

Tantra For Erotic Empowerment The Key To Enriching Your Sexual Life

Deeper Dating - Ken Page 2014-12-30

With exercises, practical tools, and inspiring stories, Deeper Dating will guide you on a journey to find the love—and personal fulfillment—you long for. Lose weight. Be confident. Keep your partner guessing. At the end of the day, this soulless approach to dating doesn't lead to love but to insecurity and desperation. In Deeper Dating, Ken Page presents a new path to love. Out of his decades of work as a psychotherapist and his own personal struggle to find love, Page teaches that the greatest magnet for real love lies in our "Core Gifts"—the places of our deepest sensitivity, longing, and passion. Deeper Dating guides us to discover our own Core Gifts and empowers us to express them with courage, generosity, and discrimination in our dating life. When we do this, something miraculous happens: we begin to attract people who love us for who we are, we become more self-assured and emotionally available, and we lose our taste for relationships that chip away at our self-esteem. Without losing a pound, changing our hairstyle, or buying a single new accessory, we find healthy love moving closer . . . Deeper Dating integrates the best of human intimacy theory with timeless spiritual truths and translates them into a practical, step-by-step process.

Llewellyn's Complete Book of Mindful Living - Michael Bernard Beckwith 2016-04-08

Enhance your awareness, achieve higher focus and happiness, and improve all levels of your health with the supportive practices in this guide to mindful living. Featuring over twenty-five leading meditation and mindfulness experts, Llewellyn's Complete Book of Mindful Living shows you how to boost your well-being and overcome obstacles. With an impressive array of topics by visionary teachers and authors, this comprehensive book provides inspiration, discussion, and specific techniques based on the transformative applications of mindfulness: basic understanding and practices, better health, loving your body, reaching your potential, and connecting to subtle energy and spirit. Using meditation, breathwork, and other powerful exercises, you'll bring the many benefits of mindfulness into your everyday life. Contributors include Rachel Avalon, Michael Bernard Beckwith, Sarah Bowen, Jeanne Van Bronkhorst, Erin Byron, Robert Butera, Jack Canfield, Alexandra Chauran, Cyndi Dale, Sherrie Dillard, Guy Finley, Rolf Gates, Melissa Grabau, Servet Hasan, Ana Holub, Patricia Johnson, Shakta Khalsa, Melanie Klein, Danielle MacKinnon, Mark A. Michaels, William L. Mikulas, Thomas Moore, Keith Park, Deborah Sandella, Amy B. Scher, Tess Whitehurst, and Angela Wix.

The Power of Tantra - Hugh B. Urban 2009-10-30

In the West, the varied body of texts and traditions known as Tantra for more than two centuries has had the capacity to scandalize and shock. For European colonizers, Orientalist scholars and Christian missionaries of the Victorian era, Tantra was generally seen as the most degenerate and depraved example of the worst tendencies of the so-called 'Indian mind': a pathological mixture of sensuality and religion that prompted the decline of modern Hinduism. Yet for most contemporary New Age and popular writers, Tantra is celebrated as a much-needed affirmation of physical pleasure and sex: indeed as a 'cult of ecstasy' to counter the perceived hypocritical prudery of many Westerners. In recent years, Tantra has become the focus of a still larger cultural and political debate. In the eyes of many Hindus, much of the western literature on Tantra represents a form of neo-colonialism, which continues to portray India as an exotic, erotic, hyper-sexualized Orient. Which, then, is the 'real' Tantra? Focusing on one of the oldest and most important Tantric traditions, based in Assam, northeast India, Hugh B Urban shows that Tantra is less about optimal sexual pleasure than about harnessing the divine power of the goddess that flows alike through the cosmos, the human body and political society. In a fresh and vital contribution to the field, the author suggests that the 'real' meaning of Tantra lies in helping us rethink not just the history of Indian religions, but also our own modern obsessions with power, sex and the invidious legacies of cultural imperialism.

Communicating with Spirit - Carl Llewellyn Weschcke 2015-08-08
Bring Your Unconscious Powers into the Conscious Mind and Make a Life of Greater Success and Happiness Master the Tools of Psychic

Empowerment and Self-Knowledge Become more than you are Spiritual communication is no longer a passive state of waiting to hear the spirits speak through a medium or channel. Discover how to manifest an active state of consciousness and create direct communication with specific spirits and spiritual entities. This is a do-it-yourself book, personal and individual, so you no longer have to depend on groups and institutions for power or authority. With clear and precise instructions, *Communicating with Spirit* shows you how to return Spirit to your inner self, open the doors to communication at the spiritual levels, and extend perception from material limitations toward the inclusiveness of higher-dimensional awareness. Explore yourself and the world of spirit—the answers come from within.

Partners In Passion - Mark Michaels 2014-02-11

Most of us long for intimate relationships, and though texting and emailing may keep us superficially connected, it ultimately cannot create the kind of intimacy necessary to sustain a deep, fulfilling, and lasting partnership. With the divorce rate reaching a staggering 50 percent in 2013 and the breakup rate among unmarried long-term couples even higher, it appears that the more we tweet, the more disconnected we become. So many of us believe that new is better, hotter, and more intense, but love at first sight isn't really love, it's chemistry. Developing the connections and intimacy that everyone craves takes time and skill. In *Partners in Passion*, Michaels and Johnson provide readers with a fun, step-by-step guide to discovering true, loving, and romantically sexual relationships that will last for decades. Comprehensive and inclusive, *Partners in Passion* is original and provocative, drawing on a variety of sources: cutting-edge science, psychology, the authors' background in tantra, and personal experiences as teachers and as a couple. *Partners in Passion* invites couples to design their relationships and to choose consciously, and is replete with how-to suggestions and exercises, including interviews with couples from diverse backgrounds, relationship styles, and orientations who are enjoying erotically vibrant partnerships.

10,000 Ways to Say I Love You - Gregory Godek 2009-11-01

The small book with the biggest collection of loving ideas ever gathered in one place, now in a tenth anniversary edition This is the ultimate practical, giftable resource for couples, filled with 10,000 ideas for expressing affection. From the author of the phenomenally successful *1001 Ways to Be Romantic*, "America's Romance Coach" Gregory J.P. Godek, *10,000 Ways to Say I Love You* overflows with surprise ideas, back-to-basics classics that always work, and inspired twists on creative expression. Readers can express true affection with secret love notes, perpetual bouquets, secluded picnics, outrageous gifts...and 9,996 more ways to say "I love you." At one idea per day, this book will last couples 27.4 years! This tenth anniversary edition offers fresh tips for today's world of texting and social networking, giving readers more reasons than ever to pick up this best-loved romantic collection.

Great Sex Made Simple - Mark A. Michaels 2012-12-08

Take your sex life from ordinary to extraordinary with this fun and easy-to-use beginner's guide to authentic Tantra. Explore new and surprising sources of sensual delight with fifty-four Tantric techniques for enhancing intimacy and deepening pleasure. Proving that Tantric lovemaking doesn't have to take hours, Tantra experts Mark A. Michaels and Patricia Johnson present straightforward, simple practices that anyone can do. Along with fundamental principles of Tantric sex, you will discover amazing ways to prolong arousal, satisfy your partner, maximize bliss, and reach higher states of consciousness. Erotic trigger points Massage Fantasy and role-play Kissing Self-pleasuring Breathwork Eye-gazing Meditation Praise: "Patricia Johnson and Mark A. Michaels have written a compassionate and accessible guide to an often mysterious but valuable tradition, and made it relevant for today's readers who want to find more connection, spirituality, and care in their lives and love."—Naomi Wolf, author of *Vagina* and *The Beauty Myth* "Great Sex will be a useful resource for individuals seeking to enrich their sexual experiences to open their minds to new possibilities of intimacy."—ForeWord Winner of the 2013 IPPY Award (Gold, Sexuality/Relationships category) Finalist for two ForeWord Awards (Self-Help Category and Family & Relationships Category)

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.

Exploring Sexuality and Spirituality - 2020-10-20

Exploring Spirituality and Sexuality: An Introduction to an Interdisciplinary Field is a collection of scholarly essays which focuses on the multiple interrelations of spirituality and sexuality, including such facets as intimate relationships, inner cultivation, gender empowerment, gender empowerment, sex education, eroticism, and ecstasy embodiments.

Queer BDSM Intimacies - R. Bauer 2014-10-22

Based on an extensive interview study with lesbian, transgender and queer BDSM practitioners, this book sheds new light on sexuality and current theoretical debates in gender and queer studies. It critically discusses practices of establishing consent, pushing boundaries, playing with gender and creating new kinds of intimacies and embodiments.

Tantra for Erotic Empowerment - Mark A. Michaels 2008

Embrace your sexuality and discover your own source of erotic power! This step-by-step guide will take you on a Tantric journey of sexual exploration and personal empowerment. Mark A. Michaels and Patricia Johnson demystify the Tantric tradition, teaching you how to experience sexual pleasure with consciousness and intention. With renewed sexual confidence, you'll discover new ways to physically and spiritually satisfy your partner and yourself. This experiential book features selections from Tantric literature for reflection, meditative exercises, and practical techniques for exploring sexuality.

Sex Addiction as Affect Dysregulation: A Neurobiologically Informed Holistic Treatment (Norton Series on Interpersonal Neurobiology) - Alexandra Katehakis 2016-09-20

Examining the neurobiological underpinnings of sex addiction.

Neuroaffective science—studying the integrated development of the body, brain, and mind—has revealed mechanisms linking psychological and biological factors of mental disorders, including addiction. Indeed, its paradigm-shifting theoretical umbrella demonstrated that substance and behavioral dependencies share identical neurobiological workings, and thus that problematic repetitive behaviors are genuine addictions—a state increasingly understood as a chronic brain disorder. Clinical experience strongly suggests that sex addiction (SA) treatment informed by affective neuroscience—the specialty of Alexandra Katehakis—proves profoundly transformative. Katehakis's relational protocol, presented here, blends neurobiology with psychology to accomplish full recovery. Her Psychobiological Approach to Sex Addiction Treatment (PASAT) joins therapist and patient through a relationally-based psychotherapy—a holistic, dyadic dance that calls on the body, brain, and mind of both. Written with clarity and compassion, this book integrates cutting-edge research, case studies, verbatim session records, and patient writings and art. Katehakis explicates neurophysiological, psychological, and cultural forces priming and maintaining SA, then details how her innovative treatment restores patients' interpersonal, sexual, and spiritual relationality.

Zorba the Buddha - Hugh B. Urban 2016-01-12

Zorba the Buddha is the first comprehensive study of the life, teachings, and following of the controversial Indian guru known in his youth as Bhagwan Shree Rajneesh and in his later years as Osho (1931–1990). Most Americans today remember him only as the "sex guru" and the "Rolls Royce guru," who built a hugely successful but scandal-ridden utopian community in central Oregon during the 1980s. Yet Osho was arguably the first truly global guru of the twentieth century, creating a large transnational movement that traced a complex global circuit from post-Independence India of the 1960s to Reagan's America of the 1980s and back to a developing new India in the 1990s. The Osho movement embodies some of the most important economic and spiritual currents of the past forty years, emerging and adapting within an increasingly interconnected and conflicted late-capitalist world order. Based on extensive ethnographic and archival research, Hugh Urban has created a rich and powerful narrative that is a must-read for anyone interested in religion and globalization.

Edgework - Stephen Lyng 2005

First Published in 2005. Routledge is an imprint of Taylor & Francis, an informa company.

Tantra - Charles Muir 1989

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

Modern Tantra - Donald Michael Kraig 2015-12-08

Modern Tantra shows how to practice the ancient Pagan spiritual system of Tantra for greater freedom, health, and happiness. Correcting the many misconceptions that surround Tantra, author Donald Michael Kraig shows that its wisdom can be experienced today, helping you access your natural energy for healing and spiritual advancement. Encouraging growth, experimentation, and personal evolution through exercises and meditations, Modern Tantra is a new look at a time-honored spiritual path. With a non-dogmatic approach, this book shows you how to work with Tantric: • Chakras • Mythology • Herbalism • Healing • Astrology • Divination • Mudras and mantras • Sexuality • Ritual magick • Festivals • Spells • The three gunas and three doshas • Goddesses and gods • Sacred images • And much more

Secrets of Sacred Sex - Mark A. Michaels 2011-01-01

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

Performance Artists Talking in the Eighties - Linda Montano 2000

This work contains interviews with performance artists who talk about how certain childhood experiences have influenced and resurfaced in their work as an adult. The discussions focus on the relationship between art and life.

The Life and Teaching of Naropa - 2022-10-04

In the history of Tibetan Buddhism, the eleventh-century Indian mystic Nāropa occupies an unusual position, for his life and teachings mark both the end of a long tradition and the beginning of a new and rich era in Buddhist thought. Nāropa's biography, translated by the world-renowned Buddhist scholar Herbert V. Guenther from hitherto unknown sources, describes with great psychological insight the spiritual development of this scholar-saint. It is unique in that it also contains a detailed analysis of his teaching that has been authoritative for the whole of Tantric Buddhism. This modern translation is accompanied by a commentary that relates Buddhist concepts to Western analytic philosophy, psychiatry, and depth psychology, thereby illuminating the significance of Tantra and Tantrism for our own time. Yet above all, it is the story of an individual whose years of endless toil and perseverance on the Buddhist path will serve as an inspiration to anyone who aspires to spiritual practice.

Designer Relationships - Mark Michaels 2015-09-08

Contemporary relationships are in a state of rapid evolution. These changes can and should empower people with the opportunity to develop partnerships based on their own sexualities, understandings, and agreements. This makes it possible to create what Kenneth Haslam, founder of the Kinsey Institute's Polyamory Archive, has called "designer relationships." Designer relationships may encompass: people who bond emotionally but not sexually; people who agree to be non-exclusive; single people who have occasional lovers or friends with benefits; multiple partner configurations where long-term bonds exist among all or some; partnerships in which people are kinky and that make room to explore kink. The possibilities are limitless, and thinking about a partnership as something people can craft allows for flexibility and change. Relationships can open and close or have varying degrees and kinds of openness as circumstances demand. In the context of a designer relationship, decisions are made mutually, consciously, and deliberately. Best-selling authors and nationally known relationship experts Patricia Johnson and Mark A. Michaels are exemplars of this life choice, and have studied polyamory for over 20 years. This book explains exactly how you and your loved ones can design your own life and love.

Tantra For Erotic Empowerment The Key To Enriching Your Sexual Life:

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