

# Tantra And Breathwork The Play of Spirit, Breath and Sexual Energy

*A seminar with Dan Brulé  
and Shakti Malan*

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# TANTRA AND BREATHWORK

## THE PLAY OF BREATH AND SEXUAL ENERGIES

### *A Seminar with Dan Brulé and Shakti Malan*

*This Seminar was recorded at the White Cloud Center and Book Store in Moscow in July of 2011. Luba Bogdanova is the interpreter. Many thanks go out to her for organizing, recording and transcribing this unique and enlightening presentation.*

[Luba introduces Dan and Shakti in Russian]

**DAN:** Russia is like my second home. I travel all over the world and when I come home, if I find anything really wonderful out there in the world, I like to show everyone at home what I have found. And so I was in South Africa and I found Shakti Malan!

I think that she is someone that everyone I know and love should meet... if you want to wake up... if you want to become more free... if you want to find a way to fall into yourself. These days, she is my favorite way of doing that. And so we play together. The play of male and female energies: that's how everyone got here. If it wasn't for some male and female energies playing together, none of us would be here.

My way has been playing with breath energy. Shakti's way is playing with sexual energy. When we bring those two energies together—not between people—but within us, then something quite magical can happen. One of the reasons that I love Shakti is that it's impossible for me to go to sleep in her presence. It's very hard to remain unconscious around her. That's the main reason I chose to work and play with her.

You can wake up in the world and then very quickly fall asleep again, because most people in the world are sleeping, they are unconscious. At some point in my life I woke up; and I like being awake. But it's a conscious process—a real challenge—to stay awake in this world. It is very easy to fall asleep and go unconscious in the world. There are so many distractions, so many things that pull us out of ourselves. So what we need are people and places and ways to keep us awake, to keep going deeper into ourselves, to keep us on the path of reaching higher. That is why I am working with Shakti.

**SHAKTI:** I'd like to thank Dan for bringing me to Moscow. This is my first day in Russia. When I met Dan I knew that we could do beautiful things together, because Dan has such a deep knowledge, understanding and experience of the breath.

For me whenever I breathe in, it feels like I am making love. So try it now. When you breathe in, feel the caress of the breath. Feel the way that the breath touches you from the inside out. Feel how it softens you; how it makes you soft inside, how it makes you expand.

The breath is so simple, and yet every time we breathe we can open up more, to feel more, to love more, to love ourselves more, and to become more open to others.

**DAN:** When you breathe in, everyone and everything—all the energies of the world flow into you. The all and the small touches every cell in your body. When you breathe out, something of you, your essence, something from every cell in your body goes out and mixes with everything else in the world.

It is not just a pretty spiritual idea. The breath actually connects us. It's a fact in reality: the breath connects us to everyone and everything. The breath that's inside of you now, was in someone else just a minute ago. We can't hide from each other. Separation is an illusion—a somewhat useful or convenient illusion—but an illusion nonetheless.

When the breath comes into you, you have a chance to give that breath a signature, to impress that breath with some of your energy before it goes out again. The breath energy that is coming in and out of us carries information. Everything is available to us with every breath, and we can take from it what we want and let the rest come and go.

So what's important? If you are going to put some energy out into the world, what is the deepest part of you, the highest part of you that you can send out into the world. When the breath comes into you, you have an opportunity to give that breath a signature, to impress it with some intention, some energy, before it leaves you again.

So what is important? If you could send some energy out into the world, what would it be? What quality? What frequency? What is the deepest part of you? What is the highest part of you? What is your deepest or highest aspiration in life? You share that with the world with every breath.

If the breath brings to you all the energies of the world, which energies do you choose to focus upon? Which do you drink in? How about the energies of love? How about the energy of peace and joy? How about consciously breathing that kind of energy!

**SHAKTI:** Many of us have been taught that loving is not safe. If we open our hearts to love, we might get hurt. And we have learned to feel that sexual energy is not safe, that when you love someone sexually you might get hurt. Sexual energy causes a lot of separation for many people. That's because the world doesn't understand sexual energy.

If we could really open to the sexual energy that is within us, if we could open our hearts to sexual energy, it could open our hearts to the realm of love. It could help us to wake up sexually and spiritually.

For most people the sexual experience is contained or confined to our genitals. And the best that most people can hope for is about 45 seconds of sexual orgasm.

**DAN:** If they are lucky!

**SHAKTI:** 45 seconds is just a taster of what real sexual energy is all about. Imagine that energy, that orgasm continuing in your body for 8 hours! Imagine it rippling thru your whole body; beginning in your genitals and moving up through your whole body, connecting your genitals and your heart.

Imagine this energy circulating between two souls, building up life force, and rippling through two bodies. This is possible for all of us—if we want to wake up. If you want to stay asleep then it's better to simply continuing having your 45 seconds of orgasm.

**DAN:** Some people are always trying to protect their heart—like our heart is so sensitive, so delicate, so easily broken. It is sensitive, but it's also the strongest part of us—the part that least needs protecting! It's possible to wake up to our heart and to who we really are in the middle of an orgasm, and then to stay awake.

When something in you opens, if you can relax with it, it remains open. But we've been taught that when you walk around in this world, when you live in this world, you have to be on guard, a part of you must remain closed. It's is a reflex, a habit. But if you can open your heart and remain open, then a miraculous process begins...

We can create a sacred space here, a safe place in which to open our hearts together. We can learn to keep our hearts open. And we can learn to quickly open our heart again when it closes due to old habits and fears. As we do this, we discover that an amazing thing happens: even if your heart closes, it cannot again close all the way.

The fears may come back and cause us to close our heart—but not completely, not all the way. We find that it hurts us too much to do that. And so gradually we learn to live more fully and freely and safely with an open heart. And a few days are enough. Two, three, four days is plenty of time to master the art of opening your heart, if that is your intention.

**SHAKTI:** So Dan and I will give you a chance to be with us for a few days. We will tell you about that later. For now, you can enjoy the time with us now. I have found that the breath also makes space in us. When you think of how we usually breathe, we are not paying attention to our breath. If we can start to really enjoy our breath, then something beautiful can happen.

In the Tantric texts, there is a beautiful breath. It goes like this:

Follow the curve of the breath as you breathe in; and follow the curve of the breath as you breathe out. Feel the moment when the curve of the in-breath meets the curve of the out-breath: the moment when the in-breath meets the out-breath. Find that moment when the curve of the out-breath becomes the curve of the in-breath.

In the pause between the in-breath and the out-breath... If you sink deeply into that pause... in that moment you can wake up. Try it now. Breathe with me. Breathing in, and feel the pause. Breathing out, and feel the pause.

*[Question from the audience: “Is that yogic breathing?”]*

**SHAKTI:** Yes, yogis use that way of breathing.

In the silence between the out-breath and the in-breath... In that moment, nothing exists. And yet everything exists.

And now breathing... let your body begin to move with the breath. When you breathe in, open up your spine. Breathing in, your spine opens and arches; breathing out, you are relaxing the spine. Breathing in, opening the spine; breathing out, relaxing the spine... How does that feel? Does it feel good?

*[Question from the audience: “How can we open our spine? Do we breathe longer, deeper?”]*

**SHAKTI:** You stretch your spine. When you breathe in, your whole body expands, so the spine also curves. I will show you now. For many of us our spines are not very flexible because we hold ourselves very tight. When we learn to relax very deeply and allow the movement in the body, the breath can go deeper.

Now imagine if you can breathe like this when you are with a lover. In tantra, when my partner breathes in, I breathe out. When he breathes out, I breathe in his breath. When I breathe out, he breathes in my breath.

*[Shakti and Dan model tantric breathing together. The audience gets turned on.]*

**DAN:** We haven't seen each other in several months. We just met again an hour ago. And now we are making love in public!

*[Comment from the audience: "When we did a tantra training here some time ago, we were breathing like that but we were touching each other.]*

**SHAKTI:** Yes, and so you can see and feel that even without touching we are still building up orgasmic energy.

Many years ago, I had a couple come to visit me. The man and the woman were almost 80 years old. Their sexual life was not very good. I taught them to breathe like this. They didn't want to touch each other. So I gave them each a chair, facing each other. I taught them how to breathe together. They made love to each other through their breath. It changed their relationship. They couldn't believe that they still desired each other so much. And that was even without their bodies touching.

**DAN:** Young children are filled with sexual energy: it's not localized. Every cell lives an orgasmic experience, and children are in touch with that. That's why they can't sit still; that's why they can't be quiet. That's why they shine. That's why they are so joyful. There is so much ecstatic energy naturally flowing thru them.

Then as we grow older, culture and family and religion and tradition and society stifle and inhibit this life-energy in us. We are taught that only in certain places, only at certain times, and only with certain people are we to allow an experience of this energy.

This creates not just a spiritual problem, but also physical problems. Because that is how illness and disease take root in the body. The life force is not allowed to flow fully and freely, and so

parts of us begin to die. Waking this energy up again and filling your whole body with it can reverse the aging process. It can make you younger!

I am very grateful to Shakti, because she has brought a certain playfulness back into my work. I had become very serious about my practice. I'm a serious guy, and she is not! She's definitely not a guy! And not so serious either.

*[A question from audience for Dan: "Do you have some breathing practice in the morning, or some breathing practice during the day? What breathing technique do you use in daily life?"]*

**DAN:** I have discovered that any technique can have a hypnotic effect. It's a good idea to practice various techniques. However, if the technique becomes more important than the one who practices it, then that is not so good. My basic practice is to simply bring awareness to my breath, as often as possible and in as many situations and activities as possible. In addition to "breath awareness" I also practice "conscious breathing."

I practice breathing fast, breathing slow, breathing high, and breathing low. The two techniques are watching the breath and playing with the breath. It's different every day. But there are a few basic or core techniques that everyone can benefit from, and so I teach and practice those. I encourage people to explore the basics, to build on those core techniques, and to do so at their own pace and in their own way.

*[A question from the audience about sex and spirituality, what religious people teach, the evils of the body and the danger of physical pleasure, about the necessity of celibacy.]*

**DAN:** They don't understand life. They don't see the whole picture. They just don't get it. They are buying into a dying philosophy. They have been taught to deny their sacred nature. They are living out of a spiritual ego. The ego lives in sinners and saints, monks and murderers. If not watched, it takes over and runs them. It hides in those monks who suppress and deny their natural feelings and desires. That's the purpose and the role of a dakini, a tantrika.

**SHAKTI:** I will tell you two stories: One story is about a monk who is a student. He has been sitting on the mountain for 30 years, meditating. He has been celibate for 30 years, drinking no wine, eating no meat. Then his teacher looks at him and decides he is ready to wake up. So he sends a dakini to the student. A dakini is a woman like me who teaches the sacred sexual practices of tantra.

So the dakini goes to the monk, she seduces the monk. The monk cannot resist her. He makes love to her. In the moment that he makes love to her, it is possible that his spiritual ego has such a big shock, and this last powerful but very subtle ego is shattered.

If he doesn't wake up, then she will give him meat to eat and wine to drink. She will seduce him into breaking all his spiritual rules. If still the shock has not been big enough to break his ego, then she will start to teach him the sexual practices of Tantra.

She will teach him how to wake up his sexual energy, how to take it up his body, how to wake up every cell in his body. She will teach him how to let his heart have an orgasm, so that his heart is blown open to the whole world. She will teach him how to let his sexual energy explode through his crown chakra, so that he can feel that he is at one with everything.

When your orgasmic energy goes through the crown of your head, you will know unmistakably that you are one with everything and everyone, that there is no separation. The beloved is everywhere.

2nd story: Somebody goes to the Dali Lama and asks him: "Don't you miss having an orgasm because you don't have sex?" The Dali Lama looks puzzled. He says: "My dear, I am having orgasms all the time!"

**DAN:** You see I don't think we have the luxury of time any more. We are no longer in the age when you could sit in a cave for 30 years and seek enlightenment at a snail's pace. We don't have that kind of time anymore. Things are accelerating on the planet; they are intensifying. Maybe you've noticed it. Something is happening.

There was a time when there was only one Buddha walking the earth, one Jesus, one Moses, one Mohammed, one Krishna, one Lao Tsu. Today there are tens of thousands, maybe millions of Buddha's on the planet! Something is happening. It's getting easier to wake up.

You could pass a Buddha on the street and not know it. You could sit on the side of a Buddha on the metro and not know it. You could live next door to a Buddha and not know it. And if you are not careful, you could be a Buddha and not know it!

Time does not enter into the process of awakening. Time is not a factor. The ancient monks had the right idea. They pulled themselves out of the world because no one around them wanted to wake up. They put themselves in a place where everyone around them wanted to wake up, and so it was easier. But then they practiced these rituals and then they developed an identity linked



to these rituals, and so their practice at some point became an obstacle to the very thing they wanted to achieve. And this is true of everything.

Something that is meant to help us can actually get in the way. And something that world believes, that the priests and politicians say is bad and will hurt us, can actually set us free. If you are ready, whatever you do will work. The next book you read, the next teacher you meet, the next technique you practice, will bring your liberation. It has nothing to do with the book, the technique or the teacher. Well, it has something to do with that. But the real thing, the thing that matters most, is your readiness.

One breath is enough if you are truly, genuinely, and totally ready. You breathe ten to twenty thousand breaths per day. That's ten to twenty thousand invitations, twenty thousand opportunities. How many of those breaths do you use? How many do you take advantage of? How many do you put toward your liberation?

Become conscious of your breath right now. Feel it, watch it, listen to it. Be with it moment to moment, totally. Disappear into that moment when the in-breath and the-out breath touch, when they come together. Becoming free might be a lot easier than we have been led to believe. A good friend of mine, Leonard Orr who invented rebirthing, once said: "Most religions make it so difficult to get to heaven, that even God couldn't make it!"

*[Question from the audience about why it can happen so quickly, what is different now compared to the old days.]*

**DAN:** More and more people are waking up. More individuals are waking up, are finding ways to raise their own vibrations. And the vibrations on this planet are getting higher. The energy of the planet itself is getting higher, and this is lifting people up. And the energies in people are getting higher, and this is raising the vibrations of the planet. Everything is coming together, creating a great acceleration.

**SHAKTI:** And we don't have time to waste anymore. For many thousands of years we walked around with clubs—cavemen with big sticks. We killed animals with big sticks and we ate the meat. Everything was about survival. Then we discovered each other... that if we do things together, we are safer. We learned that we could plant seeds and grow our own fields.

Men thought that women were divine. They sensed that God, the Source, was a woman (because women gave birth). Men did not realize that they had anything to do with it. (Men did not connect sex with babies, they didn't have a clue.)

So in those years, God was seen as being a woman. And the priests/priestess were women. Men would pay to have sex with the priestess in the temple, because they understood that through entering the priestess they could have direct access to the Goddess. They understood that women's sexuality was the gateway to the Divine.

But then the world changed. About five thousand years ago was the beginning of patriarchy. That was the time men took over, and they made a new story. The symbol of the Goddess, which was the snake, became the symbol of the Devil. They say that Eve ate the apple, and because she bit the apple, everyone got thrown out of the Garden of Eden. So it is because of woman's desire that everybody got thrown out of paradise.

We created a split between the sacred and the sexual forms. Either you are a virgin or you are a whore. A split that we still struggle with that today. The world has lost the beauty and the power of the feminine. It is time for woman to reclaim our beauty and our sacredness. It is time for us to accept again that our sexuality is a gateway to the divine.

I know that men want to love and worship the feminine... that men want to love and adore women. They are waiting for women... for us to be willing to accept ourselves, and to celebrate our own sexuality. When a man enters a woman and she deeply opens to her own divinity, she can take him into the deepest mystery. And that is what all men are waiting for. So that the time we are living in now, is a time when the masculine and the feminine have to marry inside of us. It is the time of deep merging of the masculine and the feminine.

It is the age of the waking up of the heart. Patriarchy is over. The old structures are not working any more. We have to live in the way of the heart, and to get there we have to connect with our desire and our devotion to the divine, that lives in all of us.

*[A comment and question from audience about the ugliness in the world, not seeing hundreds of Buddhas, but seeing pain and suffering and ignorance, and about the loss of sexual power, and beauty as we age, about energy, and menopause]*

**SHAKTI:** There comes a time in a woman's life when she stops menstruating, it is called menopause. I have worked with many women who are menopausal. Many of those women have

lived most of their sexual lives suppressed. In fact for many women, the only sex they have ever had has been to please a man, doing what the man needs. Many women have not discovered the real pleasure of sex. Many women are not in touch with their own bodies.

So in my work, I teach women how to connect with their pleasure again. Just through the breath, just through relaxing, just from starting to feel from the inside out. And I see women who are menopausal or older becoming orgasmic. Even without touching themselves, even without touching anybody else. They become exquisitely beautiful because they are opening to their own energy.

**DAN:** This Buddha nature we are talking about is within us. Everyone is carrying it. When we begin to recognize our own Buddha nature, we begin to notice it in other people. It's like looking at water. You can look at the surface and see your reflection; or you can look through and see the fish swimming underneath by adjusting your focus. And then we have these photographs now that everyone has seen where you look at it, it's a bunch of chaotic patterns, but if you do something with your eyes there is an image there.

So something happens in us. You are looking at the ugliness, the pain and suffering of the world, and then suddenly something happens, suddenly... this amazing beauty is right there, right here. Or you are looking inside at your own confusion, and your problems and your emotions and your negative thoughts. And then suddenly the real nature of those things is seen. Something happens. If you try and strain to make it happen it gets further away.

So it is interesting. We have this paradox. We have this yearning, this longing to wake up. It's like being so thirsty. It makes us look and seek and try and work. It's like trying to remember where you put your glasses, then you stop trying and ah hah! They are right here on your head! So there is something about opening up and simply letting go. We can use the breath to do that, and we can use each other to do that. And we can use this beautiful play of male and female energies to do that. And in the process of playing, something happens.

*[A question from Dan about where the 5-day workshop will be held, and a discussion about the program and location, about private sessions, where to get information, and how to register]*

*[Comment and question from the audience about how breathing is like fire, and how to balance our energies, how to work with the breath... "how do we use the breath to wake up?"]*

**DAN:** You combine breathing with thought, sound, visualization, and movement. You can develop a conscious relationship to the basic elements of life: earth, air, water, fire, space. You use the breath to contact and embody the essence of those elements.

I have been traveling since March. I have been in eight countries since March. We have been playing with a couple of basic practical things. We already know the philosophies, the stories. We are in a bookstore here, surrounded by answers. But how do you translate information into a real, actual experience?

Every system offers a different approach. For every idea or method, there is an opposite idea or method. So if we draw from our own nature, if we take from what we are naturally given to enjoy, and begin to work with that, things become simple...

For example, a simple sigh of relief. When you let go of the breath, you can let go of many other things. And when you pull in air, you can pull in many other things; you pull in energy. Every breath can be a prayer. Every breath is a blessing.

When you let go of the breath, you can let go of whatever is holding you back. If you practice letting go of the breath, you develop the ability to let go of many other things. And if we can let go completely, just for a moment, then everything opens up to us.

If you cannot let go of the breath, don't be surprised if you cannot let go of pain. If you cannot let go of your breath, don't be surprised if you cannot let go of fear, or negative thoughts that are bothering you, or habits or behaviors that are not serving you. If you start by learning to let go of the breath quickly and completely, then you can build on that skill. There is tremendous organic pleasure in a sigh of relief. If you focus on it, you can generate joy.

*[Dan demonstrates a big soothing, pleasurable "coming home breath"]*

Is it possible to be in pain and breathe like this? [demonstrates soothing sigh of relief] Have you ever seen anyone who is in pain breathe like this? No. It's impossible—unless you really practice! Can you be afraid, can you be frozen in fear and breathe like this? [demonstrates another coming home breath] You cannot.

Notice that whenever you are in pain and the pain goes away, you breathe like that. Something happens to the breath. You don't think about it, you don't make it happen. It's not a technique: it is a natural reflex. When you move from one state to another state, from pain to no pain, that

breath happens by itself. The same thing happens when you are afraid, and then the fear goes away: that breath happens.

That's not an accident of nature. That breathing response is hard-wired into us. If you practice that breath consciously, you prompt the system to moving from one state to another. And the fact is you now have pain. Just because you are not conscious of it, does not mean that it's not there. And you carry fear. Just because you do not feel afraid in this moment, doesn't mean it's not there.

And so what we have discovered is, if you make this breath a habit of your system: expanding and opening, letting go and relaxing. If we make it a habit of our system, so that it happens automatically, something amazing happens. It's like making music. If you have to think about where to put your fingers on the piano, you might be able to make it through a little song, but you really can't make music. It has to be automatic. It has to just flow from you by itself, unconsciously. Then you make real music!

So in the beginning you practice certain things, you develop the skill. With deep practice it becomes second nature, an unconscious ability. Then real music happens! So it is with this sigh of relief, this coming home breath. Do the math. We have been practicing math at my seminars. If you breathe 20,000 times a day and you make use of just 1/10th of 1% of those breaths... Any math professors here? How many conscious breaths is that? 200? If you make use of just 200 breaths per day for 5 days and don't begin to wake up to your Buddha nature, I'd be shocked! You must be avoiding it!

200 conscious breaths each day. That's an easy way to begin. Focus on your heart as you open and expand and let go. If you do that 200 times a day for one week, and your life does not begin to change, I won't believe it.

If afterward you say: "I tried breathing 200 times a day for one week, each time consciously focusing on my heart and generating love, and nothing happened." I would have to say: "You are lying. You could not have practiced it." It's not possible, because with every one of those intentional breaths, you are waking up and you are falling into your nature.

You can only walk a path so many times before the path becomes a big wide highway. Soon, the heart connection is open all the time. And it hurts to close it, so you have no interest in closing it. Just the opposite: more and more, every breath becomes orgasmic! All that you will want to do is breathe! You will not want to do anything else!

But you actually have to do it. It's not a philosophy: it is a practice. That's what I love about Shakti, she doesn't let people live in their heads; she makes people breathe and move and feel into their heart and body. So please don't come to the training if you don't want to wake up, if you don't want to actually practice. Just read another book. Put more information in your head. Satisfy your mind.

**SHAKTI:** I want to respond to your question about fire. The element of fire is interesting, because you can use the element of fire to wake up. You can use the heart fire of sexual energy to wake up your sexual energy. It's like this. Breathe like this:

*[Shakti models the "fire breath." She and Dan model it, then he invites others to practice it. Shakti encouraging people to make pleasurable sounds on the exhale, to breathe in and out thru the mouth quickly, then she instructs people to hold their breath... (No wonder making love feels so good!) Then she invites them to let go. (Feel the warmth and pleasure.) She demonstrates a natural body movement with the breath]*

**SHAKTI:** Do you recognize this movement [rapid excited breathing]? If you do this movement all the time when you are making love, the man will ejaculate. It is too exciting. It is too stimulating. The man gets too hot. His sexual energy gets too hot. He gets too excited, so he ejaculates. And that's the end *[Dan mimics going right to sleep after sex, snoring]*. Now the woman has just started making love, because we can go for a long time. So we get frustrated. We start thinking sex is not about our pleasure.

But it is possible for the man to learn how to ride the wave of his sexual energy. In the beginning you can build up the heat, but when the man gets very aroused he has to notice before it is too late, and slow down, hold the beloved closer, and breathe deeply. He can still be in penetration, but now we are going into the deep rhythm of the body. We are letting the heat ripple through the whole body.

And that quality I call the "Rippling Blue Flame." Have you ever seen pictures of Indian Gods, like Krishna or Shiva? Have you noticed that they are often portrayed as blue? I think it is because they understand the secret of sex. I think it is because those gods understand the secret of sex. I think they understand that if you keep building your sexual energy, if you don't throw it off with ejaculation... what happens is the fire starts rippling over your skin. Every part of your body gets set alive. It gets set on fire. But it is a cool fire, a fire that can go on and on.

If you have a lot of wood and you make a big bonfire, you light the match, you light the fire, and you burn up all the wood. 5 minutes, 11minutes. How long do people make love? 11 minutes, tops. Then the man ejaculates and it's all over. But another way is to build a small fire, to build up the heat slowly. When it gets too hot, you slow down. You add one log at a time. You go deeper; you go slower. You recycle the breath with your partner. You let the fire spread through your whole body. You feel it rippling through your skin. That is how you build the fire.

When the man is ready, you can build a hot fire again, then you can go fast again, then when it gets too hot you slow down, you ride the wave. Then you build the sexual energy, till just before it gets too hot... then you ride it again, then you build it again, then you ride it again, that's why you can go on forever.

The first time I experienced this was with my teacher, the orgasm went on for the whole weekend. Then it only stopped because I had to go home. So in Tantra, the only question we ask is how much bliss can you stand? Can you cope with more pleasure, or do you have to throw it off by having an ejaculation? Can you open to more pleasure? Can you keep building the bliss?

**DAN:** You see, at some point the body cannot tell the difference between intense pain and intense pleasure. It's the same: intense. All the body knows is that it is too intense. So when you approach your limit to pleasure, your system reacts the same way as it does to pain. The muscles get tense, you hold your breath, and you try to escape and withdraw from the intensity.

So you have to train your body to relax into intensity. Pain is not the problem. Everybody is very good at tolerating pain. And I think the Russians hold the world record! No doubt! So pleasure is the real problem. You can watch your body react as you approach ecstasy. If you haven't practiced breathing and relaxing into intensity, it isn't going to be fun. That's why I love Shakti. She helps people gently open to the ecstasy that is already within us.

Don't think that this will necessarily help all your relationships. It may make some of your relationships unnecessary! When you become self-sufficient and independent? You are dangerous! Because you don't need anyone anymore!

**SHAKTI:** You may have to enlighten your partner; you may need to wake your partner up.

[Some discussion about the introductory workshop, details about the practical session that is scheduled]

*[Question from audience about being enlightened and having children]*

**SHAKTI:** What happens when you wake up is that your personal world and the divine world become one. You have no personal desire, but the desire of existence moves through you. So if it is meant to be that you will have children, then you will be willing to have children.

**DAN:** And when you are free, you do things consciously, not because it is an unconscious program. I know two awakened people who recently had a child, Yvonne Delaflor and Toby Alexander. They had a child. And the baby is called Iam (“I am”). And the baby chose them.

*[Question from the audience for Dan about books... if there are any he can recommend.]*

**DAN:** Books? (Looking around at the hundreds of books on the shelves in the store...) Nothing comes to me.

*[Question to Dan: Didn't you read some books about breathing?]*

**DAN:** Too many!

*[Question about writing a book.]*

**DAN:** We did publish one in Russian, but they are sold out. People ate them all. And I do have an e-book in English. You can download it.

*[Question about breathing through the mouth]*

**SHAKTI:** I teach breathing through the mouth: “ahhh...” It is relaxing, breathing through the mouth is good for dropping control. Breathing thru the nose is good for controlling the breath. But there is too much control, so I teach breathing through the mouth- especially good for women- relaxing.

**DAN:** Do what feels good, and then practice the opposite until it feels just as good. Breathe the energy of the moment. When you see or hear or feel something, breathe it in, connect to the energy of it with the breath.

*[Question about particular breathing technique for a Chinese or Japanese tea ceremony]*

**DAN:** Yes, breathe the energy of the tea. Breathe the essence of the tea. Use the breath to remain very conscious during the entire ceremony. When you look at something, don't just look: breathe it in. When you hear something, don't just listen, but breathe it in. Connect to it with your breath.



*[Question about mathematics and using sacred geometry in tantra]*

**SHAKTI:** The methods practiced in tantra honor the sacred principles underlying life. I will explain to you how it got developed. The master of the practices would go into deep meditation and the energy of the practice would run through his body. Students would watch what happened to him, they would write down what they see, and they would make calculations and draw diagrams. They would develop a system based upon what they saw happening in the master. Then it became all about the mathematics of the system. They forgot that the master did it naturally.

All you have to do is get everything out of the way of the natural. It is natural for your body to want to wake up. It is natural for your body to be orgasmic. All you have to do is get out of the way, let your ego get out of the way. And that is the work. A good way to get there is to spend time with people who have that experience in their body. Be with people who experience this. By spending time with us you have the chance to experience this in your own body.

All for now. Thank you for your love and attention. See you at the training!

**For more information about Dan and Breathwork, visit [www.breathmastery.com](http://www.breathmastery.com).**

**For more information about Shakti and Tantra, visit: [www.totalitytherapy.com](http://www.totalitytherapy.com)**