

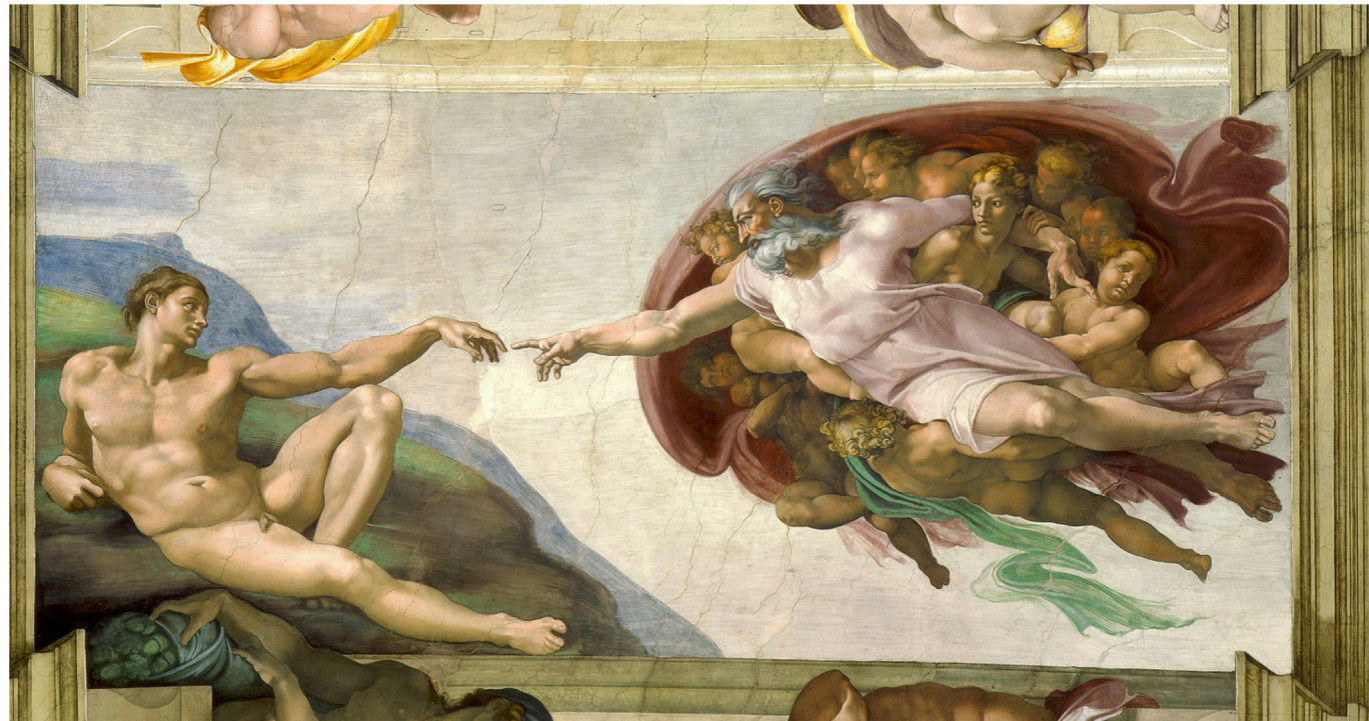
Tantra and Breathwork




The earth was formless and empty and the Spirit of God was hovering over the waters

God formed man of dust from the ground and breathed into his nostrils the breath of life

Breath:
the cause of
creation



A close-up, artistic photograph of human skin, showing soft folds and textures in warm, muted tones. It occupies the left side of the slide.

Breath: the cause of creation

The Hawaiians called the Europeans “haole”, which means breathless, or without breath.

Traditional greeting throughout the Pacific was to touch nose to nose

“The breath of life”

is not the breath

is not oxygen

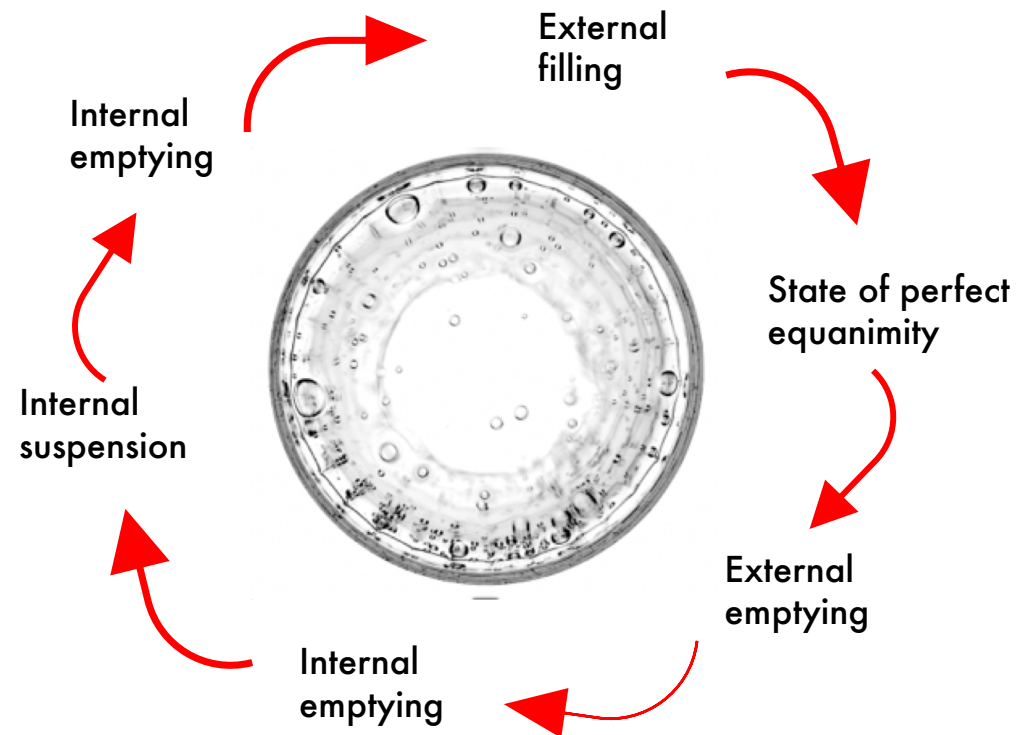
is the animator of the breath

Prāṇa

Practices that focus on *Prāṇa* have the goal of expanding consciousness

Prāṇacintā

Meditating on the vital breath as an exercise of bodily self-awareness.





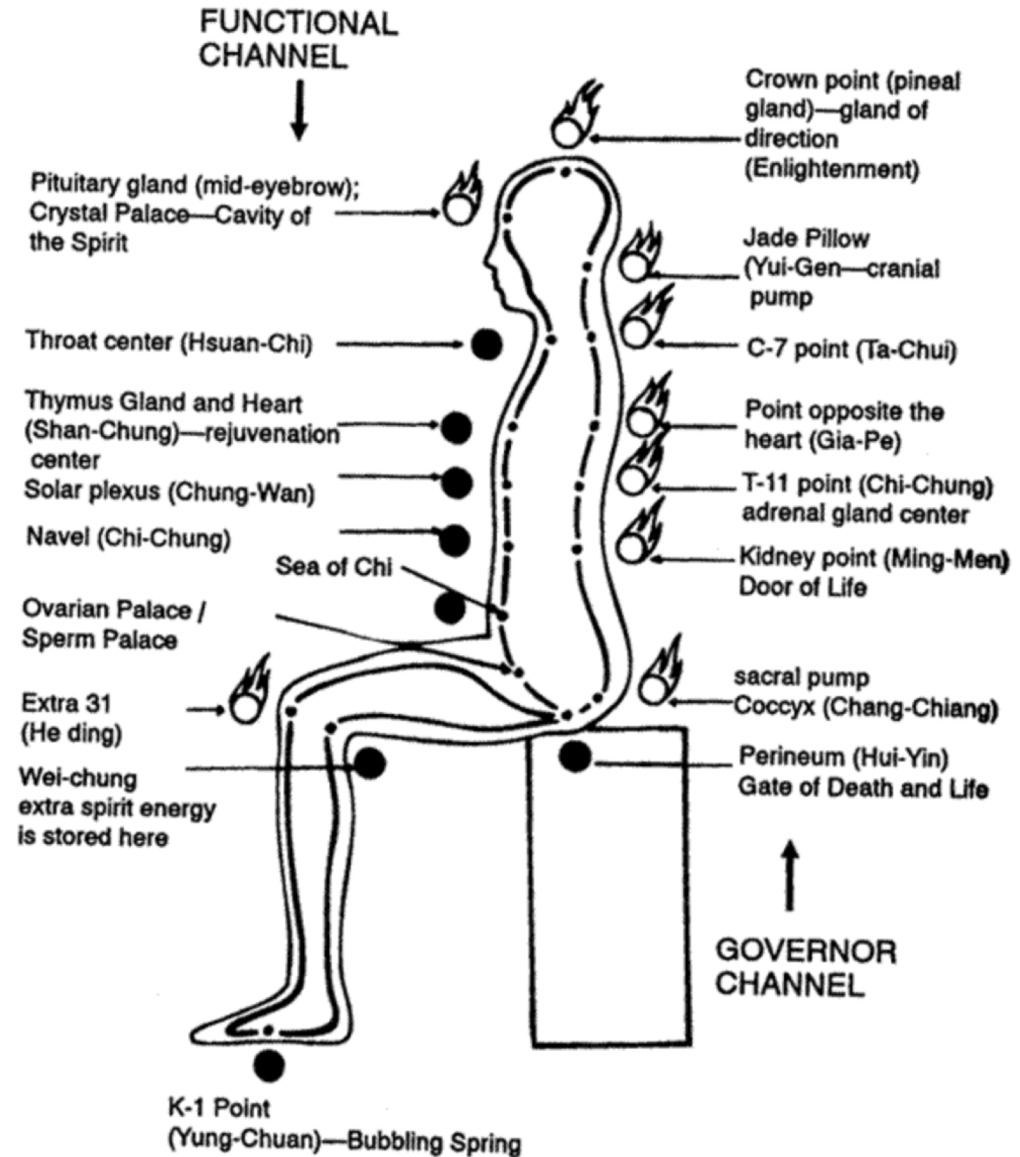
Importance of holding the awareness in
that space between breaths

Individuality merges with the universal

Attitude when you don't have control

Possibility to clear and de-clutter spaces

Microcosmic Orbit



Breath and orgasm

Orgasm as the dissolution of the sense of being isolated from the source

Pulling energy from the base of your pelvis along the spine



inner  camp

THANK YOU

