The Power Wind Exercise for Tantrikas; Kegels are Insufficient for Tantra.

Many people ask us about Kegels their usefulness in Tantric sex. Kegels are beneficial but insufficient on their own for our purposes. For those who do not know, Kegels, or Kegeling, are a form of exercise for the pelvic region of the body, exercising the core pelvic muscles. It basically involves repetitive clenching of the anus which can be good for preventing or correcting incontinence and other health benefits. Also good postpartum for mothers.

For the Tantric practitioner it is a good exercise yet misses a great deal of important factors we can include with a more powerful practice. The practice we as Tantrikas use incorporates understanding of the "five winds", these are five ways the life-energy moves throughout us as humans, some may know these as pranas. In this exercise we are mainly concerned with the "downward-voiding wind", which both retains and excretes; semen, urine, female ejaculate, menstrual blood, and feces.

The "downward-voiding wind" is also critical in the energy and strength of our organs, a tremendous release of energy which "brushes" or opens the lower region of the Uma Nadi, or central channel, which results in a "taste of enlightenment". The more power you have in your "downward-voiding wind", the more energy you have for stronger deeper orgasms releasing a burst of conscious-energy which penetrates the deep space of the Uma Nadi. As the conscious-energy passes through the "wall" of the Uma Nadi one may hear a roaring sound like a tornado, this is the Universal Wind that moves in the Uma Nadi and is expressed as your Life Energy. Now we go timeless, pain free, non-conceptual, and blissful as we remain in the orgasm without fixing on it, and beyond the orgasm in direct experience of own Wisdom Nature Awareness. Train in Awareness with compassion so you can see it, train your wind so you can relax there physically for extended periods. Then use this wisdom, power, and compassion to benefit others. Grasp it, attach to it for yourself only and it will be lost. As Karmapa says: "great bliss without attachment is unceasing".

In the meantime build your Chi and physical strength thusly.

THE POWER WIND EXERCISE FOR TANTRIKAS

Basically this exercise can be done in two settings, one is just general daily life and exercise sessions, the other is during our solo Tantra sessions. We can do this anytime of the day if we like, it is very good for us, just a moment of it during work can energize and balance us.

Here I will describe the practice and timing for a solo Tantra session simply leave out the sexual part and do the Breath/Squeeze exercise parts anywhere,
even standing at a street light. This is one way we “weave” our practice with our form and daily life. It is a training exercise, not really suitable to do more than 3 squeezes during a partner session.

**THE TIMING IN SOLO TANTRA FOR THE POWER WIND EXERCISE:**

Men: self-pleasure to the point of orgasm without ejaculation, or if not yet that proficient, close to ejaculation without ejaculating. You can approach this point a few times first if you wish. When ready simply stand up with your fullest erection possible and begin the exercise. Do not worry about your erection, you can self-pleasure it back in a moment, focus on the exercise. The reward is later, even in the same session!

Women: Devi Ward suggests women have an orgasm or two first if you are orgasmic, some women are not and this will help with that. If not orgasmic self-pleasure to your greatest possible degree of pleasure, then proceed with the exercise. Begin by putting in your Ben-Wa balls (for use of ben-wa balls and woman-specific exercises please refer to Devi Ward’s book “Shake Your Soul Song”), do your sets of the exercise, take out your Ben-Wa balls, continue your self-pleasuring and repeat as desired. Some Taoist Sexual masters call such use of Ben-Wa balls “vaginal kung-fu”. Women do not need Ben-Wa balls to do this practice, it simply is easier and works more of the vaginal muscles as it gives the yoni something to tighten around. If you do use them Jade is best for the yoni. Better to begin now than wait for some balls.

**THE STANCE:**

Stand up with your hardest erection or Ben-Wa balls in, best to face North or East. Feet 8 inches apart (if you are large, 10 to 12 inches) not too far apart or too close together as you will be unable to accomplish a complete squeeze. Bend your knees slightly, if they are locked your chi is locked, just a bit is enough, maybe an inch or two forward. Relax into your pelvis, almost with a feeling of “sitting down” into your own pelvis, be sure it is not tilted forward but horizontal like a bowl of water. Chest up in a strong but relaxed manner (not like a military stance), arms relaxed at your sides, tuck chin slightly, tongue on roof of mouth behind teeth, eyes open.

Be loose and easy, open and relaxed, we are only concerned with moving the pelvic floor muscles (PC), the more relaxed the rest of the body is the easier it is to squeeze and the deeper into the body we can squeeze. This will also help you to relax at the peak of sexual excitement during both solo and partner Tantra.

If you have this stance basically correct you are alright, that is enough. No need to be overly concerned with perfect form, as you progress through practice you will naturally make adjustments to the increased flow of energy. This is a basic chi stance, same can
be found in Chi Gong, Tai Chi, and other Taoist forms, if you are familiar with those no need to adjust your stance, simply add this. If you want to ramp it up more you can begin by first squatting with arms resting on legs and do up to but no more than 7 cycles. If you do more than that the Chi wind will back up in the back of the knees and legs. For this your feet will be shoulder width apart, your feet just comfortable. There is no added benefit to feet flat on floor. That simply means one has a long Achilles tendon. Again, no more than 7 in squat position, after which just stand up and proceed as described above.

**The SQUEEZE:**

Once in your stance you begin your cycle of squeezes. The squeeze uses the same muscle system and wind energy as when you need to prevent yourself from excreting feces or urine. For example, when we have to urinate but there is nowhere to go and we need to hold it, we naturally do a pulling up and back, inside our pelvis. That is it, us using our PC muscles and downward-voiding wind to retain urine, same for feces. So it is already something you do, we are simply going to work with it purposely with awareness and specific form.

Our pelvic muscles are like two crossed hammocks if you will, a big crossed intersection, like a plus sign “+”, front to back and side to side. What we want to achieve is an inverted pull deep into the body core in the middle, or from the center of the “cross” up. Just as if you are pulling back a big poop and pee at the same time, contract upwards and inwards toward the center of your belly. For men begin at the tip of the lingam and anus together, for women at the opening of the yoni and anus together. As we pull inward and upward work to maintain a balance of contraction front to back and side to side, focusing the pull into the center. Think of the most sour, bitter lemon you can imagine inserted into your anus causing a giant pucker with a result similar to puckering your mouth! At first it will not be strong or deep, but over time with diligence and application you will be able to lift and move your internal organs. This is really really good for us, can help break free locked emotions and adhesions in the organs. Again be aware to maintain as balanced a pull as you can in the four directions of the pelvis. Unlike a Kegel we hold the squeeze as deep and strong as we can with our breath. This will involve actually squeezing and lifting your buttocks as well, with the added benefit of toning and tightening your butt!

The Squeeze has two parts, the contraction and the release. The contraction is done firmly, steadily and deliberately without hurry. Hold the peak of the contraction for a moment, three to five seconds is good, then release. The release is all at once, a
complete letting go, allow all that was contracted to now just let go and relax into gravity. Think of letting it all just “plop” down.

**THE BREATH CYCLE:**
It is combining the Squeeze with the Breath that makes this so effective. In order to work the full cycle of the downward-voiding wind we must do the Squeeze combined with both the inhalation and exhalation.

Once in stance and ready:
Inhale, hold the breath, and then contract. Continue to hold your breath in while doing the contraction. An average good volume breath is sufficient, trying to force a large volume breath brings no benefit, actually creating more tension in other areas of the body which are best relaxed.

Release the contraction (remember to “plop”), now exhale fully.
Hold the breath out, and then contract. Continue to hold your breath out while doing the contraction. Same as the inhalation, do an average exhalation without needing to completely expel all the air.

Release the contraction (remember to “plop”), now inhale fully.

*Cycle summary: inhale, contract Squeeze, hold breath in, release Squeeze, exhale, hold breath out, contract Squeeze, release Squeeze, inhale, hold breath in, contract Squeeze, release Squeeze, exhale, hold breath out, contract Squeeze, release Squeeze, inhale... and so on.*

Both inhalation and exhalation with contraction and release is considered one cycle. The number of times you repeat it before stopping will be one set. Reps can be in differing ranges, or number of times the cycle is repeated. Classic sets are 3, 7, 11, 21, and beyond. Three sets per session is recommended, even one set of 3 regularly will have an effect, work up to 21 per set, or as many as you can. You can of course go beyond that as much as you like.

Stay relaxed without hurry but with regular diligence and you will see beneficial changes. This has far reaching benefits for both sexuality and overall health. If you combine this with Five Element Tantra Yoga you will be very strong, healthy, and sexy.

On its own it is good, with Five Elements and some regular yoga (for instance, could also be Tai Chi, etc.) it is really all you need for your core sexual strength.

This is excellent for male erectile dysfunction and vaginal/pelvic issues for women.
Beyond this I refer you to Devi Ward’s instructions on the five core pelvic movements and dance with the Five Elements. Now that you have the instruction, as we say in the Kagyu lineage; “practice practice practice!!!