



Tantra for Awakening



Ten Keys for Awakening Bliss

- 1) Honor your body as your temple and treat it with love and respect.
- 2) Breathe with conscious intent and create a space for inspiration to enter your life. This has many benefits: it supports your immune system as it detoxifies the body, reduces anxiety, and calms the mind.
- 3) Do a daily movement practice such as; dance, yoga, walking, qigong or other aerobic exercise, this increases vitality, releases endorphins and connects your body with your breath.
- 4) **Be in the now**, let go of past and future, this will shift your awareness. Living in the present moment allows you to feel more alive, connected and in the flow. See each moment as an choice to show up and be present.
- 5) Spend time in prayer, meditation or in nature, connect with the field of life force energy, and let it support you in creating your dreams.
- 6) Experience pleasure everyday. Allow your senses to become fine tuned, savor the beauty that is all around you as you expand your awareness.
- 7) Offer appreciation for all the abundance that is flowing into your life in each moment; see yourself as a co-creator of this abundance.
- 8) Spend time each day gazing into the eyes of your beloved and breathing together, feeling the oneness that you share. If alone do this in front of a mirror and honor yourself as your own beloved. Practicing this expands your ability to surrender into love and to trust yourself and others.
- 9) Invite joy and passion into your life, find creative outlets, make love often, and practice compassion in every moment. Greet each day as a gift.
- 10) Commit to creating an ecstatic life and spread this gift to others.

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