



A tantric guide to Valentine's Day

Valentine's give us all, singles and couples alike, the opportunity to treat ourselves to Tantric treats...ones that imbue us with divine delight and give us a skip in our step and a melting heart. Enjoy this loving pathway with *Jan Day*

Flirt like a Shakti or Shiva

Summon up your goddess or god within, imagine that you truly inhabit this heavenly place and take it out on to the streets, or the supermarket, or the local cafe. Flirting is playful and fun and we (at least here in Britain!) need to do much more of it. Try a little light banter with a shop assistant or the parking warden, feel that tingle in your yoni or your lingam, let the sparkle of that moment enliven the rest of your day and theirs. It's about allowing your sexiness out to play and to explore with others. Flirting is an invitation and should be practiced with that tonality. It also means taking a risk. Go on.

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Allow the romance to surface

Conjure up the spirit of romance with words, gestures and gifts. This is an excuse to leave the everyday and lift yourself into the Tantric Hollywood zone. If you're single, dress up in one of your waftiest dresses and dance softly around the living room to Snam Kaur, let your heart melt to the music and invoke the romantic partner you would like. If you're part of a couple, make your partner feel their specialness. Treat them like a god or a goddess. Do something unusual like a game where one of you blindfolds the other and leads them on a journey that includes being fed and being undressed slowly. Leave him or her a loving note before you go to bed. Do something recklessly expansive like telling them that you worship and adore them. This is the ideal time for the heroic gesture and they will love it.

Setting the scene

Ah, the scene is so important and the possibilities are endless for creative innovation. If it's a date, or if it's your long-term partner, have some ideas about what sort of scene you are creating. Is it a temple or a boudoir? Do you need candles, music (will it be Marvin Gaye's Sexual

Healing or Premal's Embrace) incense, sarongs? What sort of food would you like to feed to each other when the blindfold is on? Sushi, mango pieces, Booja Booja chocolate. Maybe you have rose oil ready and a mattress so that you can give her or him a massage.

Being present

Being present for yourself, and therefore the other, is at the heart of Tantric practice. If you are alone, you could do some self-loving meditation to Osho's Kundalini CD. If you are a part of a couple, simply sit opposite one another, tune into yourself first with your eyes closed, then softly open your eyes and engage in gazing at each other gently with no emphasis on an outcome. When you are both ready, one of you starts with an appreciation of the other and you alternate with this practice until it naturally halts. Hold hands if it feels right. This is a beautiful way of sinking down into truly being there for each other and opening your hearts.

Tantric sexuality

Now is the time for sexual play without any goals. Maybe you'd like to take each other's clothes off very slowly where the other feels totally seen and held in wonder and thrall. This can feel like a wonderful erotic service for the other. And is a tremendous turn on. The slowness is key to exquisite feelings of being adored in all your naked glory. Oh, this is so delicious. There is also the possibility to be vulnerable here which leads to a richness of connection. I mean you might feel suddenly exposed by your nakedness and that means you can show your shyness, which will make you all the more endearing to your partner. When it comes to the sexuality part, you might want to give him or her an erotic massage. You may want to simply stroke each other in

the most tender of ways. You may want to lie with him inside you and breathe together. Whatever you do, do it with the spirit of exploration rather than an achievement. And it will be utterly gorgeous.

Open to ritual

Creating rituals enhances your making love life tenfold. Ritual allows you to be transported into another way of being together, something that is more profound and non-material. We can enter the mystery and the liminal space here. We can connect to the sacred part of ourselves and the other. We can become that Shakti and Shiva in all our essences. You might create a mandala of fruits, put flower petals on the love bed, anoint each other with oils, honour each other with a Namaste bow at the beginning and end. You might do a foot washing ritual for each other. You might want to read each other Rumi poems. Whatever you do in this zone, slow down, breathe and do everything with a godly grace.

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TIPS ON BEING TANTRIC

- 1 Be open to learn from everything.
- 2 Cultivate presence in everything you do – as a way of living in love with life.
- 3 Be honest with yourself and your partner.
- 4 Practice calming and regulating yourself so that you don't get triggered into old, self-sabotaging patterns.
- 5 Develop practices that work for you personally to get in touch with yourself on a daily basis.




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