



Video Transcript

Learn About Tantra

Hi, I'm Meg Gwyn, and today we are going to be discussing tantra. So when you hear the word tantra, what comes to your mind? Well, you're most likely to associate tantra with wild bedroom practices and sexuality, but tantra actually encompasses something far more expansive. Tantra is about embracing the full spectrum of experience from emotions to consciousness.

And the word tantra comes from the ancient Sanskrit where tongue means to stretch and tra means instrument or device. So together tantra creates this beautiful metaphor. Tantra is like a loom that helps us to weave and expand the fabric of our consciousness, just like the loom interweaves, all of these wonderful individual threads to create a tapestry, tantra shows us.

Every single aspect of life is actually interconnected. Every experience, every single emotion, every challenge even becomes a thread in the grand tapestry of our spiritual growth. And Tantra essentially reminds us that we're not just these passive observers of life. We're active participants in our own expansion.

So through Tantra we learned to stretch beyond our perceived limitations and weave together the physical, the emotional, and of course the spiritual dimensions of our being. Just like a skilled weaver incorporates every seemingly imperfect thread into their tapestry. Tantric teachings teach us that every single obstacle you encounter can actually become a wonderful opportunity for expansion and growth.

So what might appear to be a nod or a tangle in your life's fabric, if you will, can actually be the most interesting and valuable part of your story. And so this is really, really different from a lot of traditional paths that that oftentimes might view the body as something to transcend. Tantra also

honors the body as this wonderful sacred vessel with the potential to not only support transformation, but also offer a bridge to enlightenment.

Tantra sees the body as a very, very important part of our wholeness and by fully inhabiting the body and engaging in all the wonderful sensory experiences. And this also includes your emotions, which aren't considered obstacles to be overcome, but rather energies that can be worked with as part of your own spiritual practice.

So if I were to capture the essence of tantra in just a few words, I would say that it's also about embracing life's dualities. It teaches us to find balance between both our active and our receptive qualities between our power and our tenderness. These complimentary forces, which sometimes you might consider masculine or feminine, exist within each of us, regardless of our gender, and there are, and they're just waiting for us to harmonize them.

It teaches us that life itself, again, every single bit of it is sacred. Every single moment, whether it's profane or mundane or profound, can actually be a path. To enlightenment and tantra. The amazing thing is it offers this incredible, wonderful toolkit of practices from consciousness, uh, meditation practices to breathing, to mindful movement, and even, of course, sacred touch.

All of these practices, all of the teachings of tantra are designed to anchor you into the wonder of the present moment. So instead of pushing away difficult feelings, tantra teaches us to welcome every single thing that shows up. And it's as simple as tuning into your breath. Their breath helps us to stay again, present with those feelings.

And as we do, we process them. We allow those emotions to flow through us, and that can actually carry us into something beautiful like a child. Approaching the world with eyes wide open. Tantra teaches us to stay curious and open-hearted. And also not to take life so seriously. I mean, sure. You know, life has its heavy moments, but Tantra teaches us again that even those can be approached with curiosity, openness, and even play, if you will, and that it's not good to necessarily try to overly control those experiences.

And while Tantra isn't all about sexuality, despite what you might've heard in pop culture, it also does offer us a beautiful way of thinking about our sexual energy. Instead of trying to transcend it or suppress our sexuality, or even be embarrassed about it, tantra sees this energy as a natural and powerful force in our lives, whether, again, it's through embracing our emotions or exploring our sensuality and deepening our mindfulness about our sensuality, it invites us to see.

This space, this place of pleasure as a sacred art that can help us to expand our consciousness. And so when we learn about tantra, we make peace with all aspects of our being, and we recognize that we are already sacred and we are already divine. I hope this gives you a nice little intro to Tantra, and I will see you in our next practice.

