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## Using Tantra to Birth Your Dreams

or

## I know what I want, how can I make it happen?

Or

## Manifestation and Sex Magic

Why is it that some of the things we desire seem to fall into our lap, while other things seem unachievable? Many of us have been dreaming, visualizing, affirming, praying, even crying and screaming for what we want and our desires continue to go unmet.

Throughout time human beings have sought to build the power necessary for manifestation. Breaking down what happens between the moment of initial desire and actual manifestation has become a major area of study for many of us. Most realize that it requires some power or energy to make things happen or manifest something.

What are the sources of energy available to us and how do we tap into these sources? Reality is holographic, meaning that manifestation and information repeats itself, like photons and neutrons orbiting an atomic nucleus and planets orbiting our sun, and so it is with energy. There is Divine Energy, which is the power that is behind all of creation. This encompasses the stars, our sun, the planets, and every object and being in our reality. The closest and easiest power source to learn from, tap into and study is the holographic power source of our own beings. Where are we building personal power and where are we draining it? Often times we are losing power and we are not even aware that we are doing so. It is crucial that we become more attuned to our power and deepen in our awareness to plug the leaks and harness the power within ourselves.

Our ability to feel what is happening with our energy and how we are expending it is critical. This requires awareness and sensitivity. As a society we are conditioned to avoid certain feelings, which dampens our overall ability to feel. Consequently, our response to the emotions and situations that create these feelings is muted and incomplete. Feeling

fully and deeply is a good thing. Our ability to feel has a direct effect on our emotional body. The emotional body is part of the feminine aspect or hologram, whereas awareness, responding, and choosing are part of the mind or the masculine hologram.

### **Sacred Union – Love and Power**

One might draw an analogy between our ideal natural state and the proverbial Garden of Eden, where all desires were met and everything was provided. Judeo-Christian tenets would seek to place the responsibility for our “falling from grace” on Eve, who represents the feminine. This is only one small example of how we are encouraged to polarize the feminine and masculine aspects of the hologram and ourselves. These erroneous beliefs become anchored in the subconscious and continue the internal rift between the mind and the emotions or the masculine and feminine aspects. This disconnection and the dispossession of the emotional body are a direct result of the discrediting and undermining of the female aspect that has been perpetuated by a masculine dominated patriarchy. There are many best selling fiction and non-fiction books today that address this issue. Some offer support for healing and restoration. As more consciousness arises and we acknowledge that we must heal these unhealthy paradigms, many of us are inspired to answer the call by creating awareness and transformation deep within ourselves. As we heal ourselves, the consciousness we anchor can begin to direct itself outward to the entire hologram including our families, communities, nations, and world.

Ultimately, the marriage of the divine feminine and masculine is reflected internally by the alignment and merging of our own emotional body and mind. The resulting equanimity and clarity we receive is the basis of our power to manifest desire.

This healing and marriage is not a mental process although the mind plays a very important role. Without the mind opening up and letting go of its agenda and bullying, there is little room for the emotional body to stand by its side in total partnership. The emotional body needs to be recognized, reclaimed, protected, honored, and exercised. When the mind is willing to hold the space and witness this process, the stage is set for something amazing to happen.

Easier said than done. The mind often thinks that this new way of relating will result in pain and death. And in a way the mind is right. The pain is about being willing to feel all of the suffering the physical body, emotional body, and heart has endured for so long under the tyranny of the mind. And the death is about the death of an old entrenched way that the mind learned in order to survive in a reality of fear, guilt, and competition. Until the mind relinquishes control, and stops judging our desires, our bodies, and our emotions, and takes its divine place as witness and space holder, the healing in the body and heart can't happen, and we'll never be able to manifest.

As the mind opens to receive this backlog of painful and previously unresolved emotions a merging occurs. It is the divine marriage of the mind and emotional body, or our internal masculine and feminine. In this new union of love and acceptance the Heart and the Body are transformed and reborn. Held resentment, anger, and sadness are expressed and released. The mind embraces its sacred job, to witness without judgment, hold space, create safety, discern, and choose appropriately. The gifts start arriving. New information, insights, inspiration, and energy that were previously withheld are now flowing in from the emotional body, physical body, and heart.

This new relationship is a conduit to Divine energy and we start to tap into the unlimited resources of the holographic universe. In this place we feel all of our desire, let go of our desire, and experience the merging of our desire with the Divine aspects of God- Emotions, Mind, Body, and Heart. This is also known as the Tantric Path.

The intensity and passion that is generated during sacred sexual union is the most powerful force available to human beings. On the human body level, making love makes babies and new life. When other levels of consciousness are engaged in this act, any desire can be manifested. When we generate energy in our second chakra through sexual expression, we can move that energy in any direction.

### **Try it, you'll like it!**

The masculine aspect in most men and women has become so selfish and self-absorbed, obsessed with the instant pleasure of its own orgasm.

Through the conscious choice to delay and redirect that desire, comes a deepening with new realms of pleasure, sensitivity and power. Power to manifest. It is time for the divine masculine to show up in all of us. There's so much support in the universe and in divine consciousness for this to happen now. We just have to tap into it.

To create a powerful sacred sexual ritual, consciously engage all aspects of your being: body, mind, emotional body and heart. The challenge is for the mind to take that raw passion and energy that's generated and to breathe it down through the first chakra, rooting and grounding it down into the earth and physical reality. Then breathe that rooted energy back up through the body and connect it with Divine energy and desire. As you breathe it back down from the Divine, you're able to bring in Divine support, energy and inspiration. This is making love with God, the Earth and Sky. This sacred sexual ritual is personal and can be performed alone or with a partner.

We are all energy beings. We influence and inspire each other, not through our doing, but through our being. It's time to show up and allow ourselves to be the divine beings that we are. Which means giving up the old game of victimhood, delusion, fear and competition.

### **Wake up! There are power choices!**

Be willing to communicate, become transparent and vulnerable in intimate relationship, you'll be able to find the hidden places inside that drain your power. Keeping ourselves insular to hide the shame of how dysfunctional we've been also keeps us powerless. The willingness to come out of hiding and feel our shame transforms our selfishness into abundance. How brave it is to stalk ourselves and bust our own delusions.

Allow your mind to take its divine place as witness and receive without judging our desires, our bodies, and our emotions, and then our mind can be an instrument of integration and direction. Always steering us on a path of more ease and beauty.

Be willing to run 2<sup>nd</sup> chakra passion throughout your entire being, harnessing the fire that will manifest your dreams.

Make lovemaking a sacred act, and when shared, a true co-creation. When we merge in sacred sexual union and are fully feeling our emotional bodies in alignment with our hearts and physical bodies, the combined desire and intent are amplified to a quantum degree. We merge into Holographic Divinity and are able to manifest heaven on earth.

If only we had learned the truth about sex in high school.....

BABA DEZ NICHOLS is a Internationally renowned speaker and teacher, Daka, author, singer-songwriter, and transformational guide, trained in the Sacred Temple Arts to share, inspire, and support others in their integration of the divine masculine and feminine (Shiva/Shakti) energies within. He is the founder of the Sedona Temple and School of Temple Arts and the Annual Daka-Dakini Conferences for sacred sexual healers, Tantra teachers and practitioners. He has studied, assisted, and been blessed with the presence and wisdom of many masters around the world for over 30 years. His path is to travel worldwide and help others deepen in their truth and power, find healing & enjoyment in transformation, and manifest grounded results. He is currently on tour promoting the release of his documentary Sex Magic, his book Sacred Sexual Healing: The Shaman Method of Sex Magic and his music CD Thank the Moon. <http://www.babadez.com> and <http://www.sedonatemple.com>

Baba Dez  
P.O. Box 3054  
Sedona, AZ 86340  
E-mail: [Dez@babadez.com](mailto:Dez@babadez.com)  
Web: <http://www.babadez.com>