



A guide to
the meditative
workshop on
tantric intimacy

Mysteries of Tantra

Experimental workshop where you
directly get the insights





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Salient features of event

- TANTRA healing
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- Intimate bonding
- Accepting desire for opposite gender
- Intimate connection with Group members

TANTRA HEALING



We have been brought up in ways which are against the Tao of our body, mind, soul.

We have inherited unnatural repressive social conditionings which prevent us to be expressive and spontaneous.

For eg, we do not talk about menstrual cycle and night discharge from penis called as precum or pre copulation fluids in sleep.

This affects our physical and mental health. It can manifest as anxiety disorders, hypertension, increased inflammation in body causing aging.

Tantra healing purifies you and helps reclaim lost childhood roots.

TANTRA BODY ENERGY EXCHANGE



All living organisms have body electricity. Bodies are charged species because of cations and anions.

Nerve impulse transmission is an electric event. Biophysics investigates all this.

When we hug someone, touch someone intimately or look into eyes of beloved with passion, this regulates the body electricity in unprecedented ways and we become healthier and fulfilled.

Tantra says that you exchange the energy of beloved in moments of passion and intimacy. This requires deep relaxation state which will only be possible in this event. This does not happen in sex.

INTIMATE BONDING



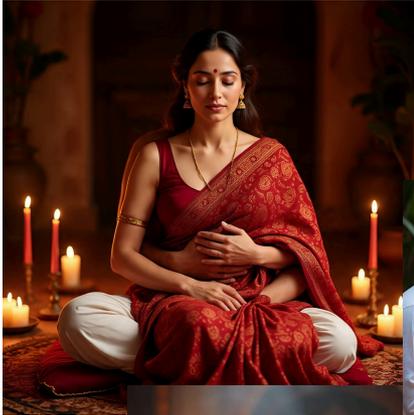
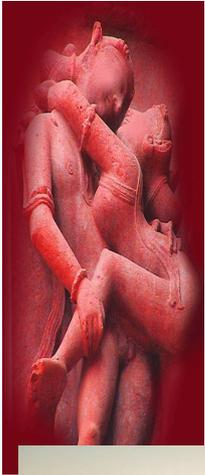
It is impossible to get into Tantric intimacy immediately because this happens through surrender and relaxation.

This state is achieved by an intimate dialogue with the group under the leadership of Guru Purna Vistar.

Dialogue is the foundation stone of tantra and hence, online training session on ZOOM with Guruji and group is most important.

Our group is non judgemental and we shower trust, love and creativity amongst our group members.

You can speak your heart out and just by listening to Guruji and interacting here, you will go in a meditative blissful state.



DESIRE FOR OPPOSITE GENDER



Desire for opposite gender is very normal and a real phenomena. It is fine as far as single people are concerned but it often turns complex in situations people are married or are with someone else in a relationship.

It is hard to comment on situations but we all know that it may turn complex in cases of people who are not single.

So, what should be done about it !

How to deal with it !

How to ensure it does not turn harmful or hazardous to us and our marital status is not severely impacted as seen in violent episodes throughout India !

Guru Purna Vistar will address all these questions in detail. Just stay tuned and connect to him.

Schedule of events

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Day 3 - page 19

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Tantra workshop – Day 1 Schedule: Awakening Connection



Morning I

Time 9:00 AM - 10:00 AM - **TANTRA HEALING**

Opening Circle & Creative Sharing

Time: 10:00 AM – 12:30 PM

Setting: Under shaded trees or in a softly lit indoor
circle

Flow:

- Welcome & Introduction

- Free expression through conversation and
storytelling

- Sharing art, poetry, music, or personal creations

- Heartful listening and witnessing without judgment

“In revealing ourselves, we become visible to love.”

Afternoon | Soulful Pause & Reflection

Time: 1:00 PM – 3:30 PM

Flow:

- Gourmet vegetarian lunch infused with sattvic energy
- Quiet time for journaling, walking, or meditative rest
 - Optional art space for spontaneous creativity

Evening | Sensory Connection & Body Awareness

Time: 5:00 PM – 7:00 PM

Flow:

- Gentle guidance on physical connection with intention and respect
 - Exercises in touch, breath, and presence
 - Energy alignment through movement and sacred stillness
 - Soft closing circle with reflections
- “Touch not to take, but to feel the living rhythm of another.”



Tantra Retreat – Day 2: Schedule: Celebrating the Living Temple



Morning | Embodied Presence & Awakening Touch - tantra body energy exchange

Time: 9:30 AM – 12:30 PM

Setting: Sun-warmed indoor space with cushions
and soft fabrics

Flow:

- Grounding meditation on body awareness
 - Guided movement to awaken physical sensitivity
 - Pair exercises to gently explore and appreciate each other's form
 - Affirmations and touch with consent and care
- “The body is not a shell—it is a flowering of life. To honor its every curve is to worship existence.”



Afternoon | Sacred Nourishment & Inner Reflection

Time: 1:00 PM – 3:30 PM

Flow:

- Holistic lunch with foods chosen for sensual texture and taste
- Optional journaling on body narratives and self-perception
- Solo body appreciation ritual: mirror work, self-touch, clothing choices that feel expressive

Evening | Love Through the Lens of the Physical

Time: 5:00 PM – 7:30 PM

Flow:

- Group circle: what does it mean to “love the body”?
- Ceremony of honoring: participants speak loving reflections on each other’s presence and form
- Slow movement meditation to harmonize the body with breath
- Integration: recognizing that loving one's own body opens portals to loving others

“When you see your body as divine, you begin to see the divine in all bodies.”

3rd day = we have rituals where you will perform **tantra intimacy** (this will be discussed through an online workshop) during zoom session.

This will be a day of group bonding.

Pairing with group members will happen everyday but this day is exclusively dedicated to that dimension.

This day also discusses hidden aspects of tantric intimacy from 5 to 7 PM.

Day 4 – The Divine Mirror

Session: Witnessing Sacred Union

Time: 10:00 AM – 11:00 AM

Two souls become one dance.

In this quiet, sacred hour, one couple will open the gates of intimacy through Tantric presence and energy exchange. The other will gently witness—not as observers, but as vessels of awareness.

This is not performance, but communion.

A space where breath becomes prayer, touch becomes poetry, and each gaze reveals the divine hidden within the human.

Through witnessing, we begin to understand:

Love is not something we do—it's something we remember.

 There will be moments of shared reflection,

 Gentle silence to absorb the transmission,

 And guided prompts to integrate the experience.

Come as the ocean comes to the shore—soft, attentive, infinite.

Let the intimacy of another unlock the longing within your own heart.

Day 4, 11 AM onwards

- Understanding desire for opposite gender

Morning 11 AM onwards -

Random partners will be allotted and couples will meditate by holding hands. Women will sit in lap of men. To let go of controls and feel the rhythm of breathing of other.

1 PM onwards - Couple dance on instrumental music under dim lights

Day 4

Afternoon 2 to 3 PM - Tantric
massage (minimal clothing)

Then, Miscellaneous activities as per the
commands of Guru Purna Vistar

Testimonials

“Sat----er, Patiala - My wife remains very satisfied nowadays and my self esteem has been boosted unlike anything.”

Sa--ita, Kolkata - The tantric workshop saved my marriage, otherwise, i could enter an extra marital affair. I learnt art of communication.

P---hvi, Trivandrum - My girlfriend now views me with unprecedented respect just because of Guruji.

“Ra-----n, Mysuru - My life has become spicy after attending Guruji’s tantric intimacy event.

Kaus-----a,Lucknow - I have had sex with 10 men before meeting Guruji and before attending the tantric sex event. But I was never satisfied inspite of dating perfect men. Guruji changed my perspective and now I enter so deeply in intimacy as if it has become a prayer ,with my partner that i feel more bliss , more than combined total of 10 previous boyfriends. Guruji made me love my partner , love to Guruji !”