

Spiritual Sex

Spiritual Sex - Energy Pathways To Absolute Bliss And Ecstasy Francisco Bujan 2011-12-06 This book covers dozens of key techniques to practice sacred sex in your life - Sacred sex is a powerful way to use your sexual energy and connect with your lover - We live in a world in which sex is often so taboo that the fears, guilts and anxieties related with the sexual act totally overshadow what sex can actually be - I spent a good 25 years of my life exploring this mystery and discovering wonders in my own body - I sometimes spent months in intense sacred sexual practices with or without a partner and what I unveiled blew me away - I experienced freeing energy explosions in my heart chakra, powerful energies in my third eye and crown area - In fact, I often entered bliss states that lasted for hours or even days - I am a pro life coach with 10 years of solid experience transmitting these techniques to couples and individuals within the safety of coaching sessions - I know now that sacred sex can be your path to incredible expansions of consciousness and unlimited bliss - You can trigger powerful states of emotional freedom and connect with your lover in ways you could not have dreamt off! - The thing to understand is that these are not just some vague ideas! - They are a solid path of energy that can sponsor and guide you to sexual bliss! In this material, I give you techniques, core values, and approaches to make this an unforgettable experience - I know that armed with the right tools, this inner awakening is within anyone's range - The absolute delight, degrees of pleasure and orgasmic waves that you will wake up in your body and mind will shift change your life forever!

Spiritual Lovemaking Jody Baron 2013 Includes bibliographical references (p. 209-221).

Spiritual Sex Nik Douglas 2012-06-20 Experience the liberating joys of SPIRITUAL SEX~ the most

complete and authoritative guide on Tantra and Kama Sutra. This 2012 TantraWorks edition of SPIRITUAL SEX has been much revised and expanded since the original Pocketbooks publication of 1997, which was out of print soon after its release. Key topics have been updated and expanded, an entirely new chapter added, together with extraordinary Tantra Art illustrations through 32 lavish full-color plates. The continuing demand and with interest in Tantra ever on the rise, this revisit, reassessment and update is long overdue. Each one of us a spiritual being, each one of us the product of a sexual act. Sex in some form or another drives so much of our lives, from day-to-day interactions to advertising, fashion and the media. Spiritual sex is at the foundation of our existence and the sooner we come to terms with, understand and embrace the traditions, the sooner we will know and experience the true direction of our spiritual evolution. May this updated edition of spiritual software shed even more light on this fascinating and crucial subject!

Teach Yourself - Tantric Sex Richard Craze 2007-01-26 Explore the joys of tantric sex and become a more spiritual lover A discipline originating in the East, tantric sex adds a new spiritual dimension to love-making. Teach Yourself Tantric Sex explores the ancient texts and presents a series of practical exercises and techniques. You will learn how to become better lover by enhancing the spiritual aspect of making love. This new edition goes into greater detail about aspects of women's sexuality and describes accessories designed to enhance both the pleasure and the spirituality of sex.

Spiritual Sex And Satisfaction Raja Chayan 2022-03-09 Sex is a universal media of pleasure for both man and woman. People search peace and amusement with this activity. God has created this and we enjoy it as His blessings. Sex is not a sin and we need it to live in the society. We are human beings and we try our best to enjoy this highly addictive activity. In the past, it was seen that sex

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prevailed in the society for those who are married. But now, many people enjoy this before their marriage. Sex is for satisfaction of the couples. It elevates your physical, mental and emotional condition with the power of enjoyment. We have found that open sex is allowed in many countries, because it helps to eradicate your sorrows and sufferings. If you are highly depressed, then sex is recommended by the experts.

Tantric Mating: Using Tantric Secrets to Create a Relationship Full of Sex, Love and Romance

Catherine Auman LMFT 2022-01-01 Apply the wisdom of tantra to create your perfect soulmate relationship full of sex, love and romance Multiple-award-winning author Catherine Auman's Tantric Dating: Bringing Love and Awareness to the Dating Process was named one of the Best Dating Books of All Time by Book Authority, In this follow-up book, Tantric Mating: Using Tantric Secrets to Create a Relationship Full of Sex, Love and Romance, you will learn what to do next after attracting your perfect love to maintain the magic. Inside this book you will discover: • how to be in partnership and create your perfect soulmate relationship • how soulmate relationships are created • how conventional advice has steered you wrong • what kind of work to do on yourself Read this book and you will • Find out that tantric sex really is as good as they say • Discover that friendship is required for really great sex • Learn how to live in a perpetual honeymoon Get started immediately Download now and take the first step on your journey to creating your perfect soulmate relationship by using tantric secrets. Scroll to the top of the page and hit the buy button.

Love, Sex & Transcendence Shadia Alam, M.D. 2015-12-18 "I am afflicted by an uncommon ailment - I let my heart decide what to love, and only then does my mind follow." - Love, Sex & Transcendence Romantic relationships are a vast source for spiritual growth but are often the first areas of our lives that succumb to deeply entrenched egoic beliefs. These false beliefs - which we

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developed in childhood for the purpose of our physical survival - become the basis for how we view ourselves and our partners, keeping us stuck in repetitive patterns that prevent our ability to truly thrive, no matter how much effort we devote to other spiritual pursuits. In *Love, Sex & Transcendence*, Dr. Alam utilizes poetry coupled with short essays to help you re-connect to the ultimate source of love - your inner self. Building on this connection, she guides you through the intensity of eroticism by exploring both the masculine and feminine aspects of sexuality. Finally, she takes you to the peak of transcendence itself, tying it all together to expose who you truly are: an exquisite spiritual being endowed with the potential to create a romantic partnership that is equally loving, passionate, and transformational.

Get Intimate with Tantric Sex Paul Jenner 2010-10-29 Have you ever wanted to enhance the spiritual aspect to your sex life? Would you like to learn a new dimension to love making? Discover how tantric sex can teach you to be a better lover as well as changing the focus of your sex life with *Get Intimate with Tantric Sex: Teach Yourself*. This book covers all the latest background on male and female pleasure. Explore the history and traditional texts of tantric sex and follow a series of practical exercises and techniques. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the authors' many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of the ancient practice of tantric sex. THINGS TO REMEMBER Quick refreshers to help you remember the key facts.

Tantric Sex - Energy Pathways To Absolute Bliss And Ecstasy Francisco Bujan 2011-12-06 This book covers dozens of key techniques to practice tantric sex in your life - Tantric sex is a powerful way to

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use your sexual energy and connect with your lover - We live in a world in which sex is often so taboo that the fears, guilts and anxieties related with the sexual act totally overshadow what sex can actually be - I spent a good 25 years of my life exploring this mystery and discovering wonders in my own body - I sometimes spent months in intense tantric sexual practices with or without a partner and what I unveiled blew me away - I experienced freeing energy explosions in my heart chakra, powerful energies in my third eye and crown area - In fact, I often entered bliss states that lasted for hours or even days - I am a pro life coach with 10 years of solid experience transmitting these techniques to couples and individuals within the safety of coaching sessions - I know now that tantric sex can be your path to incredible expansions of consciousness and unlimited bliss - You can trigger powerful states of emotional freedom and connect with your lover in ways you could not have dreamt off! - The thing to understand is that these are not just some vague ideas! - They are a solid path of energy that can sponsor and guide you to sexual bliss! In this material, I give you techniques, core values, and approaches to make this an unforgettable experience - I know that armed with the right tools, this inner awakeneing is within anyone's range - The absolute delight, degrees of pleasure and orgasmic waves that you will wake up in your body and mind will shift change your life forever!

Spiritual Sex Michelle Pauli 2002 Turn up the heat on your sex life with this guide to getting it on. It is filled with tips, techniques, positions and propositions.

Relax Into Sex Jody Baron 2011-05 Sexual energy is life-force energy. Find out how using this energy can change your life.---Have you always suspected that sex could be more? More fulfilling, more sensual, more loving, and more fun? Have you ever wondered why, when the sex was so amazing at the beginning of your relationship, it seems to have morphed into something different? Have you been curious about what all the fuss is about "tantric" sex?" Well, you were right. Sex IS more. And

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in a few short hours you'll have the tools to transform your relationship or to take into the next one. Lovemaking is far more than becoming excited and reaching orgasm. This book shows you your natural ability to be deeply connected to yourself, and to your partner. Relax into Sex introduces you to the world of sensuality and sexuality that is your birthright. Easy and fun to read, Relax into Sex will show you how "spiritual" lovemaking can transform not just your relationship, but your entire mind, body and spirit. The benefits of relaxed sex are beyond what you can imagine. They are immediate and profound. The subtler, deeper sexual energy you will learn to feel and to generate will inform all aspects of your life in a positive and refreshing way. Relaxed sex can be a doorway to great personal transformation - unlocking an energy you may never have known existed. Each time you return to this material, it will offer a fresh, new and different experience. Experiment with relaxing into lovemaking. It promises fun and delight. The potential for profound gain is astounding. So try something new, that is really very old. And all you have to do.. is make love.

Sex and the Intelligence of the Heart Julie McIntyre 2012-04-26 Explores how Nature underlies sexuality and intimacy • Examines how to regain intimacy in our relationships in a way that embraces our hidden wild nature and restores the sacred to our lives • Provides sacred sex and intimacy-building practices for partners and exercises to reconnect with the intuitive intelligence of the heart, remove our emotional armor, and cultivate a deeper relationship with the Earth • Shows how by healing our relationship with Nature and our sexuality, we move toward healing the whole planet Nature is having sex all the time--that's one of the reasons we feel so alive when we are immersed in it. Sexuality is essential to the sensation of Nature in your own body, of connecting to the piece of Earth closest to you--your own flesh and bones. Many a couple has been overcome by passion while walking in the woods or on the beach; many a soul has found solace or epiphany in

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Nature. Living in accordance with Nature depends on you being your true, whole self--a sexual, sensual, erotic, fully alive human being. Exploring the territory of intimacy, sacred sex, and emotional healing as a journey to wholeness, Julie McIntyre examines the sacred relationship between sexuality and the Earth and reveals how to create deep, lasting intimacy with your lover by recapturing the wild, spontaneous, natural sexuality that is your birthright. Detailing the process of moving from your head to the secret garden of your heart, she provides exercises to heal your psyche of old emotional trauma, reconnect with the intuitive intelligence of the heart, and cultivate a deeper relationship with the Earth in order to trust yourself and become vulnerable and open with your lover and thus truly intimate. She shows how there is a direct relationship between our beliefs and values about sex and intimacy and our beliefs and values about the environment and the Earth. She reveals how, by healing our separation from Nature and our sexuality, we can bring the sacred back into our lives, shape our own ecstatic sexual experiences, and move toward healing the whole planet.

Sex and Spirituality Jeremy Elliott 2021-05-22 A discussion of the purpose that sex and sexual relationships play in connection to spirituality and spiritual progress. Sex itself can be used for spiritual and creative purposes, or destructive and selfish purposes. Sexual relationships are beneficial for knowing oneself and cultivating unconditional love. The union of sexual partners in sexual pleasure is the precursor to the permanent bliss which is established by the ultimate union between an individual and the Creator.

Lesbian Tantric Sex Alexxa Kline 2017-08-05 Learn how to transform your love life with this beginner's guide on Lesbian Tantric Sex. Simply by buying this book, you will be taking your first steps to endless possibilities for an incredible, spiritual and fulfilling sex life. With tips, techniques,

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and lessons from the Tantra this book will teach you how to master the art of lovemaking and help you maximize your sexual potential, expanding your sexual spiritual awareness to gain and experience pure bliss and connection with the universe. Although very old in principles Tantra has stood the test of time and applies to the art of spiritual lovemaking today. In this book, you will find: -History and Principles of Tantric Sex -Foreplay Guide -Sex Problems Tantric Sex Can Overcome - Health Benefits of Practicing Tantric Sex -Tantric Sex Techniques to Try -A bonus Sensational Tantric Massage and much more So, if it's time to awaken the sex goddess in you, SCROLL to the top of the page and select the BUY button.

Tantric Sex Grace Mason 2017-01-08 Off late, do you feel that you and your partner feel disconnected? Do you feel that your sex life has become monotonous? Do you feel like adding some spice back into your sex life and breaking free of the routine? Do you feel that there's something that is stopping you from forming a strong bond with your partner? Do you want to improve the intimacy quotient? Do you want to learn the different ways in which you can attain greater pleasure? Do you want to learn the different ways in which you can pleasure your partner? If your answer is yes for any of the questions that have been mentioned above, then this is the perfect book for you. Your reason for exploring the concept of Tantric sex could range from curiosity to your want of establishing a spiritual connection with your partner. Regardless of your reason, this is the perfect book for getting you started with the teachings of Tantric sex. Tantric sex is so much more than simply establishing a physical bond between two partners. It is about connecting with your partner on an emotional and a spiritual level. It is the union of the female and the male energies present in the body, for forming a spiritual connection. Tantric sex will help in revitalizing your body, mind, and soul. Tantra can be practiced in different forms and Tantric sex is one of those forms that will help in

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awakening the dormant sexual energy present in your body for helping you attain greater pleasure. Tantric sex will help in turning up the heat between the sheets and add a new dimension to your sex life. In the course of this book, you will learn: The meaning of Tantric sex and its various benefits. The essentials of Tantric sex and the worship of the God or Goddess within. Preparation of your body for Tantric sex. Essentials of Tantric communication. The different Tantric sex positions and techniques. The basic teachings of Tantric sex. Various Tantric sex exercises and yoga positions. The ways in which Tantric sex can be made use of for male and female orgasms. All the information regarding Tantric sex, the different positions, and variations will help you in forming a bond with your partner that surpasses the physical realm. So, what are you waiting for? Let's get started! Buy your copy today!

Sacred Sex Tim Alan Gardner 2009-01-16 For years, Christians have been told that sex is God's creation, designed by him as a gift to husbands and wives. Yet few couples actually experience sex as a spiritual, God-ordained experience. Rather than admit their lack of fulfillment, many couples hide their disappointment and confusion, while others attempt to solve the problem through better sexual technique. Unfortunately, all the advice on improved technique fails to explain the one thing that makes sense of it all. Despite the proliferation of resources to enhance sexual satisfaction, couples continue to struggle in their sexual relationship. In fact, author and licensed counselor Tim Gardner estimates that as few as 2 percent of married couples ever experience a truly exciting, energizing, and soul-touching physical bond. But now, that can change. A couple's sexual relationship has a far higher purpose than pleasure or procreation. Scripture makes it clear that sex is the one thing on earth that joins two people into one. Now readers can learn how to approach marital sex in a way that brings the fulfillment of true oneness. Sacred Sex shows how they can

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experience a beautiful, God-ordained life of intimacy that blesses them far beyond the bedroom walls, serves as an act of worship to God, and touches their hearts and souls in ways they never could have imagined.

The Sacred Sex Rites of Ishtar Annie Dieu-Le-Veut 2015-06-03 This book is about the superior intelligence and self empowerment which comes from interacting with beings that inhabit a parallel universe to this one, from whom man has traditionally gained his knowledge about his place and purpose on Earth and in the cosmos. In ancient times, the ability to tap into this superior wisdom was transmitted to kings and pharaohs upon their coronation by one who was in touch with these extra-dimensional beings or life-forms, which are also known as spirits of the land. Shamans and high priestesses, since at least Neolithic times, were in communication with these spirits and so they were able to transmit their wisdom to the ruler or monarch during sacred sex rites. These shamanic practices became known as Sovereignty rites because they created a force that fired up the king's higher brain centres, giving him a superior intelligence and thus the ability and the right to reign, with the crown he wore on his head merely a symbol of his enlightened inner crown. As a shaman and mythologist, Annie Dieu-Le-Veut is regularly in communion with the spirits of the land where she lives in Glastonbury, Somerset, in the UK. In this book, she has laid out the way for the ordinary person to benefit from experiencing shamanic sexual practises by visiting other dimensions on the inner planes. In Part 1, she helps you to build your foundation stone upon which you will erect the temple of your understanding about the ancient Mystery Teachings, which were based on a sort of Earth magic known as the Alchemical Marriage, the Faery Marriage, or the Marriage of the Sun and the Moon. She lays out historical and mythological evidence from all over the world that sacred sex was an integral part of the Kingship rites that bequeathed wisdom on the initiate. And you will

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discover the original meaning of the Holy Graal, which can be traced back to the ritual centres of the Neanderthals of about 45,000 years ago. In Part II, you will go on to learn how to practise these shamanic rites yourself, through simple steps that take you into an enchanted world of spirits, magicians and Grailkeepers. These will enable you to fire up your own superior intelligence to enrich your own life and, if you should so choose, contribute to the work of the Sovereignty of your own land. Annie is also the author several popular esoteric books such as "The Bright World of Gods", "The Grail Mysteries", "Stories in the Stars" and "Stories in the Summerlands."

Sacred Sex Gabriela Herstik 2022-07-12 A modern, nonjudgmental guide to reclaiming and embodying your sexuality as nothing short of divine. There has never been a more vital time to embrace the union of sex and spirit. With Gabriela Herstik's expert and inclusive guidance, learn to shed societally ingrained shame and reclaim your birthright to sacred sex as a foundational part of your spiritual path. Sacred Sex covers topics including: • how to work with the divine erotic and sex magick • how mystical traditions from around the world, such as tantra, kundalini, Kabbalah, and Taoism, work with sexuality in a mystical context • how to use the tarot as an archetypal framework to go deeper in your practice • how honoring your boundaries, tuning into your intuition, and having a personal set of values around sex are necessities • why releasing judgment and shame is a vital piece of the puzzle • rituals to activate self-love and self-lust, to embody your higher sexual self, to heal, to manifest your power, and to release judgment • the paths available for your individual journey, such as the union of the self and the higher self, sexual alchemy, devotion, sacred kink, glamour and embodiment, and redefining the Divine Feminine and Divine Masculine • guided journaling and affirmations for each chapter • interviews with sex therapists, sex workers, and sexuality professionals • and much more Honoring the sexual as a path to the sacred is life- and

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heart-changing work that begins with you, respecting your desires, and standing in your erotic power. Whether you are single or in a relationship(s), embracing the divine erotic can infuse your life with purpose, love, self-lust, and plenty of magick, which you can then share with partners, lovers, and the world.

The Spiritual Traditions of Sex Richard Craze 1996 Why do we often feel sad after intercourse? In the West, the emphasis has been on the physical pleasure and satisfaction of the individual. This is to miss out on a whole exhilarating dimension that has long been recognized and thoroughly explored in eastern traditions: the spiritual dimension. Drawing from eastern traditions such as Taoism and Tantric Buddhism, erotic literature from China and Japan and the celebrated treatises from Persia and India (The Perfumed Garden and The Kama Sutra), The Spiritual Traditions of Sex shows you how you can tap into the great circle of energy that flows through the universe, how to transform a physical act into a loving, focused ecstatic meditation where souls share, exchange and reinforce each other's energies. Clear explanations of the philosophies of these great traditions and a series of simple, practical and pleasurable exercises are given to help you understand and learn the techniques from the east. The Spiritual Traditions of Sex will show you how the energy and ecstasy of sex can restore balance and harmony to both body and soul.

Urban Tantra, Second Edition Barbara Carrellas 2017-11-21 If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. Celebrating the 10th anniversary of Urban Tantra, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers. With a juicy mix of erotic how-to and heart-centered spiritual wisdom, this updated edition includes a brand-new introduction, up-to-date references and resources, a new take on the possibilities and

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responsibilities of Tantra in today's world, plus new and cutting-edge information to reach an expanded community—added information on multi-partner play, more intersections for Tantra and BDSM, practices for asexuals and aromantics, expanded practices for trans and gender nonconforming people, and more. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide reveals the delicious worlds of ecstasy available to all, no matter one's gender, sexual preference, or erotic tastes. Urban Tantra expands the notions of pleasure and opens new heights of intimacy and sexual fulfillment.

Spiritual Sex Robert Wall Crary 2003-01-01

Radical Ecstasy Dossie Easton 2011-08-02 For millennia, seekers have used physical and emotional extremes to achieve transcendence and exaltation. Today, many BDSM and leather practitioners are discovering the potential of SM practice to reach personal, interpersonal and spiritual goals. In *Radical Ecstasy*, bestselling BDSM/sexuality authors Easton and Hardy document their own journeys into the transcendent realm of kink. With their trademark frankness and humor, they share their own stories and philosophies. They also share techniques that have worked for them - techniques which combine tantric breathing, visualization and movement with a combined half-century of BDSM experience - to create states of transcendence during solo and partnered sexual and BDSM practice. As outrageously revolutionary as any sex book published in the last decade, *Radical Ecstasy* sets the stage for the new millennium in BDSM and sacred-sex practices - a "must" for any kink, tantra, pagan or sacred-sex practitioner. "Amazingly mindful exploration of that which cannot be easily put into words... the ecstatic experience from sex to sadomasochism, from trance to intuition to archetypes and spiritual awakening. Totally real and personal. Not a 'how to' but a nurturing 'can do'

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book." - Fakir Musafar, father of the modern primitive movement. "Progressive, deliciously honest, and HOT HOT HOT! Dossie and Janet ask difficult questions about the nature of sex, intimacy and ecstasy, then they actually manage to answer the questions, plus turn us on when they do. These two erotically gifted women have a way with words - and sex. They raise the bar on erotic writing and sex education to new heights. I'm in awe." - Annie Sprinkle, Ph.D., prostitute/porn star turned sex guru/sexologist "Fascinating, heartfelt, honest, real stories of the heart/spirit/energy connection experienced in the passionate rituals of intimate consensual power play. These two courageous women write brilliantly of how erotic energies connect us with the big love we all seek from the source." - Cleo Dubois, educator, ritualist, video producer/star

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Living Tantra Jan Day 2021-11-09 Tantra originated in India many centuries ago but it's uniquely placed to help people use real life as grist to the mill for spiritual transformation. The purpose of the book is to articulate what Tantra can be in our modern times and how it can be applied to all aspects of our everyday life. Traditionally Tantra was a path that brought spirituality out of the caves and monasteries and into the life of householders. It didn't seek to separate sexuality and spirituality and to force people to make a choice but rather to integrate the life of family and relationship with spirituality. This includes sexuality but it's not all about sexuality, and this is a rare book that applies Tantra to every aspect of life. Living Tantra is a body of work that aims to bring the essence and core message of tantra into relevance for our contemporary life and society as a path of spiritual growth and human development. It's based on her legendary workshops which book up via word of mouth and attracts attendees from across Europe and North America, especially Sweden, Austria, USA, Germany, Spain and the Czech Republic. The exercises here come out of these workshops and mean that we can benefit from this work in our own homes. The principles of Living Tantra are to use all life, all experience to learn and become more conscious of ourselves and the world around us, to care more for ourselves, each other and the world and to develop greater compassion. Tantra includes everything. It is the weaving together of all that is.

Limitless Intimacy Narecia Hamrick 1990

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A Spiritual Sex Manual Charlene Webster 1982

Spiritual Sex Nik Douglas 1997 Begun in ancient Sumeria and Egypt, the practice of Tantra only crossed over into the Western world in the early 19th century. Celebrating sexuality as it teaches how to maximize one's true spiritual potential, Tantra is the key to unlocking one's inner magic. In this book, the secrets of developing one's sensuality are revealed through simple and practical instruction, from Tantric love positions to personal mantras and meditation techniques. Illustrations throughout.

Tantric Sex and Menopause Diana Richardson 2018-04-10 A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality.

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emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

Tantric Sex Richard Craze 2003 The Mobius Guides provide a fascinating overview to help you get to grips with the basic principles, practices and background of each subject area. Enlightening and fully accessible, these great introductions are ideal for the beginner, or those who simply wish to widen their knowledge in different areas. Taken from the top selling titles from Headway's BEGINNER'S GUIDE series, these titles already have an excellent sales history. Stunningly repackaged, they will have enormous appeal to the growing number of people drawn to the Mind, Body, Spirit area. This guide is a clear and helpful introduction to Tantric sex, including techniques and tips on how to achieve heightened levels of pleasure and spirituality, a richer spiritual encounter

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with yourself and your partner, and a deeper and more meaningful aspect to sexual development and experience.

Tantric Sex Jeffery Dawson 2015-06-25 TANTRIC SEX GUIDE! Embrace the Passion and Spiritual Healing of Tantric Sex! Looking For Sexual Healing? Better Communication With Your Lover? Erotic Pleasure? Extended Ecstasy? Timed Bliss? Then THIS BOOK IS FOR YOU! Embrace the Passion and Spiritual Healing of Tantric Sex! Are you curious about Tantric Sex? Do you need guidance to get started? Would you like to know how Tantric Sex can free your body and soul? When you purchase Tantric Sex: Guide to Sexual Healing Communication and Erotic Pleasure, you'll learn what Tantra is, its history, and how it relates to tantric sex. You'll discover many aspects of Tantric Sex: Tantric Positions Tantric Exercises and Breathing Myths and Truths about Tantric Sex and Tantra The Ten Pledges of Tantra Mantras and Yantras LEARN THE SECRETS OF TIMED BLISS! Tantric Sex: Guide to Sexual Healing Communication and Erotic Pleasure describes the benefits of Tantric Sex, including individual growth and heightened orgasms. You'll learn about Tantric Sex relationships, how to handle power struggles and how this practice empowers both men and women. Increase Love, Alleviate Depression and Create a Positive Effect on the World. You'll discover many techniques and positions and even learn how to give a Tantric massage! Purchase Tantric Sex: Guide to Sexual Healing Communication and Erotic Pleasure now, and enter a whole new world of sexuality and spirituality! .

Sex: The Unknown Quantity: The Spiritual Function of Sex Alexander J. McIvor-Tyndall 1916

Tantric Sex Bambi Colt 2017-07-28 Are you suffering from "bedroom boredom"? Are you ready to rejuvenate your sex life and take it from lukewarm to sizzling hot right now? If you don't know much about Tantric Sex, don't worry. We all start with nothing. For those who do commit to learning the

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art of Tantric sex, you and your partner will never look at or enjoy the same way ever again. The purpose of this book is to provide a full perspective of Tantric sex, including how to lengthen the sexual experience and deepen the pleasure of sex with one's partner. Each chapter in this book will speak on a matter that contributes to these aims, working in harmony to build the overall Tantric experience in written form. We will explore how to create an ambiance that allures the senses and fosters the deep intimacy between you and your partner that is at the core of Tantric sex practices. Beyond that, we will delve deeper into the concepts that form the Tantric spiritual perspective and discuss how to merge the masculine and feminine aspects of the self for better lovemaking. We will also explore how to let go of judgment and self-consciousness to immerse oneself more fully in the sexual experience. Finally, we will look at guru-inspired Tantric methods and positions for maximum pleasure for you and your partner. During tantric sex, we will be fully present in our bodies and feel an incredibly strong emotional and spiritual bond with our partners. It will feel as if we have melted together in love. What you've just read, is only the tip of the iceberg. If you wanna read more and if you are keen to get the sex right every time. if you are keen to bring new excitement and rekindle the fun instead of feeling the fire of doubt, then you must get this book.

The Complete Idiot's Guide to Tantric Sex, 2nd Edition Judy Kuriansky 2004-12-07 In this updated, fully illustrated second edition of the bestselling book, Dr. Judy Kuriansky, a certified associate Ipsalu Tantra Teacher uncovers every aspect of this ancient practice. From the sacred belief behind Tantra and Tantric loving to the practice of Tantric techniques, this book includes a new chapter on sacred sex, and updated chapter on Tantra rituals, the author's own Tantric sex therapy technique, tips from world-renowned Tantric experts, and listings of national Tantra instructors and workshops. Fully illustrated. Author is a Tantric expert who has studied with pioneer

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Margot Anand. A basic instruction to the principles of Tantra. Tantric sex was recently featured in an episode of 'Sex and the City', and in an article in 'New York' magazine.

Becoming a Sex Ceo on a Spiritual Level Jacinta Mariah M. 2014-03-27 This is a spiritual self-help book based on real-life experiences and research. The book advocates for sex morals, and is about tapping into one's spiritual connection to ignite their sex, and ultimately love-life. The book discusses an interesting twist of how lovers can benchmark the attributes of an elite Chief Executive Officer (CEO) to maximize their sexual experiences. The book also narrates how lovers can unveil the perceptive shadows that misconstrue their understanding of sex, and then provides turn-key strategies that will liberate them from the world-famous prison of sexual inhibitions. In the book is also an attention-grabbing chapter, chapter 3, that will help any reader, regardless of core-beliefs, state of mind, or perceptions, to open and empty their minds of any, if not all, self-limiting beliefs especially those related to self-love and appreciation. The book also reveals the following: - How couples can embrace Spiritual Sex, Meditative Sex and Karezza Sex into their relationships. - How to eliminate sex hang-ups and free one's mind from limiting beliefs and blockages in order to appreciate and perpetually explore new ways to improve their sex life. - How to spiritualize, ignite and maintain the sexual blaze in relationships. - The biggest sexual secret about men as told anonymously by REAL MEN; including those big sex secrets that your trusting, loving, sweet and so-called boyfriend, or even husband wouldn't dare to tell you! - A Sex Coupon section compiled from intensive research, real-life experiences from different cultures and recommended by experts. The book is filled with heart-enthusing humor and exciting sexual ideas that can help one clean up their sexual misdemeanors, and then spiritually raise their bars to the Sex CEO Level. Even if you are a seasonal sex part-timer in your relationship, the ideas included in the book will easily transform you

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into a Sex CEO and ultimately elevate your love life. This book is a one-stop portal of innovative, fun sex ideas, and strategies for lovers.

Secrets of Sacred Sex Mark A. Michaels 2011-01-01 This modern and comprehensive guide to Tantra celebrates the sacredness of desire and the human body. Much more than an erotic sex manual, *Secrets of Sacred Sex* explains the Hindu Tantric tradition, its philosophy, and its principles. The authors, a devoted married couple, demystify Tantra in ways that make this ancient tradition accessible to beginners, offering authentic exercises and techniques that will help turn your every moment of pleasure into an opportunity to experience the divine.

Spiritual Sex and Satisfaction Kevin

Tantric Sex Kaylee Reed 2020-12-16 ARE YOU LOOKING FOR NEW EXPERIENCES WHILE PRACTICING SEX WITH YOUR PARTNER? THEN KEEP READING... Late, do you think you and your partner feel disconnected? Do you think your sex life has become monotonous? Do you feel like adding a little spice to your sex life and getting rid of the routine? Do you think there is something that prevents you from forming a strong bond with your partner? Want to improve the privacy ratio? Do you want to learn the different ways you can get more fun? Want to learn the different ways you can please your partner? If your answer is yes to any of the questions mentioned above, then this is the perfect book for you. Your reason for exploring the concept of tantric sex could range from curiosity to your lack of establishing a spiritual connection with your partner. Whatever their motivation, this is the perfect book to start with the teachings of tantric sex. Tantric sex is much more than establishing a physical connection between two couples. It's about connecting with your partner on an emotional and spiritual level. It is the Union of the feminine and masculine energies present in the body to form a spiritual connection. Tantric sex will help revitalize your body, mind,

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and soul. Tantra can be practiced in different ways, and tantric sex is one of those ways that will help awaken the latent sexual energy present in your body to help you achieve greater pleasure. Tantric sex will help increase the heat between the leaves and add a new dimension to your sex life. In the book you will learn: - definition of tantric sex - contributes to a healthier lifestyle - sexual energy - the energy of the kundalini - the importance of the seven chakras - reduce stress levels - feelings with a partner - deceleration in sex - fun zone - male and female erogenous zone - the spiritual phase of sexual energy - relieves anxiety and depression - Ying a symbol of yang in tantric sex - male and female bodies of opposite polarities - positions for gentle penetration - positions for deep penetration AND MUCH MORE.. All information about tantric sex, different positions and variations will help you form a bond with your partner that goes beyond the physical field. So, what are you waiting for? Let's get started!

Sex--The Unknown Quantity The Spiritual Function of Sex Alexander James McIvor-Tyndall 2013-01 This book (hardcover) is part of the TREDITION CLASSICS. It contains classical literature works from over two thousand years. Most of these titles have been out of print and off the bookstore shelves for decades. The book series is intended to preserve the cultural legacy and to promote the timeless works of classical literature. Readers of a TREDITION CLASSICS book support the mission to save many of the amazing works of world literature from oblivion. With this series, Tredition intends to make thousands of international literature classics available in printed format again - worldwide.

The Sacred Sex Bible Cassandra Lorus 2011-11 The Sacred Sex Bible is a comprehensive illustrated guide to sex and spirituality, which looks at historical and cultural currents in sexuality and the influence of both Western and Eastern traditions. From pagan rites to neo-Tantra (Tantra in
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the West) there are examples of sexual practice and rituals, along with exercises on breathing and visualization as pathways to sacred sex, or blissful union with the divine.

Tantra Made Easy Shashi Solluna 2018 "Tantra is a practice of sacred sexuality that has existed since ancient times to help people find meaning and healing in physical relationships. Now more than ever, this is a practice that everyone can benefit from. Shashi is a world-renowned Tantra instructor who has trained with the world's top experts. In *Tantra Made Easy*, she brings the traditions of Tantra to new readers curious to learn how these can be applied in their lives. Through this book, readers will gain an understanding of Tantra as a spiritual path. This will help them understand the role of relationships, love and intimacy in modern Tantric traditions, the importance of having an open heart and how Tantric techniques can give them a spiritual experience in their physical relationships."--Amazon.com.

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