

Tantra, Sacred Eros, Tantric BDSM, Sexual Healing Definitions

By Francesca Gentille

SACRED EROS - Are practices of becoming conscious and at choice with our arousal, erotic energy exchange, intentions, and how we use them to bring greater wholeness, intimacy, healing, and peace to ourselves and our world. All cultures have ancient practices of Sacred Eros hidden in their mythos, fairytales, archeology, ethnography, and religious texts.

Some of the most often practiced today. . .

TANTRA - An Eastern Spiritual Path dedicated to the Loving and Unconditional Acceptance of All that is. Instead of subjugating the body or rising above it, Tantra embraces the learning of the embodied experience (in all its flavors) to blast the heart wide open to compassion and nonduality.

BUDDHIST TANTRA contains “White” practices (clear, non-sexual, visualizations, breath work, mantras/chanting, mudras/hand-body postures, yantras/pictures). It is founded upon the practice of the compassionate path. It practices releasing judgmentalism and duality.

HINDU TANTRA can be “White” (meditative, non-sexual). It can also include “Pink” practices (erotic breath and touching), red (genital intercourse), and “Black “ practices (everything in life).



The GOAL is union with The Divine ALL. In India today, practicing Tantra is considered a dangerous path because, if not done well, it can lead to addiction and excess.

KAMA SUTRA means teachings (sutra) of love (kama). It is a compilation of physical, romantic, hands-on, body-on, relationship, conversational, and sex practices designed to connect, ignite, and harmonize the sex life of the couple. It is not Tantra. However, it also comes from India.

WESTERN OR NEO-TANTRA - A Western Eclectic Spiritual Path dedicated to opening the heart, connecting the chakra/energy centers, and enhancing lovemaking. Neo-Tantra uses some traditional Eastern Tantric exercises and combines them other traditions and teachings the instructor is offering. It embraces and glorifies the embodied experience. The GOAL is a more loving, connective, juicier experience with one's love(rs).

TANTRIC BDSM: Tantra, by nature of its weave, is inclusive of what in the modern world are the toys and tools of BDSM. In its cultural origins in India and Tibet, there would have been no distinction between intimate and/or sensation-based practices of kissing, breathing energy with intention, yab yum, or lying on a bed of nails, self-flagellation, being tied, intercourse, etc. In India and Tibet, it can be considered a blessing to bathe in or to drink the pee of a rimpoche or llama (blessed one) or to eat their scat.

Tantra weaves and balances the yin and yang, the death and life, the suffering and joy of life. Neither are to be avoided nor compulsively attached to. Yet, some practices can restore balance or harmony. So at times, we might choose to practice more of the light or the dark, more of one than another. It is all part of The One.

SACRED SEXUALITY - A Worldwide concept. Most countries and religions have some version of Sacred Sexuality as a tradition. Christianity, Judaism, and Islam all have sacred sexual traditions if you know where to look. Buddhist Tantra is one example of a Sacred Sexual Tradition within a religion.



Graphic: The History of Sacred Sexuality
file:///Users/francescagentille/Downloads/sacred_eros_cultures_1.html

There are two main perspectives on Sacred Sexuality:

1. *All Sex Is Inherently Sacred*.
2. Sex is Sacred When Paired with Conscious Collaborative Intent and Consent (which can be revoked at any time).

SEX MAGICK - Uses the energy available in arousal and sex to focus on attaining one's goals. This can be anything from a new car to personal healing, to world peace (etcetera).

SEXUAL SHAMANISM - Shaman is a Mongolian word for holistic spiritual healer that has come to represent any healer within a lineage of earth-based traditions of music, medicine, storytelling, movement, dream-walking, spirit animals, ritual, shadow work, and healing of trauma.

Around the world, Shamans acknowledge and work with multiple planes of existence, view the universe as animate and sacred, and who seeks to restore harmony. The Shaman acts as a bridge and balancer between the worlds of male/female, life/death, endings/beginnings, heaven/earth/the great below, health/disease, and more.

Sexual Shamanism is a modern term that some practitioners utilize when they suggest that they are trained to be a bridge, healer, and harmonizer of spirit, matter, and Eros of the client.

SHAMANIC KINK - The roots of pain as a pathway to vision quest, deprivation of sensation to open the Inner Eye, offering of pain for prayer, and ritual theatre that includes loss, death, grieving, and rebirth originate in ancient and indigenous cultures.

Shamanic Kink is a practice that brings together the tools and frameworks of kink/BDSM with intentional ritual, somatic awareness, and transformational work. It weaves together ancient



mythos, ritual theatre, invocation, evocation, chanting, as well as the use of altars and circle technology.

It uses power-exchange, sensation play, role-play, or other “kinky” elements, not purely for erotic or sensational ends, but as conduits into deeper healing, embodiment, expression, and integration.

HEALTH & SEXUAL HEALTH:
Eastern Medicine is based on a Yin/Yang concept of energy, flow, and balance. When the energy is stuck or imbalanced, we become dis-eased. In Eastern Medicine, it was believed that we are meant to be healthy. It is the Doctor’s job to keep us healthy, not to intervene in dis-ease. If there is dis-ease, the Dr has already failed in his/her duty.

Until the last few hundred years, sexuality was a major focus of keeping the body (and its energy system) in balance and flow. Intricate systems of sexual knowledge were created, including body postures/positions for sex (that enhance particular types of energetic flow), breathing techniques, and visualization techniques. Many of these can still be found in Taoist Sexual Training.

SEXUAL HEALING - Most people in our western culture carry some amount of sexual wounding and emotional wounding from being raised in a culture, family, and religion that is sex negative, body-negative, sex superficial, emotionally suppressing, anti-aging, and body dominating culture. Many of us also carry some amount of sexual wounding from rejections, denigrations, inappropriate physical touch, as well as the crossing of our own boundaries to be liked or to receive an illusion of love.

SEXUAL HEALING WORK uses workshops, visualizations, massage, dialogue, sensuality, and sexuality to bring past wounds to consciousness, face them, release them, and/or reprogram them.



Sexual Healing can be undertaken through:

- Psychotherapy *(Counseling, Coaching)*,
- Energy Work *(Reiki, Polarity Therapy, etc.)*,
- Somatic Therapy *(Dance Therapies, Movement Therapies, Touch & Massage Therapies, EMDR, Somatic Experiencing, Therapeutic Tantra, Therapeutic BDSM, etc)*
- Ontological Work *(Being)*,
- Ritual/Magic/Prayer *(with or without Medicine Plants)*
- Emotional Release Work,
- Therapeutic Role Play *(Gestalt, Inner Voice Dialogue, Drama Therapy, Family Constellations, Jungian Psychotherapy, Shamanic Soul Coaching, Shamanic Sensual Healing, etc)*
- Tantra,
- Tantric BDSM
- Therapeutic BDSM
- Sexuality and Sacred Sexuality Workshops

HEALTH, SEXUAL ENTHUSIASM, & BEING SPIRITUALLY ADVANCED:
I find there is confusion, or collapsing, between health, sexual enthusiasm, and spirituality. There is an assumption that if one is healthy, enjoying lots of sex, and filled with chi, this automatically means that one is more spiritually advanced.

There is a similar confusion with the Christian perspective that monetary success means that one is spiritually developed. That is to say, if someone became financially successful, they were obviously spiritually advanced and favored by God.

While low chi, lack of sex, and/or depleted finances can indicate a wound or stuck place in our energy system, the converse does not necessarily imply greater enlightenment. It is possible to have strong chi, lots of sex, and be an energy vampire, sex addict, or something else. It is possible to have financial success and be a power-hungry dominator.



This is not to say that financial or sexual abundance equates with dysfunction.

SEXUAL VIBRANCY VERSUS SEXUAL COMPULSIVITY
In India, Tantra is considered a risky path because it is easy for the human body to get captured in a web of addiction to pleasure and avoidance of pain. In Neo-Tantra, this can also be the case.

While a vibrant sexuality and libido, balanced with consciosness, and internal choice is considered healthy, it is easy for the primal brain to become allured into thinking more pleasure is better. There are predators, addicts, and manipulators within the Neo Tantra community (as participants as well as teachers), along with truly wonderful people.

Use caution when choosing where and with whom to participate.

THE GIFT OF CONSCIOUS SEXUALITY: I find that intentionally focusing on breath work, visualizations, and bodywork during sexuality with my beloved brings about greater energy and physical well-being. This is especially true when it is approached with a gentle, compassionate heart, integrity, and truth.

ADDITIVE RELATIONSHIP PRACTICES include Compassionate Boundaries, Gracious Authenticity, Holistic Fitness, and Healthful Eating.

NOTE: Tantric Texts say that it takes a minimum of 30 - 45 minutes of breath work, arousal, foreplay, and/or intercourse to start truly re-charging our internal batteries and aligning and energizing our systems.

Many videos, books, and courses teach methods to prolong high states of arousal without ejaculation and/or with multiple energy orgasms for all genders.

Recommended Books:



- The Idiot's Guide to Tantric Sex by Dr Judy Kuriansky
- Western Tantra by Marc Allen
- The World of Tantra by Benoytosh Bhattacharyya, Spiritual Sex: Secrets of Tantra from the Ice Age to the New Millennium by Nik Douglas
- Tantra: The Art of Conscious Loving by Charles and Caroline Muir
- https://www.sammakaruna.org/7-famous-tantra-traditions-must-want-know/