Ecstatic Sex A Guide To The Pleasures Of Tantra

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.

The Kama Sutra - Vatsyayana 2022-12-26

One of the best English 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.

Ecstatic Sex - Swami Anand Geho 2001-01-01

Illustrated with beautiful full-color photos, this authentic, accessible introduction to Tantric sex is a contemporary Kama Sutra, designed to open a whole new world of sexual possibilities.

Love, Sex, and Awakening - Margot Anand 2017

Famed tantric practitioner and teacher Margot Anand has led a life of spiritual bliss and erotic ecstasy. This book recounts the fascinating adventures, turning points, and breakthroughs on her path from sex to awakening, and it includes techniques and exercises to help you connect to the powerful energy of the erotic spirit.

Tantric Sex for Women - Christa Schulte 2011

TANTRIC SEX FOR WOMEN is the first woman-focused tantric sex book to be published in the US. It has an inclusive, empowering feminist approach that embraces all women. Written first for women who love women, it also explains how every woman, heterosexual, bisexual or solo, can use the information and exercises to suit her situation. Sex is an art that has to be learned. TANTRIC SEX FOR WOMEN encourages women to playfully engage in their sexuality and to cultivate their sensuality. The introduction gives the basics of Tara-tantra, a woman's tantra created by the author and named for the Tibetan goddess of peace and protection. This is followed by numerous exercises for women to help them ** hone their sensuality ** enhance their sensitivity ** intensify their feelings ** remove possible stumbling blocks to a fulfilling sexual experience **

strengthen their sexual self-confidence ** add relish to their encounters ** improve their relationship skills ** explore the spiritual dimension of their sexuality These exercises make up the heart of the book: 20 solo introductory exercises, 17 exercises for pairs, 5 massage exercises, 6 transformation rituals for pairs, 6 love games for pairs and 3 solo meditation exercises. This book contains a variety of tips for the small ecstasies in everyday life as well as sensual/sexual exercises to do with the one you love. As the author explains, to embrace tantric sex you only need: ** time for yourself ** childlike curiosity ** an adolescent joy in experimenting ** adult longings This book contains crucial information for women of every sexual orientation interested in fulfilling their sexual and sensual potential. Table of contents: Part I: Introduction to Tantra 1. Gaining Female Knowledge about Female Desire 2. Knowing Your Own Experience and Taking It Seriously 3. Getting Into a Relationship Means Being in Love 4. Arriving at Home in Your Own Body Part II: Playing and Practicing 5. Ways to Tune In 6. Sex Starts in the Head - and that's where the first stumbling blocks are, too 7. Fantasy in the Female Subconscious 8. Suggestions for Wild/Tender Games with Yourself 9. Games and Exercises for Two 10. Massages Worth Noticing 11. Rituals of Transformation 12. Love Games for the Expansion of Love Energy 13. Pleasure as a Way of Meditation 14. Appendix

The Best Oral Sex Ever - Her Guide to Going Down - Yvonne K Fulbright 2010-12-18

Just because she's going down doesn't mean he's having all the fun. "Sexpert" author Yvonne K. Fulbright gets real with women in this bold book on giving and getting oral sex. This guide tackles the dirty taboos and awkward assumptions that keep fellatio from being seductive and satisfying. You will enjoy giving oral sex as much as men enjoy getting it when you learn: Breathing techniques to last longer Positions he'll love, like "The Starfish" and "Deep-Throating" How to give (and receive) multiple orgasms from oral sex How to talk about what they feel is right and wrong Armed with sexy self-confidence and an arsenal of tonguetwisting tips, you will discover exactly how delightful the plunder downunder can be.

Sensual Love Secrets for Couples - Al Link 2007

Is it possible to stir up passion after the flames of romantic love die down? How can one maintain a loving relationship that satisfies and stimulates year after year? "Sensual Love Secrets for Couples" offers one simple solution for stoking the fires of lifelong intimacy: awakening and uniting the Body, Mind, Heart, and Soul. These four freedoms-the essence of human nature-have the power to transform a lusterless partnership into a divine union sparkling with limitless pleasure and unconditional love. Featuring over one hundred exercises and fun activities, this practical guide helps readers explore the physical senses, establish trust, cultivate emotional intimacy, achieve sacred sex, embrace commitment, pledge selfless intentions, and build spiritual bonds to last a lifetime.

Amazing Sex - Sari Locker 1999

Sari Locker, acclaimed sex educator and WCBS TV relationship correspondent, shows you how to enjoy your sex life like never before... Legendary Lover - Helena Nista 2017-03-28

Legendary Lover is a step-by-step manual for any man who wants to be an extraordinary lover. In society obsessed with suppressing rather than celebrating sex, this book tackles head-on the woes men face in the bedroom. It debunks myths and explores society's sexual hangups. It also describes in intimate detail the scared rituals, tools and practices available for more meaningful intimacy. Lover, sex coach and Tantric teacher Helena Nista draws on her own experience with more than 1,000 men to inspire reader to achieve mind-blowing connection, inside the bedroom and out.

Tantra - Charles Muir 1989

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

The Heart of Tantric Sex - Diana Richardson 2010-05-11

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way.

Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

Tantra - Somananda Moses Maimon 2014-01-10

"Tantra: Sex for the Soul" humbly aims to go where no book of Tantra has gone before. For those who know nothing about Tantra, this book is bound to profoundly change your life. For those who have started down the path, it will deepen and enhance your knowledge. This perfect system - conceived with so much insight and wisdom thousands of years ago - is presented in a practical, step-by-step approach that guides newcomers as well as more experienced practitioners to reach a coherent understanding of sexual Tantra. "Tantra: Sex for the Soul" reveals all the tips and secrets to realize accurate practice, the remarkably multiorgasmic horizons that await, and Tantra's exceptional potential for health, healing, and higher consciousness. While in today's environment of neo-Tantra, the spiritual aspects of this system have become lost and superseded by the spectacular sexual results of tantric practice, "Tantra: Sex for the Soul" does not waver from its commitment to a sacred approach that honors the revelations of the authentic Indian and Tibetan tantric traditions. This book - supplemented with many personal testimonials - guides the reader through the ins and outs of all aspects of Tantra: fundamental principles, energy and its control, sexology, men's and women's issues, individual training and techniques, relationships, lifestyle, tantric massage, and much more. Genuine in his commitment to share this lineage with modern seekers, Somananda Moses Maimon provides readers with one of the most comprehensive books available on this subject. You are hereby invited to explore the mysteries of Tantra - an invitation to discover the soul-touching depths of your own being and the beautiful heights of ecstasy accessible to evervone.

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.

Kiss of the Yoqini - David Gordon White 2006-07-07

For those who wonder what relation actual Tantric practices bear to the "Tantric sex" currently being marketed so successfully in the West, David Gordon White has a simple answer: there is none. Sweeping away centuries of misunderstandings and misrepresentations, White returns to original texts, images, and ritual practices to reconstruct the history of South Asian Tantra from the medieval period to the present day. Kiss of the Yogini focuses on what White identifies as the sole truly distinctive feature of South Asian Tantra: sexualized ritual practices, especially as expressed in the medieval Kaula rites. Such practices centered on the exchange of powerful, transformative sexual fluids between male practitioners and wild female bird and animal spirits known as Yoginis. It was only by "drinking" the sexual fluids of the Yoginis that men could enter the family of the supreme godhead and thereby obtain supernatural powers and transform themselves into gods. By focusing on sexual rituals, White resituates South Asian Tantra, in its precolonial form, at the center of religious, social, and political life, arguing that Tantra was the mainstream, and that in many ways it continues to influence contemporary Hinduism, even if reformist misunderstandings relegate it to a marginal position. Kiss of the Yogini contains White's own translations from over a dozen Tantras that have never before been translated into any European language. It will prove to be the definitive work for persons seeking to understand Tantra and the crucial role it has played in South Asian history, society, culture, and religion.

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.

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.

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.

Ecstatic Sex - Ma Ananda Sarita 2003-10-07

EXPERIENCE THE EROTIC AND TANTALIZING PLEASURES OF TANTRA In Ecstatic Sex, Tantric partners and longtime teachers of the Tantric approach to life and love, Ma Ananda Sarita and Swami Anand Geho, present an eye-opening course in the sexual aspects of Tantra. Exploring everything from basic sexual anatomy and opening your chakras to self-pleasuring, foreplay, creative positions, and orgasm, this book will teach you -- whether you are single or married -- to enhance the pleasure, sensuality, and satisfaction of your every sexual experience. In this erotic and sensual guide to Tantric bliss, you will learn how to: • Heighten sexual pleasure and orgasm in exotic ways you may never have imagined • Maximize sexual fulfillment by focusing on the needs and sexual cycles of both you and your partner • Experience sensual awakening and exploration at every stage of life, from adolescence to middle age and beyond • Use Tantra as a means of deepening the physical, emotional, and spiritual intimacy between loving partners Illustrated with gorgeous full-color photographs, this authentic, accessible introduction to Tantric sex will open a whole new world of sexual possibilities.

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, orgasmpositive, 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.

Urban Tantra, Second Edition - Barbara Carrellas 2017-11-21 If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. Celebrating the 10th anniversary of Urban Tantra, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual

explorers desiring to discover new frontiers. With a juicy mix of erotic how-to and heart-centered spiritual wisdom, this updated edition includes a brand-new introduction, up-to-date references and resources, a new take on the possibilities and responsibilities of Tantra in today's world, plus new and cutting-edge information to reach an expanded community—added information on multi-partner play, more intersections for Tantra and BDSM, practices for asexuals and aromantics, expanded practices for trans and gender nonconforming people, and more. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide reveals the delicious worlds of ecstasy available to all, no matter one's gender, sexual preference, or erotic tastes. Urban Tantra expands the notions of pleasure and opens new heights of intimacy and sexual fulfillment.

Ecstatic Sex A Guide To The Pleasures Of Tantra:

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