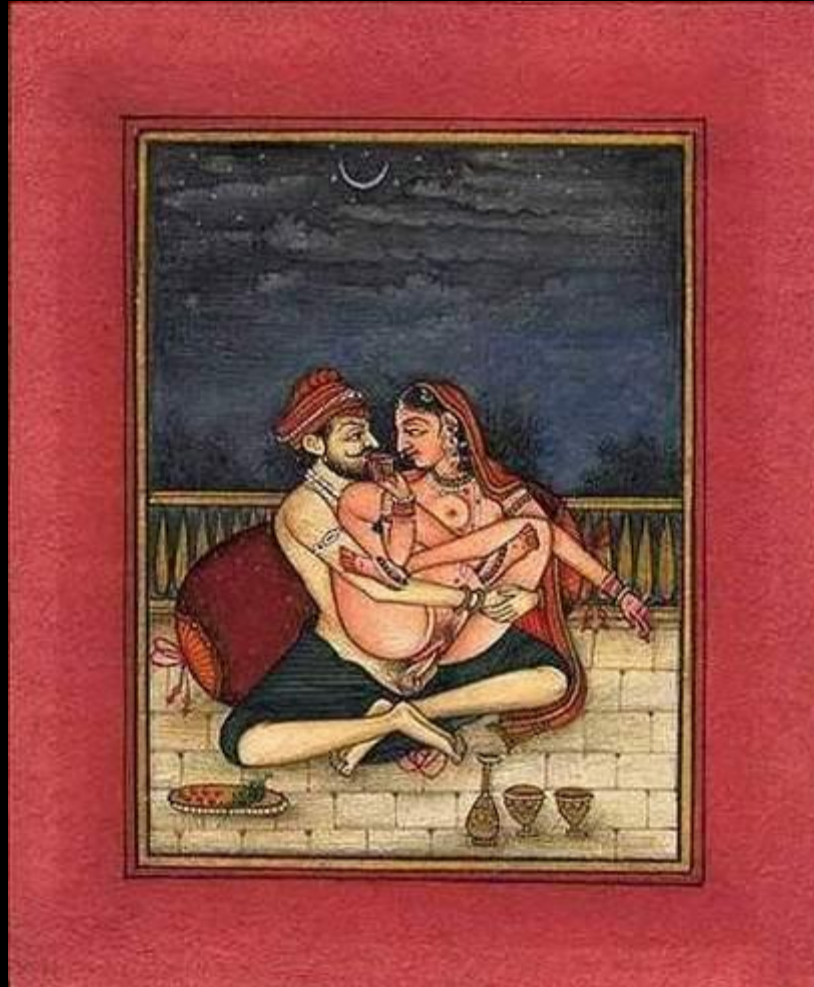


ਜਿਹਲ ਠਲ ਠੋ ਰਾਗੁਵਾਲ



इन्द्रपति वइवानवइ

ਬੁ ਠੇਅਨੀ ਵੇਠੀ



Fig.40: Shunga Art 1¹

This Japanese painting, called Shunga Art, is an original painting on silk, depicting a woman in the erotic submission. She is enjoying it as much as he is. This is an act of trust and surrender. This asana directs the energy from Shiva's lingam straight up Shakti's spine with each forward thrust, and then the energy descends back to the lingam.



Fig.41: Shunga Art 2²

Another painting on silk with the woman on top position. She is uninhibited about actively participating in the divine act of love. She controls the moves and massages his lingam with her yoni muscles. Westerners say that Shakti becomes the “aggressor” or “initiator” but this is somewhat misleading. It does not mean she is a “dominatrix”. Shakti and Shiva are equal in their pursuit of pleasure. She wants what he wants and is not ashamed of it. She has control of her muscles and body and is uninhibited about moving her body. She knows her body and in the process of pleasing her lover, he satisfies her needs as well.

¹ Author's collection
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Fig. 42: Shunga Art 3³

In this lovely artwork, the male sits on the floor in a lotus position and enters his goddess from the back. She opens her thighs wide to allow him full access to her temple.

The lingam stimulates Shakti's Goddess Spot (G- spot) easily when he enters from behind.



Fig.43: Shakti Wide Open⁴

Shakti sits up with pillows supporting her. She opens her legs wide and high to allow Shiva in. Shiva squats in front of her and holds her legs apart with his knees. His pingala pushes her ida upwards, and her pingala moves his ida. This activates opposite polarities.

³ Author's collection
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⁴ Author

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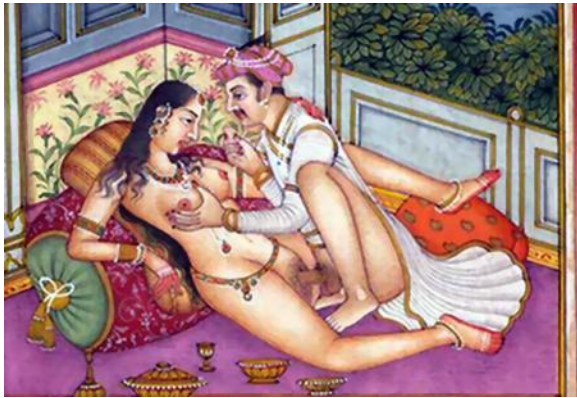


Fig.44: Shakti Reclining

Shakti leans against some pillows with her legs apart, and Shiva sits on the floor in between her legs and enters her, while fondling her breasts. The nipples stimulate Shakti's yoni, causing the yoni to "jump" and squeeze the lingam.



Fig.45: Crow Asana⁵

The crow asana, or "69" is very potent for circulating sexual energy. The sexual energy circulates between the lovers as their polarity doubles. Their mouths are both giving each other at the same time, and their yoni and lingam are receiving simultaneously. They are both in deep meditation while at the same time being completely pro-active.



Fig.46: Lingam Worship⁶

Shakti worships Shiva's lingam. The scriptures say that Shakti should worship Shiva's lingam every day. This is an act of surrender and worship because she is honoring and revering his male essence.



Fig.47: Yab Yum⁷

Classical Yab Yum position. Here is an excellent position for heart bonding. It is a good position for merging chakras, a very visual tactile and stimulating position. This is the lover's embrace.

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Fig.48: Shiva From Behind⁸

Shiva enters Shakti from behind. This is an excellent position for developing a meditative center. It is a very primal, powerful arousing union of Shiva riding the bull. This is a very meditative position for the Shakti that requires little movement and allows her to surrender and remain present. Shiva strokes while Shakti locks. There should be a slow, rhythmic thrusting of the lingam as it caresses the vulva of the lotus flower and plunges deep into the yoni. In this position, both of their locks should be performed in a rhythm in order to maintain a sense of union and selflessness. This is a meditative and tactile position.

⁸ Author
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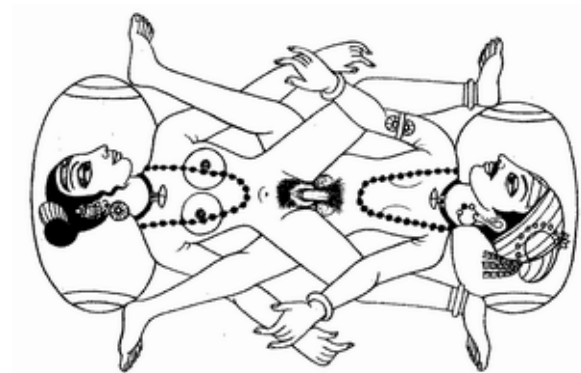


Fig.49: X-position⁹

Shiva and Shakti in excellent X-position. This supreme union of Shakti and Shiva is a most meditative position and allows the resonate flow from Shakti to Shiva. This Shakti is unrestricted in its movements back and forth like ocean waves. It requires a high mastery of the woman's internal muscles and locks since all the movement is internal and minimal. It is demanding for the male because he has to maintain a strong erection for an extended period with minimum movements. This supremely blissful union catapults both parties into unified supreme bliss and samadhi. The Shakti is required to rhythmically control the internal vaginal locks and visualize the flow of the energy from the lingam up the spine to the crown. When the lock is released, the Shakti flows back down to the Shiva and transverses up his spine to his consciousness and then a wave of Shakti from the Shiva aspect transverses back to his lingam causing the lingam to throb and erect thus creating another wave allowing this effortless orgasmic energy flow.

⁹ Old Indian print

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Fig.50: Shiva Adoring

The Goddess¹⁰

Adoring the goddess. Shakti lays on her back as Shiva stands on the floor and leans in to her. They make love with their eyes open in bright light, focusing only on each other. They move their energies consciously in a trance-like a dance of ecstasy. This is a very visual position for eye gazing and conscious union. Sex is the afterthought. The important thing here is the visual connection.

¹⁰ Old Chinese print
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Fig.51: Shakti On Back¹¹

Shakti lies on her back and pulls her knees up to her chest so that Shiva can have entry to the temple. Shiva worships the Goddess with every stroke and consciously moves the energy up her spine. Maintaining eye contact and repeating a mantra together makes this experience even more magical. This is a visual position of worship. Entering the temple is best done on initial entry in the yoni, slow and deliberate, using the lingam to stir the Shakti and awaken the yoni. Eventually the lingam should be fully extended into the temple and felt deep within the yoni. This is a titillating position of the lingam pressing the stroking the lotus flower.

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Fig. 52: Tiger's Tread 1¹²



Fig. 53: Tiger's Tread 2¹³

Tiger's Tread. In this position, Shiva has full access to the Goddess spot. This position is primal and animalistic, and hence, very erotic and sensual. Shakti should eventually lie flat on her stomach and extend her legs. As the orgasmic energy builds, she will automatically straighten her legs, tighten the locks, contract her thighs, point her toes, squeeze her buttocks, and pull the energy to her crown. Shiva should continue to churn the chi, building more and more intensity. Lingam should slowly plunge deep into the yoni and caress the goddess spot with each stroke. This is very intense for both parties.

¹² Old Japanese print

¹³ Old Chinese print

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Fig. 54: Crow Position 69¹⁴

Crow position. There is no inhibition in the best union. Every act is an act of honoring the divine in the other. Lust becomes love, and love becomes meditation. “69” is a difficult position to master. It requires both Shiva and Shakti to surrender to each other. This is a yin position of ultimate surrender that is very meditative. It requires doing two things at once, giving and receiving at the same time, and remaining selfless in that act. You should become selfless and allow your body to be the natural servant. Do not become the doer. Become present in the moment and surrender.

¹⁴ Old Japanese print
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Fig.55: Worship the Yoni¹⁵

Worship the Yoni. In this worship, Shiva becomes yin. He uses his mouth and tongue to worship the Goddess. He drinks in Shakti's *amrita*, the nectar of immortality, which enriches his health as well as hers. This is an act of surrender to the goddess, an act of worship, an act of surrender and adoration.

¹⁵ Old Japanese print

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Fig.56: Marriage¹⁶

The love you express through your thoughts, words, and actions is a mirror of the love you have for yourself and the Supreme. Therefore, love with no conditions or judgment, but love from the pure essence of your heart.

¹⁶ Old Chinese print
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Chandi Devi has been nicknamed the “Dear Abby of Tantra” because her pertinent insights in spiritual tantra go beyond academics. She has the ability to make the profound teachings of tantra understandable to everyone, including the novice. She teaches from a practical perspective, and does not limit her teachings on intellectual knowledge but from spiritual wisdom stemming from profound experiences.

You may call on Chandi for any personal challenge that you are facing to give you some support. Chandi is also available for one-on-one guidance on the art of tantra, done through skype or phone. For details please email chandi@chandidevi.com

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