



# Tantra

Vol. 1

The Whispering Transmission

*This book explores one of the most attractive, controversial and revolutionary ways of life of mankind: Tantra, a path of spiritual awakening taking its root some 7000 years back in India and which doesn't separate sex and enlightenment, but embraces them as one.*

*The author is investigating the depth of this mysterious Path by narrating the true story of a young Tibetan woman Pema, who, through various initiations, becomes disciple of the Indian Tantric Master: Leela. The story offers two perspectives of Tantra; the one from the Master and the one from the disciple, which makes the book very rich in wisdom, insights, break-through experiences, intense emotions, playfulness and sensuality.*

*On the side of this spiritual adventure, the book contains a step by step guide into Tantric Meditation. These meditations support individuals and couples to uplift their life energy into a blissful sexuality, fulfilling relating, and the highest level of consciousness and love.*

*The book contains four parts:*

- \* *The breath-taking authentic story of a Tantric Master and her disciples*
- \* *27 guided Tantric meditations illustrated with full-page color pictures*
- \* *Pictures and love sutras*
- \* *Bonus Chapter: Sarpa-Vid Initiation*



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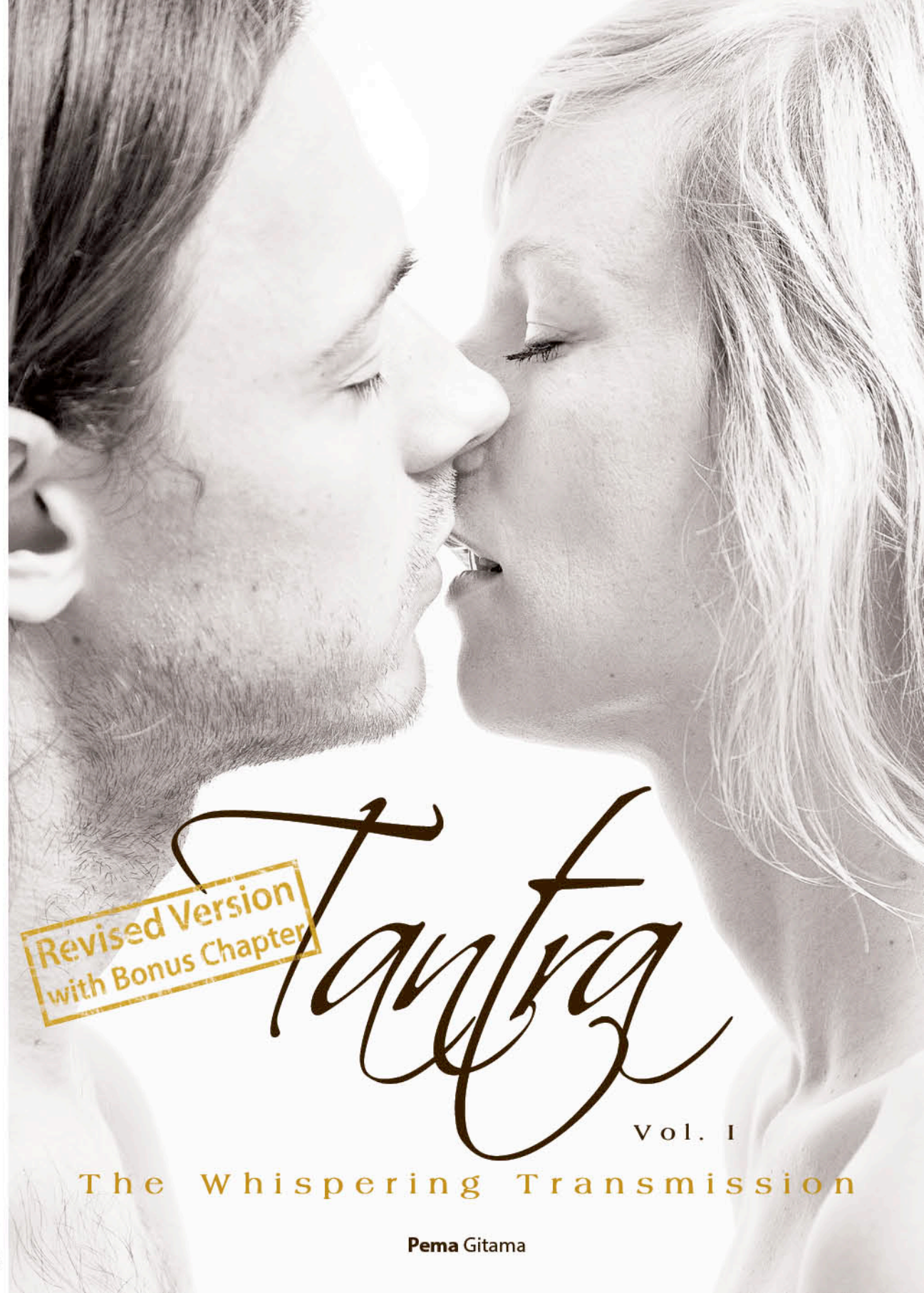


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Pema  
Gitama



Tantra Vol. 1 The Whispering Transmission



Revised Version  
with Bonus Chapter

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Vol. 1

The Whispering Transmission

Pema Gitama

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*“The Flower of Tantra has the fragrance of  
love and the shape of consciousness...”*

*Leela*

**T**antra cannot be written about. It can only be experienced. This book will not explain what Tantra is or is not. It will point out a direction; it will evoke a remembrance; it will create a space for you to dive into the mysterious dimension of Tantra. And from there, you can decide whether you would like to experience Tantra for yourself. This book is intended to stimulate your appetite for the joy of living, of sharing.. It attempts to seduce you to enter the world of consciousness, of love, through the door of Tantra. This book is an invitation for you to say yes to life...

This book consists of four parts. The first part is a tantric story. Since Tantra cannot be explained in words, I have chosen to share my experience instead. I share it through a story: My own story and the story of many who belong to a mysterious Tantric School in India. It is a true story, though I have taken the liberty of altering some details of time and space, so as to enhance the flow of the story and render it whole. I have changed the names of various characters, to preserve their anonymity. Finally, I have chosen not to reveal the exact location where the story takes place, to enhance the sense of mystery...

In the second part of the book, you will find meditation techniques that you can practice on your own or with a partner. The main characters in the story experience these meditations. While reading about their experience, you may pick up a feeling, or notice a direction that the meditation is pointing out. I hope this will support you and seduce you to practice all these beautiful meditations.

The third part of the book consists of pictures, which express different states of the Tantric dimension. Everything that could not be expressed in words is transpiring through these pictures.

The fourth part is a surprise... so I let you discover it!

I wish you a wonderful journey through this book, through yourself and through the Heart of All...

With love and gratitude,  
I bow down to your inner light

*Pema*

hitting a rock in you. This rock cannot fight against the river of love. This rock is a big 'No!' in you. As long as you identify with it, you nourish it! And what is it giving you back? Guilt, jealousy, possessiveness, anger... all kinds of negative powers that are so destructive! Love is a flowing river that only says 'Yes!' And it is not a 'Yes' with duality in it. It is not a 'Yes' that carries a 'No'. It is only 'Yes'. You have to learn how to get in tune with it, how to become rooted in it. It is your center. It is your home..."

Leela looks at Pema with fire in her eyes. Pema is getting lighter and lighter. She sits up without blinking. She looks straight into Leela's shining green eyes. The eyes of a tigress — full of fire, of intensity, of clarity — are penetrating her. All of a sudden, Leela is not human. She is just fire. Pema absorbs her whole energy. She breathes with it. It fills up her whole body. And suddenly the circle of light is back. She is in it. It is moving from her sex center up to the top of her head. Leela comes closer to Pema and holds her hands. She connects her forehead to Pema's third eye. Light is flowing from everywhere. The circle is getting bigger. It goes through Leela and flows back into Pema. They are both pulled into its dance, its flow. Light... there is only light...

"This is the lesson you have to learn," says Leela after coming back to a sitting position. "Light you are, light we are all. There is no distinction of form, of sex, of age. Light, there is only light." She pauses for a moment.

"It seems that only darkness can teach you light. You are going to go back in the Cave. There you were much more in tune with light, much more in tune with love. You have become lost into the world of forms, of words..."

Pema bows down with tears of gratitude to Leela. She stays in that position until she feels that Leela has left. She cannot move.

"Light, there is only light..." These words resonate inside her. "Yes..." she says to herself. "Yes..."

I want you to embrace non-duality — inner and outer as one. To do this you need to let go of the illusion of duality. You see yourself as a woman. This is already the first duality. You are neither a woman nor a man. You are the union of both!"

Leela and Pema are sitting in the Initiation Cave where Pema stayed in darkness for twenty-one days on her arrival at the Tantric School. She is happy to be back in the mystery of the cave. She feels at home here.

"You carry within you both a male and female energy. These are two aspects of the life force. Like day and night, like birth and death, these are aspects of one force, one unity, one flow. As long as you choose one over the other, you will remain in deep turmoil, in division. It is very painful to be in this divided state."

After a moment of silence, Leela continues. "You see yourself as a woman. But this is just one aspect, the prominent aspect, of the life energy that is flowing in you. There is another, less visible aspect of this life force, which is the male aspect. Yes, there is a man inside you! Now, I would like you to meet this man. You will be supported in this meeting by all the outer men. Every man you meet reflects some part of your inner man. Every outer man acts as a mirror for your inner man. The energy, the gestures, the look, the voice, the touch — every little detail of an outer man is a challenge to your inner man to come to the surface. You are seeking unity, completion with an outer man. This is because deep down he provokes in you the inner meeting with your male energy. But you cannot experience a fulfilling union with an outer man, only with the inner man! If you can integrate this understanding and live it, all your meetings with outer men will be deeply transforming. You continually meet the same man, just with a different face, a different name, with different qualities... but it is always the same. It is always your inner man. Once you have integrated this alchemical process, then I will tell you something else; another

inner secret!” she says smiling.

“There are seven inner meetings. We will explore them one by one. And then you will start to meet the inner man. This will create the possibility of different forms of outer and inner meetings.” Leela looks at Pema with much mystery and intensity in her eyes.

“You are going to stay in this cave in darkness for seven days. Every day a man will come. You will not know who he is. You must welcome him as your inner man...”

She pauses and closes her eyes; Pema follows. She is totally absorbed in the last words Leela uttered. She feels warm all over her body. She cannot think about anything. She simply absorbs the moment.

“I told you that Shivam is now your lover, as much as Chandra. This was to provoke in you an understanding of non-duality and to awaken the meeting with your inner man. Now, I want you to be a lover for all the men who will come to you during these seven days. You will be a lover to them, and they a lover to you. Be deeply in love with them. The deeper you love, the deeper your meeting with them will be. The depths of these meetings will reveal to you the meeting with the inner man... Is it clear?” asks Leela.

Pema hesitates a long moment before she finally dares to say something.

“I feel many questions in me... I cannot formulate them...” she says shyly.

“What are these questions about?” replies Leela with tenderness.

“It is about what I am going to do with these men; am I to make love with all of them...?” asks Pema with great emotion in her voice. At these words Leela laughs aloud.

“Look at me sweet flower! You are not to ‘do’ anything. You simply welcome them with all your heart. And something of the mystery of love will function in you, act through you. Give yourself to love. This is what I mean by ‘be a lover’. Just remember this with every man who comes to you: give yourself to love... And many things will happen that you would not even expect. Remember that these men are also giving themselves to love. They are also lovers. They are not coming to use you or to take advantage of you. They come to meet their inner woman. Inner man they are for you, inner woman you are for them. And everything is allowed between inner man and inner woman. There is no restriction whatsoever. The only thing necessary is that you are in love, in sacredness. Every meeting is sacred!” She closes her eyes.

“I trust all the men that will come to you because they all have given up the inner fight. I also trust that you will learn to give up the inner fight while meeting them.” She opens her eyes again. Pema is overwhelmed by these last words. She feels them as lightning inside her, burning all questions. She bows down to Leela.

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Pema is sitting in the darkness of the Cave, on the mattress where she sat for twenty-one days. She is looking straight towards the entrance of the cave, the dark hole from where her inner man is going to appear.

“You are going to sit here and wait. Wait with great love, devotion and gratitude. Your waiting needs to be an invitation. You need to become the invitation. A man will come to you. You will not know who he is. For you he has no face, no name. He is your inner man. There is a man who is going to touch your body, and there is a man who is going to touch your heart. There is going to be an outer man and inner man touching you at the same time. Remember this can only work if you are in the Yes of your heart!”

Leela’s guidance floats in Pema’s heart. It is warm. Pema is not afraid. She is at ease in the dark. She knows it is a womb. She waits, she breathes in her belly, in her heart. She brings back the Circle of Light. She remembers her first stay in the Cave. She was so connected with light... her body remembers, her heart remembers. She understands what Leela has told her: “In the Cave you were much more in tune with light, much more in tune with love. Now you have become lost in the world of forms, of words...”

It is true, she can sense it now. She waits with her heart open for whoever will come. She sees now that it doesn’t matter who comes. What matters is love. She sits with her spine straight, her eyes open and her heart overflowing with joy.

Some hours must have passed when she feels a presence. Somebody is there, somebody who has come in great silence. She doesn’t move. Her guidance is to sit and wait. The presence is coming closer. She can hear his footsteps now. They are very sure, without hesitation. It seems as if the man can see through the dark. He comes straight in her direction. He stops a short distance away and sits down. Pema’s heart starts to beat faster. There is a great excitement in her, a passion becoming aroused.

“Yes... I just need to say yes...” Pema whispers inside herself. “No resistance, no fear... love only love... be an invitation...”



## Divine Kiss

**H**e pinches Pema's nostrils tightly, brings his mouth tightly over hers and slides in the water. He then exhales the air from his lungs in Pema's mouth at the moment she breathes in. Pema is taken back by surprise. She wanted to possess him, dominate him, and suddenly the play has turned the opposite way. He is the master now. She surrenders to his will, to his power. They are inside the water, she breathes out in his mouth, and he breathes in, then breathes out again in her mouth. The whole passion, the fire of Pema has turned into a bright calm inner light that moves from her sex center to her third eye. There is no more urge for penetration. She is penetrated already by the air coming in her mouth, which fills up her whole energy. All of a sudden her mouth is a yoni. They breathe slowly and effortlessly.

### Recommendation

This can be a very intense meditation for your body. If you have lung or heart problems it is best not to try it. Move in the meditation slowly, and do not overdo it. I advise you not to do this meditation in water until you have mastered how to do it out of water. It can be dangerous and traumatic, which is really not the intention.

### Meditation steps

Sit in yab yum. Start kissing gently and when you are in tune with each other's energy, connect your mouths in an airtight kiss and breathe into each other's mouths. Stay relaxed in your body and breath. You will reach a point where there is not enough oxygen in the air that you are exchanging. This will feel very intense and you will have the urge to start breathing through the nose. Try to stay in the intensity and not breathe through the nose. Move to the point where the body lets go of the kiss by itself. This letting go may provoke a meeting with the sensation of dying, of rebirth, or of reliving your own birth. You may open up to very mysterious inner dimensions and physical sensations. You can stop at the first Divine Kiss or continue with a few more. Do not push the body too far. It is not about going past the limitations of the body, but past your own limitations! When you stop with the kiss, melt in each other's arms, and allow everything that wants to be expressed: tears, laughter, silence... Then lie down and give your body time to recover. To conclude the meditation, bow down in gratitude.

