex and love, we become One again. **Ardhanarisvara** is half man and half woman. Every being is androgynous with an inclination towards being more masculine or feminine. Women have small amounts of testosterone and men have small amounts of estrogen. Today, we can see this androgyny in urban fashion trends as well as in people.



Original Hindu tablet for the game of Lilah ("Snakes and Ladders").

It is really erotic to see people balance these two polarities. This does not mean effeminate men or masculine women, but women who feel the attraction of other women with extreme sensuality and femininity, just as men generate an energy of brotherhood and friendship.

The man holds a woman's internal kundalini shakti personified in his sexual, spiritual energy, and when a woman of flesh and blood arrives with her vibrations, his inner woman is excited. The power of Shakti is the energy of life that, once ignited, expands consciousness, opens doors, and breaks chains in order to slip into the skin of one who feels pure eroticism, an ancestral and sexual energy.



**In certain moments, Shiva becomes more passive, as open as a flower.**

Man has to find the woman inside himself in order to be at peace with himself. It may be done alone and then followed by the reflection offered through his mistress.

Tantra neither promotes nor condemns sex shared with multiple people (it is a personal decision), but considers this attraction as natural and inevitable. If you feel (albeit unknown) that someone stimulates your androgynous inside, it is a basic invitation to this experience.



**When a woman has an orgasm, the man should completely identify with her.**

Sex is a natural phenomenon (nude, metaphysical, and transcendental) that far exceeds the mental virus that has infected humanity. It's a big wave that cannot be stopped. In these times, the androgynous tide comes in hard to demystify sexual misconceptions. A woman's inner love intensifies her man, thus intensifying their shared enthusiasm. When a woman has an orgasm, the man must be fully identified with her, being united and communing with the supreme delight. When Shakti releases their orgasmic power, Shiva absorbs it as a gift from the gods. A multiorgasmic woman maintains a balance of the inner androgynous; it is a miracle of contemporary nature.



**Sex is a natural phenomenon (nude, metaphysical, and transcendental) that far exceeds the mental virus that has infected humanity.**



The artistic representation of androgyny clarifies the common origin of the man and the woman.

When this vibrant current comes into action, all of the woman's systems are revitalized, especially the seven chakras that make up the human psyche, which can achieve dimensions well beyond the ordinary sense. This ecstatic union is a return on the direct road to the divine. The ego that keeps a person dissolved and in conflict disappears until it becomes naked and spiritual, under a roof made of the universe: stars, worlds, and wisdom.

The woman awakens in the man an inner woman, a reflection of his wife, in the same way a man is reflected in every woman who feels attracted to her inner man, which occurs naturally and is not condemned in any kind of relationship.

It occurs naturally, specifically during a sexual act. Both man and woman have active and passive roles, just like how, at certain times, Shiva will become passive and as open as a flower while Shakti will become active like a steed of orgasmic energy.



During its initial appearance, the practice of Tantra will have positive, real results when there is previous work freeing the ego and creating a greater flow of light on the cells and the soul.

## The magic path of sexual energy

*“Where there is ecstasy, there is creation;  
where there is no ecstasy, there is no creation;*

*In the infinite, there is ecstasy.  
There is no ecstasy in the finite.*

---

CHANDOGYA UPANISHAD

Tantra channels a known sexual energy. As is already known, the first stage of a sexual encounter is pleasure. What is not known is that sexual energy can create a *magical act*. Do not be alarmed; Coelho says, “Magic is the bloodstream of the universe.”

To simply imagine, we don't have to do anything to use a mental, magical energy. Sometimes we imagine situations or negative events, but these are only products of our minds. The idea is to imagine something on the mental plane and then perform it in the real world, just like creative people do. Tantra uses this energy, the potential enormous amounts of energy, or intent, during sex, to make a leap and focus on a single point.

In other words, sex generates an awareness of this power that can be focused towards an intent. As Shiva and Shakti, as with every man and woman, we are co-creators with the universal creator; sex is the pure energy of creation. This immense strength and power channels through the law that says “Energy follows thought.”

Before their sexual rituals, couples decide on their intentions in order to promote that particular magical and living encounter. Then, through certain mantras, sexual positions, and certain “body bolts” they can accumulate energy, the creative power of sexual will towards a particular purpose.

In this specific part of this book, you will see how you can use the magical aspect of this energy to rise above the level of animal instinct and increase the flow of light, magic, and surprise in your life.

## Khajuraho: the temples of love

This enigmatic, sensual, and artistic place in India is a relic of the golden age of the East. For centuries Khajuraho has exhibited the majesty and beauty of sex.

To the ancients, sex was a vehicle, a means to express the supreme. And they saw in bodies a treasure, a place to manifest physical and spiritual fulfillment. This town in India has become famous for its temples containing stone etchings of countless sexual positions and styles.

These monuments from thousands of years ago celebrate an erotic art, a culture that viewed the natural in all of its forms. They teach us the art of love. Somehow, through different sexual positions, energy is able to flow more intensely through the chakras and illuminate the seventh chakra at the top of the head.

These sculptures reflect that eternity is connected to the sexual act (and all present acts); only sex can increase the perceptual capacity.



Ancient artists created authentic works of stone art.





It seeks to worship the beginning of life. For Tantra, life is sex.

Unlike other spiritual roads, Tantra reflects the abundance and wealth in all forms. God is rich and life is abundant and we get to immerse ourselves in that consciousness. The time Khajuraho was constructed, it reflected the golden light and splendor of Eastern wisdom.

In Tantra, when one overflows this energy, it is reflected as art and seeks to reflect the worship of the principles of life. In Tantra, life is sex. The varieties of sculptures show couples connecting with two or more partners. A moralistic look may see this as perverse, but for Tantra, it is an observation of the freedom beyond the ordinary personality, ego, jealousy, and anything that soils desire and love. The chains and shackles of censorship are in the mind, forever oxidized along with sexual repression. When these are broken, then one may really see the beautiful images of Khajuraho.





In 1986, this assembly of temples was called “Heritage of Humanity.”

The sexual sculptures are found on the outside of the temple while there are no pictures inside so that one may enter with an open heart and mind.

Many sculptures refer to not only sexual positions, but the art of the kiss, hug, and even gaze. If you look at the images without thinking, you see innocence, pleasure, and ease. In the time of Vatsyayan, the author of *Kama Sutra*, there was an emphasis on the art of love that helped build a perfect state of inner peace and fulfillment. There are currently many new editions of the *Kama Sutra* in many different styles. In some schools of thought, there is a subject called “love” or “meditative sex.”



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