

# *Tantra Terms*

*Awaken your full  
sacred sexual expression  
by learning the language of love.*

*Baba Dez & Kamala Devi*

# Tantra Terms

**Awaken Your Full Sacred Sexual Expression  
by Learning the Language of Love**

*from the Sacred Sexual Healing series*

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# Introduction

Over the past few decades of studying the ancient sacred sexual healing arts, we have become familiar with and rather fond of the following words, sounds, forms and meanings. We do not read, write or speak many of the languages referenced here. We acknowledge that spelling, usage, and definitions vary widely in various schools and circles. This is a work in progress and is offered here as a resource for our readers.

# A

**AHO!** A native American Lakota expression, often used after someone has spoken in sacred circle. It roughly translates to “Amen” or “It has been heard.” People also say it in conversation when they agree with what has been said. Accompanied by “Mitakuye Oyasin” is a prayer that translates to “We are all related.” It is a prayer for every living being on earth, human and non-human.

**AJNA.** The sixth chakra, situated between the eyebrows. It is sometimes called the Third Eye. Two wing-like petals or subtle channels emanate from it.

**ANAHATA.** The fourth chakra, found in the cardiac region. It is sometimes called the heart lotus. Twelve mystic ducts or petals emanate from it.

**ANANDA.** Sanskrit for bliss, joy and spiritual ecstasy.

**AMRITA.** Divine nectar or elixir of immortality. Refers to the female ejaculate that flows from the urethra of some women during orgasm. Amrita is considered to be a powerfully healing substance.

**ARCHETYPE.** The original pattern or role models in collective consciousness.

**ASANA.** Yoga posture. Used to prepare the body-mind for greater spiritual experiences, and to help the body contain the Kundalini awakening.

**AURA.** The subtle field of energy in and around the physical body.

**A-U-M.** The three sounds that compose the root mantra, Om. The sound-values of Om and their symbolic interpretation are described in the Upanishads: “A” as the waking consciousness, “U” as the dream-consciousness and “M” as the consciousness during deep sleep. Om, as a whole, represents the all-encompassing cosmic consciousness.

**AYURVEDA.** Science of life. Ayurveda is the traditional system of medicine in India, which dates back thousands of years. The Sanskrit root ayu means “life,” and veda means “pure knowledge.”

## B

**BABA.** A term of affection and respect for a saint or holy man. Literal translation is father or grandfather. It is most often used to address a monk, spiritual seeker, or teacher.

**BANDHAS.** Internal muscular and energetic locks. Moola Bandha, which is also known as the PC pump, or Kegel muscles, can greatly increase sexual pleasure and aid in ejaculatory control.

**BARDO.** Purgatory between death and rebirth.

**BHAIRAVI.** A Tantric sect. The original Tantrics to perform group sexual rituals of many asanas known as Chakra-Puja or Circle Worship.

**BHAKTI-YOGA.** Yoga of service and devotion for one's chosen deity. The practice often involves kirtan and chanting.

**BIJA MANTRA.** Seed or syllable mantras that contain energy. Tantric texts say the universe evolved out of the fifty original bija mantras, which correspond to the fifty letters of the Sanskrit alphabet. Used for awakening, purifying and activating the chakras.

**BINDU.** Focal point of meditation. In ancient Tantric ritual yantras, the focal point was made with a drop of menstrual blood or a dot of semen.

**BODHISATTVA.** One whose essence is enlightenment. Bodhi is the Sanskrit word for "enlightenment" and sattva means "essence." A divine being who remains on the human plane to help others.

**BRAHMA.** The Creator of the Cosmos and priest of the Gods in the Hindu sacred triad: Brahma - Creator, Vishnu – Upholder, and Shiva – Destroyer. In Tantric cosmology, Brahma is the creator of the world and is the embodiment of all creativity.

**BUDDHI.** Knowledge of the cosmic unity.

## C

**CHAKRA.** A Sanskrit word meaning wheel or circle. Refers to the seven centers or points of spiritual power that reside in or compose the human astral/subtle body. Energetic centers in the body, located along the spine, which are involved in interaction between body and consciousness.

**CHAKRA-PUJA.** A circle ritual practiced collectively by a circle of Tantric initiates. The rite traditionally involves five sacrifices.

**CHI (QI).** Chi is the Chinese word for the subtle energy in the body that move along pathways called meridians. A clear flow of energy through the meridians is the key to radiant health, eroticism and intimacy.

## D

**DAKA/DAKINI.** Sanskrit for sky-dancer. The Daka or Dakini is a man or woman who has been trained in the sacred sexual healing arts. In Buddhism, they are intermediaries between practitioners and the transcendental. This being embodies the divine lover to teach, inspire, and support others into their full expression. An adept Daka or Dakini can channel or embody Shiva and Shakti, the archetypes of the divine masculine and feminine.

**DEVI.** Goddess or female participant in Tantric ritual.

**DHARANA.** Acute concentration. Focusing attention on a single point and holding it there. The sixth limb of raja yoga.

**DHARMA.** From Buddhism; represents universal law. It is commonly used to refer to one's spiritual calling or divine duty.

**DHYANA.** Sanskrit word for meditation, referring to the process of quieting the mind to free it from preconceptions, illusions and attachments. The seventh limb of raja yoga.

**DIVINE FEMININE.** The creative life-giving force. The essence of the feminine in all her various aspects. Shakti is the female or the dynamic aspect of the Ultimate Reality, the energy that permeates all creation. In the context of sacred sexual healing this word is interchangeable with the emotional body.

**DIVINE MANIFESTATION.** Where we get out of the human ego and become conduits for divine will.

**DOULA.** A pregnancy and birthing coach. A non-medical assistant who provides physical, emotional and spiritual support during the prenatal, birthing and/or postpartum period.

**DURGA.** Mother Goddess, protector. "She who is difficult to go against." Durga represents the triumphant aspect of Shakti, the cosmic energy of destruction, particularly the removal of the ego, which stands in the way of spiritual growth and ultimate liberation.

# E

**EMBODIMENT.** Bridges the world of spirit (or thought) with the world of form (or matter), where the mind and body are only separate because culture has separated them. Embodiment also refers to studying an abstract concept by observing immediate sense perception.

**ETHERIC DOUBLE.** Beyond one's physical existence there is a parallel "etheric double" that constitutes one's subtle body. The subtle sheaths are related to the gross body at several psychic points.

# G

**GANESHA.** The elephant-headed God, son of Shiva. Ganesha is the remover of all obstacles, physical, emotional and psychic. He is invoked at the start of any new undertaking.

**G-SPOT.** The G-spot is short for Grafenberg-spot or, in Tantric circles, Goddess-spot. It is also known as the sacred spot and is located just behind the front wall of the yoni, right behind the pubic bone toward the belly. It swells when stimulated, and creates heightened energy response in the female.

**GURU.** Dispeller of darkness or teacher. A guide on the spiritual path.

# H

**HATHA.** Force. Represents the union of the sun (ha) and moon (tha). Hatha yoga is the ancient Indian system of physical postures and breathing exercises that balances the opposing masculine and feminine forces in the body.

**HEALER.** A person trained in the art of restoring energetic balance and wholeness.

**HEALTHY MASCULINE.** The inner masculine who witnesses without judgment, creates safety and holds space for the feminine.

**HOLDING SPACE.** The willingness to be present with another person. To be physically, emotionally, mentally and spiritually available for someone else's process. It also implies listening without judgment. This is a quality of the divine masculine.

**HOLOGRAPHIC.** All the information contained in a volume of space can be represented by a theory that lives in the boundary of that region.

**HOLOGRAM.** A fragment of the whole, which contains all the essential elements of that whole. For example, a drop of the river contains all the essential properties of the whole river. A hologram is a symbol that acknowledges that all things in the universe are infinitely interconnected.

# I

**IDA.** Energy channel terminating in the left nostril. Opposite in polarity from the pingala.

# J

**JAPA.** The process in which a devotee repeats the name of the God or mantra that go along with the in and out flow of breath. It can be said aloud or just be a movement of the lips or the mind.

**JITANDRIYA.** Orgasm.

**JIVANMUKTA.** Human form.

# K

**KALI.** Dark one. Feminine aspect of time, a transcendental symbol of human abilities. The aspect of Divine Mother that fights evil and destroys the ego and spurs transformation. Daughter of Durga, often characterized by a ferocious appearance.

**KAMA.** Desire. Lust and longing used as a means to liberation or transcendence.

**KAMA SUTRA.** The classical Indian treatise on the Art of Love. It is the earliest of the surviving Hindu love manuals, written around the second century A.D. by a sage called Vatsyayana. Other later texts, such as the Ananga Ranga and Koka Shastra, drew their inspiration from the Kama Sutra. Kama means love, and sutra means scripture, aphorism or writings.

**KANDA.** Located in the area of the perineum.

**KARANA.** Sanskrit word meaning the twelve instruments or organs: five organs of action (vocal cords, hands, feet, rectum and sex organ); five organs of perception (touch, taste, smell, sight and hearing); and the mind and the intellect. Also refers to a puja ritual of union.

**KARMA.** The accumulated effect of deeds and actions in this life, past and future lives.

**KAULA.** Left-handed sect of Tantra usually associated with literal translation and use of the Tantric Scriptures. Rituals may include physical sexual union.

**KOSHA.** Electromagnetic field the body generates. The human body is considered to have between three and nine such envelopes.

**KRISHNA.** One of the many incarnations of Vishnu, whose teaching is featured in the Bhagava Gita. Often depicted playing his flute, he embodies divine joy, love, playfulness and male eroticism. Krishna's death inaugurated the Kali Yuga, which is still in full swing today.

**KRIYA.** Yogic cleansing rites for internal purification or energetic purification that manifests in the body as illness, temperature change, shivers, shakes or spontaneous sounds.

**KUNDALINI.** "She who is coiled." Refers to the powerful creative sexual energy that resides like a sleeping serpent near the base of the spine. When this dormant energy is gently awakened it rises up the spine and expands consciousness. A full Kundalini awakening can bring the seeker to enlightenment.

## L

**LAKSHMI.** Good fortune. The Goddess of abundance, wealth and beauty. The female counterpart of the God Vishnu.

**LAYA YOGA.** Also known as Kundalini Yoga. The path of meditation and subtle energy work. A form of yoga intended to awaken and channel Kundalini energy. Laya Yoga can be understood as the higher, meditative phase of Hatha Yoga. Laya Yoga and Kundalini Yoga together are subsumed under Tantra Yoga.

**LINGAM.** Sanskrit for the male sexual organ, meaning wand of light. The phallic symbol of masculinity, associated with Shiva.

**LOTUS.** Represents the varying intensities of the energies working in the different chakras. In Tantric art, the lotus is a symbol of purity, self-transcendence and expanding consciousness. Because of its smooth and oily surface, the lotus is not sullied by the mud and water in which it grows. It is also a Tantric term for the yoni.

## M

**MAHAMUDRA.** The great seal. A term in Vajrayana Buddhism for the realization of the true nature of mind. Refers to a Tantra yoga position in which the practitioner sits with the left heel pressed against the perineum. The nine orifices of the body are closed for the control of the breath. In some Tantric schools Mahamudra means Tantric union. In Gnostic practices Mahamudra refers to realizing the inner woman. The mind's emptiness in a non-dual, androgynous realization.

**MAITHUNA.** Sanskrit word for the ritual of sexual union. The ceremonial union of Shiva with Shakti. A Tantric rite aimed at raising the Kundalini through physical love.

**MALA.** A necklace with 108 beads used to perform mantra meditation.

**MANDALAS.** Circles, symbolic of cosmic forces, used as a support for concentration.

**MANIPURA.** Third chakra located in the solar plexus. Center of power, identity and knowledge.

**MANTRA.** A sacredly empowered pattern of rhythm and syllables. Used to quiet the mind and balance the inner body. Mantra is a spiritual formula, a combination of sacred syllables transmitted from age to age in a religious tradition that forms a nucleus of spiritual power.

**MAYA.** The seductive Goddess of illusion. She manifests as a veil between mind and truth. She is the delusion of separation.

**MILLION DOLLAR POINT.** Hollow point in the perineum that when pressed firmly will block the outward flow and facilitate the upward flow of the seminal fluids. It is said that when this technique is used properly, the man will "feel like a million dollars".

**MERU.** Shiva's mountain, which is a metaphor for the human body.

**MOKSHA.** Ultimate spiritual liberation from the cycle of birth and death.

**MUDRA.** Physical position that produces psychic responses. Ritual of manual gestures or physical positions used to help liberate the mind from bondage.

**MUKHAMAITHUNA.** Sanskrit term for 69 or mutual oral sex. The male and female bodies come together to form a yantra and worship the lingam and yoni.

**MULADHARA.** First chakra. Its emanation on the surface of the body is in the area of the perineum and lower genitals, which grounds and connects the individual to Mother Earth.

# N

**NADIS.** Energy channels in the body. Most authorities say there are 72,000 of them. They are similar to nerve passages in the body.

**NAMASTE.** A traditional salutation that means the divine light in me bows to the same divine light within you. The gesture (mudra) of Namaste is made by bringing together both palms of the hands before the heart.



**OM.** The primal sound or vibration that constantly emanates from the entire universe. It is the sound of creation and destruction, representing the beginning and the end. *See AUM.*

# P

**PADMA.** Lotus flower. Also the symbol of a yoni.

**PC MUSCLES.** Pubococcygeal muscle group. Both women and men have PC muscles, which run from the pubic bone to the tailbone in a figure eight around the genitals. They play a vital role in both male and female sexual response. These strong muscles help to increase blood flow in the pelvic region, heighten sexual sensation, intensify orgasm and help to achieve orgasm and ejaculation.

**PINGALA.** A subtle channel in the spinal column, which terminates in the right nostril. It has a positive polarity. It spirals around the sushumna channel and terminates in the right nostril.

**PRANA.** Life force energy. Also refers to the “vital air” or power of the breath.

**PREMA.** The beloved. Pure love devoid of egoism.

**PURUSHA.** The ideal or cosmic man. The individual soul; the embodied form of God as the individual soul. Equivalent to the Cabbalistic “Adam.”

**PRAKRITI.** The primal matter of which the universe consists.

**PRANAYAMA.** Literally translates to “control of the breath.” Refers to breathing exercises that are used in meditation and yoga.

**PARADIGM.** A conceptual model or format upon which ideas are based.

**PRIESTESS.** A female leader or teacher of ancient sacred healing arts.

# R

**RASA.** Joy of life. Pleasure in the pure sense of feeling.

**RED TANTRA.** The aspect of Tantra that relates to the mastery of passion, desire and sexual skills.

**RISHI.** Mystical seer or wise sage.

**RUDRA.** Another name for Lord Shiva. Also refers to a Tantric breathing practice that involves visualization and retention.

## S

**SACRED SEXUAL UNION.** The divine union of the yoni and the lingam. It can be physical or imagined.

**SACRED SPACE.** A place of tranquility created through intention, respect and focus. It is created by cultivating an environment that is filled with energies that support, uplift, comfort and transform our inner and outer awareness, and benefit our highest good.

**SACRED SPOT.** An energetic pole for sexual fulfillment. In a woman it is the energetic access to the second chakra located at the G-spot just inside the roof or top wall of the yoni. In a man it is located at or below the prostate gland at the root chakra.

**SACRED SPOT MASSAGE.** An internal yoni massage intended to heal past wounds and awaken and release orgasmic energy.

**SADHANA.** The disciplined, regular practice of meditation techniques, spiritual discipline and or devotional practices. The Sanskrit term literally translates to “groove.”

**SAHAJOLI.** Seminal energy.

**SAHASRARA.** Seventh chakra located at the crown. Represented by thousand-petal lotus flower that connects us to the cosmic absolute.

**SAKTIPAT.** Transmission of Kundalini awakening by a guru to a disciple.

**SADHU.** One who has renounced the world for the divine path. Holy beggar. Ascetic.

**SANNYASIN.** Hindu renunciates or ascetics who in the traditional caste system live in the streets or temples and who have dedicated their lives to spiritual pursuits. In the 1970s, Osho reappropriated the word for his followers. Neo-sannyasins are committed “to live life in its totality,” with an emphasis on love, laughter, creativity and a celebration of the senses.

**SAMADHI.** God realization. Enlightenment. The final goal of yoga.

**SAMKALPA.** Resolution or intention to achieve the desired goal. A vow to perform a particular spiritual practice for a specific length of time, at a specific time of day, in a specific place.

**SARASWATI.** "She who flows." The Goddess of arts and learning and patroness of the Sixty-four Arts. Saraswati is the feminine energy counterpart of Brahma. She is typically portrayed holding a lute or vina.

**SAT-CHIT-ANANDA.** Literal translation: truth + consciousness + bliss = realization.

**SAVASANA.** Traditionally, this is the final relaxation pose in yoga and translates to “corpse pose.” In Tantra it is a sexual asana in which the male lies corpse-like and the female completes the sexual act without movement from the male.

**SEX MAGIC.** The practice of using arousal to focus the will for the purpose of creation. Any ritual wherein sexual energy is infused with conscious intention in order to manifest desire into physical reality.

**SHAMAN.** A priest, priestess or healer who walks in both the physical and the unseen world of Gods, demons and ancestral spirits.

**SHAKTI.** The feminine and active principle that is the cosmic force of creation. She is the leading transcendental symbol of Tantra and Tantric rituals. Derived from the Sanskrit root shak, meaning “potency” or “the potential to produce.”

**SHAKTA TANTRA OR SHAKTISM.** Hindu Goddess worship. This is the doctrine or worship of the active aspect of God, or the Divine Mother. Shaktism is sourced back to Paleolithic times and is very alive in small Indian villages today.

**SHADOW WORK.** The practice of claiming the hidden aspects of the self. This Jungian process is based upon the reflections that are provided by people, things and situations that manifest around us. We untangle our dreams, signs and projections in order to see that which we cannot see clearly on our own.

**SHANTI.** Sanskrit term for inner peace. Often repeated three times after a prayer to evoke inner, outer and world peace.

**SHEKINAH.** From the Hebrew Kabbalah, meaning the Holy Spirit that exists within the genitalia.

**SHIVA (Siva).** In Tantra, Shiva is the masculine principle representing pure consciousness manifesting in the creative union with Shakti. Also known as the deity responsible for death and destruction.

**SIXTY-FOUR ARTS.** In ancient Tantra, the art of sexual love was the noblest of the sixty-four arts and relied on the other arts for its support. Included in this list are musicianship, culinary arts, dancing, flower arranging and swordsmanship, among others.

**SUSHUMNA.** The principle energy channel that runs up the spinal column. The electromagnetic field that is the “highway” for the Kundalini energy.

**SUTRAS.** Threads, themes or teachings. In India, the major points of an entire philosophical system may be expressed in a series of sutras, or aphorisms, meaning a condensed and cryptic statement that usually can be understood only through commentary.

**SVADISTHANA.** Second chakra located at the genitals. It relates to sexuality and creativity.

## T

**TANTRA.** Sanskrit word that literally means “warp on a loom,” referring to the threads that make up the fabric of the universe. An esoteric spiritual discipline involving integration of the opposites. In Hindu scriptures, Tantra was marked by mysticism and used in the worship of Shakti. The Buddhist Tantra school uses visualization, mantras and breathing practices to acquire supernatural powers. Tantra practices transcend the sensual experiences of the body.

**TANTRIKA.** A male or female practitioner of Tantra.

**TARA.** A popular Buddhist Goddess who is adored for protecting us from evil and for her support in overcoming obstacles. Her name is derived from the verb tara, meaning to cross, for she enables the devotee to “cross the ocean of existence.” Tara is the symbol of tranquility and cosmic peace.

**TATRAK.** Concentrating on a single point or object such as a ghee lamp without blinking or moving the eyes.

## V

**VAJRA.** A Tibetan term for the male sexual organ meaning “thunderbolt” or “scepter of power.”

**VAJROLI-MUDRA.** The adept is expected to draw in the female seed or energy through the erect penis into this body during the sexual union, a process called saaholi. Emission of the semen is not to occur. If semen is released, both male and female energies are to be drawn back into the body prior to withdrawing the male member from the vagina. This last process is called amaroli.

**VEDAS.** Ancient texts consisting of 100,000 verses in four divisions: the Rig-Veda from about 2000 BC, considered the oldest literature of the world; the Yajur-Veda; the Sama-Veda; and the Atharva-Veda. Written in Vedic, an early Sanskrit dialect. The Vedic period is dated circa 2500-500 b.c.

**VISHNU.** Lord of preservation.

**VISHUDDHA.** Fifth chakra located at the throat, which governs communication, song and full expression.

# W

**WITNESSING AND BEING WITNESSED.** Seeing, hearing, feeling and being seen, heard and felt. Oftentimes this experience can help ground or authenticate something or someone. This process can be very transformative and cathartic; it is an important part of loving and being loved.

**WHITE TANTRA.** Relates to the yogic or spiritual aspects of Tantric practice and consists of exercises or postures (asanas) combined with special breathing (pranayama), hand or finger gestures (mudras), internal muscular exercises (bhandas), chanting (mantra) and meditation. The skills and benefits of White Tantra practices increase one's ability to master Red (sexual) Tantra.

## Y

**YAB-YUM.** Translates to mother-father pose or seated-astride position. An asana in which a woman sits astride and facing her partner, heart-to-heart. In this position, all of the chakras are aligned. The Tantric image of Yab-Yum represents the male uniting in perfect balance with the female, creating an image expressing the sacredness of sexuality.

**YANTRA.** Geometric representation of divine order, used to deepen contemplation. Sacred geometry of interlocking triangles and circles used as a focus for healing meditation. The Sanskrit word yantra derives from the root yam meaning “to sustain” or “hold.” In spiritual practice a yantra is used as a focus point for visual meditation.

**YELLOW EMPEROR.** Huang-Ti (2697-2598 b.c.e.), who figures prominently in the medical and sexological teachings of Taoism. The oldest books on love known as the “Handbooks of Sex” were written by this legendary Chinese emperor nearly 5,000 years ago. He is said to have ascended to heaven, “having perfected himself through practicing the Sexual Secrets.”

**YIN-YANG.** The Taoist representation of the way the feminine and masculine energies come together in divine union to form the universe. The circular symbol consists of two equal portions, each containing an element of the other. Symbolically, it represents the interplay of two paradoxical energies that both harmonize and battle. Two mutually correlated opposites, such as heaven and earth.

**YOGA.** To yoke or join together, referring to union and communion. The goal is to merge the individual self with the universal self. It is a holistic way of relating to the body that involves an increasing awareness on all levels: the physical, mental, emotional and spiritual.

**YOGINI.** Female practitioner of yoga.

**YONI.** Female sexual organ, womb and source of life. It is a Vedic term meaning "the source of all life". It is loosely translated as “sacred space” or “sacred temple.” It includes the vulva, labium, vagina, clitoris and sacred spot. It is physical in women and ethereal in men.

**YUGA.** Time period, age or eon. There are said to be four yugas: Satya, Treta, Dvapara and Kali. We are currently living in the Kali Yuga.

# Kamala Devi's Poly Profile

Kamala first met Michael at a Tantric puja led by Françoise Ginsberg in San Diego. He was at the door volunteering to greet people. When he welcomed Kamala, he flirted with her by drawing a little heart on her nametag. She didn't think much of it because she suspected he flirted with everyone.

As the evening progressed, a gorgeous strawberry blond caught her eye. When that woman slipped into the bathroom, Kamala took the opportunity to follow her. Viraja was even sexier up close, so Kamala expressed her adoration and scored her phone number.

At the end of the puja, Kamala found herself connecting deeply with Michael. Feeling her attraction for him, she immediately disclosed her orientation toward women and polyamory. This was sort of a test. She figured that if he had a problem with her sexual orientation, she wouldn't bother getting involved.

Michael passed the test by saying that he used to have a bisexual girlfriend and really enjoyed the freedom and open-mindedness that he experienced with her. So Kamala and Michael exchanged numbers. Kamala didn't find out until later that Michael and Viraja had also exchanged numbers earlier in the evening.

Kamala's first date with Viraja was sweet and promising. Her first date with Michael was fireworks and fantasy. Her second date with Michael was a Tantric camping trip at Canyon de Guadalupe, where Viraja happened to be cooking dinner for the group.

Viraja and Michael admitted that they had a not-so-successful first date during which Viraja kept trying to get Michael to admit he was gay. After a good laugh and sharing organic bean soup, the triad stayed up until dawn exploring one another's bodies.

It's been six rich years since that unforgettable night. Viraja and Kamala have moved in and out of various types of relationships and remain soul sisters. They were even pregnant at the same time and are now aunties to each other's sons.

Incidentally, Viraja met and dated Dez about a year before Kamala met him. So we thank her for introducing us. Without Viraja, this book may never have happened.

Today, Kamala and Michael are ecstatic to be co-creating a conscious Tantra and poly family, of which Dez is a big part. Different lovers may have different definitions, boundaries and practices, but our underlying mission is to bring out the best in each person.

As Gods and Goddesses walking on this earth, we listen to our guidance and move in and out of spiritual practices, sacred rituals and relationships that serve the highest good of all.

**2013 Update:** Kamala Devi is a nationally-recognized speaker, author, mentor and polyamory activist who created the Beyond Monogamy program to help open-minded people liberate their love lives. She has been successfully navigating open relationships for over 15, in an open marriage for 10 years, and is the mother of a beautiful 6-year-old boy.

You may have seen her family starring in Showtime's hit docu-series, Polyamory: Married and Dating. Kamala Devi has recently been featured on Ricki Lake, Dr. Drew, Tyra Banks and the award-winning documentary Sex Magic. Kamala Devi is the founder of Tantra Palooza, San Diego Tantra Theater and Poly-Palooza. Her mission is to awaken healers, teachers and visionaries to becoming community love leaders.

# Baba Dez's Relational Profile

Baba Dez started his relational journey with multiple lovers in high school, and continuing through his late twenties. He then moved onto a spiritual-shamanic celibate path for three years while he was traveling and teaching in New Zealand, Australia, and Colorado.

While practicing celibacy, Dez observed the temptation to suppress and disconnect from sexual desire. He learned the importance of embracing his sexuality and staying connected to his power even when celibate. (When our sexuality is not embraced on the celibate path it can result in compulsive behaviors, such as the extreme cases of abuse among catholic clergy.)

After his celibate phase, Dez experienced eight powerful years on the sacred path of monogamy with Heidi. His experience was sweet, focused, and magical while the lessons were deep, transformative and profound.

Dez now finds himself moving fluidly in and out of all the relational paths and into a realm he calls “The Sacred Path of No Path.”

He explains, “Although I find myself often experiencing months of celibacy, monogamy or polyamory, I really don’t identify with any of these relational containers. Each path has its own rewards and challenges. I find that if I have a deep desire or repulsion toward any particular path, it is an indicator that there are gifts for me in walking that path ... at least for a short while.

“Sweetness and ease are always good indicators of whether or not we are on the right path at the right time. The point is, walking any path with presence, integrity, and impeccability will bring growth and rewards.”

Ultimately, individuals must walk the path that matches the shape of their heart. Many people who discover they are not monogamous find it challenging to swim against the mainstream current alone.

Whether you are celibate, monogamous, or polyamorous, we encourage you to surround yourself with individuals who are spiritually and sexually positive. It takes courage to reach out and accept support from healers, friends and family; but once you dip your toes into the stream of a sacred path, you will find teachers to help guide your way. If you continue to move towards the messages from your body, belly and heart, you will know when it is safe to dive in.

# About the Authors: How the Book Was Conceived

The tropical fingers of the island's breeze tickle Kamala Devi's face when she steps onto the rain-sprinkled tarmac. She's returned to Hawaii after eleven years of traveling the world before settling in San Diego, and it feels like coming home. She's only staying a week for the whirlwind filming of a documentary tentatively titled *Sex Magic*.

Baba Dez Nichols pulls up in a red Impala. The door flings open and there's a professional cameraman recording Dez as he greets Kamala with hugs and kisses. He is a tall, slender Shaman with long honey-colored hair who looks ageless, timeless and sometimes even androgynous. He throws Kamala's bag in the trunk as she squeezes in. The black lava fields whirl by in the rain as they drive to the nearest health food store to buy the fixings for dinner.

\* \* \*

Kamala first met Dez at the annual Daka-Dakini Conference in Sedona. Dez first started this national conference for Tantra teachers and professional sacred sexual healers in 2010. It is now called The ISTA Conference of Sexuality and Consciousness. The event is a forum for some of the most experienced teachers and practitioners in the field to gather and exchange ideas, practices and support.

Kamala agreed to lead a talk on "Self Promotion for Erotic Entrepreneurs." She originally thought her purpose in coming to the conference was to promote her Tantra novel, *Don't Drink the Punch*, but as soon as she gazed into Baba Dez's eyes, she realized the real reason her soul was called to the conference was because it had a contract to reconnect with a community of sacred sexual healers.

Each day overflowed with the sharing of sacred sexual secrets, and afterward participants went to Dez's home for a sensual party. Dez owns a stunning nine-bedroom house and a two-story school building one block away built into the red rocks of Sedona. Throughout the year the school serves as a retreat center for sacred sexual healers to gather, study and practice. During the conference after-party, people dance in the living room, soak in the hot tubs, massage in the watsu pool, steam in the sauna and cuddle in the backrooms.

Kamala recalls that first night when she was invited to dance and play with Dez and his girlfriend Maya. Though tempted to spend the whole night connecting with the

gorgeous couple, she was eight weeks pregnant and decided to return to her hotel to rest her body.

That weekend was a powerful gestation time for both Kamala's baby and her career. Kamala came to know a multitude of sexual practitioners who were walking parallel spiritual paths. She left her first conference in a deep state of grief, tears streaming down her face as she drove to the airport.

She lamented all the years that she didn't know about this gathering. She grieved for the loss of sexual freedom that came with being a new mother. And, of course, she wept because the pregnancy was making her cuckoo-hormonal.

\* \* \*

Kamala's baby boy is now a year old and she left him at home in San Diego with her husband, Michael, in order to join Dez in Hawaii. This is the longest she's been away from her son and just thinking of his pudgy little cheeks makes her heart ache. But what postpartum mother wouldn't dream of an all-expenses-paid trip to paradise with her Tantric lover and no baby to wake her at 4 a.m.?!

Kamala likes to think that she is living the American dream: She has a house in Pacific Beach, a baby, and a devoted husband, Michael. She is also living the American fantasy: She and Michael have a handful of Tantric lovers, they throw popular community events at their home every month, and on the weekends they attend dinner parties, sensual gatherings and Tantric rituals.

Sure, jealousy presents itself; but as a Tantrika, Kamala accepts every emotion as an opportunity to evolve and become more fully alive. Kamala is grateful to be surrounded by an open-minded community of fearless individuals like Baba Dez who models how we can transcend unconscious social expectations and truly live our dreams.

Dez pulls the rental car into an unpaved driveway of a stunning cottage on a private beach with more windows than walls. Kamala immediately strips into her bathing suit to dive into the warm turquoise surf. After swimming, Dez and Kamala climb low-hanging trees, play in the outdoor shower, melt into each other while making love, and practice yoga on the beach during sunset in front of the camera.

Everyone gathers around the dinner table for a blessing before savoring raw zucchini pasta, cucumber and seaweed salad with ginger, and tropical fruit smoothies. The feast was shared by the Dynamic Duo film crew, Eric and Jonathan; Sam, a gorgeous surfer musician who is the host of the house; Das, a white-bearded yogi mountain man; Natasha, the extraordinary raw food chef; and of course Dez and Kamala.

This unlikely family has gathered to support the creation of Dez's documentary *Sex Magic*. It's the story of Dez's life's work and includes stories of numerous other sacred sexual healers. They have been following Dez around for more than a year, going to his lectures and conferences and getting a second-hand initiation into sacred sex.

Both Sam and Das are long time friends of Dez, dating back to when Dez had moved to a remote coffee and taro plantation on the big island to do organic farming in his twenties. Living close to nature spawned a deep connection to Mother Earth. He lived an alternative lifestyle off the grid, paddling his canoe in the ocean and growing his own food, his hands in the dirt every day. That's when he had his first sexual awakening.

One day after he was done working in the gardens, he and his girlfriend went inside to shower. Relaxing in each other's arms, moving slowly, sweetly, he felt a quickening in his heart. He got very present; and while making love, he stepped into an alternate reality. It was a peak experience with colors and visions.

Afterward, he shared that he had a taste of something very powerful, describing it as radiance and exaltation. The intensity of his experience scared her and he could feel her pulling away. She thought he was crazy. Even though it wasn't externally validated, he felt it was true. It has since brought up significant questions that have compelled him on his Tantric journey.

He continued exploring, opening, discovering and deepening in Hawaii. He saw that the underlying motivation of all humanity was to love and be loved. He asked himself, "How can I be the best lover possible? How can I expand my love for other beings, the planet and myself?"

He met Charles and Carolyn Muir when they were just starting their work back in the '80s. He was later introduced to a progression of amazing beings and was blessed by their interactions and the books that fell into his hands.

Though his introduction to Tantra was mostly technical, it was catalyzing and powerful. Sacred Spot Massage and learning to delay, redirect and circulate his ejaculation were two of the most significant and unselfish gifts he has given himself and his lovers.

Then his path took a Shamanic turn and he began learning about the emotional body. For years he worked with the Multi-Dimensional Research and Expansion team, a group of Shamans, life researchers and doctors in Colorado. It was at this time around the age of thirty-two that he experienced three years of celibacy. The challenge was staying connected to his desire while circulating his sexual energy with his inner feminine, cultivating power instead of shutting down.

Next Dez was called to experience monogamy. He entered into a committed relationship and learned about the power of sharing intention and ritual. During this time he saw the

connection between healthy living and a healthy planet. Nutrition became a passion and he experimented with how different foods, sleep patterns and exercise could make a difference in one's overall well being. He and his partner manifested a successful supplement company called Pure Planet and sold spirulina and green foods.

After eight years, the relationship was no longer serving them in their individual paths, so they shifted out of monogamy while maintaining a friendship and strong love. They sold the supplement business and Dez went back to teaching sacred sexuality.

He discovered that when sacred sexual healers faced professional challenges, they had nowhere to turn for support. Many teachers of the Tantric arts were trying to brand their work and market it, unconsciously perpetuating competition, separation and isolation.

So, in 1991 he started the annual Daka-Dankini Conference out of his home in Sedona with eighteen women practitioners. Over the years, the conference has grown to accommodate hundreds of participants and has a multi-speaker format featuring some of the pioneers and powerhouses of the industry. such as Charles Muir, Betty Dodson, Deborah Taj Anapol and Mantak Chia.

\* \* \*

After dinner the cast and crew go to the back porch to watch the moonlight play on the crashing waves. A casual discussion about ejaculation control arises. Natasha and Sam are both curious and eager to learn from Dez and Kamala. By the time lights and cameras are set up, the informal talk has been formalized.

Dez shares that most Taoist practitioners believe that men have a limited reserve of chi (life force), which is wasted when a man ejaculates, while orgasmic women can tap into an unlimited source of this energy. In order to access these infinite reserves of vital chi, men can cultivate a relationship with their inner feminine.

Though Kamala has had numerous lovers who practiced holding their ejaculation in order to preserve their life force, she gained a whole new appreciation of these teachings when making love to Dez. Most men have a difficult time staying present with their partners as they transmute their sexual energy, but Dez has a deep reverence for the Goddess, and teaches men how to touch into the essence of Mother Earth while circulating the orgasmic energy throughout their bodies.

Kamala's personal initiation to Tantra was by a man who had a similar androgynous capacity. Prior to beginning her Tantric path more than ten years ago, Kamala was secure in her identity as a lesbian. She had been almost exclusively with women for seven years when she was seduced by a Tantrika who happened to be in a man's body.

She remembers the first night she and Cain slept together, both wearing boxers. He commented about how small her twin bed was. She quipped that it was better for cuddling. As they got situated, Kamala realized what an adjustment it would be to sleep with a man. She remembers how logistically challenging it was to accommodate his big arms, big legs and big head.

After she managed to wrap her arms around his broad chest, he apologized by saying, “I hope I’m being respectful of your space.” Kamala reassured him, “It’s okay. It’s not your fault that you take up twice the space as most women.”

Eventually Kamala got over the physical differences and dropped into an extraordinary energetic connection. This is how she realized that this man was more of a Goddess than any woman she had ever dated. She learned to soften into her own Goddess and balance her overly butch inner masculine. This relationship opened her to bisexuality, polyamory and her devotion to Tantra.

Kamala followed her lover to Waimanalo, Hawaii, where they lived in a crazy drumming commune in a pegboard shack with their pet chicken, Stu. By day, Kamala led botanical garden tours on a cattle ranch and by night she directed gay and lesbian theater. Meanwhile, Cain worked on his book, danced, and modeled naked for art classes.

Month after month, they expanded in sensual exploration of erotica, role playing, gift giving, foot washing, partner yoga, ritual sex, sensual feasting, anal sex, cross dressing, performance art, massage, meditation, spanking, dreamscape and gender bending. It was a spontaneous sexual awakening that unfolded without a curriculum or a guru.

During a regular Tuesday drum rehearsal, the Tahitian neighbors roasted a pig and everyone danced under the stars. Kamala remembers dissolving into the dance. She laughed whole belly laughs at the absurd significance of life, until she wiped the tears from her eyes to see who was laughing.

After every ounce of being had been spent, she crawled home to make love. She melted from her earth-suit and merged with the force that animates her. At some point she drifted into a dreamless sleep; and when she awoke, it was to a whole new level of consciousness.

This experience went unnamed for years. It’s not that the enlightenment was confusing, or even a secret; it’s just that she didn’t want to try to understand it or explain it away.

In fact, she wasn’t ready for the other potentially transformative teachings Cain had to offer, so she left the relationship to ground herself with something less ego confronting. Her Tantra quest led her through Europe, Southeast Asia, China and India. All her

seeking led her to a Tantric Shaman named Michael. Together they are building an eco-friendly temple in San Diego and anchoring Tantra into their expanding community.

\* \* \*

Now Kamala Devi lays her naked body against soft white sheets while feverishly typing the rough draft of *Sacred Sexual Healing* into her laptop. Baba Dez's head is propped against the bamboo headboard and he shares his ideas for the book. His feet are tucked in a fluffy down comforter, which matches the billowing drapes that cover a half-dozen open windows.

The rain outside is pelting the tin roof and is almost as loud as the waves crashing on the front porch. Much of this book has been created by Kamala typing while listening to Dez or transcribing past lectures. This morning she struggles to type as fast as he speaks memories from his childhood.

“I grew up in West LA. Like everyone, I learned how to function in dichotomy: good and bad, right and wrong, all that is sweet, and all that is bitter. I felt myself and others disconnected from the Earth and each other. I wanted to believe that the world could be healed, people could get along and this could be a really loving beautiful place. But everyone said: ‘If you’re going to survive in this world, you’ve got to get real.’

“I remember when I tried to communicate my frustration, I was shamed. How can you be right and everyone else be wrong? And since my dreams were not acceptable or in alignment with mass consciousness, I let go of the dream. In a world of so much disconnection and dysfunction how can heaven happen? Sometimes I was given drugs to calm me down so I was not ‘so sensitive.’

“I was fortunate enough to manifest an uncle who was half Native American. He took me out to the desert where I had my first spiritual awakening, which came through my connection to the Earth. This is how I got my nickname Desert, or Dez for short.

“I began to drink deeper in the sweetness and the bitterness of feeling. Now I can feel into my deepest visions and desires that my little boy had. I am reclaiming my emotional body from when I was seven or eight. Now I am holding space for myself to dream again, meeting myself like never before.”

Dez takes a few deep breaths and blinks back the tears. Kamala closes her computer and the conversation subsides into warm caresses and conscious kisses. Kamala feels her feet curling around the backs of Dez's calves. Her arms roam his tan chest and she begins to trust him with more of her body weight.

She abandons her mental state and submits to her arousal. Soft lips and wet tongues start to explore each other's curves and corners. If the camera crew were in the room, they would likely pan away to show the sun breaking through the stormy sky.

As the rain subsides they are able to tour more of the island. Dez arranges for a ritual hike into a cave where the lava dried in the shape of a yoni. It's a sacred site where Hawaiians did fertility rituals. It takes a fair amount of driving around, hiking and looking for it before they find themselves at the mouth of the cave. They take some quiet time to gather their offerings and pray before the journey. The mosquitoes come out and they are hungry.

The cast and crew lower themselves into a tube made of black pumice. Eric has a huge flood lamp, which provides just enough light for the next few steps. The walls and ceiling are dripping from the morning rain; the jagged black rock is wet underfoot.

When the lamp is turned away, the cave becomes pitch dark, a black hole. The space is eerie with shadows flickering against the walls. There is a heavy feeling that the place is still inhabited by generations of ancestors.

With a reverent tone, Dez shares a little history of the site as they walk. There are beds in the cave where men and women make love, babies are conceived, and sacred rites are performed.

They continue through the tube in single-file. Kamala and Natasha are instructed to sit down in the dark and to get comfortable. Light is then cast upon the yoni. In that moment, it's as if Mother Earth shape-shifted into the form of Pele the volcano Goddess spreading her lava-formed legs to reveal herself. Mother Earth has a yoni. She has labia, with red and wet inner lips.

Kamala is moved to tears by the mysterious depth and beauty before her. She places her offerings at Pele's clit and cries some more. When she recovers from sobbing they begin chanting:

Mother, I can feel you under my feet...

Mother, I can feel your heart-beat...

Mother, I can feel you under my feet...

Mother, I can feel your heart-beat...

The song resonates in the cave acoustics and settles into a powerful sacred sexual healing trance.

Kamala has a lot to heal. This year she underwent the tremendous rite of passage from maiden to motherhood. Pregnancy was the happiest time of her life and her baby held on for three weeks after the due date. The home birth was twenty-one hours of breathing, moaning, chanting, dancing and soaking in the hot tub, without any drugs.

Instead of intense pushing, Kamala used a Tantric breathing practice called Cobra Breath to birth her beautiful baby boy. He slipped onto earth at sunset. Michael proudly caught him and untangled the umbilical cord twice from his neck and once from his belly.

When Devin Echo squeezed out of Kamala, it's as if he took all her happiness with him. He looked up at his mommy smiling and cooing while she spent most of her days curled up in her pajamas crying.

Midwives and doctors recommend that a new mother not have sex for at least six weeks while the birth canal is on the mend. No sex. Not even masturbation. Six weeks. Total celibacy. For most mothers this might sound like a welcome vacation, but not for Kamala. During pregnancy, sex had become her daily prayer. It was how she rested, rejoiced and reconnected to the divine vessel she inhabits. Six weeks with no sex felt like a death sentence.

Even worse than the pronouncement of celibacy was the pain she felt when urinating. The baby's head had bruised and torn her urethra when it came through.

There are countless people who after any kind of sexual trauma let their sensuality silently slip away as they pretend to enjoy sex, but secretly numb out. This could have been all too easy for Kamala, if she didn't know first-hand the pleasurable potential and divine depths of a woman's womb.

The birth canal is the mouth of a sacred channel that connects Mother Earth to Father Sky. This vessel is open to the degree that we feel fully alive. When we feel wounded, numb, guilty, fearful or shameful, the channel is obstructed and energy cannot flow. There is a kink, dam or block in the channel.

In postpartum depression, Kamala felt the darkness of this disconnection, and thus agreed to co-author a book about *Sacred Sexual Healing* with Dez.

This book is based on Dez's life's work and he is committed to empowering the broadest possible audience with its message as soon as possible. Dez had been envisioning, proposing and pitching a book for several years, but since that had not manifested, he contacted Kamala. He was familiar with her work, loved her first book, and knew that she taught a course on "How to Write a Book in 90 Days," so he trusted she'd be the perfect collaborator.

Dez drove into San Diego on Thanksgiving weekend to sign the book contract. After getting Michael's blessings and arranging for him to watch the baby, Kamala invited Dez to a ritual to consummate their relationship as co-authors.

Kamala and Dez created a sacred space with pillows and candles to start the SHAMAN Method of Sex Magic. They began by discussing their intention of writing a practical guidebook that would make sexual healing and Sex Magic accessible to all those who are ready. They held space for each other's fears and limiting beliefs about the project.

After voicing any physical boundaries and intimate needs regarding sexual union, they made love for the first time. Instead of coming together as teacher or student, healer and seeker, Kamala and Dez came together as empowered equals. They recognized the divinity in each other's reflection and danced together in the Buddha field.

That evening, they opened the channel to the collective consciousness. In this alchemical exchange, Dez transmitted his guides and allies to help Kamala write and offered his seed to his childhood dream of bringing heaven on earth. And in that moment, Kamala was impregnated with this book.

Aho Mitakuye Oyasin!



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Blame it on the Moon, original music (CD)

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