

# Sexual Secrets The Alchemy Of Ecstasy

**The Secret of the Golden Phallus** Bruce P. Grether 2012 It is time for men to merge the erotic with the sacred, and for them to reclaim their bodies as temples. Revealed here, as never before, is the authentic phallic wisdom of Male Erotic Alchemy, for too long deliberately obscured by the dominant cultures. Ancient wisdom combines with cutting-edge practices that are simple, yet powerful tools one can actually use.

**Sacred Sexual Union** Anaiya Sophia 2013-05-05 Experience the orgasmic rapture of Sacred Union with your Twin Soul and the Divine • Includes practices in sacred sexuality, emotional intimacy, and soul awareness to awaken the Love, Power, and Wisdom of your soul, attract your Twin Soul, and satisfy your soul's longing to reunite with God • Draws on teachings from Gnosticism, Sufi mysticism, the Kabbalah, Kundalini yoga, sexual shamanism, the Egyptian Mystery schools, and Christ Consciousness • Offers examples of Sacred Union, including Jesus and Mary Magdalene and Rumi and Shams as well as experiences of modern couples Jesus and Mary Magdalene, Rumi and Shams, King Solomon and the Queen of Sheba, Isis and Osiris--in these sacred unions we recognize the merging not only of Twin Souls but also of these lovers with the Divine. In Sacred Sexual Union, Anaiya Sophia shows this Holy Marriage, complete reunification with your Twin Soul and God, is not a secret reserved for the initiated or a tradition lost to the ages. It is a potent, living spiritual path enabling two beloveds to experience the primordial state of creation as one soul blessed by the Divine Light and Love of their Creator. Drawing on teachings from Gnosticism, Sufi mysticism, the Kabbalah, Kundalini yoga, sexual shamanism, the Egyptian Mystery Schools, and Christ Consciousness, the author reveals the complete alchemical process of Sacred Union. She provides physical, meditative, and psychological practices that

combine sacred sexuality, emotional intimacy, and transparent soul awareness to awaken the magnetic energies of your soul, draw your Twin Soul to you, and, with Twin Souls reunited, experience the passionate rapturous remembrance of becoming one with God. She explores ancient writings and rituals of Sacred Union--known as Hieros Gamos in ancient Sumeria, Sacred Marriage in the Kabbalah, Yab Yum in Tibetan Buddhism, and the Bridal Chamber in Gnostic Christianity--and offers examples of Sacred Union throughout the ages, including experiences from her own spiritual journey. More than a meditative or yogic practice, Sacred Sexual Union offers a transformative spiritual path to embrace the threefold flame of Power, Love, and Wisdom and satisfy your soul's longing for wholeness and reunion with the Divine.

**Tantra** Hugh B. Urban 2012 Bhadriraju Krishnamurti (1928) is Professor and Head of the department of Linguistics at Osmania University, Hyderabad. He received a B.A. (Hons.) Degree (1948) in Telugu language and literature at Andhra University Waltair and an M.A. (1955) and Ph.D. (1957) in linguistics from the university of Pennsylvania U.S.A.

**The Multi-Orgasmic Woman** Mantak Chia 2006-08-08 A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential. Reprint. 20,000 first printing.

Sexual Energy Transmutation Jay Onwukwe 2012-06-21 An intense desire for physical sexual contact, just like any other intense and passionate desire, is potent creative energy seeking expression or outlet. That self-same creative potency projecting as tumultuous sex drive or sexual energy can become Intellectual energy, Money energy, Political energy, Professional energy, Sports energy, Spiritual energy, or whatever type of energy you need at any point in time. Indeed, the creative powers of sex transcend procreation. Unfortunately, many men being unaware

unknowingly dissipate, and thus fail to avail themselves of the innate superlative powers of their abundant sex drive; and this is one primary cause of mediocrity. Sex, the carnal root of Man's generation, can be the source of his degeneration, yet holds the key to his regeneration. When properly harnessed, the primordial powers of sex and its creative essences that initiate all earthly existence can be used to achieve anything you want. This book tells you how.

**Stay Woke** Justin Michael Williams 2020-02-11 A simple, no-nonsense guide to change your life and take hold of your dreams "I have a confession," writes author Justin Michael Williams. "This is not really a meditation book." Yes, Williams is going to teach you everything you need to know about meditation—but if you came looking for a typical book on mindfulness, you're in the wrong place. Stay Woke is FOR THE PEOPLE. All people, of all backgrounds deserve to have access to the information they need to change their lives. And if you grew up in struggle—overcoming homophobia, anxiety, sexism, depression, poverty, toxic masculinity, racism, or trauma—you need a different type of meditation . . . one that doesn't pretend the struggle doesn't exist. Now, Williams introduces Freedom Meditation—a distinct approach that addresses disillusionment, social justice, overwhelm, and shame; strengthens intuition; cuts through self-sabotaging programming; and empowers you to make better decisions. Whether you've tried meditation but it never sticks, or you've heard about it but never gave it a shot, this 10-step guide will cut through the noise and teach you how to create a daily meditation ritual that fits in with your messy, modern life. Stay Woke is a book that breaks barriers and encourages people of all identities, colors, shapes, ages, and economic backgrounds to claim their innate and limitless potential.

**Mountain Ecstasy** Penny Slinger 1978

*The Erotic Sentiment in the Paintings of India and Nepal* Nik

Douglas 1997-01-01 • A full-color collection of Eastern erotic art

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that presents lovemaking as a highly spiritual expression. • Brings together some of the finest examples of erotic art from India and Nepal, including pieces from the private collection of Nepalese royalty. • Includes commentaries and translations of verse from authentic Tantric treatises. • Companion book to *The Erotic Sentiment in the Paintings of China and Japan*. Hindu culture has always viewed lovemaking as one of the highest forms of spiritual and artistic expression. In the past it was customary to present newlyweds with beautifully painted erotic manuals on their wedding night. These "pillow books," often illustrated by great artists, helped to break down barriers and initiate the young couples into the aesthetics and techniques of physical love. A variety of pillow books are represented in *The Erotic Sentiment*, bringing together some of the finest examples from India and Nepal, including pieces from the private collection of a Nepalese king. Accompanying these exquisite reproductions are commentaries and translations of verse from authentic Tantric treatises. Together with the paintings, they elevate physical love to the spiritual realm of joyous ecstasy.

**Sexual Energy Ecstasy** David Alan Ramsdale 1991 A Joy of Sex for the New Age, this treasury of Eastern and Western sexual secrets will help couples enjoy the best physical and spiritual relationship possible. Contains Tantric and Taoist techniques of sacred sexuality, guided meditation passages, and tasteful drawings by Allan Parker.

*The Alchemy of Desire* Tarun Tejpal 2012-01-05 Quick-paced and inventive, brimming with ideas and memorable characters, *The Alchemy of Desire* celebrates the chaotic spirit of India at a time of great change. It also offers, in searing, lucid prose, a deeply sensual and moving account of the complex chemistry between sex, ambition and love. This is a major novel by one of the most significant new voices of his generation. 'A bold and weighty first novel . . . sex is practically a character in its own right here, endlessly examined in all its luscious, experimental glory . . . A

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memorable and impressive debut' Sunday Times 'Throughout, it reveals Tejpal's eye for characterisation and description' Guardian 'The passion in the novel is deeply organic to the characters and the narrative. As an attempt to compel readers to look at desire without the crippling impulse of shame and hypocrisy, it works beautifully' Independent 'Throughout the novel, Tejpal's sensuous language produces moments of breathtaking beauty, and he displays a poet's joy in catching the feel, odour and appearance of the living world' Big Issue

[The Sexual Teachings of the White Tigress](#) Hsi Lai 2001-08-01 • Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy. • The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women. • Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago. • Provides Western medical correlations to substantiate White Tigress practices. White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. The Sexual Teachings of the White Tigress presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of ching (sexual energy), chi (vital energy), and shen (consciousness)--the Three

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Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

The Secret Dakini Oracle Deck Nik Douglas 1997-09-01 A Tantric system of divination based on the work of Nik Douglas in the Ranipur Jharial Temple of Orissa, India. Penny Slinger created the series of 65 full-color cards with surrealistic images, Includes Celtic Cross and Tree of Life charts.

Taoist Shaman Mantak Chia 2011-01-25 The shamanic roots of Taoist practice • Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching • Includes exercises from the “Wheel of Love” to access the Tao of Ecstasy • Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices--such as ecstatic flight and how to find power animals and spirit guides--on to the indigenous people, they also taught them the wisdom of the Medicine Wheel. From the Taoist Medicine Wheel came the principles of Yin and Yang, the Five Elements, the Eight Forces, the Chinese zodiac, and the I Ching. The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the Taoist Shaman, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching, and how it aligns with the Eight Forces of the Pakua. Through illustrated teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel’s application to sacred sexuality, they offer exercises from the “Wheel of Love” to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy.

**Tradition Book** Lynn Davis 2001-11 Reality is a lie invented by a technocratic enemy who has written history to it's liking. The truth is magic'ae the universe can be crafted with a simple working of your will. Mages have taught this truth throughout the ages, but the proponents of technology have crushed the mystic masters. Join the last stand in the war for reality. Mage: The Ascension places you in the midst of supernatural intrigues and inner struggles. The more secrets you learn, the more important your wisdom and power become. Mage drags spirituality and metaphysics screaming through the streets of a postmodern nightmare. Tradition Books contain vital character information for players and Storytellers.

White Tiger, Green Dragon Simone Marnier 2000-10 White Tiger, Green Dragon follows the spiritual, erotic and psychic evolution of Tu Ming, a Taoist monk in Old China. Tu is apprenticed in sequence to five female adepts in the discipline known as the "dual cultivation," a kind of tantra yoga in which sexual techniques replicate states of spiritual progress. This practice culminates in the creation of a spiritual embryo at the moment of enlightenment. The five masters who instruct Tu run the gamut of Chinese folklore characters, including the gentle pillow girl, Mei Cha, the doughty herb gatherer, Su Ba, and Lekshe Tsogyel, an acrobatic aristocrat from Tibet. Tu advances not only in his practice, but also in his understanding of life and love as he falls under the spell of five unforgettable women unequalled in religious literature. In the exciting conclusion, he experiences an epiphany that redefines what it means to attain the highest knowledge.

**Tantra Yoga** Nik Douglas 1971 Illustrations: Numerous Colour Illustrations Description: Tantra Yoga is a way of life...a practice based upon the philosophy of Human Experience, by means of which the Wisdom of Reality can become a part of one's innermost Nature. The Tantra is the way of the Yogi-Mystic of the East, who, through practice of this Yoga, is able to transmute the

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normal Mortal-Consciousness into Cosmic-Consciousness , and so experience the Blissful Joys of Reality. This book summarizes the tradition of Tantra Yoga from its origin and development in the earliest times to the present. The spread of tantrism...Animist, Hindu, Jain, Buddhist and Sufic...from the original centres to Tibet, and thence to the West, is discussed, and the influence of this special esoteric teaching on both science and religion, is indicated. The philosophical, psychological and practical aspects of Tantra Yoga are presented, with detailed chapters on the Tantric Cosmology, Theory of Evolution, Concept of Vibration, Alchemy, Symbolism, Ritual, Rite and Sadhana (Yoga practice). Light is shed on the problems and joys which underlie the experience of life, and practical methods are indicated for overcoming the obscuring factors and for attaining the Tantric Realization. The symbolism and esoteric language is indicated and explained through the medium of sixty six beautiful colour plates, and the explanations are clarified and supported by quotations from relevant authoritative texts such as the Bhagavad Gita, Upanishads, Tibetan Book of the Dead, Hevajra Tantra, Mahanirvana Tantra and original texts, as also from the works of leading scholars. This book is a concise guide through the inner principles and outer practices of Tantra Yoga.

**Sheet Music** Kevin Leman 2010-09-28 For married couples and those engaged to be married, Sheet Music is a practical guide to sex according to God's plan. In his characteristic style, Kevin Leman addresses a wide spectrum of people, from those with no sexual experiences to those with past sexual problems or even abuse. Using frank descriptions, this book has a warm and friendly tone that will help couples overcome awkwardness in discussing an issue important to all married couples.

*Divine Sex* Caroline Aldred 2000 *Divine Sex* shows the reader how to heighten sexual awareness, increase intensity, and bring a new dimension to sex and sexuality. In words and images, it reveals the lovemaking rituals, positions, and closely held Tantric

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secrets that will enhance sexual awareness and performance. Beautifully illustrated with color photographs, diagrams, and erotic artwork, Divine Sex shows how sexuality, once awoken and nurtured, can bring unlimited physical and emotional pleasure. *The Multi-Orgasmic Man* Mantak Chia 2009-03-17 At last, simple physical and psychological techniques that allow men to fulfill their dreams and women's fantasies. Learn to Separate Orgasm and Ejaculation! Enjoy Increased Vitality and Longevity! Become Multi-Orgasmic Now!

**The Tao of Love and Sex** Jolan Chang 1977 The Tao of Love and Sex is a revealing and vivid account of the ancient Chinese sexual teachings and techniques banned by the invading Mongols in the 13th century. The book describes, through text and contemporary illustrations, the ways in which Taoist teachings about sexual love can be used as a means to achieving ecstasy and as a therapeutic and healing force. The modern Western reader can here discover the ancient Eastern methods of ejaculation control, types of thrust, love-making positions, erotic kissing, the conquest of impotence and about sex and longevity. Frank and explicit, yet inseparable from the Taoist spiritual tradition, The Tao of Love and Sex will enrich the variety, subtlety and sheer sexual pleasure of all who read it.

The Sexual Teachings of the Jade Dragon Hsi Lai 2002-10-01 Reveals how the sexual practices of the Taoist Jade Dragon can help men achieve "immortality" through the enhancement of their sexual prowess. • A companion guide to The Sexual Teachings of the White Tigress that focuses on the male side of White Tigress sexual practices. • Reveals the nine Jade Dragon exercises and other Taoist techniques for achieving the elixir of immortality. • Offers physical and spiritual solutions for the sexual issues facing men. Hsi Lai continues the work he began in The Sexual Teachings of the White Tigress by exploring more fully the male role in Taoist sexual transformation. As with those of the White Tigress, the techniques of the Jade Dragon are part of a

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disciplined sexual and spiritual practice. The goal for the Jade Dragon is health, longevity, and immortality through external and internal regimens for the enhancement and accumulation of the Three Treasures of Taoism--ching (sexual and physical energy), qi (breath and vital energy) and shen (spiritual and mental energy). The author presents the nine Jade Dragon exercises that strengthen erections, enlarge the penis, increase semen quantity and quality, prevent premature ejaculations, and enhance sexual energy. He also details herbal remedies for revitalization that address both physical and spiritual sexual components, as well as ancient Taoist breathing and meditative practices and sexual stimulation techniques that amplify sexual intensity in order to create the elixir of immortality. Concluding with the importance of the interactions between and interdependence of White Tigresses and Jade Dragons, Hsi Lai shows the reader how these ancient Taoist secrets can be incorporated into a contemporary lifestyle.

The Tao of Sex Yasuyori Tanba 1970

**Secrets of Sexual Ecstasy** Carlo De Paoli 1996-10-31 **Secrets of Sexual Ecstasy** introduces readers to Eastern secrets of sexual ecstasy - secrets which hold keys to reaching new heights of erotic pleasure, and to enhancing relationships emotionally, spiritually and psychologically. The book contains explicit instructions in the art of love, as revealed in ancient Indian and Chinese texts of Tantric and Taoist philosophy. Eastern erotic exercises are modified for a Western audience; they are easy to follow, simple, and entirely safe. Modern couples juggling family responsibilities, demanding careers and busy social lives face growing challenges to their relationships. Communication often seems difficult, minor misunderstandings easily turn into major problems. The gentle paths of sexual healing described in this book will help couples ease their difficulties and move closer through touch and tenderness.

**White Tigress Green Dragon** Hsi Lai 2015-09-09 The modern

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perspective on sexuality is almost exclusively focused on procreational and recreational sex. Little attention has been given to the ancient Asian perspectives on the more profound restorative and transformative (spiritual) benefits of sexuality. This challenging material will definitely bring about a rethinking of sexual purpose and conduct. "White Tigress" refers to a female who follows the natural workings and forces of her sexuality to achieve beauty, youthfulness, longevity, and immortality. Her sexual practices all derive from teachings passed down through various consorts and female Taoist nuns and immortalesses. "Green Dragon" refers to the male surrogate sexual partners of a White Tigress, who provide her with heightened sexual energy and passion. A Green Dragon can also be a co-cultivator in a Tigress's practice, helping her engage in the deeper transformational practices so that they both can achieve restoration and illumination of body and spirit. The White Tigress and Green Dragon sexual-spiritual practices and philosophy revitalize sexual passion and compassion, demonstrating that there is much to learn about sexual energy and how it can greatly benefit the body and mind.

The Sexual Practices of Quodoushka Amara Charles 2011-07-26  
Practical exercises to reach higher levels of orgasm, renew relationships, and discover the healing power of sex • Illustrates how to identify and best please the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman • Provides exercises for greater sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm • Explains how to perform powerful healing sexual energetic work with the chakras and light body Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing

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power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Firebreath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers.

**The Multi-Orgasmic Couple** Mantak Chia 2009-03-17 The bestselling authors of *The Multi-Orgasmic Man* show you and your partner how to: Experience intense multiple whole-body orgasms Pleasure each other profoundly Use sexuality for health and healing Deepen your love and spiritual relationship Couples will discover simple step-by-step techniques for a level of sexual pleasure, intimacy, and healing they may not have known was possible. This fully illustrated guide will inspire couples to make love all night-and make love last a lifetime.

**Tao Tantric Arts for Women** Minke de Vos 2016-07-01 Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian

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Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

**The Kama Sutra** Vatsyayana 2022-12-26 One of the best English

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translations of this ancient Indian treatise on politics, social mores, love, and intimacy are the Kama Sutra, which Mallanaga Vatsyayana wrote in the second century CE. Its clean presentation raised the bar for Sanskrit translation. The Kama Sutra is a unique combination of sexology, society, psychology. It has been hailed as a great work of Indian literature for more than 1,700 years and has served as a window for the West into the mysticism and culture of the East. The Kama Sutra, a prehistoric Indian literature, is regarded as the most important Sanskrit study of human sexuality. The Kama Sutra remains one of the most accessible and entertaining of all the ancient classics, having been written with frankness and unassuming simplicity. The Kama Sutra is so significant as a work of philosophy, psychology, sociology, theology, science, and sexology that it simultaneously had an impact on Indian civilization and remained a crucial component in understanding it.

**My Secret Garden** Nancy Friday 2013-11-18 The #1 New York Times–bestselling author’s “groundbreaking” work on women’s sexual fantasies (Publishers Weekly). First published in 1973, *My Secret Garden* ignited a firestorm of reactions across the nation—from outrage to enthusiastic support. Collected from detailed personal interviews with hundreds of women from diverse backgrounds, this book presents a bracingly honest account of women’s inner sexual fantasy lives. In its time, this book shattered taboos and opened up a conversation about the landscape of feminine desire in a way that was unprecedented. Today, *My Secret Garden* remains one of the most iconic works of feminist literature of our time—and is still relevant to millions of women throughout the world. “The author whose books about gender politics helped redefine American women’s sexuality.” —The New York Times

*The Only Way Out Is In* Anthony Prem Carlisi 2007-10 This book is a spiritual memoir on the life and explorations of Anthony Prem Carlisi, as well as a source of practical, applicable information

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about the practices of Ashtanga Yoga, Ayurveda and Tantra. The synergy of these three sciences are what Prem believes to be the key to living a healthy, rooted and ecstatic life! The book is written in a down to earth way so that anyone can pick it up and enjoy it. He writes with an openness about the ups and downs of his experiences along the yogic path. Prem shares his wisdom, in a light, funny and simple manner, making these esoteric topics approachable for yogi's and householders. It is a candid inner look, spoken from the heart of a devoted, 30 year yoga practitioner.

*The Secret Dakini Oracle* Nik Douglas 1979 For their system of divination, the authors drew upon extensive study of the 64 Dakinis of the Ranipur Jharial Temple in Orisa, India, which honor intuitive wisdom.

**The Path of the Mystic Lover** Bhaskar Bhattacharyya 1993-03 Carrying on the living tradition of mystic minstrels, the Bauls roam the countryside of eastern India enacting the spiritual love dalliance of Radha and Krishna through songs and dances. The Path of the Mystic Lover explores the Bauls' lifestyle and philosophy, describing their sexual and ritual practices as well as their sacred teachings.

Sexual Alchemy Donald Tyson 2000 Chances are that you've heard of Tantra and Taoist sexual practices. Now, as a result of studying the inner mysteries of alchemy, Donald Tyson presents a Western system of sacred sexuality in Sexual Alchemy. Here you will learn how to have erotic relationships with loving spirits. That means the methods presented here can function as a Western alternative to Eastern sexual practices. They also can be used by a solitary person and need not depend upon the participation of a partner. The first part of this book presents a history of sex with spirits. It also goes into the secrets of Eastern internal alchemy and how the books of Western alchemy often made secretive references to sexual magick. You will also learn how to create a physical representation of the spirit you are going to use as a

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partner. The second part of the book includes the practices and techniques which the author found to be effective from other sources or developed himself. This includes techniques of diet, exercise, breathwork, banishings, purifications, and finally, an invocation ritual to summon the spirit who is going to be your lover! Then you will learn the previously hidden secrets of having sex with a spirit lover. You'll learn how to prepare and recognize the signs that this is an actual occurrence and not simply a fantasy. And then, when you have accomplished your ritualized mating, you will learn how to collect and use the resulting, highly charged fluids for magical purposes. Everything we are, everything we have, is a gift from the Divine. Doesn't it make sense that we use all of our abilities to honor the source from which they came? That means we can even make use of our sensual natures to honor the Gods. If you want to follow a system based on western traditions, this book can be your guide.

**The Tao of Intimacy and Ecstasy** Solala Towler 2014-06-01

“Harmony is the essence of a lasting and loving relationship,” teaches Solala Towler, “and no teaching offers us greater insight into the path of harmony than the Tao.” For anyone seeking to build greater connection, intimacy, and sexual fulfillment in their relationship, Towler presents *The Tao of Intimacy and Ecstasy*—an essential guide to a natural and joyous way of love. Filled with timeless practices and guidance for both individuals and couples, this elegant book explores: Timeless Taoist wisdom adapted for the complexity of modern relationships  
The art of clear, respectful, and authentic communication  
How to use the principle of yin/yang to create harmony within your relationship as well as within yourself  
Attuning sexual energy between partners for happy and sensual lovemaking, spiritual cultivation, and better health  
Chi gong (qigong) exercises, tai chi principles, and meditations to balance your subtle energies and align your spirit with that of your partner  
Does building a lasting relationship always require hard work and effort—or can you

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instead follow the natural flow of love, desire, and spiritual connection between you and your partner? With *The Tao of Intimacy and Ecstasy*, Solala Towler offers a practical and inspiring guide to traveling the “watercourse way” with your partner—one that gives you both the space to grow, explore, and discover the richness of your sacred union.

**The Lifestyle** Terry Gould 2010-06-18 CAN OPEN EROTICISM between more than two consenting adults be considered natural sexual behaviour? Is it possible to experience sex with other partners while happily ensconced in an emotionally monogamous marriage? Didn't this type of sexual "swinging" disappear with the 1960s and '70s? What are millions of middle-class couples getting up to on the weekend? These are the questions that arose as award-winning investigative journalist Terry Gould embarked upon a journey through a thriving subculture known as "the lifestyle." Ignored, dismissed or denigrated by the mainstream media, ordinary, married couples in the lifestyle are now getting together to openly express their erotic fantasies. Acting within strict rules of etiquette, everyday people -- social workers, physicians, school teachers -- participate in everything from sexual costume parties to multipartner sex as a form of social recreation within marriage. Is swinging merely an invention of sexually permissive modern times? As Gould discovered, the phenomenon has roots that go back thousands of years. From prehistoric fertility rituals to Dionysian festivals, from the nineteenth-century Onieda commune to the twentieth-century social mirror of films such as *Bob & Carol & Ted & Alice* and *The Ice Storm*, spouse sharing has always been a part of human sexual practice. A deeper biological urge seems to motivate this pleasure-seeking practice, one that combines two paradoxical urges: the drive to seek long term partners for raising offspring and the equally powerful drive for sexual and genetic variety. Lifestyle couples have resolved these conflicting urges. For the rest of us, including our law enforcement agencies, the lifestyle

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can appear pornographic when strobe-lit by the camera's flash. But examined in the cool light of the latest research on evolutionary and emotional roots of human sexuality, the practices of lifestylers assume a profound meaning for all. The Lifestyle gives us a controversial and unique understanding of what it means to be part of a fast-growing subculture of consenting, mainstream adults who are changing the rules of sexual behavior for pair-bonded humans. Then again, perhaps they aren't changing anything at all.

**Lipstick Traces** Greil Marcus 2009-11-30 This is a secret history of modern times, told by way of what conventional history tries to exclude. Lipstick Traces tells a story as disruptive and compelling as the century itself.

*Tantric Sex for Men* Diana Richardson 2010-06-18 A revolutionary approach to male sexuality offers the keys to achieving sexual fulfillment • Teaches how to retain semen for increased vitality and longer lovemaking • Explains the relationship-strengthening benefits of deep, sustained penetration • Includes foreplay approaches and position sequences Fulfilling sex nourishes love, increases vitality, and boosts mental health. Unfortunately, prevailing attitudes about male sexuality and what is good sex work against these innate features by focusing on the excitement of ejaculation as the one and only goal. Using the tantric guidelines they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond their preconceptions of sex as a goal-oriented--and often unintentionally stressful--event so they can relax into sex as a meditative union of complementary energies. They explain how retaining semen allows for increased vitality and extended lovemaking sessions and show the relationship-strengthening benefits of deep, sustained penetration. They also explain how to perform soft penetration and how to avoid premature ejaculation. *Tantric Sex for Men* includes tried-and-true foreplay approaches, diagrams of sexual position sequences, ways to increase sexual

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sensitivity through awareness, and how to have ecstatic experiences through reaching a woman's body on a sexually deeper level. The authors also demonstrate how the sexual organs can be used to heal both men and women physically, emotionally, and spiritually.

**Sexual Secrets: Twentieth Anniversary Edition** Nik Douglas  
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The Magical Sexual Practices of Ancient Egypt Judy Hall  
2019-05-31 A step-by-step guide to raising kundalini and embodying the dynamic, sexual force, that is the Power of Sekhem. Sex is the most potent force in the universe. A primal power. And sacred sexuality is a gateway to the divine. Something

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that the ancient Egyptians recognised instinctively. In *The Magical Sexual Practices of Ancient Egypt*, bestselling author, Judy Hall, offers the reader powerful sexual magic for the present day. It reveals sexual secrets hidden for millennia. This jealously guarded secret doctrine is now available to everyone. The system activates your creative erotic potential. Kindling the inner and outer mystic marriages, it is a joining of souls with the divine. Through a cosmic orgasm that is literally mind-blowing, the process generates the power to manifest and integrate expanded consciousness into the everyday world. The system can be used to attract a twin-flame or make a sacred marriage with an existing partner. The practice can also be worked alone to invoke an integration with your highest Self. Crystals support the practice throughout. Accompaniment to Judy Hall's new novel, *The Alchemy of the Night*.

*Sexual Secrets* Nik Douglas 1989 "Sexual Secrets" is the definitive and all-encompassing guide to sex and mysticism. No book of this magnitude has ever appeared on the subject. The distillation of more than two thousand years of practical techniques for enhancing sexual awareness and achieving the transcendental experience of unity, "Sexual Secrets" explores the path of love and mysticism, making accesible for the first time the sexual mysteries of the East.

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