100 TANTRIC TECHNIQUES FOR TRANSFORMING YOUR LIFE
WHAT IS TANTRA?

Tantra is an ancient practice, dating back to thousands of years. It is both an art and a science; a journey into the inner life that pulses from deep within you, calling you, reminding you of who you are.

Tantra is about embracing the dualities of life. Deep in your practice, you will find that the lines between masculine and feminine, light and dark, sun and moon, cease to exist. You will start to accept life as a whole, and not just the parts of it that look attractive or ideal to you. Once you master this acceptance, you are able to live life more fully. By way of breathing, movement, meditation, and visualization, you start to harness the subtle energies of the body. You become more aware of yourself. Your capacity for orgasm, happiness, love, peace, and wisdom expands.

There are 7 major energy centers in the body. These are known as chakras. They are vortexes of energy, all of which correspond to certain glands in the body.

In your practice of Tantra, you’ll be working to clear and open these energy centers. The trick is not to get too heady with it. Tantra is about moving out of the head, and stepping into the body and the heart. It’s about turning off the chatter in your mind so that the light of who you are can shine through, undiluted.

In this Tantric Guide, I will be sharing 100 ways that you can bring the mystical work of Tantra into your life right now. There are different sections that pertain to your life, sex life, creativity, manifesting, and relationships.

ENJOY.
100 TANTRIC TECHNIQUES

For your Life

1. Every chance you get, do belly breaths through an open mouth. Keep your body oxygenated. This will help you to feel everything in your body more -- emotions, sensations, all of it.

2. Make eye contact when you talk to people. Taking the time to be present through the eyes is a simple way of making a meaningful connection with somebody. It'll be harder to phone it in.

3. Forgive others. Imagine that person you need to forgive sitting in front of you. As you inhale, imagine you are drawing love from their heart and delivering it straight to yours. And as you exhale, imagine you are circulating love back to them. Continue to do this for a few minutes. Feel your heart blast wide open as a result.

4. When you're doing something, just do that one thing. Don't try to do 17 things at once. Devote your attention to that one thing like there was nothing left in the world.

5. Move your body. Every single day.

6. If you feel fear ever, don't stuff it away or try to let it go. Breathe it in and love it like it was a part of you. You'll be surprised that the more you allow yourself to sit with fear, the more it will naturally dissipate.

7. Start your day by stretching your spine in all directions. Your Kundalini Energy, that precious and vital life force energy, moves through the spine. Keeping the spine flexible will give you more vitality and aliveness for the day ahead.

8. Melt into every hug you give, allowing your every cell to merge with the one you're embracing. Otherwise, why even bother hugging?

9. If something's not working, release it. If it's meant to be, it will come back to you.
100 TANTRIC TECHNIQUES (CONT.)

10. If you see something beautiful in nature, resist the urge to snap 100 photos of it. Instead, just allow yourself to be with it. If it's a sunset, be with the sunset. If it's a river or an ocean, be with it. We are separate from it the second we start focusing on taking the best picture.

11. Go an entire day without judging or criticizing yourself or other people. Every time you start to do it, stop yourself and focus on your heart chakra. This will help you to develop your love muscles so that you can start coming from a more heart-centered place.

12. Next time you eat a meal, don't rush through every bite. Chew slowly and savor every moment of the tasting process. Developing your senses more will help you to feel your innate bliss more deeply.

13. If you feel stuck or stressed during any part of your day, use sound to transform the energy. Take a deep inhale through an open mouth, and then sigh out loudly on the exhale.

14. Ever feel like you're not where you want to be in your life? To help move any blockages or obstacles out of the way, chant: Om gam ganapataye namaha. This will evoke Ganesha, the son of Shiva. (He's that elephant head guy that you see in the statues.) Ganesha is the remover of obstacles, and he will help you to get unstuck.

15. Keep your root chakra clear and balanced by wrapping your arms around a tree and breathing deeply for 1 minute. This will ground you and keep you stable.

16. Keep your Sacral Chakra clear by placing your hands on your belly. Breathe orange light down into your belly, causing your hands to move outward. Then exhale, imagine that orange light melting into your belly. This will help to balance your emotions and heal your sexuality.
17. Keep your Solar Plexus Chakra clear by imagining the sun beating its rays down and warming up your solar plexus. Doing this for just 2 minutes will give you a boost and make you feel more confident!

18. Keep your heart chakra clear by tapping your chest. When you wake up in the morning, use your fingers to tap firm pressure all over your heart to wake your love space up. As you go about your day, use the energy from your heart to think, speak, and take action. You'll notice a big difference in how you feel and how you impact others around you.

19. Keep your throat chakra clear by singing or chanting. Don't let self-consciousness block off that precious energy in the throat. Let yourself be free to express yourself. The throat is the catalyst for change. When we can free up our self-expression, we can start living in alignment with our highest, most authentic selves.

20. Keep your third eye clear by focusing on that space in the middle of the forehead, between the brows. Chant OM silently, in the head. This will help to increase your intuition and psychic powers.

21. Keep your crown chakra clear by going under the moon, when it's full or near-full. Imagine you are drawing energy from the moon down into the top of your head on your inhale. Then hold that breath, allowing the energy to stay in your crown area. When you're ready to exhale, exhale that energy from the crown and down the entire body. Let that energy fall into the earth beneath you. Repeat for as long as you need to. This will connect you to all that it is and awaken your being to some deep enlightenment.
22. Read Osho's Book of Secrets. It will illuminate the depths of your being.

23. Master the art of acceptance. Write out a list of all the things you've been struggling to accept in your life. Then go through each item, and imagine you are breathing each one in to your heart.

24. Find beauty in the mundane. Hint: By being completely present and aware of your body, something as simple as doing the dishes can create an orgasmic feeling within you.

25. Don't let any addictions cloud your essence. You're stronger than that. So go deeper to uproot it. Stop looking at the addiction as something you need to let go of. Instead, look underneath the addiction and understand why it's there. Is it depression, anxiety, disappointment, anger? Once you locate the feeling that's driving it, just sit with the feeling. Allow it to overtake you, to fill up all of your cells. Breathe. Do this a little each day.

26. Trust your intuition.

27. Every time you have a thought that disempowers you, interrupt it. Filter it out. Breathe, and on each exhale, imagine the thought bidding you farewell.

28. Create a sacred space in your home. One that you can go to whenever you need to pray, meditate, visualize, chant, journal, or reflect. This way, you build good energy in the space over time. You'll find that with each week that passes, your meditation or reflection in the sacred space will deepen. People who might be visiting will see your space and notice the clean, charged energy that exists there.
29. Do you ever feel alone and disconnected from the world and everyone around you? To stabilize your spirit, close your eyes, breathe, and meditate. Imagine the world is curving around your body and wrapping you in a giant hug.

30. Protect your energy. Don't do things that your heart isn't into.

31. This might sound like a boring one, but don't forget to drink lots of water every day! Water helps to move toxins out of your body, and to keep your emotions flowing. Hydrating yourself is an easy way of getting unstuck.

32. Stop looking to be fulfilled by things outside of yourself. It'll never work.

33. Sit up straight and close your eyes. Pick a point on the spine. Dissolve into that one point, as you breathe. Feel your vital life force energy waking up.

34. Don't forget that the breath is not merely "inhale" and "exhale." This suggests only 2 parts. A breath has 4 parts. There is the pause that exists after the inhale, and also after the exhale. Take your time with your breathing, so that you can feel all 4 parts of the breath.

35. If you have difficulty with anger, catch it before it flares up. Go within and center yourself. Imagine yourself bringing the anger into your heart, where it can be truly felt, and cleansed.
36. Look each moment full in the face. Feel contentment rising within you, and let it spread across the body, like a warm blanket.

37. Keeping the eyes closed, look up toward the third eye, in the middle of the forehead. Breathe, and just be.

38. Close your eyes and imagine a lotus flower in the center of your chest. Feel its purity buzzing in your heart. Feel this flower as a reflection of your own true essence.
100 TANTRIC TECHNIQUES (CONT.)
For your Sex Life

39. Start expanding your definition of Sex. Take it beyond the typical. See Sex as presence. As deep presence. See Sex as deep union. Start to see it as all forms of connection -- an intimate conversation, a glance, eye contact, a whisper, a touch. All of that is Sex. Take none of it for granted. Devote yourself fully to each moment of connection, whether it's with a lover or not.

40. Sexual energy is not just something that exists in the genitals. Sexual energy is in your every cell. You are here because of sexual energy. Sexual energy is life force energy, prana, chi. It is what keeps us alive and nourished. Don't be afraid to lean into it. Don't be afraid to take it out of the bedroom and to use it to fuel other aspects of your life.

41. Set aside some time to do more belly breathing! Except now, when you inhale, imagine that breath is a pleasure-inducing massage. As you guide that breath down into your belly, allow it to awaken you, to stir you. And when you exhale, same thing. Give yourself over to each moment, and keep your attention on the breath the entire time. 10 minutes of this would be ideal; 20 would be even better!

42. Send some love to your sacrum at the base of your spine. It is FULL of sexual energy. Reach both hands back there and give your sacrum a little massage. You can even make your hands into fists to tap the sacrum. It can take a lot of pressure!

43. A woman's breasts are the portal through which she can access deep and wildly fulfilling orgasms! SO if you're a man and you're reading this: Support your woman by devoting yourself to her breasts and chest area. Be gentle with them. Massage them with circular movements. Move the circles outward instead of in. Spend lots of time here, because this will set the foundation for her to have a very deep experience with you -- one she might never forget. And this is to the women: Cultivate a deep relationship with your breasts. Fully be with them, and breathe into them during lovemaking. You'll be surprised how this one move can increase the pleasure in your body exponentially.
44. Whatever you focus on EXPANDS. So if you're in the middle of lovemaking or you're pleasuring yourself, and you feel a sensation in your body, don't look past it. Melt into it. Slow down and hone in. This is where your meditation practice will help! If you can be present and just sit with this sensation, you will find that it will start to increase.

45. Make it your mission to stay aware of the body. Notice those times when the body is holding any tension or strain. If you do notice anything, shake that tension out of your body. Any strain in the body inhibits the flow of sexual energy. The more free your body is, the more pleasure and sensation you'll feel.

46. This is a basic one, but I don't want you to overlook it: Wear things that make you feel sexy. If you have clothes in your wardrobe that you're not absolutely crazy about, get rid of them and don't look back. Wear things that make you feel as if you are in your power. This will amplify your sexual/life force energy.

47. Spend an entire day focused on your sense of touch. Notice how your clothes feel against your body. Notice how the wind feels against your face. Notice the chair you're sitting on. Notice the smooth keys of your laptop underneath your fingers. Notice the touch of someone you love. Devote yourself fully to touch for the entire day, and take nothing for granted.

48. Spend an entire day focused on your sense of smell. Notice the smells all around you -- in your home, on the street, in the park, in the store. Drink each smell in through the nose and truly give yourself over to each one.

49. Spend an entire day focused on your sense of sight. Really open your eyes to SEE. Keep your head up and look around. Take in the beauty of everything out your window, even though you may have seen the same view a million times. See it all anew. See the people in your life as if you were a curious 4-year-old, making some great discovery. See everything fresh and alive and sparkling with possibility.
50. Spend an entire day focused on your sense of hearing. Hear all of those sounds around you. Get lost in each one. Explore the layers and the textures of each sound so deeply that you feel as if you are the sound itself. Listen to people's voices as they speak to you. Listen to the rhythms, the intonations; listen to the words that they stress. Hear them in a new way. Let the discovery of all the sounds wash over you.

51. Spend an entire day focused on your sense of taste. When you eat or drink, take your time. Be with all of it. Taste, as if it was the only sense you had. And don't just limit your sense of taste to the food and drink that you're putting into your mouth. You can also notice what you taste in the air -- the taste of rubber or salt or smoke. Surrender to taste for an entire day, and notice how you feel at the end of it.

52. Activate all of your senses during lovemaking. Give ample time to touching, tasting, smelling, seeing, and hearing your partner. Dive into each sense so completely that you and your partner become one being.

53. If you're single, remember never to shut the door on your sexual energy. ALL of us, single or not, should be circulating and replenishing it on a daily basis. Have as many orgasms as you can, and again, don't get caught in the trap of limiting orgasmic energy to the genitals. Here's a great breathing exercise: Imagine you are inhaling orgasmic energy into your genitals, and then when you exhale, imagine that energy moving out of the genitals and spreading out to every other part of your body.

54. Deeply pleasurable Sex is about presence. It's not about going through the motions and nailing certain moves and touches just right. It's about being available to your partner. It's about being raw. Open. Vulnerable. That's the sexy shit that people dig.
55. During lovemaking or self-pleasuring, don't hold ANY tension in the body. Let it all be loose. Let the body be soft and relaxed, so that sexual energy can gush through you, unobstructed.

56. If you have a partner: Before lovemaking, spend some time breathing together. Sit with your foreheads touching; then inhale and exhale in sync. Do this for 10 minutes, and then flow into lovemaking, when you're ready.

57. Let go of your attachment to "coming." Sex shouldn't be about expectations. Allow the experience to be what it is, simply by being in every moment.

58. Hug your partner from behind and place your hands over his or her heart. Inhale together, and when you both exhale, imagine your hearts are melting together. DEEP.

59. Do kegels! As you inhale, clench your PC muscle, and as you exhale, release it. The PC muscle stretches from the pubic bone, all the way to the tailbone, and it forms the floor of the pelvis. This is a great one for activating your sexual energy. Do this with great awareness, as if it were a meditation.

60. Do exercises for the anal sphincter muscles, as well! Inhale, clench the anal sphincter muscles; exhale, unclench the muscles. This will also help to activate your sexual energy! It might be hard to isolate these muscles at first, but you'll get the hang of it with practice!

61. Don't look to others for sexual fulfillment. You contain ultimate orgasmic potential within. Never forget that.

62. What are you ashamed of when it comes to your sexuality? Journal about it. Bring it into the light. Own it. Get intimate with it. You might just find that the shame melts away.
63. Don't be afraid to use sound during sex. Make all the noise you want. Sound is one of the biggest promoters of pleasure.

64. If your partner is a woman: See her, feel her, taste her, as the goddess she is.
   If your partner is a man: See him, feel him, taste him, as the god he is.

65. Whenever you feel that sexual electricity alive in your body, drop everything and breathe into it. Feel the channels of masculine and feminine energy, near your spine, merging.

66. Make time to explore all the parts of your body, especially the ones that you don't normally experience sexual sensation in. Caress yourself from top to bottom, breathing deeply as you do so. You might be surprised by what you find!

67. Sexual energy is primal. Which means you can help liberate it by hissing and roaring. Try it. Before sex, during sex, after sex. Or just because you want an extra boost.

68. Inhale through the mouth, then exhale with your tongue sticking all the way out. Do this at least 10 times. This is a great one for relaxing the nervous system and creating a strong foundation for pleasure.

69. Strip the armor away. If you keep it on, it will only stifle orgasmic energy. Be raw, be vulnerable, be real.

70. When you are touching your partner, it should stir up deep pleasure within you. Almost like you're touching yourself. Be so present in the giving that it feels like receiving.

71. Ask for what you want. And if you don't like something your partner's doing, speak up. Expression is the ultimate sexy.
For your Creative Life

72. Your Sacral Chakra, two inches below the navel, is the home of your creative power. It's associated with the color orange. Keep orange around you to stimulate your creativity. And before you begin your creative project, imagine your body being bathed in orange light.

73. Our Kundalini Energy at the base of the spine is made up of creative energy. If we can harness it, we can spark a creative joy so deep that it makes the creative process an intoxicating pleasure. Whenever you're feeling stuck creatively, make circles with your spine as you breathe deeply.

74. When the Heart Chakra is involved in the creative process, everything flows more freely. Not only that, but your work becomes laced with tremendous power. Since your arms and hands are extensions of your heart, you can imagine heart energy flowing out of your arms and hands as you create! Notice how much easier it feels.

75. Drop the need for everything to come out perfectly. The creative process can be messy. If we stifle that messiness, we risk our work being weak, safe, and generic.

76. If you're procrastinating on a project, it's time to start visualizing. Visualize a positive and fulfilling creative outcome. Then open your eyes and begin to create. Don't worry about what comes out of you. Just let it flow. You can also change things around and revise them later.

77. Place your palms together in prayer position, and leave them at heart level. Close your eyes for a minute, and just breathe here. This move will balance both hemispheres of the brain, and give you good stabilizing energy to begin or continue with your creative process.
78. Chant "HAM," which is the seed sound of the throat chakra. The throat chakra is the seat of expression. This exercise will help to amplify and strengthen your voice.

79. To boost your creativity, take on a new creative medium that you haven't tried before. If you're used to painting, try your hand at sculpting. If you're used to writing plays, try your hand at poetry. Tantra is all about embracing all aspects of life. It's about mixing things up to stay alive and electric and present to what is. It's the path of expanding and evolving, even in those moments when you feel like there's no more room left to expand.
For Manifesting your Desires

80. One of the biggest keys to manifesting? Your sexual energy. It's not just all orgasms and pleasure. Sexual energy has the ability to be transmuted and used to fulfill goals and desires. A great trick that really works: Set an intention based around something you desire, right before lovemaking or self-pleasuring. With that intention burning inside of you, get lost in the act of sex. The combination of your intention, along with your sexual energy, is absolute magic.

81. Keep your mind clear and vibrant. The best way to do this is to empty yourself. Empty yourself of the ego. Empty yourself of all labels. Empty yourself, also, of all desires. To be a magnet for the things that you want, you must release attachment to them. You must let go. You must learn to accept and appreciate all you are and all you have in this moment. Only then can you attract more goodness your way.

82. Start your day off right. Create your own morning sadhana practice. Include meditation, and don't forget to visualize and set intentions for things you'd like to happen during your day, or even in the next month or year. Consistently focus on your goals. They are like seeds waiting to grow. With your energy and attention, you provide them with the nourishment to blossom.

83. Stop giving so much. No, really. Life is about both giving and receiving. Tantric philosophy is a welcoming and acceptance of both sides of the coin. It's a devotion toward free-falling into the mysteries of duality. When we shut ourselves down from fully receiving in life, we limit ourselves. We're not able to really take in what the universe is sending our way, so how can we expect to receive the fulfillment of those precious desires that we want to manifest? Aim to both give and receive in equal measure.
84. You know those shadow parts of yourself? Those things that might be embarrassing or shameful to you? Those feelings and emotions you don't want to admit that you have? Get on board with all of that. Look into the depths of those things and make room in your heart, so that you might feel love and acceptance toward them. Many people think that Tantra is all light work, but that's actually a myth. Since Tantra is the fullest embodiment of all things, it makes room for all things in the dark, as well. The more you deny the dark patches of your soul, the more you allow them to fester and burn holes in you. Bring that dark stuff up into the light, where it can move and flow and merge. In this way, you'll become a more integrated and whole version of yourself. And from that place, you can manifest anything.

85. If you want to manifest more money into your life, be sure to keep your root chakra activated. Sit down and close your eyes. Imagine that the base of your spine is extending down into the earth. Imagine it is burying itself hundreds of feet down into the earth, and feel roots spreading out of it, as it firmly hooks itself into the soil. Breathe deeply here for 5 minutes, as you feel this grounding connection.

86. If you're really feeling stuck, declutter your environment. Toss out things you don't need, clean out your refrigerator, empty out any junk from your car. The more decluttering you do, the more you free your energy up. The more clarity and focus you will have! An Awesome Bonus move: After you've decluttered, stand in an area of your room or sit in an area of your car that you don't normally sit in. Feel the newness of this and breathe it in. Get excited about the good things to come. ('Cause they are a'comin!)

87. As you visualize the things you want, dance! And don't just move your body. Move your body like a man or a woman who has already achieved their dreams and desires. Combining the visualization with the movement will help to seal the emotion of the desire in your body, and this will make you into an irresistible magnet.
88. See the divine in your life right now. Cherish every moment that is. Know that even if none of your goals ever manifest onto the physical plane, that you've got this. You're good, either way.

89. Love the person you are right now. Don't put self-love on hold until you've achieved this thing or that. If you love and respect who you are right now, in this moment, good things will flow your way. Because you're showing the universe that you value yourself.

90. Don't become attached to things 'cause they look shiny and nice. Make sure what you want is in alignment with your highest self. Look within, and you'll know what sets your soul on fire and what doesn't. Journal about this, if you need more clarity!

91. Don't forget to manifest for the people in your life! Take a moment to pray or visualize for someone you love. This will not only help them on their journey, but it will boost your vibration and make you feel good!
For your Relationships

92. Speak from the heart. Literally imagine the words being pulled up from your chest and out of your mouth. This might be tricky at first, but you'll get the hang of it.

93. Loosen your grip when it comes to the people in your life. Let them be who they are, without trying to improve them. See what flows from there.

94. Treat every encounter as if it was sacred. Cherish each moment you get to spend with the people in your life. That means no checking your phone constantly or looking through the person or getting distracted by your own thoughts. Gift everyone you come into contact with with your presence, and they will gift you with theirs in return.

95. Always Be Curious. Don't assume you know everything! The greatest gift you can give somebody is being into what they're expressing. So ask questions. And really listen to the answers. If you get nervous socially, this is a good tip to lean on! Just focus on asking questions, and the rest will take care of itself.

96. Look at all the relationships in your life. If there's any relationship in which you are being disrespected and/or hurt constantly, know that this is a good opportunity to practice the art of letting go. You don't need relationships that make you feel hollow inside.

97. Want to put your best foot forward in all your relationships? Then check your thoughts. Your thoughts inform your words and actions. Be sure to stay on top of them, so that you can keep them peaceful and loving. Meditation is key here.

98. Drop all judgments of yourself and others, and you'll notice a big difference; not just in your relationships to the people in your life, but to the relationship with yourself. I like to challenge myself often to go through the whole day without any judgment or criticism. It's tough, but worth it.
99. Don't be afraid to share your light fully with other people. If they respond negatively, you know they're not your people. That way, you can just move on. This'll save you lots of time in the long-run.

100. Finally: An awesome meditation for deepening connection in any of your relationships -- Sit and visualize one person who you'd like to be more connected to. See their face in detail. Then imagine a line of energy that extends from your heart and connects to their heart. As you breathe, feel the line of energy that connects you both. Notice its texture, its temperature. Surrender to it, completely.
GOT QUESTIONS?

Let me know if there's any other way I can support you!

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Wishing you much love and happiness.