

HOW TO SPEAK TANTRA

SHIVA
Male sexual energy

To expand, be free



LINGAM
Penis. Means
"wand of light"

CHAKRAS
Symbolic
representations
of the glands

PC MUSCLE
The major muscle
of contraction in
male and female
orgasm

SHAKTI
Female
sexual energy

YONI
Vagina. Means
"sacred place",
"hidden valley",
"field of pleasure"



"Tantric or treat?
Both, please"

IER BRA. MY BRAIN SAYS, "YOU'RE ON YOUR OWN, MATE"

Michelle and I sit there and I tell her how I miss my it and love getting mail and enjoy rolling on wet ass. While she has her go, I'm desperately trying to ink of the next thing to say.

Then I sit on the mat cross-legged, while she rattles me and takes off her bra. My brain rows up its hands and says, "You're on your own, mate."

I'm supposed to be concentrating on drawing my energy from her, then sending it back. I breathe deeply, visualising blue toffee looping up and down between us, while she rocks and writhes against me. There's plenty of energy to go around.

I'm given a book to read and video to watch as part of the course, which will help me prepare for my next session.

"One of the meanings of the word Tantra is 'expand'," says Kerry. "So what I'm doing is just an expanded approach to sexuality. I'm including Tantra, Taoism and modern research."

My New-Age-bullshitometer is on the alert. The video is a mishmash of commonsense, mysticism, porn and New Age sentiment. In between hardcore scenes of

couples enjoying penetration, surrounded by candles and saying, "I love you," we have footage of "loosening up", where groovy nude people gyrate like they do in the background of '70s party scenes. There's far too much pubic hair for my liking.

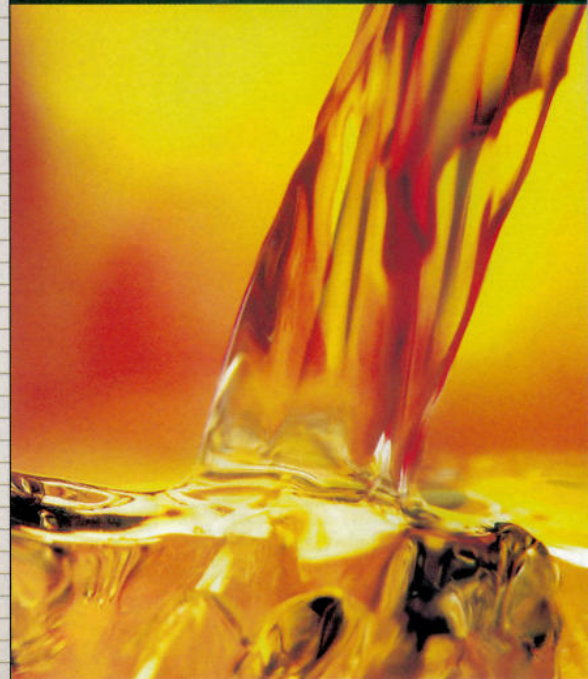
"Why not have a relaxing bath together?" burbles the voice-over, showing a soppy couple surrounded by a virtual firestorm of candles. "Why not tell your partner you love her?" (Really? Get away.)

The second session is much the same as the first, only I get to feel Michelle's PC contractions without the interference of underwear.

The book tells me I should regularly be flexing my PC muscle for three whole seconds at a time. I can't do it for longer than one. Without exercise, the muscle gets weaker as you get older, but mine's lousy now. It's preying on my mind. I'm flexing every muscle but the correct one, including some in my upper body. No-one's ever asked me to stop going to the toilet so many times in a row.

Michelle keeps telling me I ought to be feeling energy movement, but I'm doing so much deep breathing, it might just be oxygen rush. She tells me to stop

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