

# How to Live in Ecstasy

An Introduction to Tantra

By Mike Stone

The path of Tantra is a path into ecstasy. It is about traveling through your body and back to your soul. It is consciously connecting with the deepest levels of your self. You are not your body, your mind, your thoughts, or your emotions. You are the luminous container for all these. Ecstasy comes by feeling a larger self-definition. This is a feeling of bigness or expansion. And sacred sex is a door into it. Getting turned on is an opportunity to "plug back in" to the power source of blissful energy.

When you know and trust your larger sense of self, your life becomes enriched on all levels. You feel more complete in yourself, less emotional pain around sex and relationships, and great joy in every area of life.

The first step toward inner ecstasy is the realization that the foundation to bliss is not outside you but inside you. No one and nothing can make you blissful. Even the most erotic, beautiful touch from a lover is simply a reminder of the bliss inherent in your body and being right now. Pleasure is in you. Bliss is inside the physical body, but includes the non-physical aspects of yourself as well. It includes the chakras and the feeling of "life force" that flows like blood through your body.

Tantra is about depth.... Emotional/spiritual/physical depth.

It's being focused inside ourselves while still exploring the outer level of touch and pleasure.

The highest form of lovemaking is a co-creation between you, your partner, and the Divine. It is really an exploration in Self-awareness, remembering who you are beyond the surface level of thought. It is bringing your awareness up through your heart.

The combination of introspection and conscious touch works magic. Be willing to go deep into the question: What am I? Find the answer experientially. Don't verbalize it; just live it. Be the light that contains your Divinity.

How?

Breath and heart-based intention are everything. When your intention is loving, the simple action of breathing puts you on an accelerated path. Breath is the key to tantra and awakening. But focus on breathing need not be a rigid "I should be breathing right" feeling. Effortless breathing creates the magic.

When you allow breath to be effortless and conscious, you are no longer just breathing to take in oxygen; you are breathing to pay tribute to the Divine in yourself and your partner.

Surrender. Relax. Breathe fully. Expand your chest as you expand your sense of self.

When your intention is to breathe effortlessly, you initiate a healing atmosphere, and touch, whether self-touch or with a partner, becomes a body/mind/spirit experience.

Being.... meditating... and breathing... letting the mind rest.... are great ways to awaken and enjoy touch..... And conscious touch is a way to transmit upliftment and light.

The key is to be present with each experience, each touch. I don't believe there is a magic tantra or spiritual technique that guarantees bliss or enlightenment.... It is simply a matter of treating each body part with reverence. All body parts are enjoyable.

Go slow. Offer your love or yourself long nurturing strokes.

Sacred sexuality is about exploring the energy.... The inner realm matters far more than the outer.....

Trust in a natural process... Be okay with whatever is occurring... Let thoughts, feelings and energies come up and dance... with acceptance... You can then deepen into peace, and feel the bliss of the current of energies in your body and being.

The body has wisdom and intelligence.

Let go and feel erotic bliss with your whole being.

This is your life energy. Simple, pleasurable, internally available.