



SEX2SPIRIT

SACRED UNION FOR LOVERS





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Cecilia Rossini & Santoshi Amor
Illustrations by **Marco**

TANTRA DECK: SEX2SPIRIT

Sacred Union for Lovers

FULL GUIDE FOR INTIMATE & MEDITATIVE EXPLORATION

This deck is an invitation to awaken sensual aliveness, deepen connection, and open body and heart to divine union. Each card is a sacred practice — a doorway into intimacy, healing, and transformation. Some are playful, others profound; all are meant to be lived as rituals: slow, intentional, guided by breath, softened gaze, and an open heart.

✨ Let your love flow like rivers returning to the ocean of spirit.

INTRODUCTION

Inspired by the archetypes of the Tarot, this deck has been reimagined as a modern tool for intimacy, transformation, and sacred connection. It contains 48 cards:

- **4 Suits of 10 cards each** — 7 Active Meditations (simple, playful practices) + 3 Arcana Rituals (deeper gateways where sexuality becomes prayer and intimacy turns into communion).
- **8 Jokers (Love Keys)** — spontaneous invitations for play, surprise, and tender connection.

THE SUITS

Each suit is aligned with a chakra, a colour, and a quality of energy:

- **Red** – Kundalini Energy (Root): primal life force, grounding, awakening; passion, polarity, wild nature.
- **Orange** – Sensual Magic (Sacral): pleasure, creativity, flowing desire.
- **Pink** – Love & Intimacy (Heart): tenderness, affection, emotional opening.

- **Gold** – Sacred Union (Crown): transcendence, devotion, merging with the divine.

THE CARDS

- **Active Meditations:** Dance · Communication · Play · Massage
- **Chakras:** Breath · Healing
- **Arcana Rituals:** I. Shiva (God) · II. Shakti (Goddess) · III. Shiva-Shakti (Sacred Union) Entering the Mystery
- **Jokers** — Love Keys:
 1. *Yin (for Her, White):* Spooning Magic - Eye Candy - Melt Me - Genie Wish
 2. *Yang (for Him, Black):* Kiss Attack - Whisper Tease - Message from Beyond - Genie Game

Use these Jokers anytime to enhance intimacy, break the ice, or add a spark of playful love.

THE JOURNEY

The deck mirrors the rising of energy through the chakras: from root to desire, through love, into spirit. Sex becomes prayer; pleasure becomes offering. From the heart it ascends to the crown, where lovers meet the divine. This is why it is called Sex2Spirit: intimacy as a spiritual path. Whether you draw a single card for inspiration, explore a suit as a journey, or enter the Arcana rituals, the deck guides you — gently, playfully, and profoundly — from the ordinary to the sacred.

✨**May this Tantra Deck be your companion in deeper connection, playful exploration, and profound intimacy. May each card open new realms of love, healing, and spirit within your relationship.**

HOW TO USE THE TANTRA DECK

The Tantra Deck is a playful yet sacred guide to intimacy. There is no single “right” way to use it — each card is an invitation, not an instruction. What matters most is your presence, intention, and willingness to explore together.

Begin with Consent

Agree on a safeword and a clear yes/no/maybe before starting. Revisit consent anytime.

Set the Space

Choose time, space, and intention. Light a candle, silence your phones, and invite slow time.

Prepare Your Love Temple

Create an intimate atmosphere with cushions or fabrics in chakra colours (red, orange, green, purple). Add candles, incense, or soft music so the room feels like a living temple.

Sacred Garments

Arrive as if entering a ceremony. Choose cotton, silk, or linen — loose, breathable, flowing. Let your colours echo the chakras, or simply wear what makes you feel like the god or goddess you are.

Opening Breath

Pause before beginning. Take three slow breaths together, looking into each other's eyes or resting hands on hearts. This seals the space as sacred and calls you fully into presence.

DRAWING & PLAYING WITH THE CARDS

Ways to explore:

- **Daily Draw:** one card for inspiration in the morning or evening.
- **Date Night:** let the deck guide the rhythm of your evening.
- **Suit Journey:** explore one suit over several days or weeks.
- **Full Evolution:** travel through all four suits, root to crown — a complete meditation journey.
- **Intuitive Pick:** close your eyes, breathe, and let intuition guide your hand.
- **Love Keys (Jokers):** add them anytime for play, spontaneity, or an instant heart-opener.
- **Solo Practice:** Any card can also be explored alone to cultivate sensitivity, confidence, and self-love.

Enter the Practice

Follow the Tantra Method described on the card. Each practice is a doorway:

- *Active Meditations:* short, playful, energising.
- *Arcana Rituals:* deeper journeys into mystery and surrender.

The magic is not in “doing it right,” but in showing up with openness.

Completion

When complete, close with gratitude: bow, whisper a blessing, or embrace in silence.

Timing: Agree on a time before you begin. Suggested times are minimums — extend only if both feel aligned.

Share & Integrate

Afterwards, reflect together. Share what you felt, what you’d adjust, or what you’d like to explore next.

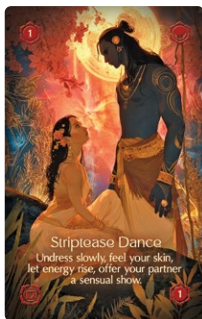
SUIT 1 • KUNDALINI FIRE

This suit awakens your root energy — the primal fire that lives at the base of the spine. It is your connection to the Earth, to instinct, to rhythm, and to life itself. Kundalini is the coiled serpent within you — a sleeping force of vitality and creation waiting to rise. Here begins the journey. Before energy can rise toward love or spirit, it must first be awakened. These practices invite you to move, breathe, and feel your body as alive and powerful — to reconnect with your wild nature, your animal intelligence, and your natural rhythm.

This is the energy of fire: passion, enthusiasm, desire, and the divine spark that moves all creation. When this center awakens, you feel grounded, strong, and present. You remember that you belong to the Earth — that your body is sacred soil, capable of both pleasure and transformation. As you awaken this primal force, you begin to raise your vibration — guiding the energy upward through the chakras until it unites heaven and earth within you. This fire becomes not only sexual energy but also creative power: the impulse to love, to dance, to manifest, to bring your visions into form.

In modern life, sexual energy is often used for quick release — a moment of connection that ends as soon as it begins. Tantra invites a different way: to honor, circulate, and expand this energy so it nourishes the whole being. When you learn to channel your fire consciously, pleasure becomes fuel for awakening — passion becomes prayer. Let this suit remind you that your body is a temple of life-force. The more you connect with your roots, the more energy rises to your heart, your mind, and your spirit — completing the sacred circle where earth meets sky.

I. Striptease Dance



✨🕒 **DURATION:** 10–15 minutes (one slow song each).

METHOD

Dim the lights, play music, and stand before your partner with full presence. Close your eyes, breathe into your hips, and let your inner fire awaken. Slowly undress, savouring the touch of fabric against skin. This is not performance but offering — raw, playful, shameless.

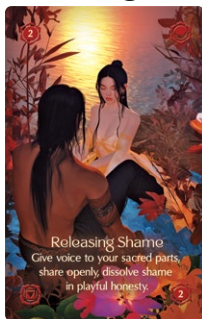
✨ **OPTIONAL**

- Props: silk scarf, chair, hat, robe.
- Play with styles: soft & sweet, bold & wild, elegant & regal.
- Partner witnesses silently, hands on heart.
- Finish with 1 minute dancing together, mirroring moves.

✅ **COMPLETION**

Meet in stillness, hands on hearts. Each shares one word (e.g., brave, tender, wild). Seal with a bow or kiss. Then rest, draw another card, or let the fire flow into lovemaking.

2. Releasing Shame



DURATION: 20–30 minutes (10–15 minutes each).

METHOD

Sit facing each other, soften your gaze, and rest your hands gently on your genitals with reverence. Give them a playful or sacred name that makes you smile. Then let this part of you speak in the first person: *"I am... I feel... I long for..."*. Express sensations, emotions, or spirit. Your partner listens silently, without comment, only presence. Switch roles when complete.



OPTIONAL

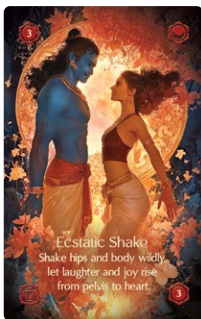
- Share 2–3 short rounds (physical → emotional → spiritual).
- Place a hand on your heart afterwards for self-compassion.
- Write down the sacred names and keep them for future rituals.



COMPLETION

Bow gently and whisper gratitude (e.g., *"Thank you for trusting me"*). Feel shame dissolve into warmth, intimacy, and sacred connection.

3. Ecstatic Shake



DURATION: 15–25 minutes.

METHOD

Stand together and shake your bodies loose. Let your hips wiggle, bounce, and sway. Add funny faces, giggles, and laughter sounds — *hi hi hi, hu hu hu, ha ha haaa*. Let joy rise from pelvis to chest, melting tension and freeing energy. Playfully tickle, tease, or share a funny story. Notice how laughter opens the body and brings you closer without words.



OPTIONAL

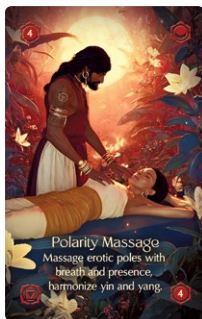
- Shift into slow, sensual swaying after giggles.
- Add a drumbeat or playful track.
- Or try in silence, guided only by breath and laughter.



COMPLETION

When movement fades, rest together for 5–10 minutes. Share one word that captures the feeling now (*e.g., light, free, open*).

4. Polarity Massage



DURATION: 40 minutes (20 each).

METHOD

Warm the room and invite your partner to lie down. With natural oil, begin with slow, tender strokes. For her: Start below the navel, rise to the breasts, circling gently before touching nipples. Then move down the thighs, ending by holding her yoni/centre with stillness and devotion. For him: Begin at the solar plexus, then down the thighs. With oil, massage the scrotum and penis with awareness. End by cupping his genitals in still presence.

Maintain eye contact and breathe together.



OPTIONAL

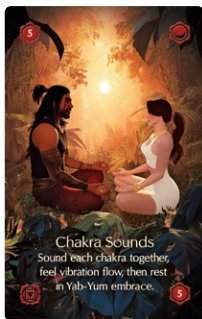
- Whisper appreciations.
- Place a warm towel on the belly or heart.
- Use a quick 1–10 pressure check-in.



COMPLETION

After both receive, rest heart to heart. Each shares one sentence about what felt best.

5. Chakra Sounds



DURATION: 25–35 minutes.

METHOD

Sit cross-legged facing each other, hands on hearts or knees. Breathe then begin chanting. Let each tone last 2–3 minutes. Place awareness in the corresponding energy centre, feeling its vibration:

Root: **UH** – grounding, sex energy • Sacral: **O** – sensuality, flow. • Solar Plexus: **MA** – confidence, will. • Heart: **A** – love, compassion. • Throat: **AI** – expression, truth. • Third Eye: **I** – vision, intuition. • Crown: **MM** – oneness, transcendence. Then rest in silence with eyes closed in Yab Yum, breathing heart to heart.



OPTIONAL

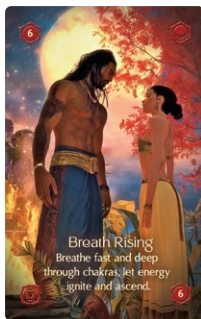
- Place a hand over each chakra while sounding.
- Share which centre felt most open.
- Keep a “chakra journal” of your experiences.



COMPLETION

End with foreheads touching and three slow breaths. Each whispers one word for the quality now felt (*e.g., clear, warm, open*).

6. Breath Rising



DURATION: 20–30 minutes.

METHOD

Stand face to face, feet grounded, knees soft, spines long. Gaze gently. Part lips and begin fire breath — steady, rhythmic exhales through the mouth. Focus 2 minutes on each chakra: **Root** (red): steadiness. • **Sacral** (orange): flow, pleasure. • **Solar Plexus** (yellow): confidence. • **Heart** (green): love, tenderness. • **Throat** (blue): clear expression. • **Third Eye** (indigo): inner vision. • **Crown** (violet-white): spacious light. Let bodies sway naturally. If dizzy, slow down or pause.



OPTIONAL

- Whisper on every third exhale.
- Subtly lift pelvic floor on inhale, soften on exhale.
- Use a chime to cue chakra changes.




COMPLETION

Sit in Yab Yum, hands on hearts. Shift to deep, slow breathing. Share one word naming your fire (*e.g., courage, tenderness, clarity*). Seal with a forehead touch.

7. No Mind Play



 **DURATION:** 20–30 minutes.

METHOD

Warm the room and clear distractions. Undress together and agree on one rule: no talking. For the next 20–30 minutes, play like curious children — through touch instead of words. Explore each other's body as if it were the first time: stroke, tickle, nuzzle, rub gently, guided by curiosity rather than goals. Let laughter, giggles, or sighs arise naturally. This is a space of innocence — no roles, no performance — two beings rediscovering each other with open hearts.

✨ **OPTIONAL**

- Use a soft timer to forget the clock.
- Add a blanket to create a cosy “nest” for play.

✅ **COMPLETION**

Lie quietly side by side, holding hands. Let silence deepen the intimacy you created.

Major Arcana I

Fantasy Ritual • Advanced Practice



BADGES: ADVANCED • DESIRE • HONESTY

INTENTION

To bring hidden desires into the light with tenderness, clarity, and playful courage — transforming fantasy into trust and deeper intimacy.

READINESS

Clear consent • Equal time for both • Safeword agreed • Willingness to listen without judgment

TEMPLE SETUP

Private, cosy room. Candlelight. Paper & pens (or notes app).

METHOD

Begin heart to heart, palms together. Close your eyes, breathe: inhale 4 counts, exhale 6. Three cycles with eyes closed, three open. In silence, write down your fantasies freely.

Exchange lists and read with openness. Choose one to explore now — gently, playfully, within agreed boundaries — or to unpack in conversation. Name what's in, what's out, and for how long. Let laughter, arousal, and vulnerability all be welcome.

✨ **DEEPENING (OPTIONAL)**

- Speak the fantasy aloud instead of acting it.
- Use a Green/Yellow/Red check-in.
- Place a token (flower, ribbon) on your altar to honour the courage shared.

✅ **COMPLETION & AFTERCARE**

Sit quietly for one minute. Each shares one learning and one desire that arose. Then choose — rest, cuddle, or follow the thread into lovemaking only if it truly feels right.

REFLECTION PROMPTS

- What felt most alive to name or to hear?
- What support would help bring this into daily life?

SAFETY NOTE

If strong emotions arise, pause. Hold hands, breathe, and agree to revisit the fantasy another day in a gentler form.



Major Arcana II

Become Your Partner • Advanced Practice



BADGES: ADVANCED • EMPATHY • ROLE PLAY

INTENTION

To grow empathy and melt habits by embodying your partner from the inside — seeing, touching, and speaking as they would.

READINESS

Clear consent • Playful spirit • Safeword agreed • Respectful, not mocking

TEMPLE SETUP

Dim lights, soft music. Optional scarf, mirror, or accessory to anchor the swap. Timer for midpoint switch.

METHOD

Sit together, breathe slowly, and agree that this is a respectful practice. When ready, embody your partner: slip on one of

their garments, soften into their posture, voice, and gestures. Move into gentle touch and foreplay as if you were them, while they embody you. Stay curious, slow, and tender. At the midpoint chime, pause and switch roles so each fully experiences both sides.

✨ **DEEPENING (OPTIONAL)**

- Borrow some cloth and dress up as your partner
- Use prompts: *"As you, what I need most is..."*.
- Spend one minute before a mirror, studying each other's expressions.

✓ **COMPLETION & AFTERCARE**

Sit facing each other. Share three insights: one about your partner, one about yourself, and one change for daily intimacy. Bow or embrace with gratitude. Keep the evening gentle.

SAFETY NOTE

If laughter turns edgy or shame arises, pause. Hold hands, breathe, and name one kind thing you see in each other before continuing or closing.



Major Arcana III

Tantric Blind Date • Advanced Practice



BADGES: ADVANCED • POLARITY • PLAY

INTENTION

To meet your beloved as new — rekindling polarity, courage, and play through role-play.

READINESS

Clear boundaries • Code word to pause/stop • Time box agreed

TEMPLE SETUP

Choose a “meeting spot” at home (hallway bar, kitchen café, balcony lounge). Prepare 1–2 props or costume pieces each. Play a fun, flirty playlist.

METHOD

Separate briefly and choose a character — mysterious stranger, bold seductress, tender healer, sovereign, muse.

Dress the part with one small prop, a shift of posture or voice. Re-enter in character and meet as if for the first time: greet, flirt, and explore. Ask bold or tender questions, negotiate touch, and let curiosity lead. Hold the scene until your agreed-upon time or code word.

✨ **DEEPENING (OPTIONAL)**

- Give your character a one-line backstory or secret desire.
- Stick to one setting to keep the scene coherent.
- Add a “slow dance” moment mid-scene.

✅ **COMPLETION & AFTERCARE**

De-role: shake out, say your real names, and embrace. Share one moment you'll remember and one quality you'd love to bring into daily life. Offer water or fruit. Follow the spark into rest or lovemaking only if it feels right.

SAFETY NOTE

If either feels uncomfortable, use the code word, pause, meet eyes, and return to yourselves before continuing.



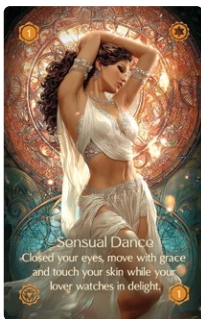
SUIT 2 • SENSUAL MAGIC


This suit awakens the energy of the sacral chakra — the orange center of pleasure, creativity, and emotional flow. It is the element of water, movement, and sensitivity — the energy that invites us to enjoy life through our senses. Here, sensuality becomes a meditation. These practices help you relax into your body and rediscover the joy of feeling. They invite you to open to beauty, touch, sound, scent, and presence — weaving them into moments that feel like living art. Through this energy, we return to innocence — to the childlike joy of exploring without guilt or expectation. It's about remembering how to play again, how to be curious, how to enjoy your body and your partner's body with openness and tenderness.

Awaken the senses. Feel the texture of skin, the warmth of breath, the sound of laughter, the sweetness of a kiss. Notice the scent of your lover, the taste of the moment, the vibration of touch. Every sense is a doorway into connection — a way to experience pleasure more deeply and to be fully present with one another. When you allow yourself to feel without judgment, energy begins to move freely. Emotions soften, creativity awakens, and pleasure becomes something sacred — not just physical, but also emotional and spiritual. The sacral chakra teaches us to flow like water — to let go of control, to trust the current of life, and to open to pleasure as a healing force. When this energy flows freely, it fuels joy, love, art, and the power to create the reality you desire.

Let this suit remind you that pleasure and play are sacred. They are gifts of life — gentle waters that heal, inspire, and open the door to deeper intimacy, creativity, and love.

I. Sensual Dance



 **DURATION:** 10–15 minutes.

METHOD

Put on soft music and begin to undress slowly, savouring how the fabric feels on your skin. Touch your body as you like, moving with grace and pleasure. Your partner watches in silence, receiving the gift of your sensual self-expression.

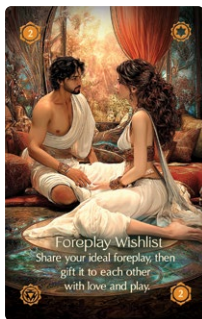
✦ **OPTIONAL**


- Use scarves or veils.
- Dance with candlelight or flowing curtains.
- After one finishes, switch roles.

✓ **COMPLETION**

Stand together in stillness. Share one word (soft, radiant, alive) and bow or kiss in gratitude before resting or moving into the next card.

2. Foreplay Wishlist



 **DURATION:** 15–25 minutes.

METHOD

Sit together in a relaxed atmosphere. Each shares what ideal foreplay looks like — touches, words, gestures, rhythms. Write it down or speak it aloud with honesty and curiosity. Then take turns offering your partner exactly what they named, letting pleasure guide you without rushing.

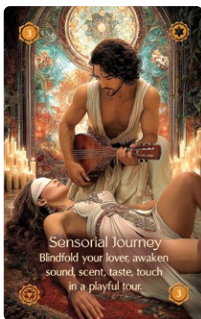
✨ **OPTIONAL**


- Swap lists and surprise each other later in the week.
- Add a playful ritual: place wishes in a “foreplay jar” to draw from on date nights.
- Use candlelight or music to anchor the mood.

✅ **COMPLETION**

After both have received, hold each other in silence. Whisper one word of gratitude (safe, desired, open) and close with a kiss, bow, or cuddle.

3. Sensorial Journey



 **DURATION:** 20–30 minutes (10 each).

METHOD

Partner A lies down blindfolded. Partner B guides a “tour” of the senses:

- **Sound:** bells, drums, whispers.
- **Smell:** oils, incense, herbs.
- **Touch:** feathers, silk, warm hands.
- **Taste:** fruit, chocolate, honey.

Take about 2–3 minutes with each, offering variety and surprise. Keep movements slow, playful, and full of presence. Switch roles.

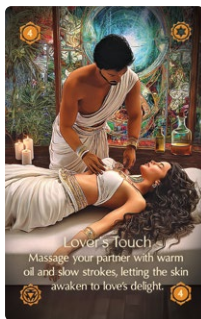
✨ OPTIONAL


- Add music or silence, depending on mood.
- End each sense with a kiss or caress.
- Prepare a basket with props to inspire spontaneity.

✓ COMPLETION

Sit together, eyes open, and share one highlight from the journey. Close with a soft embrace, letting the senses linger.

4. Lover's Touch



 **DURATION:** 20–30 minutes.

METHOD

Warm some scented oil (almond, rose, jasmine, or musk). Invite your partner to lie down (**Ideally fully naked**) and begin massaging their body with long, slow strokes. Glide your hands over arms, chest, belly, thighs, and back, awakening the skin with tenderness. Move without hurry, letting every gesture carry reverence and sensuality. Keep your breath steady and attuned to theirs.

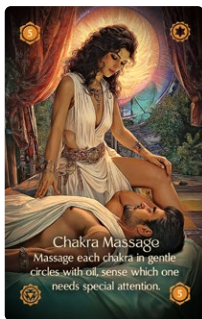
OPTIONAL


- Use candlelight or soft fabrics beneath the body.
- Whisper sweet words as you touch.
- Alternate between firm and feather-light strokes.

COMPLETION

Rest beside your partner in silence. Place a hand on their heart and share one word that reflects the experience (*soft, alive, radiant*).

5. Chakra Massage



 **DURATION:** 30–40 minutes.

METHOD

Invite your partner to lie down, relaxed and naked. With a little oil or cream, use slow clockwise circles with your fingertips. Spend about 5 minutes on each chakra, moving from root to crown: pelvis, belly, solar plexus, heart, throat, third eye, and crown. Touch gently, with presence, as if awakening each centre into harmony. End by lying together or cuddling for integration.

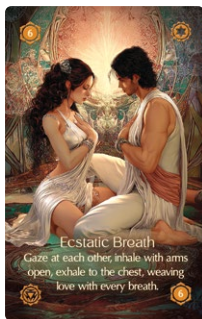
✦ **OPTIONAL**


- Place a crystal or flower on each chakra as you touch.
- Whisper affirmations linked to each energy centre.
- Add gentle music that flows upward, chakra by chakra.

✓ **COMPLETION**

Rest together heart to heart for 5–10 minutes. Each shares one word for the quality felt (*grounded, open, glowing*).

6. Ecstatic Breath



 **DURATION:** 15–20 minutes.

METHOD

Sit facing each other, eyes soft, hands on hearts. **Breathing through the mouth.** Inhale with arms wide open as if receiving universal love. Exhale, drawing your hands back to your chest, sending that love inward. Synchronise breath and movement, letting the rhythm open your bodies into blissful connection. Allow sighs or gentle sounds to arise naturally.

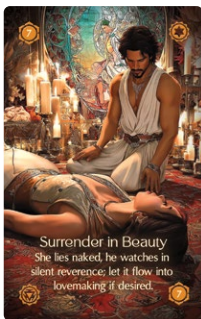
✨ **OPTIONAL**


- Add music that swells and softens like waves.
- Close your eyes for a few rounds to feel energy within.
- Place your foreheads together as you breathe.

✅ **COMPLETION**

End with three deep breaths in silence. Whisper one word (*love, bliss, peace*) and seal with a tender kiss or embrace.

7. Surrender in Beauty



 **DURATION:** 20–30 minutes.

METHOD

The woman lies down naked in a comfortable space. She simply relaxes while the man watches silently, without touching, for about 20 minutes. Let the gaze be soft, reverent, and free of demand — seeing her as living art, a goddess in her natural form. Presence, not action, is the essence. If both feel the calling, let the stillness melt into touch and lovemaking, guided by mutual desire.

✦ **OPTIONAL**

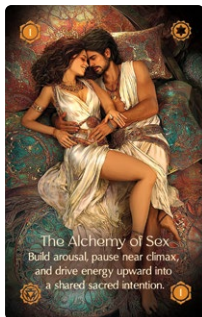
- Place flowers or candles around her body.
- The man may whisper silent prayers or appreciations in his heart.
- Use gentle music to support the atmosphere.

✓ **COMPLETION**

When complete, make eye contact and one word of appreciation (*radiant, divine, whole*). Seal with an embrace or kiss of reverence.

Major Arcana I

The Alchemy of Sex • Advanced Practice



BADGES: ADVANCED • INTENTION • SLOW TIME

INTENTION

Harness arousal to carry a shared blessing — circulating pleasure through the whole body and planting it in your lovemaking.

READINESS

Consent • Shared intention (healing, abundance, love) • Magic word chosen • Time box (30–40 min) • Unhurried pace

METHOD

Create a soft temple: dim lights, play warm music, arrive slowly. Pleasure each other with hands, mouth, or body, letting arousal rise. At the edge of climax, speak your magic word and pause. Place hands on hearts, breathing energy upward (genitals → belly → chest → throat → crown). Resume gently. Repeat: edge → word → pause → circulate → resume.

Keep eye contact, attune to consent, and return to your shared intention.

✨ **DEEPENING (OPTIONAL)**

- Count the breath (inhale 4–6, exhale 6–8).
- Lightly lift pelvic floor on inhale, soften on exhale.
- Place a token on your altar to hold the seeded intention.

✅ **COMPLETION & AFTERCARE**

Embrace, whisper the magic word once more, and offer your intention to Life. Hydrate, cuddle, and keep the evening gentle.

REFLECTION PROMPTS

- What shifted when we circulated instead of releasing?
- Which intention felt most aligned in our bodies?

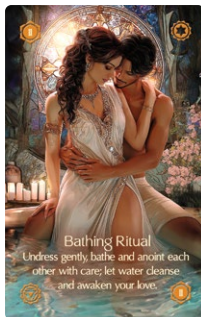
SAFETY NOTE

If overstimulated, pause, hands on hearts, breathe into belly, and return to slower touch.



Major Arcana II

Bathing Ritual • Advanced Practice



BADGES: ADVANCED • CLEANSING • DEVOTION

INTENTION

To cleanse, soften, and renew — turning bathing into an act of love and reverence.

READINESS

Clear consent • Warm space prepared • Towels, oils, or lotions • Time box (30–40 min)

METHOD

Slowly undress each other with tenderness. Guide your partner into warm water — bath or shower. Wash their body lovingly, massaging soap into the skin, shampooing hair with gentle care. Rinse slowly, honouring every curve. Dry each other off, savouring the intimacy of soft towels. Lay your partner down and anoint their body with oil or lotion, caressing with presence, devotion, and unhurried touch.

✨ **DEEPENING (OPTIONAL)**

- Add flowers, herbs, or salt to the bath.
- Light candles for a temple-like atmosphere.
- Whisper blessings of gratitude while washing.

✅ **COMPLETION & AFTERCARE**

Meet in stillness, eyes soft. Share one word (clean, cherished, renewed). Embrace, cuddle, or let the ritual flow into lovemaking if both desire.

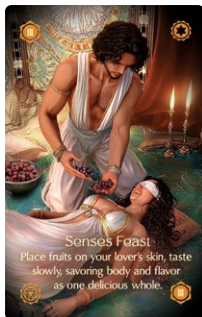
SAFETY NOTE

Keep movements slow and maintain a comfortable water temperature. Prevent slipping by steady support.



Major Arcana III

Senses Feast • Advanced Practice



BADGES: PLAY • TASTE • GRATITUDE

INTENTION

Turn your beloved's body into a temple of taste and touch — celebrating pleasure, gratitude, and play.

READINESS

Clear boundaries (areas to include/avoid) • Food preferences/allergies checked • Time box (30–45 min) • Napkins/water handy

METHOD

Undress your partner slowly, whispering appreciation for each place revealed. Place small pieces of fruit or treats on their skin and savour them — kiss, lick, nibble — moving unhurriedly between taste and touch. Keep portions light, avoid sticky foods on sensitive areas, and infuse laughter, tenderness, and gratitude into every bite. Keep consent alive

with eye contact, breath, and simple check-ins.

✨ **DEEPENING (OPTIONAL)**

- Add a blindfold for surprise.
- Play with temperature (cool fruit, warm breath).
- Feed each other by hand between kisses.

✅ **COMPLETION & AFTERCARE**

Offer water and a warm cloth to refresh. Share one thing you loved giving or receiving. Rest together — or let the feast flow into lovemaking if it feels true.

REFLECTION PROMPTS

- Which flavours or touches awakened me most?
- How can we incorporate “feast energy” into our daily lives?

SAFETY NOTE

Avoid foods that irritate sensitive tissue; keep the surface clean and comfortable.



SUIT 3 • LOVE & INTIMACY

This suit opens the energy of the heart chakra — the bridge between earth and sky, body and spirit. It is the center of love, compassion, and emotional truth. When this energy awakens, the heart unfolds like a lotus flower — soft, radiant, and alive — releasing a subtle fragrance of sweetness and peace.

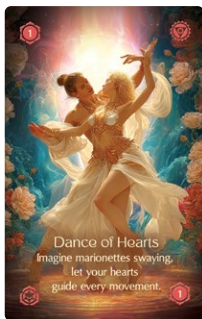
These practices invite tenderness, trust, and presence. They help melt defenses, dissolve distance, and remind us of the beauty of being truly seen and accepted. Here, intimacy becomes an act of healing: a return to innocence, where giving and receiving love flow naturally, without demand or condition.


Love is not something to achieve — it is something to allow. When we open the heart, we stop trying to control and begin to simply feel. We listen with our bodies, we see with our hearts, and we recognize the divine in each other's eyes. In this space, lovers become mirrors. You see yourself in the other and the other in you — not as two separate beings, but as one shared essence. Connection moves beyond touch and words; it becomes communion of soul and spirit.

As the heart chakra expands, energy rises freely from the passion of the lower centers toward compassion, forgiveness, and joy. Love becomes both the path and the destination — the force that heals, nourishes, and unites all things.

Let this suit remind you that to love is to awaken. Through tenderness, trust, and openness, you return to your true nature — where giving and receiving are one, and where every heartbeat whispers, *"I am love."*

I. Dance of Hearts



 **DURATION:** 10–15 minutes.

METHOD

Create a quiet, warm space with soft music and dim lights. Stand facing each other and imagine invisible strings tied to your hearts, guiding every movement. Let your bodies sway, twirl, and flow as if your hearts were leading the dance. Release the mind — it is not about steps, but surrender. Close your eyes if you wish, then open them to meet your partner's gaze, breathing love into your chest and letting it radiate outward.

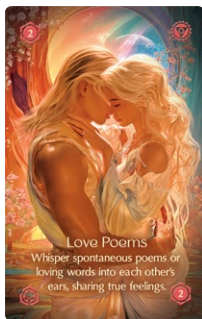
✨ OPTIONAL

- Place one hand on your heart and the other on your partner's for a few breaths.
- Choose a shared word of intention (*tender, brave, soft*).

✅ COMPLETION

End in a gentle embrace. Rest your head on your partner's chest and listen to the rhythm of their heartbeat.

2. Love Poems



 **DURATION:** 20–30 minutes.

METHOD

Create a cosy nook with cushions, candlelight, or a blanket. Sit close enough to whisper. One partner begins, speaking a spontaneous poem or loving words. No need to rhyme or be perfect — only true. Let affection, gratitude, admiration, or desire flow naturally: *“Your smile is my sunrise... I love the softness of your skin... I feel safe in your arms.”* Then switch roles. Let words carry intimacy and vulnerability, sinking into the body like a caress.

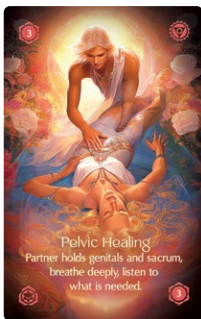
✨ **OPTIONAL**


- Write your poems in a shared “love grimoire.”
- Add a tender touch — hand on cheek or heart — while speaking.

✅ **COMPLETION**

Gaze into each other’s eyes, place one hand over each other’s hearts, and take a few slow breaths, honouring the love shared.

3. Pelvic Healing



 **DURATION:** 40–60 minutes (20–30 each).

METHOD

Create a warm, quiet space. One partner lies down, eyes closed. The giver places one hand beneath the sacrum and the other gently on the genitals. Breathe slowly together, syncing your rhythm. Guide the receiver to focus: seven breaths into the sacrum, seven into the genitals, and seven into the space between. Then ask softly: *“What does this sacred place need? What wish does it carry?”* Allow words, sensations, or images to arise naturally, without rush or fixing.

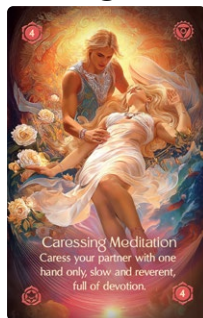
✦ ✦ **OPTIONAL**


- Speak answers aloud while the partner writes or records.
- Place a warm cloth over the belly for soothing.

✓ **COMPLETION**

Rest your hands over each other's hearts in silence. Offer gratitude for trust and healing shared. Switch roles when ready.

4. Caressing Meditation



 **DURATION:** 20–30 minutes.

METHOD

Ask your partner two things: a title they wish to receive (*Sweet Queen, Powerful King*) and the type of touch they prefer (fingertips, half-hand, full-hand). With only one hand, caress them slowly, repeating inwardly: *“While being caressed, [title], enter this touch as everlasting life.”* Keep movements unhurried, steady, and reverent. Switch roles when complete.

✦ **OPTIONAL**

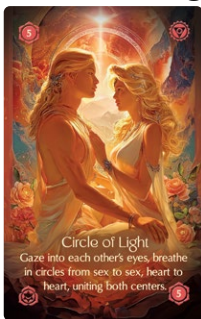
- Play soft, meditative music to deepen rhythm.
- Add essential oils to the hand offering touch.
- Rest your forehead against theirs mid-practice.

✓ **COMPLETION**

Make eye contact, hands on hearts. Whisper one word that reflects what you received (sacred, tender, infinite).

Mantra Whisper the chosen mantra from time to time *“While being Caress Sweet Queen/Powerful king enter the touch as everlasting life”*

5. Circle of Light



 **DURATION:** 20 minutes.

METHOD

Sit cross-legged facing each other in a quiet space. Soften your eyes and let the breath settle. Partner A places awareness in the sex centre; Partner B in the heart. As A exhales from the sex centre, B inhales there, drawing the energy upward. Then B exhales from the heart while A inhales into the heart, bringing the energy down to sex — and the loop begins again. Breathe through a relaxed mouth to invite deeper connection. Feel desire and love merge as boundaries between physical and spiritual intimacy dissolve.

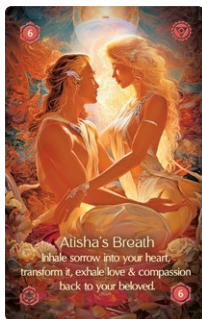
✨ **OPTIONAL**


- Add a soft count (inhale 4, exhale 6) to lengthen the wave.
- Close with three nose breaths to gently settle.

✓ **COMPLETION**

End in a silent Yab Yum embrace, feeling sex and heart connected. Seal with gratitude.

6. Atisha's Breath (Compassion Practice)



 **DURATION:** 20–30 minutes.

METHOD

Sit facing each other, mouth slightly open, jaw and tongue relaxed.

- **Phase 1 (≈10 min):** Close your eyes. Imagine yourself before you. Inhale your own pain or heaviness as dark smoke into the heart; exhale golden light of love and compassion back to yourself.
- **Phase 2 (≈10–15 min):** Open your eyes, soften your gaze into your partner's. Inhale their pain or sorrow as dark smoke into your heart; exhale golden light of compassion, healing, and love. Continue, cultivating empathy and a deep heart connection.

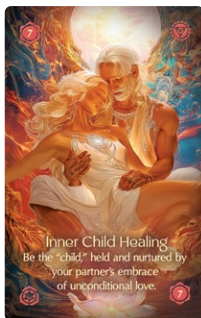
✨ **OPTIONAL**

- Place one hand on your heart and one on your partner's.
- Close embracing, whispering a blessing (*peace, strength, sweetness*).

✅ **COMPLETION**

Hold a long embrace. Take three breaths together, integrate in silence, and bow gently.

7. Inner Child Healing



 **DURATION:** 20–30 minutes.

METHOD

Create a safe, nurturing space with blankets, pillows, and warm light. Decide who begins as the child and who as the parent. The child curls into the parent's arms, allowing themselves to be held, rocked, and comforted without shame or resistance. The parent offers unconditional love through steady presence, tender touch, and soft words. This is not sexual roleplay, but a sacred moment of healing — to feel profoundly cared for and safe. When ready, switch roles. Allow tears, laughter, or silence to arise naturally.

✨ **OPTIONAL**

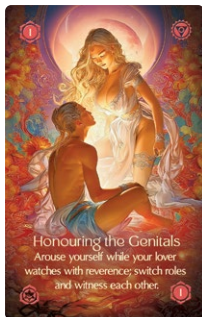
- The parent may hum a lullaby or whisper supportive words.
- Place a blanket over both to deepen the sense of refuge.

✅ **COMPLETION**

Touch foreheads together, honouring both the child and the loving parent within. Thank each other for the courage to open.

Major Arcana I

Honouring the Genitals • Advanced Practice



BADGES: ADVANCED • VULNERABILITY • TRUST

INTENTION

To dissolve shame and transform the genitals into sacred gateways of intimacy — through visibility, receiving, and loving presence.

READINESS

Clear consent • Equal time agreed (~15 + 15) • Privacy and warmth • Willingness to be seen and to receive

METHOD

Create a safe, reverent space with dim lights and warmth. The man begins by self-pleasuring for ~15 minutes while his partner watches silently. This is not performance but presence — honouring his body and being seen without shame. Then she joins with her hands for ~15 minutes while he simply receives, without rushing or needing to do.

Maintain soft eye contact if welcome. Exchange roles on another day if desired.

✨ **OPTIONAL**

- Speak a blessing for the genitals at the start.
- Use a towel, lubricant, or warm cloth for comfort.

✅ **COMPLETION & AFTERCARE**

Place your hands together over your genitals and whisper a blessing of gratitude. Drink water, rest quietly, or cuddle.

REFLECTION PROMPTS

- What felt different about being seen vs. doing?
- What tenderness or respect arose for my/their body?

SAFETY NOTE

If shame or overwhelm appears, pause, hold hands, and take three breaths before continuing.



Major Arcana II

Symphony of Touch • Advanced Practice



 **DURATION:** 20–30 minute

METHOD

One partner lies down, eyes closed, surrendering to full receptivity. The other becomes the “musician,” exploring the body as a living instrument of pleasure and expression. Begin softly — touch, kiss, blow, or gently bite different parts of the body: ears, neck, shoulders, hands, belly, thighs...

After each touch, the receiver responds only with sound. Let each sound arise naturally from sensation — a sigh, a moan, a laugh, a purr, a growl, a hum. No words, no performance — just pure instinct.

The giver listens, follows the music of those sounds, and plays new “notes” with touch, breath, and imagination. Together you create a spontaneous symphony of pleasure and presence. As the connection deepens, allow the sounds

and touches to grow in rhythm and intensity — until they merge into lovemaking if both feel called.

✨ **OPTIONAL**

- Use soft background music or sensual ambient tones to enrich the atmosphere.
- Switch roles after 15–20 minutes.

✅ **COMPLETION**

When complete, rest in silence together. Feel how sound and touch have tuned your bodies into one shared vibration — a living harmony of desire, trust, and play.



Major Arcana III

The Perfect Consort (King–Queen Meditation)



BADGES: DEVOTION • SERVICE • CONSENT

INTENTION

To balance power, desire, and surrender — discovering the ecstasy of being fully served and of serving with love.

READINESS

Clear consent • 45 minutes each (timer ready) • Pact: respectful requests & kind declines • Optional menu of offerings

METHOD

Enter the space as a temple — soft fabrics, incense, slow breath. Decide who is Royal first. For 45 minutes, the Royal is honoured as King/Queen and may request any pleasure, service, or act of love (massage, caress, words, fruit, reading). The Consort fulfils requests with devotion — unless something feels too much; then they gently decline and

propose an alternative. The Royal asks kindly; the Consort may request clarity (pace, pressure, location). Keep breathing steadily and conscious alive. Switch roles at the chime.

✦ ✦ **OPTIONAL**

- Wear a scarf/crown to embody the role.
- Use a bell for requests or prepare a simple “menu.”

✓ **COMPLETION & AFTERCARE**

Bow to each other. Share one insight from serving and one from being served. Hydrate, cuddle, or rest gently.

REFLECTION PROMPTS

- What was easiest to ask for? Hardest?
- What devotion do I want to bring into daily life?

SAFETY NOTE

Consent is sacred: “No” protects trust; “Yes” flowers from freedom.



SUIT 4 • SACRED UNION

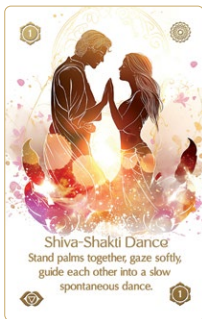
This suit opens the energy of the crown chakra — the realm of spirit, devotion, and divine union. Here, the journey of the chakras comes full circle: the fire of the root rises through the heart and blossoms into pure awareness. In this space, lovers meet not as two, but as one. These practices invite you into the mystery — where breath, energy, and consciousness merge into a single rhythm. The masculine and feminine within you unite, and through that inner harmony, you can meet your partner in total fusion. It is a dance of polarities dissolving into wholeness — a sacred embrace where time, space, and separation fade away.


Sacred Union is not about reaching climax; it is about transcendence through presence. The orgasm becomes a vehicle for awakening — an opening into the infinite, where body and soul remember their original unity. It is a meditation in motion, a prayer made of touch, breath, and surrender. As you enter this field of oneness, devotion arises naturally. Love becomes stillness. Ecstasy becomes silence. In this merging, there is nothing to do and no one to become — only awareness expanding through two bodies, two hearts, one spirit.

When the inner masculine and feminine find balance, you no longer seek completion outside yourself — you embody it. From this wholeness, union with another becomes effortless, fluid, divine.

Let this suit remind you that Sacred Union is the essence of Tantra — the meeting of heaven and earth, of love and consciousness, of self and other. Through the sacred art of fusion, we awaken to who we truly are: infinite, whole, and one with all that is.

I. Shiva-Shakti Dance



 **DURATION:** 15–20 minutes.

METHOD

Create a sacred mood with candlelight, soft music, and space to move. Stand face to face, palms together (right over left), and gaze softly into each other's eyes. Let your arms begin a slow, wave-like dialogue guided by breath and presence, palms pressing and releasing like tides. Gradually draw closer and let your whole bodies join the flow. There are no steps — only surrender to divine polarity, Shiva and Shakti meeting as one.

✨ OPTIONAL

- Whisper a mantra (*"I am Presence / I am Energy"*), then switch roles.
- Alternate who leads every few breaths to embody both poles.

✅ COMPLETION

End in a soft embrace, hearts melting, breathing as if two flames became one fire.

2. Dream Weaving



 **DURATION:** 20–30 minutes.

METHOD

Sit together in a quiet, candlelit space with paper, art materials, or a recorder. Close your eyes and breathe in sync. Each of you visualises your highest dream for your union — what you long to create, experience, or embody together. After a few minutes, share your visions aloud. Write them down, record them, or express them as art: paint a vision board, draw, or create a symbolic image together. Let the practice be playful and devotional.

✨ **OPTIONAL**


- Choose one micro-action to embody the mission within 24–72 hours.
- Create a sigil or small symbol of your vision and place it on your altar.

✓ **COMPLETION**

Place your vision somewhere sacred (altar, bedroom, journal) and revisit it often to renew your commitment.

3. Wild Seduction



 **DURATION:** Flexible — 30 minutes or more.

METHOD

Both partners close their eyes and imagine an animal they feel connected to — strong, graceful, shy, or fierce. Let that animal awaken, move, breathe, and sound as it would. Shed human self-consciousness, visualise both animals meeting in a wide open landscape. Approach slowly — sensing, smelling, circling, teasing. No words, no plans. Let pure instinct guide your encounter. A dance of curiosity and seduction may unfold, playful or tender; perhaps leading naturally into lovemaking. Follow energy, not mind.

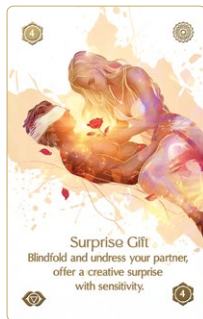
OPTIONAL


- Play primal, earthy music or a slow tribal rhythm.
- Keep eyes closed at first, then open them to meet your partner as your animal self.

COMPLETION

When you feel complete, pause in stillness. Meet your partner's eyes as humans again. Whisper the name of your animal and share one word describing how it felt. Close with a long embrace.

4. Surprise Gift



 **DURATION:** Flexible — 30 minutes or more.

METHOD

Prepare what inspires you: blindfold, warm bath, massage oil, soft restraints, or simply your imagination. One partner is blindfolded, surrendering control. The giver undresses them gently, like unwrapping a precious gift, then offers a surprise — a playful massage, a warm bath, being carried across the room, or gentle bondage (always consensual). Let creativity roam — playful, sensual, or reverent — exploring the joy of giving and receiving in unexpected ways. Switch roles so both can be surprised and cherished.

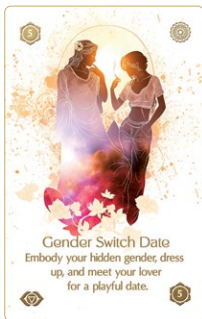
✨ OPTIONAL


- Layer senses: music, scent, warm towel, cool breath.
- Let the energy flow into lovemaking, or rest in sweetness.

✓ COMPLETION

Remove the blindfold and share a soft gaze. Name one thing you loved giving or receiving. End with rest or lovemaking, as feels true.

5. Gender-Switch Date



 **DURATION:** 30–60 minutes.

METHOD

Prepare a safe, playful, and sacred space. Sit facing each other; breathe together; and agree on the duration. Each partner then invites forth their inner opposite polarity and gives it a name: the woman calls forth her inner masculine (Lucía becomes Alejandro), the man calls forth his inner feminine (Miguel becomes Isabella). Introduce yourselves anew, meeting as on a first date. Speak and move from this embodiment — notice how voice, posture, and gestures shift. Interact by talking, laughing, gazing, caress, or playing.

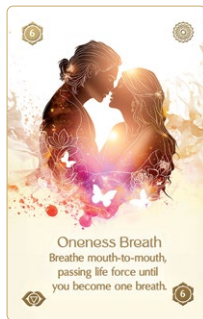
✨ **OPTIONAL**


Swap clothing items to feel more embodied in the new role.

✓ **COMPLETION**

When time is complete, return gently to yourselves. Place hands together at the heart, bow in reverence, and whisper a blessing: *“I honour the woman and man within us, and the lovers we carry inside.”* Seal with a kiss, embrace, or silent breath.

6. Oneness Breath



 **DURATION:** 15–20 minutes.

METHOD

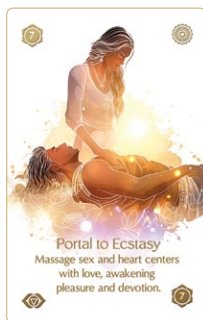
Create a quiet space with cushions or a bed where you can sit in Yab Yum (one seated in the lap of the other). Sit heart to heart, lips close with a small gap for fresh air. Begin breathing mouth-to-mouth — as one exhales, the other inhales. Continue this rhythm like a single breath circulating between two bodies. Stay fully present, allowing your hearts to synchronise. Let the breath teach you: you are not two, but one.




COMPLETION

Rest in silence with foreheads touching, anchoring the sense of unity in stillness.

7. Portal to Ecstasy



 **DURATION:** 30–40 minutes.

METHOD

Prepare a calm, warm space. The receiver begins lying face down. The giver massages the back body for ~15 minutes with slow, nurturing strokes. Then gently turn the receiver onto their back. Massage the heart centre with circular motions for ~10 minutes, inviting openness and trust. To complete, offer a single-finger massage on the clitoris or penis tip — slow, tender, and reverent — as a portal into ecstatic stillness. Focus on presence, not climax, allowing energy to expand through the whole body. Finish with soft palms resting on the chest and genitals, connecting sex and heart.

✦ ✦ **OPTIONAL**

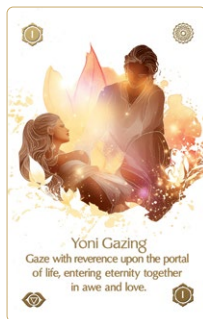
- Add oil infused with rose or sandalwood.
- Whisper blessings over each body part you touch.

✓ **COMPLETION**

Close with a soft embrace or forehead touch, anchoring the ecstasy in love and gratitude.

Major Arcana I

Yoni Gazing • Advanced Practice



BADGES: ADVANCED • DEVOTION • PRESENCE

INTENTION

To honour the yoni as a sacred portal of life, dissolving shame and awakening reverence through pure presence.

READINESS

Clear consent • 40–60 minutes • Sacred space prepared (candlelight, cushions, blanket)

METHOD

The woman lies down with eyes closed, legs supported by pillows so she can relax. With trust, she opens herself. The man sits between her legs and gazes upon her yoni — not with lust, but with awe, as if beholding a sacred temple. For ~20 minutes, there is no touch, only witnessing. She receives the gaze as a blessing, honour, and remembrance of her divinity. He learns to see without demand or hurry — only presence.

✨ **DEEPENING (OPTIONAL)**

- Speak a blessing for the genitals at the start.
- Use a towel, lubricant, or warm cloth for comfort.

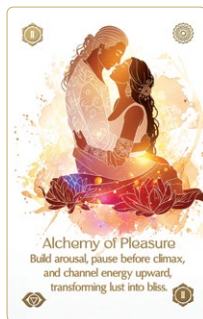
✅ **COMPLETION**

Close with a soft embrace, sealing the ritual in gratitude for the courage to be seen and to truly see.



Major Arcana II

Alchemy of Pleasure • Advanced Practice



BADGES: ADVANCED • TRANSMUTATION • BLISS

INTENTION: To transform raw sexual energy into higher states of bliss, circulating desire instead of rushing toward release.

READINESS

Clear consent • Privacy and warmth • Spacious time (30–60 min) • Agreement to pause before climax

METHOD

Engage in intercourse or erotic play with awareness. Build arousal slowly, and as you approach the edge of orgasm, pause together. Breathe deeply, feeling energy rise from genitals to heart, throat, and crown. Resume gently, then pause again — letting each cycle expand sensation and presence. This practice teaches how to expand pleasure beyond climax, turning sex into meditation.

✨ **OPTIONAL**

- Use sound or a mantra to guide energy upward.
- Rest your hands on your heart and sex centre while breathing.

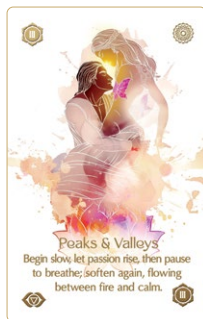
✅ **COMPLETION & AFTERCARE**

End in stillness, holding each other. Whisper one word (bliss, devotion, light) to anchor the transformation.



Major Arcana III

Peaks & Valleys (Yin Yang Lovemaking)



BADGES: ADVANCED • RHYTHM • UNION

INTENTION

To harmonise passion and stillness — learning to ride waves of energy through alternating intensity and rest.

READINESS

Clear consent • Privacy and warmth • Spacious time (30–60 min) • Shared signal to pause

METHOD

Begin lovemaking slowly, letting arousal rise. As you near a peak of intensity, pause together — breathe deeply, gaze softly, and feel the energy expand through your bodies. Then continue at a slower pace, allowing excitement to soften into calm. Alternate between passion and gentleness, building waves of pleasure and presence. Flow like yin and yang: rising and falling, peak and valley, until your union feels like one continuous rhythm of love.

✨ OPTIONAL

- Use music that alternates fast and slow.
- Add whispered affirmations during pauses.

✅ COMPLETION

Rest in stillness, holding each other. Share one word (united, timeless, whole) to seal the practice.



LOVE KEYS • JOKERS

The Love Keys are your flirty wild cards — quick sparks of play you can throw in anytime. Use them to tease, surprise, or flip the mood in an instant. They are sexy little shortcuts that melt walls, wake up desire, and turn ordinary moments into cheeky fun.

Think of them as secret love hacks: simple, spontaneous, and just a little naughty. The time recommended is 10-20 mins — the longer the most effective.

Agree the timing previously and play some music or a soft bell to manage the time so you can relax.

YIN • For Her 🌸

1. Spooning Magic
2. Eye Candy
3. Melt Me
4. Genie Wish

YANG • For Him 🔥

1. Kiss Attack
2. Whisper Tease
3. Message from Beyond
4. Genie Game

✨ **Tip:** Use Love Keys as openers to land together, amplifiers mid-ritual, or a tender seal at the end. Always move with consent, curiosity, and warmth.

I. Spooning Magic

Curl up behind her, arms around. Breathe together in silence until her body softens. Nothing to do — just melt.



2. Eye Candy

Sit face to face, knees touching. Look softly into her eyes for 2–3 minutes. Welcome whatever arises — laughter, tears, tenderness.



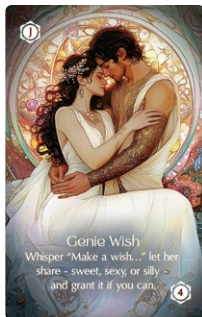
3. Melt Me

Sit in Yab Yum (he cross-leggedged, you on his lap), heart-to-heart; rest in a sweet embrace — Become One Heart — listening to each other's heart beat.



4. Genie Wish

Whisper: “*Make a wish...*” Let her share — sweet, sexy, or silly — and do your best to grant it right there.



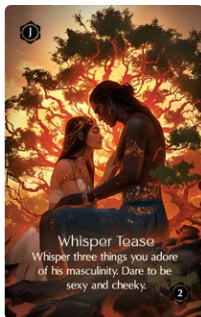
I. Kiss Attack

Surprise him with a juicy wet kiss. Start slow, go wild, then soften — let him forget which way is up.



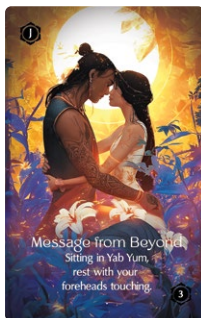
2. Whisper Tease

Let him relax comfy on the sofa or the bed and close his eyes. Lean close to him and whisper in his ears all those sexy bits you adore of Him. Add some cheeky details for extra spark.



3. Message from Beyond

Sit in Yab Yum (he cross-leggedged, you on his lap), heart-to-heart. Bring foreheads together and breathe for some minutes while you receive a message for your relationship. Whisper the message to each other.



4. Genie Game

Say: *"If I were your genie, what would you ask?"*
Listen fully, then play with his wish together.



AFTERWORD: BRINGING THE DECK TO LIFE

May this deck be a faithful companion on your path of intimacy. Return to it in seasons of tenderness and in seasons of growth. Let each practice be a doorway — not to performance, but to presence, curiosity, expansion, and love.

SAFETY, CONSENT & CARE

- **Boundaries are sacred.** A clear no protects trust; a true yes flowers from freedom.
- **Health.** If you have cardiovascular, respiratory, pelvic, or mental health conditions, adapt intensity or consult a professional — especially for breathwork or prolonged arousal.
- **Pace.** Hydrate, rest, and pause if dizziness or overwhelm arises. Pleasure expands best in safety.
- **Aftercare.** Close with grounding — water, fruit, chocolate, cuddling, quiet breath, or a warm shower.

INTEGRATION RITUALS (CHOOSE 1-3)

- **Gratitude Share** — Each names three things they appreciated.
- **Body Scan in Silence** — 3 minutes of stillness, hands over hearts.
- **Journaling Prompts** — What did I discover today? Which boundary supported me? What do I desire next?
- **Altar Token** — Place a small item (flower, ribbon, note) to honour the practice completed.

WORKING WITH THE LOVE KEYS (JOKERS)

Use cards like Wet Kiss, Eye Gazing, Yab Yum Embrace, or Third Eye connection as amplifiers. Insert them:

- **Before a practice** to land together in the presence.
- **During a practice** to deepen energy and focus.
- **After a practice** to seal tenderness, integration, and rest.

GLOSSARY

Chakra Sounds

Seed sound used to awaken a specific chakra. Examples: LAM (Root), VAM (Sacral), RAM (Solar Plexus), YAM (Heart), HAM (Throat), OM/AUM (Third Eye), silent or NG (Crown).

Chakras

Seven main energy centres along the spine:

- Root (base of spine): safety, grounding
- Sacral (lower belly): feeling, sensuality
- Solar Plexus (upper belly): power, confidence
- Heart (centre chest): love, compassion
- Throat (base of throat): expression, truth
- Third Eye (between eyebrows): intuition, vision
- Crown (top of head): unity, spirit

Fire Breath

A rapid, rhythmic breathing technique through the mouth or nose, used in Tantra and yoga to awaken energy. Inhale and exhale in steady pulses, keeping the body relaxed. Fire Breath builds heat in the pelvis, energises the body, clears stagnant emotions, and helps move Kundalini upward through the chakras. Always practice with presence, consent, and awareness of your limits.

Kundalini

Latent life force at the base of the spine, awakened through breath, movement, sound, and awareness. Often pictured as a coiled serpent rising through the chakras.

Lingam

Sanskrit for the penis — literally “pillar of light.” A sacred, respectful term.

Namaste

"I bow to the divine in you." Gesture: hands together at the heart, slight bow, soft eyes.

Positive Poles (Men/Women)

A tantric map of where each body tends to open first.

- Women: heart/breasts first, then genitals.
- Men: genitals first, then heart.

Shiva / Shakti

Sacred polarities. Shiva: awareness, stillness. Shakti: energy, flow, feeling. Their union symbolises consciousness meeting energy.

Tandava

A meditative dance of Shiva — slow, wave-like, fluid movement in relaxed presence.

Valley Orgasm

Prolonged, wave-based pleasure prioritises expansion and full-body bliss over a quick peak release.

Yin / Yang

Complementary forces. Yin: receptive, cool, lunar. Yang: active, warm, solar. We all carry both.

Yoni

Sanskrit for the vulva/vagina — often called the "sacred portal of life." Use with reverence.

LOVING POSITIONS

Lovers' Embrace

A simple heart-to-heart hug — standing, seated, or lying down. Breathe together, chest to chest.

Scissors

Partners lie on their sides with legs interlaced at an angle, face to face. Ideal for genital closeness. Ideal for experiencing relaxation and sexual connection.

Spooning

Partners lie on their sides, one behind the other, bodies curved like spoons. Cosy, protective, perfect for melting together.

Yab Yum

Seated embrace: one partner cross-legged, the other on their lap, legs wrapped around. Ideal for gaze, breath, and heart alignment.



DEEPEN YOUR JOURNEY

This deck is just the beginning. If you feel called to explore Tantra more deeply — to open intimacy with play and safety, to move through challenges together, to awaken energy in specific chakras, or simply to grow closer as a couple — we are here to support you. We offer online one-to-one sessions for individuals and couples who wish to bring more love, intimacy, and awareness into their lives.

Cecilia Rossini • *Integrative Health Consultant, Naturopath, Relationship Mentor & Writer*

Cecilia supports individuals and couples in transforming their relationships into sacred paths of growth. With decades of experience in intimacy, healing, and spiritual awakening, she weaves together naturopathy, homeopathy, energy work, and sacred ritual. Trained at Regent's College of London, she brings an integrative approach that bridges body, heart, and spirit. Her gift is lived wisdom — a clear presence and open heart that help dissolve blockages and rediscover the magic of union.

Santoshi Amor • *Tantra Facilitator & Festival Founder*

Santoshi is an internationally renowned Tantra teacher and the founder of Santoshi Tantra and the Ibiza Tantra Festival. For over two decades, she has guided thousands of people into deeper intimacy, embodied awareness, and heart-centered living. Her teachings are infused with devotion, playfulness, and presence — creating sacred spaces where love becomes meditation and life itself turns into a temple of awakening.

To book a session or learn more, visit:

www.sex2spirit.com

or write to us at: info@sex2spirit.com

OUR INTENTION

The Tantra Deck was born from a shared vision: to make intimacy a path of awakening.

Cecilia and Santoshi first met over twenty-five years ago at the Osho Ashram in Pune, India, while immersed in Tantra training and meditation. What began as a meeting of kindred souls became a lifelong friendship rooted in devotion, truth, and the art of conscious love.

Two and a half decades later, they reunite to share the essence of that journey — translating years of lived experience into a simple yet powerful tool for couples and lovers.

They understand how modern life — with work, children, and responsibilities — often leaves little space for intimacy or long retreats. From this reality emerged the wish to create a deck of practices that turns love into meditation, sex into prayer, and everyday life into sacred union.

Each card distills embodied wisdom — practices both gentle and transformative, opening new dimensions of connection, love, and ecstatic presence.

The Tantra Deck is offered as a companion: a bridge between daily life and the sacred, between body and spirit, between play and devotion.

With love and gratitude,

Cecilia & Santoshi

BRINGING INTIMACY INTO EVERYDAY LIFE

In today's busy world, filled with work, family, and endless to-dos, intimacy can easily slip away. Many couples love each other deeply yet rarely find the time to truly connect. This deck was created as a gentle reminder: your relationship deserves sacred time. We invite you to create a weekly ritual — even just one evening — devoted to closeness, play, and rediscovery. Let it be your Intimacy Date.

Light candles, prepare your space, and let the outside world wait. If you have children, let them know this is your special time — a moment for love, laughter, and connection. Two or three hours is enough. Turn off the phones, slow down, and let the deck guide you. Each practice will help you reconnect not only with your partner, but also with yourself — body, heart, and spirit. When you give love a place in your calendar, it will find a place in your life.

FINAL BLESSINGS

May your bodies be honoured as temples of wonder.
May your boundaries be cherished as sacred trust.
And may your love become the path you walk — together, hand in hand, heart to heart.

ACKNOWLEDGMENTS

With love and gratitude, we bow to our masters, guides, friends, and beloveds who have walked with us on this path of intimacy and awakening. To all those who opened their hearts and bodies in trust, you have inspired every practice in this deck.

DISCLAIMER

This deck is intended for educational and personal exploration purposes only. It is not a substitute for medical, psychological, or therapeutic advice. Always practice with clear consent, self-awareness, and respect for your body's limits. If you have health conditions (cardiovascular, respiratory, pelvic, or mental health), consult a qualified professional before engaging in breathwork, prolonged arousal, or advanced practices.



This Tantra Deck was created to contribute making intimacy a path of awakening.

In today's busy life — with work, children, and endless responsibilities — these cards offer couples a simple, playful, and powerful way to invite these intimacy practices into their home.

Turn love into meditation, sex into prayer, and daily life into Sacred Union.



Cecilia Rossini *Integrative Health Consultant,
Naturopath, Relationship Mentor & Writer*
Santoshi Amor *Tantra Facilitator & Festival Founder*
Illustrations & Design: Marco - www.marc-o.com