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# Beginners' Guide to Neo Tantra:

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What Is It About?

& How To Design Your Own Path



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# Why Neo-Tantra instead of just Tantra?

For as long as I've been on my spiritual journey that's taken me through the valleys of consciousness about some of our largest taboos, I've been involved in long discussions on social media and at workshops on "What is Tantra?"

Wikipedia tells us:

***Tantra** (/ˈtʌntrə, ˈtæn-/; *Sanskrit*: तन्त्र, literally "loom, weave, system") denotes the esoteric traditions of *Hinduism* and *Buddhism* that co-developed most likely about the middle of 1st millennium AD. The term *tantra*, in the Indian traditions, also means any systematic broadly applicable "text, theory, system, method, instrument, technique or practice".<sup>[1][2]</sup>*

There are a wealth of resources online arguing about exactly what Tantra is, or isn't, how you are "supposed" to be practicing and whether sexuality should play a large part in Tantra.

*"The short answer is that **Red Tantra** is focused on sensuality and sexuality, while **White Tantra** is more oriented towards a spiritual approach. ... In essence, the practice of **White Tantric Kundalini Yoga, Kriya Yoga, etc.**, is rather pushy and fast. "Evolution now!" might be its motto"*

*(From an article on Red & White Tantra by Rev.Keith Hall)*

The classical Tantrikas/Tantricas argue about Neo-Tantra's use of sexual energy and open sexuality positivity as such a large focus,

and the White Tantra practitioners may disagree with Red Tantra or Black Tantra or .....

And so it goes.

I grew tired of the arguing, and started listening to my own soul teachings about what I chose to explore as a path to consciousness.

After all, the word Tantra meant to weave a system.

So, I began to look at all of the teachings and design (weave) what worked for me.

The reason why I eventually chose to call what I practice Neo-Tantra was because the word was already in use surrounding the exploration of sexual energy for consciousness as well as exploring the taboos of sex and death with awareness to look at where we are on the planet, and what we are doing with our sexuality when it came to mindfulness & raising consciousness.

Neo-Tantra is just an understanding of what branches Tantra has gone into within the (mostly) Western World.

It's "New Tantra" in a sense, with an understanding that it's generally going to take a deep and mindful look at sexuality.

Some say Neo Tantra started with Osho, and although I find elements of his actions and work problematic, there's some of his teachings that resonate deeply with what is generally known as Neo Tantra in the world today.

We just don't have enough language to cover spiritual sexuality in the world today. Much of this is due to the shaming of our natural human processes surrounding birth and death, much is related to belief systems, especially Abrahamic ones, that deeply shame much of our human sexual nature, deeming it sinful or inappropriate on a spiritual journey.

My personal belief surrounding this, is that is one of the reasons sexuality and the power systems surrounding religion have become so aberrant with sexual secrets and rampant abuse.

When we suppress one area of this human experience, and try to bypass it, when we are not ready, or still ashamed, or still feeling huge amounts of desire, it eventually takes over. Instead of being a natural human expression that can be used for many purposes, sexuality becomes aberrant, lacking consent or love, often abusive.

The words and terms we have in the world today for a spiritual-sexual connection are generally Tantra, Neo-Tantra, Conscious Sexuality, Mindful Sexuality, Holistic Sexuality and that's about it (if you were looking for hashtags!) and these terms don't even really cover what they're actually about, as the moment we use the term sexuality, most people assume that's the penetrative act of having sex, not about the ENERGY of SEXUALITY that surrounds us as human beings, which can often have NOTHING TO DO

WITH PENETRATION or our assumptions about cis - gendered heterosexual acts of sex.

One of the other issues I hold as a pansexual, monogamish, cis gendered woman is that much of the Tantra in the world today is not inclusive, meaning it doesn't make space for the varieties of gender identification and human sexual preferences and identifications we hold in the world today. It still feels very dual gendered, especially with much identification with the masculine/feminine, shiva/shakti take on things.

Also, there's the issue of cultural appropriation with adopting a system that has it's own heritage, such as the Classical forms of Tantra and changing it to include a westernized version.

It just feels too polarized for me, and in our world today we are facing the need to adapt and expand our belief systems about many things, as technology and the fourth industrial revolution are evolving our world before our very eyes.

Disruption and adaptability are no longer catch phrases, they are part of our day to day existence, if we choose to excel and thrive in our world.

So, after years of seeking "The One True Path" I began to understand that there was a strong possibility that it may look different to different people, depending on their life paths, belief systems and experiences.

However, we still need terminology to understand what's going on, what we can learn, who teaches it, what it could include etc,

so I still use most of the terminology above to link with others in the world doing this work in this way with this particular understanding of consciousness.

Neo-Tantra is understood to be NOT Classical Tantra even though many "Tantra" people are actually Neo-Tantra Practitioners.

# What is Neo-Tantra all about? What can it include in practice?

Firstly, it's a wild world out there! Neo-Tantra or even certain formats of Tantra can include a number of things like:

## Tantra Massage/Tantric Massage

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Generally speaking, this is a form of massage and conscious touch that includes the whole body, so often has genital touching.

Practitioners can vary between a very boundaried space or "container" for this work (Clear boundary setting, Codes of Conduct) through to having full intercourse styled penetrative sex being part of a Tantra massage session, with no discussion at all or safe sexual practices.

This is what I mean by the Wild World out there! As a generalization, we are so repressed about our sexuality that the

lack of knowledge leads to plenty of abuse in this particular arena, with unscrupulous people using Tantra Massage to fulfill their own sexual agendas.

I personally use this methodology with a clear Code of Conduct, as I've had some experiences myself that were deeply disturbing when I started down this particular path.

However, there are many different points of view on what Tantra Massage should/could/would include, so if you choose to explore, understand your own boundaries first on what would be ok for you on your particular journey, question the people you want to have these experiences with, and ask for references.

You could also ask that someone else or a partner can be present at the session and see how the teacher reacts.

Also, trust your instincts and gut feel, and if you don't feel safe, leave.

### Yoni Massage

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This is the Tantra/Tantric Massage that is used on the vulva/vagina, and can be a huge experience of healing and release. It's often quite specifically focused on the genitals, and can be included in general Tantra/Tantric massage.

### Lingam/Lingham Massage

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This is the Tantra/Tantric Massage that is used on the penis/male genitals, and can be a huge experience of healing and release.



It's often quite specifically focused on the genitals, and can be included in general Tantra/Tantric massage.

You can also learn how to do these massages with your partner if it feels too weird to explore this with a practitioner/tantrika etc.

### Divine Union

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This is generally a euphemism for Tantric Sex, or sex with multiple layers of conscious awareness. Until you've explored the sexual energy/spiritual/consciousness connection with yourself, I don't believe true Divine Union is possible with another. Often this is taught very heterosexually as well, which is excluding the energies of the full consensual sexual spectrum.

My personal belief on this is you can explore techniques with a partner, or even a Tantra person, but until you have a real understanding of yourself and your own sexual energy, you are not going to shift your consciousness with this practice.

You may however, have some awesome sex, and if that's consensual, yay!

### Meditations

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Part of any spiritual/mindful/consciousness path is exploring the activation of meditation. There are a myriad ways to meditate, it's a good idea to start with something simple and accessible to you, and for different people that may be different forms.

Some swear by guided meditations, some by transcendental meditation.

Some prefer a yoga class meditation.

Sometimes in Neo-Tantra these meditations will extend into an orgasmic/bliss styled meditation in various forms, often combining with breath work.

There are a number of meditations including heart & death meditations that combine certain classical Tantra principles with meditation.

Neo Tantra is generally inclusive of most meditation practices.

### Breath Work

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Breath Work is also part of most other consciousness/spiritual modalities, and is deeply linked to sexual energy as it activates the parasympathetic nervous system which is linked to libido and the "rest and digest" system in the human body.

It plays a large part in allowing the sexual energy/life force/chi/Qi to flow, and enables the nervous system to produce chemicals like oxytocin, serotonin, endorphins and dopamine.

### Other modalities

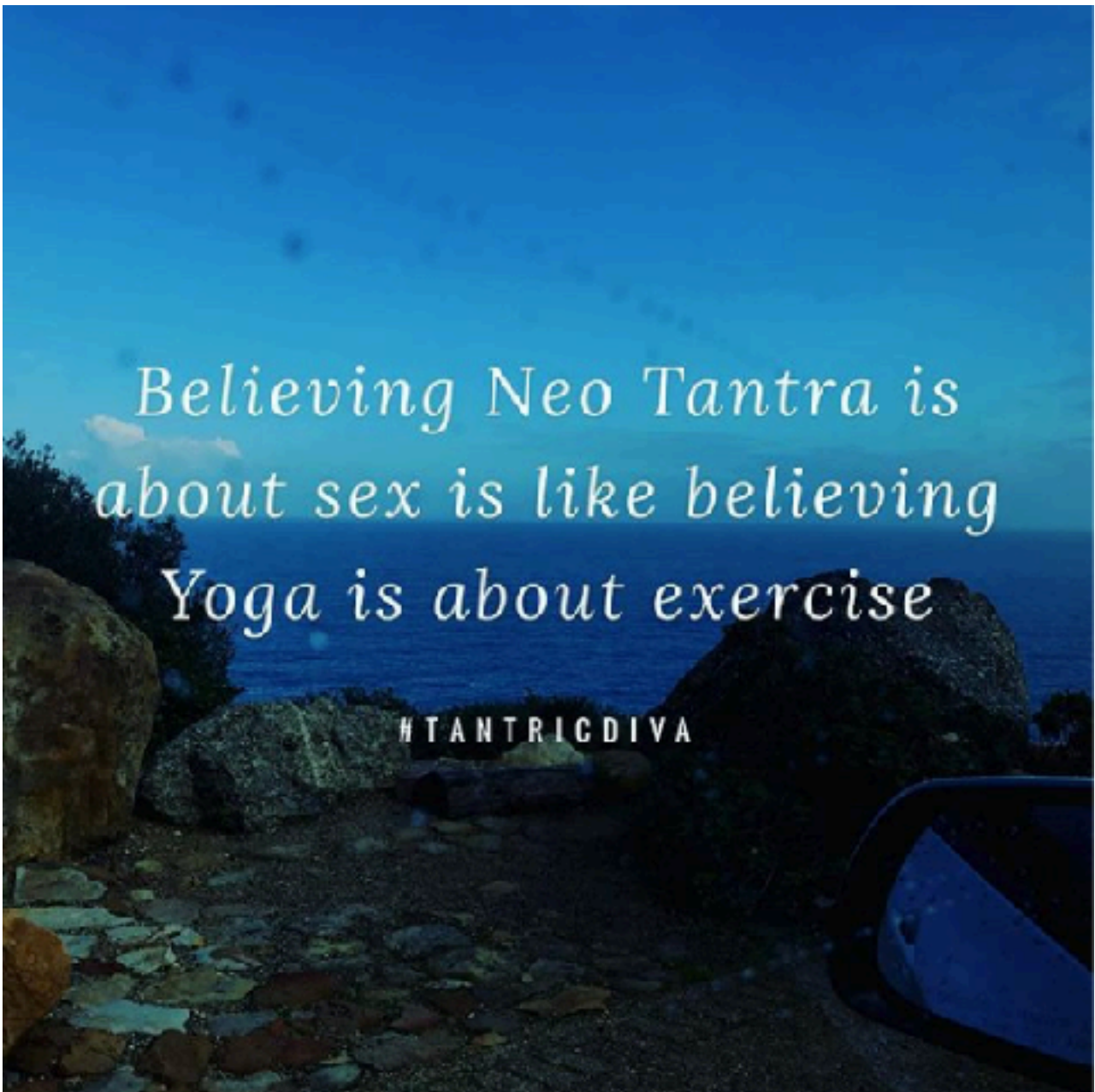
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As Neo-Tantra tends to be more inclusive, other modalities are often used in conjunction with it, such as:

- Reiki
- Bliss Dance/Bio danza
- Plant Medicine Work & Journeys
- Cacau Ceremonies
- Womb Work / Yoni Eggs
- Skill Set Retreats / Extended or Full Body Orgasm Teaching
- Inejaculation Methodology
- BDSM
- Other forms of massage
- Yoga

as well as most forms of alternative healing/energy work

Understand that many Tantra people don't specify their Tantra, so Neo-Tantra is just an umbrella term to hold all of these methodologies that link to the raising of sexual energy/life force through the modalities that can be linked to the sexual systems in the body.



Neo-Tantra is a way to practically explore sexual energy and it's links to awareness and consciousness.

Just as Yoga is not just about exercise, so Neo Tantra is not just about sex.

Yet it can include it!

So, Neo-Tantra practices can improve your sexual health and sexual/intimate life, just as Yoga can improve the functioning of your body!

### Designing your own path

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If you feel a pull towards exploring sexual energy, then Neo-Tantra could be a path for you. You may find this path through other paths that have lead you to this point, and generally speaking many people have a certain amount of trepidation about exploring sexual energy as it's so incredibly personal and can be a wild world that includes unscrupulous people.

Remember, unscrupulous people exist everywhere, from religion through to politics, so it's good to know ways to recognize them on any path.

This is why it holds benefit to design your own path, and although you want to stretch your understandings and awarenesses, you don't necessarily have to put yourself in danger to do so.

There is a general understanding that we learn through pain, through struggle, through difficulty, and that is true. Some of my biggest spiritual growth points were through pain.

And there's been balance. Not all of the learning has been that way either

Because it is also possible to learn through bliss and pleasure.

I've had the opportunity to have had my largest and most expansive growth points through pleasure. My truest lightbulb moments.

Most of us have never had the opportunity to go that route, and Neo-Tantra is a possibility for those who would like to mindfully explore that option.

Just be aware that you are the seeker and the traveller, and you have the opportunity to design your own path with what resonates for you.

With life and laughter

Anne-Marie Clulow/Visser

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