

VAMzzz interview

INTERNATIONAL TNT-TEACHER

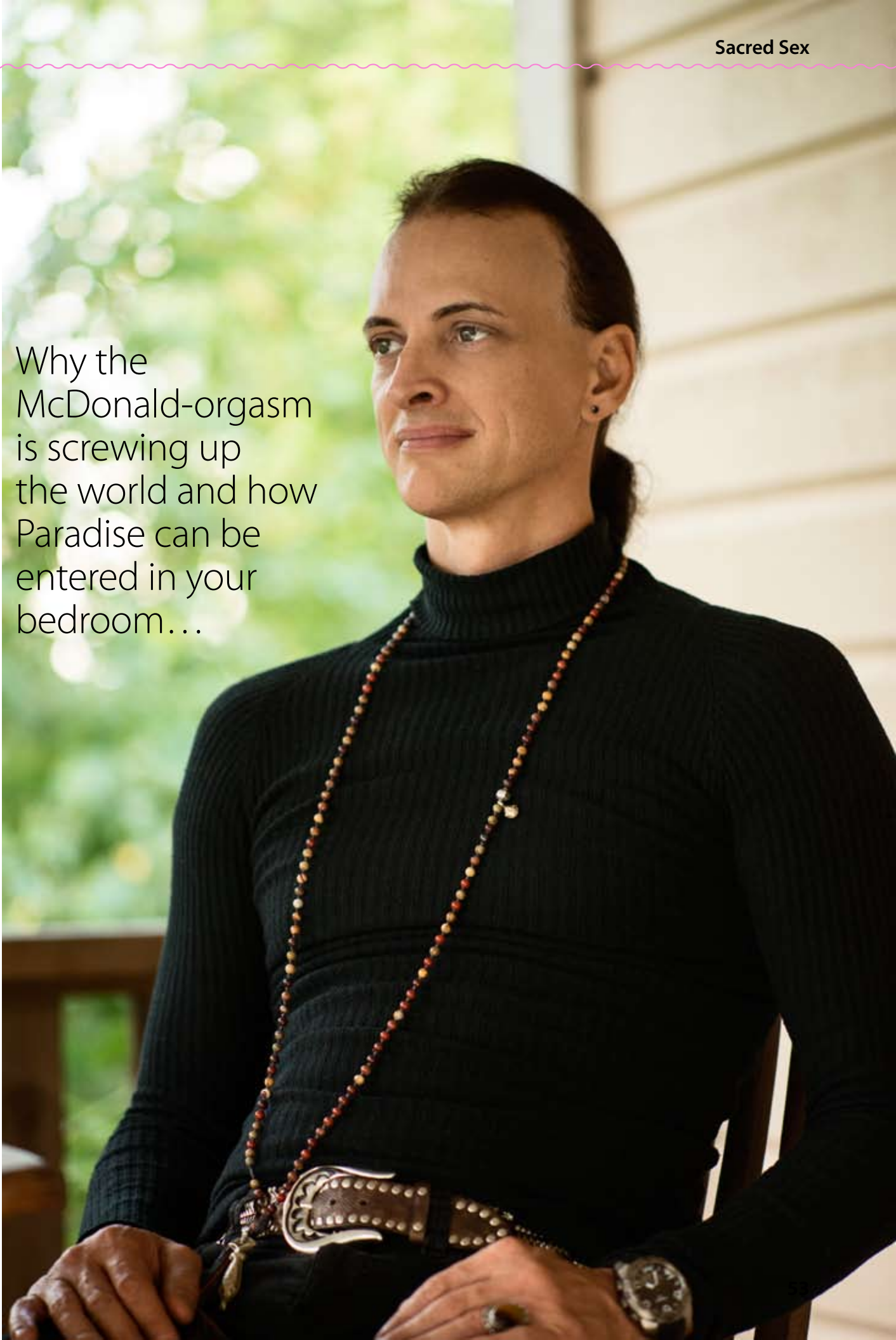
ALEX VARTMAN

Introduction by Benjamin Adamah

The 2012 hype turned into a soap bubble and did not give mainstream spirituality the healthy kick in the ass it needs. Viewed from the Left Hand Path perspective self confrontation and deep reflection are the very basics for spiritual growth and development. The bad news is, mainstream spirituality is still procrastinating. Never mind. At the same time there is good news. A new spiritual awareness is rising. Facebook shows various pages, mostly launched by women, ventilating different spiritual ideas. A living spirituality, experienced here and now, on Earth, instead of somewhere in the future when we're all dead and foggy and single. A spirituality which links Mother Earth, nature, our lover, the Goddess and the God. This spirituality has an open attitude towards sexuality and accepts our bodies as beautiful, wonderful vehicles of the divine. Tantric ideas play a major role in this fast emerging movement.

Tantra is a vast body of ancient knowledge. In the opinion of most tantrist, among which I include myself, tantra remains a living concept of a once wide spread universal religion. It is an approach towards life which celebrates the Goddess as well as the God and seeks enlightenment through their dynamic yin-yang-synergy. As opposed to cutting the divine in half and thus lobotomizing it and leaving humanity on this planet alone, in despair with a God which is always absent when you need Him, on a godless barren Earth. Earth, the physical realm, is after all the realm of the sweet nurturing Goddess where the union with the God takes place. Thus infusing our actuality, with divine rapture and joy. What could be more spiritually satisfying and beautiful?

Why the
McDonald-orgasm
is screwing up
the world and how
Paradise can be
entered in your
bedroom...



Alex Vartman is no doubt the most interesting person I have encountered in this context. Instead of mourning for the Shechinah which has left us, Vartman founded The New Tantra (TNT) as a school which teaches students to live this sacred God-Goddess/Heaven-Earth connection through using sex in a very instructive and conscious way. People actually experience the God and Goddess while making love. Not by vague New Age self suggestions but real! This is only one of many sparks of light he has to offer the spiritual seeker.

Wait a minute... New Tantra, Alex Vartman, his workshops and 10 level system, isn't that just about sex and juicing up a dried up libido; bodily stuff? As we had almost finished our interview, I came to a question I had written on my list of questions to ask, which turned out to be completely irrelevant at that stage of the interview. As New Tantra teaches very deep intense orgasms which can last up to 10 or 20 minutes for both men and women. New Tantrists make love for hours. I was intrigued whether or not this will turn you into a complete sex addict

after following his course. I already knew the answer because that's exactly the last thing that will happen. New Tantra's revolutionary open approach toward sex and our body as divine vehicles leads to better health, more self control, deeper self awareness and reflection, more human kindness, more energy, more creativity, a happier life in general, a greater drive and better relationships. There are signs it also improves our immune system. One gets more control over ones sexual urge. Misusing sex for stress relief and other frustrated expressions becomes a thing of the past. It does not lead to a sex addiction or any other addiction. To the contrary, it usually strengthens self control over both body and mind.

One thing Alex Vartman distinguishes himself with, apart from his tantric originality, is the totally open and honest way he deals with the delicate subject of sexuality. The following interview is taboo breaking. Please enjoy, fasten your seatbelts and learn about this remarkable teacher who regards the short common peak-, or MacDonald orgasm as the Devil on this planet.

Benjamin Adamah: First of all I have a question about this Internet challenge, www.21dayschallenge.com. The goal is to refrain from having a clitoral orgasm for the woman and as a man to not ejaculate for three weeks. Last week we visited your lecture in Amsterdam where you explained the short peak orgasm, or MacDonald-orgasm, as you called it. It ends up leaving you with a hangover which lasts for 17 days. This feeling is because ones levels of oxytocin, dopamin and prolactin drop dramatically. It takes about 17 days to restore these levels.

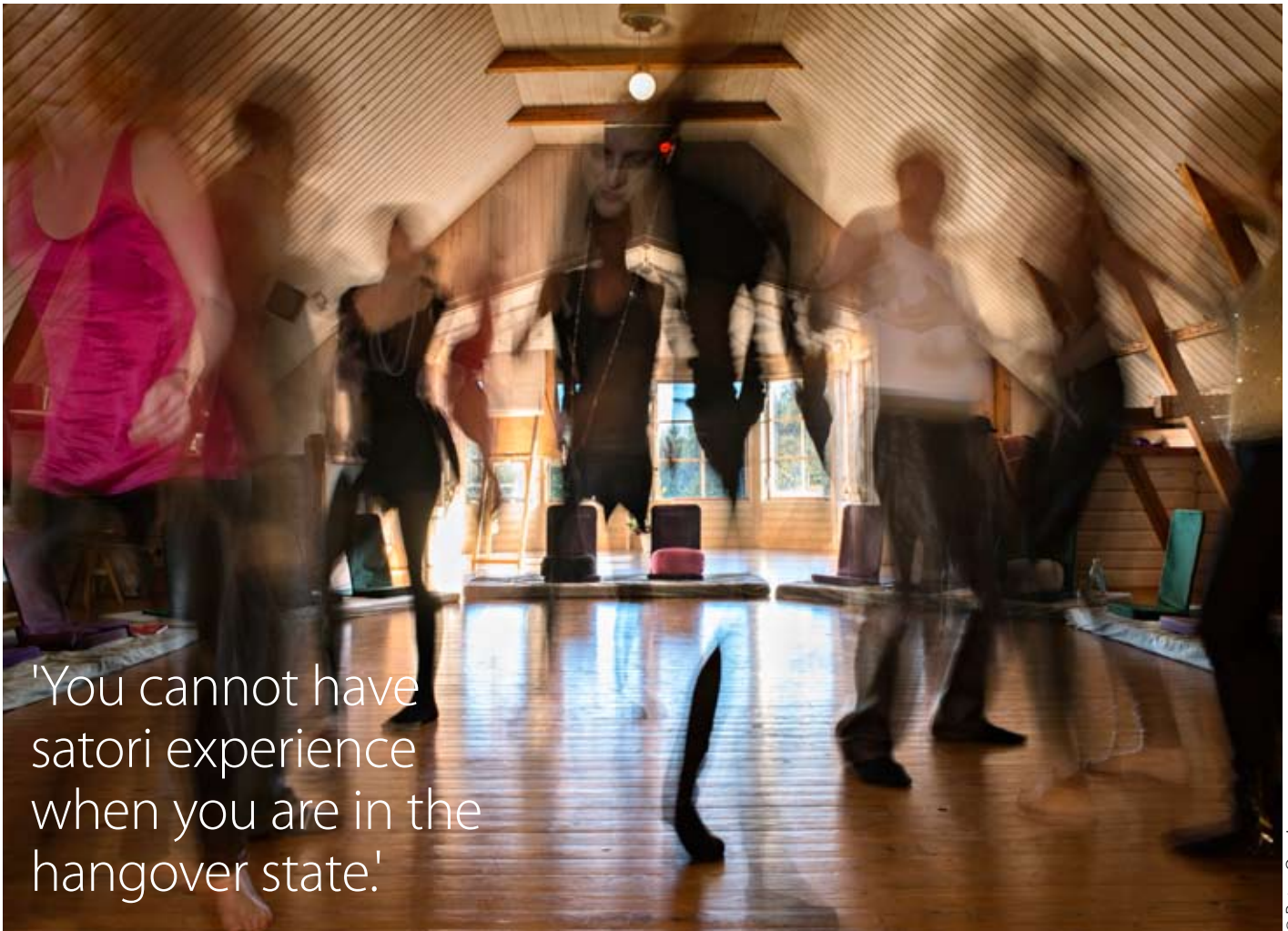
Alex Vartman: Yes... correct.

I read a lot about qi-gong and the periods of not ejaculating play an important role in training sessions of the

martial arts. But they express themselves not in terms of dopamin or oxytosin but in terms of jing-qi. Does this also play a role in your vision?

Yes absolutely. If people build up their sexual energy and do not spill it out in a short peak orgasm that lasts only 5 or 7 seconds, then they build up a lot of energy. You get much more power, creativity and drive. You become more moderate and relaxed in your sex life, yet you stay fully sexually active. There are also theories about how often a man can ejaculate. Men who ejaculate too much often get sick. This short peak orgasm is the Devil on Earth.

Dutch media noted that many men even get some kind of flu after ejaculation that can last for a week, so then their levels stored energy must be extreme low.



'You cannot have satori experience when you are in the hangover state.'

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Most men are constantly draining their sexual energy that takes 17 days to recharge... so most men are operating on about 5-10% of their sexual energy capacity.

I do this inner gongfu exercise yi yin jing that loads a lot of jing qi or sexual energy in the body. During this exercise you have to restrain on ejaculation for weeks. I have experience with the remarkable feeling this gives you. You become more intense in your sex life and really energized. I also had this experience of a full body orgasm, including kundalini bouncing up and down through all the chakras, visions of flower seas and colored light and the awareness. Of being touched and caresses by what I can only describe as the Goddess.

We call that satori. You cannot have satori experience

when you are in the hangover state. It not only effects you physical but also spiritually.

Ok, but having had this blissful experience I would like everyone to have this experience as it changes your life completely. And in this context you talked about a blockage in the anus or vagina preventing lovers from experiencing the kundalini orgasm.

Yes, well in women it's the cervix and in level 2 of TNT we try to take the emotional pain out of the cervix so she can have a womb orgasm and experience satori. When you fuck on the cervix, women become extremely horny.

Does she then actually experience the Goddess inside her? Is it invocation?

What happens is that she starts to look younger and younger until both lovers recognize the God and Goddess in each other and then they have sacred sex for hours.

So in this state both lovers become a replica for Shiva and Shakti.

Exactly. But to reach this level the man has to de-armour (loosen the tension in) his ass first. When the ass is de-armoured, the sexual energy reaches the spine and starts to flow. Mantak Chia refers to it as the microcosmic orbit. Then it becomes possible to make love for hours.

Do you have to visualize the drawing of energy into your spine?

No there is no visualization. You just have to become horny in your ass.

I recognize it when a woman gets very excited and her sexual energy flows, as you describe it, into the penis. At such a moment it's extremely difficult not to come.

Yes, but that is the moment this energy has to be drawn into your spine.

I was wondering why these blockages are in these regions of the ass and cervix but when you think about it the genitals and anus are demonized and turned into taboo body parts in the Western World.

No its even worse than that: children have no problem with being sexual. Adult people feel shame when they start to orgasm. This shame mingles with the orgasm. And the shame creates this hardening in the body. The Bible says that when a women starts to orgasm the wrong way she will have pain when giving birth.

As a man, how do you get this blockage out of your anus?

You ask a woman to stick one finger into your ass until its feels comfortable. Than two, than three fingers.

The anus has to be relaxed, de-armoured. This is taught wrong all over the World because even in Tao they teach contracting the body. One should however never contract. When you contract you feel more horny and this stimulates ejaculation, so contraction does not work. Completely relax the body base and conduct the energy into the spine.

It seems that there's a lot more work for men in this than there is for women.

Yes that is correct... it is more difficult for men not to come generally... women can just choose not to rub the clitoris.

I once managed not to come for 14 days but ejaculating was painful when I did come. Is there a relation between this wrong way of contracting and the pain?

Yes, the contraction pulls the cock back into the body. We have to get that contraction out and then the penis grows one or two centimeter. When you are withholding ejaculation for some time you get 'blue balls', but its save not to ejaculate as this is only a phase until the body reactivates the lymphatic system in this region.

I also read that in winter time you should come less.

You should never ever come. Every time you come it's a mistake. When I asked that question: who likes to be horny? Everyone raised hands. You stay horny this way.

This restriction of the anus, does it always have to be psychological or can it be hygienic? I mean you can block because you are afraid of shit. Do you use the enema standard?

Yes it is the shame of shit that can very easily transcended. But students take care of the hygiene aspects. For men it is sometimes confusing to use the anus as this is associated with, but has nothing to do with homosexuality. This is transcended too as one becomes more spiritually developed. We have these higher levels in TNT



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'You should never ever come.
Every time you come it's a mistake.'

and we do not have any higher level student that is not bisexual.

Why is bisexuality an issue you keep bringing up? How does it fit into The New Tantra?

Because once people get into satori. Even the gay people become bisexual. Most people find out their sexuality is conditioned. "Man / woman" is deeply imprinted. Bisexuality is not pushed. Everyone is free.

Yes but when you mention that everybody in the higher levels is bisexual. Does this not lay pressure on new students?

No we strongly train them not to follow the leader but to take full responsibility for themselves.

The general view of Taoist sex is that you loose a lot of qi through the anus when the anal muscles are weak. So is it also important to train the anus to close as well as to relax?

Yes... but I am referring more to the elasticity of the anus muscles.

Next question. We are a couple and not into group sex. This has not so much to do with sexual taboos but with our energy bond and intimacy. When we would have sex with other partners we would experience this as a violation of this intimacy. What about the intimacy factor?

Well I think there are two kinds of monogamy. Love based monogamy and fear based monogamy. We totally support love based monogamy, because you are right, you cannot have a deeper experience than with one person. Other people can be a distraction. And then there is also fear based monogamy: "I do not want to have sex, I do not want to have you fuck other partners because I love you too much"... That's fear based. Most people start off in a love based relationship, but may bring in a third person to get the hornyness back. So in the first level of tantra you do it just with one person. Left Hand

tantra allows that, if you have a natural interest to group sex, you can practice tantra with three in the bed. You keep the heart connexion and keep it tantric and yogic and you can do some very interesting things at a tantric spiritual level. That is, when one can be there totally relaxed and comfortable and it feels like a very natural thing. But most people would not do this in their honeymoon period. Why not? Because there is so much dept. So much to learn from one person.

Tantra as I know it is a very old very complex system. Sex is part of it. You told that in level 10 you get the mystical levels. Is this mystical magical level a new challenge for you, apart from the sexual?

Is it a challenge?

Yes I mean, next year, do you want to go beyond the sexual realm of tantra? Explore the siddhis for example.



Well I am already exploring the siddhis quite deeply and a lot of them are much more fun when you are fucking. You can work in a special way with these energies when you are in satori states, very high satori states. You can make your body glow, change your face, know exactly what's coming on in the other person's body and mind. You can do so much in that state, so yes I am exploring this realm. Perhaps one day I stop having sex but for now it is still so much fun. You can pass on the ignition of kundalini in another person just by gently touching the other person's body for example. And that person can ignite this energy on another person.

Like a deeksha?

Yes.

I once rose kundalini a very classical way using a Sufi breathing exercise of Mahmud Ibn Umar. I have exper-

rienced the complete classical kundalini with energy rising upwards through the spine, the heat, hearing the clapping wings of a bird, the sound of silver chains, seeing purple lights etc.. I also felt these electric shocks in my body along the spine. What I found surprising during your lecture in Amsterdam last week was that students started to shake on stage without doing anything but slightly touching each other's back. What exactly causes these shocks?

The students have permanent open kundalini after doing our level 1 weekend course. 80% of students do. Then just light touch on the trigger or amma points makes the spine move by itself with the bliss of kundalini rising up the spine.

Does the kundalini orgasm, when you have mastered it, have more positive side effects?

Yes there are signs the immune system gets better, although more research has to be done. Lately an experiment was done where people practicing tantra managed to have enough sleep with only two hours a night for three months in a row. One hour of tantra equals one hour sleep.

When you are asleep your etheric body is recharging, but, as I understand it now, in this tantric state you are constantly recharging the whole day long... Could something like this explain for Napoleon's only one hour of sleep a night?

Yes maybe. I don't know how enlightened Napoleon was, but enlightened beings generally don't need to sleep much at all.

But still more research has to be done, right?

Oh yes, I think there is a whole field of research there. With tantra you get more creative for example. Animals approach you more easily. They sense it.

That is perhaps why Aleister Crowley said: "God is sex."

Yes, sex is a great way of coming to God. ✨

'With tantra you get more creative for example, animals more easily approach you.'

