

Tantra The Yoga Of Sex

Kiss of the Yogini David Gordon White 2006-07-07 For those who wonder what relation actual Tantric practices bear to the "Tantric sex" currently being marketed so successfully in the West, David Gordon White has a simple answer: there is none. Sweeping away centuries of misunderstandings and misrepresentations, White returns to original texts, images, and ritual practices to reconstruct the history of South Asian Tantra from the medieval period to the present day. Kiss of the Yogini focuses on what White identifies as the sole truly distinctive feature of South Asian Tantra: sexualized ritual practices, especially as expressed in the medieval Kaula rites. Such practices centered on the exchange of powerful, transformative sexual fluids between male practitioners and wild female bird and animal spirits known as Yoginis. It was only by "drinking" the sexual fluids of the Yoginis that men could enter the family of the supreme godhead and thereby obtain supernatural powers and transform themselves into gods. By focusing on sexual rituals, White resituates South Asian Tantra, in its precolonial form, at the center of religious, social, and political life, arguing that Tantra was the mainstream, and that in many ways it continues to influence contemporary Hinduism, even if reformist misunderstandings relegate it to a marginal position. Kiss of the Yogini contains White's own translations from over a dozen Tantras that have never before been translated into any European language. It will prove to be the definitive work for persons seeking to understand Tantra and the crucial role it has played in South Asian history, society, culture, and religion.

Sacred Body, Sacred Spirit Ramesh Bjonnes 2012-11-01 Sacred Body, Sacred Spirit is a book about transforming our ordinary lives into a sacred experience. You will be introduced to Tantra as the essence of yogic practice and philosophy. Known by the

ancient yogis as a powerful conduit for personal transformation, Tantra holds the secret to turning our longings into love and our feelings of separation into spiritual union. Generally known in the West as "the yoga of sex," in this book, you will encounter a more integral form of Tantra. Some yogis call this ancient wisdom "the yoga of everything." Because, Tantric yoga is about seeing and realizing that everything we do can become a sacred, spiritual act. This form of alchemical spirituality is insightfully and poetically articulated in this book by Ramesh Bjonnes, a popular yoga blogger, workshop leader and cofounder of the Prama Institute. "An insightful, balanced approach to the frequently misunderstood pursuit of spiritual growth and personal well-being." --Kirkus Review "This book is a source that any person, lay or scholar, will benefit from reading, because here is a practitioner whose fine mind reaches into his heart, converging one into the other. Bjonnes is now an important voice for the study of living Tantra." Douglas Brooks, Professor of Religion, Rochester University, author of *Auspicious Wisdom* "The writings of Ramesh Bjonnes cut right to the core of the spiritual journey. His essays enter through my mind and then travel to my heart, where they blossom like beautiful flowers of love and truth." Jai Uttal, Grammy-nominated world musician "Sacred Body, Sacred Spirit is an inspiring and provocative book. These essays have been among the most consistently popular ever on our website." Bob Weisenberg, Associate Publisher, *Elephant Journal* "

Tantra Yoga Secrets Mukunda Stiles 2011-08-01 The practice of Tantra Yoga is considered to be the highest and most rapid path to enlightenment. Master teacher Mukunda Stiles offers 18 lessons in Tantra Yoga, a practice of transformational self-healing in which we can deepen awareness of our bodies, their energy forces, and the connections to the natural world around you and those you love. While many movements today describe tantra as a sexual practice promising longer and better orgasms, increased stamina, and ecstasy, the real Tantra aims to awaken Kundalini,

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the dormant potential force in the human personality. The Tantra tradition includes a vast range of practical teachings leading to the expansion of human consciousness and the liberation of primal energy. By heightening their awareness to this connective energy, readers will learn to embrace and develop a higher level of intimacy, the heart of tantra. Stiles explains this intimate and life-changing practice with grace, structure, and clarity--an easy-to-follow Tantra Yoga workshop in book form. Tantra Yoga Secrets will empower readers to overcome emotions, gain new knowledge, and live a more fulfilling spiritual lifestyle.

Tantra Somananda Moses Maimon 2014-01-10 "Tantra: Sex for the Soul" humbly aims to go where no book of Tantra has gone before. For those who know nothing about Tantra, this book is bound to profoundly change your life. For those who have started down the path, it will deepen and enhance your knowledge. This perfect system - conceived with so much insight and wisdom thousands of years ago - is presented in a practical, step-by-step approach that guides newcomers as well as more experienced practitioners to reach a coherent understanding of sexual Tantra. "Tantra: Sex for the Soul" reveals all the tips and secrets to realize accurate practice, the remarkably multiorgasmic horizons that await, and Tantra's exceptional potential for health, healing, and higher consciousness. While in today's environment of neo-Tantra, the spiritual aspects of this system have become lost and superseded by the spectacular sexual results of tantric practice, "Tantra: Sex for the Soul" does not waver from its commitment to a sacred approach that honors the revelations of the authentic Indian and Tibetan tantric traditions. This book - supplemented with many personal testimonials - guides the reader through the ins and outs of all aspects of Tantra: fundamental principles, energy and its control, sexology, men's and women's issues, individual training and techniques, relationships, lifestyle, tantric massage, and much more. Genuine in his commitment to share this lineage with modern seekers, Somananda Moses Maimon

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provides readers with one of the most comprehensive books available on this subject. You are hereby invited to explore the mysteries of Tantra - an invitation to discover the soul-touching depths of your own being and the beautiful heights of ecstasy accessible to everyone.

Tantra Yogani 2012-08-01 "Tantra - Discovering the Power of Pre-Orgasmic Sex" is a common-sense guide on how to utilize sexuality to complement a full-scope system of yoga practices. Practical techniques are provided which enable both couples and solo practitioners to utilize the sexual response to cultivate ecstatic energy to its highest levels of spiritual manifestation. Finally, here is a no-nonsense book that takes the mystery out of sexuality and its relationship to yoga and the spiritual path. Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), and The Secrets of Wilder, a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Tantra" is the third book in the series. The second in the series is "Spinal Breathing Pranayama - Journey to inner Space." The first is "Deep Meditation - Pathway to Personal Freedom."

The divine merger through tantra yoga Richa Golvis 2018-10-09
The divine merger through tantra yoga is not just a book on tantra yoga, it's a wholesome experience to give you a depth in all aspects of life. 23 chapters to make this happen to you and give you an incredible depth of life. Tantra is a possibility to higher realm of consciousness
The awakening of authentic sexual energy
The process of surrender in tantra yoga with your partner
Explore the process of igniting your sexuality to experience intense and deep orgasm
Being aware of the rising of your sexual energy in you and your partner
The depth of sexual intimacy
Turn on the qualities of intense love making through tantric process
What you must never do while doing tantric

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sexExplode in bliss through tantric sexThe tantric foreplayTantric process to create an explosion of orgasm in all your sensesThe transcendence to higher planes of consciousnessLetting go of fear through intense tantric mergerHealing emotional wounds through tantric sexEnergy healing through tantra yogaTantra yoga to attain orgasmic meditative stateSex creates bondage but tantric sex liberates youHow to know whether you are bonded or liberatedThe progressive healing and awakening of inner bliss through tantra yogaExperiencing sexual blissThe tantric process to blend sex and merge with your higher beingIgniting the higher centers withinHealing guilt through tantra yoga

A Woman's Guide to Tantra Yoga Vimala McClure 2012-01-31

Often mistaken as solely the "yoga of sex," Tantra Yoga is more accurately described as the "yoga of everything," in which the spiritual is united with every aspect of life. This book offers step-by-step instructions and illustrations to explain the practice and philosophy of Tantra Yoga — adapted to the specific physical, emotional, and spiritual concerns of women. The author explains differing methods of meditation and mantras, breathing and relaxation, yoga positions, visualization, and affirmations — demonstrating how a daily routine of meditation and yoga can bring focus and strength both physically and spiritually. More than a guide to fitness, *A Woman's Guide to Tantra Yoga* brilliantly adapts one of the most venerable Eastern practices to the demands of modern life.

Yoga, Bhoga, and Ardhanariswara Prem Saran 2008

This book is a social-scientific interpretation of the 15 centuries-old Hindu and Buddhist traditions of tantra. It is a self-reflexive study, informed by an insider's empathy and the apprehension of an Indologist-cum-anthropologist who is also a mystic and an initiated practitioner of the cult himself. Using his personal praxis to inform his research, the author examines three core themes tantra: a holonically/mandalic individuality that conduces to the mystical experience; a positive valorisation

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of pleasure and play; and cultural attitudes of gender-mutuality and -complementarity as neatly encapsulated in the icon of Shiva as Ardhanariswara. This analysis "as captured by the tantric mandalas of deities in intimate union who vividly enact the three themes" leads to his compelling metathesis, that of tantra serving as a permanent counterculture within Indic civilisation. This book should be of interest to those in anthropology, South Asian studies, religious studies, gender studies, psychology, and philosophy, as also the general reader.

Tantra - Discovering the Power of Pre-Orgasmic Sex (Persian Translation) Yogani *Tantra - Discovering the Power of Pre-Orgasmic Sex* is a common-sense guide on how to utilize sexuality to complement a full-scope system of yoga practices. Practical techniques are provided which enable both couples and solo practitioners to utilize the sexual response to cultivate ecstatic energy to its highest levels of spiritual manifestation. Finally, here is a no-nonsense book that takes the mystery out of sexuality and its relationship to yoga and the spiritual path. Yogani is the author of two landmark books on the world's most effective spiritual practices: *Advanced Yoga Practices - Easy Lessons for Ecstatic Living*, a comprehensive user-friendly textbook, and *The Secrets of Wilder*, a powerful spiritual novel. The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books. *Tantra* is the third book in the series. The second in the series is *Spinal Breathing Pranayama - Journey to inner Space*. The first is *Deep Meditation - Pathway to Personal Freedom*.

[The Ultimate Guide to Tantric Sex](#) Guillermo Ferrara 2015-08-18
Tantra is a vital path toward full interior development through sex, love, and meditation. Its origin dates back to ancestral India, and from there has enlightened many generations of lovers who have penetrated the secret that leads to ultimate happiness. The practice of *Tantra* heightens the energy and creativity levels, in addition to reinforcing the partners' connection. It is an integral

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method that permits the growth of the participants in all aspects of their personality: sexuality, intuition, spirituality, and more. Through the words of Guillermo Ferrara, whose teachings on Tantra are known worldwide, the step-by-step exercises and photographs come to life. The Ultimate Guide to Tantric Sex contains, amongst other themes: • Introduction to Tantra and the energies of love • Seduction and sensuality • Yoga for lovers • Sensitive touch and sensual massages • Secret erotic points • Sexual magic, rituals, symbols, and dances • Advanced sexual poses • Tantric exercises for couples • How to achieve a multiple orgasm • Prolonging pleasure • Eighteen lessons of tantric sex

Tantra Yogani 2006-06 "Tantra - Discovering the Power of Pre-Orgasmic Sex" is a common-sense guide on how to utilize sexuality to complement a full-scope system of yoga practices. Practical techniques are provided which enable both couples and solo practitioners to utilize the sexual response to cultivate sexual energy to its highest levels of spiritual manifestation. Finally, here is a no-nonsense book that takes the mystery out of sexuality and its relationship to yoga and the spiritual path. Yogani is the author of two landmark books on the world's most effective spiritual practices: "Advanced Yoga Practices - Easy Lessons for Ecstatic Living," a comprehensive user-friendly textbook, and "The Secrets of Wilder," a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Tantra" is the third book in the series. The second in the series is "Spinal Breathing Pranayama - Journey to inner Space." The first is "Deep Meditation - Pathway to Personal Freedom."

The Tao of Tantric Yoga Satyama Ratna Lasby 2021-05-06 The Tao of Tantric Yoga is the response to people wanting to know more about the tantric and yogic paths. It is for the tens of thousands of people working on themselves, who sense that there is something MORE to life. Appealing to women and men wishing for how-to's, experimental ways and alternative thinking about

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sexuality, retaining energy for creative endeavours, the secrets of feminine ways, and alternative ways to make love. This book is about real love. The longing behind it all. Perhaps you have grown so comfortable with your relationship that you are now wondering how to be as free and erotic as you used to be, or how to approach the topic of open relationships. Perhaps you have been single for a long time, so romantic love may not truly exist for you, but tantra can, and so can self-love by following a yogic lifestyle. This unique personal and helpful way of explaining things offers ways in which we can know ourselves so well that, with practice, our lives will change. Evolution is happening Now. We can become people with wisdom and compassion, communicating well, asking for what we want and getting it, and understanding that life is what we are creating for ourselves moment to moment. The number of people who practice yoga and meditation has grown immensely. While yoga itself is 6,000 years old, it was re-popularized several times and now millions of people are partaking in practices of all sorts, from kundalini to yin. Tantric Yoga awakens us to a deeper understanding of our bodies, and how the body is connected to the expression and experience of the emotions, and the magnitude that comes with chakra purification. The Tao of Tantric Yoga's author Satyama Ratna Lasby is inspired and reveals some of her erotic time spent in the ashram of Osho Rajneesh, the enlightened spiritual leader known for his radical approach to life and sex. He eloquently paved the way for unconventional and intelligent relating using neo-tantric meditations for wisdom and in-the-moment living. Osho spoke about tantra and its spiritual relationship to sex, likely a few years too soon. Growing pains in tantric practices are highlighted in communities like Koh Phangan where tourists abound (looking for sex though maybe not ready to admit it), tantra teachers are born too quickly, and many "scandals" happen due to karma, desires unfulfilled, lack of communication, or differences in conditioning. There is more authentic curiosity than

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ever before from those wanting peak experiences in life and in their sexuality. The Tao of Tantric Yoga explains how body and mind are necessary for the awareness of healing, which includes sexual healing, where most carry wounds and fears which are covered by human behaviour and speech. Once healing has taken place, pleasure can occur, and once pleasure is experienced, there is no end to the heightened states possible through ritualizing sacred practices either with yourself or another, or simply by practicing and experimenting with consciousness and meditation. There are many ways to do this; some are described, step by step so that you can try them in their life. Tantric rituals are also given in detail, as are tantric sexual positions and the alignment of the chakras via yoga and sexual practice. The book is also an exploration what makes certain types of communities sustainable through their choice in spiritual practices, also in their choice of how to deal with conflicts that arise in relationships where love and sexuality are involved. The community of Tamera in Portugal is highlighted for its communication and conscious care of others via truthful and fully transparent paths. Behind all practices may be the doorway to how we live now, in a radically shifting paradigm that includes a look at how COVID is affecting us and how we can care globally through yoga.

Tantra for Couples Richard Jakes 2020-04-08 Filled with various sex positions, a more profound sense of connection, and sure way to get repeated orgasms, Tantra for couples will change your sex life forever. Tantra for couples is a book that explores the tantric sex positions. It brings a slower yet effective way of making love to the ones we adore. It beats the regular quickies and fast sex styles that many are used to. In this book, you will be able to not only experience sex on a new dimension, but you will also learn how to reduce your stress levels to enable you to enjoy the experience. Here, you will be experiencing a god-like feeling to your experience because the book will engage the use of every

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sense of your body as well as every method to heighten the experience. It will not only build a deeper connection between you and your partner, but it will also heal you of past hurts, pain, and anger. Moreover, you are getting access to unlock some exciting parts of yourself. While many people would have recommended that you open your souls to the new reality by visiting the deepest parts of the forests, cutting your hair, and avoiding human connection, this book will guide you on how to use sex to have the experience. It uses the human relationships to get a quicker result than the insight many would have gained from going the ways of monks. This book covers the following topics: - What is Tantra? - The best tantric sex position that you'll need to learn to improve your sexual compatibility - The single most important rule to take your intimacy to the next level - Sacred sex positions that you should try at least on time in your life - Preparing your mind for sex - Secret mind sex games - Tantric exercises which can make you perform better in bed - Tantric massages and yoga - How to connect with your partner's sexual needs and fulfill their sexual desires You have here just the right tool for a great sex experience that was always the method of royalties and lords, which has always kept them satisfied with themselves and others.

The Yoga of Power Julius Evola 2018-07-13 Drawing from original texts on self-mastery, Evola discusses two Hindu movements--Tantrism and Shaktism--which emphasize a path of action to gain power over energies latent within the body.

Tantra Georg Feuerstein, Ph.D. 1998-07-28 Today's foremost yoga researcher offers a clear and lively introduction to the history, philosophy, and practice of the Tantric spiritual tradition Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of “divine power” (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. Tantra: The

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Path of Ecstasy dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

Ecstasy Through Tantra Jonn Mumford 2021-01-08 Achieve Cosmic Consciousness through Sexual Ecstasy This hardcover edition of an influential classic provides sexual techniques and positions for ritual intercourse that will flood you with physical ecstasy and activate expanded states of consciousness. These Tantric practices not only teach you how to build sexual love and passion to an amazing peak, but also how to push your mind even higher to reach transcendental bliss. With more than forty years of experience, Dr. Jonn Mumford helps you bring holiness and magick into your sexual relationship. This book skillfully interweaves theory and practice so you can understand why you are doing each exercise as you learn potent techniques. Discover the God/Goddess as incarnate in your beloved and experience the same divinity within yourself through physical and spiritual union. Learn how to engage in the Asanas of Love and use a powerful technique known as the Rite of Naked Fire. Featuring a new introduction and a wealth of illustrations and photographs, this book reveals the secrets of erotic mysticism.

Tantric Sex Veronica Shermann 2019-10-29 Take the guesswork out of improving your love life, enhance your bedroom skill and take your sex life to the next level with Tantra! Do you sometimes feel that there is no more intimacy between you and your partner? Are you looking for a comprehensive guide that will help you and your partner achieve intense orgasms and forge intimacy between you two? If yes, then Tantra might be the answer you're

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looking for. In this guide, you're going to discover how to unleash the power of Tantra to enhance intimacy, deepen your connection with your romantic partner and create an intense experience you and your lover will cherish for the rest of your lives. Here's a preview of the things you're going to discover in Tantric Sex How Tantric orgasm is different, and much better than a regular orgasm Reasons why you should get started with Tantric sex as soon as you can 9 essential Tantric communication essentials that will help you deepen the bond with your romantic partner 5 surefire tips to help you enhance your love life and have better sex using Tantra Step-by-step instruction to Tantric touch and massage How to get rid of premature ejaculation and lengthen the pleasure for both you and your lover Over 20 of the most intensely sexy and erotic Tantric sex positions that will maximize pleasure The core principles of Tantric sex It doesn't matter whether you're new to Tantra or you have some experience with Tantra sex, you're going to find new insights and techniques that will help you become a better lover very quickly! Scroll up to the top of the page and click the "Add to Cart" button to get started today!

Tantric Sex Bianca Miller 2019-09-24 "Tantra is the science of transforming ordinary lovers into soul mates. And that is the grandeur of Tantra. It can transform the whole earth; it can transform each couple into soul mates."- Rajneesh -A lot of people ask, what is Tantric Sex and where can I learn it? Tantra is a combination of sex and yoga. This description is the bare basic that most people can relate to. The point of Tantric is to prolong the act of sexual encounters and "recycle" the energy from sex back into their body to heighten the intensity and duration of sex. While most people think it's just a style of sex that allows a man to perform for hours on end, there's far more to tantric sex than just a four-hour hard-on. Most people confuse the abilities of tantra and sexual stamina, getting them mixed up. It is not just men who can benefit from learning the art of tantric sex. The

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Everything Tantric Sex Book unveils the modern Guide to Tantric Secrets for long lasting Sex Positions, Massage, G-spot, Yoga, Sexual Energy, and Sex Position (Tantra for Woman and Man). What You Will Learn in This Book: *Awaken Your Creative and Healing Powers With Tantra*How Is Tantric Sex Different From Normal Sex?*What Are the Best Sex Positions For Orgasm?*Sex Positions to Delay Ejaculation*Seduce and Attract A Man Or Woman Using Sexual Energy*Can a Virgin Be Part of Tantra Sex?With everything in Tantric Sex Book, you'll become a knowledgeable and learn everything you need to know about Tantric Sex.

Tantric Sex For Couples alexia Reid 2019-10-26 Did you know there are ancient techniques to guide you through a sexual intimacy you've only dreamed of? Are you aware that these techniques are so powerful that you will not only experience the greatest orgasmic sensations you can imagine, but that you will develop a significant expansion of self, a spiritual connection, and soulful healing, that cannot be delivered by any manufactured means? This ancient Hindu form of tantra dates back nearly 5,000 years and teaches us that life itself is an endless cycle of sex full of myriad sensations. The act of sex is ultimately an act of one's most honest and vulnerable expression of one's spirituality. Based on this, tantra teaches us the ways to create a supreme connection with every piece of life and how to worship that in the sexual experiences we share. By practicing these ways, we find ourselves in a calm and peaceful state of acceptance each day, and we find ourselves reaching new heights of sensual pleasures at night. If you've ever longed for better communication with your lover, or if you've needed a new element to your sex life together now more than ever, the time has come to learn how. If you've ever craved for sexual healing and true intimacy, satiate your desires. If you've ever fantasized about deeply erotic pleasures and hours of sexual bliss, make it real. This book tells you how. Inside the cover of these lessons you'll discover: * The origins of

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tantra and its assimilation into western culture * How to perform tantra yoga that will facilitate better sex * How to use asanas and vinyasas to your benefit * Your romantic union can benefit from non-sexual tantric practices * The differences between regular sex and tantric sex * Why individuals use tantra for better health and better sex * How to initiate intimate sexual conversation with your partner * Ways to eliminate negative emotions and insecurities with tantric sex * Ways to heal sexual abuse through tantra * How to use breath as your ultimate guide to pleasure * Poses and sexual positions to increase libido and orgasm * How to abandon obligation and expectation for euphoria * The effects of mindfulness and meditation for better living and better sex * Everything you need to know to prepare for a tantric sex experience * How to cultivate a perfect sacred space to practice tantra and sex * How to prepare the body for tantric bliss * The mindset and emotional factors that come with sex * How to suppress orgasm for a prolonged sexual experience * What other couples have experienced by practicing tantric sex * The added benefits tantra can have on your relationship * How tantra in the bedroom spills ecstasy into other facets of your life * How to liberate yourself and your partner through sex Follow the layout of this book from build up to a crescendo and learn the secrets and pleasures of ultimate sexual union. The opposite of a quickie, tantric sex is about the journey, not the destination. Learn how to enjoy the ride. Illuminate your life with sex. Purchase and download this book now in order to start the process of transforming your sex life. Your intimacy will never be the same again. You will discover the crazy amazing potential that you have been hiding in you. Be sure to achieve the best sex life. While at it, please leave a review on Amazon.

Tantric Sex Tamara Edelweiss 2019-06-15 The Tantric Love and Sex Secrets How Perfect is your sex life? Does sex totally thrill you? Do you achieve sexual satisfaction? As a woman, how often do you reach orgasm? Is your sex life behind closed door fun or

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do you reel from sexual dissatisfaction as a result of lack of sexual adventure? Then this book is for you. You will Learn the following in this book: How to connect totally with your partner during sex - How to add more spice to your sex life recommendations Preparing your body for tantric sex Different tantric sex positions and Techniques This comprehensive introduction to tantric sexuality offers a radically different and exciting new dimension to sex within a loving relationship. It explains in a clear and simple way the practical techniques that you can try if you want to further your knowledge of esoteric lovemaking. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one. Tantra is an ancient Indian tradition that recognizes sexual energy as a source of personal and spiritual empowerment. It's important to understand that sexual energy may or may not imply sexual activity. The underlying idea is that sexual energy is the life force; it's what brought us into the world, and it's one of the most powerful motivators in our lives. The more we can recognize and embrace this life force, the more fully human and empowered we will be. One final way to consider tantra is to consider the consciousness that comes when you fully embrace who you are, your desires and the motivators around you, instead of worrying wholeheartedly about orgasming or how 'good' you are in bed "It isn't a technique that makes your sexual experiences "Tantric," rather, it's a shift in attitude, and this is achieved by prolonging arousal and bringing as much awareness as you can to the activity." The practice of Tantra heightens the energy and creativity levels, in addition to reinforcing the partners' connection. It is an integral method that permits the growth of the participants in all aspects of their personality: sexuality, intuition, spirituality, and more. The "Tantric Sex" Book unveils the origins, history, development, and practices of this esoteric tradition, showing you how to harness what many Tantrics believe to be the most powerful energy--sexual energy. Discover: Description and benefits of Tantric Sex Preparation for

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tantric sex and tantric teachings The difference from tantric sex from other sex Mind-blowing techniques How to maximize several types of orgasms Tantric fellatio and cunnilingus Lingam and the yoni Tantric massage and meditation Ways to maximize energy flow Some sex positions How to master Tantric positions Most sexual encounters are brief, and most orgasms last only a few seconds. In Tantric sexual ritual, arousal is built and extended for the purpose of producing altered states of consciousness. By prolo

Tantric Massage For Beginners Wallace Roggero 2021-04-22
Tantra is an ancient Indian practice that dates back more than 5,000 years. In Sanskrit, the word tantra means woven together. People who practice Buddhist and Hindu meditation may also practice tantric sex as a way to "weave" the physical with the spiritual. This practice brings together spirituality and sexuality and emphasizes the importance of intimacy during a sexual experience. This book lets you know about tantric massage to start practicing and everything you should know about Tantric Sex to maximize the tantric sex experience. This book will teach you: What Is Tantric Sex? The Benefits of Tantric Sex Importance of Sex in a Relationship Types of Intimacy Beginning Exercises Basic Tantric Sex Techniques Tantric Massage Tantric Sex Positions for Beginners And much, much more...

Kama Sutra Sex Positions: Kama Sutra Book, Sex Life Improvement Anna Shine 2018-05-16 Updated Content On March 17, 2018, Want To Try The Top 20 Sex Positions? Sex is one of the most beautiful things in the world, but it can become pretty boring if you keep doing the same thing over and over again. The sad thing is that most people usually don't know exactly what to do to bring that spark back into the bedroom. Are you tired of the same old missionary sex position? Do you want to find different ways to spice up your sex life? Are you looking for something to help you look forward to sex with excitement? If you do, then you are in the right place. This book brings you 20 best

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sex positions you can try today and be glad you did plus tips on how to spice up your sex life and tantric massage techniques. Thanks again for downloading this book, I hope you enjoy it!

Tantra Omar Garrison 1974

Tantra & Erotic Trance John Ryan Haule 2012-11-01 In Volume One of this study, "Outer Work," we described managing our orgasmic response so as to cultivate "erotic trance," the altered state of consciousness that is the foundation of all Tantric activity; and we used it to climb the "diamond ladder" of mystical ascent to a rung characterized by the management of overwhelming emotions. Now in Volume Two, "Inner Work," we turn our attention away from "outer" goals having to do with our physiology and our relation to society at large and its prescriptions, to the much more subtle "interior" changes occurring in our consciousness. Continuing our climb up the rungs of the diamond ladder, we are introduced to the landscape of mysticism, a topography whose several regions are each characterized by the mastery of a different psychological capacity. Yoga gives us an interior ladder in the form of the subtle body that is comprised of the chakras, each of which opens onto a distinctly different emotional realm. In this work our "feeling function" becomes highly differentiated. Tibetan mandala meditation disciplines our imaginative capacity, as we bring the heavenly palace of copulating gods and goddesses into being. By cultivating emptiness, we pare away our attachments to the memories that have been holding us back and the aspirations that narrow our future so that we can dwell in the present moment, without the props of doctrine and method. Passing beyond our personal self, we are introduced to the divine oneness of the cosmos, pulsing between accomplished union and the vision of that with which we are united. We return from such ecstasy to live our temporal lives on two planes simultaneously as spiritual wayfarers.

Tantra Omar V. Garrison 1972

Sex and Quantum Physics Volume 1 Paul Squassoni 2011-04

What kind of sense can we make out of living in a world that has both sex and quantum physics? Because, in fact, there is no question that we live in a world that has both. Both the messiness of daily life with all its desires, emotions, thoughts and uncertainties, and also the elegant mathematical models of strange attractors, quantum foam, and multiple dimensions. Sex and Quantum Physics Volume 1: Tantic Yogi Tells All is a story about almost everything. Romp with a tantric yogi's whimsical cartoons through the body, mind, and sexual circuits of humans. Explore dark energy, evolution, pain, pleasure and why it feels so good to evolve with the universe. Tantric Yogi Tells All is an old/new paradigm, an old/new way of thinking about our selves and how we live in the world. Simply written, with 24 exercises and over 300 illustrations, Volume 1 is a practical course on beginners tantra yoga exercises, exercises that not only immediately reduce stress and pain, but improve muscle tone while evolving our energy and our awareness. Drawing together ancient traditions, yoga body awareness, and the latest discoveries of science, Sex and Quantum Physics Volume 1 offers tools for a richer evolution of everything in your life (yes, even sex!).

Tantric Awakening Valerie Brooks 2001-10-01 The autobiography of an American Gen-X woman who immerses herself in the sexual mysteries of tantric yoga. • An engaging insider's story that intimately portrays the details of the tantric sexual path from a young woman's point of view. • Author is one of the few Americans to be initiated into the sacred cobra breath. • Reveals not only the benefits but also the pitfalls, problems, and temptations of this path toward enlightenment. • Includes meditations and exercises for beginning a tantric practice. Tantric Awakening discloses an epic experience of tantra that few have achieved, and even fewer would dare to attempt. This is the story of a 19-year-old girl, disillusioned by the questions that her

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religion and society fail to answer, who courageously enters the sensuous rituals of tantric sex. In search of authentic knowledge, Brooks was admitted into secret societies where she learned firsthand the ways of the tradition from tantric adepts. Amid disapproval from family and friends, her body and spirit awaken to ecstatic levels of orgasmic pleasure that allow her to experience loving relationships, better health, and a deep sense of oneness with God. A personal and intimate portrait, *Tantric Awakening* is tastefully written to reveal not only the ecstatic power and spiritual benefits of tantra, but also the pitfalls, problems, and temptations of this path toward enlightenment. With the inclusion of specific tantric sexual techniques the author shows how to use tantra to balance the spirit with the physical self in order to achieve personal empowerment, transforming fear and self-doubt into joy and self-confidence. Meditations, exercises, and important insights for beginning a tantric practice assist the reader who is inspired to bring a sense of the divine into daily life.

The Tantric Sex Handbook Emily Jones 2020-04-04 Everything is certainly blissful when it comes to the word sex. However, there are heights and levels to it. Are you ready to experience a mind bugging and an experience that will take you to the highest cloud leaving your body exploding with pleasure even at the lightest touch. If you want to experience an higher level of sexual and healing experience, welcome to the tantric sex experience! Picture yourself being in a situation of sexual bliss where every act seems to melt inside of you because you love every pang of it. If you would like this experience, then you're reading the perfect guide! Here, you will learn everything there is to know about tantric sex, and have the knowledge of the rudiments of the pleasure so you could reach the level of a blissful moments in your sex life. - Introduction and History of Tantra and love energies - Tantra Yoga for men and women - Sensitive touch and sensual massages - Secret erotic points - Sexual magic, rituals,

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symbols, and dances - Advanced sexual poses - Tantric exercises for couples - How to achieve multiple orgasms for both male and female - Prolonging sexual pleasure - Eighteen lessons of tantric sex -How to master tantric sexual practices -Effective ways to control your ejaculations and maximizing your sexual energy. The tantric sex positions that you will learn in this eBook will also help you improve unity in your relationship and marriage. Enjoy!!!

Sex Kama Sutra Anna Shine 2018-05-16 Updated Content On March 17, 2018, Want To Try The Top 20 Sex Positions? Sex is one of the most beautiful things in the world, but it can become pretty boring if you keep doing the same thing over and over again. The sad thing is that most people usually don't know exactly what to do to bring that spark back into the bedroom. Are you tired of the same old missionary sex position? Do you want to find different ways to spice up your sex life? Are you looking for something to help you look forward to sex with excitement? If you do, then you are in the right place. This book brings you 20 best sex positions you can try today and be glad you did plus tips on how to spice up your sex life and tantric massage techniques. Thanks again for downloading this book, I hope you enjoy it!

Ecstasy Through Tantra Dr. John Mumford 2004-01-01 Achieve Cosmic Consciousness through EcstasyNow, you and your lover can engage in specific techniques and positions for ritual intercourse that will flood you with the overwhelming physical ecstasy which triggers expanded states of consciousness. Tantric yoga will teach you how to build sexual love and passion to an amazing peak and how to push your mind even higher to achieve transcendental bliss.

Tantric Sex 2022 Evelyn Jaymes 2022-02-06 Did you know that tantric sex is NOT all about sex?Or that it could be a path to healing several other areas of your life?What if you could experience full-body orgasms that lasted for hours?Doesn't that sound incredible? The truth is, the strength of your relationship is not forged during the dates you have or how much time you

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spend together as a couple. A strong, loving bond that can withstand the test of time is built during the most precious and intimate moments you share with your partner. It is built during sex. Having sex should be more than just satisfying your hormonal lust or desires. Sex should be a time when you connect with your partner in a way so deep, you're both brought to the brink of ultimate bliss. Originating in India sometime between 300 and 400 of the Common Era (CE), the concept of tantra can be detected dating back to 2000 BC. Ancient civilizations have long been harnessing the power of this remarkable practice, and the modern world we live in is only now waking up all the glorious possibilities tantric sex can bring. Tantric sex is not a religion. It is a practice and a way of life. It doesn't just teach you the various sex methods you could use for greater pleasure alone. It teaches you how to give and receive the loving energy between a pair of lovers. It teaches you about awakening the internal spirit, the energy of life that flows within us all to connect with your spiritual side, and restore meaning to your life. It reminds us that our bodies are a temple and that within every man and woman, there resides a God and Goddess. Tantric sex is about connecting with your partner so deeply that in that union, you feel like you may have found your soul mate at last.

You Will Learn: Tantra's emotional and cultural origins
Why tantric sex is better than regular sex
How to bring out your partner's sensual side
Overcoming the myths to discover the truth
How to awaken your body and free your mind
The true power of breath and what it can do for your sexual experience
How to harness the power of your sexual energy
How to transform your sexual energy using your chakras
How to manipulate the senses for greater intimacy
What the erotic awakening massage can do for you
Understanding the universal hum
The best tantric sex positions to try today
There's more to tantra than meets the sexual eye, and this book aims to help you understand why it should be seen as a way to connect meaningfully with your partner rather than seeing it as nothing

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more than a way for you to have an orgasm. Embrace tantra fully, and you'll live your life with freedom and passion you never knew before. Tantra doesn't just teach you how to connect with your partner. It teaches you how to connect with your world. Tantra is a practice that benefits both men and women, and we'll provide step-by-step guides about how you can work together with your partner the way you are supposed to. This book is not going to tell you how to do it. It's going to show you how to do it. Are You Ready to Change Your Sexual Experience for the Better? Scroll to the top of the page and click on the Buy Now button!

Advanced Spiritual Intimacy Stuart Sovatsky 2014-05-14 A practical guide for both individuals and couples to transform sexual energy into spiritual and erotic fulfillment • Explains how to awaken advanced stages of sexual development for spiritual intimacy and deep erotic satisfaction • Includes illustrated instructions for exercises and techniques based on yoga, kundalini, breathing practices, mantra chanting, and chakra meditation • Explores how this practice can deepen a life partnership, enhance creativity, heal emotional scars, and awaken new understandings of gender Sexual development does not end in adolescence. There are advanced stages of glandular, emotional, and erotic development based in the lifelong “puberty of the spine.” Known in India as kundalini awakening, these stages form the energetic basis of all yoga forms and deeper erotic aspirations. They present an opportunity for couples and individuals to explore the consciousness-expanding abilities of sexual energy as both spirituality and sexuality transform into what Michel Foucault called *ars erotica*, far beyond the Freudian *scientia sexualis* sexuality of the Western world. Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice, Stuart Sovatsky explains how to awaken the complete spinal puberty, resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality. With illustrated instructions,

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he reveals flow-yoga asanas, mantras, and devotional breathing practices for solo kundalini yoga as well as couples' yoga practices and chakra meditations to awaken the heart and the divinely eroticized mind. He shares inspiring stories from those on this path about ever-deepening life partnerships, enriched family life, enhanced personal creativity, profound new understandings of conception, masculinity, femininity, and gender itself as well as healing emotional scars of romantic breakups and sexual abuse. Sovatsky shows that by transcending conventional Western sexuality and returning to the ars erotica beliefs of ancient India, we can harness the divine energy--glimpsed for only an instant by most people--at the heart of all erotic yearning.

Tantric Sex Evelyn Jaymes 2020-10-12 Did you know that tantric sex is NOT all about sex? Or that it could be a path to healing several other areas of your life? What if you could experience full-body orgasms that lasted for hours? Doesn't that sound incredible? The truth is, the strength of your relationship is not forged during the dates you have or how much time you spend together as a couple. A strong, loving bond that can withstand the test of time is built during the most precious and intimate moments you share with your partner. It is built during sex. Having sex should be more than just satisfying your hormonal lust or desires. Sex should be a time when you connect with your partner in a way so deep, you're both brought to the brink of ultimate bliss. Originating in India sometime between 300 and 400 of the Common Era (CE), the concept of tantra can be detected dating back to 2000 BC. Ancient civilizations have long been harnessing the power of this remarkable practice, and the modern world we live in is only now waking up all the glorious possibilities tantric sex can bring. Tantric sex is not a religion. It is a practice and a way of life. It doesn't just teach you the various sex methods you could use for greater pleasure alone. It teaches you how to give and receive the loving energy between a pair of lovers. It teaches you about awakening the internal spirit, the

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energy of life that flows within us all to connect with your spiritual side, and restore meaning to your life. It reminds us that our bodies are a temple and that within every man and woman, there resides a God and Goddess. Tantric sex is about connecting with your partner so deeply that in that union, you feel like you may have found your soul mate at last. You Will Learn: Tantra's emotional and cultural origins Why tantric sex is better than regular sex How to bring out your partner's sensual side Overcoming the myths to discover the truth How to awaken your body and free your mind The true power of breath and what it can do for your sexual experience How to harness the power of your sexual energy How to transform your sexual energy using your chakras How to manipulate the senses for greater intimacy What the erotic awakening massage can do for you Understanding the universal hum The best tantric sex positions to try today There's more to tantra than meets the sexual eye, and this book aims to help you understand why it should be seen as a way to connect meaningfully with your partner rather than seeing it as nothing more than a way for you to have an orgasm. Embrace tantra fully, and you'll live your life with freedom and passion you never knew before. Tantra doesn't just teach you how to connect with your partner. It teaches you how to connect with your world. Tantra is a practice that benefits both men and women, and we'll provide step-by-step guides about how you can work together with your partner the way you are supposed to. This book is not going to tell you how to do it. It's going to show you how to do it. Are You Ready to Change Your Sexual Experience for the Better? Download Now! Your sexual awakening awaits.

New Age Tantra Yoga Howard John Zitko 1981

Tantra Andre Van Lysebeth 2002 Tantra: The Cult of the Feminine reveals a practical and balanced, modern view of the secret teachings of Tantric yoga. Van Lysebeth discloses the sexual techniques of Tantra that can be used by Western couples to enhance relationships and help open the door to a new kind of

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enlightenment. He also reveals the wisdom of tantra--the essential belief that our universe is a creation of the physical and spiritual union of the Male and Female principles, manifested in the human plane as Love. He shows us how the repression of feminine values in our patriarchal civilization is the esoteric cause of many of the modern world`s crises. Tantra affirms that a true understanding of feminine values can bring about much-needed changes in our society. Van Lysebeth`s warmth and insight brings modern readers to new dimensions of feeling and understanding!

Kama Sutra Yoga Kathy Lee 2016-10-13 Kama Sutra Yoga: The Hidden Secrets & Techniques to take your sexual life to the ultimate level Are you dissatisfied with your sex life? Do you feel that the sizzle and crackle is missing? This book is for all those who want to know the hidden secrets of ancient wisdom and take their sexual life to an exalted level of ecstatic and explosive pleasure. This book has excellent illustrations on sex positions described in Kamasutra Yoga and Tantra Yoga. It is meant to be a ready reckoner for readers with plenty of practical advice, both for novice as well as experienced lovers. The book covers different aspects of sex and is not confined only to the physical act of sex. The term 'SEX' should normally be associated with uninhibited, explosive, natural, mystic, spectacular, ecstatic, blissful, rapturous and euphoric feeling. Unfortunately, modern day man or woman no longer views SEX in the same way. This book will rekindle the fire and passion inside you like never before. Kama Sutra yoga describes the art of sex in detail. Kamasutra Yoga and Tantra Yoga are two important works which are exclusively written to explore the world of sex. These books were written in the days when sex was a genuine desire which needed unabashed fulfillment - not an act which must be performed in secrecy and shame.

The Art of Tantra Guillermo Ferrara 2015-08-18 A guide to meditation, sex, and ecstasy. The Art of Tantra offers a fascinating method of improving your pleasure, vitality, and

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internal strength. Clear, practical, and profound, it contains over five hundred color photographs and illustrations demonstrating the positions and exercises that the reader can use to reach a new sexual dimension in his or her emotional relationships. The Art of Tantra promotes the comprehension, understanding, and experience of the most important taboo in the history of humanity—sex—and in its pages you will discover Tantra as a form of comprehensive wisdom on the energies and art of living. There is an ample variety of exercises and meditations, such as: The Rainbow Greeting the Sun The Dragon Dance of the Five Elements The Art of Tantra is an invitation to expand your consciousness in a simple and dynamic manner.

Yoni Shakti Uma Dinsmore-Tuli 2014-05-16 In this courageous and radical book, Uma Dinsmore-Tuli explores the sexual politics of yoga from a perspective that sees women's spiritual transformation as the most revolutionary force. Packed with fascinating real life stories and vibrant testimony, as well as history and philosophy and practical guidance, Yoni Shakti is about freedom and power, encompassing yoga, sex, health and spirituality. Always refreshing, irreverent and inspiring, Yoni Shakti brings womb yoga, Goddess-focused tantra and vibrant feminism together in an astonishingly potent combination. A beautiful book that will both empower women in their practice of yoga and show how the fundamental origins of yoga can be found in a more intuitive and feminine approach -- Angela Farmer, creator of The Feminine Unfolding. Uma joins the revolution for true freedom for women by bringing her awesome experience into the practice of yoga to help women access innate power that is earthed in their womb -- Maya Tiwari, world spiritual teacher and author of Women's Power

Tantric Yoga Poses Jayson Bozeman 2021-05-03 What comes to mind when you hear the term Tantra yoga? Tantra yoga may improve your sex life, but only because of what it does to help you get in touch with your own body and your own energy. Tantric

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practices, including Tantra yoga, work on the subtle energies within the body to enhance spiritual growth and physical wellbeing. Through the exploration of these energies and their connection to the universe, the purpose of life and the connection to others can be understood in a new dimension. As you delve deeper into your spiritual practice, you might find yourself searching for ways to connect with your subconscious better. Once you understand your own energy better, you'll be able to connect to others with ease. You'll work through a series of postures that will open your mind and help you unwind. Learn all about Tantra yoga, including.... -What is Tantra yoga? -The history of Tantra yoga -The connections between Tantra yoga and the spiritual aspects of life -Scientific ideas that support the benefits Tantra yoga has to offer -Exercises, activities, and poses readers can complete alone or with a partner -Healthy lifestyle choices and diets that complement yoga's benefits -The many, many ways Tantra yoga can transform your life!

Tantric Sex Nicole Bliss 2020-04-06 Do you want to unlock your deepest sexual, physical, emotional, mental and spiritual energy? Do you want to enjoy sex like never before? If yes then keep reading... Many people either they are in a relationship or not suffer from communication issues, lack of quality time, insufficient intimacy, unsatisfying sex life. Tantra practices have turned for many adopters a successful way to improve in all those areas. Tantra brings an intelligent approach to life, sex and has the effect of enhancing intimacy and deepening love. So how you can stop missing out on this incredible experience that Tantra can offer? You have come to the right place. This book has got you covered as it contains all the Tantra knowledge you need to bring your sex, emotions, mental fulfillment to the next level and discover your hidden sources of energy. You will also be helped by several illustrations. You will master the art of Tantra which you have wished to know before and you will not believe how you have done without until now! In this book you will discover: What

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is Tantra and its benefits How Tantra helps in connecting the sensory, emotional, cognitive level with spiritual How can you get the best out of Tantra meditation with the use of Mantra and Yantras Why and how you should practice Tantric sex What are the best Tantric sex positions How can you best use the Tantric Chair to enhance your sex experience How to give and receive Tantric sex massages How can you discover and reach the super orgasm How to improve your vaginal sensory capabilities with the Yoni Egg How can a man learn to control ejaculation to reach the maximum enjoyment And much more! Most books on Tantra Sex touch only the surface and miss to provide the why, how and links among the different elements of Tantra, and they very often have limited or no illustrations at all. This is instead a complete 360 degrees book on Tantra! If you are a beginner, you can start your journey towards full sex enjoyment and unlock your full energy. If you have some experience, get ready to upgrade your level up! Do yourself, your partner and everyone else that you will potentially have sex with a favor, read this book! Give your partner the present of informing yourself about how to bring them enjoyment like never before. What are you waiting for? Scroll up and get your copy by clicking the "Buy Now with 1-Click" button

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