

Sexual Energy Ecstasy A Practical Guide To Lovemaking Secrets Of The East And West

Eastern Body, Western Mind - Anodea Judith 2011-03-16

Revised edition of the groundbreaking New Age book that seamlessly merges Western psychology and science with spirituality, creating a compelling interpretation of the Eastern chakra system and its relevance for Westerners today. In *Eastern Body, Western Mind*, chakra authority Anodea Judith brought a fresh approach to the yoga-based Eastern chakra system, adapting it to the Western framework of Jungian psychology, somatic therapy, childhood developmental theory, and metaphysics and applying the chakra system to important modern social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment. Arranged schematically, the book uses the inherent structure of the chakra system as a map upon which to chart our Western understanding of individual development. Each chapter focuses on a single chakra, starting with a description of its characteristics and then exploring its particular childhood developmental patterns, traumas and abuses, and how to heal and maintain balance.

Tantric Love - Ma Ananda Sarita 2001

Sometimes it can be difficult for even the closest of partners to fully express their love during sex. We may resist deeper intimacy for many reasons, among them pain, insecurity, or simply a fear of sharing our most natural desire for physical love with another person. Tantra can help you dissolve these barriers to intimacy, and invites you to awaken the physical and spiritual energy that can bring partners together as loving soul mates. *Tantric Love* unlocks the secret powers of meditation, breathing, massage, and more to help you celebrate and revitalize your love life. Each chapter focuses on one of the chakras -- or energy centers

-- in the body and offers simple exercises that will help you share this energy and open the door to ecstasy. Discover new ways of pleasing your partner Enjoy sexual satisfaction through and beyond orgasm Learn how to open up to your partner -- both in and out of the bedroomAs you move from one stage to the next, you'll find that you're not only connecting with your lover on a physical level but on a deep spiritual level, too -- one that prepares you for a loving, lasting commitment to each other.

Grow - The Modern Woman's Handbook - Lynne Franks 2004-03-01

Learning to juggle career and relationships, while living a healthy, fulfilled life, has created a whole new set of circumstances unique to the modern woman. At the same time, we're living in a world that needs the balance of feminine energy at its most powerful to create a sustainable, positive future for humankind. Lynne Franks's new book, *GROW*, is aimed at women of all ages who wish to get back in touch with their feminine center, where they remember how to connect, first, with themselves and the divine; second with their families and loved ones, and third with their local and global communities. It's an encyclopedic examination of all of the issues that face a woman of the 21st century, including health and well-being, spirituality, career, relationship, sexuality, family, community, and social change. *GROW*, based on the colorful format of Lynne's previous work, *The SEED Handbook*, contains fun exercises, stories, and guidance to take you through a ten-part program to enable you to reach the Gorgeous Real Original Woman inside and find your life's purpose.

SIECUS Report - 1990

Discover Your Inner Wisdom - Char Margolis 2008-01-08

The world-renowned psychic intuitive shares her special gifts by teaching you how to tap into your intuitive powers to make the wisest choices in life and obtain more money, love, and success. Every day, people are faced with countless decisions, from the trivial to the very important. Yet few are able to truly hear that inner voice that helps them make the wisest choices: their intuition. Char Margolis explains how to do just that. Using her own incredible experiences, she outlines how to use your own inner voice as you learn to develop your intuitive powers in four simple steps. By combining intuition with logic and common sense, you will be able to make better decisions and attract the people and opportunities you most deeply desire into your life. Learn how to: Tune in to your health and use your energy to heal Raise healthy, happy children by nurturing their intuition as well as your own Listen to your instincts in evaluating people and opportunities Attract compatible partners Access your sexual energy Sense the right career opportunities Recognize the messages you are receiving from your deceased loved ones Char also provides helpful instruction on how to prevent potential problems, protect yourself from bad energy, cope with setbacks, and get attuned to the universal plan. With Char's guidance, you will be empowered to begin your own personal journey of discovering -- and listening to -- your inner wisdom.

Publishers Directory - 1994

Living from the Heart - Mark Greenia 2002-03

Greenia, a massage therapist, explores subtle energy healing and balancing in the new millennium. By blending discoveries from quantum physics with concepts of the powerful energies of the heart center, this book emphasizes the importance of energy therapies. Fully returnable.

How to Make Love All Night (and Drive a Woman Wild) - Barbara Keesling 1994

Drawn from ancient wisdom and modern research, this manual helps men, and the women who love them, get the most possible pleasure out of sex by learning how to make love longer and more intensely.

Philosophy East & West - 1993

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.

Yoga Journal - 1994-05

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

New Age Journal - 1992-06

Sexual Energy Ecstasy - David Alan Ramsdale 1993

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.

Sexual Energy Ecstasy - David Alan Ramsdale 1993

Red Hot Tantra - David Alan Ramsdale 2004

Red Hot Tantra was the first book about red tantra -- the hot, lusty version of tantric sex. This book drops the robes of holiness to offer the first shamelessly erotic, blissfully sensual, and devoutly naughty tantric guide. When most people think of tantric sex, they think of white tantra, which was developed by monks and encourages dispassionate remoteness. Red tantra, on the other hand, is an ancient, orgasm-positive, woman-centered tradition based on erotic goddess worship. This book combines erotic stories, instructions for a tantric experience,

and a commentary on the insights dramatized by the story and experienced by the reader.

Buddha Nature and Animality - David Jones 2007-08

Buddha Nature and Animality is about peaceful living. In discussions about the relation between humans and their animal relatives, a central theme is that Buddhism represents the most viable philosophical/religious alternative to the malaise surrounding us when we confront ecological problems. This recognition points to the notion of compassion. The author seeks beyond the limits imposed by discourses of ethics and assumes a more radical approach to seek the roots of the perspectives that allow the conceptual space for the problematic dialogues in the first place. Rather than viewing animals as distinct beings sharing our environs, the author attempts to give the animals soul back to spirituality.

Parapsychology, New Age, and the Occult - 1993

Sex, Age & Menopause: a baby boomer's manifesto -

Small Press Record of Books in Print - Len Fulton 1993

Towards a Soulful Sexuality - Adele Gruber 2011-02-14

This book is called "Towards a Soulful Sexuality" because it is an initial step in the direction of a destination towards which I believe we should journey. This is a renewed consciousness of a feminine sexual holiness firmly grounded in our bodies and our psyches that should apply throughout a women's life, even, and most especially, in the post-menopausal years.

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