

Tantric Healing Enriches Relationships

By George Lockett

Healing can be on many levels and one of the main areas for healing, is human relationships. Tantric Healing is the balancing and feeling of the divine life force as we draw it through us and radiate it to our partner.

Tantra is the flow of energy from our most subtle core, through all our five senses, balancing the Yin-Yang (Male-Female) energy, as we weave our cosmic dance on the stage of life.

Tantra can be practised with each of the senses and in everything we do; it is a process of being aware and fully present to each moment of experience.

You can practise Tantra while enjoying a meal in a fine restaurant, just being aware of all the subtle sensations of your taste buds and experiencing the look, colours, texture and aroma of the food and wine.

You can practise Tantra while listening to music or visiting the art gallery or museum; it is all about connecting to your subtle feelings and gaining more depth from the experience by being aware and present on many levels at the same time.

People over the years have trained to develop their awareness through Yoga and Meditation. They have:

- become aware of the subtle energy centres in the body – the Chakras;
- trained to experience the rising of the Kundalini and the flow of the life force;
- and learned sets of postures and rituals to blend the Yin-Yang strands of the life force together and generate a whole symphony of experiences leading to self-realisation from the union of sharing.

Tantra is about openness and looking into unexplored areas of life in a non-judgmental way. It is about transcending belief systems; freeing the spirit from past experience; and shining consciousness in full awareness in the present moment.

During the practice of Tantra you can look in great depth at what you are feeling and experiencing while giving, in a sharing way the divine life force, which you are.

The auras merge and the electromagnetic field of the body grows in strength, creating a charisma, a field of love, which surrounds, permeates and envelops the two partners in healing warmth.

If you feel your relationship with your partner could be improved, think of positive ways you could discuss this with your partner and get their help in enriching the physical experience of sharing your love with each other.

Tantra is all about using the full range of your senses from the everyday surface level to the subtle depth of your core being.

Partners can swap roles and the female can play a dominating role, enhancing the masculine side of her nature, while the male is passive and experiences the flow of more feminine energy. This helps to bring balance to the Yin–Yang and healing.

The range of experiences is limited only by our imagination and the extent to which we are awake, present and connected to our senses in the moment.

It is all about giving to each other to create a cosmic dance of experience to savour and share. The giving creates abundance of feelings and vibrations, which the senses absorb and grow in richness and love.

As the experience deepens, the Yin–Yang come into balance and something greater than the parts is created: an awareness of oneness and union with the Divine.

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* New book * "A Journey into the Self -- the multi-dimensional nature of being human": [HealerGeorge Web Site and New Book](#) Description: What is this book going to do for YOU? For those who are seeking a complete energetic makeover, as you read it you will feel a stirring and awakening in the depths of your heart. For those who have questions about Shifts in Consciousness, Energy Balancing and Healing within the body, you will find clear answers.

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