

## Tantra yoga for the new generation

Yoga is very popular nowadays. With its various benefits, many are influenced to engage in this form of exercise and meditation. There are so many kinds of Yoga that are known and practiced by many as of today. One if this is Tantra Yoga.

Tantra yoga is more concentrated on the spiritual healing and most of all the integration of the body, mind, and spirit. In India, it is an ancient tradition that sexuality is an important and significant phase to be able to achieve a certain degree of enlightenment.

In Western religious norms, sexual pleasures and desires are not inclined or associated with spirituality. With these differences in traditions, there exists a fine line between their feelings and attitude towards sexuality along with spirituality.

However, in Eastern philosophy, they celebrate and rejoice on the splendor and glory of creation. And later on, they have developed a study or science for understanding how to get most of this therapeutic and wonderful experience. Energy is known and considered to be the source of life in Tantra.

Furthermore, they consider the sexual energy and urge as great and sacred energy. There exists a few of the many exercises that help in the performance on the sexual aspect as well as some dietary adjustments. Some of these physical exercises include contractions, breathing and holding certain positions.

There are so many benefits that can be obtained by performing these various physical exercises. Some of these include improved prostate functioning and enhanced and improved sexual performance. Another benefit is improved sexual stamina when engaging in sexual intercourse.

There are also different kinds of exercises. Aside from the physical exercises, there are psycho-spiritual exercises. These exercises are ways to develop meditation on unconditional love and desire. As a result, this can make sexual activities less anxious and awkward, aside from that, the pressure to perform and move is minimized.

It is said that the most fascinating sexual experience is giving in completely to your partner or lover what he or she really wants. Expectations may be high so one must perform and must do something about it.

Through meditation and proper exercises, one can think of the various ways which

he can satisfy his lover. When one is focused and concentrated on giving what your lover really wants is an experience which can strengthen your relationship with each other, moreover, you will receive the satisfaction you had always wanted. There are few exercises which can help you a lot I focusing on your sexual performance.

By repeating some mantras and chants together with breathing exercises and proper meditation, one can achieve these benefits.

There are also numerous ways to take your foreplay to the highest level. With healing massages and gentle stroking, one can receive a rewarding experience that can stimulate both physical and spiritual and healing in different ways.

Reiki or energy channeling healing is practiced before engaging in a sexual activity. This is known to heighten the sexual pleasure in an intercourse. It is an Eastern healing art where-by one partner channels his energy to the other.

Through tactile stimulation, healing is achieved and both the physical and spiritual aspect is enhanced. In this manner, both of you can achieve a deeper state of relaxation and meditation which is very helpful to couples and partnerships.