

The Path of the Body and Tantra

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About the Article

First edition: 1/30/2016
www.voyageindestiny.org
www.academia.edu

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Glossary

The Path of the Body
Tantra
Sexuality
Love
Evolution

Synopsis

Tantra, an oriental path to growth, often proves inadequate and at times incomprehensible in the West.

Our Path of the Body is a path to growth; it contains similarities, however its assumptions are slightly different, more appropriate to Western minds. Its special use of sexuality implies that it can become a gateway to the world “beyond”, which reminds our being of the meaning of "evolution" in the Matter and its ultimate prize: to live in Love.

The Path of the Body and Tantra

We are often asked about similarities and common points, such as those suggested in *The Path of the Body*, and Tantra.

The question is more than plausible, since Westerners, when in search of more information about sex, generally type on the Internet search engines the word “*Tantra*”.

We both approached tantric teachings about sixteen years ago. After years dedicated to the studies and practices of Tantra, we distanced ourselves from it as we criticized some of its teaching methods in the West as well as some aspects of the discipline itself.

For several years, we have had the opportunity to investigate the human body and sexuality in detail - the most powerful instrument during one's incarnation, having the power to give us continuity in time and the joy of being in a physical body.

We discovered that by using sexuality in a certain way, it becomes a gateway to a "world beyond", one that reminds us of the "evolutionary" meaning of our being in the Matter and its final prize: living within Love.

The *Path of the Body* is, in this sense, one of the possible paths to one's evolution. Human Love is reached through carnality, i.e. the highest level of union that two incarnated beings can achieve.

An exciting path, albeit a difficult one at times, due to the socio-cultural and religious aspects which we are subjected to.

Tantra, whose origins are lost in the mists of time, is an ancient Indian spiritual discipline, with branches also found in the adjacent regional areas. The word refers to a collection of texts as well as the teachings. Etymologically within the word *Tantra* we identify the Sanskrit root "tan" which means "expansion". This is the precise purpose of *Tantra*: to expand personal consciousness to feel connected with the Whole. This is what is meant by the term Illumination.

Tantra teaches mental and physical techniques that lead to the mastery of body, senses and mind, and to the conscious use of sexual energy. Such is the purpose of Mudras (positions of hands and fingers), of Mantras (vocal expression) and of Yantras (meditation and visualization techniques of complex geometrical forms). Within *Tantra* the sexual act is one of the paths available in order to join Matter and Spirit, to fulfil one's desires without repressing them or becoming a slave to them. The duration of sexual intercourse is prolonged because the ultimate goal is not orgasm, but rather a diffuse sense of pleasure and the use of sexual energies and mental states that may be induced during intercourse, to the purpose of joining the partners and allowing them to perceive the depth of their Union.

The moment when any kind of Union is perceived is the moment when one is enclosed within the Dynamics of Love; it then becomes easy to perceive other Unions at different and more elevated levels.

When interpreted in this way, *Tantra* becomes a gateway to ascend and evolve. Our *The Path of the Body* has the same objective, but in a simpler and more "Western" way. Above all, there is far less symbolism and far fewer ceremonies, to which, due to our cultural traditions among other things, we are not accustomed.

We realized that *Tantra* is too advanced for current Western human evolution - although our level is gradually approaching the level necessary to understand it. In order to be used in the West, however, it must first be translated, not only from a linguistic point of view.

It is not enough to import it simply as if it were a new product to be launched on the market: it must be made clearer and more understandable; it must be "trans-lated" in such a way that it

becomes easier to understand for the West. *Tantra* was born in a historical, socio-cultural and religious context, which is far distant from ours. It encloses a wisdom, which dates back thousands of years and it is related intimately to the history of the area where it was born, to the beliefs, religion, perception of the world, of life, of nature, the body, and of sexuality!

It is not a bundle of perfunctory techniques, but an approach to life that holistically involves all of its areas.

Furthermore, it was brought forth during an evolutionary phase of the human race that is not the one we are currently living in. It was a stage when we trusted the wisdom of the body and in order to understand our reality we made use of a form of intuition that was not mediated by reason.

In order to understand and apply tantric practices we must first revert to this initial stage. We would need to recover long forgotten capabilities, ones which we lost or forgot with the advent of the next evolutionary phase in which reason took over.

Only a few aspects of *Tantra* have been imported to the West. Sexual practices were among them, and if taken out of context they are liable to be misinterpreted, or rather the path they suggest cannot really work in the West or, at best, only partially. It is no coincidence, for example, that Tantra courses in Europe become, at times, places of promiscuity or that the word alone can arouse a sarcastic smile. The purely sexual aspect of *Tantra* has prevailed in the West because of our history, or rather due to the consequences of two thousand years of Christianity and of a certain philosophical and scientific direction, such as Cartesian rationalism, which still affects us nowadays. That means that we turn to *Tantra* with the conscious or unconscious expectation to free the body and its drives, although what really happens is that we become entrapped by them.

We expect Eastern culture to help us overcome Western present-time closures in the field of sexuality, but it cannot work because the energy circuits of the human body are slightly different from people to people. This means that the ways to activate some energy circuits, specific positions and Mudras as suggested by *Tantra* do not produce the expected results on bodies in the Western world simply because they rely on the energy structures of human bodies coming from the same area where *Tantra* originated.

In order to achieve a spiritual experience through the body, Westerners must first take two basic steps:

- 1) return to the body and to a correct and balanced use of sexuality
- 2) abandon the concept of the superiority of mind over body.

These two goals must be reached by employing Western ways. Eastern disciplines can give us thought-provoking impulses but they risk being ineffective if they are not first transferred, i.e. we need those "adapters" that allow us to comprehend the message they send, first at a cognitive and then at body level (our type of body!).

Imagine somebody suffering from iron deficiency. Even though he or she keeps on taking iron, his/her body cannot absorb it. A simultaneous intake of vitamin C is necessary to obtain a positive result.

The same happens with *Tantra* in the West. It is possible to follow tantric teachings for years and years, as they are offered in the West, and still be locked within the body, never reaching the condition "beyond" which we mentioned previously .

How to develop the Path of the Body in a practical way

From our personal experience, we draw the conclusion that for us extremely rational Westerners the cognitive aspect is fundamental: once the message has been understood it is the mind that allows the body to experience. This is not the way it was meant to be! The body possesses its own intelligence and wisdom, which needs to be retrieved, particularly so with regard to sexuality.

To do this we must take into consideration the average starting point of a person who wishes to set out on this path having had no previous experience.

It then becomes very important to regularly give the mind a certain amount of simple, clear and logical information so that it sets the body free to experiment.

The true story of sexuality and the bodies of the human being

The *Path of the Body* is accompanied by a significant wealth of information relating to both the true story of Western sexuality [1] as well as the functioning of the body or rather of the non-physical human bodies [2], with particular attention to sexual energy.

Learning that our ancestors experienced sexuality in a spontaneous and natural way - contrary to what we were told - opens up a completely new scenario, one that entitles and encourages us to return to the body to recover lost or long forgotten capabilities: the wisdom of the body we mentioned earlier. This is not an invitation to return to our ancestors' level, rather one to recover part of their capabilities. They lived their sexuality in that way because that was an evolutionary phase of the human race, which was closely linked to Matter and to the instinctive dimension of the body. Now is the time to recover the corporeal dimension that we abandoned on entering the next evolutionary phase: the one where the mind prevailed. The recovery of the body allows us to balance the mind and to gain access as a whole to the next evolutionary phase. One of the principal steps of our current evolutionary phase is to enter the Dynamics of Love that unite us within ourselves - body, mind and soul - and once our personal Union is completed, to experience it with another human being, just as complete.

Defining the goal

Defining the primary goal of this process has a fundamental relevance because if the mind knows where we are heading - beyond the single steps - it can remain calm thus not hindering the experience taking place in the body.

The aim is to reach physical Union first and then complete Union with another human being. Here, reaching orgasm is not the purpose of intercourse. To the minds that will rise up against this statement we simply respond affirming that this does not mean refraining from orgasm or from complete sexual intercourse or, if you will, an all-encompassing one. Even more, we believe that the absence of sex is not human. Once you are in the proximity of the Union, not seeking orgasm will happen naturally. Sexual energy will still be present, only not concentrated in the genital area and not focused on reaching orgasm.

The experience within the Body

The special attention we have dedicated to the activities of the body in recent years stemmed from the realization that

Experiences can be made only in the Matter, i.e. within the body.

Thanks to our experiences, we can understand the Creation we belong to by developing a process of gradual comprehension that is not only rational or theoretical, but also experiential, which allows us to grow and evolve [3].

Our path to knowledge has made us see, perceive and use our body in a completely new way and also to investigate and define the multitude of non-physical bodies of the human being [2].

The problem of our time is that we live in the separation of body and mind. Nowadays the mind plays a role that is much more important than that of the body.

What we must understand is that experience is mostly achieved with the body and much less with the mind. The mind is simply a tool which allows us to adapt to physical reality, but if it takes upon itself to lead our lives denying the body, it can lead us astray. Underpinning all this is the body that enables us to gain experiences within the material world. The mind is also capable of forming completely illusory thoughts that do not mirror the real nature of things, nature that is much closer to the body.

Taking it to extremes it can be said that the mind lies, while the body cannot lie.

The demonisation and wrong or exaggerated use of sexual energy is a deceitful illusion of the mind, which, as we have seen, leads to such inconsistent, contradictory and schizophrenic behaviours: the head says one thing while the body does something else.

One might say that what we Westerners consider the greatest good, i.e. our rationality, is also sometimes the source of deception.

This is why we have to get back to the body and the proper use of sexual energy, which is the strongest and most thrilling tool we have been given to gain experience in the Matter, and which in itself also has the ability to transcend it.

"Tan" – Expansion

Tantra and dance have in common the same Sanskrit root "tan" which means "expansion."

The origin of the term sums up the essence of Tantra as well as of Dance: both, in fact, if done in a certain way, are able to bring individuals to a deep connection with themselves and thus with the Whole.

In *The Path of the Body* we make an extensive use of dancing for many reasons and with different objectives.

Firstly with dancing we can bring people to the body, in the sense that by dancing the body is activated, the mind calms down and the vital energy begins to flow freely.

Secondly, if properly used, dancing becomes a way of perceiving forms of Union at different levels:

within themselves, with a partner, a group, a place, a certain spiritual sphere and so on. This is what we call "sacred dance" in which, starting from the activation of the vital energy, i.e. the sacred one - from the Etruscan root "sac" that refers to the Earth's energy that creates and destroys everything - we enter the Union areas, by exceeding pure physicality.

About the authors

Roberta and Francesco have been friends since 2000...but perhaps even long before that. A desire to seek the deeper meaning of existence and an insatiable curiosity about everything that goes beyond normal human knowledge prompted their collaboration, and, since 2006, they have embarked on a joint research path of "true knowledge".

Together they have developed a new method of historical investigation, called the *historical intuitive method* in which the combined use of an objective historical knowledge and insights obtained in a state of super-consciousness allows interpretation of artefacts and events which are unreachable by the normal historical method.

The Path of the Body is another of their common achievements: a path to human growth and "evolution" in which, starting from the physical body and its use in the reality of Matter, we gradually come to the perception of a "beyond" reaching into the Spirit world. They disclose this path through books, conferences and seminars in Austria, Germany, Italy and Switzerland.

They have a joint website where they collect and publish their experiences and communicate the dates of the experiential paths: www.voyageindestiny.org.

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