

One day I'm voicing an idea for a COSMO sex feature, the next I'm in a popular coffee shop crammed with women my mother's age, getting a demonstration of the jackhammer technique employed by inexperienced lovers.

Shakti and Rahasya, qualified Tantra practitioners, are explaining to me (and everyone else within earshot) the theory behind Tantra so I can learn the art of the full-body orgasm. Rahasya is jerking his fist violently at me, illustrating the un-Tantric technique guaranteed to bring a woman's orgasm to a grinding halt. I'm intrigued, really I am, but I wish actions weren't required – and do they really need to talk so loudly?

'Sometimes I have an orgasm in my heart,' Shakti says. 'It feels like a genital orgasm, like a physical energy that peaks.'

'Forget the word "orgasm", though,' Rahasya interjects excitedly. 'You don't work for an orgasm; you get out of the way of it.'

Heart orgasms. Orgasms so powerful you need to get out of their way. Sounds as though that nice, warm feeling I experience isn't quite what they're talking about. I want what they're having. But, as I soon realise, full-body orgasms take some preparatory work.

## SEXUAL ENERGY

'Tantra is not about getting a man and keeping him by giving him such mind-blowing sex that he won't stray to the next girl,' says Cape Town Taoist Tantra therapist Fiona Leibowitz, explaining the basics to me. It is not about sex, she says, but about energy.

According to the ancient Indian philosophy of Tantra, Jing Chi (sexual energy) is the most powerful energy we have in our bodies and we all have the potential to awaken it.

Being stimulated by ourselves, a man or anything else for that matter does not awaken this dormant energy – we need specific techniques to do so. And the most important of these is deep breathing.

## BREATHE, GIRL...

According to Tantra, deep breathing helps us to open up blockages in the body and

allow our sexual energy to flow freely. For men, blockages can cause premature ejaculation, impotence or sexual frustration. For women, they can cause frigidity, menstrual cramps and PMS.

For Sara\*, a 25-year-old Tantra student in Cape Town, blockages meant an inability to orgasm. Three years ago, when she attended her first session, she was uncomfortable talking about sex – these days she's studying Tantra in Paris. 'The thing I struggled with the most was self-pleasuring. I really had to keep at it in the beginning. I thought it was hilarious that my homework was to masturbate!' she recalls. 'Breathing work helps you to connect with yourself and your sexual energy and circulate it around your body. It also helps you to relax, which is very important in order to orgasm fully.'

## DEEPER!

It's my first session with Leibowitz and I'm sitting on the edge of a chair in an incense-scented room, learning how to breathe Tantra-style.

A complete, deep, abdominal breath should use three areas of the lungs in a smooth, unbroken expansion that begins in the belly – and not in the upper chest, which is from where most of us breathe. 'If you watch a baby sleeping, you will notice that the breath fills the abdomen first and then moves to the chest,' says Fiona. But as adults, she says, we use less than one-seventh of our lung capacity.

I draw breath into my belly and chest at the same time (like inflating a balloon) and concentrate on using my lungs, not my muscles, to breathe. It's not easy and I'm aware I'm pulling some strange faces.

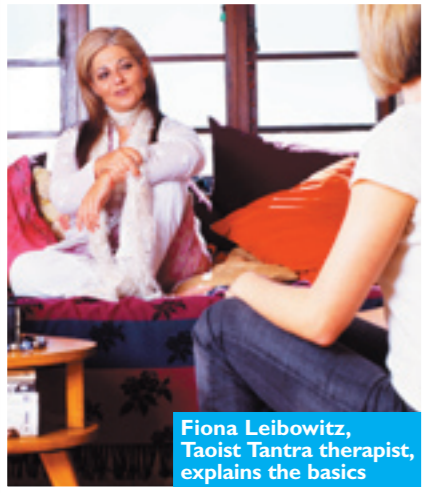
Then I exhale as I'm told – slowly through my mouth, from the upper lungs down into my navel. The trick is to relax. When I finally manage to remove my shoulders from my ears, the whole process becomes a whole lot easier. A few more of these breaths and I feel light yet centred – more than ready, I think, to experience all-over orgasmic bliss.

## NO TOUCHING REQUIRED

We all have the potential to experience different types of orgasms. There's the

'I'LL HAVE  
WHAT SHE'S  
HAVING!'

Never mind clitoral and vaginal orgasms – the full-body ones are what girls in the know are having. Beth Adams takes a deep breath, clenches her PC muscle, learns a little Tantra and ...becomes a girl in the know



Fiona Leibowitz,  
Taoist Tantra therapist,  
explains the basics

clitoral orgasm, centralised in the genitals; the vaginal orgasm, which involves the G-spot; and the combination orgasm, involving the clitoris and the G-spot.

Then, through the practice of Tantra, there is the full-body orgasm. This is when the breath, mind and orgasm combine to form a complete body-shuddering experience. The further along the Tantric path you go, the more you will be able to have full-body orgasms simply by

breathing them, without any physical touch.

'My orgasm may start with an SMS of what I'm wearing (or not wearing) on the way to dinner with my partner,' says Leibowitz. 'It continues throughout dinner – an oral, sensuous, sensual experience. Then we come home and we might put on some music and dance.' She tells me she can have an orgasm just from dancing. Ignoring the sound of my jaw dropping onto the floor, she continues, 'You can even have an orgasm just by gazing at each other across a room.'

Okay, but is this orgasm she's talking about the same as the one I'm thinking of? 'Yes!' she cries. 'I mean a full-on orgasm!'

Right, that's it then, enough of the talk, time for some action. Except, with a boyfriend in another country, I'm not getting any at the moment. It looks like I'm on my own, so Leibowitz gives me a simple exercise to try at home....

## OH...!

The sex muscle or pubococcygeus (often simply called the PC muscle) is a muscular sling stretching from the pubic bone in front to the coccyx (tailbone) at the back. It encircles the urethra, vagina and anus, and forms a kind of hammock that supports not only the uterus, Fallopian tubes and ovaries but all of the internal organs as well. The PC muscle is the one you use to stop yourself urinating. It contracts during orgasm – and strengthening it will improve your sex life (and orgasms) no end.

To give it a good work-out, you need to contract and relax it. This is called the 'PC pull-up'. If you're struggling, you can squeeze the muscles around your eyes and mouth too – this helps to increase the force of the pull-up. Leibowitz advises doing this exercise as often as you can – while driving, watching TV or even in a boring meeting.

I decide to spare my colleagues the facial contortions and give it a bash at bedtime. I've been told to attempt 50 fast pull-ups followed by 25 deeper pull-ups two or three times a day – at least.

I sit on the edge of my bed and perform the breathing exercises I've been taught. Then I locate my PC muscle. I contract it. I hold it. I release it. I manage to get to around 35 before it starts ... an intense, long-lasting orgasm like nothing I've ever

experienced with a partner. It shoots like lightning down both my legs and spreads warmly into my feet. I've heard of toes curling during orgasm but this is something else entirely. My Tantra education has got off to a very satisfying start!

It's far from complete – a typical Tantra-one course lasts 12 lessons, and then there's Tantra two, three, four and five to explore. But I'm already impressed with my progress – and I'm pretty sure my boyfriend will be too! □

\*NAME HAS BEEN CHANGED

## TWO CAN PLAY THIS GAME

TRY THESE TANTRA TRICKS WITH YOUR PARTNER:

**1. STOP CHASING ORGASMS.** It's the enemy of Tantra. Make a 'Tantric date' with your partner, where you both decide not to have an orgasm. Instead, explore each other's bodies and realise that sex and being touched are wonderful, even without the orgasm.

**2. BREATHE.** Lie on top of your partner with your bellies touching, like a mother and baby. Both of you should be breathing into your bellies. This is a great way to slow down and really connect with your partner, giving you both time to discover yourselves and each other.

**3. TRY THE YAB-YUM POSITION.** He sits cross-legged and you sit facing him, with your legs wrapped around his body. Breathe in and out simultaneously or, when your partner breathes out, you breathe in, and vice versa, creating a ripple effect. Explore each other's entire bodies – don't just focus on the nipples or genitals. Lean back so your partner can see your whole body.

**4. TAKE CONTROL.** When your partner becomes aroused, his breathing will speed up automatically. You want him to slow down, so get him to lie down and deepen his breathing. Do this with a lot of sensual support, such as stroking his body. Keep him relaxed by letting him know you're there and not going anywhere!

**5. TELL HIM WHAT YOU WANT.** Talk to your partner. Ask him to feel your body and give him feedback on what feels good for you and what doesn't. He'll learn, too, how your body responds to his touch. The more trusting, open, comfortable and loving you are with each other, the more likely you are to reach a full-body orgasm.

**6. SLAP AND TICKLE.** According to Tantra, erection is not necessary for arousal. Post-ejaculation is actually the time when your partner is at his most aroused. His penis may be lacking in sensitivity but slap it (don't be afraid to slap quite hard) before touching it lightly. The change in pressure will bring sensation back.

## WHERE CAN I LEARN TANTRA?

**JO'BURG:** Advait Tantra, contact Rahasya, ☎ 083 774 4504, rahasya@sacredsex.co.za, www.sacredsex.co.za.

**CAPE TOWN:** Nectar Tantra, contact Fiona Leibowitz, ☎ 082 343 4699, e-mail nectar@villa-papillon.com.

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