
GAIASETS OVERVIEW

What is Tantra?

- An access point to your freedom.
- Embodied practice of love and connection.
- Combination of breath, sound, movement, touch, mindfulness, and energy.

Witness Consciousness: the ability to **totally experience a sensation, thought, or feeling** in the present moment while simultaneously **observing it objectively** from a detached perspective.

The approach to Witness Consciousness involves several key principles and practices:

1. **Discrimination of Three Events:** To master this state, you must mentally distinguish between three separate occurrences:
 - **The stimulus** (either from the outer world or an internal thought/feeling);
 - **The physical sensing** or perception of that stimulus; and
 - **The Witness**—you, the observer, watching that perception.
2. **Detached, Non-Judgmental Observation:** You must step back from your experiences to be an uninvolved, non-judgmental observer. Practice this by noting "Here I am watching my nose smell this perfume" without any opinion or effort to change what you perceive; judging creates more mental "chatter" and barriers.
3. **Witnessing the Breath:** A primary method for developing this skill is to observe the breath as it enters and leaves the body without any attempt to modify its rhythm or depth.
4. **Processing Subconscious Material:** Witness Consciousness is used to strip the subconscious mind of its power. By observing repressed memories or "buttons" as they surface—rather than reacting to them or pushing them back down—the thoughts and feelings lose their hold on you.
5. **Integration into Daily Life:** While it is practiced during formal meditation, the goal is to utilize it throughout the day. Every moment, even those involving irritations or conflicts, can be lived meditatively if you choose to look inward to see what buried hurt has been reactivated and observe it objectively

Start Practice with 3 AUMs

Visualize or feel the resonance in each area as you tone:

- “Ahh”: visualize or feel your **heart**
- “Ohh”: visualize or feel your **belly/genitals**
- “Mmm”: visualize or feel your **3rd eye**

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Gratitude

- Think of a time you were grateful.
- Use all five senses to re-experience gratitude in your body: hearing, smell, sight, taste, and touch.
- Where do you feel gratitude in your body? Clue into the somatic expression of this feeling.

Acceptance and Love

- Affirmation to say out loud: I love and accept myself exactly as I am. 3 times or interchange any affirmations below based on needs/desires:
 - **Root:** I trust myself.
 - **Sacral:** I love and enjoy my body.
 - **Solar Plexus:** I am worthy of love, kindness, and respect.
 - **Heart:** I am peaceful.
 - **Throat:** I live an authentic life.
 - **3rd Eye:** I am the source of my truth and love.
 - **Crown:** I cherish my spirit.
- Feel love and acceptance of yourself exactly as you are right now. Where do you feel love in your body? Acceptance? Clue into the somatic expression of these feelings.

Intention

- Set your intention for practice: day, week, month, season, year, etc.
- Be clear.
- Write the intention down or say it out loud to aid in manifesting it.
- Questions to consider when constructing your intention:
 - What are you hoping to get out of this practice?
 - What are you focusing on in your life?
 - How would you like to be in this moment?

Activate the Body

Rishi Isometrics

Rishi Isometrics use dynamic tension to energize the body, specifically targeting muscle tensions that block the flow of prana.

- Always inhale through the nose and exhale through the mouth.
- All exercises are done three times unless otherwise stated. Practice Witness Consciousness between EACH new exercise.
- *Stretching Up*
 1. Start with hands by side and feet shoulder-width apart.
 2. **Front Lungs:** Inhale, sweep arms to the sides and overhead. Lift onto your toes and press palms together to create dynamic tension. Hold the breath and tension for a few seconds, then exhale and lower arms.
 3. **Back Lungs:** Repeat the motion, but press the backs of the hands together overhead to open the back of the lungs.
- *Side Bend*
 1. Stand with feet shoulder-width apart.
 2. Inhale, stretch arms overhead, and lock your thumbs, pulling one against the other to create tension.
 3. Exhale, bending slowly to the side while keeping elbows in line with your ears. Hold the tension, then inhale back to center.
 4. Complete 3 times, then repeat on the other side, switching which thumb is locked.
- *Forward Bend*
 1. Clasp thumbs behind your back and pull against each other.
 2. Step one foot forward. Exhale and bend forward, lifting your arms as high as possible and **lifting your chin** to create tension in the throat. Hold.
 3. Inhale to rise.
 4. Complete 3 times, then switch thumbs and feet.
- *Back Bend*
 1. With feet together, inhale and press palms together overhead.
 2. Hold the breath, lean back, and arch while tensing the entire body, focusing on the sacrum.
 3. Exhale as you return upright, then continue bending forward until your torso and arms are parallel to the earth, stretching the spine.
- *Spinal Twist*
 1. Stand with feet shoulder-width apart.
 2. Start by twisting to your left, left hand down and right hand up, pushing away from heart center. Inhale.

3. As you twist to the other side, allow hands to cross in front of body, and when looking to the right, right hand will be down and left hand up, pushing away from heart center. Exhale.
4. Twist back to left, beginning the process again.
5. Complete each side 3 times.

Shakti Shake

- Allow your whole body to shake freely and vigorously for 5-15 minutes

Still the Mind

Alternate Nostril Breathing

1. Non-dominant hand rests in Gyana Mudra (thumb and index finger connected) on your knee.
2. **Use your right hand for the practice:** place your index finger extended on the 3rd Eye (between the eyebrows). Your thumb and middle(or pinky) finger will be used to manipulate the nostrils.
3. Press right nostril closed with thumb.
4. Inhale through the left nostril to a count of seven.
5. Close both nostrils and hold the breath for a count of seven.
6. Release the right nostril and exhale to a count of seven.
7. Without pause, inhale slowly through the right nostril for seven counts while contracting the anus.
8. Close both nostrils and hold for seven counts.
9. Release the left nostril and exhale for seven counts while relaxing the anus.
10. Repeat sequence 7 times

Complete Breath

- Preparation for Complete Breath - do this while sitting in a chair or with your back against a surface as you learn the moment. Work towards not needing the back surface for feedback.
- Lower Lobe
 - Hands on abdomen, inhale, expanding belly out. Exhale, and draw your belly in.
 - Hands on waist. Inhale/exhale, focusing on the area under hands expanding and contracting.
 - Inhale to touch back to the chair, exhale to relax body.
 - Combine all 3 in one breath.
- Middle Lobe
 - Hands on lower rib, in front. Inhale chest forward, exhale to normal.
 - Hands on sides of chest. Inhale, sides expand, exhale to normal.

- Feel back on the chair or surface. Inhale to expand center back, exhale to normal.
- Combine all 3 in one breath.
- Upper Lobe
 - Hands on your collarbones. Inhale/exhale to lift/drop shoulders to earlobe.
 - Tuck hands in armpits. Inhale/exhale to lift/drop shoulders.
 - Feel the pressure on the shoulders increase against the chair when inhaling. Exhale to normal.
 - Combine all 3 in one breath.
- Complete Breath Includes all Three Lobes
 - Nose inhale $\frac{3}{4}$ full, expanding belly, chest, and pull-up shoulders.
 - Tense every muscle. Hold your breath as long as it is comfortable.
 - Inhale sniff of air.
 - Mouth exhale as you relax. Rock gently to massage your root/sacrum.
 - Repeat 7-9 times

Energize the Sex

Pelvic Thrust

- Hold the rib cage stationary; you're only rocking the pelvis during this movement. Once you get the movement down, you can replace it with arm movements.
- Thrust forward, mouth exhale, root lock, pull arms strongly back.
- Arch backward, nose inhale, relax root lock, push arms forward.
- Repeat for some length of time.

Vajroli Mudra

Vajroli Mudra stimulates the genitals with prana-activated blood. Mastery of this technique allows for the redirection of sexual energy for health and spiritual growth, rather than depletion.

- **Positioning:** Sit in a comfortable easy pose with your spine straight and palms resting on your thighs. Close your eyes and relax the body.
- **The Technique:**
 1. Focus your attention entirely on the sex center (the base of the penis for men; the area below the clitoris for women).
 2. Inhale through the nose, visualizing energy being pulled up the spine.
 3. Swallow and retain the breath, focusing your concentration at the 3rd Eye.
 4. While holding the breath, pull up the sexual organs and lower abdomen by contracting the muscles used to stop the flow of urine. Repeat this contraction-relaxation cycle 10 times.
 5. On the tenth relaxation, exhale through the nose.
 6. **The Result:** Experience the sexual energy rising from the sex center to the brain for rejuvenation and expanded consciousness.

Aswini Mudra

Aswini Mudra is a powerful energy pump used to generate intense Prana Shakti in the lower body, building pressure to break through energetic blocks in the spine

- **Preparation:** Sit on your heel or a rolled-up towel so that firm pressure is applied to the **Muladhara Chakra**. For men, this is the perineum (between the genitals and anus); for women, this is the clitoris.
- **The Technique:**
 1. Inhale through the nose until the lungs are one-third full. Rapidly contract and relax the anal sphincter 5-10 times (about twice per second).
 2. Continue inhaling until the lungs are two-thirds full. Perform another 5-10 contractions.
 3. Inhale until the lungs are completely full. Perform the final 5-10 contractions.
 4. Hold the breath, pull the shoulders forward, and press the chin against the chest (Chin Lock). Feel the internal heat and hydraulic pressure build.
 5. Take a small sniff of air, then exhale through the nose while releasing all tension.
 6. **Visualization:** As you exhale, visualize and feel a flush of energy moving from the base of the body all the way up the spine.

Transmute the Energy

Cobra Breath is ideal but must be taught by an initiated master.

Transmutation Breath

Transmutation Alchemy changes the base energy of sex into the "pure gold" of spiritual awakening.

1. Inhale energy up the spine to the 3rd Eye. Root lock, hold breath for 7 counts.
2. Exhale mantra.
 - Eee – head/throat
 - Ahh - heart
 - Ohh – belly/genitals
3. Do 3-7 times.

Shiva-Shakti Mudra

This mudra is used to distribute generated energy throughout the body.

1. Stand with feet shoulder-width apart and knees slightly bent. Inhale as you lift your hands (palms up) to waist level, drawing energy from the earth.
2. Exhale as you push your hands straight out in front of you at shoulder height, palms vertical, sending energy to the world.
3. Straighten your wrists and inhale, raising your arms overhead to the 10:00 and 2:00 positions, palms open to the heavens.

4. Exhale and bring your arms down in large arcs. With palms toward the body, let your hands pass each other in front of your face and again at the genitals. Do not let the hands touch, as this would short-circuit the energy.
5. Repeat the cycle 3 times.

Send Energy Out

- Who could use some compassionate healing energy? Start with one person, then add people until you have the whole world in mind.

Recommended Sources

- Website: <https://www.mandywitters.com/>
- Free resources: <https://www.mandywitters.com/resources>
- Book I credit some of these exercises to: [Jewel in the Lotus/The Tantric Path to Higher Consciousness by Sunyata Saraswati and Bodhi Avinasha](#)
- Credit for GAIASETS framework: <https://www.ecstatichearts.com/> and <https://www.tantraembodied.com/>
- If you're local to Austin, TX and want to explore Tantra in a safe no, pressure way: <https://www.austintantrafestival.com/> - use code "Mandy10" for 10% off