

SkinMap Guide

Tantric Integration

Introduction

In tantra, sexual and subtle energy (prāṇa or shakti) is meant to rise, spiral, descend, and loop—it's *never* meant to get stuck, dumped, or hoarded. Even if you *prefer* a more humanistic, “Western” approach to understanding human sexual-self-awareness, **the core principles are sound and have been practised by our ancestors for thousands of years.**

With that in mind, I'll decode tantric terms into plain English because **the most important thing is to understand the principles, not the terminology.**

When energy is allowed to move rather than “discharge,” it:

- **Nourishes the nervous system** rather than frying it.
- **Strengthens ojas (vital essence)**, which gives glow, stamina, and emotional resilience.
- **Fuels awareness**, not just pleasure.

If you're already experiencing heightened charisma, openness, and flow after a tantric massage from me, then learning to cycle the energy ensures this becomes a stable state, not just a peak one - **something you can begin to access at will.**

Core Practices to Circulate Energy

1. 🐸 The Microcosmic Orbit (Taoist & Tantric)

This ancient method moves sexual/creative energy **up the spine and down the front body, creating a circuit.**

How:

- **Sit or lie** comfortably.
- **Inhale:** feel energy rise from perineum → sacrum → spine → crown.
- **Exhale:** let it descend down your forehead → throat → heart → belly → pubic bone. It helps to hum too.
- **Visualize or feel it** as light, warmth, or tingling current.

Do this gently for 5–10 minutes after self-pleasure or lovemaking, or anytime during the day. It is important to **bring more focus to the exhalation because that's when all-important activation of the parasympathetic nervous system occurs**

This trains your system to recycle **arousal into vitality**.

2. 🔥 Bandhas (Energy Locks)

These yogic locks help seal and guide prāṇa into central channels *instead* of letting it dissipate.

After orgasm or any energetic practice:

- Engage mula bandha (**gentle lift of the pelvic floor**).
- Add uddiyana bandha (**drawing the lower belly inward and up**).
- **Hold lightly with breath retention** (or just softly pulsing with breath).

Even done subtly, this **draws energy upward and inward**, into your sushumna nadi (central channel).

3. 💧 Breath as Circulation Tool

Breath is energy. Use it consciously:

- Alternate deep belly breathing with long exhalations, which calm and recirculate excess energy.
- Try ujjayi (humming breath) to warm and move subtle energies without strain.
- **During pleasure or arousal, breathe up the spine**, especially through the crown.

The breath tells your system: “we’re storing this, not spilling it”.

4. 🕊️ Integration Through Stillness

After peak states (like at the end of your session with me), do nothing. Not sleep, not distraction—intentional stillness:

- **Lie or sit in silence** for 5–10 minutes.
- Feel where the energy is in your body.
- Don't try to direct it—just let it settle and root.
- This teaches the nervous system to hold higher voltage without discharging it.

5. 🦋 Movement as Circulation

Somatic movement, *especially* undulating or spiraling motions, helps distribute energy:

- Try slow hip circles, spinal waves, or cat-cow movements.
- Walk mindfully, feeling your feet connected to the earth, your spine tall.
- Dance sensually—not to perform, but to feel where your energy wants to go.
- Movement keeps the system from “crusting over” after ecstatic moments.

🌀 The Deepest Circulation: Selfless Offering

This one is subtle but powerful:

- After orgasm or bliss, mentally dedicate the energy: “May this pleasure nourish all beings.”

- Let your body become a conduit, not a container.

In Buddhist tantra, this is **transforming bliss into bodhicitta**—so it never stops moving, because it's no longer "yours."

Integration Summary

Practice	Purpose	When to use
Microcosmic Orbit	Recirculate post-orgasm energy	After orgasm
Bandhas	Seal energy, draw it up	During or after arousal
Breath Work	Regulate and flow energy	Daily or during sex
Stillness	Anchor energy in system	After climax or peak states
Movement	Disperse energy evenly	Morning/evening or post-ritual
Dedication	Open heart, sustain flow	After orgasm or peak bliss