

Beyond Tantra

Ancient Secrets To Achieving
Innerdimensional Consciousness



Through Sacred Sex

By Tina Davis

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The two most powerful words known to humanity, "I Am."



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The message that is contained in all of Ron's paintings and books is like lightning in a bottle, however the viewer/reader must be careful how they take the cork out.

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Warning

Be prepared for the journey that you are about to begin, though IT IS every person's divine right and destiny to achieve a soul awakening, it may not be right for you at the present time. Once the genie is out of the bottle, you CANNOT put it back. A kundalini awakening comes with certain challenges, mentally, physically, and spiritually. This journey will take patience, dedication, and mind focus. So before you read further, ask yourself if you are ready to expand your ideas, challenge your beliefs, or change your lifestyle.

Note – Some individuals may have had a kundalini in this lifetime or another, or their kundalini may have gone sideways or up the wrong channel and are experiencing undesired result. Please consult a kundalini guide that you trust, or you may contact the author for a \$199 donation, which includes a 1 hour consultation of kundalini guidance and an innerdimensional journey: idcebook@gmail.com

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**If Done Properly As Outlined In This Manual, Sacred Energy Xchange
Can Lead To A Soul Awakening/Kundalini/Nirvana.**



Before you begin this manual take a few minutes to think about the following: How do you view sexuality? Are you truly satisfied in your personal life? Have you ever wondered if there is more to what you have been taught about love? What do you know about enlightenment? Have you ever heard of Innerdimensional Consciousness or Sacred Sexuality?

Note: If you are seeking horizontal (earth) sex for personal pleasure then this manual is NOT for you and it is suggested that you do not go beyond this point. However, if your ultimate goal is to transcend this world beyond the physical earth plane, to find the divinity within yourself, keep an open mind and let the ancients secrets that are revealed in this manual point you onto your own pathway home.

Sacred Sexuality - Beyond Tantra

“Sex got you on this planet, and sex will get you off.”

–Ron Atkin

When we talk about sexuality we must remember that there is so much more to know and understand than just the act itself and to what has been taught by religion and upbringing. Step back and take a moment right now and tap into your ancient-self. Try to remember who you are in your soul-essence, your holiness/wholeness. You can do this by using Innerdimensional Consciousness. Close your eyes and create a bubble, let it grow and place it above your head, then simply float up and sit inside this sphere. This will take you off the heavy denseness of this planet. Here your soul will lift to a higher place; free from agitating thought and the world of opposites. Now think about your own personal connection to what you understand God to be.

God, The Almighty, Yahweh, Christ, Jehovah, Elohim, Allah, Shiva, or by whatever you call its name, it is all the same. It is the divine energy that everything is created from, including you. This space that you have just created will help you connect to the infinite, as well as, your higher self. Now using your mind's eye, connect to this source of energy with a white stream of light. You may recognize this as a white tunnel or an Einstein-Rosen Bridge. Using your higher mind, you can create and communicate with the infinite through this column of white light.

From an earthly perspective the human orgasm is a flash of light that comes streaming down into the subtle energy systems in your body, through your chakras and your nervous system, landing at the base of your spine in your lowest chakra. This is similar to the energy line that you just created to connect with the source energy, or cosmic sea. However, in this case, the energy sits stagnant in your sacral chakra, in your animalistic nature, and after 15-20 minutes of sex you have a 20-30 second earth orgasm. At this time, this spark of light ignites the sperm of man and egg of woman and a baby is created.

Unfortunately, creating this energy in this manner is also why mankind has continued to loop on earth, lifetime after lifetime, building up karma along the way.

What if you were to learn how to use this energy in its right-use or righteousness so that you can live in this beautiful state of divinity all the time, would you do it? If you answered yes, then you can now begin to understand that the lower earth orgasm is simply a glimpse into this divine light, or a way to reach God. In other words, you can learn how to reach your true divinity through Sacred Sex.

With this manual you can learn how to transform this energy. You can become the light itself, and you can live in this space all the time.

People have an orgasm and for a split moment they think, or feel, that they are in heaven or as if they are a god. Split because after the orgasm you, once again, split or separate yourself from this light, thus you see yourself as separate from it. Now then, imagine feeling like you are in heaven every moment of the day as you walk around; when you talk to others, when you eat your meals, or when you simply look into another's eyes.....a place where you can truly see god as a reflection of your own inner light and beauty.

Sex has been used for thousands of years in the bedroom to create two things; babies and personal pleasure. Note the word 'create,' because sexual energy is so much more than what we have been taught. It doesn't just belong in the bedroom. We tap into this divine energy every day when we write, paint, dance, sing, speak, or play a musical instrument. We are now just learning how to tap into this amazing and miraculous energy. If it is made into the right use, or 'righteousness' and in its holiness or wholeness, we can return to heaven (our heads) and reach the stars.

Sexual energy is one of the most potent forces in the universe. Love is another. Your mind is yet another. Combine the three and mankind, within himself, can rocket to the stars.

This awakening energy is known by few, understood by fewer, and is achieved by even fewer. In western culture it is known as 'The Holy Spirit' or 'The Resurrection of the Soul.' In the east it is known as, 'Nirvana,' 'Kundalini,' 'Ki,' and 'Chi.' No matter its name, the core essence is your pathway home, welcoming you back to the divine light from where your soul originated. This ancient knowledge has been a closely guarded secret and was revealed by the Master to only a few close and select initiates, and only spoken of in a veiled symbolic language.

Tantra was born around 6,000 years ago in India. The word 'tantra' means to manifest, to weave, to expand. In essence, tantra creates the needed energy that we use every day. This energy can be achieved in several ways; spontaneously by trauma or stress, by the yogic path (by design, all yoga seeks awakening) meditation, (the quiet mind – when you pray you speak to god, when you meditate you listen and can learn to create) or during tantric sex. Tantric sexual practices teach us to prolong the act of making love and to utilize potent orgasmic energies more effectively. So, how do we go beyond Tantra and into a space of eternal love? It is much simpler than you might think, as it all has to do with your higher mind.

Think about how you use creativity in your life. Are you a musician, a sculpture, a dancer, or a scribe? Do you find that doing these things brings pleasure, contentment, love, imagination, and excitement into your life. During these times your creativity begins to take on a life of its own. It begins to breathe and expand with each step you take, each word you write, or each note that you play. You begin to lose track of time, soon finding yourself in a very creative space where your soul simply begins to express itself through your creative outlet.



Now, you will learn how to use this creativity to go beyond Tantra by using color, harmonics, light and frequency into making a life for yourself beyond the earth. This type of creativity will take you off this polarized planet of opposites into a space of unification of the opposites within your own soul. Here you can unite your pituitary gland (female aspect) and your pineal gland (male aspect) to find the biblical land of milk and honey. This very space will help launch you into a new way of creating. Not the kind that produces babies, but the kind of energy that you will find in heaven, also known as your

head. Yes, it is true that the yoni and lingam are the instruments that you use to move this sacred energy in order to launch you into this space, but the most important organ here will be your mind, for it is your very thoughts that will create everything that you, your soul, has been seeking. As you are using the yoni and lingam, you will need to stay VERY focused on the sacred act itself, and not on lower level sex through five hour sessions without emissions. During this time you will need to practice the microcosmic orbit (see section 3) while imagining pulsating energies of colors coming out of your fingertips, or your yoni or lingam, as you gently caress each point of your own or your partner's body. This is a way of bringing up this sacred energy by sacrament, thereby returning the process of love making back into a holy or whole experience for you and your partner's soul. This light, frequency, or color will harmonically resonate within your body, your soul. It will allow your very cells, your subtle energetic system, your nadis (your network of psychic nerves that are connected to your chakras) to slowly awaken and pulsate to the energy of the divine. As you do love making move your hands around in flowing motions, upward toward your head which will help your head to light up and your mind to expand.

Scientists say that we live in an expanding universe, but is it the universe that is really expanding, or is it simply your mind?

Chakras & Subtle Energy Systems

**How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.”**

-Elizabeth Barrett Browning

Love. Throughout our many incarnations love has been one of the central focuses of our existence. We have all experienced mother/daughter, brother/sister, friendships and lovers. Each time we experience one of these emotions (e=energy in motion) we somehow come a small step closer to understanding its true meaning, which is the unconditional love, the divine love, the love that we all have deep within ourselves. The poet Elizabeth Barrett Browning said it best in her sonnet.



Chakra means “wheel” or “circle” in Sanskrit. The biblical reference is, “The Seven Seals.” Within this energy system there are two intertwining currents of polarized opposites which pulsate along the spinal cord, intersecting at various points. Each chakra is linked to a specific sound, light and color. When they are all brought into alignment and balance, they can be used to heal our physical body and our souls, as well as, used during Sacred Sex. When you can begin to master this energy system, you can begin to understand the nature of creation and your purpose in it.

You have 7 major chakras that are like small vortexes or cones that go both in front of your body one way, and in the back of your body in the other. Each chakra has its own vibration, color, and part of the body that it governs.

The opening and aligning of these major chakras in the body is similar to a combination of a vault. One chakra will rotate clockwise and that action will trigger the chakra above it and the chakra below it to

rotate counterclockwise. It is a complex system of an interlocking mechanisms that can only be opened when the soul is ready.

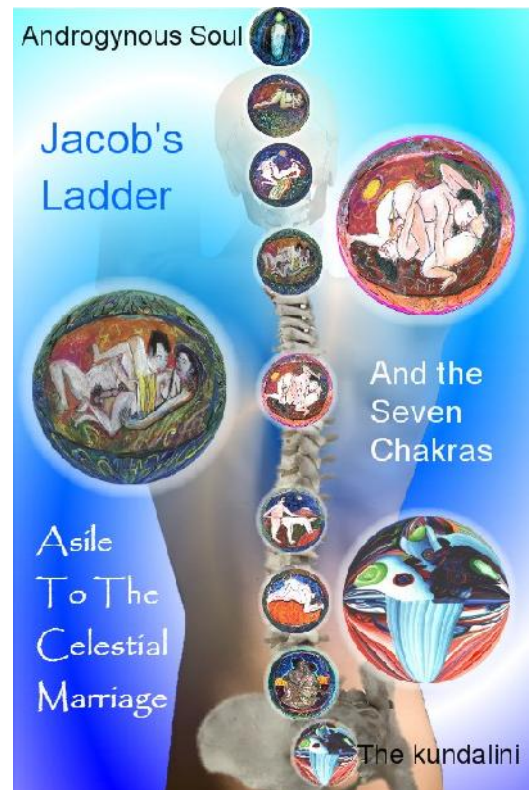


People are all at different stages in their awakening / development, as a conscious being and as souls. Many people are still in the early stages and their chakras are spinning slower, are wobbly, possibly all counterclockwise down toward the earth, and are a bit cloudy in color. Some chakras are more activated than others....depending on what has been cleared/achieved as a soul in another life time....some are being worked out in this lifetime (i.e. heart chakra and unconditional love). Those nearer to an awakening (Kundalini, Nirvana, Resurrection, or whatever you know its name by) are spinning faster and more steady, aligning themselves, and in the direction that I spoke of where one spins the opposite of the other (seeking balance). Those whom are already awake (have had a kundalini) well....their chakras are aligned and spinning so fast that they are standing still.....and simply vibrating / pulsating to the frequency of the divine. Lastly, anyone's

chakras can become out of balance at anytime, depending on circumstances in their lives (death, financial, love, etc.). So, it is a good idea to check on them often. You can do this simply through Innerdimensional Consciousness. See them in your mind's eye the right color and clarity and just know that they are spinning at the right rate and the right rotation for you at the present time....all preparing you for the big day of a big K whether it will be in this lifetime or another.

The process of IDC, or Innerdimensional Consciousness, allows your soul to expand out into the universe in a space of divine love, the divine light, the point of all creation, the I Am.

It is here that you begin to transform your lower chakra, or sexual nature, into the true nature of your soul. Once this has been successfully achieved, you will reverse creation reuniting that which you have once lost, your other half of yourself. You will move away from the old earth patterns to become an androgynous being once again. Remember, it is only from an earth perspective that you have incarnated as either male or female in this lifetime, and chances are you have been both in many incarnations over thousands of years.



Once this process is complete you will no longer be just the musician who plays the harp, but the conductor of your entire orchestra, conducting your very soul's destiny. At this point you have manifested your soul's destiny. From an earthly perspective, this body kundalini, or transformation, is truly the greatest awakening one can attain. You become the life-force itself of which you are creating.

Now then, let's take for instance that you are a musician and you play the harp. You have learned to play by ear. You are now going to learn how to pluck your harp in certain chords in a particular way to get just the right vibration that you need to move this energy from your lower chakra up through your entire body into your mind. Here you begin to play your instrument, your mind, by reading the very notes that your body is resonating to.

In order to do this, you will need to move energy in your lower chakra by stimulating your yoni or lingam. This stimulation will produce the right frequency, or energy, that your body needs to put you into the right space in order to create this beautiful music that your body and your mind needs to achieve that which you are seeking, which is in this instance, a kundalini, nirvana, a higher consciousness. Remember, you must do this for a minimum of three to five hours without emissions (orgasm or male or female ejaculation). Emissions is simply a waste of this sacred energy, as "sex got you on this planet, and sex will get you off." That is, if it is done in its right-use.

Chakra Chart: Human Body Energy Wheels

Chakras are your gateways home.

Known in biblical text as "The Seven Seals"

Seventh Chakra: Sahasrara



1,000 Petal Lotus
One Thousand Fold
The Doorway to Spirituality
Light Ray / Rainbow Color Spectrum: Purple

Thought, Universal identity, oriented to self-knowledge, pure awareness wisdom, understanding, all-knowing, consciousness

Location: Crown - Quintessential consciousness. Integration of polarities.

Sixth Chakra: Ajna



2 Petal Lotus

To Perceive, The Qualified Absolute
Clairvoyance, Intuition, Mental images, abstract ideas
Light Ray / Rainbow Color Spectrum: Indigo

Light, Archetypal identity, oriented to self-reflection,
spiritual/intuitive/clear seeing

Location: Third eye - Seeing into other worlds. Seeing magnified, seeing far away.

Fifth Chakra: Visshudah (Purified)



16 Petal Lotus

Communication, Speaking Your Truth
Light Ray / Rainbow Color Spectrum: Deep Blue

Sound, Creative identity, self-expression, language
vibration

Location: Throat - Creative Expression, Channeling, Ideas

Fourth Chakra: Anahata



12 Petal Lotus

The Pure Sound of Creation, Love, Relationships,
Realization of Oneness, Light Ray / Rainbow Color
Spectrum: Green - tree of life, bright golden sun as in the
son of God

Air, Social identity, oriented to self-acceptance, psyche of
opposites, compassion, peace, love, centeredness

Location: Heart - Christ Center (love), The Body's Center, Balancing other
energy centers, Courage

Third Chakra: Manipura



10 Petal Lotus

Lustrous Gem,
City of the Shinning Jewel
Personal Power & Control
Light Ray / Rainbow Color Spectrum: Yellow

Fire, Ego identity, energy, personal/non-dominating power,
oriented to self-definition, autonomy, metabolism

Location: Just above the navel (Solar Plexus)

Second Chakra: Svadhisthana



6 Petal Lotus

Sweetness, Her Special Abode)

Physical desires, Appetites, Addictions, Emotional Balance

Light Ray / Rainbow Color Spectrum: Orange

Water, Emotional identity, depth of feeling, oriented to self-gratification, emotions, sensation, movement, sexual energy, fertility

Location: Lower Abdomen (Sacral)

First Chakra: Muladhara



4 Petal Lotus

Root of Tree / Support

Survival, Grounding, Physical Needs, Material & Monetary

Concerns, Tribal / Family Issues

Light Ray / Rainbow Color Spectrum: Red

Physical identity, security, survival, oriented to self-preservation, health, prosperity

Location: Base of Spine

The Microcosmic Orbit

**“May you have a gentle and natural awakening at the time that is right for you.”
–Tina Davis**

Reversing Creation

To begin is to begin at the beginning so as to understand the soul’s divine origin, and its connection with the cosmos (as you are a microcosm of the macrocosm, or a miniature universe inside the cosmos, where the sun is your solar plexus – sol, and your head is heaven – that which is raised or heav-ed up). Every soul is created through a divine spark, or flash of light, in soul-groups from a creator god. As you separated from this group you lived life happily as a complete being for eons in the upper sphere, the upper echelon, also known as, on most high. One day you wanted to experience individuality so you separated yourself from yourself into two different aspects, also known as twin souls. This flame of electric blue light continued to glow inside of you both, however now as individualized souls. As soon as you did this you “fell” to earth because you had abused your divinity by seeking separation. You soon began to feel lonely and realized that the only way to find your divinity, or this space again, was to incarnate on earth so that you could seek out your other half. Only now, because you are an individualized soul, you needed to find it within yourself. Because you are now living on a polarized planet, you need to find a way to reunite with your own opposite: if you are male in this incarnation you need to seek out your female counterpart, and if you are a female you need to seek out your male counterpart. The beauty and “curse” (Adam & Eve) of this design is that you must now somehow remember how to reunite with your opposite and that you are, in essence, truly an androgynous soul. Now, here you are after hundreds of incarnations and reading this text, which you have somehow, wonderfully been drawn to, as if it is part of your divine destiny. What you are reading here slowly begins to resonate inside your soul and you instinctively start to remember that separation is just an illusion, and that you already have everything you need inside yourself. But, how do you get it

out? This is the challenge that human kind has been faced with for thousands of years. The ancients knew how to achieve this and kept it as a well-guarded secret.

The biblical reference of the "fall of man" was to eat from the tree of knowledge / separation from god: The allegorical Adam (a-dam: a dam of water/energy built up as the son or sun/of god, or an emissary of light) and Eve (e-ve is currently split, or is a separation of energy from adam/atum/atom where the e is the energy / electron and ve is the lo-ve or matter. Note: Atum (meaning "to complete") created using masturbation, or sacred energy, through his mind, or thoughts and will power.



Each soul, in its completion, has twelve aspects that have been activated over a soul cycle of approximately 26,000 years. Each of these twelve aspects correlates to a different sign of the zodiac, each lasting about 2,200 years, and known in astrology as a sun sign. Souls are born at least once under each sun sign to experience its significance, and are born into a particular zodiac in which it still has not activated (still working on). Think for a moment about what astrological sign you were born into. If you were born between April 21 and May 21 you are a Taurus, the sign of the bull. You may find that you are stubborn, persistent, jealous, or even possessive. Here you must learn how to transform these

character traits into a more constructive focus.

The planet has only just moved into the astrological age of Aquarius, which is the sign for the water bearer where water is the symbol for truth. This new age of truth will help to set humankind free, but only if it is prepared to do the work. The new earth, which many in the paranormal circles speak of, is not a physical earth, but an energy that is currently being streamed into the planet helping to boost the grid around the earth itself and around the laylines, as well as, every living cellular thing on it, including you. However, it is up to the individual soul to evaluate if he or she is ready to live on this new earth of divine energy. Earth, having already had its kundalini, is now using this cosmic energy and giving rise to



more and more people on the planet so that they, too, can become "enlightened" (have a kundalini). The question is, are you ready to receive this gift?

It is a little known fact that every person's destiny to achieve a soul awakening. As we progress through each lifetime on earth, experiencing love, we come closer and closer to, once again, unite with our own opposite. Now, you will learn how to rise back up to the god/dess state of your true being.

The Microcosmic Orbit

Using sacred sexuality can be a key component to awaken this life-force energy.

The Microcosmic Orbit; an awakening of your life-force energy. The transformation of sexual energy can be achieved through S.E.X = Sacred Energy Xchange. This well-guarded secret is now revealed here. To achieve the transformation from earth to heaven, you must focus your mind in a space of divine love while you move your sexual energy through your body's energetic system in a circular orbit.

You can practice the microcosmic orbit by yourself or with a partner.



With a partner or by yourself, slowly engage in sacred love making where the focus is on the sacred act and not on your two lower chakras. Begin by doing embryotic breathing (through your solar plexus) and keeping the tip of your tongue on the roof of your mouth. When you and your partner are both relaxed, begin to gently caress each sacred point on the body, including the yani/lingam until you reach your energy peak without orgasm or emissions (note: if you have an orgasm or emission you will lose/waste your sacred energy). At this time begin to circulate this sacred energy through your body. Using Innerdimensional Consciousness, start at the base of your spine, move the energy up your spine, also known as the River Jordan (the Yang or male energy channel/fire). Continue to let the energy rise up to the your head, also known as heaven (heav-ed up) or the seat of the soul. Here, spin this energy around three times, leaving 10% (if you are not burdened by religion you will recognize this as the true tithing, having nothing to do with the church). Next, move the energy down

your front (the Yin or female energy channel/sacred waters), through your tongue as the tip touches the roof of your mouth, and on down until you reach your SOLar plexus, also known as Bethlehem (approximately two inches above your navel). Leave 70% of the energy here. Continue bringing the energy back down to the base of your spine, also known as Lower Egypt, leaving 20% of the energy here to begin building the sacred energy back up again to recirculate. Continue this process circulating the energy at least once every 5 minutes for suggested period of five hours.

*It is important to note that you should not hold the energy in your head/brain for too long, but to keep it flowing through your body.

Water & Fire

**For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.
—William Woodsworth**

This piece by Woodsworth is not about solitude, but is about the third eye which relates to the pinecone, or the pineal gland. More specifically, it is about bringing together an individual's pinecone and pituitary gland, creating the union of opposites.

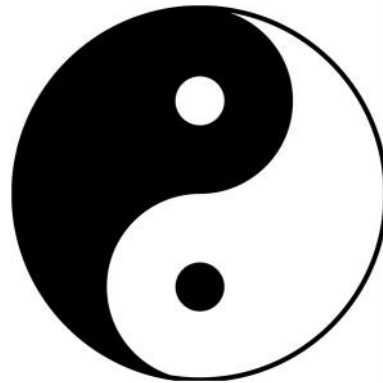
It may be helpful if you, during Innerdimensional Consciousness, imagine that you have a key to a special room. You turn the key in the door, go inside, and close the door behind you. You find that this room is your own individualized laboratory. You notice that on the back of the door is a cloak. You put it on, look around, and you discover that you are in your alchemy room and that the cloak turns you into an alchemist. Across the room you see a table with several beakers on it. They are filled with various colors. You walk over and pick up a fire and then water and proceed to turn it into everything, including turning your soul into gold.

The union of opposites, or sacred marriage, can be represented by the ancient symbol of the yin (female energy) and the yang (male energy). Because yin and yang are not complete by themselves within an individual, partners can use Sacred S.E.X., or Special Energy Xchange, to turn the yin into the yang and the yang into the yin through an inward orgasm, also known as, in-ejaculation where the energy runs up along the spine to activate a process of awakening vital energy systems. This is preferable, rather than an outward ejaculation which brings death, or depletes the vitality of the individual.

Yin and Yang

The yin and yang represent two opposites in nature, yet whole in divinity (cosmic oneness or wholeness). For humanity's purpose of seeing, we are polarized on the earth, being born either as male or as female. However, in essence, we are both, having a portion of one within the other. Humanity is an expression of the whole of nature; the way you live, breathe, and interact with others, all originate from the interplay of these two forces. By understanding the universal principle of oneness, you, too can learn how to balance yourself in body, mind, and soul.

Yin	Yang
Earth	Heaven
Grows	Generates
Matter	Energy
Contraction	Expansion
Descending	Rising
Below	Above
Water	Fire



“When you have achieved The Sacred Marriage, uniting the pineal and pituitary glands, you have become the ultimate alchemist, turning the sexual energy into alchemic gold for health, healing, and soul-transformation. “

– Tina Davis

Male energy:

Also known as god, is pure consciousness and the clarity of formless creation itself which flows from the solar, heavenly unmanifested universe.

Female energy:

Also known as goddess, is a dynamic energy of universal creation, nature, and emotion which flows upward from the earth that we stand on.

Application & Practice:

Throughout five hours of Sacred Energy Xchange, couples can use fire & water to reverse roles, not only with body positions, but through the reversal of yin and yang energies. This is as simple as each partner taking turns on top during lovemaking where the woman becomes the yang, or fire-energy and the male becomes the yin, or water-energy. As you continue to do this through several lovemaking sessions, without emissions, you may begin to notice some subtle energy changes within your body, as each time you move energy around using the microcosmic orbit and the fire & water technique, you are slowly clearing out old tombstones of past lives and unwanted baggage that you are carrying around, leaving a clear pathway in your energetic systems. Once this is achieved, you are at the threshold of a soul-expansion; beyond our self-perceived limits.

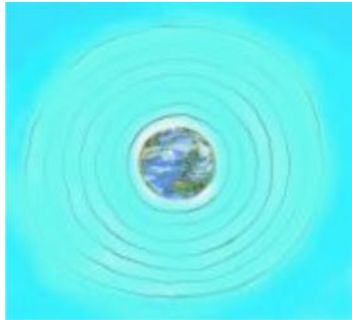
A soul awakening can be a multi-stage process or a one-stage process, as it is different for each individual. There are several factors to consider: where you are on your spiral of incarnations, your belief system, your prior knowledge and/or understanding of the process, your mind focus, or your willingness to do the work, etc.

During Sacred Energy Xchange you are pulsating energies of color, harmonics, light, and frequency. They move through your energetic system and stream out your finger tips and toes. This is similar to what Reiki Masters do when they are healing.

"Someday, after mastering the winds, tides and gravity, we shall harness for God the energies of sexual love. Then, for the second time in history, we shall have discovered fire!"

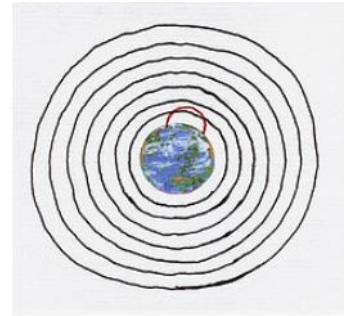
- Pierre Teilhard DeChardin

The Four Stages of Sacred Energy Xchange



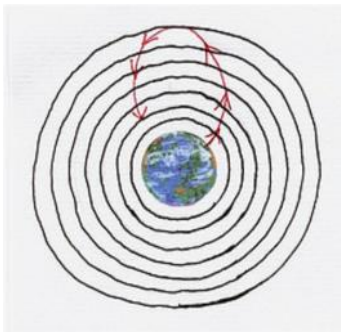
Stage One

The gentle energies of kissing and foreplay shown here as energy radiating out from the earth



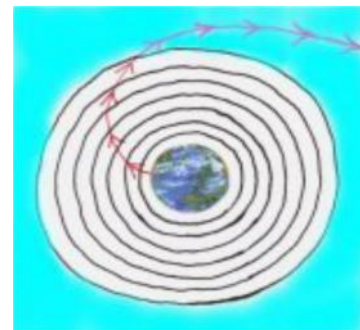
Stage Two

Climax after 5 minute of lovemaking



Stage Three

One hour to climax after lovemaking



Stage Four

After 5 hours of lovemaking where the focus is on the love for each other, not on 5 hours animal sex.

It is the fourth stage that can awaken the soul to its god like qualities of creation. This stage also awakens clairvoyance, clairaudience and telepathy.

Controlling Emissions:

Climb-ax & Ejaculation



Climax and ejaculation are two distinct processes. They can happen simultaneously, one before or after the other, or one or the other not at all. All of this depends upon how you learn to control your own body and mind. Learning how to control ejaculation will allow your energetic system to expand and express itself through a soul awakening.

When a female ejaculates, she loses little energy, but when a man ejaculates he loses a moderate amount of his life-force, he feels tired, and his brain begins to shut down. This is because semen contains the brain chemicals norepinephrine, serotonin, oxytocin, vasopressin, nitric oxide, and the hormone prolactin. Sperm also contains vitamins, minerals, sugars, and protein.



For optimum health and longevity use the following guideline:

- “A man at twenty can ejaculate once every four days.
- A man at thirty can ejaculate once every eight days.
- A man at forty can ejaculate once every ten days.
- A man at fifty can ejaculate once every twenty days.
- A man at sixty should no long ejaculate.”

-Sun Ssu-miao

When a man decides to ejaculate, he can still retain a certain amount of his life-essence/energy.

“Every time you orgasm, you draw more sexual energy into your body, therefore, if you eventually ejaculate, you lose less energy than you would have had you not had multiple orgasms beforehand. For example:

- ✓ If you have half a dozen orgasms (each time circulating the energy to your brain and the rest of your body) and then ejaculate, you will lose about 50 percent of your sexual energy.
- ✓ If you have half a dozen orgasms and then use the Finger Lock, you will lose about a quarter of your sexual energy.
- ✓ If you have half a dozen orgasms and then use the Big Draw (and don't ejaculate), you will not lose any of your sexual energy.”

-The Multi-Orgasmic Man by Mantak Chia and Douglas Abrams

Male Emissions Control

After much practice, you will learn how NOT to fall. Instead, use your energy for soaring up into heaven.

Step 1: Control Your Breathing

Breathe through your solar plexus/belly (diaphragmatic breathing). Take in slow deep breaths through your nose which allow plenty of oxygen to enter your body, and exhale slowly through your mouth, allowing several seconds in-between.

Step 2: Control Your Arousal Rate

This is known as the stop/start technique where you stop when your energies begin to peak and you are nearing ejaculation. Remember to breathe through this process. Here, you may find that holding your breath until the urge to ejaculate passes, or you may find that using the breath of fire is more useful (breathing rapidly). In either case, once your peak has subsided, you may continue to thrust/stimulate again.

Step 3: Methods for Controlling Ejaculation

Note: It is important think that you are squeezing your penis with your mind as you physically squeeze your penis. By doing this you are training your mind to automatically respond to the simple thought of “squeeze.” Once you have trained your mind to do this, you will no longer need to physically squeeze your penis for ejaculation control.

Contracting the pc muscles:

Semen passes through your prostate which is surrounded by pc muscles. Once you learn to control these muscles, you can learn to delay ejaculation or decide to not ejaculate at all. Here, you must experiment with contracting your pc muscles during various moments until you find your rhythm, or the precise moment that which delays ejaculation.

Squeezing the Penis:

- 1) Place two fingers on the underside of the penis, just underneath the glans (head), and place the thumb on the meatus (opening) and squeeze, holding firmly until the urge to ejaculate passes.
- 2) Grab the entire penis with the hand, pressing the thumb on the meatus (opening) and squeeze, holding firmly until the urge to ejaculate passes.
- 3) Place two fingers at the base of the penis, just above the scrotum and squeeze. This method will also help you to strengthen your erection.

Pressing on the Perineum:

Place two fingers on the perineum (the point between the anus and the bulb of the penis / base of the scrotum), press firmly as you squeeze your pc muscles until the urge to ejaculate passes.

The Scrotum Tug:

Use your thumb and index finger to make a ring around the base of the scrotum, pulling down firmly until the urge to ejaculate passes.

Moving Sexual Energy: Mind Power:

Use the microcosmic orbit to circulate sexual energy away from the genitals to other parts of the body (see Section 3, "The Microcosmic Orbit").

Female Emissions Control

Some women experience ejaculation during Sacred Energy Xchange. When a woman ejaculates she, too, loses some vital life-force energy. Recent research tells us that female ejaculation is similar to male ejaculate fluid in that it consists of acid phosphates, fructose and sucrose. Though many women do not emit emissions, they still need to give the concept of conserving their energy some thought.

During Sacred Energy Xchange, the woman is helping her partner help to raise his kundalini, as well as, using her mind to raise her own. If the male partner knows that she is also lifting her energy it's going to make a united process. However, they both must agree that they are going to raise their energies with and for each other. The female will lift her energy as if it were sperm. ***Then, when they both are in the same mind they will climb the ladder together (climb-ax).*** If one or both just want to climax then they are going nowhere. They both must try to aim

so that they enter the super conscious level. If not, one will be left behind, and over time they may separate and the partnership is over.

Female Climb-ax:

It is important to note that a woman should suppress her orgasm so that she can, instead, move the energy up her spine, into her head and down the front of her body using the microcosmic orbit.

The process of climax control can be a bit easier for many women than it is for men because women can simply avoid stimulating the clitoris which has approximately 8,000 sensory nerves.

Planned Parenthood statistics,

- 30 percent of women have difficulty reaching orgasm
- 80 percent of women have difficulty reaching orgasm by vaginal intercourse alone.
- 10 percent of women have never had an orgasm

Note For Men and Women: Any type of climax, orgasm, or ejaculation depletes the body of life-force energy at any age. Reminder – every cell of your body is made up of bio-energy. Everything you do takes energy including breathing, painting, writing, dancing, and yes, lovemaking. During ejaculation the physical body is drained of a substantial amount of life-force energy. During climax/orgasm this vital life-force energy leaves the energetic body drained. Instead, help to fill yourself and your partner up by recycling this sacred energy using the microcosmic orbit for health, happiness, and enlightenment.

Note For Men: Frequent ejaculation depletes the brain and spinal fluids of acetylcholine, dopamine, and neurotransmitters that are responsible for normal bodily and brain functioning, including sexual performance.

Climax = Horizontal vs. climb-ax = Vertical

A Return To Light

"Your vision will become clear only when you look into your heart ... Who looks outside, dreams. Who looks inside, awakens."

~ Carl Jung

In ancient Egypt you see a picture of a hare using a feather to tickle the base of a tree (below). This is symbolic for how to achieve a kundalini. Here the hare is a symbol for transformation, the feather is a symbol for ascension and spiritual evolution to a higher plane, and the tree is a symbol for eternal life.



Symptoms of Kundalini Awakening

- Muscle twitches, cramps or spasms.
- Energy rushes or immense electricity circulating the body Itching, vibrating, prickling, tingling, stinging or crawling sensations
- Intense heat or cold
- Involuntary bodily movements (occur more often during meditation, rest or sleep): jerking, tremors, shaking; feeling an inner force pushing one into postures or moving one's body in unusual ways. (May be misdiagnosed as epilepsy, restless legs syndrome (RLS), or PLMD.)
- Alterations in eating and sleeping patterns
- Episodes of extreme hyperactivity or, conversely, overwhelming fatigue (some CFS victims are experiencing Kundalini awakening)

- Intensified or diminished sexual desires
- Headaches, pressures within the skull
- Racing heartbeat, pains in the chest
- Digestive system problems
- Numbness or pain in the limbs (particularly the left foot and leg)
- Pains and blockages anywhere; often in the back and neck (Many cases of FMS are Kundalini-related.)
- Emotional outbursts; rapid mood shifts; seemingly unprovoked or excessive episodes of grief, fear, rage, depression
- Spontaneous vocalizations (including laughing and weeping) -- are unintentional and uncontrollable
- Hearing an inner sound or sounds, classically described as a flute, drum, waterfall, birds singing, bees buzzing but which may also sound like roaring, whooshing, or thunderous noises or like ringing in the ears.
- Mental confusion; difficulty concentrating
- Altered states of consciousness: heightened awareness; spontaneous trance states; mystical experiences (if the individual's prior belief system is too threatened by these, they can lead to bouts of psychosis or self-grandiosity)
- Heat, strange activity, and/or blissful sensations in the head, particularly in the crown area.
- Ecstasy, bliss and intervals of tremendous joy, love, peace and compassion
- Psychic experiences: extrasensory perception; out-of-body experiences; past life memories; astral travel; direct awareness of auras and chakras; contact with spirit guides through inner voices, dreams or visions; healing powers
- Increased creativity: new interests in self-expression and spiritual communication through music, art, poetry, etc.
- Intensified understanding and sensitivity: insight into one's own essence; deeper understanding of spiritual truths; exquisite awareness of one's environment (including "vibes" from others)
- Enlightenment experiences: direct Knowing of a more expansive reality; transcendent awareness

Kundalini Accounts: The great miracle

The life-force energy in Jesus had been blocked at the base of his chakra for 33 years. Moving this divine energy up through his body at such intensity would have resulted in a 'spiritual death' -- a death of the personality, a death of the ego. This spiritual death of ego is what Christ had experienced when he had a kundalini/soul awakening.

This was similar to what happened to Buddha at 35 years of age, Mohamed at 40, and for G. Krishna when he was 34.

Steiner qualified this by saying that everyone experiences spiritual changes every seven years. He maintained that in the mid-thirties your life force makes a dramatic change, turning away from the body toward developing your inner world/spiritual life. He asserted that in order to do this an individual should live a life as an expression of, or interrelationship with, the cosmos. This in turn can move the individual closer toward its origins to become a Christed being where he can now openly step forward toward humanity to become a guide for others.

Jesus The Christed/Illuminated One

Beyond the metaphor of the biblical Jesus, his miracles, and his crucifixion resides the ancient truth. The answer to this age-old question is at the heart of what he had achieved as a soul. It is what all of humanity is destined to experience; Cosmic Consciousness, Nirvana, becoming a Christed being, also known as The Resurrection of the Soul.

At the time of his experience Christ tried to convey his enlightenment to his followers. However, he was unable to due to the cultural understanding and the limited language of the time. Unfortunately, because the people did not understand the message it became distorted. So instead of seeing the miracles as an inner experience, they became awed by them and began to worship the messenger (Jesus) and not the miracle of enlightenment itself. Over time mankind, in its entanglement with the church, its need for control, and its ego, has miscommunicated his original message in the bible. Today religions do not teach about the realization OF Jesus, instead they teach the religion ABOUT him.

By understanding this you can begin to see that the story of the allegorical Jesus contains many parallels to the enlightenment of the soul.

Enlightenment has happened to numerous individuals the world over, since the beginning of time. Christ, Buddha, Gobi Krishna, as well as, many other people throughout history.

The Coming of the Kingdom (Kundalini/enlightenment)

²⁰ Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, "The kingdom of God does not come with observation; ²¹ nor will they say, 'See here!' or 'See there!' For indeed, the kingdom of God is within you."

-Luke 17:20-21

The Living Water (Kundalini/enlightenment)

"Whoever drinks of the water that I shall give him, shall never thirst, but the water that I shall give him, shall become in him a well of water, springing up to eternal life!"

-Christ Jesus - John 4:13b-14

Gopi Krishna, Dec 1937:

Suddenly, with a roar like that of a waterfall, I felt a stream of liquid light entering my brain through the spinal cord.

Entirely unprepared for such a development, I was completely taken by surprise; but regaining my self-control, keeping my mind on the point of concentration. The illumination grew brighter and brighter, the roaring louder, I experienced a rocking sensation and then felt myself slipping

out of my body, entirely enveloped in a halo of light. It is impossible to describe the experience accurately. I felt the point of consciousness that was myself growing wider surrounded by waves of light. It grew wider and wider, spreading outward while the body, normally the immediate object of its perception, appeared to have receded into the distance until I became entirely unconscious of it. I was now all consciousness without any outline, without any idea of corporeal appendage, without any feeling or sensation coming from the senses, immersed in a sea of light simultaneously conscious and aware at every point, spread out, as it were, in all directions without any barrier or material obstruction. I was no longer myself, or to be more accurate, no longer as I knew myself to be, a small point of awareness confined to a body, but instead was a vast circle of consciousness in which the body was but a point, bathed in light and in a state of exultation and happiness impossible to describe.

Krishna, Pandit Gopi, *Kundalini: Path to Higher Consciousness* (New Delhi: Orient Paperbacks, 1992), pps. 6-7

Twelve Years Later-

Without any effort on my part and while seated comfortably on a chair, I had gradually passed off, without becoming aware of it, into a condition of exaltation and self-expansion similar to that which I had experienced on the very first occasion, in December 1937, with the modification that in place of the roaring noise in my ears there was now a cadence like the humming of a swarm of bees, enchanting and melodious, and the encircling glow was replaced by a penetrating silvery radiance, already a feature of my being within and without. The marvelous aspect of the condition, lay in the sudden realization that although linked to the body and surroundings I had expanded in an indescribable manner into a titanic personality, conscious from within of an immediate and direct contact with an intensely conscious universe, a wonderful immanence all around me. My body, the chair I was sitting on, the table in front of me, the room enclosed by walls, the lawn outside and the space beyond including earth and sky appeared to be most amazingly mere phantoms in this real, inter-penetrating and all-pervasive ocean of existence which to explain the most incredible part of it as best I can, seemed to be simultaneously unbounded stretching out immeasurably in all directions, and yet no bigger than an infinitely small point. From this point, the entire existence of which my body and its surroundings were but a part, poured out like radiation, as if a reflection as vast as my conception of the cosmos were thrown out upon infinity by a projector no bigger than a pinpoint, the entire intensely active and gigantic world picture dependent on the beams issuing from it. The shoreless ocean of consciousness which I was now immersed in appeared infinitely large and infinitely small at the same time, large when considered in relation to the world picture floating in it and small when considered in itself, measureless, without form or size, nothing and yet everything. It was an amazing and staggering experience for which I can cite no parallel and no simile, an experience beyond all and everything belonging to this world, conceivable by the mind or perceptible to the senses. I was intensely aware internally of a marvelous being so concentratedly and massively conscious as to outluster and outstature infinitely the cosmic image present before me, not only in point of extent and brightness but in point of reality and substance as well. The phenomenal world, ceaselessly in motion characterized by creation, incessant change and dissolution, receded into the background and assumed the appearance of an extremely thin, rapidly melting layer of foam upon a substantial rolling ocean of life, a veil of exceeding fine vapor before an infinitely large conscious sun, constituting a complete reversal of the relationship between the world and the limited human

consciousness. It showed the previous all-dominating cosmos reduced to a state of transitory appearance and the formerly care-ridden point of awareness, circumscribed by the body, grown to the spacious dimensions of a mighty universe and the exalted stature of a majestic immanence before which the material cosmos shrank to the subordinate position of an evacent and illusive appendage.

Krishna, Pandit Gopi, *Kundalini: Path to Higher Consciousness* (New Delhi: Orient Paperbacks), 1992, pps. 165-166

The Emerald Tablet (The Kundalini)

1. It is true without untruth, certain and most true
2. That which is below is like that which is on high, and that which is on high is like that which is below; by these things are made the miracles of one thing.
3. And as all things are, and come from One, by the mediation of One, So all things are born from this unique thing by adaptation.
4. The Sun is the father and the Moon the mother.
5. The wind carries it in its stomach. The Earth is its nourisher and its receptacle.
6. The Father of all the Theleme of the universal world is here.
 - 6a. Its force, or power, remains entire
7. If it is converted into Earth
 - 7a. You separate the Earth from the fire, the subtle from the gross, gently with great industry.
8. It climbs from the Earth and descends from the sky, and receives the force of things superior and things inferior.
- 9) You will have by this way, the glory of the world and all obscurity will flee from you.
10. It is the power strong with all power, for it will defeat every subtle thing and penetrate every solid thing
11. In this way the world was created.
12. From it are born wonderful adaptations, of which the way here is given.
13. That is why I have been called Hermes Trismegistus, having the three parts of the universal philosophy.
14. This, that I have called the solar Work, is complete.

When Kundalini Rises

Kundalini experiences vary from person to person. It can come with such force or through repeated bursts of energy over time. Some people describe a kundalini awakening as an intense energy rush or a column of white light flowing up through the body. Others say it is like a tornado or an earth quake that shakes the entire insides of their body. Think of the energy like a fire hose where a large quantity of water (energy) is expelled at a rapid rate. If the fire hose is left on the ground it is moving around like a snake.

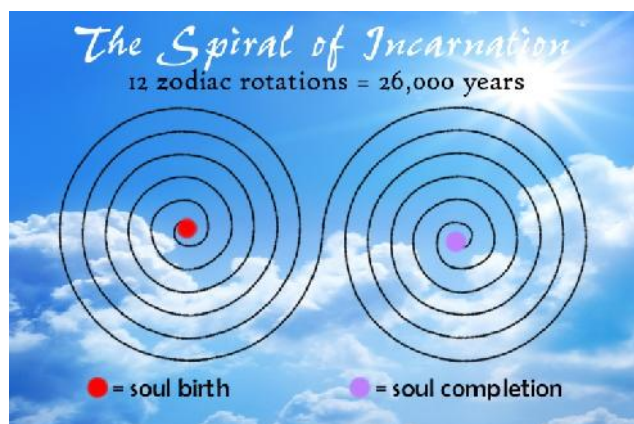
Energy rushes can happen anywhere and during anytime, so be prepared. If you find that you are having huge energy rushes lay down or sit still and let the energy flow through you. If you are driving a car make sure that you pull over until the energy rush passes.

It is important that throughout this process you keep your back as straight as possible, you eat healthy, stay relaxed, keep your mind focused, and exercise your body.

When this energy comes, allow it to take its natural course so that it flows through you. Do NOT try to resist it, block it, or control it, as it is a universal energy which needs to happen naturally.

The Spiral & Incarnations

The following information can help you to understand that you have reincarnated into many lifetimes, that you have 12 rotational (aspects) to activate, and that you need to be born under each zodiac sign before your soul can be completed with an awakening.



Every rotation on the spiral represents one zodiac incarnation on earth. Humanity is now living in the Age of Aquarius where the water bearer brings truth/enlightenment. Where do you think you are?



You must pass through each zodiac sign in order to experience its significance. Each zodiac, or sun sign, is approximately 2,200 years, each representing one of your soul-aspects. Do you have any gravestones to clear?

Lifestyle Changes For Health & Happiness

“All of nature begins to whisper its secrets to us through its sounds. Sounds that were previously incomprehensible to our soul now become the meaningful language of nature.”

-Rudolf Steiner

The following information will help your physical body to adjust so that it can sustain the new energy, or higher vibrations, that you are moving into.

Food = Energy

With changes in your energetic system you may find that you become more sensitive to certain foods or that you no longer have a desire to eat meat. You may even want to become a vegan. No matter which you choose to be, omnivore, vegetarian, or vegan, it is important that you make good, healthy food choices that will better support your new energetic system. You will find that eliminating certain foods will help you feel more energetic. You may want to visit a naturopath to begin a process of purification and/or for kinesiology allergy testing.

Suggested Foods To Eliminate From Your Diet

Caffeine:

Coffee Black Tea Soda Pop Energy Drinks Green Tea Chai Tea

Even decaffeinated drinks have a small level of caffeine in them. They also contain certain chemicals which will remove the caffeine, but still leaves residue in the coffee. Instead you might like to try one or all of the following: dandelion root (a good

substitute for coffee), herbal teas, water with lemon or frozen fruit. Your body is trying to make new energetic pathways though your central system and caffeine sends the sensors of your nervous system into overload.

GM (genetically modified) Food:

Also known as “biotech food,” or “genetically engineered food,” has had specific changes introduced into its DNA. According to Eco-News, approximately 80 percent of processed foods in America are GM, whereas, the European Union, the UK, Australia, and Japan have banned all GM foods.

Drugs:

All alcoholic drinks All tobacco products All Mind Altering Drugs

Sugar Substitutes: (toxic-laden)

Saccharin Sucralose Aspartame Stevia

Suggested Foods To Consume In Moderation

All Sugar Processed Foods

Suggested Food Sources For A Healthy Diet

Organic Food - Comes with a set of highly regulated standards of environmental stewardship and resource conservation which includes foods produced free of pesticide, chemical fertilizer, chemical additive, irradiation, and industrial solvents.

Biodynamic Food - An agricultural method of farming developed by Rudolf Steiner in 1924. It is a system of biodiversity that goes beyond organic farming. It uses a combination of special composting techniques, spiraling herbal blends, and the natural rhythms of nature and the universe.

The process of Biodynamic gardening is similar to homeopathic medicines in that it includes nine highly diluted preparations based on plant extracts, composted manure or mineral powders, some of which are applied to the roots or foliage while the remaining are used in compost and soil development. This process promotes plant growth and fosters a natural resistance to weather and disease.

Planting and harvesting is done using a schedule that reflects the natural rhythms of the earth’s rotation, as well as, the regular patterns of the sun and moon and is based on using the Stella Natura as a guide to help identify the optimum time for each step in the life cycle of each crop.

Easily Digestible Foods - Soups, Wheat grass, Smoothies, Juices

Raw Food Diet - Contains natural enzymes and nutrients that help the body reach optimal health. This program typically includes approximately 75 percent of all daily consumed food to be plant-based that is never heated above 115 degrees Fahrenheit. This diet also eliminates all pasteurized and processed products.

Vegetarians & Vegans (Protein Sources) - Spirulina, the highest source of plant-based protein on the planet, beans, green leafy vegetables, peanuts, pine nuts, pistachios, almonds, cashews, pumpkin seeds, sesame seeds, flax seed, sunflower seed, hemp seeds, buckwheat seeds, buckwheat sprouts, and alfalfa sprouts, alfalfa leaf.

Celiac Disease - An intolerance to gluten which is a protein found in foods containing wheat, oats, barley, and rye. To get enough grains in your diet try: brown or wild rice, millet, amaranth, pure buckwheat, quinoa, flax, whole corn, gluten-free oats, sorghum and teff.

Physical Wellbeing & Exercise

We all understand that exercising the physical body is very important for optimal health. This is especially true during spiritual transformation such as kundalini energy rising in your body. When we think of health, we must also remember our mind-body wellness because it plays an important role in our mental health.

Body: You may want to seek out exercise that keep you spine, as well as, your whole body, fit and flexible, and for energy flow through the body.

Yoga	Side twists	Side bends	Pelvic rotations
Spinal flex	Neck rolls	Shoulder shrugs	Spine stretches
Leg stretches	Arm stretches	Whole body stretches	

Mind-body: You may want to begin to take supplemental minerals and vitamins, as well as, your birth mineral which will help to keep your mind sharp.

<u>Mineral</u>	<u>Birth Sign</u>	<u>Uses</u>
1. Calcium fluoride	Cancer	Elasticity Tissue Salt
2. Calcium Phosphate	Capricorn	Nutrition Tonic Salt
3. Calcium Sulphate	Scorpio	Blood Purifier Salt
4. Ferrum Phosphate	Pisces	Biochemic First-aid Salt
5. Potassium Chloride	Gemini	Glandular Tonic Salt

6. Potassium Phosphate	Aries	Nerve Nutrient
7. Potassium Sulphate	Virgo	Tissue Salt
8. Magnesium Phosphate	Leo	Nerve Relaxant
9. Sodium Chloride	Aquarius	Water Distributor
10. Sodium Phosphate	Libra	Acid Neutralizer
11. Sodium Sulphate	Taurus	Liver Salt
12. Silicic Oxide	Sagittarius	Skin Salt

We are mind, body, and soul. We need to feed all three.

Relationships

It is important to note that in order to have a harmonious relationship for yourself and your partner, it is optimal that you both be traveling at the same rate and speed throughout this process, and in life in general. If you are not, then you may experience tension, stress, and dis-ease within your physical, emotional, and/or spiritual bodies. If you feel that one of you is moving faster or in a different direction than the other, you can help bring up your partner's energy by doing the microcosmic orbit for him or her.

Either with your partner or by yourself, you can, as you move your energy around while practicing the microcosmic orbit, use your energy to lift your entire family, including your children. You don't want to leave anyone behind.

"A journey of a thousand miles begins with a single step."
—Lao Tzu