

# Tantric Wisdom for Lovers



*Swami Anahata*

# Perfect Union

The inner  
marriages  
within the  
Chakra system



# Preface

Tantra is an art and science of weaving two opposite polarities together in such an exquisite way that they become one while still retaining their individual fragrances.

Historically, Tantra existed only in societies that evolved past the stage of clawing for survival. This is because art and science can only be born out of abundance, they are never born in an environment of lack. The day has now come again, especially in the west, where a part of society is reaching that space of abundance, and therefore Tantra is becoming increasingly popular.

In this book, my intention is to unfold the science and mystery of Tantra in a practical way so that you can practice it on a day to day basis, especially in the context of how a man can transform his dormant energies into their highest potential. Then you will finally be able to relate with a partner from a space of relaxation and ease, knowing well that by uniting with another in Love and Intimacy, you will be able to express your fragrance of individual freedom.

Because Tantra is so vast with many facet and infinite possibilities, it would be easy to become overwhelmed with where to begin, or to become lost as you follow your desire to move deeper and find your own spiritual path. therefore I would like to create a map that you can follow as an inner guide that will work as a compass pointing you in the direction of your truth. I know deep down that Tantra cannot be captured and fully represented by a map.



However, I am simply doing my best to point a “finger towards the moon”. I trust that you will look to the moon, and not get lost in my finger.

However, just as a finger pointing towards the moon can entice your gaze towards the infinity of the night sky, it is my hope that this book can offer the starting coordinates for your own personal journey into indescribable bliss and freedom. And I hope that you will look all the way to the moon, and not be too concerned with analyzing the words and sentences in this book, which are meant to be like the finger pointing to something much more exquisite.

The Tantra Map that is described in this book is based on our pure vital energy, also known as bio electricity in science. It traces the natural movement of energy through our physical and subtle bodies. This energy system is defined as meridians in Chinese medicines and is explained as chakras in tantric scriptures. Chakra's are centers where energy is moving like a vortex. Bio electricity that moves through human bodies carries information on the physical, psychological and spiritual levels. The information that is carried by this energy is processed differently, depending on which programs are stored in each chakra.

Many mystical paths have been working with these energy centers and have defined various numbers of chakras in the physical and energy body.

For example, Tibetan Buddhist Tantra explained that human being have 9 energy centers in the body so they follow a 9 chakra system, whereas, Yoga and Hindu mysticism both use a 7 chakra system. I have seen many tantric practitioners argue and debate on this subject endlessly. My own understanding is that any knowledge coming from outside is of no use and it is useless to argue about something that is not our own experience.





Even if we do have a first-hand experience of our chakras, we still need to consider that we all are unique, individual beings. Your experience of the inner world may be totally different than mine, and both can co-exist at the same time.

In the pages ahead, I will explain things in terms of the 7 chakra system. It doesn't matter if you are able to feel those centers right now or not, just contemplating this framework of understanding will invite you to start looking at your body, mind and soul from a new perspective.

In a nutshell, chakras are not small points separated from each other but rather they are all connected in one vertical reality. Normally in our daily life we focus on the horizontal plane, we wake up and everything goes from A to B, B to C, and so forth, but chakras are not linear. Some chakras have their hub or point in the lower parts of the body but that doesn't indicate a lower connotation or position in the hierarchy of things. I have heard many people talking about chakras in terms of "higher" or "lower" chakras . This language is simply pointing to the physical, spatial plane where they reside. There is nothing lower or higher in existence, everything is as it is.

Just before we dive into the mysterious world of Chakra's, I would like to shade some light to the polarities that plays a vital role in understanding Tantric Wisdom.

When we look at polarities, we come to realize that everything that exists has its polarities woven into the very fabric of its existence. Day and Night, Darkness and Light, Water and Fire and Man and Woman. They are inseparable, without the other, the one cannot exist to its full potential.



If we apply this to our modern daily life and see how Tantra is playing its role, we find ourselves face to face with the polarity that exist between man and woman. We experience and live this polarity on a day to day basis. We celebrate it, enjoy it and also feel pain and suffering because of the very nature of this polarity between man and woman.

When I am talking about polarities between man and woman, I want to be very clear that I am not trying to categorize man as only masculine and women as only feminine. My understanding of it is that man and woman have 3 layers of this polarity:

On a physical level, there are differences in how men and women are designed. Before the last 2 decades, neuro scientists used to think that men and women have the same brain with just a difference in size but modern research have proven this is far from the truth. Man and Woman not only have different brains but are also opposite in how they function. So on the biological level Men are more aligned towards masculinity and women towards feminity. This is based on how their brain is wired. This create a strong polarity between these two. We can see that in the simple basic need that these two expresses. If men allow his hormones and biology to guide him, he often would be drawn to initiate a contact with women on sexual level, on the contrary, women may like to have first contact on the level where she would like to sense and feel him.

On a psychological level, men and women are both masculine and feminine. This is because our psychology is shaped by both men and women with whom we come into contact from the moment of our birth. However, in this knowledge lies the great possibility to transcend duality by witnessing when our energy switches between masculine to feminine and vice versa.



This book is designed primarily to help you develop a greater understanding of this possibility so that you may play with it when you are interacting with another human being.

On a spiritual level, when the duality between masculine and feminine has been truly lived and understood, and the lessons that our soul has come to this earth to learn have been completed, we can experience oneness.

When we access this layer, we start to see man and woman as a single being. Duality merges into union. There is no longer a separation between masculine and feminine. This realization is known in India as Adveita.

*Now let's begin...*



# Introduction

## The paradox between Sex & Emotion

Understanding the paradox that exists between sex and emotion is one of the biggest challenges that men and women encounter when they come together as lovers.

From the moment they experience a longing to know each other on a more intimate level, a man's biology is wired to drive him quickly towards sexual contact, whereas a woman, by nature, needs an emotional connection before she is able to open herself sexually.

In Tantra, we see this paradox as a gift and a blessing, an opportunity to develop a deeper understanding of each other's essential nature.

When we adopt an attitude of willingness to learn about and explore the differences between the masculine and feminine, we open a door towards acceptance and we can begin to celebrate our unique natures as men and women.

If we look on an energetic level, a man and a woman are in fact designed to fit each other like lock and key. They are created in order to be united on a physical, psychological and spiritual level.





This inescapable energy exchange explains the tension and longing that a man and a woman experience when they feel attracted to each other and begin sensing the possibility of being together.

Tantra offers a guide to how a man and a woman can discover, understand and ultimately respect each other in their differences.

The Tantra map that is described in this book is based on our pure vital energy, energy that is referred to in science as bio-electricity. The Tantra map describes the ways in which our energy moves both in our physical and energetic bodies. In Chinese medicine this energy system is known as the meridians whereas in Tantric scriptures it is described as the chakras.

The chakras are centres that are located in our physical bodies where energy circulates like a vortex. Because energy cannot move without a central focal point, there must logically be a centre, or centres, in the body in order for any movement to happen. All bio-electricity that moves throughout the human body carries information on a physical, psychological and spiritual level. The information carried by this energy is processed according to the characteristic that is stored in each particular chakra.

Many mystical paths have incorporated these energy centres into their philosophy and recognise varying numbers of chakras in the physical and energy body.

For example, Tibetan Buddhism Tantra teaches that the human body has nine energy centres, hence why they follow a 9 chakra system. Yoga and Hindu mysticism recognise seven energy centres. I have witnessed many tantric practitioners arguing and debating this subject. My own view is that it is pointless to argue about something that is not based on our own experience.



Even if this becomes our own experience, we also need to remember that we are all unique individual beings and that your experience of your own inner world may be totally different than mine and both can co-exist at the same time.

I am therefore going to talk about seven energy centres. It does not matter if you are able to feel those centres right now or not, but developing an understanding will, I hope, encourage you to start practising the methods explain in this book.

Most importantly, chakras are not energy centres that exist separately from each other with their own status in a hierarchy. They are all interconnected with each other, creating one vertical reality.



# Chapter 1

## The marriage of Muladhara & Svadhisthana chakras Muladhara chakra

Muladhara is the first chakra and is the Sanskrit name for the root or sex centre. The home of this energy centre is at the base of the spine but it also incorporates the genitals, groin, the whole pelvic region, the legs and the feet.

Muladhara is all about our existence on the physical plane and is associated with the element of earth.

When energy is flowing in and out through this chakra in a harmonious way, we experience a sense of grounding, feeling safe in life, we have an acceptance of our wild erotic side and we are ready to face challenges.



When energy is stagnant in the area of Muladhara, we begin to experience fear for our survival, of not having enough energy, money or time. We may experience a lack of libido and a sense of not trusting life.

# Polarity

Muladhara is a positive, active and outward-facing centre for a man and is a negative, receptive or inward-facing chakra for a woman. When we look at the anatomy and function of male and female genitals, this becomes very clear. The penis, or lingam, points outwards. From here, a man sends energy outwards. It is through this chakra that a man is able to offer a gift to a woman. A gift which is not only physical, through semen, that can produce new life, but also a gift on an energetic level.

If we look at a woman's first chakra, the vagina or yoni, it is designed like a lock. It is receptive in nature, able to receive the key of life and energy from a man.

Here, at this chakra, a man and a woman fit together perfectly and it is precisely this phenomenon that triggers the powerful attraction between them, the one that urges us to make love. The man instinctively wants to penetrate, he wants to plant his seed inside the woman. This is his primal longing and desire and gives him tremendous empowerment and joy.

Conversely, this is where a woman can fully receive the sexual gift that is offered by a man. If women's first chakra is in flow and in harmony, she will welcome the energy coming from the man's first chakra.



That does not necessarily mean that she will engage in love making. This welcoming can manifest itself in her simply being open and receptive to the sexual energy that emanates from the man and allowing her wild, erotic energy to wake up and start moving.

This exchange is actually a method by which a man can test a woman in order to find out whether she is grounded and feeling secure in herself. If there is energy stagnation in her first chakra, the moment a man starts offering sexual energy, a woman may experience long-suppressed traumas coming to the surface, traumas that need healing. It is through an exchange of energy at the Muladhara level that a man is able to help a woman to heal, grow and become whole.

However, this leads to a dilemma. Today, because of a history of the darker aspects of masculinity (the infliction of sexual violence and the abuse of power over women), many men are cut off from their wild, sexual and erotic nature. They may either suppress it or live it out unconsciously in perverted forms. Men may think that in order to disassociate themselves from the darker aspects of the masculine legacy and allow women to come closer to them, they must play the role of a new-age “good boy” who is almost asexual or does not have active sexual energy. This leads to a depolarisation of the Muladhara which, in turn, inhibits the creation of a climate of growth for both the man and the woman.

This is where there is potential for both a man and a woman to engage in healing work. A man needs to understand how fragile a woman can feel when she accepts to be open and receptive, how vulnerable she may feel when she allows an outsider’s energy and physical body to enter her deep inside.





A man also needs to feel that he can express his wild, erotic side, particularly as the feminine nature loves this, but at the same time he needs to cultivate presence in his first chakra, so that when he transmits his sexual energy, it comes from a place of deep gratitude and respect for the woman's openness and receptivity.

A man needs to learn how to make his energy fluid and light in his first chakra. By nature, sexual energy is unconscious and goal-oriented, so by practicing awareness of the Muladhara, a man can learn to approach women with sexual energy that is not goal-oriented but rather is wild yet conscious, powerful yet respectful.

Then, naturally, the woman will open herself fully, will willingly share her gift and become totally receptive in her first chakra, surrendering to the life force energy that bursts forth from the man.



# Svadhithana Chakra

Svadhithana is the second chakra and is the Sanskrit name for the belly centre. In Japanese, it is known as Hara. It is located just below the navel and covers the whole area of the lower belly and the womb.

Svadhithana is governs the energy of creativity, pleasure, sex and procreation. It is associated with the element of water which is fluid, flexible and cleansing.

Svadhithana chakra is all about how we embrace the world of feelings and emotions. Between the time of our birth and our death, the whole spectrum of emotions will arise within us at some point or another. The mere fact that we will die one day gives rise to a powerful emotional state. Similarly, when we are born, the very first emotions enter our consciousness and we continue to experience them every moment of our earthly existence.

If energy is moving freely in and out of Svadhithana chakra then we experience neither an attachment nor a repulsion towards our ever-changing emotions and feelings. We become masters of our emotions, like a surfer who skillfully manages to ride the waves without being drowned by them.



On the other hand, if Svadhisthana chakra is not in flow, then we may become stuck in one emotion or start living in a highly emotional state all the time. A stagnation of energy in Svadhisthana can also manifest as coldness or a denial of all emotion, a refusal to allow any feelings and emotions to surface and be fully recognised and expressed.

## Polarity

Svadhisthana is a positive or active polarity in a woman and is a negative or receptive polarity in a man. A woman is naturally aligned with her emotions because of her menstrual cycle which mirrors the cycles of birth and death within itself. It is also at this chakra that a woman has an enormous gift to offer a man: she can show him how to flow with life.

A man must learn, through his second chakra, how to be open and receptive so that he can receive the gift that comes from the feminine. If a man starts to cultivate receptivity and space in his second chakra, he can receive with steadiness, openness and presence, a woman who is behaving aggressively or erratically, without having to shut down or begin attacking or attempting to fix her.

If a woman fully receives the gift of the first chakra from a man, she opens herself up and shares back the gift of emotional fluidity through her second chakra.

This is where many men may start feel uneasy as they may not understand how to be receptive in the belly. Healing may be needed for a man to get in touch with his receptive nature and emotions in his second chakra.



Many men are afraid of emotions because they see them as something permanent and not within their control but in reality emotions are like waves or like the weather. They come and go and change from moment to moment.

Just as a woman needs to work more on her first chakra, the man has more work to do on his second chakra so that when he is with a woman who tries to penetrate him through her emotions, he can allow himself to remain open and receptive in the second chakra. He becomes like a womb, a hollow space, where he can accept and absorb all these emotions without feeling the need to flee. This is very empowering for a man as, sensing this, a woman will surrender to her instinctive femininity. She will trust that the man is capable of going to the depths of feeling with her without drowning or being destroyed.



# The inner marriage of Muladhara & Svadhisthana

Muladhara and Svadhisthana are interconnected and can be seen as “married” to each other. They function as a pair where the inner male and inner female natures merge with the outer male and outer female, creating a tantric circle.

Both these energy centres influence each other so that when either of them opens, the other one also wants to share its gift. When a man and a woman decide to be united in their Muladhara through sexual union, energy starts to rush from the man’s Muladhara towards the Muladhara of the woman, and opens it. If the woman is receptive in her first chakra, meaning that she trusts and loves this man, and this man is fully present with her, then she will allow him to enter her fully. It may happen that the man’s lingam reaches all the way to her cervix, which is the gateway to her second chakra. This sexual union activates and awakens her Svadhisthana. She becomes alive in her second chakra and might start laughing, screaming or crying, which is an indication that she is opening the gateway to her emotions. When she is fully awakened in her second chakra, her emotional state or feeling energy penetrates the man in his own second chakra.





This is where the energy Muladhara and Svadhithana chakras in both the man and the woman starts looping. This feeling is truly orgasmic and ecstatic as the boundaries of outer man and outer woman begin to merge and they start to disappear as separate genders, becoming both man and woman at the same time, or neither. Both of them enter into deep, merged orgasmic states of fulfillment and pleasure.



## Chapter 2

# The marriage of Manipura & Anahata chakras

## Manipura chakra

The third chakra, known in Sanskrit as Manipura, is situated in the area of the solar plexus, beneath the rib cage between the sternum and the navel. The organs connected to Manipura are the liver, stomach, spleen, pancreas and diaphragm.

Manipura is associated with the element of fire. It is the fire in our belly that motivates us and propels us forward.

Manipura chakra plays a central and vital role in the whole chakra system. This is the place where many of the meridians meet and spin, creating a powerful vortex of energy.



Manipura is also the place where we process information based on our soul programming. Any information that is not aligned with our true, intrinsic purpose, our soul purpose, sits here and remains unprocessed, leading us to experience energetic stagnation.

It is also through Manipura that we learn how to let go of conditioning and beliefs that we have accumulated throughout our lives that no longer serve us. When energy flows freely in and out through Manipura, our actions and energy start to align with our soul's purpose.

Manipura can therefore help us bring harmony to the contradictions of life. By its very nature, life is defined by polarities: day and night, life and death, happiness and sadness and our experiences are all felt at various points along this spectrum of opposite states. However, it is becoming more and more challenging for modern human beings to accept natural states that are beyond our control. We live in a world which attaches importance to scientific facts that can be proven rather than trusting the mysteries that are beyond our rational understanding. It is especially challenging for a man to accept contradictions as a man's greatest longing is to have clarity and control at all times. He wants the world to be black and white.

This basic fact can explain why there is still so much conflict between men and women. A woman is much more at ease with contradictions. Woman herself is perhaps the greatest contradiction of all. She say one thing at one time and then say the complete opposite at another time however, for her, both statements can be perfectly valid in the in which she expresses them.

A man who has not done any healing work on his solar plexus is incapable of grasping these contradictions and will expect clarity from her, something that she is not easily able to provide.



The simple fact of being human is a contradiction. On the one hand we are tremendously powerful: we are capable of mighty creation and destruction, but to be human also means to be mortal and vulnerable. We know that one day we will die and, when faced with the power of nature, we are often confronted with our complete helplessness.

## Polarity

Manipura is a positive pole for the man and is linked to action and giving, whereas for the woman, it is receptive.

It is in the solar plexus that the man experiences the awakening of his fire energy, his true purpose and presence. It is the source of his masculine power and it is from here that he transmits the full force of his nature to his woman.

If a woman is in alignment with her feminine energies at manipura chakra, she will be receptive here and capable of receiving the fire energy from the man.

A woman yearns to surrender to a man who is vast enough to contain her contradictions and when she finds a man who is capable of holding her paradoxical nature, she will naturally, and without effort, relax rather than fight and challenge him.

A woman usually challenges a man through her emotions, testing whether he is capable of fully holding her and whether she can safely surrender to him. For her, a true man is a man who can be powerful and yet also vulnerable.



When a man starts to work on his solar plexus he begins to create more and more space to be able to hold his own contradictions as well as those of others, and of life in general. The moment this space is created, he also expands his capacity to hold a woman in her contradictory nature, rather than trying to fix her, simplify her and make her masculine, like him. He develops the ability to accept her as she is: fluid, unclear and ever-changing.

For the man, alignment of manipura chakra happens when he starts letting go of the conditioning and beliefs instilled in him by others, anything that comes from outside of himself. This conditioning could include beliefs about what it means to be a man, what a man is supposed to do and provide, what a man should not do, how a man should behave, what his responsibilities are, how he should have sex and so on.

So long as these external concepts, drilled into him through conditioning by parents, society, school, country, religion and media, are not aligned with his own inner truth, his third chakra cannot be in harmony. He will be living in a state of constant stress created by a conflict between his truth and the external ideal.

However, when a man engages in self-inquiry, purges the false ideas and lets go of all the voices, a pristine, clear space is created. He is, for the first time, at peace and can fully feel who he truly is. He can now go and discover his soul's purpose in this life and on this planet. Questions such as why he was born in the male body and for what purpose was he born in certain part of the world into particular circumstances are given space to be explored. What gifts did he receive at birth and which ones have been developed out of experience and challenges?





What are his urging him to share with others in this life and in the world? It is in Manipura, the third chakra, that a man can explore and discover his unique calling, his soul nature.

Manipura is the chakra where we digest information from the outside and only those ideas that are aligned with our soul purpose can be fully assimilated and digested.

When we try to digest anything that is not aligned with our deepest truth it can block and hinder our energy in this area, making us feel weak and victimised or angry and aggressive.

The work on the solar plexus has to be constant and unwavering. We must be conscious of and respond to the urge to always refer to our deepest inner truth and let go of anything that is not aligned with this purpose. A man must dare to align his whole existence with the true purpose of his soul and then everything will start flowing and moving in his life.



# Anahata chakra

The fourth chakra, known in Sanskrit as Anahata, is situated in the centre of the chest between the two nipples and is associated with the heart, respiratory system and lungs.

Anahata is associated with the element of air.

It plays a key role in our spiritual transformation as this chakra sits right in the middle of the seven chakra system.

There are three chakras above it and three below.

Muladhara, Svadhisthan and Manipura are the lower chakras and represent our primitive heritage. It is through these dense energy centres that we can transcend our animal nature and emerge into our spiritual nature.

The three chakras above Anahata are Vishuddha, Ajna and Sashastratha and are connected to the spiritual realm. The energy in these chakras is more connected to ether rather than to earth.

If energy is flowing harmoniously in and out of Anahata chakra we feel love, kindness and compassion. However, if there is stagnation in Anahata, we can experience hate, distrust, resentment and an inability to forgive. The message of Anahata chakra is simply to love ourselves, love others and love the whole universe.



When we start to become aware of this chakra, anything that blocks our ability to love completely will surface and seek to be healed.

# Polarity

Anahata is a positive pole for women and a receptive one for men. A woman is, by her very nature, active and giving in this chakra. Her breasts point outwards, providing nourishment and nurturing from this centre. If a man is aligned in his third chakra, he is able to accept the gaze of a woman, deep and full of love, without feeling threatened or overwhelmed.

When a woman opens her heart and falls (or rises) in love with somebody, she emanates love energy directly from Anahata. However, if a man is unable to open and receive in his fourth chakra, he will find it difficult to be with a loving woman and to allow any form of love for himself. If he experiences a fear of intimacy, this is a sign that there is some healing needed in his Anahata chakra, in order for him to fully surrender, trust and open himself to love.

When he works on his self-worth and his self-love, a man will increase his capacity to receive love more abundantly. Once he realises that he is intrinsically a loving being, as well as worthy of love, he can begin to let go of any trauma surrounding love that may have roots in his childhood or past relationships.

Once a man can fully open himself and receive a woman's love, their connection can move to another level. She can shower him with her love, knowing that he can fully receive it and he can give it back to her with abundance.



This fluid, cyclical exchange is where the phenomenon of soulmates begins to happen, when both man and woman are simultaneously giving and receiving, embodying the feminine and masculine at the same time.

# The inner marriage of Manipura & Anahata

In this state, Manipura and Anahata chakras are married to each other and the second marriage of our inner masculine and feminine can begin to take place.

This is only possible when a man starts to work on his solar plexus. When he has become vast enough to contain contradictions, when he has let go of the beliefs and conditionings that no longer serve him and has discovered his soul calling, then he begins emanating a particular vibration that a woman can feel in her third chakra.

She can then open herself and surrender to this man, allowing the energy to come in, be received by her third chakra and automatically rise into her fourth chakra. She will then shower this man with her pure love, her gift from the heart.



When a man can receive this love into his Anahata chakra, a union is formed and an energy circle of joyful giving is created. Both man and woman dissolve into this loop and their male and female identities disappear. They become both yin and yang together and experience spontaneous, joyful orgasms.



## Chapter 3

# The marriage of Vishuddha & Ajna chakras

## Vishuddha chakra

And so we move to the fourth chakra, known in Sanskrit as Vishuddha or the throat chakra. The hub of the throat chakra, the centre of Vishuddha, is located in, around and below the Adam's apple.

Vishuddha is associated with the element of ether or space, the element that fills the region of the universe above the terrestrial sphere.

Vishuddha is all about becoming the co-creator with the Divine. It is at this centre that man, for the first time, begins to have a realisation, a glimpse, that he is connected to the very same energy as the Divine, that he is indeed a manifestation of God and embodies the same energy of the whole of existence.





When this realisation begins to happen, he starts to be amazingly creative, moving past the mode of survival and into a space of abundance. He comes to the understanding that he has enough of everything: enough energy, enough creativity, enough resources in order to make this planet a paradise. He starts sensing his creative responsibility towards his home, his family base but also towards his nation, towards wider society and towards the whole planet.

When Vishuddha is in alignment, he starts becoming like a channel, a hollow bamboo through which creativity and the expression of his potential begin pouring and manifesting.

He feels a connection to the Divine, that his hands, his eyes and his voice are all in fact in service of God. Whatever he speaks has the signature of God. Whatever he creates from his hands has the same beauty and vibrates on the same frequency as godliness.

This realisation of a divine connection is the essence of the manifestation of Vishuddha chakra.

When we start to become aware of this chakra, anything that blocks our ability to love completely will surface and seek to be healed.



# Polarity

In terms of polarities, the man is active in Vishuddha chakra and the woman is receptive. Although a man cannot give physical birth to a child, he still has a primal yearning to create life, to find an outlet for his creativity. This is why Vishuddha, the centre of creative energy, is positive in a man.

Vishuddha is also the place where the father principle resides. Whatever he has in connection with his father, good or bad, it is going to surface here. If connections with his father are not healthy and healed, then he may need to work on aligning Vishuddha, through meditation and healing work. This will enable him to find peace and fullness as Vishuddha will become aligned with the source of divine co-creation.

When a man becomes a co-creator, at one with the Divine, a woman immediately senses this. She instinctively bows down and surrenders to his divine creativity and begins supporting him, subtly and intuitively. She is overwhelmed with trust and has faith that whatever he decides to do, he is going to strive to protect her, protect her children, protect her family and ultimately protect the whole planet.

A man may start having visions of how his creative spirit will emerge from his fifth chakra. When she experiences this abundance, a woman starts pouring her energy into his vision, into his ideas and potential.

If a man and woman have chosen not to have a child or have not been blessed with a child, Vishuddha is a hub from where a man and a woman may start creating other life projects together.



This mutual manifestation of a wish to create something together is a reflection of the power of Vishuddha to bring ideas to fruition. Creative forces flow from the man, and the woman longs to be receptive to and involved in the projects that come from the visions of the man.

# Ajna chakra

This brings us to the sixth chakra, known in Sanskrit as Ajna chakra or the Third Eye.

It is located in the centre of the eyebrows, slightly above them on the forehead. This chakra is connected to the pineal and pituitary gland, the gland which controls our sleep and wakefulness and is associated with the element of light.

Ajna is a very mysterious chakra and is all connected to our intuition, imagination, clairvoyance and clairsentience. When this chakra is in full alignment and energy is flowing naturally here, we start imagining reality. This may sound like a contradiction. We are unable to imagine anything that does not already exist on this planet. We can only imagine what is already here. However, when we start tapping into a deeper clarity and clairvoyance through alignment of Ajna chakra, we begin hearing and seeing messages and visions from the Divine.

Ajna is the place where unio mystica can happen, meaning we receive the first glimpses of how man and woman can merge into a one.

All the polarities start to dissolve allowing a man and a woman to truly be together. Deep meditation on Ajna chakra also allows a silent witnessing to happen.



# Polarity

In terms of polarities, Ajna is an active chakra for the woman. The woman gives her gift through the Third Eye and the man is receptive here. Looking back to ancient times, we know that there were many female witches and oracles who used their natural intuition.

This is a powerful gift given to all women in order that they may sense the needs of her child in her belly. Without speaking, she actually feels what her child is feeling and in the first few months after birth, when the child cannot speak, she must develop a sense of metaphysical knowing in order to understand and respond to the needs of her child. Nature has given this unique gift to the woman and it extends far beyond the mother-child connection to encompass an innate sensitivity towards the needs and motives of others.

A man also has this capacity but it is dormant until it is given the opportunity to come to its full flowering. When a man and a woman enter into a relationship, the woman starts transmitting her gift of intuition to the man. She may talk about her dreams as though they were reality or seem to know what the man is thinking or feeling. The man is often uncomfortable with this, as she is entering into a realm that cannot be rationalised. He may dismiss her, claiming that there is no truth in what she is saying.

However, she is simply creating realities in her imagination. She is comfortable living in her imagination, like a child, and sometimes she is able to use the messages in her imagination and dreams to share great wisdom. What she sees may not have manifested in reality yet but it may happen in the future.



The natural role of witches and oracles was to transfer messages from a place beyond reality and it was man's fear of this gift, of this powerful intuitive energy, that led to clairvoyant women being burned alive.

In order to overcome the fear of this powerful gift, a man needs to engage in healing work and learn how to be receptive in his Third Eye. This means that when a woman is speaking, if a man can allow his Ajna chakra to be fully open, like a yoni, a space opens up and the man can receive what the woman is saying. He can receive her messages, her intuition and stories without danger, without needing to analyse them. When a man can summon up that capacity, the energy in his Third Eye starts opening and flowing and this is where the third marriage starts to happen between Visshuda and Ajna chakras.



# The inner marriage of Vishuddha & Ajna

In this state, the man is allowing his gift and energy to flow from his Vishuddha chakra and the woman is receiving it in hers. Taking that energy up to the Ajna chakra and manifesting from there all her intuition and clairvoyance, the man receives her gift in return. Energy starts flowing naturally, in a circular way, between Vishuddha and Ajna. This is the third marriage, the inner, healing marriage between a man and a woman.





## Chapter 4

# Sahasrara & the Tantric Circle

Based on the first six chakras, there are three pairings or inner marriages in a man and a woman. The marriage of the polarised chakras is what we call the Tantric Circle, Tantric Alchemy or the Tantra Map.

Muladhara and Swadhisthana are married to each other, Manipura and Anahata are married to each other and Vishuddha and Ajna are married to each other. When all these three marriages are in harmony and there is synchronicity, when energy is flowing naturally and effortlessly, these marriages culminate in the seventh chakra, Sahasrara chakra or the crown chakra. In Hindu mysticism is called the Thousand Petal Lotus. Sahasrara chakra is located at the top of the head and the space above and represents a central channel in our body. In newborns, this area, called the fontanel, remains open for a certain time, suggesting a connection with the Divine and a one-ness with all that is.



# The ultimate marriage

When all three marriages have flowered and are naturally manifesting, then Sahasrara opens and is receptive to the energy of the cosmos. We become the conduit as energy pours in through Sahasrara and penetrates the whole body, going all the way down to the earth.

In the opposite direction and in perfect flow and harmony, energy from Muladara chakra, that penetrates us from the earth, moves up through the whole body and connects ultimately to the sky. Sky and earth are making love inside us and we become the bridge between the mortal and the immortal. We are both masculine and feminine, and neither.

This is what, in many traditions, is called Enlightenment or Nirvana. It is a state where we no longer have our individual private energy but rather feel a connection to the whole cosmos. We have reached a state of “no self” yet at the same time, we are “everything”. We are simply connected to the cosmic energy that flows through the whole universe. We are sitting at the meeting place between the sky and the earth. There is no tiredness. There is no illness because we are connected to the inexhaustible resources of earth and sky.

*This is the secret of Tantra.*

