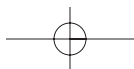
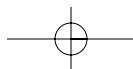
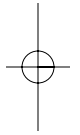
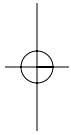
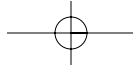


The Ipsalu Formula ~
A Method for
Tantra Bliss



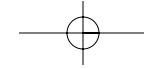


The Ipsalu Formula ~
A Method for
Tantra Bliss



BODHI AVINASHA

Formatted by Sharon A. Dunn
Cover Art by Carol Flowers



DISCLAIMER:

Ipsalu Tantric Kriya Yoga is a system of practices promoting health and well-being. Caution and common sense should be used in following any of the suggestions about food, exercise, sexual activity, etc. This course is not meant to replace competent medical advice. Anyone suffering from venereal disease or any local illness of their sexual organs should consult a medical doctor before practicing the methods taught here.

All Rights Reserved.

Printed in the United States of America.

Copyright © 2003 – Ipsalu Publishing Company

1st printing Spring 2003

2nd printing Fall 2006

ISBN: 0-929459-01-6

LCCN: 2002115906

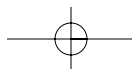
IPsalu PUBLISHING

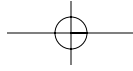
IpsaluTantra.com

info@IpsaluTantra.com



No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of a recording, nor may it be stored in a retrieval system, transmitted, translated into another language, or otherwise copied for public or private use, excepting brief passages quoted for purposes of review, without the permission of the author.





A Method for TantraBliss

CONTENTS

INTRODUCTION TO IPSALU TANTRA:

THE ART AND SCIENCE OF BLISS..... 1
A new paradigm is emerging, a way of being in the world that will allow you to discover TantraBliss. The Ipsalu Formula is a way of organizing your spiritual practice to find and maintain your attunement to that Bliss state.

CHAPTER 1. IPSALU TANTRIC KRIYA YOGA:

WHAT IT IS AND HOW IT CAME TO BE..... 13
Ipsalu is a tantric marriage between Osho’s teachings and the spirit of Babaji, the deathless yogi. Cobra Breath is the key to this practice. Here is a look at the origins of tantra and forms of tantric practice. Ipsalu Tantra involves: liberation through expansion, interweaving of parts, balancing of polarities, recognizing divinity, the yoga of expanded sex, path of surrender and working with subtle energies.

CHAPTER 2. REMEMBERING YOUR MAGNIFICENCE:

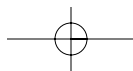
BEING THE CREATOR OF YOUR LIFE 35
Explore the relationship between Ego and Soul, how they have co-created your life drama, how Ego has developed and how it can be transcended through Witness consciousness.

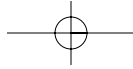
CHAPTER 3. FULFILLMENT AND EMPOWERMENT:

EGO’S DESIRES AND SOUL’S PURPOSE..... 61
Desires, when unfulfilled, bring pain and frustration, but can be used to discover your heart’s desires, your life purpose, which is totally supported by Existence, and where true satisfaction lies.

CHAPTER 4. CREATING HEAVEN ON EARTH:

LEARN OF THE UNIVERSE BY STUDYING THE BODY 77
Tantrikas seek enlightenment in physical form. Going deep inside the physical body allows discovery of the pranic body and subtle energies which can be used for healing and for exalted sexual experiences. Science and mysticism are meeting in this cutting-edge exploration.





The Ipsalu Formula

**CHAPTER 5. RETURNING ENERGY TO THE FLOW:
BALANCING MENTAL AND EMOTIONAL BODIES** 101
 Mental development gets far more attention than emotional maturity. This imbalance causes frustration and grief. Here are tools and efficient methods for coming into balance

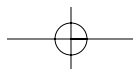
**CHAPTER 6. MYSTERIES OF THE HEART:
CREATING AND MAINTAINING THE STATE OF BLISS** 123
 The heart is far more than a pump. It has its own intelligence and connection to Universal energies. Its rhythms form the basis for blissful experience and mystical union.

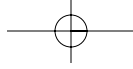
**CHAPTER 7. MALE/FEMALE POLARITY:
BALANCING THE INNER MAN AND WOMAN** 147
 The female essence has been repressed, but is now stepping forth to regain balance. Exploring this energy transforms both men and women, and certainly their relationships.

**CHAPTER 8. AWAKENING KUNDALINI:
THE NEXT PLATEAU IN HUMAN DEVELOPMENT** 175
 Kundalini energy, the highest form of consciousness is the key to humanity's future. Learn how to safely bring it from its dormant state to free-flowing activation in the body.

**CHAPTER 9. PREPARING THE BODY TEMPLE:
LIFESTYLE CHANGES TO NURTURE THE BODY** 197
 Obstructed flow of the materials, fluids, or subtle energies through the body are the cause of disease and aging and an obstacle to spiritual development. This also applies to sexual health considerations.

**CHAPTER 10. BLISS IN RELATIONSHIP:
THE ULTIMATE CHALLENGE** 217
 Relationships are usually a primal therapy as couples work out their childhood issues. In tantric relationships issues are resolved much more quickly. Learn what your lover really wants and how to honor the divine in your mate. Here is insight on why/how you keep yourself single and how to attract a partner.





A Method for Tantra Bliss

CHAPTER 11. BEING ORGASMIC:
TANTRIC SEXUAL ATTITUDES AND PRACTICES233
 Sexuality is essential to spirituality. Learn to overcome conditioning that has held them separate. Learn how tantric lovemaking differs from “normal sex.”

CHAPTER 12. TANTRIC RITUAL:
A DOORWAY TO ECSTASY.....261
 Traditional tantric practice included rituals. More contemporary versions are suggested, including Seven Nights of Tantra and Tibetan Maithuna Ritual.

EPILOGUE: WHAT IS NEXT?277

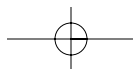
APPENDIX A. ENERGY PRACTICES
 Exercises for Individuals and Couples279

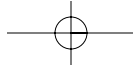
APPENDIX B. YOGA NIDRA: CONSCIOUS SLEEP293

APPENDIX C. FIREBREATH: SEVEN-CHAKRA ORGASM.....299

APPENDIX D. NETWORK SPINAL ANALYSIS315

INDEX OF TECHNIQUES.....317





A Method for TantraBliss

Introduction to
IPSALU TANTRA
The Art and Science of Bliss

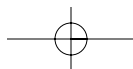


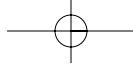
Most spiritual paths share the common goal of returning to the Source. You who follow any path are driven by a sense of incompleteness, an inner knowing that you are in separation, cut off from your true nature. You suffer a relentless longing for paradise lost. You hunger for re-connection to the universal heart and mind, for that supreme happiness of unconditional love, the Bliss State. You know deep within that what you experience and what you appear to be are but shadows of your truth.

“Normal life” offers many ways to numb yourself to the longings of your Soul. Your internal sub-conscious world is tormented by limiting beliefs, guilt, suppressed emotions, banished conflicts and stifled creativity. You use the external world to distract yourself with work, relationship dramas and health concerns, obsessing about image and position. You amuse yourself with sporting events, loud music, TV, movies, shopping, etc. You anesthetize yourself with comfort foods and chemicals. Most of these activities could be conducted in a blissful state, but as a rule the activities you use to fill your days are designed to stifle the cries of your heart.

Science is beginning to realize that every cell, every organ in your body requires an ecstatic energy flow if it is to perform its function. In that flow lies an information connection to the Source of existence. There are ways to create this required infusion of ecstasy, but most people tend to be spectators rather than participants in creating ecstatic energy, letting their favorite musicians or actors or preachers or sports stars do it for them.

This culture is impoverished. It doesn't offer ecstatic drumming or dancing or singing or ceremonies to provide for this need. These things are available in sub-cultures, but aren't mainstream. No





The Ipsalu Formula

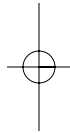
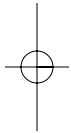
wonder there is such a compelling draw toward sex and drugs which offer a temporary, though artificial, feeling of Bliss.

Perhaps you believe that Bliss may be for someone else and not available to you. This book is dedicated to showing you how you can learn to live in Bliss.

Mystics have tried to describe the Bliss State and most agree how difficult it is to capture in words. Even the word “Bliss” doesn’t express the Ipsalu experience. For some Bliss connotes a heavenly, ungrounded state. Attaching the word Tantra to it makes it more clearly balanced. TantraBliss is heaven on earth.

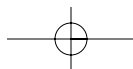
Relate that to something you have known. Recall a moment in your life when you felt free, completely safe, totally loved, exalted, unbounded, connected to all existence, excited but deeply relaxed. The world was so beautiful you could hardly contain it. Perhaps it was a moment during orgasm or when you had just fallen in love.

Remember a moment that stands out from all others. Let this be the standard by which all the rest are measured. You know this is possible. Why settle for less?



You can choose to live in Bliss every moment. The technology for transformation is available today. But you probably have more important things to do.

You entered this world as the embodiment of Bliss. The following chapters will discuss how you lost that sweet connection and why you are having such difficulty finding it. You will learn how to rediscover a Blissful state.



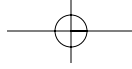
A Method for TantraBliss

Discovering TantraBliss.

Ipsalu Tantra Kriya Yoga is a method for maintaining Bliss. It is not to be taken as a belief system, but rather as a point of view and a technology.

It is simple. 1) Study the Emerging Paradigm. Start looking at your life as if this paradigm were valid. 2) Do the practices according to the Ipsalu Formula. 3) See what happens. The simple techniques presented here are among the most powerful in the world. If practiced regularly they will rapidly attune you to the Universal Pulse of Love, the source of TantraBliss.





The Ipsalu Formula

THE EMERGING PARADIGM

This paradigm is a way of looking at life, a way of being in the world, an invitation to explore.

It is based on experience rather than beliefs or borrowed knowledge.

It doesn't claim to be absolute truth, since understanding keeps expanding.

If you choose to live from this perspective, you will transform your life. You will discover Bliss.

- **Self-Realization**

Discover your true nature, realize your magnificence, look within for guidance and wisdom.

Identify more and more with the Soul, less and less with your history and personality.

Learn to stay present as a Soul in the body with whatever emerges from the shadows.

Honor the Divine in each other, in all around you.

Sense that all is in divine order, even when it appears otherwise.

Realize that all beings are connected, that separation is an illusion.

Looking within, find a fountain of unbounded love and acceptance for the way you are.

Thus there is no need to seek approval from others.

- **Self-Responsibility**

See how you create your own experiences, as others cooperate to play out your expectations.

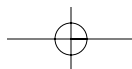
You have chosen to learn lessons. They show up as “problems” and persist until the lesson is learned.

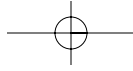
Understand that there are no victims, no accidents. **External events mirror your internal states.**

Take responsibility for creating your life drama. Then you are able to recreate it more consciously.

Nothing outside has to change. When you shift inside, everything else automatically changes.

Resolve your own issues, not waiting for someone else to handle them.





A Method for Tantra Bliss

- **Being Witness**

Maintain non-judgemental Witness Consciousness, equally accepting of your light and your shadow.

Examine every subconscious process, and gradually free yourself from bondage to the past.

Disengage from self-defeating patterns and limiting beliefs (karma) by being a benevolent Witness.

Bring unexperienced feelings and outdated beliefs to completion.
(Open chakras and energy channels.)

- **Fulfillment/Empowerment**

Realize that ego's desires can never be satisfied. (Ipsalu means "transcending desire.")

They are attempts to compensate for deep feelings of inadequacy and unworthiness.

Rather than trying to suppress ego's desires, provide yourself the love that has been missing.

Your Soul has desires, your life's purpose, which are totally supported by Existence.

Creative power comes through surrender of the ego to the Soul.

When your ego falls in love with your Soul, and becomes its devoted servant, you are then living in the cosmic flow. Your life becomes a magical series of synchronicities.

Existence provides for your needs with ease and grace. Your Heart's desires are realized.

- **Earth/Body Centered**

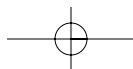
Come to understand the mysteries of the universe by studying the secrets and delights of the body.

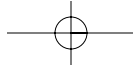
Celebrate life on the earthly plane, and compassionately embrace all aspects of humanness.

Invite the God of your Heart to dwell in your body-temple, to play in physical reality, to have fun.

Enjoy the tantric arts: song, rhythm and movement, massage, aroma.

Learn to create Heaven on Earth.





The Ipsalu Formula

• **Balancing Polarities**

Honor, empower, liberate, celebrate both the female energy (Shakti – the creative dynamic LifeForce) and the male energy (Shiva – clarity/stillness.) Bring them into balance and harmony.

Increased Shakti (orgasmic) energy in the body brings about physical cleansing, emotional activation/release and heightened intuitive awareness.

Increased Shiva energy brings higher consciousness and sweet Bliss.

By balancing these energies, you prepare your body for Kundalini awakening.

• **Kundalini Awakening**

The Ipsalu technology (based on Kriya Yoga/Cobra Breath) can safely awaken in your body a new level of consciousness, an extraordinary intelligence now lying dormant (Kundalini).

This higher vibration requires considerable preparation of mind and body through spiritual practice.

As Kundalini awakens, you will express increasingly these four qualities:

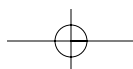
- Living in a state of Bliss;
- Opening to latent genius;
- Absolute integrity; and
- Access to inner knowledge, a constant stream of wisdom, always new, always appropriate.

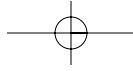
These qualities will be the norm in the emerging new human.

• **Health/Longevity**

Once you learn to draw in greater amounts and higher vibrations of life-sustaining subtle energy, once your body's energies flow freely through their channels, unobstructed by emotional residue, your body can heal itself, and can maintain health and vitality for a much longer, healthier life.

Once you adjust your lifestyle to support the body's needs, the higher energies transform your body, reorganizing the DNA, creating a new advanced species.





A Method for Tantra Bliss

- **Service/Universal Love**

For life to be satisfying, you must know that your efforts make a difference in the lives of others, that your Being inspires trust from others, and facilitates their journey toward self-discovery.

The greatest service is to love unconditionally, never losing sight of the divinity in all.

Bathed in the safety of that love, everything that is not love can come up to be healed.

Anyone can remember who they really are if someone loves them enough to remind them.

- **Relationship**

Tantric partnership brings deeper intimacy and much more satisfying sexual experience.

Reconnect love and sex, and **be really present** with your partner.

Initially you choose partners that recreate the primal family dynamic, picking the ones who push all your buttons to allow a healing of unresolved inner child issues.

Once that is accomplished, sharing polarized energies accelerates the evolution of both partners.

Give yourself and your partner space to dance in all your aspects, in all combinations: the parent, the child, the wise one, the beloved, the nurturer, the sensualist, etc.

Recognize the value of community with people who share a common vision, based on love.

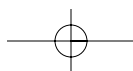
Choices in alternate styles of relating (mono versus poly, hetero versus homo, etc.) are matters of personal preference and are not a part of this paradigm.

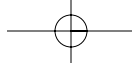
- **Spiritual/Sexual Energy**

Heal the encultured attitude that sexual energy compromises spiritual advancement.

Learn instead to use that powerful energy to accelerate your progress.

Deepen your perception of subtle energies, opening doorways to other dimensions.





The Ipsalu Formula

Discover greater creativity and psychic perceptions, for healing yourself and others.

Your sexual experience becomes a sharing of those energies and dimensions as two lovers merge into the Divine light.

- **Tantra Bliss Formula**

The frequent experience of Bliss is essential for the health of every human being.

That requires simultaneous activation/integration of mind, body and Soul.

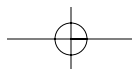
By stilling the mind you bring yourself into the present moment, the only “time” when you can understand Truth, can feel love, can experience God.

By activating the sexual energies you enliven that stillness into dynamic Bliss.

By transmuting that arousal, you elevate its orientation from survival to service, from pleasure to creativity, from control to surrender.

Feeling gratitude in all things perpetuates the experience of Bliss.

The Emerging Paradigm contains discoveries about reality available from within a blissful state, expressed in succinct form. Each point is explored in the chapters that follow. As each idea “dawns” for you and becomes your experience, you will draw nearer to an ongoing state of Bliss.



THE IPSALU FORMULA

There is a method, unique to Ipsalu Tantra, for attuning to Bliss. It is a formula that works in all circumstances, if you are willing to relax into it. It quickly brings groups of strangers into a loving blissful connection, as well as couples, especially when they combine the practice with their lovemaking. It brings an individual into Bliss at any time, in any place.

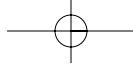
Initially it may take an hour or more of techniques to feel blissful. With a few months of regular practice you can reach Bliss in a few moments. This book clarifies why and how the formula works. These are simple but powerful techniques, taken from several spiritual traditions. They quickly open the body/mind to its highest potential.

Here is the essence of the formula to make the core of your daily practice. This is the sequence that creates the magic:

- First: **Activate energies in the body.**
- Second: **Still the mind.**
- Third: **Arouse sexual energy.**
- Fourth: **Transmute passion.**
- Fifth: **Enjoy the TantraBliss.**

(Noticing that the first letters of the five steps seemed to make a word form, ASATE, I wondered if it might be a Sanskrit word. Consulting a dictionary I learned that indeed ASATE in Sanskrit means “uninterrupted sequence.” An interesting synchronicity.)

Activate energies in the body. Enliven the body with practices designed to awaken the LifeForce within you, bringing an infusion of transformative, rejuvenating energy to awaken the body, mind and Soul. Experience the subtle energy flow in the physical body as it brings life-sustaining information to direct the cells’ activities and an open connection to the infinite. (Techniques presented in this book are Bated Breath, 12-part Tension/Relaxation, Complete Breath, Rishi Isometrics, Inner Smile, Nauli. Additionally in *Jewel* are Rejuvenation Postures and Shakti Shake.)



The Ipsalu Formula

Still the mind. A quiet mind allows the ego to step aside and cosmic energy/consciousness to enter the body. You come into the Eternal Now – the only way you can experience pure love and become the non-judgmental Witness. This is as far as many meditation practices go, and they do that with consciousness leaving the body. With the body freshly energized, you can go into deep meditative state without leaving the physical plane. (Techniques include Witnessing Thoughts, Watching the Breath, Hong-Sau Breath Mantra, Khechari Mudra, and Trataka.)

Arouse sexual energy. Within this infinite stillness, the rhythm of the earth is called forth. In this context the juicy creative force takes on an extra-ordinary quality. You feel the primal energy which manifested the physical universe. (Techniques include Vajroli/Sahajoli, Aswini, Moola Bandha and FireBreath. Additionally in *Jewel* are the Sexual Energizers.)

Transmute passion. You lift and refine that quintessential creative force and blend it with the heavenly consciousness. Your body, especially your heart, is the meeting place of heaven and earth. (In this book Transmutation Breath and FireBreath, in *Jewel* Prana Mudra, in Level 1 course Cobra Breath.)

Enjoy the Bliss. Sing, drum and dance, massage, heal and make love, speak to God and hear the reply. Share Bliss with a beloved or with friends. There are other “E” possibilities:

Express your Heart-song in new creative ways.

Earn a living doing what you love to do.

Experience the truth of Existence.

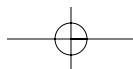
Exhibit extra-ordinary abilities.

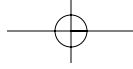
Evoke your divine presence.

Expand your sense of Self.

Explore latent potentials.

Expect miracles.



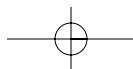


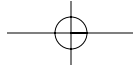
A Method for Tantra Bliss

With the thunder of Drums ...
in our Ears,
And the sparkle of the full Moon
in our Eyes,
We danced all night ...

You held me close,
and my feet barely
touched the ground ...
The Wine we shared
needed no cup,
It poured freely from
the wine-bottle of Love ...
Right into the mouths of
those gathered.

Everyone was raised up
and illuminated ...
Like the Ocean,
when the Ocean seems
lit from within.
Night gave in to Day,
and winter retreated ...
Lucky flutes were heard,
drawing us out to play ...
Everything glimmered ...

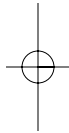
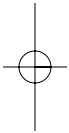




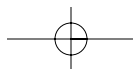
The Ipsalu Formula

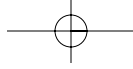
Time stood still ...
 our Lips met ...
Pyramidal temples spun
 in ecstatic Dance ...
Mudra symbols were
 formed and acted
 as Keys to many locks.
We turned the Keys with
 our spiral steps ...
Earth moved,
 and a subtle shift was felt.
Encouraged ...
 We breathed open our Hearts ...

Ahhhh ...



Written after a community celebration
by David Guy (*TheDavid@fuse.net*).





A Method for Tantra Bliss

Chapter One

IPSALU TANTRIC KRIYA YOGA

What It Is and How It Came to Be



Raised in a fundamentalist religious culture, where “sexual sin is next to murder in the eyes of God,” and the ideal for a young woman was to go to her marriage bed having never been kissed, I found adolescence and the awakening of sexuality a serious challenge. The hormones won out and several promiscuous years were followed by a decade of guilt and self-punishment.

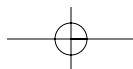
I’d been taught that there was no forgiveness for sexual “sin,” and my punishment was to be cut off from God forever. My relationship to “my Heavenly Father” was the center of my life, far more real than any human connections. My suffering was profound. I was resigned to an eternity of isolation and desperation. Looking back I’m grateful for this conflicted period. It prepared me to receive and to appreciate a more expanded and compassionate cosmology.

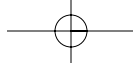
Years later, in a period of intense spiritual searching, I learned of two great tantra teachers, Osho (Rajneesh) and Babaji. There was no meeting in the physical plane, but in my initial encounter with each of them, I was powerfully struck by their energy. This was my first hint that I didn’t have to choose between sexuality and spirituality, my first glimmer of the tantric path.

Ipsalu is a Tantric Marriage.

Babaji’s Tantric Kriya Yoga and Osho’s celebration of life are distinct paths. Some forms of Kriya are more mental, appealing to masculine, intellectual seekers who enjoy focused, disciplined, scientific practices. Other Kriya paths are devotional, seeking divine connection but avoiding sexual energies.

Osho’s followers were body-oriented. They were encouraged to feel, to dance, to make love with abandon and to do very little thinking.





The Ipsalu Formula

Kriya methods were powerful but quite dry. Osho's methods felt undisciplined but very juicy and alive. Each path, it seemed to me, could benefit greatly by incorporating the other.

The rest of this Ipsalu system has come mostly from Taoist and Tibetan sources, and from lessons in the school of life. All together they produce a synthesis that works well in the unique energies of our times.

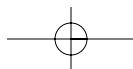
Osho's Buddha Field.

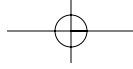
For several years I was involved with Osho, one of the greatest modern tantrics. A most important learning for me was his admonition "Don't take yourself so seriously." Having always been terribly earnest, allowing myself not the slightest space for error or imperfection, torturing myself for any flaw, this teaching came as an enormous relief.

Another important teaching was "See life as a celebration." Once given that permission I experienced, on a number of occasions, new energies moving within me, waves of ecstasy flowing from my sex center to my heart, joy beyond description and love without bounds.

The teaching that most impacted my life was "You are already enlightened, pretending not to be." Previous to that, my life had been a race to achieve perfection before my earthly time ran out. I was told this was the only way to receive the highest eternal rewards. The pressure was intense. In light of Osho's teaching, I saw that perfection was already there, waiting to be recognized. I had but to notice what stood in the way of that recognition.

Osho spoke often of the Witness (more later) and emphasized the need for emotional release (not addressed in yoga). He delighted at poking fun at sacred cows, whether belief systems or holy persons, and challenging taboos, especially sexual. Most of the people drawn to this community in the early years came from severely repressed cultures and needed dynamite to break them loose from





A Method for Tantra Bliss

their rigid sexual rules. Initially it was wild. In time, that released energy matured.

Osho emphasized the heart rather than the mind. This orientation came after years of observing that most spiritual paths started at the mind, and none of them were very effective. Most of his followers were already so mental they needed to first get out of that mode and back to a more spontaneous way of being.

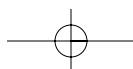
Toward the end of his life Osho was urging his followers back to the meditation discipline. In early discourses he had pointed out Kriya as the most authentic of the yogas. Had he lived longer he might well have performed this marriage himself.

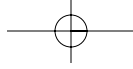
Babaji, the Deathless Yogi.

The mortal-immortal avatar, whom we call Babaji, was born on the eastern coast of India in 203 AD as the boy Nagaraj. He is said to have been kidnapped by pirates as a child and sold into slavery. His owner soon recognized the boy's special gifts and released him to wander and study. Babaji gained eminence as a scholar and was initiated into Kundalini Yoga by the greatest teacher of that time. Still in his teens, he achieved immortality through the practice of Siddha Yoga and Siddha medicine, following a lineage that produced at least eighteen recognized immortal beings.

An avatar is a perfect manifestation of Divinity in human form. Avatars live in continual full consciousness of their Divine nature, an example of what is possible for humankind. Krishna and Gautama Buddha are well-known avatars.

Most avatars are mortal, leaving their bodies at the end of their earthly mission. A few achieve physical immortality (soruba samadhi). They are omnipresent at all times. They retain memory of all previous physical incarnations, yet their vision extends beyond time and space, beyond the origin of Creation. They appear when needed, otherwise remain hidden from the world.





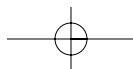
The Ipsalu Formula

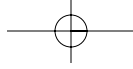
Babaji has retained his form through the centuries, touching many, appearing to a few. He is called the MoolaGuru, expert on the energies of Mooladhara, the root chakra, the seat of Kundalini. He has taken responsibility for the yogic education of the souls incarnated on this planet and has served mankind since unrecorded time in this form or previous forms, encouraging and supporting anyone who wishes to become a Babaji.

Paramahansa Yogananda, in “Autobiography of a Yogi” relates accounts of Babaji and his disciples, including Lahiri Mahasaya, whom Babaji initiated into the complete science of Kriya Yoga. Through this lineage, Yogananda brought Kriya Yoga to America in the 1930s, but taught only the devotional aspect, since the tantric aspect was too potent for the people at that time. He instilled love for the Divine Mother, a nice balance for the Protestant patriarchal tone. He showed tens of thousands how the methods and teachings of East and West work together in harmony.

For many people the Babaji energy is an important connection. Students have reported vivid dreams of sitting at the feet of Babaji in a forest, learning from him. Stories are told of his remarkable abilities by students fortunate to experience him personally – tales of his ability to teleport, to be in several places at once, to know all things. His presence brings a great comfort, a sense that all is well, that you are protected and appreciated. It is the energy of unconditional love, profound and exquisite.

Babaji lives in an ashram high in the Himalayas, a shangri-la with meadows, waterfalls and perfect climate. He lives with his beautiful consort Mataji, who has also attained immortality. She is referred to in most Kriya systems as his sister but, acknowledging Babaji as a tantric master, we recognize her as his partner. She has been in the background for hundreds of years but recently has become more involved.





A Method for Tantra Bliss

When Babaji wants to work with someone, s/he might experience him in remarkable ways. One couple in Australia was watching a brush fire on the hill near their home. The smoke from that fire seemed to form a face. At first they commented to each other that it looked like a man, and then it seemed to look like a woman. Then they heard, as clearly as if someone stood beside them speaking, "I will be with you soon." Several days later they came to a weekend intensive. When they saw Babaji's image on the altar there was instant recognition. Both experienced a major breakthrough in that weekend.

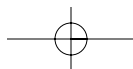
There have been so many stories of Babaji encounters that a whole book could be devoted just to that. Babaji is available and involved with the lives of those in his spiritual family.

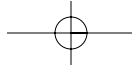
"Babaji" is a title, meaning "honored father" a title used by many spiritual leaders. The immortal Babaji Nagaraj is unique, not to be confused with others.

Of my personal experiences of Babaji, the most wonderful happened during a weekend class in Australia. The group was advanced and the energy they generated was very high. By the end of Saturday I was so swept away I could barely verbalize enough to bring the class to a close. We chanted three OM's to finish but for several minutes nobody moved. We were transfixed. I found myself saying, "We are not alone. There is a Presence."

Wave after wave of orgasmic energy began coursing up my body, breaking at my heart. I was absolutely in rapture. This continued for about forty-five minutes. Several in the group who were attuned to Babaji said they saw him there. Certainly everyone there felt his energy.

From my earliest memories Jesus was the great love of my life. Initially it confused me to be experiencing the same profound love from another being. I eventually realized that the energy of unconditional love was the same, and attuning to that energy was the key to happiness. The Jesus image has been associated with pain and suffering for so long it makes it harder to find the underlying love. The Babaji image was clear, easier to access.

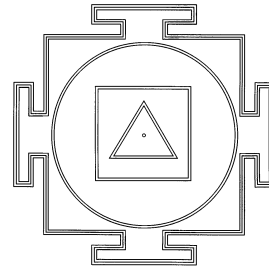




The Ipsalu Formula

Invoking Babaji.

If you would like to attune yourself to Babaji you can do so, 1) by doing the Kriya practices; 2) by securing his image as an object of contemplation for your altar; 3) by gazing at the yantra that represents his energy; and 4) by repeating the mantra that invites that energy into your being: “Om Kriya Babaji Namah Aum.” (The image and colored yantra are available through Tantrika International. When appropriate an advanced mantra, even more powerful, can be learned.)

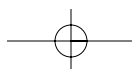


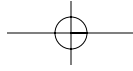
Cobra Breath.

Ipsalu Tantra is based upon Kriya Yoga, a sacred science of ancient, proven techniques leading directly to cosmic consciousness and Self Realization within this lifetime. The key practice, the method for transmuted sexual energy, is the Cosmic Cobra Breath. This advanced and powerful method is Babaji’s most precious gift to humanity.

Kriya masters have said that a million disease-free years of life on this planet are required to evolve a perfected brain capable of experiencing Cosmic Consciousness. Kriya practice enables one to move at a much faster pace, since each Cobra Breath produces one year of maturation. That’s fourteen years per practice session, twenty-eight years per day, 10,220 evolution years per calendar year. Since most people drawn to this work have already invested countless lifetimes in spiritual development, they are on the final phase of this journey. It is easily within their grasp in this lifetime. (For more on reincarnation, see Chapter 5.)

The First Level Cobra Breath is a powerful method for quickly opening Ajna (the Third Eye). As this center is energized, you become able to perceive things as they are, rather than perceiving selectively only that which supports your ego positions. (The Second and Third Level Cobra Breaths will be described in Chapter 6.)





A Method for TantraBliss

Receiving Cobra Breath.

Traditionally, methods as powerful as Cobra Breath were given only to very advanced students after long years of preparation, and then under close supervision of a master-teacher. It is now time to make these secret and profound methods more available, protected as they are by a self-selection process. Those who aren't ready for them usually aren't interested.

The protocol is still clear. This is an oral teaching. It is not to be written or recorded. If you go thumbing through this book or *Jewel* looking for it you won't find it. Anyone receiving this particular teaching must first promise not to reveal it to others. One needs to have a special context in order to appreciate it.

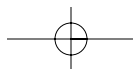
Cobra Breath is taught in Ipsalu weekend intensives. For those unable to attend a course, it is available through the TantraBliss Practicum (by correspondence).

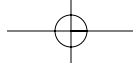
There is a variety of styles and schools of Kriya, each with its own version of the advanced practices. Every teacher presents a version that works well for him/her. Each version produces a little different result. Students who resonate with that vibration are drawn to that teacher. The version we share produces results consistent with the values of this system, as stated in the Paradigm.

Some discussions and exercises refer to the Cobra Breath. If you have not yet received that, use the Transmutation Breath described in Appendix A.

Initiation and Lineage.

In times past, a hands-on initiation was considered essential to the spiritual process. Even earlier versions of *Jewel* recommended initiation. It provided an initial blast of energy, an experience that would later serve as a point of reference, something to work toward, but the receiver usually couldn't hold that charge. Only through consistent practice could one prepare the body to contain and maintain such a high energy.





The Ipsalu Formula

The initiator then becomes an intermediary between you and your Soul. Like a priest administering sacraments, the initiator is an external means to an internal end. Some people still want that system and so it persists. You will find however that all the answers are within and no external intervention is required. When you are ready, the energy performs its own initiation. Rather than expecting a master to do it for you, do your practice and earn the initiation. You no longer depend on the grace of the guru. If needed, a guide will come, someone who has travelled your path of choice and knows the pitfalls and shortcuts.

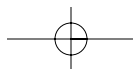
In the yogic tradition one studied with a guru until the guru decided to authorize the student to teach. In the new energies of this time the age of the gurus is over. Each person can find the inner guru and learn to follow direction from within. The whole concept of lineage, therefore, has become an anachronism. Honor those who have attained through the old system, and at the same time see what incredible openings are occurring for those in the new system.

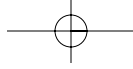
Many Forms of Yoga.

Babaji has been the source of inspiration leading to the foundation of many different yogic schools, styles and philosophies that have emerged over time. Since humans come in many temperaments, a path which appealed to one might not work for someone else. Therefore, he has provided many forms of yogic practice.

Some practices are more mental, emphasizing the knowledge and science. Some are more devotional and heart centered, interested in worship. Some are more physical, focused on perfecting the body. Most use similar techniques but with a different flavor or emphasis. You will find yourself drawn to a practice that suits you well.

Most yoga styles hold in common the goal of getting free from physical form. Tantra works within the form. It is more integrative, pulling together these and all the other dimensions of human nature. Ancient scriptures refer to tantra as the highest of the yogas.





A Method for Tantra Bliss

ORIGINS OF TANTRA

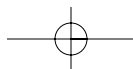
Earliest Record.

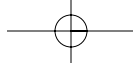
Tantra has its origins in the earliest mother-goddess religions, still practiced today in southern India. It absorbed the yogic practices, using them for its own ends. Getting free of the body is a masculine predilection; enlightenment by means of the body is the feminine path to awakening.

Hindu legend has it that tantra was taught by Lord Shiva, King of the Yogis, to his consort Parvati (one of several names for the Divine Mother, Shakti). The original teaching is contained in a scripture called Maha-Nirvan-Tantra (The Scripture of Great Bliss). It deals with the three bodies: the gross physical body, the subtle energy body, and the cosmic spiritual body. The Tantric practice would liberate one from attachment to these bodies, freeing him to unite with pure Consciousness. This is done by working with cleansing vibrations of yantras (sacred symbols) and mantras (special syllables, which carry the Divine Vibration in condensed form.)

Tantra Transmission.

The Kriya tradition says that this tantric yoga teaching came to a highly advanced woman, born in Bengal of high caste. She travelled some 1,200 miles to the Himalayas, and there received directly from Babaji the Tantric art and science. This woman became famous as Brahmani (consort of Brahman, which means “he who knows Brahma, the Ultimate Self”). She also was known as Bhairavi (consort of Bairab, another name for Shiva). Under Babaji’s direction she taught several great masters including Paramahansa Ramakrishna, one of the greatest saints of the 19th century. Much of what is now practiced as tantra comes from that transmission, particularly the work with mantras, yantras and the maithuna ritual. The work was incorporated into the Kriya tradition, the Cobra Breath being called the Bhairavi Breath.





The Ipsalu Formula

Beyond Knowledge, Beyond Technique.

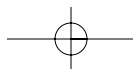
According to Osho, the Tantric path was discovered and formulated by a man named Saraha. He was born to a Brahmin family in a small kingdom in India around 500 AD. At an early age he displayed such brilliant scholarship that people flocked to him for spiritual instruction. The king was so impressed with his eloquence and great knowledge that he offered to Saraha his daughter's hand and succession to the throne.

Despite all the adulation, Saraha grew discontent. He startled his Hindu family by renouncing the life he had known and following a Buddhist master. That master's first instruction to him was to forget everything he had learned. It took him seven years to clear his mind of the burden of knowledge.

At that time he was attracted to a peasant woman in the marketplace. She was an arrowsmith woman, sitting in her stall making arrows; a woman who was enlightened. Saraha spoke to her, hoping to impress her with his wit. She laughed at him and told him he knew nothing.

Eventually they came together and lived near the crematorium. People coming to mourn their dead were caught up in the joyous dance and celebration of this tantric couple. Together they explored every aspect of sexual energy and relationship, and the art/science of Tantra took form. Through his surrender to the moment Saraha became enlightened. The path of tantra was developed by spiritually advanced women and their consorts.

In summary: Those following the yogic traditions strove to escape the physical body; those in the Kriya tradition become absorbed in devotions and practices; the Osho Sannyasins were interested mainly in dance and play.

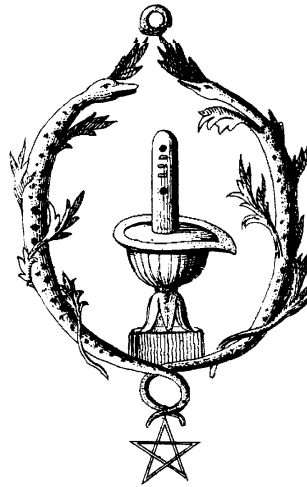


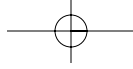
FORMS OF TANTRIC PRACTICE

Tantra has taken many forms of expression in virtually every culture in the history of this planet. If you are curious to know details of the history, mythology and practices, there are many books available. This knowledge will not, however, change the quality of your consciousness or allow you to share this experience. Here is a brief review of a few forms, for historical perspective.

• **Hindu Tantraism** revolved around worship of Shiva and Shakti, deification of the Male and Female principles. The male and female sexual organs (lingam and yoni) were honored and celebrated in art and ritual. Tantrikas believed that they could achieve release from the cycle of birth and death (Moksha) by using the power of sex in Tantric ritual. Tantra began gaining popularity in the early days of the Christian era. From 700 AD to 1300 AD it was widespread throughout Asia, engulfing Hinduism and Buddhism, as well as other religions. Its great appeal was that it promised liberation through enjoyable ritual, instead of requiring a lifetime of ascetic practice. This form has practically disappeared. People go to India in search of “authentic tantra” and can’t find it. If it is happening, it is underground and not readily available to a visitor.

Note: Further references to Shiva and Shakti are only as archetypes, symbols of polarized energy and aspects of every individual. They are honored here, as are all cosmic principles, but not worshipped as personal deities.





The Ipsalu Formula

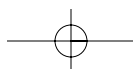
• **Red Tantra.** Ancient tantric scripture encouraged rituals where all the rules were suspended, where all behaviors were considered holy. Maithunas and chakrapujas were held where people ate meat, drank wine, made love with wild abandon and indulged in the “soma” from the poppy. These were behaviors severely prohibited in that culture. In these earlier days, some communities dedicated to the Vama Marga, the left-handed path, took the scriptural injunctions very literally, their rituals often deteriorating into Bacchanalian feasts and orgies. This was common during the 18th century.

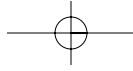
Modern attempts to replicate this practice fall embarrassingly short of the original intention. This is a vastly different culture, with different values and perspectives. What passes for red tantra today usually turns into an orgy without the redeeming spiritual values of yesteryear. These practices are not the focus of Ipsalu Tantra Yoga (more in Chapter 12).

• **White Tantra.** Some Tantrikas, dedicated to Dakshina Marga (the right-handed path) interpreted Tantric scripture as symbolic and their practice was more abstract and mental. Men and women meditated together, according to highly disciplined techniques, but maintained a celibate life. The Kundalini Yoga teachings of Yogi Bhajan are in this style and still prominent today.

• **Pink Tantra.** Ipsalu Tantra would strike a middle-point between the “red” and “white” orientations. It is less concerned with breaking the rules in order to break down one’s conditioning, less intent on escaping from the temptations of life by rigorous solitary practice. It is more concerned with coming into the heart energy, surrendering to unconditional love (more in Chapter 2). A couple can make the journey together but the work also has incredible value for a single person.

• **Black Tantra – Sex Magic.** Tantric rituals in India often invoked the “dark” energies, the subconscious creative power that can be accessed during sexual arousal. Currently in India, tantra is considered synonymous with black magic since many practitioners there





A Method for Tantra Bliss

have become mired in the quest for power, seduced by the enormous creative force in sexual energy.

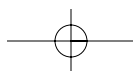
Some tantra teachers in the west are tapping into the potential of Sex Magic, which can be a great tool for personal growth. It can also easily be distorted into using sexual energies to control their environment, to manifest their wishes. This is unfortunate as it supports people in thinking small, rather than leading them toward true empowerment by remembering their magnificence.

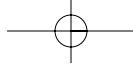
- **Heart Magic – Synergy.** When you are in your heart, you want what is best for all, realizing that you are one with all. You make yourself available as an instrument by which changes can be wrought, in conformance to Divine Will. Then the real magic begins (more in Chapter 3).

When you make yourself at one with Existence,
it totally supports you. Then whatever
you need flows effortlessly to you.

- **Sacred Sex** is currently the most popular version of tantric practice. Most Westerners are so damaged in expressing their sexuality that they require a great deal of healing: learning to overcome inhibitions, deal with guilt and abuse, activate the energies that have been turned off for a lifetime. These processes are merely a starting point to tantric practice. You might call these activities sexual healing or relationship therapy, rather than tantra. It is remedial work, prerequisite to the actual sacred practices.

Many Westerners are drawn to Tantra because they think it will improve their sexual satisfaction. It does that, beyond your wildest dreams, but not by bringing more of what you already know. It takes you into a whole new level of experience. In ancient times in India, tantric practice for hedonistic reasons was severely frowned upon. In modern America it is often as much as people can understand. It's a beginning. Don't get stuck there.





WHAT IS IPSALU TANTRA?

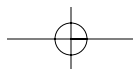
1) Tantra is Liberation through Expansion.

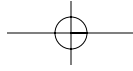
The roots of the word “Tantra” are two Sanskrit words meaning “liberation” and “expansion.” This implies that you can be liberated by expanding your consciousness. You live in a very small reality. You define yourself in terms of your limitations: those imposed by society, those accepted during your early childhood conditioning, and decisions you made along the way. As you learn to identify with a larger truth, you begin to live more freely. In an expanded state you will find your true Self.

• **Free from shame.** Most personalities are built on a foundation of shame, a sense of unworthiness (see Chapter 2). In addition, you have been taught to be embarrassed about your body and its natural functions. This cuts you off from really knowing your body, experiencing it fully, and enjoying your physical nature. When you realize the body is a perfect manifestation of your self-concept, you come to see the body, and its every part and function, as an opportunity to learn about yourself, another holy expression of the Divine. Then you can simply enjoy your body and make a game of achieving body mastery.

• **Free from the fear of intimacy.** You haven’t allowed yourself to be seen for fear that your inner self would be rejected. You won’t even see yourself, perhaps because your magnificence is more than you can accept. You are afraid of being alone and yet fear the vulnerability required for real intimacy. You will come to realize that the sense of isolation and alienation that tortures most people is only an illusion. It persists only because they believe in it and find there a sense of safety. In your expanded moments you experience a unity with all beings.

• **Free from attachment to our “positive” attributes.** Even those can be a limitation because determining what is positive involves a judgement, and any judgement automatically excludes Soul. You can





A Method for Tantra Bliss

have preferences for one quality over another and make healthy choices, all without condemning the alternatives or feeling superior.

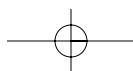
- **Free from social pressures.** You play out roles, doing what you think is expected, not being authentic. You have learned to be attached to others, looking to them for love and validation. As soon as you find the source of love within yourself, you no longer need approval from others. You come to follow your inner guidance. Other people's opinions and expectations become irrelevant. People don't actually see you anyway. What they see has been filtered through their projections. You are neither limited nor defined by your relationships.

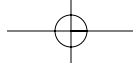
- **Free from boundaries.** Eventually you will realize that you have a physical body, but are not limited to your body; you have feelings, but are not your feelings; you share a consensual reality, but are not confined to that viewpoint. In truth you have created your limits and you invest an enormous amount of energy holding them in place. Once that is clear you are in a position to release those artificial constructs. In the throes of sexual ecstasy you are as unbounded as Existence itself. You merge into the Divine and become one with All That Is. Eventually you can learn to come into that holy place outside the sexual arena.

2) Tantra is an Interweaving of Parts.

Another definition of the word Tantra is "a loom." A tantric orientation means an acceptance and celebration of your physical, emotional, spiritual and sexual aspects. Tantra is an interweaving of the energies of your many levels of consciousness, from the most mundane to the most erotic, to the most profound, into an intricate tapestry; reaching for the stars and then returning to the flow of life; tuning to the subtle cosmic energies while at the same time being deeply rooted in the earth. To accomplish this end you will learn to:

- **Stay present** with whatever aspect of your humanness or divinity is asking for expression in the moment, simply witnessing it without judgement.





The Ipsalu Formula

- **Satisfy the senses.** Most yogas work to disconnect from the senses. Tantrikas arrive at that same goal by over-loading the senses, satisfying them to the point of satiation. They then go beyond their limits, expanding their range of perceptions to include what is normally unseen, unheard, unknown.

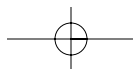
- **Honor sexuality.** You can reconnect love and sex, seeing sexual energy as one expression of higher consciousness (Kundalini). A sexual encounter is transformed when you see it as an opportunity for the Divine to experience life in a body. There are few moments in life when divinity is invited to participate.

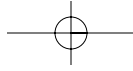
Eventually you are no longer driven and obsessed by sexual appetite.

- **Experience repressed feelings.** You have learned to narrow your range of emotions, often losing contact with them entirely. As balancing progresses, you will learn to be aware of all feelings, honoring them, receiving and enjoying them. Feelings add a variety of colors to the palette from which you paint your life's picture. You will realize that your capacity for love and joy is much greater than your fear, or your pain, or your anger (more in Chapter 5).

- **Celebrate the body.** In Tantra the body is included in spiritual awakening. From the Tantric perspective, all the esoteric symbols can be interpreted as referring to body processes. There is nothing in creation that isn't represented in the body. A healthy attitude about your physical nature helps in completing your physical experience (more in Chapter 4).

Osho has said, "A rose is an opportunity for beauty to happen. The physical body is an opportunity for love to happen. Tantra is an opportunity for Godliness to manifest through us, so that we, as limited beings, can share in the ecstasy of the Universe."





3) Tantra is Balancing of Polarities.

The “parts” mentioned above, (senses, sexuality, feelings, body) are often considered feminine aspects. Recognizing the duality of the universe, Tantra honors and empowers the female principle, operating in harmony and balance with the male principle (more in Chapter 7).

4) Tantra Acknowledges the Divinity in All People and All Paths.

Devotion and meditation are not separate from life. Every moment, every encounter, every experience is a unique jewel of great worth, to be fully savored and appreciated. “The Divine within me recognizes and honors the Divine within you. Namaste.”

Many spiritual paths have become so steeped in forms, so institutionalized, that the main concern is maintaining an organization. This is often accomplished by convincing seekers that their particular path alone holds the key to regaining their true nature. Tantra honors all paths, even those that don’t appear to be paths. Each Soul ultimately directs its own unfolding. When the time is right and you are willing, the optimal influences will be provided, sometimes in the most unlikely circumstances.

5) Tantra is the Yoga of Expanded Sex.

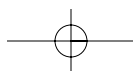
Sex is the beginning of this path, but not the end. Tantra is not an excuse for hedonism. It is a glorious way to enhance sexual pleasure and sense gratification, but is certainly not limited to that. Tantra is a form of meditation that uses sexual energy, the most powerful force available to beings at this stage of development. It becomes the fuel for a jet-path to self-realization and enlightenment (see Chapter 11).

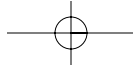
6) Tantra is a Path of Surrender.

Rather than struggling to subdue the lower nature, Tantra provides the safety and love that allows Ego to surrender to its higher nature. Through self-acceptance and self-love, the lower nature is transformed, providing an instantaneous passageway into states of higher awareness.

7) Tantra is Working with Subtle Energies.

This is the heart of your tantric practice. Most other aspects of tantra represent a shift in attitude. These are changes brought about by practicing ancient techniques:





The Ipsalu Formula

- Learning to generate and contain more energy in the body. (Chapter 4)
- Directing energies for rejuvenation, for healing self and others. (Chapter 4)
- Allowing energies to move within you by removing obstructions. (Chapter 4)
- Transmuting sexual energy into higher vibrations. (Chapter 8)
- Developing psychic abilities, trusting your impulses and inner knowingness. (Chapter 8)
- Purifying the subtle bodies, preparing to awaken Kundalini. (Chapter 8)

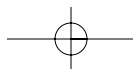
Value of Consistent Practice.

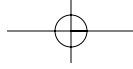
Everyone who wants to advance on their spiritual path must look at what is required. This generation is a bit spoiled by things coming so effortlessly. There is a bumper sticker proclaiming “Instant gratification is too slow!” You want instant enlightenment. You want some guru or savior to do it for you.

“I have seen the light” describes a great starting point, not an end result. All great traditions from all cultures – Greek, Roman, Hindu, Taoist – call this “the Holy Work” because it takes consistent practice of these simple techniques to awaken latent energy, to be fully conscious of your thoughts, actions and feelings every moment. This is the only “work” left. You’ve done everything else.

Enlightenment doesn’t come from reading books. You can acquire the intellectual knowledge but your ability to hold energy is still limited. You can’t do tantra in your mind. You must get into your body and prepare it for a new way of being. It’s not enough to experiment with a technique a few times then set it aside.

A regular practice changes your vibration frequency. Bliss is experienced at a certain vibration. As surely as you can turn a radio dial to a different frequency, you can learn to attune your body to the frequency of Bliss.





A Method for Tantra Bliss

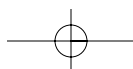
When you do any practice, your energy increases and sub-conscious material begins to bubble up to surface. Stay in the energy field, see how it feels, observe what shows up. Don't make excuses to back off your practice when you get uncomfortable. In tantra you go to the essence of the experience.

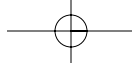
If you are already involved in other practices, you might consider setting them aside for a period of time and focus on this work for a few months. See if you like the results.

A student shared, "My personal practice provides most of my tantric experience. My sexual energy has been a door, a ladder, to my ecstatic connection to the Divine. These are very powerful, joyful blissful tools."

The technology of Kriya Yoga is remarkably diverse. In days past in the ashrams, an aspirant had to learn many postures and breathing techniques, working exhaustively for years before receiving tantric training. Technique can open doors to new expanded horizons, and in return the enhanced consciousness shapes and motivates your practice. It is an upward spiral. But ultimately it is the love and trust within your heart that draws to you the richness of life's possibilities.

Today the challenge is not to see how many techniques you can master but to see how deeply you are willing to go into your own sub-conscious. A few simple techniques will take you there. Those who are willing to stay present with whatever they discover in this inward look will eventually find themselves liberated into ecstatic consciousness.





The Ipsalu Formula

Going Deeper

1. Review Lesson 1 of *Jewel* in the Lotus for additional background.
2. That's enough talking. It's time to explore. Begin to experience expansion and transcendence using the first two phases of the TantraBliss Formula. Set aside at least twenty minutes each day, ideally the same time each day, to practice the following experiments (also described at the end of *Jewel*, Lesson 1):

ACTIVATE THE BODY

- Bated Breath
- Kriya Energization

STILL THE MIND

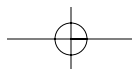
- Witness Your Thoughts
3. Through the day, in all situations, continue to witness your thoughts.

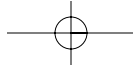
Bated Breath – will let you feel increased LifeForce in your body's reservoir. This practice will lengthen your life and greatly enhance your vitality. That has been proven scientifically through extensive research by Guru Janardan Paramahansa.

Inhale deeply through the nose. As you exhale produce the whispered sound "SA, SA, ... , SA" quickly, repeatedly, until the air is gone. Each sound comes with a little contraction of the diaphragm. This gives you a gentle internal massage and wakes up the LifeForce in your belly.

As you continue the practice you will be able to refine the "SA" sound so it's almost inaudible, so the thrusting becomes more subtle.

After doing the technique, go through your body. Be aware of any sensations in your body. You will eventually feel a pulse. When you inhale you attract negative and positive ions in the air. Those go right into the Third Eye and automatically create a pulsing sensa-





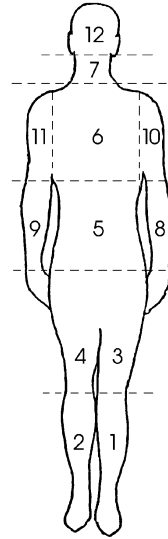
A Method for Tantra Bliss

tion. As you exhale with the “SA” sound you will produce a pulsing sensation in Manipura Chakra.

Kriya Energization – a powerful way to energize your body and also to sensitize yourself to subtle energy flow and practice directing its movement.

Consider your body to be divided into twelve parts:

- | | |
|---------------------|--------------------|
| 1 left lower leg; | 2 right lower leg; |
| 3 left upper leg; | 4 right upper leg; |
| 5 mid section; | 6 upper chest; |
| 7 neck; | 8 left lower arm; |
| 9 right lower arm; | 10 left upper arm; |
| 11 right upper arm; | 12 head. |

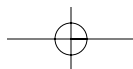


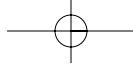
Lie comfortably on your back with palms up. Tense and relax each body part in the order shown above. While tensing, breathe in through the nose, and while relaxing breathe out through the mouth, picturing energy flowing to that body part from the medulla oblongata (at the base of the skull where spinal cord meets brain.)

You can use tension-relaxation to heal yourself. Inhaling, tense an area that needs healing, exhaling relax and imagine prana flowing from the medulla to that spot. Increased energy enhances healing. Repeat as often as needed to heal the affected body part.

For a more dynamic result, inhale twice through the nose like two sniffs. Then exhale twice through the mouth with a non-vocal “who who” like a breathy, whistle. Move very rapidly from one body part to another. This can be done standing.

Witness Your Thoughts as if you were listening to an internal radio. Begin to detach from your thoughts and to see yourself as separate from them. Notice how the radio volume automatically goes down. Sometimes it turns off completely. How does it feel to sit in the silence?





The Ipsalu Formula

Resources

Babaji and the 18 Siddha Kriya Yoga Tradition, M. Govindan.

Available from Tantrika International.

Sex Matters, Osho (Bhagwan Shri Rajneesh), St. Martin's Press.

Autobiography of a Yogi, Paramahansa Yogananda.

