

## Ecstatic Hearts Tantra Part 1 “Path to Ecstasy” Techniques GAIASETS Guide

Below are a variety of techniques you can use for your daily practice. The Acronym of GAIASETS (exercises to lift the consciousness of the planet) is used to help us remember the order of what works most effectively. One (or more) of these activities may be used for each section and the overall practice can take just a few minutes to as long as you are inspired.

### GAIASETS

**Gratitude:** pick 1 to 3 things, feel it in body with a smile.

**Acceptance:** Forgive, Accept and Love yourself fully, others, and/or all that is.

**Intention:** What is your goal for this practice, or for the day, or even the year.

**Activate Body:**

- 12 Part Tension and Relaxation
- Shakti Shake
- Reishi Isometrics
- Immortal Wands
- Bated Breath (SA SA SA breath)

**Still the Mind:**

- Whole Body Breath while using Witness Consciousness
- Alternate Nostril Breathing/Nadi Shodana
- 9-Part Complete (or Condensed) Breath
- OM or AUM
- Hong Sau

**Energize/arouse Sexual Energy:**

- Pelvic Pump
- Vajroli Mudra (front pelvic floor)
- Moola Bandha (middle)
- Aswini Mudra (back)
- Make love or self pleasure

**Transmute Energy:**

- Prauna Mudra
- Transmutation Breath (EE, AH, OH)
- Shakti Shiva Mudra
- Cobra Breath

**Send it Out/Receive it Back:**

- Smile, eye gaze, hug/hold, and or connect with others
- Bless/pray/ and/or send energy to one or more other beings
- Prauna Transmission Dance (can also be used to Energize Body)
- Send energy out to the Universe and Return

Also, please review your gift of GAIASETS example videos, that will be emailed to you.

For more exercises details, reference book Jewel in the Lotus by [Sunyata Saraswati](#) and Bodhi Avinasha.

For more videos, see [www.EcstaticHearts.com](http://www.EcstaticHearts.com)