

10

PRINCIPLES TO YOUR SACRED·SEXUAL·AWAKENING

**FOR DEEPER INTIMACY, MORE PLEASURE
AND CLOSER CONNECTION.**

• By Shaft Uddin •

“

MAKE PLEASURE YOUR PRIORITY.

”

Welcome to your *Sacred Sexual Awakening*.

My name is Shaft Uddin. I am the founder of Sacredsexualawakening.com. As a Self-Love Coach, Tantric Practitioner and Transformation Facilitator, some call me the *Yoni Whisperer* or the *Sacred Sexual Jedi*. I help (high achieving) women release sexual trauma so they can harness their creative energy to stay younger, juicier and healthier as Sacred Sexual Badass Goddesses. I also coach men on ways to support the feminine. At this time on earth there is a feminine uprising. It's time to awaken to the divine Goddess.

When I stepped into the world of tantra (which works with Shakti – or female sexual energy) as part of my own awakening, I received life-changing healings and gifts of abundance, power and pleasure beyond anything I'd ever imagined! It was during a shamanic ritual in Hawaii that I felt the call to dedicate my life to the Goddess. This is now my path.

Sacred Sexual Awakening is the process I've developed following a deep immersion in practitioner trainings with the most renowned schools and teachers of sacred sexuality and healing worldwide. Alongside scores of client sessions, as well as my own on-going practice and personal initiation from a number of *Dakinis* (sexually awakened women).

I realized that sexual energy - the most powerful energy on the planet - has the capacity to cause both immense suffering and joy and that a woman in touch with her body, heart and yoni (vulva) – the gateway to cosmic creation – has the power to change the world, both on a personal and transpersonal level.

Despite the rise of the Goddess, many women still put themselves last and often deny their own pleasure. Sadly, many women aren't aware of their innate power or capacity for pleasure, nor are the men who love them. This is where I come in as an educator, initiator and channel for the divine masculine presence of Shiva.

Your *Sacred Sexual Awakening* is perfect medicine for you to surrender into bliss, passion, presence and peace.

My gift is to hold a safe space for you to explore and understand the true potential of your sexuality. To honour you with the touch of pure and loving presence. To empower you to discover and ask for what you need and open your entire being to blissful pleasure.

It's time to get out of your head into your sensual body and to start living a life beyond your dreams as a Sacred Sexual Badass.

Q

WHAT IS SACRED SEXUAL AWAKENING?

A. *Sacred Sexual Awakening* is a movement happening on a global scale. We have Sacred Sexual Badasses rising up everyday.

In the 80's when a man had a mid-life crisis he bought a sports car or found a younger woman. Now, there are vastly more women having successful careers and once they get to the top they realize... *is this it? Is this all life has to offer me?* More responsibility, less time to build deep intimate connections with loved ones. Finally, women are seeking the truth and there's a huge consciousness shift happening around the world.

Thirty years ago yoga was seen as esoteric, fringe and weird to many people. It came at the right time to heal the mind/body disconnect and now it is part of our everyday culture. Yoga and tantra are deeply interconnected. We are seeing more tantra practices in popular culture. Tantra is becoming the new Yoga, allowing people to access their sexuality without fear, guilt or shame and to harness sexual energy rather than repress it or let it control us.

We live in a society governed by fear. In major cities we live in constant survival mode, fight or flight, not having enough, not being enough. When we taste a mere morsel of love we become possessive and try to own it for ourselves. We compromise our relationships when we come from a place of fear and scarcity. We come from a place of lack rather than a place of love.

“

COME FROM A PLACE
OF LOVE. NOT A
PLACE OF LACK.
BECOME THE GIFT.

”

The problem comes from humans not understanding that there is an abundance of love. As we grow up we become wounded from our relationships and start building barriers around our hearts. We begin to cultivate self-judgment rather than self-love.

Love is everywhere! Yet we are always chasing the physical sensation around our hearts.

Abundance VS scarcity or simply put, always choose love over fear.

As a seeker I have walked along many paths and the path that resonated most deeply was Tantra. Everyone thinks tantra is just about sex, orgasms and orgies. That's like saying being a vegan is just about eating carrots? It is way more than that! If people looked beyond the sexual element of tantra then we can move forward and begin to heal ourselves as a collective and start connecting with our entire being. This all boils down to self-love.

Become the full power Shiva/Shakti you were born to be, not the person that people wanted you to be. You have a gift that can change our planet and that is you just being more of you!

It's time to rise up together in this age of our
Sacred Sexual Awakening.

Q

CAN YOU TELL ME MORE ABOUT TANTRA?

I THOUGHT IT WAS JUST
ABOUT ORGIES AND
ORGASMS?

A. To be honest, who doesn't want more orgasms in their life? I know I do! But let me tell you what tantra means to me.

Sadly the media and our society get hung up on the sexual element. However, tantra is simply the realization of one's true nature and a science for awakening to deeper self-love and collective healing. Not just a science for fucking.

Tantric sex is just one of a million different aspects of this holistic healing science... but let's talk about this for a moment.

43% of women have never reached an orgasm with a partner and the average man takes 3.5 minutes to ejaculate with a partner.

Can you see the imbalance?

This causes an enormous strain on relationships and women just give up on their pleasure altogether. Your sexual energy is one of the most powerful resources there is. It creates life! Remember how you feel after well-connected heart based sex with a loving partner?

Feels good right?

Notice how many people comment on how hot and amazing you look that day? That's because you're glowing from the inside.

“

LET'S TURN MATRIX SEX INTO SACRED SEX.

”

This can be achieved without having to go through toxic co-dependent relationships in an attempt to find your "twin flame" or "shiva in shining armor".

The word Yoni is the oldest Sanskrit word for vulva, which means sacred space.

Scientifically speaking, sexual energy boosts your immune system and makes you feel more vibrant and alive. Have you noticed the more stressed you are, the more prone to pain and sickness you become? Ask yourself, when was the last time you were sick when you were truly happy? How do you feel after a heart-connected orgasm by yourself? More alive? Anything is possible? This makes you happier, healthier and younger.

Mindful masturbation is one of the best self-care methods out there and a fun way to meditate when done consciously and even better with another human being but that's another conversation altogether.

Tantra can help women with menstrual pain. We have simple tools which can eradicate this pain from women's lives. From working with hundreds of women I have found one common thread which is that women who are deeply connected to their yoni and listen to their body rarely suffer from menstrual pain (it has taken them years of work to reach this level) whereas those who aren't connected, do experience menstrual pain. Honoring and listening to your yoni and voicing what is happening releases emotional energy. This is deeply connected to your sexual energy and when it runs freely, so does your life.

This is why sexual health is one of the most important aspects of our wellbeing; it is physical, emotional, mental and spiritual health. Yet when we go along the path of self-development we leave this till last.

In mainstream heterosexual society (let's call this the *Matrix*) sex is male ejaculation focused. This is why women have fewer orgasms (sometimes none at all) and men have premature ejaculation.

In tantra, sex is female orgasm focused and men learn to serve the Goddess whilst learning to "injaculate" and become multi orgasmic like women. Orgasms all round, it's a win-win for both sexes. This is why I feel people in the tantra community look younger and healthier than other communities!

Once you get into the science of tantra you can release stress from the nervous system with orgasms and release trauma from the body through bliss. This path can cut down on decades of traditional talking therapy. There's nothing wrong with talking therapy at all, but within these blissful states, parts of the brain that have laid dormant light up like Christmas trees. Do your own research and look into the healing power of orgasms to relieve pain, depression, anxiety, loneliness and other countless benefits of living an orgasmic life/tantric life. It's even on the NHS (National Health Service) website in the UK!

Most people only know sexuality as procreation, entertainment or stress release. Once we learn how to harness this energy we can channel it into more creative areas of our lives, businesses and relationships to live a life beyond our wildest dreams.

With sexual tantra (or as I like to call it The Art of Tantric Love Making) the magic ingredients of intention, sexual energy, presence, surrender, endorphins, serotonin, oxytocin, dopamine, ritual and consciousness help attain transcendent states of ecstatic connection.

With tantra it's not about reaching the orgasm the quickest or longest or how many times. Instead we drop into our body, go into the sensation and become present. It's all about the journey and once you let go of that goal then sex becomes something else, something more sacred, a form of meditation and worship... we don't exactly have an orgasm but we become orgasmic.

As one of my teachers once said:

“

IF YOU LIVE AN
ORGASMIC LIFE
YOU WILL HAVE AN
ORGASMIC DEATH.

AND DEATH IS A
CELEBRATION OF LIFE.

AND JUST LIKE LIFE
IT'S ALL ABOUT THE
JOURNEY NOT THE
DESTINATION.

”

1

CASE STUDY

I had a client who became a lesbian because she found it so stressful to be around an erect penis as she saw it as her duty to make it ejaculate and if she didn't she felt unworthy. The performance anxiety was too much for her.

She had also only ever had sex when she was drunk and always felt horrible afterwards. This shut her down and she decided she felt safer with women. We worked together for a long period of time as she had a lot of distrust with the masculine. After setting a safe container and clear boundaries we tested how far she had progressed. I held space for her to just be there with an awakened man with a conscious cock; one that isn't trying to penetrate her, or that needs to take from her. After a few more sessions she was able to feel safe around a lingam, which eventually opened her up to men, creating a greater safety and confidence around her boundaries and consent. She learnt clear communication and how to enjoy playing with the lingam through devotional practices and she learnt the art of lingam massage. Now she's in full control in any situation with women and men.

Full abundance.

MAYA

2

CASE STUDY

There was once another client who couldn't bear to look at herself in a mirror.

She would find it hard to see her own reflection due to voices in her head saying *"you're not pretty enough"*, *"you're not good enough"*, *"your boobs aren't big enough"* which resulted in her hating herself and her reflection. I got her to masturbate in front of the mirror. She found this so uncomfortable so I left her alone ... eventually I heard beautiful sounds of pleasure!

During the next session she was able to see herself as a Goddess and began to take back her life rather than letting years of conditioning control her. When she felt comfortable she asked if she could make love to me. I checked in with my boundaries and felt safe around her and was open to be in service to her ***Sacred Sexual Awakening***. Before this she was celibate for a year. We created a safe container using the *"rules of engagement"* and we made love. I then placed us in front of the mirror and I would say words such as *"it's OK to feel like this"*, *"you are enough"* and *"you are powerful"*, reprogramming her subconscious and seeding positive affirmations into her body.

This allowed her to see how beautiful she was in these open and vulnerable states. After a few sessions with me everything started to flow. She attracted the right lovers, started to get more purpose in her life and to top it off she ended up modelling underwear and supporting women in awakening to their sexual potential.

That's a big shift.

KATHY

Q

DO YOU SUFFER FROM

- Poor health and immune system?
- Stress and sleepless nights?
- High blood pressure?
- Low libido?
- Lack of sensitivity and numbness inside your yoni?
- Contracted inner muscles and painful love making?
- Difficulties reaching orgasm with other people?
- No orgasms at all?
- A need to rub your clit hard?
(as the only way for you to climax)
- Lack of intimacy?

WOULD YOU LIKE TO HAVE

- Greater self-confidence and creativity?
- Vitality, radiance and glowing skin and hair?
- Expanded whole-body orgasm and pleasure?
- The capacity to harness and direct your sexual energy?
- Stress reduction and greater holistic well-being?
- Liberation from sexual shame, guilt, fear or trauma?
- The potential for female ejaculation?
- Heart-opening?
- A sense of transcendence and connection with the Divine?
- More life force and revitalize your relationships?
- An end to period pain?

A

These are the physical and psychological benefits of orgasms.

Research by the *New York Times* found that:

- **Positive events and pleasure can boost your immune system lasting up to two days**
- **Negative events and stress only takes its toll for one day.**

This research proves that pleasure is more powerful than pain, yet we aren't shown the powerful potential to heal through pleasure... until now.

The *Matrix* is not set up for pleasure. It is set up for stress and anxiety. You're never going to live an orgasmic life in this environment unless you create it.

I know I've spoken a lot about orgasms even though this is a small percentage of tantra. ***But this relates to relationships between men and women***, divorce rates, mental health and also the healing on this planet between the Masculine and the Feminine. This is important, as I've never met anyone who hasn't suffered some form of sexual trauma.

The beauty about this path is that there is no goal, there is no pressure, only a dance between men and women. We learn how to have healthy boundaries, rules of engagement, how to ask for what we want without hurting the other and importantly, consent.

And every human has the potential to be multi orgasmic... if you allow it.

Q

WHAT DOES SHIVA/SHAKTI MEAN?

A. If you want world peace, we need to start with inner peace, and that means the balance of the divine masculine and divine feminine energies that are inside all of us.

Chinese culture calls it yin and yang. In BDSM they call it sub and dom. In dance we call it lead and follow. Science calls it left brain/right brain.

In tantra we use the terms Shiva the divine masculine energy, which is to be present, and Shakti, the divine feminine energy, which is to surrender.

One of my teachers and dear SiStars Barbara Carrellas (author of the international best seller *Urban Tantra*) has taken gender out of it. She works deeply with the LGBTQ community and using that language is triggering for many, so uses the term “Giver” for the masculine and “Receiver” for the feminine.

So, please use language that works best for you. As a side note I like the terms Shiva and Shakti. I’ve had many experiences in my past as a drug addict on DMT or Ketamine where a buff blue guy with a man-bun stepped into my being and possessed me and made me dance and make love for hours without getting tired. Back then I knew nothing about Hindu Gods and Goddesses so I Googled this and realized it was Shiva. Then I developed a big crush on him and became the embodiment of Shiva and the rest is history.

Right, back to the question...

“

BRINGING BALANCE TO THE YONIFORCE.

”

In the *Matrix*, which is a patriarchal society, everyone is governed by the mind, women are becoming like the unhealthy aspects of men due to capitalism and equal rights as a worker. More men are committing suicide which I feel is due to isolation, lack of intimacy and human connection. We are all spending too much time in the mind resulting in an epidemic of mental illness like no other generation has seen before.

In the spiritual community, which is a matriarchal society, everyone is governed by their feelings and emotions. There’s not a lot of structure and far less mental illness, but a lot of indecisive people. This results in finding it difficult to make major life choices, holding down relationships and not knowing what they want.

In both cases there is disconnect between the head, heart, sex and spirit.

Then there is the tantra community, which works on the alignment of the head, heart, sex and spirit. The focus is on polarity; women are trained to become juicy, full power, all singing, all dancing goddesses. Men are taught to find purpose and presence, authenticity and accountability.

(Side note: these are my observations from living in all of these communities/realities for many years. This isn’t fact just my perception on society)

Yes this creates polarity but there is a serious problem with this.

The common complaint I hear from women is
"I just want to be met".

The common complaint I hear from men is
"I have no idea what she wants."

The key is to embody both aspects not just one and to
dance between the two.

With **Sacred Sexual Awakening** we find balance and
always embody both. The logic and emotion, structure
and flow, calculations and creativity, knowing when to do
and when to be and most of all, when to give and when
to receive.

“

THIS IS NOT ABOUT
GENDER.

IT'S ABOUT ENERGY
AND EVERYTHING IS
ENERGY.

MEN AND WOMEN ARE
MORE SIMILAR THAN
WE ARE DIFFERENT.

”

Q

WHY SHOULD I CARE?

A. My embodied wisdom comes from a life-time of studying how humans relate to one another.

And when I had my awakening, everything I had done naturally was given a name. Do you know what that name was? It was tantra. In the west when people have their awakening (crisis, mental break down), their families get worried and send them to doctors so they can be prescribed pills to suppress and numb these emotions. But in the right environment, space is held for these emotions to arise so they can be nurtured into our gifts.

Our biggest traumas become our biggest teachers.

As shamans, healers and tantric practitioners we are all giving the same medicine but in different packages. I'm using the word tantra, **Sacred Sexual Awakening** and self-love.

Eckhart Tolle uses the words *The Power of Now* (I call his book *Tantra for Dummies*).

Tony Robbins uses ancient tantric tools in his events.

Landmark Forum is tantra in suits.

It's all the same stuff just different wordings and it's up to us which interface we choose. I like to use the analogy of mobile phones. Are you a Windows or an iPhone person, different devices but all the information is coming from the same source.

“

LET'S UPGRADE OUR HEART-DRIVE.

”

When we look back through history at all the times and places where sexual energy and/or the sexually awakened feminine has been – and continues to be – suppressed, we see social inequality, environmental destruction and war. We also see many sexually frustrated, unfulfilled women and men who've lost connection with their body and soul, and many unhappy relationships. What most people don't realize is that the two are absolutely connected.

A sexually empowered, fulfilled woman radiates love, positivity, creativity, abundance and joy into the world. A man who can evoke this in his partner feels himself to be grounded, confident, potent, purposeful and alive. In serving the feminine, he serves the world. And every awakened man already knows this.

In most modern societies today, sex has become something to fear, sell or control. As a teacher of mine once said:

“The biggest STD's on the planet are: FEAR, GUILT & SHAME.”

None of us are taught about the completely different arousal pathways, physiological responses and psychological make-up of men and women. Pleasure – or ecstasy even (our natural orgasmic state, if only we realized it) – is not venerated, but feared. We are not taught to make or be love and we've no idea how to relate consciously to one another – as lovers, families, communities or nations.

We are all naturally tantric, it's just peeling back the layers so that we finally come home to ourselves.

TANTRA TEACHES US HOW TO BE HUMAN KIND

Tantra teaches about the polarity and dance of the masculine and feminine and how to reach the Divine through loving the other.

Tantra teaches us to serve. Service to the Divine and to humanity.

Tantra turns “me” into “we”, teaching us how to connect with ourselves first, so we can overflow with love for the other.

Tantra teaches us how to set and communicate clear boundaries.

Tantra teaches us how to call in life and follow our desires.

Tantra teaches us how to be present and solid in our Shiva, so our Shakti can run wild and free.

Tantra teaches us how to own our feelings and desires: no more blaming others for our internal world, which is reflected in our external world.

Tantra teaches us that we're perfect exactly as we are.

Tantra teaches us to work through co-creation, not competition.

Tantra teaches us to harness the manifesting power of sexual energy.

Tantra gifts us an abundance of life force, so we feel younger, sexier and healthier.

Tantra celebrates and elevates sex, orgasmic life-force energy and the masculine and feminine aspects within us, so we can come to a place of love and understanding in our hearts.

“

I BELIEVE WITH SACRED
SEXUAL AWAKENING WE CAN
CURE ALL ADDICTION WITH
CONNECTION AND DEEPER
SELF-LOVE.

WE CAN OVERCOME STRESS,
DEPRESSION AND ANXIETY BY
BECOMING PRESENT.

AND HEAL LONELINESS
BY FINDING THE ONE.
OURSELVES.

”

And, as a by-product, we become incredible lovers; from understanding how to touch and arouse one another to heights of ecstasy, to being able to relate and communicate without fear, projection or blame, so that we are all radiant, empowered and living to our highest potential.

By the way, who said this all had to be serious?

My approach is one of “*Divine Pray & Divine Play*”. As children, we learnt through play and unbridled silliness so I'm fully encouraging that we all embrace our inner child and innocence on the path to enlightenment! Let's learn through playfulness, experience, juiciness, fun and laughter.

THE 10 PRINCIPLES TO YOUR SACRED SEXUAL AWAKENING.

My life purpose is to *“Find World Peace Through Intimacy”* and after years of living and studying (and spending a fortune on education where I could have bought another house in London), I have come up with the *10 Principles to Your Sacred Sexual Awakening*.

This is everything I've learned along the way through trial and error and living and breathing tantra in communities around the world. Each principle comes with a story but that's another book altogether. I hope this inspires you.

1

BECOME FREE

**LET GO OF SOCIETIES' CONDITIONING
AND BE YOURSELF. WHEN YOU START
SHINING, OTHERS WILL SHINE AROUND
YOU. EMBODY THE GODDESS/GOD YOU
WERE BORN TO BE.**

2

YOU ARE
LOVE

**SHARE LOVE FREELY AS THIS COMES
FROM SELF-LOVE. THE MORE
YOU LOVE YOURSELF THE MORE
LOVE YOU CAN GIVE TO OTHERS.
CURE ADDICTIONS WITH HUMAN
CONNECTION. HEAL LONELINESS BY
FINDING THE ONE: OURSELVES.**

3

FEEL
PASSION

**FOLLOW YOUR PASSION AND FEEL
ALIVE EVERYDAY. FIND YOUR PURPOSE
AND START BEING IN SERVICE TO OUR
PLANET WITH YOUR UNIQUE GIFTS.**

4

PRACTICE PRESENCE

**STOP LIVING IN THE PAST
(DEPRESSION) AND WORRYING ABOUT
THE FUTURE (ANXIETY) BY BEING
FULLY PRESENT IN THIS MOMENT.
FIND INNER PEACE EVERYDAY AND
KNOW THAT YOU ARE ENOUGH.**

5

FIND PEACE

**FIND WORLD PEACE THROUGH
INTIMACY. NO MORE BLAMING AND
SHAMING BETWEEN MEN AND WOMEN,
BUT TRANSPARENT COMMUNICATION,
AUTHENTICITY, SHARED
VULNERABILITY AND CO-CREATION.**

6

FULLY SURRENDER

**LISTEN TO YOUR BODY, LET IT BE
YOUR COMPASS AND SURRENDER.
CONNECT WITH THE HEAD, HEART,
SEX AND SPIRIT WHEN MAKING A
DECISION FOR A FULL YES TO LIFE.**

7

BECOME EMBODIED

**YOU ONLY HAVE ONE BODY; LEARN TO
WORSHIP THIS ALIVE TEMPLE. LOVE
YOUR BODY EVERYDAY AND UNLOCK
ITS INFINITE POTENTIAL.
ALL ANSWERS LIE WITHIN.**

8

BELIEVE IN YOURSELF

**WHATEVER YOU BELIEVE COMES
TRUE. START TO BELIEVE IN YOURSELF
AND BECOME THE GODDESS/GOD OF
YOUR OWN REALITY. BE INSPIRED
BY OTHERS AND CREATE YOUR OWN
BADASS BELIEF SYSTEM.**

9

FEEL ABUNDANCE

**NATURE IS ABUNDANT AND WE ARE
NATURE. INSTEAD OF CHASING THE
FEELING OF NOT HAVING ENOUGH,
BECOME THAT FEELING OF BEING
ENOUGH. SHARE YOUR GIFTS AND
HELP OTHERS BUT MAKE SURE YOU
HELP YOURSELF FIRST.**

10

THRIVE IN YOUR ENVIRONMENT

**LEARN TO THRIVE RATHER THAN
SURVIVE IN A COMMUNITY THAT LOVES
AND SUPPORTS YOU AND IS ALIGNED
TO YOUR BELIEFS.
THERE'S AN OLD UNICORN PROVERB:**

“

FABULOUSNESS
ATTRACTS
FABULOUSNESS.

”

Q

DO YOU EVER WORK WITH MEN?

AND CAN TANTRA HELP PEOPLE WITH PREMATURE EJACULATION?

A. Yes I do work with many men.

What man doesn't want to become a *Sacred Sexual Jedi*? Sadly their only resources are other men, magazines and porn. Tantra isn't something they look into, so this is where I can help. It's my purpose as an awakened man to support others to be in service to the Goddess in this new era of the Feminine.

The Sanskrit word for penis is Lingam, which means shaft of light, used as a healing tool, if used consciously.

In reflexology terms, the head of the lingam and the cervix are connected to the heart. As a man you can channel light into your lingam and inside the yoni. If you move in certain ways you are massaging each other's hearts.

Now that's sexual healing. Marvin Gaye was totally tantric.

On my personal journey I've suffered genital mutilation and have overcome body shame issues with the love and support of the Divine Masculine.

I've helped many men overcome their porn addiction, erectile dysfunction, premature ejaculation and reliance on Viagra. Instead of being stimulated by visual aids to get hard we concentrate on sensation, getting out of our heads and into our bodies and slowing everything down using breath, sound and movement.

In countries where sexual energy is repressed in men, we too often see violence, rape and war.

“

BE THE SUPERIOR LOVER TODAY, ELSE YOUR LOVER WONT BE THERE TOMORROW.

”

As I've said earlier, sexual energy is the most powerful energy on this planet, because it creates life. With tantra we learn to harness this energy rather than let it control us, which rejuvenates our body making us stronger, healthier and more productive. We live longer and slow down the aging process.

On another side note, since doing tantra, my face, body and spirit have completely changed because I just follow my bliss! I dance, sing and make love everyday. The science of staying younger is pretty simple really.

OK... back to the question... Have you heard of sportsmen being told not to have sex before a big game?

What happens to a man usually after he ejaculates? Most men roll over and fall asleep. This is because he is losing his life force energy, his chi, his sexual energy.

In tantra we don't ejaculate but we injaculate. We use that sexual energy and direct it towards more creative areas in our lives. Once we take the “goal” out of sex, we become more present and gain greater self-confidence and energy. We learn how to become multi-orgasmic, separating orgasm and ejaculation and learn how to honour and worship ourselves first and then women.

But remember when you go tantric there's no shame or guilt when you ejaculate, so don't beat yourself up about it. Have the intention to keep that energy but understand it's also OK to ejaculate.

As men we need to start building a better relationship with our lingams as our emotions are on the outside. When you learn to love your lingam you learn to love yourself.

Q

HOW MANY RELATIONSHIPS AND LIVES HAVE YOU SAVED AND WHY DON'T MORE PEOPLE DO TANTRA?

A. I have helped clients who are strong, powerful, courageous women and men who have experienced rape or sexual trauma at some point in their lives.

Saved marriages and relationships and helped people who were on the verge of taking their own lives. These amazing people are ready to let go of their stories and step out of their victim cycle and move into their power as a Sacred Sexual Badass.

I feel the reason people don't go towards tantra is because of fear, shame and guilt around sexuality.

"Intimacy is based on shared vulnerability" as Dossie Easton, the author of *The Ethical Slut* said. When we are practicing conscious relating and tantra, we are connecting with our head, heart sex and spirit.

When it comes to relationships, we need to stop being each other's human dust bins.

Men need to stop ejaculating into women's vaginas as a form of stress release.

Women need to stop emotionally ejaculating over men as a form of stress release.

Men need to sort their shit out and then make love.

Women need to sort their shit out and then share their vulnerability.

“

EVERY WOMAN IS YONIQUE.

”

This is what the *Art of Tantric Love Making* is all about. It incorporates boundaries, clear communication, clearing blockages, meditation, healing, yoga, breath work, energy work, shadow work, visions, connection to Source, mindfulness, turning sex into worship and self-love.

This is how we shift our understanding of sex and transcend into something greater.

My mission is to make Tantra the new yoga as a form of Mindfulness and meditation. To bring it into schools so children can learn about healthy boundaries and consent from a young age. So sexual education isn't just about fear, but about love and connection.

True healing on this planet will happen when we start to heal ourselves. Only when we shift from a fear based existence, which is built on scarcity and competition, to a love based existence, which is built on abundance and co-creation, is when we can truly start changing the planet.

And that journey begins with self.

Knowing thy self.

Believing in thy self.

Healing thy self.

But most of all, loving thy self.

Just adding 10 minutes a day into your life of conscious self-love exercises will shift you from fear to love.

- Start saying 'I love you' more to your friends, family and lovers.
- Conscious self-pleasure meditations.
- Fall in love at least once a day...with the sun, with your reflection, a cat or even a human... and I'm not talking Hollywood love. I'm talking real intimacy, shared vulnerability, heart wide open like a Sacred Sexual Badass!

Q

WHO IS SHAFT UDDIN?

A. I am an artist born into this life to create for the sake of creating. To provoke, to trigger the planet into evolving... and to show you another way to live life.

I am not a Guru or a Unicorn (even though the internet may say otherwise). I am simply the artist of my life's canvas and am able to embody any archetype I choose to channel or create.

I was born into a devout Bangladeshi Muslim household. It was very strict and emotionally and sexually repressed. My life was once one of poverty, child labour and violence. I had a pushy mother and a violent absent father. My sister ran away from home because of the potential of an arranged marriage, and strict religious conditioning. If you've ever seen the movie 'East is East' my life was very similar. These are some of the many reasons that at the age of 8, I tried to take my own life.

I have suffered more physical and mental abuse from women than any other species on this planet. I've had a history of traumatic relationships. I was once engaged and just before the wedding, my best friend had sex with my fiancé in the house (and bed) I grew up in. I took her back and then caught her in bed with another man. This became my pattern of monogamous girlfriends sleeping with my best friends.

I was raised on Romcoms and Disney films so all I knew was toxic co-dependant relationships. So, when this happened, I lost my other half, as I wasn't complete by myself back then.

“

I HAVE THE BEST
JOB IN THE WORLD. I
TEACH PEOPLE HOW
TO FALL IN LOVE.
WITH THEMSELVES.

”

You can imagine how devastating this had to be; betrayed by the ones you loved and the ones closest to you. My world fell apart losing whole friendship circles, social groups, feelings of isolation and shame, not being able to trust anyone, suicidal tendencies. Then with the grace of time I began to rebuild my life, my confidence, my self-worth and trust for others again... only for it to happen again and again. This was my pattern. This was once my story.

I could have grown up to be a woman hater but I grew up to be a Woman Worshipper. I could have blamed my parents for everything wrong with my life but I have mum tattooed on my back and my dad is my new hero. I rewrote my story with the people who hurt me. After 10 years, I made friends with my old best friend and congratulated him on his own wedding recently and his new wife being pregnant. That's progress.

I have the most incredible deep relationships with strong inspiring women who enrich my life, and the love and support of my amazing parents. I celebrate my life everyday.

My story is very different now and this is why I coach people and give sessions, as tantra has saved my life. But let's carry on from where I was...

As a young adult, my life was one of hedonism and excess. Mine's the classic rags to riches story. I went from being the son of a working-class immigrant, jobless, homeless and suicidal, to being a super-successful Art Director in advertising, property owner with sex and wealth. On the outside my lifestyle looked fabulous but on the inside I was dying.

WHO IS SHAFT UDDIN?

My crazy life-style was fuelled by alcohol and drug addiction. And though I might have looked every bit the success, I suffered from repeated broken relationships, depression and self-hatred. It wasn't until I'd had several near-death experiences and alienated most of my friends, that I realized things had to change. I had suffered from depression since 1988 (when I tried to kill myself), addiction since 1993 (when I first got drunk) and severe loneliness since 2004 (when my fiancé and best friend betrayed me).

I had my awakening many moons ago at Burning Man. It wasn't one of seeing the true fabric of reality, like Neo in The Matrix or the feeling of bliss and oneness. No, it was as simple as I couldn't get drunk any more! My body wouldn't absorb any alcohol to get me drunk or to give me my "super powers" so I could dance for days and make out and make love with everyone. This doesn't sound so bad but when you've built your whole identity and reality around "fun" and parties it was my crisis point. I called this "Year 1 of my Awakening" i.e.: my mental break down. I had to finally face all the emotions I was avoiding all my life and face a new reality and discover my true identity.

I tried normal therapy and support groups such as A.A and N.A. But intuitively, I turned to alternative therapies, such as 5 Rhythms, Kirtan, Meditation, Psychedelics, Conscious Ketamine, Plant Medicines and finally Tantra.

During this time a news company called *Vice* did a documentary on me. They followed me around for a year during my mental breakdown witnessed by 1.7million people and various other TV channels around the world. It was the first time a *Vice* documentary has ever been reviewed in *The Guardian* and given 4 stars in the *Telegraph*. The "Vice Unicorns" caused a lot of conversation and inspired millions but this documentary is an old digital relic of my life. It had been a catalyst for many others to embrace their inner Mythical and it jump started a whole Unicorn aesthetic in the collective consciousness.

In my eyes I was famous for being a failure and by embracing and sharing my own vulnerability, I gave others permission to do the same and to connect with theirs.

For 7 great years I was a unicorn traveling around the world going to all the festivals and Burning Man events spreading the sparkle and being a symbol of freedom to live and freedom to love. I made TV appearances on the *BBC*, featured in major magazine articles across the globe, we starred in *Basement Jaxx* other artist's music videos, *TED Talks*, we even got into politics. I was inundated with fan mail and stopped on the streets all around the world and thanked for allowing others to be themselves... whatever Archetype that may be. I was paid to go to parties and be myself and bring my friends with me who also identified themselves as unicorns. It was an amazing life and forever evolving from being hedonistic polyamorous unicorns to Light Warriorcorns and Tantricorns. I kept a record of all of these on The Fabulus of Unicorns Press photo album.

I really feel like I left a legacy on this planet and I contributed to the greater good. I've seen so many lives transform by embracing their inner Unicorn and living life free of judgment.

After the documentary came out I left London, the whole unicorn empire fell apart as my life fell apart and I needed to get out of London to heal. My *hero's journey* played out like a Comic Book; meeting all these super humans during my first awakening. Like Dr. Strange, I spent years traveling the world on my own healing journey learning from the top energy workers and world class Tantrikas such as Mantak Chia. Being certified by the top Tantra teachers such as Barbara Carrellas and being friends with fellow world changers like Betty Martin the creator of the Wheel of Consent.

In under two years, I was free of my addictions and had learned the power of Tantra, **Sacred Sexual Awakening** and self-love. Now I'm a fully recovered addict and no longer suffering from depression or loneliness as I've discovered self-love and that my body is more powerful than drugs.

HOW I CHANGED THE WORLD. AGAIN.

Like the classic Joseph Campbell novel *"The Hero's Journey"*, I came back home after a life changing adventure.

Nothing had changed but I had. I changed the Unicorn HQ (my house called the *Crystal Castle*) into an Urban Retreat space. I started life in the tantra world as a unicorn sex worker, where I would dress up as a unicorn and take women on a shamanic journey for 3 hours initiating them into the *Art of Tantric Love Making* and empowerment through pleasure. Obviously the full power Shaktis knew what they were buying into as I was offering sexual services for money... dressed as a unicorn. I was busy, I was surprised how much interest I got. During these sessions, I would see women transform from being shy and contracted, when they came through the door, to glowing goddesses like I'd never seen before.

I then went deeper and deeper into educating myself in understanding women and holding a safer space for them and to make this more accessible to the masses. I eventually specialised in Yoni Massages and Trauma Release work and slowly let go of the Tantricorn.

I decided to go legit and called my business **Sacred Sexual Awakening**, *Activate the Goddess Within*. When I started working with men I changed it to God/dess to address the balance of the Yoniforce.

Many years later out the blue *Vice* came back to me and wanted to do another video of what I had become. This time I was labelled a *"Tantric Sex Guru"* and we came up with title *"10 Questions You Always Wanted To Ask: Tantric Sex Guru"*. The title was for *"click bait"* and to intentionally trigger people. Not once in the whole 6 minutes do I refer to myself as a Guru but due to this it created even more controversy, or shall I say *Tantraversy*, but again this created a conversation around this subject. More and more people started to learn about **Sacredsexualawakening.com**. This became one of the most viewed videos on Tantra ever made with over 16 million views. My mission to make Tantra the new Yoga was complete and to naturalize Yoni Massages. This also brought in a new generation into this community that was juicier and sexier than ever.

I had come back from being a failure and totally rebranded myself and made Tantra trendy.

“ FROM BEING A GOD MAN I BECAME A HUMAN. ”

I was again inundated with fan mail, stopped on the streets and invited to talk and give sessions all over the world. My business grew and grew with magazine articles in *Times Magazines* and more TV appearances. I was at the top of my game, I had it all; a successful business, clients, retreats, working with millionaires and influencers and talking to TV production companies about my reality TV show: *The School of Self-Love*.

Then one day I felt a pain in my back whilst building my Alive Temple, so I could be strong to hold even more women physically and emotionally, I ignored it.

Slowly this pain was all I could feel. My body was what made me money as a dancer, a lover and a Tantric Practitioner. I could no longer do the things I loved, my purpose or my passions. I became overwhelmed and eventually burnt out and this pain that I ignored crippled me and thus began my second awakening.

I spent 11 months resting, facing spiritual bullying and terrible advice from people. I spent £1000s on healing and nothing worked, everything I'd learnt I didn't believe in anymore. I'd lost my sense of self. The immaculate image I'd created for myself fell apart.

I had to feel things such as fear, jealousy, anger, depression, anxiety, feelings of not being enough (I've never felt this as I was always too much) and suicidal thoughts; old feelings that I thought I'd worked through. I became fat and fell into the cycle of eating to feel better and hating myself for eating. I became shy and terrified of the opposite sex. I lost all my confidence and felt like a fraud as a *"Tantric Sex Guru"*. I stopped making love to my Beloved and withdrew from intimacy. In the end I had regressed into a husk of a man.

Fuck, I had finally become a Human!

HOW I CHANGED THE WORLD. AGAIN.

This time around, I was more equipped with Tantric Tools and was able to be the witness rather than being whipped up in the drama. I knew that one day I will wake up and the pain would be gone. I left London where I was once reaping the benefits of the viral video and living a very successful life in my Urban Retreat space and decided to go back to Thailand, to Tantra Town to chill out and wait for that day to come.

That year of pain and rest became my biggest gift. I realized I didn't have to do much and things would happen around me. I ended up running the biggest play parties and having more lovers than I could ever imagine and I didn't have to push for anything and just be.

I learnt about my victim mentality and my inner drama queen and learnt how to heal this aspect of myself, inventing Tantric Tools and turned this into shared vulnerability. I stopped doing courses and realized I had embodied enough and this was a time to integrate all that I had learned. I became a better coach and healer when it came to giving session. I trusted my intuition and surrendered to the flow of life. I let go of control, structure, being super anal and a perfectionist. I let go of the old programming to over achieve, I didn't need to impress my parents anymore to gain their love. I was finally free of being in competition with myself. I finally learned to relax and stopped over analyzing situations or trying to find a meaning... shit just happens and there's no such thing as a good or bad experience just events that we can learn from.

I also got introduced to Krishna and his Gopis by Pavan Ji from the *Hanuman Project*. I used the same techniques to channel Shiva into my body with Krishna. I did my research on the God through YouTube cartoons and then take plant medicines, conscious ketamine and psychedelics and call him into my body.

Boom Shiva/Krishna.

Ever since being able to channel Krishna I've had more threesomes than I've ever had in my life.

Why is this important? Well, this is crucial to my life.

My ideal relationship structure is a Triad. 2 full power Shaktis and myself to raise my children with. Three people, three incomes, easier childcare. Very unconventional in the *Matrix* but this became my reality on the island.

For me this is also one of the most powerful ways to practice presence. People are struggling to be present when making love with 1 person? Try that with 2 people... and making sure everyone's needs are met and no one gets triggered whilst traveling an emotional landscape of 3 people. Full power growth and a more fun way to meditate. More sexual energy, more magic, more love to go around.

None of this would have been possible if I never got sick for such a long time in London and I met all the Hare Krishnas.

Pavan Ji once said:

“

ALL YOU NEED TO REACH
ENLIGHTENMENT IS TO DO THESE
THREE THINGS.

YOU CAN HAVE ALL THE SADHANAS
IN THE WORLD BUT ALL YOU NEED
TO DO ARE THESE THREE BASIC
THINGS.

1. SING DEVOTIONALLY.
2. DANCE ECSTATICALLY.
3. MAKE LOVE TANTRICALLY.

”

HOW I CHANGED THE WORLD. AGAIN.

I realized that being obsessed with achievement made me sick three times. My passions as an Artist (silentcity.co.uk), Unicorn (The Fabulus of Unicorns), Tantric Practitioner (sacredsexualawakening.com) became my business, became my life, became my identity and eventually all three of them burnt me out. What healed me the most was women and the loving relationships I was in, sexual energy and community. I have decided to put relationships as my priority now. This goes against convention, as everyone is so busy trying to achieve and find purpose.

All I care about is relaxing my nervous system, being happy and healthy, dancing, singing and making love and living a life of abundance along the way.

I learned that if you're put in an environment where everyone believes in one thing and you believe in something else it's going to be harder to manifest your perfect life. But if you take yourself out of that environment and into another where the community and the collective consciousness is more aligned with your truth, it's way more achievable, socially accepted and encouraged to do what you believe in. It's like a Christian trying to find other Christian friends to pray with in a Muslim fundamentalist community.

Instead of living a life of pleasure, we have chosen to live a life of pressure and perfection. Let's learn to be gentle with ourselves and start living.

I now have the most amazing relationships with all my lovers and live a very simple peaceful life.

“

MY SPIRITUAL
PRACTICE IS
RELATIONSHIPS AND
HUMAN CONNECTION.

”

HOW TANTRA SAVED MY MUSLIM FAMILY

I would like to share my family story with you and hope it inspires others to take action.

I am my father's son but all my life I never wanted to be like him. All my life I have disowned my masculinity due to my violent absent father. I had no male role models and identified myself as a lesbian blessed in a unicorn's body. But as I hit my twenties I realized that it wasn't my father's fault, he was never loved as a child and he worked all the hours so we could be free and not suffer the poverty and pain he suffered. Ever since then I've had a good relationship with him and his hard working ethic.

When I got the message that my dad had a stroke in November 2017, I cut my Ibiza trip short and flew over to Bangladesh. This was a difficult time for me as I had just had a healing and was releasing dark energy and my body was in a lot of pain from overwork (back to back yoni massages). I'd just left Ibiza Tantra Festival heart wide open and arrived into a repressed Muslim society. This was deeply challenging.

Every night I held my Dad. He couldn't move or talk that much and every night I used the tantric tools I had embodied to help him open up and release a lifetime's worth of repressed emotions. I used conscious touch to hold him every night. I held space for him allowing his nervous system to finally relax. I used Yoni dearmouring techniques (back then I wasn't trained in other types of massage) to release trauma from his body. I gave him massages every evening and Reiki, helping move energy around his body. This was a big deal, as we never usually touch, not even as a child, just brief man hugs.

I used simple language to help my dad speak from the heart and express gratitude, bringing tears of joy after hearing his stories. I held space for my family to speak from the heart and used tantric tools to create rituals for family healing. We shared our family stories and rewrote our new family story together and accepted and forgave one another.

The family thought he was going to die but after seven days my dad made a full recovery. Throughout this, my little brother was taking him to the hospital for non-stop tests on his body whilst I stayed at home and self-healed my body and in the evening I tended to my dad's emotional body. It was great teamwork. In the end, the loving support of this family coming together helped my dad heal and the next day we all went to Jaflong.

My mum and dad have never had a day off, they have worked so hard so we didn't have to. So this was the first time they had left the house that wasn't for business. It was one of the happiest days for me. A week earlier, I would have never thought we would be at the Indian border. My highlight was when my dad joined me on a rock and climbed up all by himself and then the family joined us.

In the eleven days, we rewrote our family story. I found out that my dad has helped so many people in Bangladesh and was loved by many in his village. He's helped build a school and the local mosque where people from all over come to get educated. I never knew this about my dad and saw him in a new light. I am now proud to be my father's son. Once I never wanted to be like him, now I would love to be like him, Elvis (my dad's name) is amazing and totally not dead!

My biggest highlight was plucking up the courage to ask my dad to teach me the call to prayer. This was one of my ambitions to learn this and connect with my dad through song and prayer (I love Kirtan). It was so powerful at the end I started crying as I hit a note and he held my head and we started crying and my dad said I had a beautiful voice. My mum heard me when I went into my room and sang to myself. When I came out she said I rocked the house and I had a beautiful voice. This was the biggest healing of all. It healed the 8-year-old boy who got shouted at when singing a Christmas carol resulting in my fear of public speaking (my biggest work has been trying to overcome that). Now my story ends with my mum saying I have a lovely voice whilst my dad was teaching me the call to prayer in Bangladesh. The viral videos and the videos I do on my YouTube channel: Shaft Uddin are all part of my healing process.

HOW TANTRA SAVED MY MUSLIM FAMILY

That unexpected adventure with my little brother and older sister is one I will never forget. As a Tantric Practitioner, Self-Love Coach and Transformational Facilitator, it took a lot of courage for me to use these tools on a Bangladeshi family in a strict devout Muslim country.

Spiritual bypassing is a classic thing as no one really goes to the root of their problems...taking action with their parents. I did and it turned out really well.

I have nothing left to clear with my parents, I spoke about EVERYTHING. And shared everything from my genital mutilation to my dad breaking my nose to what I do for a living and about my poly love life. I am free, truly free and more connected to my family now. It took months to sink in and integrate and process.

It was a living workshop.

Also during a conflict with my little brother we used a simple tantric communication tool to heal our relationship. I've been using this with my lovers and in my couples coaching. A year later we connected just before I went traveling and he said he uses this tool with his Muslim wife every Sunday and they haven't had an argument for the whole year. My job was done.

And finally my sister who ran away from home: she's been on the self healing path longer than anyone I've ever known. Nothing was working for her and she was curious to know how I was making such progress in such a small amount of time. I didn't tell her what to do, I just introduced her to all my teachers and left her with them. Her life has completely changed due to this work and I'm happy to say I have a great relationship with her again.

I'm sharing this, as I want the world to know the true healing power of tantra and how much it has saved my life. Most of the work we do is healing the pain with our parents and our inner child, I am more dedicated to this tantric path than ever before. I am more dedicated than ever to help and support others achieve true freedom within themselves.

I INVITE YOU TO RING YOUR DAD AND SAY:

"I'm just ringing up to say thank you and I'm sorry for the way I've acted and I want to get to know you"
...and take it from there.

Remember: if I can do this with my life and family anyone can.

1

TESTIMONIAL

“

With so much gratitude I am looking back on my Session with Shaft.

I have received multiple massages from different people and this one was my best experience. I felt very safe, held and nurtured the entire time. Shaft made it very special through a beautiful ritualistic setting from start to finish.

The way he was holding space I could completely let go and experience deep states of pleasure. I allowed myself to fully enjoy and feel how I deserve every part of it!

I would recommend this to every woman that is ready to start to own her own pleasure sensuality and sexuality!

ARJA HENDRIKX

”

2

TESTIMONIAL

“

His presence and love while giving me a yoni massage was beautiful. I was so moved, tears were flowing out of me to witness this.

I am very strict with men and their “tantric” skill set especially in yoni massages so I was so happy to have felt and witnessed him as a healer. It gave me faith in the divine masculine and I felt so held, seen, heard, safe and loved. I felt lots of energy being released from my yoni. It was painful at times and transformative. Felt lots of energies running through my whole body. My yoni was happy, excited to release all that it has been holding. It just so happens to be the full moon! To release all the shit it's been holding. So I thank you my love, for being a clear channel to the divine Shiva, and being the amazing magical sparkle of light that you are.

You truly bring so much joy to the world.

I love you always Shaft Uddin

YASSMINE DAHBUR

”

Q

WHAT HAPPENS NEXT?

A. Now you've heard my story, I'd love to hear yours, lets book in a time for us to connect.

I've helped scores of clients to become their true Sacred Sexual Badass selves. Pleasure and abundance is our birthright and I'm here to support you in owning yours.

HERE'S HOW TO GET STARTED RIGHT NOW:

If you're ready to get hands on, schedule a FREE 10 minutes *Sacred Sexual Awakening* Session with myself or someone on my team.

We'll see where you are in your life today and what obstacles and challenges are in the way so you can step into your Multi Orgasmic Sacred Sexual Badass self and inspiring others along the way.

If you're ready to deep dive into unlocking your human potential and aligning your head, heart, sex and spirit for a full yes to life, lets chat and connect today.

REGISTER: www.sacredsexualawakening.com

OR SIGN UP TO MY ONLINE COURSE THE SCHOOL OF SELF-LOVE TODAY:

<https://app.coursio.com/store/schoolofselflove/course-1-the-school-of-self-love-2>

FOLLOW MY PERSONAL JOURNEY ON MY SOCIAL MEDIA:

Instagram:

www.instagram.com/shaftuddin

YouTube:

www.youtube.com/user/shaftuddin/

Facebook:

www.facebook.com/SacredSA



SACRED · SEXUAL

AWAKENING

ACTIVATE THE GOD/DESS WITHIN



• FINDING WORLD PEACE THROUGH INTIMACY •

www.sacredsexualawakening.com

• Thank You •