
Meta portals

Tantra Bensko

“Vision” creates an empty space for us to become that inside, as it comes to us, and fills our spaces, and we are the spaces it fills.

It draws down and up through the self which loses hold on the stories of ourselves, our linear chronology, and feels the stirring strongly in the selves above that, seeing beyond that.

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They create a lucid beingness. This is a meta portal.

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“Selves” can be seen, like any of these, in whatever way you like, and all of them, and all of them changing, all of them non-labeled. These are only poetic whispers to weave through.

“Selves” creates the coming downward and going upward as also female and male sides such as the Ida and Pingala astral pathways in Tantra, along the spine, the male and female aspects of the self which must be balanced for the Kundalini to rise correctly through the spine to the Androgyne self beyond gender.

Be both your female and male sides, your parasympathetic and sympathetic nervous systems. And as Shakti, look up from downwards and as Shiva, look down from upwards.

The more we breathe heavily, upwards, our eyes upwards, lifting the pelvic floor upwards, curling the tongue upwards, and bring our awareness from the individual self in this limited, restricted fiction, to the higher Self, which comes down as well to share with us. We become almost winglike.

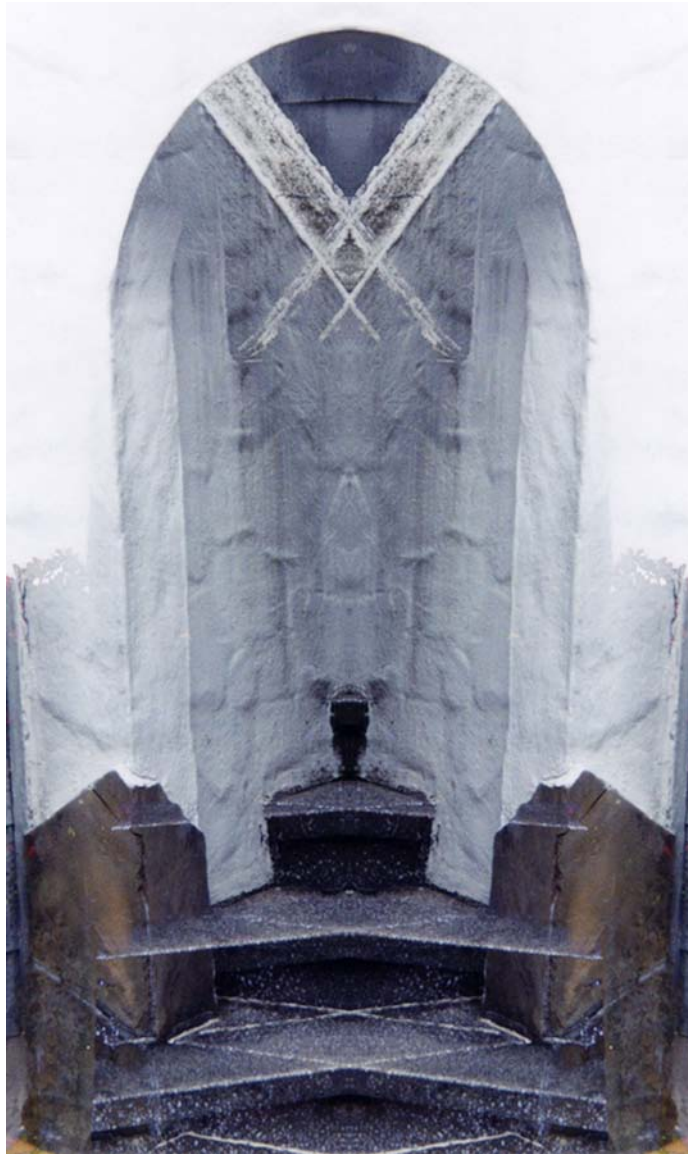
The lifting of the eyes, which also squeezes the muscles of the scalp, allows you to then play with the various movements of the head. Breathe upwards and lift, and look in all directions conceptually. Feel the changes in the skull and eyes. Move where you feel you are coming from to the back of the head and look towards the front as a screen.

Try different directions of eyes, looking widely as possible in both directions for a panoramic view. Keep holding the tongue and the pelvis and keep breathing in a way that adds excitement, rouses you, makes you feel you can fly upwards.

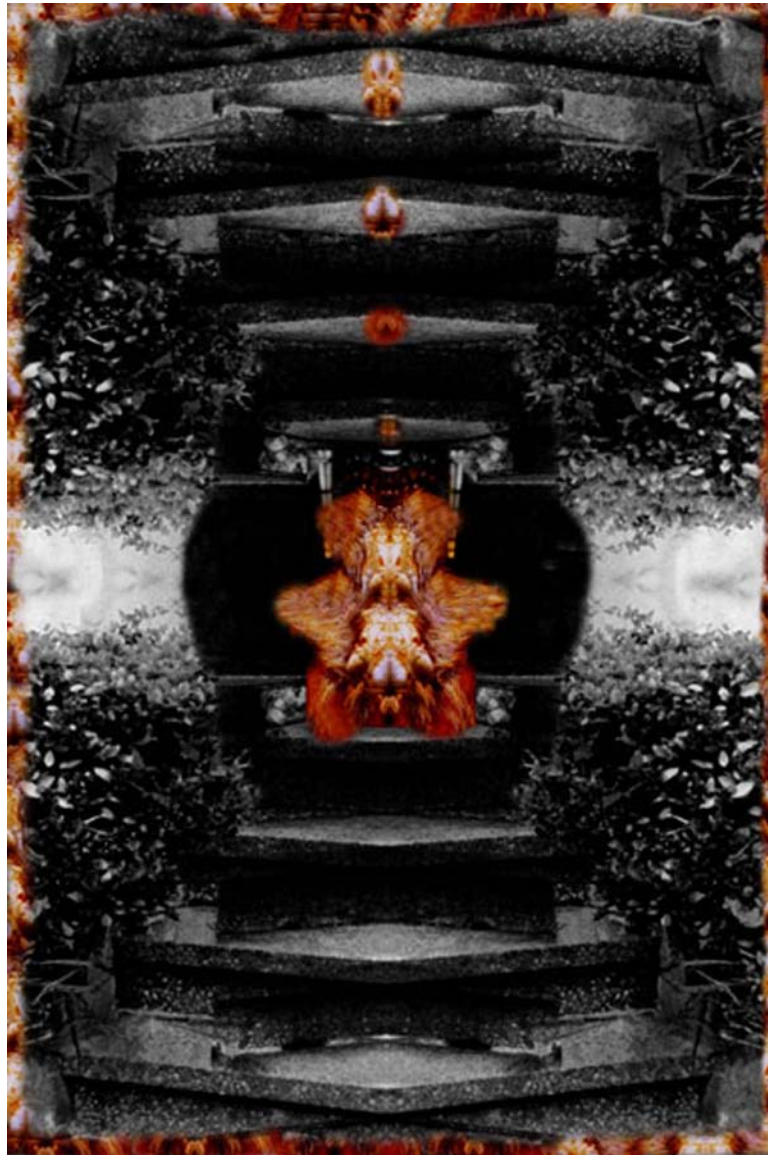
This is a meta portal.

“Love” is a meta portal.

My art travels through Spain in a solo show called "Reality Burn!" and I have shown my art many places Internationally such as London, New York, Luxembourg, Vancouver, and San Francisco. My publications are also International, with features in many magazines such as The Times Journal of Photography in India, The Pedestal, Logascene in Italy. My art has been on covers such as Raven's Quarterly, 2River View, MKzine, and more, and I have recently been featured as both artist and writer in Mannequin Envy, Southern Hum, and Global Inner Visions. My newest art publication is the print magazine, Other. I was judge for both painting and photography awards for BTDesign Awards, out of Italy. I am the Art Director of Mad Hatters Review. I live in San Francisco. These images are to be in a book called Metaportals. I am also a Tantra Yoga teacher, www.freewebs.com/lucidbody, and a writer, www.freewebs.com/tantrabensko.



Vision.



Planes of Existence.



To the Core.



Love.



Descent of Esoterica Divinica.



Tantra Bensko.