

# ONE HEART TANTRA

## Masturbation, Tantra and Self-love, by Margo Woods

*[Bruce's comment: It is okay to be sexual. Sexual energy is not only beautiful and valuable, but it's also a way to experience God, or Tao. This book provides an extremely effective to experience this - to make love to oneself, without shame. It is the key to healthy society and healthy relationships between men and women. It is an alchemy that is needed to open the heart and creates the love: not only the self love, but the love of any kinds.]*

*If you do not have the open heart nor the willingness to experiment; or if you are irritated by the idea of masturbation, please simply skip this page and go back to the previous level. But I promise you that if you dare to experiment following this book, the return will be miracle.]*

"Some Statistics according to Kinsey's research in his book "Sexual Behavior in the Human Male" (Alfred Kinsey, 1948), a true eye opener:- 35% of all American males had sexual relationships with other males at some point in their live; 65% of all females masturbate - and more frequently, as they get older; 94% of all males had masturbated at some time in their lives, and that the other 6% was obviously Baptist ministers who lied to save their necks; Even at age fifty, over half of the males are all masturbating during the course of a single week; Some respondents whacked off twenty-three times a week in early adolescence; and even at age fifty, a few hardy souls were putting in two dozen shots a month. "

"You cannot truly experience love without having experienced self love."

"We all have our favorite masturbation stories, and favorite almost-got-caught stories. The wonderful thing about masturbation stories is that they give us full range to our fantasy for. "

"I cannot spot the difference between the act of intercourse and the act of masturbation, except for the delicious presence of another person."

"If this is nothing else to be learned from this book, it is that self love - without shame, with good humor, with a willingness to experiment - is the key to a healthy society and healthy relationships between men and women."

"Love for the self can be translated into a means of achieving energy release, spiritual growth, and a method of plumbing new artistry in thinking, feeling, writing, and growing. It's an alchemy that is needed to open the heart and creates the love: self love or any other kind."

"First, working with the sexual energy in this way helps the inner child to grow up and to have more strength to break the parent-induced patterns. It also gives him/her a sense of confidence, centering, and personal identity which are necessary to become a whole person. Secondly, my experience with opening the sexual energy in myself and others is that it is not a handicap in relating to other people, but rather an asset. I have become more loving and more powerful and more attractive. I have not been rejected on account of my heightened sexuality, nor am I crazed or horny all the time."

"If you delay your orgasm and raise the energy up in your body, you will eventually reach a level of energy at which orgasm does not bring you down. And in the meantime you will benefit from the effects of that energy flowing through your body whether you have orgasms at the end of your sessions or not."

"The Sexual Revolution has begun. Everyone, or almost everyone, know it's OK to be sexual. Human beings are sexual and passionate by nature, and it is not difficult to remove the negative conditioning and allow the natural human being to replace the conditioned one."

"Sexual energy is not only beautiful and valuable, but a way to experience God."

"To make love to myself, to masturbate, and to stop at the point just before orgasm, put my attention in my heart, and let the energy go up to my heart. The exact point to stop is the point where I know that one more stroke will make me come. "Just take your hand away, and let the energy go up to the heart." After each rush of energy to the heart I was to resume masturbating,

repeating the cycle, until there seemed to be no more energy, or I felt like stopping. There was no prohibition against orgasm, only the requirement to delay it, letting the energy go to the heart first. Delaying my orgasms in this manner, I found, made them more intense."

"I exercise every day and make it a part of my life. The simple exercise has proven to be a method of internal alchemy, a method by which I have begun to make changes in my psycho-physical system and thus changes in my states of consciousness."

The heart-opening experience: What I mean by that is, the experience of being in love but without another person to be love with, "Pure Love." In other words, I was in love with everyone and everything, felt totally at peace and physically beautiful. I was loving and clear and loved. I became Love Itself. My heart was clearly opening bit by bit. I became more loving, and more able to express love to others, more patient, more open, and less afraid of other people or their disapproval. I began to see my heart as a psychic organ as well as a physical one. I could put my attention in my heart when talking to a friend or client and know, in some inexplicable way, what they needed from me and how to give it to them."

"I became more magnetic and more satisfied with the ease and pleasure of my sexual experiences. It seems that the most important ingredient of sexuality is that personal magnetism, that magnetic attraction. With it, sex is easy. Without it, sex becomes a hassle and a chore. The masturbation exercise, without a doubt, increases one's personal magnetism. I also began to see that my vitality, my aliveness, and my enthusiasm were increasing noticeably. Friends remarked how wonderful I looked, how alive I was. I began to learn that I could direct the energy to any part of my body, not only my heart, and began using it for healing, directing it to any place in my body that wasn't feeling right."

"Work with the heart center first. For one thing, you will probably not be able to generate enough energy to make it all the way to the head at first, but the most important thing is that the heart is a great safety valve. If the heart is open, even a little, there is no tendency to hurt oneself or others. Love wishes everyone well."

"The problem that I see with many people who are taking this spiritual path is that they try to work on the upper centers before they work with the body

and the heart. Work on your heart first. When you start to feel yourself loving the people in the supermarket and crying at parades you will probably be ready to work on the other centers. One of the most interesting aspects of this process has been that I have developed an unshakeable sense of identity and Oneness about ourselves. This is the self love which is talked about so much in books and workshops these days. Have you ever asked, "How?" when the workshop leader said that it is important to love yourself?"

"The way of using the sexual energy produces self love more intensely than any other exercise I have ever tried. \*\*One learns to love oneself by making love to oneself. I want to give you enough in this book that you can duplicate all of the experiences of myself and my students and learn for yourself how simple and easy and joyful sex can be. Love your body. Realize that what you don't like is not only conditioned by a Play-boy/Playgirl image of what is beautiful, but is one of the many ways you keep your body frozen and incapable of transmitting sexual energy. In so far as you don't like your body, you freeze your sexual energy. Realize also that you can change your body if you want to. Take a long baths, relaxing, and washing yourself tenderly with your bare hands. Give extra attention to the parts of your body you don't like, massaging them gently and lovingly."

"As for the masturbation exercise, the only thing to remember is that it is extremely simple - raising the body's sexual energy almost to the point of orgasm, and instead of letting the energy go out into the orgasm, allow it to come up in the body, up to the heart. It happens that, at the point just before orgasm, there is a channel open in the body, and if you rest at that point and put your attention in your heart, the energy which has been generated will flow naturally upwards toward the heart. You don't have to do anything; it just happens. Don't worry about what it feels like, or if it is happening, just do it! Begin and adventure with yourself to see what your sexual energy is all about. Rediscover the physical system you were trained to ignore. "

"If you have difficulty talking yourself into a masturbation session, or in making love to yourself regularly, remember that you are conditioned away from that activity. Take the position that masturbation is now your meditation."

"Start your session by touching and loving yourself with your hands or soft fabrics all over your body before you go for your genitals and other erotic

zones. You may have an orgasm at the end of a session if you like, or you may find that you come by accident, and that will probably end your session for you. Men particularly will need to stop each round far short of orgasm till they learn what the point of no return is for them."

"The idea that a man must have orgasm or risk physical pain is erroneous. It certainly does not happen to men who are moving the energy upwards. The biggest problem you will have with this exercise is not how to do it, because it is extremely simple, but your own training against masturbation."

"The pleasure you experience will do more to work against your negative conditioning about your body and your sexuality than anything else you can do or think."

"I suggest you have a session with yourself every day, as a meditation, for three months, and see what the results are for yourself."

"It is necessary to include a word about sexual fantasies. I can't imagine making love to myself without fantasies. They seem to create the experience for me. I suspect that much of the problem and lack of enjoyment people have with masturbation, in addition to their belief that is wrong, is that they do not use their fantasies. All of us have a potentially rich fantasy life. So go on with your fantasies. They won't hurt you - not even the weird ones."

<http://bestfruitsofpractice.blogspot.com/2008/04/masturbation-tantra-and-self-love-by.html>



And self-love is, in my humble opinion, a delightful way to a more peaceful planet. I got some of the best advice on self love from a creative friend of mine whose spirit overflows into everything she does. She's a soul painter, painting a new, beautiful way of life with each dab and stroke of her brush. We sat in meditation together one day, her leading a group of us ladies through a mind journey into our sensual loving selves. If we can practice staying mindfully present in these moments, we are on the road to developing a healthy love relationship with ourselves. As in any form of meditation, focusing on the breath is one of the best ways to stay present. Another way is to choose a mantra or an intention, and repeat it in your mind as you explore your own body.