

# Day 2: Tantra Meditation

## Exercise/meditation

Sit, tune into your heart in this moment and look into your partners eyes and say “my Heart wants you to know..... Then tell the truth. Do this for at least 10 minutes and then if you make love great! If not, also great! If you do make love I suggest you experiment with slowing it all down and going very slowly. Touch each other very lightly and gently and in any moment if there is even a slight sense of separation, then slow it down even more and connect. See what happens! You might actually make Love...

## Optional breath meditation...

sitting opposite each other- when you breath in close your eyes and feel your heart and then on the out breath open them and look in your partner’s eyes and let the feeling in your heart reach to your partner

### Saints Bowing in the Mountains

Do you know how beautiful you are?

I think not my dear.

For as you talk of God,

I see great parades with wildly colorful bands

Streaming from your mind and heart,

Carrying wonderful and secret messages

To every corner of the world.

I see saints bowing in the mountains

Hundreds of miles away

To the wonder of sounds

That break into light

From your most common words.

Speak to me of your mother,

Your cousins and your friends.

Tell me of squirrels and birds you know.

Awaken your legion of nightingales—

Let them soar wild and free in the sky

And begin to sing to God.

Lets all begin to sing to God!

Do you know how beautiful you are?

I think not my dear