

### Chapter 1 : Tantra, Mantra, Yantra and Tibet – Where Imperialism and Spirituality Collide | Wake Up Wo

*Fusion Tantra brings this ancient wisdom into our modern day and reminds us of what we already know deep inside. That love-making is a life-changing, phenomenal, ecstatic experience!! That we have infinite energy and life-force coursing through our bodies.*

This is a 2 day event John is the only person in our experience who has successfully brought together all the paths. He is one of the few teachers who we believe provides the opportunity for a true integration between the physical and the spiritual and who also understands and teaches the true potential of the energy body alongside the physical body. This event is not to be missed as after this weekend, due to his International demands, he will not be teaching again in the UK during the rest of and currently has no events planned in the UK for He fuses in with his tantra training, bioenergetics and shamanic practices from the twisted hair shamanic path weaving together Celtic and Native American tribal traditions which he learnt directly from Arwyn Dreamwalker and the Quodoushka fire medicine teachings of Swift Deer. His teachings are based on very grounded existential tantra which integrates the light and the dark, the heaven and the earth, the spirit and the body. Dark Eros is his extremely popular training exploring our existential sexuality based on the transformation of fear and guilt and of anger and blaming into contact, pleasure and love. It gives the opportunity to play consciously with the themes of power over and under, dominance and submission. Through this we find how our true expression of our self may be suppressed and with it our pleasure and life force. Bio-Energetics is based on how our body reacts to life events and how the energy of those events is transferred into our cells, organs and overall being. John has been teaching Bio-Energetics based on the work of Wilhelm Reich and Alexander Lowen for decades and due to his belief that we cannot transform and expand with our body and energy being in a stress state, he has expanded on the work of Reich and Lowen to bring us Beyond Bio-Energetics, a path that explores the energy in our bodies from a place of relaxation and being conscious about our responses. The doors will open on Saturday at On Sunday the doors will be open at 9. The event will finish at 7. You are invited to bring lunch for yourself or vegetarian food to share and eat with us at the Studio. It is recommended that you bring your own sheet, massage oil and also a sarong or lungi. The cost is as follows please see our refund policy: Please message us if you think this applies to your circumstances. If you want to avoid the PayPal fees then you can pay by bank transfer as follows: Please put your name in the reference field and message us when you have done this. Elara – Post navigation.

**Chapter 2 : Katrina Bos – Fusion Tantra – Foundations of Tantric Intimacy - Get All Dating Courses**

*A descriptive bio of Katrina Bos of Fusion Tantra and East Street Station. That the souls fuse as one. This experience is essential tantra. This is the experience.*

Humanity itself is a tantra; a fused weaving knot or many strings. An ancient spiritual philosophy preceding both Buddhism and Hinduism, tantra represents integration, unifying the macrocosm with the microcosm, the universal and the individual, the feminine and the masculine, the yin and the yang. Yantra yoga is one of the oldest forms of yoga and because of the environmentally foreboding nature of Tibet and the varying secretive cultures of most meditative movements, it is said to be one of the purest and least altered forms of yoga. A Yantra, the sacred symbolism representing the Geometry of Energy. Teachers and Gurus In the past a teacher or guru was a requirement for such esoteric instruction. Click the links for a guided introduction to each practice. The difference between a teacher and a guru is that gurus so profoundly embody a teaching or philosophy that merely being in their presence imparts answers without questioning. A guru has the ability to teach, learn and share spiritual and meditative knowledge, but also has the power to transmit a comforting presence, even a sense of bliss. The Plight of Tibet Like the tantra, Tibet itself is a land of confluence, a land of intermingling cultures, ideas and ancient philosophies. One of the first higher meditative practices in the esoteric Tibetan Buddhist yoga practice called Naropa yoga is the practice of inner fire, the creation of psychic heat, or Tummo. The International Campaign for Tibet describes the factors at play succinctly: The Chinese institutions are dominating and destroying the Tibetan culture of monastic mountain retreat, and societies around the world have allowed the apartheid-like rule of Tibet to happen without ever catalyzing a proactive political strategy or boycott of the Chinese aggressors. Perhaps if Tibet was rich in oil resources, the West would be more interested. Perhaps if we were all less concerned with the materialistic and more interested in the fantastic, we would all be more interested. Such cultural repression stems from the fact that spiritual devotion leads to individuation, to individual empowerment and, therefore, ultimately to the empowerment of the human collective. Similarly, many martial arts have been deliberately changed over time so as to not allow people to develop their fighting ability, sure, but also to prevent them from gaining the potential metaphysical understandings inherent in their practice as well. As I said, devoted practice to tantric principles leads to individuation, the opposite of imperial institutionalization. Self-immolation, the act of public self-sacrifice as a desperate form of protest. In reality, the Chinese involvement in Tibet was no short of a military takeover. And China has remade the nation of Tibet as theirs ever since. Many have set themselves on fire to raise awareness of their exploitation and cultural elimination, in the most desperate form of protest we have seen in modern history. Tibet was a spiritual nation, one of tantra and sharing, where many spent their entire lives dedicated to the spiritual journey and those around them supported them. A custodian of wisdom, each Dalai Lama is believed to be the reincarnation of the great spiritual teacher, Avalokitesvara, the Bodhisattva of Compassion. Despite losing his homeland and despite his people being dispersed, and worse, the Dalai Lama remains positive, for even though Tibetan Buddhism is being restricted in Tibet by the encroaching imperialism of China it has been freed to the world. Distinguishing it from other religions, Buddhism is built on philosophies of life and enlightenment, not authorship of life itself. This is where the gurus and teachers become an invaluable part of the process. However the ocean symbolizes consciousness, the ethereal force everywhere of which we are but a drop – though within us is an ocean unto ourselves. This idea also reminds me of aspects of many meditations, Buddhist and otherwise, where one imagines being a conduit of compassion, ultimately visualizing that compassionate energy eventually crossing the oceans. One way I learned this is to meditate and imagine that your loving presence emanates and extends across the oceans. Locating the next reincarnation of the Dalai Lama always requires psychic predictions of sorts. No other communist or democratic nation in the world has upheld such spiritual transition of power in modern times, or perhaps ever. Most all national and imperial institutions keep power in the family or transfer it through another form of oligarchy, rather than through spiritual transition. Almost all national institutions act primarily to maintain and obtain power, resulting in war states, buffer states and ever-changing borders. China took over

Tibet when England left India and Tibet no longer was useful as a buffer state. China took over Tibet like so many other nations have taken over so many other spiritual places; like England took over India, and the European nations took over the indigenous tribal cultures around the entire world. Crossroads Tibet is an incredibly rich cultural fusion. Great Indian gurus travelled to China via Tibet and likewise great Chinese philosophers and physicians went to India via Tibet. Even the legendary Mongolian armies came to Tibet as did people from the Muslim world and throughout Asia. Tibet is the Himalayan roof of the world and to a large extent, it was the center of the ancient world. When Buddhism reached the Himalayan Mountains of Tibet from India, it was integrated with ideas in the shamanistic Bon religion, the prominent form of worship in Tibet. In Tibet the indigenous Bon ideas, Buddhism, some Hindu beliefs, some Taoist and Chinese influences and other cultural philosophies were all variously merged together and fused into Tibetan Buddhism. Previous articles by Ethan Indigo Smith:

*Fusion Tantra, Toronto, Ontario. 16, likes · 9 talking about this. Fusion Tantra is about exploring Intimacy, Tantra, Sacred Sexuality, Love and.*

You have heard about working with sexual energy or opening to love, and want to know more? Or perhaps you have a spiritual practice such as yoga and you want to know how to integrate it into your everyday life and relationships? So where on earth to start? You may have heard stories of dodgy sex gurus or wild orgies, and that may not be what you are looking for. Or perhaps you do want to explore sexuality in new ways, and you end up at a class meditating upon the breath for hours on end! So this guide is intended to help you navigate around the rather broad world of Tantra to find what you are looking for and what serves your highest need. Click on each green title below to read about the different types of Tantra. NeoTantra is a modern approach to Tantra, and often an entry-point for many. What characterizes Neo Tantra is that it is largely focused on a psychotherapeutic approach rather than a more overt spiritual tantra or practice-based system. What to expect Classes are very experiential rather than theoretical, designed to help you break old patterns that limit you conditioning and empower you to feel free in your expression of being. There may be psychological processes, dancing, dynamic meditations, partner work, group work and massage. In fact there is often a big range of tools used at these workshops. Often there is little or no focus on ejaculation control or orgasmic techniques and usually there is no practice. This is being authentic, true and open. Most Osho Tantra teachers. You could either describe this as a type of Tantra that uses yoga, or as a type of yoga that uses Tantra! Compared to more common forms of yoga, what makes this different is that it focuses on the energy rather than the physical body. Opening energy channels and mastering energy flow is key. Most specifically working with sexual energy and channeling it upwards into more refined forms of energy, such as love and spiritual states. The highest goal of Tantric Yoga is enlightenment and there are detailed series of steps to raise consciousness to highest states of realization. What to expect This is a dedicated path, and typical of traditional system is seen as a journey of several years rather than a one-off workshop experience. Having said that, huge benefits can be gained even from learning a few basics. You can expect yoga classes focusing on the energy flow during and after each posture. You can expect many meditation techniques too. Many Tantric Yoga schools also add in rituals, often with men and women dressed as Gods and Goddesses, or wearing white, to awaken their divine potential. There is also usually a strong grounding in theory and studies of ancient tantric texts. Tantric sex is usually a part of the teachings, as to loose sexual energy through ejaculation is seen as detrimental to raising consciousness. However this is very monistic suiting monks and nuns and recluses! Oriental arts of cultivating sexual energy What is it? Strictly speaking the Taoist path is an offshoot of Tantra rather than a sub-category. However, it has so much overlap with Tantra that it is convenient to list it here. Taoism is a branch of ancient Chinese spirituality that encompasses many levels including: Of all the paths it is probably the most detailed in its techniques for physical healing the whole system of Traditional Chinese Medicine is based upon Taoist wisdom , so many people are drawn to heal sexual dysfunction or physical illness. Sexual energy is seen as a source of vitality used for healing, wellbeing, as well as raising states of consciousness. Working with the energy also has the effect of transforming negative emotions into more positive states. The techniques also excel in detailed methods for cultivating sexual energy, raising it full body orgasm , channeling it and integrating it. In partner work, couples learn to share and exchange energy in different ways, creating specific states of sacred union tantric lovemaking. This is a practice-based system, like Tantric Yoga, and the main practice is qigong or working with energy, as well as specific meditations. You may learn a whole series of techniques for ejaculation mastery, prolonged orgasm, heart opening and attaining states of meditation and bliss. You can access your multiorgsmic potential using your own practices, and do not even need a partner for this! Of course all the techniques learned can enhance the lovemaking of a couple. Teaching style varies from teacher to teacher, and traditionally this is not a very flowery type of teaching! Teachers may simply teach technique in a step-by-step way, although there are more and more teachers offering this in a more juicy, tantric style. Initially the student may have to be patient as they learn the practices, but soon they will start to

reap the beneficial results. Now traditional tantrics would not even call this tantra, but as many teachers are using that name, it is worth including it here so you can recognize it. In a sense to bring sexuality out of the dark! So this type of tantra is a response to the fact that many societies have an attitude to sexuality that results in a lot of guilt, shame and fear. This then has the effect of creating suppression or distortion of sexuality. So Sexual Tantra aims to heal those distortions and make sex a more healthy and conscious experience. A lot of the other types of Tantra mentioned above will include as aspect of this, especially NeoTantra, but they include meditation that may not appear here. There is a huge range here, and each teacher has different boundaries. Some teachers want to create space for total exploration, so there may even be full sexual activity which rarely appears in the other categories of Tantra. Some Sexual Tantra is more like a sex club with an element of conscious awareness added to it, rather than like a spiritual workshop. Tantric massage is of course a technique, and may appear in any of the above types of Tantra. However, it is also a path in its own right, and some practitioners find this their entry point into Tantra and possibly even their only experience. Tantric massage is bodywork that works with the sexual energy and often includes genital massage. Each style is different: You can either go as a client to receive a massage or go as a student to a workshop or training. Being a client is a frequent entry-point into this world. You may go for healing or to experience your sexual energy more. See What is a Tantric Massage Tantric Massage courses can be from a casual taste of tantric massage to a full professional training. If you just want to experience the opening and healing for yourself, find a workshop. If you find huge benefits from this work, you may become interested in joining a full professional training. This is generally further down the path and not for complete beginners. If you attend a course, you can expect to massage and be massaged! Mostly the partners are rotated, so everyone gets to practice on different bodies – so a certain degree of openness is required! However, there are some teachers who encourage couples to attend , which may feel more comfortable. Tantric De-amouring is a new catchphrase that falls into this category. It is about removing layers of defense and protection that have built up around the sexual organs and body, with the intention of opening you up. This varies from painful styles, vibratory methods to more gentle releases, so check beforehand. Tantric Energy Massage is also on the increase. It is a specific way of raising the energy up through the body, inducing a kind of full body orgasm. What is often surprising about this is that it is usually done with clothes on and no genital contact! It uses movement, breath and sound to release blocks. It leaves the recipient feeling very opened and released.

### Chapter 4 : The Beginner's Guide to Types of Tantra | LiveTantra

*There is also one video each module where you will have exercises and techniques to practice at home.. to truly allow for inner transformation and your own experience to shift you from the inside out.*

Katrina Bos's Fusion Tantra Foundations of Tantric Intimacy We have the ability to experience amazing ecstasy and bliss within us right now! No need to learn fancy tricks! We just have to simply go within and discover what is already programmed inside of us! We know how to put the bodies together in order to make babies and have sex. We fearlessly connect emotionally with each other, blending these powerful energies. We breathe and move and make sound and mindlessly ride the passion flowing between us. We feel the power in stillness and the energy that flows between us! We are able to be fully masculine and fully feminine, unite these together and ride the momentum! We effortlessly feel complete ecstasy and bliss flowing through our bodies. We feel incredibly connected while we make love, and then when we spoon afterwards, and the next morning, and the next afternoon. But the truth is that it is very simple. No fancy postures or hand mudras or chanting. This is what we are actually made for! This course provides you with the Foundations for a life-long tantra practice. We learn about levels of intimacy required for true merging of two people. We learn about how our bodies are designed to merge and combine to create ecstatic states. Two or three are instructional shifting our perspectives about life, love and intimacy.. Plus integrating the ancient art of tantra into every aspect of our lives. There is also one video each module where you will have exercises and techniques to practice at home.. Opening to Ecstasy Module VI:

### Chapter 5 : Katrina Bos - Fusion Tantra - Foundations of Tantric Intimacy - Download Digital Products

*John is one of the most experienced teachers of tantric energy work in Europe and has been guiding transformative journeys for the last 30 years.*

### Chapter 6 : Vajrayogini Wild Fire: Tantra and Tribal Fusion Belly Dance Immersion's Galiana Meditation

*NeoTantra literally means "new tantra" (not to be confused with "The New Tantra" which is one particular school, not necessarily in this category). NeoTantra is a modern approach to Tantra, and often an entry-point for many.*

### Chapter 7 : Fire Yeti (Tantra) - Summoners War Ratings Guide

*We wrote a key article on tantra, so read all about tantra if you like. For now, tantra is about growing in Love and Consciousness. For now, tantra is about growing in Love and Consciousness. So all the tantra lessons have to do with either love or consciousness.*