



# *The Tantra Guide for Busy Parents*

Welcome to *The Tantra Guide for Busy Parents!*



My name is Leah Love and I am a certified Tantra instructor and have been practicing Tantra for almost a decade. I also have a background in hypnosis and raw food nutrition.

I grew up in the south where sex is/was not discussed and it was frowned upon to ask any questions on the subject. Though I felt the typical body and sexuality shame that goes along with a sex-negative culture and household, I was drawn to learning everything I could. My love of learning led me to books on the subject, friends' parents who were more open to sex conversation than my own, my peers, and I learned much through my own experiences.

In college I started holding Q&A sessions about sex and sexuality in my dorm room for friends who had little or no sexual experience.

I continued learning everything I could about sex. My intro to Tantra came at age 22 and I quickly immersed myself in it. I started practicing with a few friends and they felt a big shift, too; so open and so alive!

I now combine Tantra, which is an Indian practice, with Taoist practices from China. I have been certified through and/or taken workshops with Carla Tara, Pamela Madison, Caroline Muir, Mark A. Michaels and Patricia Johnson, Leah Alchin, and Barbara Carrellas.

**Before we begin, let me introduce you to Tantra.**

What is Tantra? Tantra means “weaving together” and through Tantra we learn to connect to our masculine and feminine energies and to weave them together. We also learn to weave our own energies with our partner's energies. I recommend that all couples spend some time practicing Tantra alone to connect to their own energies before coming together to connect with a partner. This can be thought of as taking care of yourself and knowing yourself so that you are better able to be there for your partner and connect together.



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Remember, the number one way to keep a relationship strong is with INTIMACY. This is not to say that sex isn't important, but when your focus is on INTIMACY rather than sex, sex happens more naturally and often feels better physically and emotionally for both partners.

The good news is that Tantra is all about intimacy: creating the mood, setting a schedule, removing distractions, being conscious, being both a giver and receiver, and allowing what happens for you (sometimes joy and laughter, sometimes tears and anger).

As busy parents, we may not always have time for sex or we may be too tired to “perform.” But intimacy we have time for because we can choose to make intimacy a part of our daily lives. You don't even need to be alone!

**Let's get started with some beginner Tantric intimacy exercises to try. The first section is a couples exercises and the second section is solo exercises you can do on your own.**



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## COUPLES Exercises:

### **Making and Maintaining Eye Contact**

- Spend some time off of your phone
- Glance over at your partner across the room. Smile and hold eye contact. Spend some time there. Gaze softly at each other and think loving thoughts. Flirt without words.
- If you have a few minutes to yourselves, sit facing each other with knees touching, or sit in the Tantra position called yab yum: Have one partner sit with legs crossed or with feet touching, and have the other partner sit on their lap with legs wrapped around them. Try eye gazing in this position (also a great position for synchronized breathing and intercourse!).

### **G Rated Touch**

Connective touch does not have to be sexual touch.

- Hold hands on the couch
- Take your partner's hand or foot and give them a gentle massage. It's amazing how relaxing that can feel.
- While your partner is driving, reach over and give him/her a nice neck rub. It lets your partner know you're there, that you care, and that you're remembering to connect.
- Give her a back rub while she's nursing your baby to stay connected to your family and to show your support for her.

### **Talking to Each Other**

- Use words to express what you want. Self-confidence is sexy. Ask for what you want. Also be okay with saying “That doesn't feel good to me.” It's nice to follow this with an alternative, such as “Could you rub my neck instead?” or something else that may feel better. Remember that when someone says something doesn't feel good, they're not rejecting YOU, they're just not feeling that action.
- Take turns telling each other what you're appreciating about them in the moment.  
“You look so sexy in that tie!”  
“I love watching you make dinner.”  
“I appreciate the way you take care of the kids.”  
“I was so grateful you noticed I was feeling stressed & took the kids to the park.”



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## **Breathe Together**

- Breathing can serve as a reset when you've been angry or stressed, and it also moves energy quickly. It's great for connection, of course, too!
- As you eye gaze, breathe in harmony (to eye gaze, look in your partner's left eye because you don't go cross-eyed and because the left eye is known as the receiving eye).
- The main Tantric breath is a deep breath through the nose and then out through the mouth with an “ahhh” sound. This may feel funny at first and it's okay to laugh. Laughing is actually highly recommended!

## **The 3 Minute Game**

- Choose one partner to be giver and one to be receiver and set a timer to 3 minutes.
- Receiver, ask your partner for something that can be done in 3 minutes, such as a hand massage, neck massage, having your hair brushed, your scalp rubbed, eye gazing, kissing in a specific area, etc.
- Giver, you have the option of saying “Yes, I'd like to do that!” or “I don't want to do that at the moment, but I could offer you...” and then add in something. Receiver can then say yes to what was offered, or can instead choose to ask for something else. This exercise is great for learning to ask for what you want as well as learning how to set boundaries and learn how to say “no” to something that you don't want to do.
- Make it happen for 3 minutes with no distractions. At the end of three minutes, you can switch giver/receiver and play again, or you can end if you don't have more time at the moment.

## **Connecting Your Energies**

This exercise is for the male/masculine partner to send energy to their partner from their genitals and the female/feminine partner to send energy to their partner from their heart center.

- Make sure you've mastered the solo exercise below first before trying this one!
- Sit in yab yum position (you'll be so close you may just have heads next to each other and not eye gazing), or if that's uncomfortable, sit knee to knee in chairs or on the floor.



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- Have one partner visualize energy in their pelvic area (this is usually the masculine/male partner). Have the other partner visualize energy in their heart (feminine/female partner). Do this for several breaths until you really feel this area tingle or become more vibrant.
- The male/masculine partner starts. With an inhale, he focuses on the energy in his pelvic region, and with an exhale, he sends the energy from his genitals to his partner's genitals. With his exhale, she inhales this energy into her genitals (so that you are breathing opposite breaths from each other). She continues inhaling this energy up from her genitals to her heart. Then with an exhale, she sends this energy along with her heart energy from her heart into his heart, while he is inhaling to receive this energy. He inhales it all the way down to his pelvic area/genitals. Then the circuit starts over as he exhales this energy and his own pelvic energy back into her genitals again. Continue as long as you like. You may start to feel tingly or you may feel your libido rise. Feelings may come up that seem to have nothing to do with the activity. You may feel nothing. Whatever you feel is okay. Enjoy.



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## **SOLO Energy Exercise:**

### **Simple Tantric Breath**

This exercises includes PC squeezes and this is one of the seven keys to Tantric bliss! It's a good thing to master if you are going to deepen your Tantric practice.

- Sit still and breathe in through the nose out out through the mouth with an “ahh” sound.
- When you've got the breath down, next time you breathe in, squeeze your PC muscles (the muscles you use to stop peeing midstream). Relax the muscles as you exhale. Repeat.

Note: if your body seems to want to squeeze on the exhale instead of the inhale, go with it! Listen to your body.

### **Connect to Your Energy**

- Sit on the floor or wherever is comfy to keep a straight spine. Energy travels most easily when your spine is kept straight.
- Visualize energy in your pelvic area. You may see this as sparkles, or colored light. However you want to picture it, visualize it there as your take some deep breaths in through your nose and out through your mouth.
- When you're ready, next time you take a breath in, picture the energy from your pelvic area traveling up your spine all the way up into your hair. Then as you exhale with a sigh, picture that energy moving from your hair down the front of your body all the way back into your pelvic. Then breathe in again, and repeat as before. Start feeling the energy moving with your breath. If you've not done much energy work before, you may have to fake it til you feel it, but with practice you'll start really feeling it. Once you've got it down, you can move into the couples version of this one!

### **For a stronger connection, make sure you:**

- Stay conscious and present. Turn off your cell phone. Don't talk about kids, work, etc when you're spending special time together.
- Schedule time together. If it doesn't sound sexy, make it sexy. Spontaneous sex may sound good but how often does it actually work out that you're both in the mood and ready? Plan for it and look forward to it. Create the mood...don't wait!



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- Create a safe space. You two are a couple. You've made a family together. You're choosing to live in partnership. Surely this means you want to be able to be honest and open with each other. Work on sharing your feelings as well as accepting your partner's feelings. You don't have to agree with your partner all the time...but acknowledging their feelings will make them feel like you're still a compassionate person who cares. Being able to be vulnerable with your partner is a strength and it also leads to better sex!
- Create rituals together. Maybe you want to play the 3 minute game every night before bed. Or perhaps you'd like to exchange foot massages after work. Create it and stick to it so that it's something you look forward to doing.

I hope that you've found this useful. Tantra is such a great way to connect and strengthen your relationship, which is so important when you have children.

Don't feel disheartened if you don't feel your energy at first. It takes practice because it's not something we learn to do when we're young. In fact, children are naturally connected to their energy but our culture teaches them to disconnect from energy and feelings, too. So it's naturally there...you just need to re-awaken it!

I teach Tantra and Sacred Sexuality workshops for women and couples, and I also teach Jade Egg practices to help mamas strengthen their pelvic floors, raise libido, balance hormones, and have more vaginal sensation. All workshops and private sessions are held in south Austin, and I also am available for Skype sessions for those of you who aren't local. Visit my website at <http://AwakenEmpowerHeal.com> for more information or contact me via email.

I'm here to help you become empowered!

XOXO

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