

## Tantric Terms and Concepts

This Report is an excerpt from the revolutionary new book *Sacred Sexual Healing: The SHAMAN Method of Sex Magic* by Baba Dez Nichols and Kamala Devi.

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 any 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 quick reference for our readers and fellow seekers. If you are ready to deepen your understanding of Tantra go to [www.SedonaTemple.com](http://www.SedonaTemple.com) or [www.partnerplayshop.com](http://www.partnerplayshop.com)

**AHO!** A native American Lakota expression, often accompanied by “Mitakuye Oyasin.” This word is 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. ”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".

**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.

**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. Each of the energetic centers in the body (located along the spine) 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 flows of 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.

**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.

**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.

**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.

**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.

**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.

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

**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.

**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.

**KAMALA DEVI.** Lotus Flower. Incarnation of Laxmi. She who worships the divine with her body.

**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 AKA the Kunda Gland near the anus.

**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.

**LAKSHMI.** The Goddess of abundance, good fortune, 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.

**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 other Earth.

**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.

**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

**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.

**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. In Tantra this term can also refer to a spontaneous energetic awakening

**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 ‘70s 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(Sakti).** The feminine and active principle who 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.

**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.

**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 sahadoli. 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.e

**VISHNU.** Lord of preservation and maintainer of life.

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

**WITNESSING & 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 (bandas), chanting (mantra) and meditation. The skills and benefits of White Tantra practices increase one's ability to master Red (sexual) Tantra.

**VAJROLI MUDRA.** Oral sex, where the mouth and genitals create a sacred seal.

**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.

**YONI GAZING.** The sacred practice of meditating on the yoni. This practice involves devotion and reverence for the maha-mandala from which all life comes. It does not involve physical stimulation or sexually explicit exchange.

**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.