

ORGASMIC LIVING 4 MEN

SUPRA SACRED SEXUALITY ON MANFULLNESS PROGRAM

:: Maspalomas :: March 28-31 . 2024 ::

Experience & Learning

Supra Sacred Sexuality is a term in which you will learn how you can connect spirituality, intimacy & energy in your normal life.

The proposal is to understand the natural capability that you possess regarding your body, mind & energy related to Orgasmia. This training experience has the objective that you learn and practice the knowledge of the Bodywork, Tantra Kriya Yoga, Tantra Kaula & Tantra Shastra and how do they work in order to develop the idea of **Orgasmic Living**.

We will pursue that you enlighten yourself & reach knowledge about how **Orgasmia** works with the energies of the body, modulate them, use them for enjoying life !!

¿Where?

This retreat will be done at **Aya House** at Maspalomas, GRan Canaria.

Barranco de la Data 29, GC-504, 35109 Ayaguales, Las Palmas.

Cost of the Seminar

440 eur in a share room, meals included.



By. Tantra Mentor , **Anand Rudra, PhD.**

Language: English & Spanish

1. Tantra the orgasmic frame.

What tantra is ? Tipologies of Tantra to be used
Tantra sacred tools & Energy
Resonance theory and its importance within Tantra.
The idea of energy, energy in dispositions and levels of energy.

Prana and its harvesting, the use of tantra kriya yoga on it.

The difference between breathwork & pranayam and how interrelates to the accumulation of energy.
Energetical system of the body, at physical, psychological and sexual level.

Intentions on the handling of the energies.





Details

We begin March 28th. at 15hrs.
The last day we finish at 15hrs. We
will have break for Lunch and tea
breaks.

To bring:
2 towels , one beach, one normal.
Sarong & a personal totem.
Coconut oil .
Comfortable clothing. White
cloths for the closure puja.

Cost 440 eur

**It includes meals and
shared room.**

**You have to pay before the
event.**

Information & Registration

www.truetantra.eu

Sharing Knowledge:

Anand Rudra
TrueTantra Mentor
www.truetantra.eu

Sexual energy stages: Root, Sacred, Co-Creation
Intentions on the handling of the energies.
Difference between sexual & Sacred energy

2. The Body & Orgasmia

- The subtle system in our bodies & the concept of
Orgasmia.

-Inducing orgasms:

a) Swahara Yoga

Learn to use Prana in your body.

Energy & Polarity

The use of Consious breathing & Chakra Base
Breathing

Use nadis on breathing, Kumbaka & Pranayam as
expansion of energy

b) The inter-relation of thoughts, energy & intention.

Mind & Energy new ways to feel & talk with your body
& the orgasms

3. Tantra Kriya Yoga & Orgasms from Energy to explore the supra-consious.

Elements on a Tantra Session:

- The Ritual & the resonance;

- Consious & Chakra base breathing.

- The power of the sacred pump or lock(Mulabandha
y Svadistana Banda) The inter-relation with sacred
energy.

- Grounding and its importance (mother earth
anclive) energy & meditation process.

- Tantraic & energy
communication by
Drista 6 pranic
synchronization.

- Kiranas Kriyas &
energy flux by
shushumna

- Tantric Asanas
art...micro-macro
universe energy.

- Tantric
kriya(pranayama,
bandha , asana,
movement,
intention & energy
flux) energy &



awareness process.

- Energy gathering & its transformation: the use of
kechari mudra & ajna mudra.

- The power of Agni Sara, Vajrayana & Kali Bola.

Vajroli Mudra in shaktis & shivas.

4. Energy on Ancient Tantra Kriya Yoga

The different kinds of energy & how to identify them. Physical, mental, sexual. Sexual energy ... the transition (sensorial , causal, intentional) Sacred Energy.

- Tantric meditation; the use of the prana, kumbaka & apana as power tool on the intention and the use of energy.
- Orgasms
- Energy Orgasms .& Multi-orgasmia.

5. The Importance of a Lingam Sacred Sexual Ritual

- The power of the sacred act, the conscious touch and the embodiment
- The Ritual within ORGASMIA

6. Sacred Sexuality and the Co-Creation Energy in Sacred Sexuality

- Understanding Sacred Sexuality in its two dimensions
- The Sacred Technique of the energetical movement: touch, breathing, drista, sincronization of energy in a tantric session.
- How to use the sacred sexual energy as a orgasmic tool.



7.- Tantric Bodywork

- The ritual, the awakening of the sacred energy and the sincronization of energy.
 - The power of sensibilization between eros & sacred energy.
 - Knowing the physical and energetically body: Nadis, marmas, kama-marmas, blind marmas, talas, & chakras.
- Full body massage.
 - The importance of energy.
 - Face up massage & kama-marmas.
 - Discovering the accumulated energy: orgasm. From sexual to sacred energy; full body orgasm and its power & transmutation of energy: From Sexual to Spiritual .
- The use of Tantra Shastra and Tibetan pulsing to generate Orgasmia

8. What is and how to embody the ORGASMIC LIVING

- The concept of how to embrace life and orgasms.
- The idea of state of awareness & consciousness
- The idea of orgasmic living
- How to go there every time that you want & Benefits

Be.Tantric & Truetantra

This Class is open to all.

If you would like to participate to this weekend are kindly requested to register in time at :

Basic Bibliography:

- * *The Science of Pranayam by Sri Swami Sivananda*
- * *Moola Bandha, The master key by Swami Buddhananda*
- * *The Subtle Body by Cyndi Dale*
- * *Chakras Kundalini by Hiroshi Motoyama*

Anand Rudra,

Being raised in a Shamanic culture by father (Mexican spirita and shaman) and by the grandmother (Yaqui Mexican Medical Woman) Since he was young, he was attracted to the esoterica world. He has been studying tarot, psycho-magia, symbology, ritualism, tantra, sacred geometry and shamanism. For the last 20 years, he has developed and rescue the ancient Kahula Tantra practices and Ancient Tantra Kriya Yoga. More info. www.truetantra.eu

