

La Mujer Multiorgasmica Secretos Sexuales Que Toda Mujer Deberia Conocer

The Ethical Slut, Third Edition Janet W. Hardy 2017-08-15 The classic guide to love, sex, and intimacy beyond the limits of conventional monogamy has been fully updated to reflect today's modern attitudes and the latest information on nontraditional relationships. "One of the most useful relationship books you could ever read, no matter what your lifestyle choices. It's chock-full of great information about communication, jealousy, asking for what you want, and maintaining a relationship with integrity."—Annie Sprinkle, PhD, sexologist and author of Dr. Sprinkle's Spectacular Sex For 20 years The Ethical Slut—widely known as the "Poly Bible"—has dispelled myths and showed curious readers how to maintain a successful polyamorous lifestyle through open communication, emotional honesty, and safer sex practices. The third edition of this timeless guide to the ethics of relationships, communication, and sex has been revised to include: • Interviews with poly millennials (young people who have grown up without the prejudices their elders encountered regarding gender, orientation, sexuality, and relationships) • Tributes to polyamory pioneers • Tools for conflict resolution and instructions on how to improve interpersonal dynamics • New sidebars on topics such as asexuality, sex workers, LGBTQ terminology, and ways polys can connect and thrive The authors also include new content addressing nontraditional relationships beyond the polyamorous paradigm of "more than two": couples who don't live together, couples who don't have sex with each other, nonparallel arrangements, couples with widely divergent sex styles, power disparities, and cross-orientation relationships, while utilizing nonbinary gender language and new terms that have come into common usage since the last edition.

Advanced Chi Nei Tsang Mantak Chia 2009-07-13 Advanced Taoist techniques for detoxifying and rejuvenating the internal organs through the release of negative chi • Works with the navel center, where negative emotions, stress, and illness accumulate • Presents advanced techniques to release negative energy from the body and reestablish a healthy flow of vital energy to internal tissues and organs From the Taoist point of view, good health depends upon the free flow of chi--healthy life-force energy--throughout the body. Taoists refer to healthy chi as good wind. When energy is trapped in the body it stagnates and becomes negative, manifesting in the symptoms of physical or emotional illness. Taoists call this negative energy sick or evil wind. The advanced Chi Nei Tsang practices focus on mastering these winds. They include techniques for developing sensitivity to sick winds, releasing internal energy blockages, and chasing sick winds from the body to reestablish a healthy flow of energy. Negative energies caused by stress, tension, and the effects of past illnesses tend to accumulate in the naval center, so the advanced Chi Nei Tsang techniques use elbow pressure on specific reflex points around the navel to release energy blockages associated with each internal organ. They also work with wind access points found near the standard acupuncture points. These advanced practices build upon the organ detoxification and rejuvenation practices introduced in Chi Nei Tsang, allowing the practitioner to work intensively at an energetic level toward the restoration of optimum health and well-being.

McCary's Human Sexuality James Leslie McCary 1982

Vagina Naomi Wolf 2012-09-06 An astonishing new work that radically changes how we think about, talk about and understand the vagina - and consequently how we think about women and sexuality - from Naomi Wolf, one of our most respected cultural critics and author of the modern classic, *The Beauty Myth*. As Naomi Wolf embarks on a life-changing journey to tease out the link between sexuality and creativity, what she discovers is revelatory and exhilarating - a scientifically supported link between the vagina and female courage, assertiveness and consciousness itself. Emboldened by these new discoveries she looks back in history and show us how the vagina was considered sacred for centuries until it began to be cast as a threat. Even now in an increasingly sexualised world, it is thought of as slightly shameful. Why? *Vagina: A New Biography* combines cutting-edge science with cultural history to explore the role of female desire and how it affects female identity, creativity and confidence. Provocative and engaging, positive and inspiring, this book brings to light female impulses, history and dreams - and, in exploring what women really need - it goes to the very core of what it means to be female. For any woman who wants to understand her body and her mind and the culture that defines her - *Vagina* is essential reading.

Bone Marrow Nei Kung Mantak Chia 2006-10-25 A guide to nourishing the body through bone marrow rejuvenation exercises • Presents exercises to "regrow" bone marrow, revive the internal organs, and prevent osteoporosis • Explains the use of bone breathing and bone compression, "hitting" to detoxify the body, and sexual energy massage and chi weight lifting to enhance the life force within Most Westerners believe that a daily physical exercise program helps slow the aging process. Yet those whose bodies appear most physically fit on the outside often enjoy only the same life span as the average nonathletic person. It is the internal organs and glands that nourish every function of the body, and it is the bone marrow that nourishes and rejuvenates the organs and glands through the production of blood. By focusing only on the muscles without cultivating the internal organs, bones, and blood, the Western fitness regimen can ultimately exhaust the internal system. In *Bone Marrow Nei Kung* Master Mantak Chia reveals the ancient mental and physical Taoist techniques used to "regrow" bone marrow, strengthen the bones, and rejuvenate the organs and glands. An advanced practice of Iron Shirt Chi Kung, Bone Marrow Nei Kung was developed as a way to attain the "steel body" coveted in the fields of Chinese medicine and martial arts. This method of absorbing energy into the bones revives the bone marrow and reverses the effects of aging through the techniques of bone breathing, bone compression, and sexual energy massage, which stimulates the hormonal production that helps prevent osteoporosis. Also included is extensive information on chi weight lifting and the practice of "hitting" to detoxify the body.

Boletin bibliografico mexicano 2001

Tao Yin Mantak Chia 1999

The Inner Smile Mantak Chia 2008-08-12 A guide to the foundational practice of "smiling to the organs" to promote deep relaxation and internal health • Presents exercises that dissolve the physical and mental tensions that can cause energy blockages and unhealthy chi flow • Shows how to recognize illness at its inception on the organ level and how to balance the emotions to heal it The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that can lead to illness. In Taoism negative emotions--anger, sadness, depression, fear, and worry--are seen as low-grade energy that causes chronic disease and steals our major life force by creating energy blockages. Master Mantak Chia shows that the internal awareness produced by the simple yet powerful Inner Smile meditation practice flushes the organs of poisonous negative energy that may be blocking chi energy flow in order to nourish the entire body. Just as a genuine outer smile transmits positive energy and has the power to warm and heal, an inner smile produces a high grade of energy that promotes powerful internal healing, deep relaxation, happiness, and longevity. Smiling to the organs and thanking them for the work they do helps to reawaken the intelligence of the body, which, once activated, can dissipate emotional imbalances and inner disharmony before serious illness manifests.

The Greek Tycoon's Blackmailed Mistress Lynne Graham 2014-10-21 As revenge for wounding his pride, he just wants to use me as his plaything... When Ella's sister and her husband die in an accident, Ella is reunited with Greek businessman Aristandros, who is given guardianship of the daughter they left behind. A man who she had once promised to marry. His beautiful black hair and chiseled features are the same, but his cold eyes are more striking than ever. When Ella works up the nerve to ask to have access to her niece, Aristandros presents her with an unbelievable proposal. "If you become my mistress in Greece, we can discuss an arrangement."

Red Moon M.a. Grant 2013-08-01 Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty - for years as his Alpha father's enforcer, he has done things in

the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life - something like Evie - but to move forward in the light, he must first reconcile with the dark.

Healing Love through the Tao Mantak Chia 2005-07-15 A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.

Chi Kung for Prostate Health and Sexual Vigor Mantak Chia 2013-11-02 A guide to restoring men's sexual health and function to maintain a flourishing sex life well into old age • Includes fully illustrated instructions for exercises to clear energetic blockages of the male reproduction organs, restore function, reduce prostate enlargement, and prevent prostate gland cancer • Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the need for surgery in early stages of prostate disease Age need not be a death sentence for men's sexual health and vitality. Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform sexual energy and prostate gland massages and detail stretching exercises and the practice of chi weight lifting--attaching weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

The Silva Mind Control Method for Getting Help from Your Other Side José Silva 1989 This book teaches people to utilize the enormous power of the brain's creative right side, and learn to strengthen their natural insight, banish negative thoughts, improve relationships, get rid of fatigue and stress, and much more.

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!

Handbook on Gender in World Politics Jill Steans 2016-07-27 The Handbook on Gender in World Politics is an up-to-date, comprehensive, multi-disciplinary compendium of scholarship in gender studies. The text provides an indispensable reference guide for scholars and students interrogating gender issues in international and global contexts. Substantive areas covered include: statecraft, citizenship and the politics of belonging, international law and human rights, media and communications technologies, political economy, development, global governance and transnational visions of politics and solidarities.

Emotional Wisdom Mantak Chia 2011-02-09 A groundbreaking book, Emotional Wisdom reveals powerful ancient tools for transforming our painful emotions into happiness and health. So-called negative emotions are valuable messages that let us know we are out of balance. With compassion and humor, Taoist authors Mantak Chia and Dena Saxer explain the messages that anger, depression, fear, worry, and stress offer us. They present three easy-to-learn twenty-minute internal energy practices, with helpful illustrations, to turn these imbalances into harmony and joy. They provide unusual nutritional advice for emotional healing and a Taoist First Aid section with proven natural remedies for minor ailments such as insomnia, indigestion, headaches, and overeating. Relevant quotes from the Tao Te Ching add inspiration to this practical, life-changing book.

The Ethical Slut Dossie Easton 1997 A Guide to Infinite Sexual Possibilities Beyond the often unrealistic ideal of lifetime monogamy lies an uncharted jungle of delightful options - everything from committed multi-partner relationships to friendly sex, casual sex, group sex, and more. In this groundbreaking volume, 'Bottoming Book' and 'Topping Book' authors provide a road map for exploring this sometimes difficult, often rewarding territory. Warm, informative details about how to get your needs met, manage your jealousy, make agreements that...'

The New Male Sexuality Bernie Zilbergeld 2013-02-27 The New Male Sexuality addresses the most urgent questions of men today--and of the women who love them. Bernie Zilbergeld reports findings from his twenty years as a psychologist specializing in human sexuality, as well as those other experts in the field, and shares his own and his clients' experiences. The result is the most comprehensive guide ever to enhancing desire and arousal, focusing on pleasure rather than performance, and keeping sex exciting and fulfilling. Clear, comprehensive, witty, and refreshingly realistic, The New Male Sexuality is destined to be a classic.

S=EX2 Pere Estupinyà 2016-08-25 You have in your hands the most rigorous, complete and readable book ever written about the fascinating science of human sexuality. This book goes beyond the well-worn sexual education advice and the usual evolutionist psychology. After *The Brain Snatcher*, Pere Estupinyà comes back with the first popular science book on sex aimed at a wide audience. While there are some tips for the more adventurous, there is also a wealth of new information to be discovered. Distancing himself from the many books on advice or techniques, Estupinyà brings sex to another dimension by combining popular beliefs and science. Do you want proof that our decision-making in the "heat of the moment" is less rational than we think? Did you know that mind and vagina each go their own way? Are you interested in learning about the effects of yoga on sexual pleasure? Did you know about the attempts in the 60s to "cure" homosexuals with electric shock therapy, the chemical analysis of female ejaculation, or the fundamental relationship between the sympathetic and parasympathetic nervous system? The author has spoken directly with asexual and intersexual individuals, fetishists, multi-orgasmic women, women who never have orgasms through penetration, and men who have no refractory period. He has also participated in sadomasochistic events; learned tantric techniques with a couple of coaches, spoken with porn performers at Barcelona's Bagdad, and attended workshops in which a woman teaches how to have orgasms with your mind and breathing. The result is an incredible miscellany of information that appeals to both the scientific community and the curious.

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.

Bibliografía española 2004-06

Human Sexuality in a World of Diversity Spencer A. Rathus 2014 Engaging students and cultivating understanding in a world of diversity. *Human Sexuality in a World of Diversity*, 9/e examines the rich diversity

found in human sexuality. More significantly, the text places an emphasis on cultivating understanding in a world of increasing diversity through personal engagement. Students are encouraged to reflect upon their own beliefs and experiences throughout the text in order to foster a more personal and impactful learning experience. The text also helps students develop their own opinions by promoting critical thinking skills, personal sexual health awareness, and responsible decision-making. MyDeveopmentLab is an integral part of the Rathus / Nevid / Fichner-Rathus program. Key learning applications include Video Series for Human Sexuality, "My Life, My Sexuality," Assessment, and Personalized Study Plan. Teaching & Learning Experience Personalize Learning - MyDevelopmentLab is an online homework, tutorial, and assessment program. It helps students prepare for class and instructor gauge individual and class performance. Improve Critical Thinking - Critical Thinking boxes are integrated into the margins. Boxes ask students to delve deeper into the material and reconsider their own opinions and ideas. Engage Students - The newly updated "Real Students Real Questions" feature increases students' critical thinking skills by incorporating real questions from actual college students, as posed to instructors. Explore Research - Throughout the text, "A Closer Look" boxes provide in-depth discussions of scientific techniques and skill-building exercises such as "Breast Self-Examination," "Self-Examination of the Testes," and "What to Do If You Suspect You Have Contracted an STD." Understand Sexuality - Through new and updated features like "My Life, My Sexuality," and "A World of Diversity" the authors strengthen comprehension of the material while fostering greater reflection and understanding. Support Instructors - The 9th edition is accompanied by a rich instructor support package, including new video embedded PowerPoints, a heavily updated Instructor's Manual and Test Bank that are organized according to in-text Learning Objectives for ease of use, and MyDevelopmentLab with the new Human Sexuality Video Series. 0205989322 / 9780205989324 Human Sexuality in a World of Diversity (Case) Plus NEW MyPsychLab with eText -- Access Card Package Package consists of: 0205206514 / 9780205206513 NEW MyPsychLab with Pearson eText -- Valuepack Access Card 0205909469 / 9780205909469 Human Sexuality in a World of Diversity (case)

God vs. Gay? Jay Michaelson 2011-10-25 Does the Bible prohibit homosexuality? No, says Bible scholar and activist Jay Michaelson. But not only that: Michaelson also shows that the vast majority of our shared religious traditions support the full equality and dignity of LGBT people. In this accessible, passionate, and provocative book, Michaelson argues for equality, not despite religion but because of it. From the Hardcover edition.

Tan Tien Chi Kung Mantak Chia 2004-09-01 A fundamental Taoist practice for enhancing and utilizing chi • Includes breathing and movement exercises to promote vitality and healing through the cultivation of chi in the tan tien and perineum areas • Presents the foundational exercises that are essential for more advanced practices such as Iron Shirt Chi Kung and Cosmic Healing Tan Tien Chi Kung is the art of cultivating and condensing chi in the lower abdomen--the tan tien--the fundamental power storehouse of the body. Known as the Ocean of Chi to the ancient Taoists, this lower abdominal area holds the key to opening the body and the mind for the free and continuous movement of chi. Tan Tien Chi Kung contains specific breathing and movement exercises that develop the power of the chi stored in the body to increase vitality, strengthen organs, and promote self-healing. Mantak Chia explains how these exercises also provide a safe and effective method for receiving earth energy, which allows the practitioner to achieve balance physically, mentally, and spiritually--all of which are essential for the more advanced practices of Iron Shirt Chi Kung and Cosmic Healing. It is our mind that directs and guides our chi, but if the mind and body are out of balance or under stress, the mind cannot perform this function. The tan tien actually contains a large quantity of neurotransmitters, making it a key source of body intelligence. It is for this reason the Taoists also referred to Tan Tien Chi Kung as Second Brain Chi Kung and created exercises that would allow practitioners to gain awareness of the tan tien's function to restore the mind-body balance that is essential for spiritual growth and optimal well-being.

The Hite Report Shere Hite 2011-01-04 A reproduction of the classic text, unavailable now for more than a decade, with a new introduction by the author. The Hite Report, first published in 1976, was a sexual revolution in six hundred pages. To answer sensitive questions dealing with the most intimate details of women's sexuality, Hite's innovation was simple: she asked women, a lot of them, everything--and published the results. One hundred thousand women, ages fourteen to seventy-eight, were asked what they do and don't like about sex; how orgasm really feels, with and without intercourse; how it feels not to have an orgasm during sex; the importance of clitoral stimulation and masturbation; and to name the greatest pleasures and frustrations of their sexual lives, among many other questions. The Hite Report declares that orgasm is easy and strong for women, given the right stimulation; that most women have orgasm most easily during masturbation or clitoral stimulation by hand; that sex as we define it is a cultural institution, not a biological one; and that attitudes must change to include the stimulation women desire.

Same Sex in the City Lauren Blitzer 2012-12-11 At last lesbian culture is becoming more visible in the mainstream media. From The O.C. to The L Word, gay women (and the occasional bi-curious straight girl) are portrayed coming to terms with their sexuality and embracing it. But the journey from sexual curiosity to finally coming out can be confusing without proper guidance and empowering role models. Lauren Blitzer and Lauren Levin know first-hand the challenges that lesbian women face in our society, and SAME SEX IN THE CITY is their uplifting and at times irreverent response. The Laurens are both prominent figures in the New York lesbian community, though their stories are very different. Here they relate their own experiences and those of the women they interview, as well as offer serious advice, alluring anecdotes, and a positive attitude for girls who know they're gay - and those who are wondering about their sexuality but are not yet sure whether their Prince Charming is really a Cinderella. Part confessional, part informational, SAME SEX IN THE CITY covers the gamut of lesbian life from dating to heartbreak, from hooking up with straight chicks to being out at work. It's the book that millions of women have been searching for - a step-by-step guide that will help every woman come to terms with and celebrate her sexuality, whatever it may be.

Sexual Reflexology Mantak Chia 2003-05-22 Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of The Multi-Orgasmic Man. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in Sexual Reflexology Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

Woman Desired, Woman Desiring Daniele Flamenbaum 2020-05-15 This is a book about women's sexuality and sexual fulfillment that crosses several disciplines and paradigms, and is truly innovative and radical. The book is written for a popular audience--women (and men) who wish to explore the deep roots of their own sexuality in order to find more ease, creativity, and satisfaction in their sexual relations. Included are numerous examples from the author's long experience as a gynecologist who found she had to go beyond the limitations of her Western medical training in order to explain the recurrent gynecological ailments of her women clients. She found successful perspectives and remedial practices through Chinese medicine, psychoanalysis, and a transgenerational approach.

La Mujer Multiorgasmica Mantak Chia 2006-05-01 Mantak Chia y la doctora Rachel Carlton revelan un antiguo secreto que ha sido corroborado por la ciencia moderna: el de que solo podemos gozar de vidas verdaderamente saludables si sabemos conectar con la fuente primordial de nuestro bienestar: nuestra energia sexual. La mujer multiorgasmica combina la sabiduria de las antiguas practicas taoistas con lo mejor del conocimiento sexual occidental, aportando una gran ayuda a millones de mujeres que nunca han experimentado el placer del orgasmo, y ofreciendo nuevas y avanzadas experiencias a las mujeres que si lo practican.

BodyWise Dr Rachel Carlton Abrams 2017-01-12 Are you tired? Do you suffer from chronic pain-headaches, backaches, or pelvic discomfort? Do you experience depression or feel anxious? Do you have allergies, rashes or autoimmune issues? Have you lost your sex drive somewhere along the way? If you have one or more of these symptoms, you may be suffering from a condition that Rachel Carlton Abrams, M.D. calls Chronic Body

Depletion. The condition can be related to weight gain, high blood pressure, exhaustion, and many other symptoms that leave the body run down. In *BodyWise*, Dr. Rachel shows us not only how to treat the symptoms that plague us, but offers strategies for optimum health and lifelong healing. Dr. Rachel presents an integrative approach that balances conventional medicine, wellness practices, and intuition to heal the body both physically and emotionally. Exploring the causes of today's most chronic health issues, *BodyWise* teaches women to understand the body's innate wisdom, and to use a customized 28-day plan to restore their five fundamentals of health: eating, sleeping, moving, loving, and finding purpose. Written with the wisdom of a top physician but the warmth and humor of a close friend, *BodyWise* is a compelling and life-changing work that delivers hope, knowledge, and advice on how to live a life that is healthy and truly fulfilling.

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 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.

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.

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.

The Book of Jewish Sacred Practices Irwin Kula 2001 Drawing from decades of experience in connecting spirituality with daily life, offers traditional and contemporary ways to mark all sorts of important events in people's lives. For each of more than one hundred everyday events and holidays, it offers a meditation, a blessing, a profound Jewish teaching and a ritual.

Cosmic Detox Mantak Chia 2011-04-25 How to cleanse the nine openings of the body for detoxification and self-healing • Explains how to purify the body's internal environment through mono diets, fasts, and colonic cleanses to prevent degenerative disease and premature aging • Presents a 14-day total-body cleansing guide • Includes chi self-massage and healing sound practices as well as natural recipes for herbal tonics and cleansing flushes Long known by Taoist masters, the body has an innate ability to heal itself, an ability that is hampered by toxins in the food we ingest and energy blockages that arise from illnesses and obstacles in our lives. These blockages transform the body's energy rivers into a polluted and stagnant swamp--the root of degenerative disease as well as premature aging. Revealing the detoxification and rejuvenation practices of the Taoist sages, Master Mantak Chia and William U. Wei show how to reactivate your body's self-healing abilities by gradually and safely expelling accumulated toxins through fasting, mono diets, and cleansing the nine openings of the body. Using the practices of chi self-massage and healing sounds along with natural recipes for herbal tonics and cleansing flushes for each of the openings and their related organs, the authors explain how to balance and purify the body's internal environment through acid and alkaline foods, urine therapy, colonic cleanses, dry skin brushing, ear candling, and energized water. Concluding with a 14-day total-body cleansing program, *Cosmic Detox* offers tools to keep the energy rivers clean and flowing, preparing the body for higher level Taoist practices as well as enabling healing of our emotional and spiritual bodies.

Kama Sutra A Position A Day New Edition DK 2022-01-06 Make each day a sex adventure, with 365 ways to reach the summit of pleasure. From 'The Peacock's Tail' to 'The Tiger's Claw', and 'The Reckless Grasp' to the 'Seated Sigh', give every position a go and treat yourself to a year of seriously great sex. Whether you want slow, sensual lovemaking or a quick, orgasmic fix, find a sex position for every time, place, and mood in this gorgeously visual guide that's stylish, fun, and just a little bit naughty. Sensual and spiritual - sometimes gymnastic, always fantastic - here is the ancient sex manual of the Kama Sutra brought bang up to date for a whole new horny readership.

The Secret Teachings of the Tao Te Ching Mantak Chia 2005-01-31 Reveals techniques for achieving spiritual immortality through an in-depth exploration of Lao-tzu's Tao Te Ching • Includes practices and meditations for living in harmony with the Tao (universal essence) and Te (kind action) • Reveals the integration of heavenly and human power in the mystic field within us • Presents Tao Huang's English translation of the Tao Te Ching from the original Chinese Mawangdui text unearthed in 1973 For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Lao-tzu, whose name means "the ancient child," wrote these brief but essential verses that have both confounded and conferred blessings on humankind. Now Taoist masters Mantak Chia and Tao Huang guide readers through the origins of this philosophy, the meaning behind its 5,000 pictographs, and the way of living that generations have followed. While the text of the Tao Te Ching has been passed down in literary form for generations, the essence of the text can be understood only through heart awakening--a true integration of body and mind--made possible with the insights and exercises in this book. The authors analyze Lao-tzu's teachings, line by line, and offer meditations, interpretations, and practical illustrations that clarify the true meaning and purpose of this classic text.

Taoist Foreplay Mantak Chia 2010-07-13 Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupressure massage routines • Shows how to maintain sexual health with prostate massage and jade egg exercises Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, *Taoist Foreplay* guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive.

Wisdom Chi Kung Mantak Chia 2008-06-24 Taoist meditation practices for increasing and maintaining mental awareness, memory, and clarity • Details techniques to increase the level of chi energy in the brain • Explains how to synchronize the left and right brain by activating the body's energetic potentials • Shows that by emptying the mind there is more energy to heal the body *Wisdom Chi Kung* teaches practitioners how to revitalize the brain: to repair function, increase memory, and expand capacity. Every day we use up so much of our brain's capacity to function that we have very little left at the end of the day. By thinking or worrying too much, the brain can use up to 80 percent of the body's entire energy reserve. Learning to stop the brain, to empty the mind from the ceaseless chatter of the "monkey mind," and then recharge it with chi energy can increase our mental capacity, focus, and clarity. Using the Inner Smile meditation technique, practitioners learn how to recharge chi energy for the brain in a form that is most useful. Practitioners smile and empty the

mind into the lower tan tien and the organs. The organs then transform this chi energy. When the mind is empty, the energy transformed by the organs is sent back to the brain to revitalize it. This process synchronizes the left and right brain by activating and tapping in to the body's energetic potentials. As the mind continues to empty, receive, and also enhance the transformed chi energy, it is able to open itself to connect with universal chi energies and fill the body with enhanced life force.

Taoist Ways to Transform Stress Into Vitality Mantak Chia 1985

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