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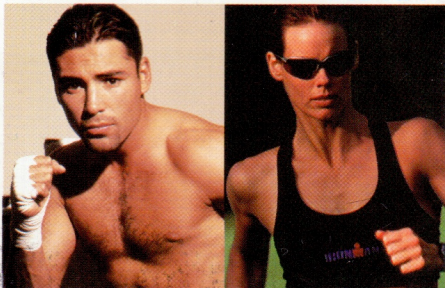
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# Tantric Sex... for singles!

Single Living investigates

## A Sacred Kind of Love

by Laurie Sue Brockway and  
Richard A. Cohn, Ph.D.

Tantric Sexuality is as old as the hills, yet it's the **hippest**, hottest way for **conscious** singles to **connect** and couple.

**H**ave you ever thought that even though you've known sexual pleasure, it hasn't quite measured up to the rockets and rainbows, fireworks and shooting stars of romantic fairy tales? If you're one of those people who instinctively knows that there's something more to lovemaking—even though you haven't quite put your finger on what that something is—consider Tantric sex.

The basic premise of the ancient art of Tantric sexuality is this: People who practice Tantra together share a deeper ability to communicate, a spiritual connection, and, if they are a couple, an extraordinary expression of erotic love. Although Tantra is devoted to honoring the female, both partners share in loving exploration of sexual pleasures. Tantric sexuality can unite intimate partners on all levels.

Most importantly for singles, it is very possible to become educated and familiar with Tantric sex techniques—even if you don't have a partner yet—and practicing this spiritual approach to romantic love *solo* will prepare you for a relationship. When the appropriate partner comes along, you'll be ready. Remember: Success is when preparation meets opportunity. This applies in the laws of love and spirit as well.

Tantric sex for modern men and women has been brought into the

twentieth century in The Art of Conscious Loving Seminars, taught by Charles and Caroline Muir, a Hawaii-based married couple who travel the country to enlighten both couples and singles in practical ways to incorporate Tantra into their daily lives. This year they'll be launching their first singles-only seminar.

"We've taken the original Tantric customs and have done our best to best to translate them to Judeo-Christian ethics," explained Charles Muir at a recent seminar. "This course is designed to make you a better kisser, lover and toucher. It's also designed to make you a better communicator."

### What Exactly is Tantric Sex?

The word Tantra means "expansion" in Sanskrit, and relics of Tantric rituals date back nearly five millennia, although the Tantric texts (108 in total) didn't appear until within a few centuries of the beginning of the Christian era, according to the Muirs.

Hindu practitioners of Tantric yoga practiced and taught sexual play and sexual union early in life. Yet sex



was only one of 65 arts. The other 64 included traditions such as singing, breathing, meditation, chanting, writing and drawing, as well as more offbeat fare like tattooing, magic or sorcery, cockfighting, making beds, spreading carpets and cushions for reclining, and the study of sentences difficult to pronounce.

These practitioners also gave the sex organs unusual names which are still used today. For instance, a penis is referred to as "lingam," and the vagina is "yoni." The language is designed to treat the partners and acts of love respectfully. The Tantra philosophy is that sensual contact is always meant to be healing and loving, and thus should be spoken of gently.

### Seek and Ye Shall Find... The Sacred Spot

The G spot has long been heralded as the elusive female love spot that truly can send you to new heights of passion. But it's not a modern discovery. The ancient teachings of Tantric love and sex have been aware of this female pleasure spot for thousands of years. They call it the "sacred spot."

For women, one of the first hurdles to jump is not just finding it, but *believing* it actually exists! A fair percentage of gynecologists still insist there is no such thing as a G spot. In their seminar, the Muirs instruct participants on precisely how to locate it and stimulate it. Some women have difficulty accessing feeling in that part of their body. Bringing sensation into the area stirs a great deal of healing. The process is called "sacred spot massage."

Eventually, the woman becomes capable of releasing a fluid known as *amrita*, or "divine nectar."

Sexual desire and response evolve with time as you give yourself time to learn and practice. **SL**

## From "L.A. Law" to Sacred Sex

Jill Eikenberry and Michael Tucker, the married stars of "L.A. Law," say their experience with Tantra totally changed their love life. "It's transformed the way we thought about sex," Tucker told journalist Sara Davidson for a story she did on the Muirs' seminar in *Mirabella*. "It took us to states we never imagined, and I realized: This is what we're here for, to love like this."

Eikenberry noted that the sacred spot work provided her with "an incredible release...a washing away of all kinds of things."

They were so touched by their experience, they decided to structure their own seminar and incorporate Tantra. Expanding Love is held periodically at the Chopra Center for Well Being in La Jolla, California.



## Engaging in the Art of Conscious Loving

Over a hundred men and women huddle around the instructors seated on a mattress in the middle of the large hotel conference-room floor. We, the audience, watch breathlessly as the leaders demonstrate variations on the five basic love-making positions. With the grace of dancers, Tantric masters Charles and Caroline Muir flow through the movements, explaining the value of making these transitions while constantly maintaining body contact.

"In the art of conscious loving, the partners always stay connected," says Charles, who with his wife Caroline has been teaching seminars on conscious loving for twelve years. The sexual positions demo is only one of the highly-anticipated instructions of the weekend seminar given by the Muirs, who occasionally venture from their native Hawaii to the mainland to offer the course.

Flying to California from New York for this experience was hardly trouble, since I had made longer international journeys to be with these friends and masters. Most of the attendees had heard about the Muir weekend by word of mouth. Friends raved about the secrets to lovemaking, including how women can achieve deeper orgasms, how men can last longer, and how singles and couples can use sexual energy for increasing intimacy and healing, as well as attaining an altered state of loving bliss. Who can resist such promise, especially when it delivers?

At the Friday night opening ritual, Charles and Caroline explain in tandem how Tantra is an ancient spiritual system of skills that originated in India. Tantra considers the union of the Goddess Shakti, the feminine creative force, with the God Shiva a sacred act that releases divine consciousness. The goal of loving sex, then, is not performance or orgasm, but an energy exchange between lovers. Conscious loving means nourishing your partnership as you would a garden, Charles explains. It means devoting as much attention, care and thoughtfulness to your relationship as you would to a career, family or cause.

The eager students break into concentric cir-

by Dr. Judy Kuriansky

cles with the men on the outside as Charles and Caroline circulate around the room giving instructions: "Look deeply into the eyes of the person facing you and see the God and Goddess within." At each station around the circle, we greet another soul, placing our hands gently on each other's hearts, transmitting and receiving energy through our bodies. Each pair becomes a circle of energy, and suddenly the whole room seems to be lifted into a higher dimension.

I feel transformed, no longer a psychologist, author, and radio talk show host among a room of real estate agents, writers, photographers and sales execs, but a Goddess in a galaxy of Gods and Goddesses. Breathing deeply as if for the first time and looking deeper into another person's eyes than ever before, we are released from the earthly plane into the essence of our souls.

Now primed, we are ready for our first hands-on exercise. We partner up to touch each other's arms (no private parts in class) and experience new depths of sensitivity in the art of exotic touch. As class ends, the energy is high and no one wants to leave.

The next morning brings more exercises to heighten and exchange energy. Each woman selects a man (in a purposeful reversal of real life) and we take turns tapping along each other's spines to awaken the energy therein. In a lesson on love, the Muirs advise us to invite God into the sacred act, and to discount foreplay in favor of continuous play. By late afternoon it is hard to believe that we are actually ready for one of the seemingly most advanced exercises: healing where the man gives, and the woman receives, sacred-spot massage. The sexes split up, and the men follow Charles into another room for instruction on how to honor their Goddesses that night. The women gather around Caroline and her assistant, Tantra instructor Miriam Serman, for a discussion on every woman's birthright to orgasm and the *amrita* flow—that mysterious female ejaculation whose existence experts still debate. One participant frets, "What if I don't have the flow?" "Not to worry," Caroline reassures her, "just enjoy being pleased." All of us

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## Tantric Sex...

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from age 20 to 60 and all walks of life—feel united by our shared excitement and anxiety about the night ahead.

In assembly the next morning, everyone is invited to share the previous night's experience. Stories range from disappointment to delirious delight. Tears flow down Sharon's cheeks as she tells the group how she and her man were about to split up, but as he was bathing and massaging her last night, she became hopeful they could rekindle their love. Daria cries as she reports how her body had shaken like never before under her new boyfriend's attention. And Kelly nuzzles closer to his date as he proudly announces that he has given her pleasure (and healing) beyond the expectations of the homework. The others celebrate with them, but fall sadly silent as Rochelle shares how painful her partner's touch had been, reviving memories of old abuse. In loving tones, the Muirs champion her progress toward healing. Sunday afternoon we are instructed on the man's turn, where the woman is to prepare the room, herself and him for his sexual healing that night. As the time for parting approaches, Charles (a master yogi for over 30 years) leads us through several stretches. We reach up to the ceiling, then bend to the ground and lift up vertebra by vertebra. Then we reach behind our backs to stretch open our chests, expanding our heart spaces.

Now we are ready for the closing ritual. Once again in concentric circles, the Goddesses chant and sway, then bow and greet the Gods one by one, connecting to their divinity. The room lifts high with spiritual energy. At one station, each woman is asked to see the man before her as all the past lovers who may have hurt her, and transform him into the most caring, loving, perfect man. Moving on to the next person in the circle, each man embraces the woman facing him as if he were the perfect, loving, supportive father she may not have had in real life. Then the women are asked to be the perfect loving female, and then mother, to the men. Looking into the men's eyes, we see their wounds and heal them with our love.

The leaders make a final incantation of loving, serving and honoring ourselves, our beloveds and the world. Many, including myself, cry from the beauty of it all and the sadness that it is over, for now. The group scatters to pack handouts and belongings. Some linger to exchange phone numbers and their enthusiasm over their new love skills, while others purchase the Muirs' excellent videos, audiotapes, and books. Still others sign up for upcoming seminars. Many of us can't wait to come again for more conscious loving. **SL**

For more information write: Hawaiian Goddess, P.O. Box 69-F, Paia, Maui, Hawaii 96776