**Sexual energy, the energy of life**

The energy manifests itself through the body, the spirit, the matter, and every animal, vegetable, and mineral being. Several factors will intervene to nourish, develop, protect and control this energy through our body, or on the contrary to empty it, causing diseases, chronic fatigue, depression, discouragement, sexual blockages, lack of confidence, various imbalances in the daily life.

*Sexual energy, vital energy*

The vital energy that circulates in each of us is the pure and intact substance of the primordial sexual energy, resulting from the orgasmic and creative fusion. At its core, sexual energy is a creative energy. We all have, without exception, a life force that lives in us. It is the energy that animates, vivifies and makes work our body and our mind. According to different traditions, it has different names: Chi, Ki, bioenergy, and Kundalini. When it rises in us, refines itself, it becomes more subtle. It can become healing, creativity, intuition, consciousness, etc.

*What happens when Kundalini activates in our body?*

When the Kundalini awakens, it causes both energetic and physiological phenomena. During a professional Tantra massage session, the masseuses activate your sexual energy with sensuous touches all over your naked body and can awake Kundalini. On the energetic plane, when this latent energy awakens, it rises along our spine, and illuminates each of our energy centers. Physiologically, the energy goes up the spine, through the nervous system (spinal cord), to the top of the skull, where it activates our pineal gland. The latter secretes chemicals that change our state: physical, mental, emotional and spiritual. Your body relaxes completely and becomes perfectly balanced, while your consciousness makes you experience new realities.

*What is the role of sexual energy in all this?*

Kundalini is actually our refined sexual energy, that is, fully awake. Sexual energy is a highly creative energy. As we refine it, it becomes an energy of consciousness. To function at a higher rate and develop new faculties, our brain needs a greater supply of prana (also called bio plasma). It turns out that the greatest source of prana in our physical body lies in our sexual organs. This is how our sexual energy can serve our biological, physiological and spiritual evolution, since our fully refined sexual energy (Kundalini) becomes a powerful energy of consciousness nourishing our entire being.

*What are the benefits of awakening Kundalini?*

They are physical, mental, emotional and spiritual. You get to transform your body, to increase your libido, your vitality and increase your physical performance, to multiply your orgasmic potential and to live a completely fulfilled sexuality.

You get to free yourself from invasive and negative thoughts, to have a clear, lucid and highly intuitive mind. You get to relieve stress, depression and anxiety, to free you from your fears and stabilize your emotions. At the spiritual level: expansion of your consciousness; connect deeply with your Self (your true nature); live states of mindfulness, ecstasy and enlightenment.

The sexual energy becomes a force of awakening when we learn to refine it and use it for our healing, our transformation and the development of mindfulness. This fully awakened sexual energy is known as kundalini. Tantra massage is a method for a progressive awakening of Kundalini and allows us to make the necessary awareness for our evolution, to free ourselves from internal tensions and blockages, to transcend our ego and thus to integrate our true nature, our Self.