

# Tantra Sex

Everyone is interested in sex no matter how old they are. Sex is always on and in the Mind. We have an on-going relationship with this central theme in our life. Sexual energy is the "life force" itself. It has to move and express itself as it cannot be repressed or ignored. Through training we can learn to channel this powerful energy in the most intelligent and uplifting ways.



Is there a difference between normal sex and Tantra sex? Yes and Yes! Normal sex is great, it feels good and allows us to connect to whomever we chose. It is pleasurable, passionate and exciting. Tantric sex expands on more than just the pleasurable aspects and instant gratification of sex. It takes it to a more cosmic level and merges spirituality with sexuality. It allows you to have profound experiences that are more on a constant level. It heightens your awareness beyond the normal levels and enhances overall well being. It takes pleasure to the new place and offers extreme healing, deep integration and huge awakenings. The more someone practices Tantra sex, the more possibilities of freeing one's self from various earthly limitations. Tantra sex provides an opportunity for core issues in our psychology to be eliminated so that we may be in our full magnificence God /Goddess state.

Physically speaking, Tantra sex allows us to extend lovemaking and interpersonal connections. The teachings go into detail about the benefits of surrendering and flowing your energy, relaxing your body, breathing and using sound while moving your body in sexual union while you have greater awareness and non-judgment. It offers men and women greater possibility to become multi-orgasmic. It calls for and teaches how through opening to intuition anyone can become an extraordinary lover.

For more information, book sessions, register for workshops or retreats visit [www.secretsoftantra.com](http://www.secretsoftantra.com).

Namaste *Janet Lee*

## The Seven Keys of Tantra



**Surrender**



**Breath**



**Awareness**



**Sound**



**Movement**



**Intention**



**Non-Judgment**

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