

Sex And The Perfect Lover Tao Tantra And The Kama Sutra

Tantra - Charles Muir 1989

Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

The Sexy Little Book of Sex Games - Dr. Ava Cadell 2012-01-03

The Sexy Little Book of Sex Games is a hip and helpful little guide that is packed with ideas for spicing things up in the bedroom...or the kitchen or den for that matter. From sexual novice to seasoned lover, readers will discover just how fun sex can be when they explore mind-blowing games, techniques, and ideas, such as flirty foreplay for the senses, love foods and edibles, sensual chatter and dirty talk, erotic massage, sex fantasies and role playing, and more.

Sex And The Erotic Lover - Mabel Iam 2010

In this follow-up to her international bestseller - Sex and the Perfect Lover - relationship expert Mabel Iam gives you the keys to physical and spiritual happiness as couple. Discover the divine magic of love and sex, and learn how to use massage, scented oils, and visualization to enhance your bond. Explore magical meditation for couples, and learn strategies for rekindling romance and renewing your passion for each other. Find out how dreaming can help your love life, and uncover the secrets to having better sex. Erotic Sex is your guide to being - and being with - the lover of your dreams.

Chi Gung - L. V. Carnie 1997

Practising Chi Gung helps you to tap into the chi, the life force, a power that permeates everything in existence. By directing your flow of chi you can achieve better health and pursue your ultimate dreams and desires. This text explores the discipline.

Renowned Goddess of Desire - Loriliai Biernacki 2007-10-11

Tantra is a family of rituals modeled on those of the Vedas and their

attendant texts and lineages. These rituals typically involve the visualization of a deity, offerings, and the chanting of his or her mantra. Common variations include visualizing the deity in the act of sexual union with a consort, visualizing oneself as the deity, and "transgressive" acts such as token consumption of meat or alcohol. Most notoriously, non-standard or ritualized sex is sometimes practiced. This accounts for Tantra's negative reputation in some quarters and its reception in the West primarily as a collection of sexual practices. Although some today extol Tantra's liberating qualities, the role of women remains controversial. Traditionally there are two views of women and Tantra. Either the feminine is a metaphor and actual women are altogether absent, or Tantra involves the transgressive use of women's bodies to serve male interests. Loriliai Biernacki presents an alternative view, in which women are revered, worshipped, and considered worthy of spiritual attainment. Her primary sources are a collection of eight relatively modern Tantric texts written in Sanskrit from the 15th through the 18th century. Her analysis of these texts reveals a view of women that is generally positive and empowering. She focuses on four topics: 1) the "Kali Practice," in which women appear not only as objects of reverence but as practitioners and gurus; 2) the Tantric sex rite, especially in the case that, contrary to other Tantric texts, the preference is for wives as ritual consorts; 3) feminine language and the gendered implications of mantra; and 4) images of male violence towards women in tantric myths. Biernacki, by choosing to analyse eight particular Sanskrit texts, argues that within the tradition of Tantra there exists a representation of women in which the female is an authoritative, powerful, equal participant in the Tantric ritual practice.

Sex Secrets of the Kama Sutra & Other Eastern Pleasures - Kayla Ricci

2011

Sex Secrets of the Kama Sutra & Other Eastern Pleasures is an inspirational guide to the best sex positions and techniques from Arabia, India, China, and Japan. Classic erotic manuscripts and traditions from each country provide the source of eye-opening secrets that will take couples on a sexual adventure and push erotic pleasure to dizzying heights.

The Book of Love - James McConnachie 2009-05-26

An “enticing . . . elegant and stylish” biography of the ancient Hindu manuscript that became the world’s most famous sex manual (The New York Review of Books) The Kamasutra is one of the world’s best-known yet least understood texts, its title instantly familiar but its contents widely misconstrued as a how-to guide of acrobatic sexual techniques. Yet the book began its life in third-century India as something quite different: a vision of a life of urbane sophistication, with advice on matters from friendship to household decoration. Celebrated, then neglected, the Kamasutra was very nearly lost—until an outrageous adventurer brought it to the West, earning literary immortality. In lively, lucid prose, James McConnachie provides a rare look at the exquisite civilization that produced this cultural cornerstone. He details the quest of explorer Richard Burton, who—with his coterie of libertines—unleashed the Kamasutra on Victorian society as a slap at its prudishness. And he describes the Kamasutra’s exile to the pornographic underground, until the end of the Lady Chatterley obscenity ban thrust it once more into contentious daylight. The first work to tell the full story of the Kamasutra, *The Book of Love* explores how a way of looking at the world came to be cradled between book covers—and survived.

Sextasy - Caroline Aldred 2009-01-21

In this eye-opening, indispensable handbook, Caroline Aldred, the bestselling author of *Divine Sex* and an esteemed yoga master and Tantric-sex coach, reveals how to transform intimate relationships into mutually rewarding unions in which both partners achieve true ecstasy. Combining the time-honored positions, techniques, and philosophy of the ancient Tantric erotic arts with Western knowledge of anatomy and

physiology, Aldred shows how to expand your sexual, emotional, and spiritual consciousness and bring love into every area of your life. Discover: • The differences between male and female sexual responses—and how to maximize each • How to become a skillful, effective lover—enhancing lovemaking skills through regular sexual workouts • How making love can be a path to spiritual enlightenment • How to maintain sexual vitality through every stage of your life • Plus: the male G-spot...the 9 levels of female orgasm...fantasy and erotica...rituals to promote conception...and much more Lavishly illustrated throughout with subtle but explicit photographs and detailed anatomical drawings, *Sextasy* offers a practical, easy-to-follow approach to lovemaking. A book that honors sex as the sacred and deeply fulfilling practice it can be, this is an invaluable resource for anyone searching for pleasure, joy, fulfillment, connection, and ecstasy in their everyday lives.

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.

How to Enjoy Your Retirement - Tricia Wagner 2006

A book about retirement that leaves financial worries to other books and simply focuses on enjoyable ways to spend time.

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 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.

Tantra - 1964

Eros and the Mysteries of Love - Julius Evola 1991-04

A controversial philosopher and critic of modern Western civilization, Julius Evola (1898-1974) writes about the mystical and spiritual expression of sexual love. This in-depth study explores the sexual rites of sacred traditions, and shows how religion, mysticism, folklore, and mythology all contain erotic forms in which the deep potentialities of human beings are recognized.

The Enlightened Sex Manual - David Deida 2011

The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. David Deida was trained for decades in the art of spiritual and sexual awakening. Now he presents the ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. In paperback for the first time, The Enlightened Sex Manual teaches you how to transform simple "skin friction" into the depths and embodiment of ecstasy, how to develop sexual abilities as gifts of heart rapture and bodily surrender, how to achieve the principal types of orgasm - and all their varieties - and much more.

The Undead Kama Sutra - Mario Acevedo 2009-10-13

Ex-infantryman Felix Gomez came back from Iraq decidedly undead. Back home in Denver, he embarked upon a new career where nighttime work is the norm: private investigator. Since then, he's managed to survive lustful extraterrestrials, manic nymphomaniacs, and x-rated bloodsuckers, while satisfying his own unorthodox hungers with blood-laced Mexican food. But some thirsts aren't as easily assuaged, and that's where "The Undead Kama Sutra" comes in—a hands-on manual that illustrates how sex can help a lonely vampire increase his psychic energies. Felix's search for missing parts of the coveted manuscript is, of course, purely professional. And now the dying words of an alien interloper ("Find Goodman and save Earth's women!") are thrusting the immortal (if he's lucky) P.I. and a bodacious undead sexpert, Carmen Arellano, into a seamy mess of otherworldly abductions, shady military irregularities, and unexplained murder.

I Love You. Now What? - Mabel Iam 2008-06-23

World-renowned sex therapist and romance expert Mabel Iam offers a groundbreaking guide to creating long-lasting romantic relationships. Often we enter into a relationship and say, "I love you," but then wonder, "Now what?" Feeling love for someone is not enough to keep the spark alive. Successful relationships must be based upon a solid foundation that's rooted in a continuous exchange of emotions, ideas, wills, beliefs, actions, reactions, vibrations, thoughts and objectives. Often this can be difficult and complicated to achieve, but I Love You. Now What? offers easy-to-follow methods for enjoying the benefits of a lasting relationship. Through exploring why we fall in love, reflecting upon the emotional stages we experience and examining issues that can negatively influence our relationships—including communication, trust and sex—Mabel reveals how love can not only survive, but thrive. Mabel's clear and thoughtful advice, her exclusive recipes for great sex and fascinating testimonials from her clients will help readers achieve the ultimate joy in life: long, lasting love.

Soul Sex - Al Link 2003-02-12

This is not only a book about Tantric practices, but also about how you

can use them to create a life-long, loving relationship. Because Pala and Al's emphasis is on Tantra in relationships, both beginners and skilled Tantric practitioners will find value here. Through the authors' mix of ancient Eastern sexual practices and modern Western approaches to communication and intimacy, you and your partner will learn to connect in ways that are respectful, nourishing, and lusty. Pala and Al offer their relationship as a model for a successful, long-term relationship in which to be happy, fulfilled, and spiritually awakened. *Soul Sex* includes thought-provoking discussions, personal anecdotes, and precise but simple techniques to inspire you to apply to your daily life. The observations and exercises included are drawn from the authors' own heady partnership and from the hundreds of couples they have had the privilege to teach at their Tantra sacred sex workshops.

Self-Awakening Yoga - Don Stapleton 2004-07-22

From focusing on the breath to accessing primal sound, more than 100 exercises show how to unlock the wisdom and power of "prana"--the energy of yogic purification--to engage the body's healing powers.

Ballerina - Deirdre Kelly 2012

Throughout her history, the ballerina has been perceived as the embodiment of beauty and perfection--the feminine ideal. But the reality is another story. From the earliest ballerinas in the 17th century--who often led double lives as concubines--through the poverty of the corps de ballet dancers in the 1800's and the anorexic and bulimic ballerinas of

George Balanchine, starvation and exploitation have plagued ballerinas throughout history. Using the stories of great dancers such as Anna Pavlova, Isadora Duncan, Suzanne Farrell, Gelsey Kirkland, Evelyn Hart, Marie Camargo, and Misty Copeland, Deirdre Kelly exposes the true rigors for women in ballet. She rounds her critique with examples of how the world of ballet is slowly evolving for the better. But to ensure that this most graceful of dance forms survives into the future, she says that the time has come to rethink ballet, to position the ballerina at its center and accord her the respect she deserves.

Sex and the Perfect Lover - Mabel Iam 2006-10-24

Your dreams of sexual pleasure are about to come true. No age, time, place, or body constraints can prevent you from becoming the lover you desire to be. A bestseller around the world, *Sex and the Perfect Lover* has become the definitive guide to improving your sexual experience. Inside, discover how to: Learn and develop sexual magnetism Become an irresistible, fascinating, unforgettable lover Overcome sexual blocks and inhibitions Achieve multiple orgasms Stimulate a woman's G-spot Practice Kama Sutra techniques with the help of amazing illustrations and personal tips from the author Make your relationship sacred and feel inner divinity while making love Find and attract your soul mate This book will become your eternal companion and trusted adviser -- all of your needs and doubts about eroticism will be eased by Iam's tried-and-true advice. From your first kiss to sexual ecstasy, Mabel Iam guides you along the path to an intense pleasure that only love and sex can bring.

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