



Three Essential Tools for Tantric Practice

DEEP BREATH

Your deep breath has the power to regulate your nervous system. If you can control your breath you can sit with any emotion long enough to process it and hear its message. Breath is the carrier of energy through the body- directing breath can direct sensation too.

TRY THIS:

Take three deep, slow breaths, filling your belly with air on the inhale and fully releasing all the air with your exhale.

What do you notice in your body?

AWARENESS

Where focus goes, energy flows! The effect of loving conscious awareness on the body is well documented. Gently guide your focus around your body to tune into the myriad of subtle sensations that will guide you through Tantric practice.

TRY THIS:

As you breathe deeply, focus your awareness on your heart. Whatever you find there, meet it with loving kindness.

What do you notice in your body?

VISUALIZATION

When your mind is deeply submerged in a visualization, the body believes the imagery to be true and responds accordingly. This is why scary movies make your heart race! This is also why it is such a powerful tool for subtle energy work. If you can see it, you can feel it.

TRY THIS:

As you breathe and focus on your heart, imagine a warm light there, growing with each breath until it surrounds you.

What do you notice in your body?

USING THESE TOOLS IN YOUR DAILY LIFE

- **Feeling Stressed or Anxious?** Take deep breaths and become aware of where the sensation is strongest in your body. Imagine gathering the tension on an inhale and slowly exhaling it down, out of your body, and into the earth.
- **Experiencing Pain and Inflammation?** Allow your breath and awareness to find the pain in your body. Imagine a glowing, healing light encompassing and soothing your pain as you breathe. Alternately, imagine a small vessel that carries pain out of your body with each deep exhale.
- **In a moment of pure joy or pleasure?** Bring your awareness to the pleasure and take a deep breath of the joy, as though your inhale could drink it. Exhale the positive sensation throughout your whole being, until it expands to fill you completely.