

# SkyDancing Tantra® Practices



## Lesson Handout

### *Creating Sacred Space / The Importance of Ritual*

This practice is based on Margot Anand's *Art of Sexual Ecstasy*.

*"The Sacred Space is where you give yourself and your partner the opportunity to be transparent — to acknowledge who you are, what you feel, how you think and, perhaps most important, how you can become more deeply available to each other."*

—Margot Anand

#### Purpose:

To create a protected and transformative environment for tantric practices, where we consciously leave behind our everyday/mundane world and step into a sacred time and space in which we can act with intention and awareness, and connect more deeply with ourselves and others. Creating a Sacred Space frees us to feel safe and trust our partner, and to move beyond any resistances, fears, wounding, or other difficulties that may be in the way of a deeper connection. Sacred Space creates the conditions for closeness, honesty, and respect.

#### Tips and Advice:

- ✓ Spend time co-creating a Sacred Space that awakens and stimulates your senses, reflects your desires for a special and meaningful experience, and inspires you to want to be in that space.
- ✓ Do everything slowly, consciously, and with attention to detail.
- ✓ Be creative, playful, and allow plenty of room for spontaneity.
- ✓ Consider all the senses when choosing objects and designing your sacred space — sight, sound, smell, taste, and touch.
- ✓ Choose objects that have special/sacred meaning and/or symbolize connection, relationship, intimacy, friendship, love, etc. Things to consider include:
  - A beautiful, decorative cloth or sheet to cover the ground/bed/space
  - Pillows, zafus, or cushions
  - Candles, incense, essential oils, etc.
  - Flowers, feathers, or silky scarves
  - Sculptures/statues, rocks, shells, etc.
  - Music, musical instruments, bells, bowls, rattles, drums, rainstick, etc.
  - Fruit, chocolate, other favorite sweets; juice, water, other favorite drinks
  - Massage oils and water-based lubricants
  - Pictures of loved ones, spiritual teachers, or inspiring places/things

#### Practice (from Margot Anand's *Art of Sexual Ecstasy*)

1. Honor the 4 elements and directions (see related handout for more information)  
North—Air, East—Fire, South—Water, West—Earth
2. Remove any negative or undesirable energies/qualities.  
Moving in three counterclockwise circles, walk slowly and maintain eye contact with each other.
3. Invoke or bring in positive energies/qualities.  
Moving in three clockwise circles, walk slowly and maintain eye contact with each other.
4. Walk towards each other slowly and do a Melting Hug
5. Enter the Sacred Space together, sit down facing each other, and begin with a Heart Salutation. It means: "I honor you as an aspect of myself. I honor the Divine Spirit within you."
6. Spend a few minutes honoring each other's Chakras/energy centers (choose a few, or all seven).
7. One at a time, share your intentions, fears, and boundaries (sets the context for deep, intimate connection). Or, discuss your desires, projections, boundaries, and potential together (sets the context for meeting and connecting with a stranger/not yet established relationship).
8. Do a Heart Blessing — gazing into each other's eyes, each person's right hand is on the other's heart center, while the left hand is held over the other's right hand. Then continue your sacred time/space.
9. End your Tantric practice/sacred ritual with a Heart Salutation.
10. Remember, these steps are meant to give you a structure for creating a Sacred Space ritual. But there is no wrong or right way to do it. Be creative, playful, and spontaneous.