

Day 3: Tantra Meditation

Today you might like to go through all of the phases of Life Energy, Love and Devotion and move into love-making or as an alternative focus on the Devotional which is Worshipping your partner in the way that feels best to you...it could be in words or in gazing or sharing a prayer you write to or for that person.

If you move into love making let it be with the attitude that you are making love to a Goddess or God. It will bring in a different quality and way to meet.

