

## Discovering *Pink* Tantra – The Exquisite Fusion of Inner Polarity

Is it any wonder why lovers exclaim, “God” at the time of orgasm? It is in this unifying moment of ecstatic stillness where divinity resides and creation sparks. Here dwells an experience of present moment, like no other. The rapture of mergence! The sexual experience epitomizes the reason, sexual (red) tantra is practiced. Yet there is another variety. Let’s take a journey into *pink tantra*.

Tantra is a Sanskrit word meaning, *liberation through expansion*. It is a “loom” – interweaving levels of consciousness. The practice of pink tantra -yoga, can be experienced with a beloved or alone, where one realizes the mystical union happening within oneself, as the aspects and polarities of one’s own being merge. It takes one from the mundane into an erotic and intricate tapestry of communion within the Self. This practice, through undulating asanas (poses), mudras (hand gestures), mantras (sacred sounds) and powerful breath- pranayama, opens one to currents within the body. As these begin to intersect, a vortex of spinning energy is felt within and then directed to all parts of one’s being – intercourse!

The beauty is in the surrendering, whereby the interconnectedness of it all can be realized. Also, shakti energy is accessed. This essence is innately feminine. However, it resides in both male and female. It is the energy of manifestation. It is the first movement of creation. It is earthy, lively and wildly passionate. From the tantric yoga aspect of kundalini (rising), shakti is awakened within the pelvic floor and moved up the spine, electrifying the cerebral spinal fluid, as she then travels to the medulla oblongata in the back of the head to meet Shiva, the masculine essence. Here ‘oneness’ abounds, and we experience samadhi. Pink tantra also encourages the practical - a daily habit of tapping into the external shakti field, by engaging in high frequency activities: swirling around a dance floor with other souls, moving in sync; laughing; singing; swimming with dolphins; climbing mountains, meditating and praying; visiting sacred earthly vortex points.

You get the picture. Move with the vibrancy of life and all aspects of Self. Move with others. Be willing to surrender with an open heart. Indulge! “Over-load” the senses, satisfying them to the point of satiation. Then, go beyond, exceeding usual perceptions. The practice becomes cathartic. One will eventually reach a space which becomes metaphysical – beyond what can be ordinarily sensed. Here, a mind-blowing expansion, self- realization, and a fusion with all, occurs. Enlightenment is attained through the communing with Self and with others.

What could be more transcendent than the act of intercourse between ALL polarities: earth and sky, sun and moon, life and death, masculine and feminine. We are here to heal the separation of feuding duality to embody the divine ‘oneness’. As Osho, one of the great tantra teachers exclaims, “Tantra is an opportunity for Godliness to manifest through us, so that we, as limited beings, can share in the ecstasy of the universe”.