

El Arte De La Sexualidad Energetica Los Secretos De Las Tcnicas Orientales Del Amor

White Tigress (The Way of The Tigress, Book 1) Jade Lee 2012-03-18 SERIES INTRODUCTION: Can sex be the gateway to an ancient mystical realm unheard of in the West? According to Chinese Tantrics, the answer is YES. In Jade Lee's award-winning Tigress series, western women discover that sex is not simply for pleasure, but for religious ecstasy. Who will come out on top? The Western Tigress or the Chinese Dragon? And is the new erotic realm they discover LOVE? WHITE TIGRESS - The Way of the Tigress, Book 1 Englishwoman Lydia Smith is drugged and sold as a Tantric slave, to a dark-eyed dragon of a man. Lydia's captor does not demand her virginity but her Yin—the essence of her ecstasy. What harm could come from allowing him to pleasure her, to teach her, to explore the path of the White Tigress, until she can flee? REVIEWS: "White Tigress is an exotic, unique, and sensual journey to a wholly interesting time period and culture." ~All About Romance "The relationship between alpha male Ru Shan and Lydia is powerful, going beyond sensuality into the spiritual realm as Lee guides the readers as much as Ru Shan leads Lydia to uncover the mysteries of life and sensuality." ~Romantic Times Book Club AWARDS: 4 Stars! Romantic Times 2005 PEARL Best Erotic Romance finalist THE WAY OF THE TIGRESS, in series order White Tigress Hungry Tigress Desperate Tigress Burning Tigress Cornered Tigress Tempted Tigress

Sexual Secrets: Twentieth Anniversary Edition Nik Douglas 1999-12-01 • The #1 guide to sex and mysticism, redesigned in full color for the new millennium. • More than 600 illustrations of the erotic sentiment, 199 in full color. • More than 1 million copies sold with translations in 19 languages. • Combines the wisdom of the great Eastern sages with images from the West to present a celebration of creative sexuality. Sexual Secrets is the definitive guide to sex and mysticism, revealing the wisdom of the sages of India, Nepal, Tibet, China, and Japan whose teachings on sexuality unveil how physical love can be the pathway to spiritual liberation. Containing more than 600 illustrations--the most comprehensive collection of images expressing the erotic sentiment--and with more than one million copies sold in more than 19 languages, Sexual Secrets unlocks for everyone the experience of ecstasy once sealed in the ancient texts and art of the East. In celebration of its 20th year in print, Sexual Secrets has been completely revised and redesigned and includes 199 color illustrations to complement Penny Slinger's unsurpassed black-and-white illustrations, which evoke all the major cultures of the East. Working from contemporary models and from ancient pieces originally commissioned by kings and emperors, Slinger blends images of the West with the sentiments of the East to further enhance the experience of the text and to help in the transmission of the secrets--a celebration of creative sexuality.

Tantra Prabhujii David Ben Yosef Har-Zion 2021-03-30 Tantra, Liberation in the World takes us back to medieval India, full of spirituality, magic, esotericism, alchemy, and devotion. It guides us through the stages of the Tantric revelation, which shook the established religious order like a powerful earthquake and left its mark on almost all spiritual traditions of the world. Prabhujii provides us with an historical overview and a philosophical outline of Tantra. His intention is not to present academic research, but to describe the context of the revelation and share its essence with spiritual seekers who want to be enriched by its treasures. The Tantric path aspires for harmony between nature and spirit, or ?akti and ?iva. The polarity between them manifests at the macrocosmic and the microcosmic level. Therefore, Tantra invites us to explore the body in order to discover what lies beyond. It tells us that our humanity is not an obstacle to the Divine but a necessary stage in our evolution. Divinity dwells within us and in order to recognize it, we just need to pay attention.

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 Kama Sutra of Vatsyayana Vatsyayana 2021-08-29 The Kama Sutra of Vatsyayana Vatsyayana - The Kama Sutra of Vatsyayana by Richard Francis Burton is an edition of the ancient Indian text on sexuality and emotional needs. Vatsayana was an ancient Indian philosopher who lived during the second or third century. Although it is often thought of as a sex manual, it is much more, with guides on living well, the nature of love, and finding a partner. Indeed, Vatsyayana says himself: 'This work is not to be used merely as an instrument for satisfying our desires'. Burton did not in fact translate the Kama Sutra - it was translated by the Indian scholar Bhagwan Lal Indraj. It was edited by Burton to suit prevailing British attitudes to sex, but was still banned in England and the United States until 1962. Other criticisms levelled at Burton's translation is that instead of using English words for the sex organs, he uses the words 'lingam' and 'yoni', despite those words not appearing in the original work. This was seen as an attempt to distance them and make them 'other', rather than about English people's sexual organs. He also removes the agency of women, and where in the original, women's words are direct quotes, in the Burton translation, women's words are removed and put into the passive state (i.e., A woman saying 'Stop!' becomes 'She continually utters words expressive of prohibition'). Despite all this, it has been such an influential translation that even modern editions in the Hindi language are re-translations of the Burton version. The Kama Sutra is an ancient Indian Hindu text widely considered to be the standard work on human sexual behavior in Sanskrit literature written by Vaatsyayana. A portion of the work consists of practical advice on sexual intercourse. It is largely in prose, with many inserted anustubh poetry verses. "Kama" which is one of the four goals of Hindu life, means desire including sexual desire the latter being the subject of the textbook, and "sutra" literally means a thread or line that holds things together, and more metaphorically refers to an aphorism (or line, rule, formula), or a collection of such aphorisms in the form of a manual. Contrary to popular perception, especially in the western world, Kama sutra is not exclusively a sex manual; it presents itself as a guide to a virtuous and gracious living that discusses the nature of love, family life and other aspects pertaining to pleasure oriented faculties of human life.

Laudato Si Pope Francis 2015-07-18 "In the heart of this world, the Lord of life, who loves us so much, is always present. He does not abandon us, he does not leave us alone, for he has united himself definitively to our earth, and his love constantly impels us to find new ways forward. Praise be to him!" - Pope Francis, *Laudato Si'* In his second encyclical, *Laudato Si'*: On the Care of Our Common Home, Pope Francis draws all Christians into a dialogue with every person on the planet about our common home. We as human beings are united by the concern for our planet, and every living thing that dwells on it, especially the poorest and most vulnerable. Pope Francis' letter joins the body of the Church's social and moral teaching, draws on the best scientific research, providing the foundation for "the ethical and spiritual itinerary that follows." *Laudato Si'* outlines: The current state of our "common home" The Gospel message as seen through creation The human causes of the ecological crisis Ecology and the common good Pope Francis' call to action for each of us Our Sunday Visitor has included discussion questions, making it perfect for individual or group study,

leading all Catholics and Christians into a deeper understanding of the importance of this teaching.

NeuroWisdom Mark Robert Waldman 2017-01-31 Perfect for readers of How God Changes Your Brain, two researchers present over thirty brain exercises to help readers generate happiness and success, in business and in life. "This remarkable book translates state-of-the art neuroscience into practical techniques that rapidly promote personal transformation. If you want to double your happiness and your income, start using these powerful brain-changing exercises today!" —John Assaraf, New York Times bestselling author and CEO of NeuroGym Adapted from a business school course they created for professionals, bestselling author Mark Waldman and Chris Manning present simple brain exercises, based on the latest neuroscience research, to guide readers to improvement in all parts of life, from work to home, from how we think to how we feel. Their promise is to help people create more "wealth" in their lives, defined as the combination of money, happiness, and success. Using the latest research studied by two experts in their field, the book presents both the scientific background and sets of "NeuroWisdom" exercises that will help people reduce neurological stress and increase happiness, motivation, and productivity. The "worry" centers of the brain are turned off and the optimism circuits are turned on. Work becomes more pleasurable and creativity is increased, enabling the brain to anticipate and solve problems more efficiently. From the cutting edge of brain science to real-world solutions, these exercises help readers gain the wisdom that leads to greater fulfillment.

The Sexual Practices of Quodoushka Amara Charles 2011-07-26 Practical exercises to reach higher levels of orgasm, renew relationships, and discover the healing power of sex • Illustrates how to identify and best please the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman • Provides exercises for greater sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm • Explains how to perform powerful healing sexual energetic work with the chakras and light body Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Firebreath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers.

Daniel Goleman Omnibus Daniel Goleman 2004 Emotional Intelligence Does IQ define our destiny? Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play a major role in thought, decision making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark people who excel: whose relationships flourish, who are stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us. Working with Emotional Intelligence Do you want to be more successful at work? Do you want to improve your chances of promotion? Do you want to get on better with your colleagues? Daniel Goleman draws on unparalleled access to business leaders around the world and the thorough research that is his trademark. He demonstrates that emotional intelligence at work matters twice as much as cognitive abilities such as IQ or technical expertise in this inspiring sequel.

Caliban and the Witch Silvia Federici 2021-07-29 'A groundbreaking work . . . Federici has become a crucial figure for . . . a new generation of feminists' Rachel Kushner, author of *The Mars Room* A cult classic since its publication in the early years of this century, *Caliban and the Witch* is Silvia Federici's history of the body in the transition to capitalism. Moving from the peasant revolts of the late Middle Ages through the European witch-hunts, the rise of scientific rationalism and the colonisation of the Americas, it gives a panoramic account of the often horrific violence with which the unruly human material of pre-capitalist societies was transformed into a set of predictable and controllable mechanisms. It is a study of indigenous traditions crushed, of the enclosure of women's reproductive powers within the nuclear family, and of how our modern world was forged in blood. 'Rewarding . . . allows us to better understand the intimate relationship between modern patriarchy, the rise of the nation state and the transition from feudalism to capitalism' Guardian

The Craftsman Richard Sennett 2009-02-05 Why do people work hard, and take pride in what they do? This book, a philosophically-minded enquiry into practical activity of many different kinds past and present, is about what happens when people try to do a good job. It asks us to think about the true meaning of skill in the 'skills society' and argues that pure competition is a poor way to achieve quality work. Sennett suggests, instead, that there is a craftsman in every human being, which can sometimes be enormously motivating and inspiring - and can also in other circumstances make individuals obsessive and frustrated. *The Craftsman* shows how history has drawn fault-lines between craftsman and artist, maker and user, technique and expression, practice and theory, and that individuals' pride in their work, as well as modern society in general, suffers from these historical divisions. But the past lives of crafts and craftsmen show us ways of working (using tools, acquiring skills, thinking about materials) which provide rewarding alternative ways for people to utilise their talents. We need to recognise this if motivations are to be understood and lives made as fulfilling as possible.

The Function of the Orgasm Wilhelm Reich 1989-08-01 Sex relations. Orgasms. Psychological aspects. Psychoanalyst's theory of life energy.

A User's Guide to the Brain John J. Ratey 2003 Dr John Ratey explores the brain's most important systems, the role they play in determining how we interact with the world and ways in which we can influence their operations for the better. Amazing examples of how the brain works are used throughout.

Eat Me Linda Jaivin 1998-04-13 In this eye-popping first novel--a bestseller in both the United States and Australia--Linda Jaivin invites readers to overhear what women really talk about when they talk about sex. When four bright, successful friends meet in Sydney's designer cafés and restaurants to gossip about their romantic exploits, the talk sizzles. Julia, Chantal, Helen, and Phillipa are the best of friends. Professionally, their lives could not be more different, but whenever they get together, there are always plenty of intimate revelations to dish up and devour. Julia is a spunky photographer with a penchant for Peking duck and younger men; Chantal is a fashion magazine editor whose sexual preferences give new meaning to the words "mixing and matching"; Helen is a feminist scholar whose outward wholesomeness belies her inner naughtiness; and Phillipa is a somewhat secretive writer who appears to be taking rather close notes on her friends' raunchy tales. This outrageous, irresistible, and utterly original debut, which led *Entertainment Weekly* to call Jaivin "one of the 100 most creative people in entertainment," is the juiciest book you will read this year.

Political Ecology of Agriculture Omar Felipe Giraldo 2019-02-28 This study discusses an original proposal aimed at critically analyzing the power relations that exist in contemporary agriculture. The author endeavors herein to clarify some of the strategies that industrial agribusiness, in collusion with the state and multilateral structures, sets in motion in order to functionalize the lives of millions of farmers, so that their bodies, enunciations, and sensibilities can be repurposed in accordance with the dynamics of capital accumulation. The argument is based on the idea that

agro-extractivism cannot be thought of exclusively as an economic-political and technological system, but as a complex interweaving of cultural meanings, aesthetics, and affections, which, amalgamated under the abstract name of "development", act as a support for the whole system's scaffolding. The book also explores the other side of the coin, describing how, and under what conditions, social movements are responding to the calamities generated by this model. The central thesis is that many ongoing agroecological processes are providing one of the most interesting guidelines at present for visualizing transitions towards post-development, post-extractivism, and the construction of multiple worlds beyond the sphere of capital. Political ecology of agriculture joins the calls that question the cultural project of modernity and the predatory sense imposed by the globalized food empire, and invites recognition of the importance of agroecology in the context of the end of the fossil-fuel era and the likely collapse of our industry-based civilization.

Testo Junkie Paul B. Preciado 2013-09-23 This visionary book on gender and sexuality weaves together high theory and intimate memoir, with "spectacular" results—"and the gendered body will never be the same again" (Jack Halberstam). What constitutes a "real" man or woman in the twenty-first century? Since birth control pills, erectile dysfunction remedies, and factory-made testosterone and estrogen were developed, biology is definitely no longer destiny. In this penetrating analysis of gender, Paul B. Preciado shows the ways in which the synthesis of hormones since the 1950s has fundamentally changed how gender and sexual identity are formulated, and how the pharmaceutical and pornography industries are in the business of creating desire. This riveting continuation of Michel Foucault's *The History of Sexuality* also includes Preciado's diaristic account of his own use of testosterone every day for one year, and its mesmerizing impact on his body as well as his imagination.

Living Well with Pain and Illness Vidyamala Burch 2011-01-26 After two serious spinal injuries, Vidyamala Burch found herself facing the loneliness of disability and chronic pain with few skills or resources to turn to. But instead of giving up, she set out on a mission to embrace her physical challenges with compassion, acceptance, and peace. *Living Well with Pain and Illness* shares the fruits of her courageous life's work, teaching us how the practice of mindfulness can help us thrive in the face of health challenges of any kind. Drawing on the wisdom of a dozen years teaching meditation and a lifetime of study of the benefits of mindful living, Vidyamala encourages readers with insights and instruction in: The five-step model of mindfulness and how to use it to foster healing The Breathworks approach to meditation, and how to apply it to health concerns such as migraines, arthritis, and chronic fatigue Step-by-step techniques, illustrations, and case studies demonstrating how to effectively bring mindfulness into daily life Chronic pain has been called the modern world's silent epidemic. Billions are spent every year in an attempt to cope, yet the best solution available may be absolutely cost-free mindful living. In *Living Well with Pain and Illness*, Vidyamala Burch presents a work that is at once an inspirational memoir and practical guidebook for using mindfulness to reframe your relationship with physical and emotional suffering.

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.

The Naturopathic Approach to Fertility Julissa Hernandez 2016-09-13 Dr. Julissa is an expert in the field and takes the reader through the whys but more importantly the how-tos of improving their odds in adding to their family. With a sensitive and comforting authoritative voice, she guides the readers through common misconceptions, immediate changes in lifestyle, diet, nutraceuticals that will eliminate the obstacles to pregnancy without

making the woman feel like she's a failure.

La dieta del amor Mabel Iam 2012-11-20 La dieta del amor no es una dieta para bajar de peso o para lucir más joven y esbelta. Es una dieta única, diseñada con el solo propósito de alimentar tanto el cuerpo como el alma, y enseñarte a llevar una vida llena de amor, seducción y placer sexual. En este libro irresistible encontrarás una serie de ""recetas de amor"" estimulantes que te ayudarán a construir una conexión más fuerte con tu pareja. También hallarás consejos que te enseñarán a explorar y descubrir tus necesidades físicas, tus sueños y tus más profundos deseos sexuales. Con creativas y divertidas visualizaciones, inspiradoras meditaciones diarias y una guía paso a paso del Kamasutra, Mabel Iam te ayudará a conectarte con tu amante a través de un poco de creatividad, magia y mucho amor sensual.

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.

How to Write a Thesis Umberto Eco 2015-02-27 Umberto Eco's wise and witty guide to researching and writing a thesis, published in English for the first time. By the time Umberto Eco published his best-selling novel *The Name of the Rose*, he was one of Italy's most celebrated intellectuals, a distinguished academic and the author of influential works on semiotics. Some years before that, in 1977, Eco published a little book for his students, *How to Write a Thesis*, in which he offered useful advice on all the steps involved in researching and writing a thesis—from choosing a topic to organizing a work schedule to writing the final draft. Now in its twenty-third edition in Italy and translated into seventeen languages, *How to Write a Thesis* has become a classic. Remarkably, this is its first, long overdue publication in English. Eco's approach is anything but dry and academic. He not only offers practical advice but also considers larger questions about the value of the thesis-writing exercise. *How to Write a Thesis* is unlike any other writing manual. It reads like a novel. It is opinionated. It is frequently irreverent, sometimes polemical, and often hilarious. Eco advises students how to avoid "thesis neurosis" and he answers the important question "Must You Read Books?" He reminds students "You are not Proust" and "Write everything that comes into your head, but only in the first draft." Of course, there was no Internet in 1977, but Eco's index card research system offers important lessons about critical thinking and information curating for students of today who may be burdened by Big Data. *How to Write a Thesis* belongs on the bookshelves of students, teachers, writers, and Eco fans everywhere. Already a classic, it would fit nicely between two other classics: Strunk and White and *The Name of the Rose*. Contents The Definition and Purpose of a Thesis • Choosing the Topic • Conducting Research • The Work Plan and the Index Cards • Writing the Thesis • The Final Draft

The Tao of Health, Sex, and Longevity Daniel Reid 1989-07-15 Discusses the philosophy of Tao and offers information on diet and nutrition, fasting,

breathing exercises, physical exercises, acupuncture, massage, birth control, sex therapy, and meditation

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.

Tantric Orgasm for Women Diana Richardson 2004-05-10 A revolutionary approach to female sexuality that focuses on relaxation as the key to achieving deep orgasmic states • Explores how receptive feminine energy influences the male-female exchange • Reevaluates the role of the clitoris, breasts, and vagina in achieving orgasm • Provides ancient tantric meditations for increased sensitivity and awareness Fulfilling sex nourishes love, rejuvenates the body, and boosts mental health. Unfortunately, prevailing attitudes in the West work against the natural capacity of women to realize their sexual potential and experience deep orgasmic states. *Tantric Orgasm for Women* offers women a fresh look at the ecstatic bliss possible within their bodies, using knowledge and approaches from the sensually cultivated traditions of the East. Exploring Tantra from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Her 20 years of tantric research and personal experience provide readers with an understanding of how the various parts of the female body may be activated to deepen ecstatic states. Readers will learn how to re-circulate orgasmic energy; why breast stimulation takes priority over vaginal attention; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; and how women can strengthen the erection response of male partners. *Tantric Orgasm for Women* shows how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and when they avoid adopting conventional ideas about what should be satisfying to them.

Digestive Intelligence Irina Matveikova 2014-06-06 *Digestive Intelligence* tells the fascinating story of how our digestive systems are the centre of our bodies' second brain and how we think and live our emotions via our stomachs. Not surprising when you consider there is something equivalent to the size of a village football pitch hiding inside our bellies--that's the incredible magnitude of our digestive systems. Dr Matveikova answers the obvious questions: "How?" and "Why can this be so?" by explaining, in straight forward layman's language, that the digestive system contains more than one million neurones, identical to those in the brain and is responsible for producing 90% of the body's hormone, serotonin, the all-important hormone which makes us feel happy and full of wellbeing. It follows that, if our stomach is "out of sorts" we feel irritable and lacking in energy; and those feelings block our intellectual productivity, disorientate us and completely change our thought patterns and physical processes.

Body Language Allan Pease 2014-02-01 What people say is often very different from what they think or feel. *Body language* by Allan Pease is just what you require to know those feelings which people often try to hide.

El Reparador de parejas Guillermo Ferrara 2012-03-07 Amor inteligente para compartir una vida feliz en compañía. Guillermo Ferrara, destacado maestro en Tantra, da un enfoque humorístico, científico y espiritual a los problemas más comunes que atormentan a la pareja contemporánea. Su

libro no sólo ofrece soluciones justas a los problemas más comunes que tienen hombres y mujeres con sus compañeros de vida, sino que además presenta ejercicios para la pareja orientados a reencontrar el amor, técnicas eficaces para aumentar la comunicación entre los amantes y secretos infalibles para avivar la llama del deseo.

Adán y Eva. Sexo alquímico Guillermo Ferrara 2013-10-13 Guillermo Ferrara comparte la forma en que la meditación y los ejercicios espirituales nos pueden conducir a una vida de realización y plenitud. El maravilloso libro de teoría y ejercicios del autor del bestseller *El secreto de Adán*, Guillermo Ferrara. Potencializar el encuentro amoroso y haz de la experiencia erótica una explosión de sensibilidad. *Adán y Eva: sexo alquímico* es un sorprendente libro que descubre los secretos más hondos de la nueva sexualidad, define la esencia del sexo alquímico, explica la relación de los chakras con la sexualidad y responde de forma contundente a las preguntas secretas del sexo: ¿Por qué la humanidad perdió la inocencia sexual? ¿Es la mujer más poderosa sexualmente? ¿Atracción, sexo, deseo y amor, son lo mismo? ¿El sexo es el árbol de la vida? Entre otras, fundamentales para la comprensión de la sensualidad, el deseo y la magia del sexo alquímico. Con el tono frontal, ameno y revelador que lo caracteriza, Guillermo Ferrara señala, además, la importancia de amarnos con todas nuestras fuerzas, practicar respiraciones sexuales y yoga sexual; insiste en la necesidad de conocer nuestra naturaleza física y espiritual y nos dice cómo superar complejos y tabúes sexuales. Por sus rituales eróticos, la lúcida explicación de la danza de los amantes y la invitación a ser partícipe de la revolución energética derivada del encuentro íntimo, entre muchas otras prácticas, consejos y revelaciones, *Adán y Eva: sexo alquímico* es, sin duda, una invitación increíble a transformar tu vida.

The Natural Science of Stupidity Paul Tabori 2012-05-01

The Myth of Mental Illness Thomas S. Szasz 1988

The Lucifer Effect Philip G. Zimbardo 2008-03 'The Lucifer Effect' examines how the human mind has the capacity to be infinitely caring or selfish, kind or cruel, creative or destructive, and the ways in which the goodness of humanity can be transformed into bestiality.

Chakra Handbook Shalila Sharamon 1991-01-01 Complete practical guide to the chakras, including color, activity, sounds, background information, and techniques for opening them and utilizing their force. A longtime bestselling title in Europe, this is the definitive text in the field.

The Japanese Art of War Thomas F. Cleary 1991 "Thomas Cleary shows us how well-known attributes such as the reserve and mystery of formal Japanese behavior are deeply rooted in the ancient strategies of the traditional arts of war. Citing original sources that are popular among Japanese readers today, he reveals hidden forces behind Japanese attitudes and conduct in political, business, social, and personal life."--BOOK JACKET.

El arte de la sexualidad energética Saïda Elkéfi 1996

The Secret of Secrets Osho 2017-06-06 Taoist teachings on life and existence—presented by one of the best-known and provocative spiritual teachers of our time In this unique series of discourses, Osho unravels *The Secret of the Golden Flowers*, an ancient text that he describes as the essence of Taoism. It is the core of all religions and spiritual paths, belonging to no one and belonging to all. More than 2,500 years old, this remarkable text continues to be as relevant today as it was to its contemporaries. Osho demystifies the important terms used by the Chinese mystic Lu Tsu and shares his meditation exercises. He also outlines the qualities of animus and anima—our male and female energies—as delineated by Lu Tsu, explaining the importance of their relationships inside each of us. He also provides many valuable techniques and gives specific instructions on the Taoist Golden Light Meditation, which involves harmonizing the male and female elements and transmuting sexual energy. A timeless collection of Osho's talks on *The Secret of the Golden Flower*, this book will show you how to not remain a seed but to become what the Chinese called 'a golden flower.' Called the 'one thousand-petaled lotus' in India, the golden flower is a symbol that represents perfection, totality. It represents the actualization of potential—the beauty, the grandeur, and the splendor of being.

Taoist Secrets of Love Mantak Chia 1984 entered here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

Bibliografía colombiana 1992

Understanding Human Sexuality Janet Shibley Hyde 2012

The Art of Loving Erich Fromm 2013-02-26 The landmark bestseller that changed the way we think about love: “Every line is packed with common sense, compassion, and realism” (Fortune). The Art of Loving is a rich and detailed guide to love—an achievement reached through maturity, practice, concentration, and courage. In the decades since the book’s release, its words and lessons continue to resonate. Erich Fromm, a celebrated psychoanalyst and social psychologist, clearly and sincerely encourages the development of our capacity for and understanding of love in all of its facets. He discusses the familiar yet misunderstood romantic love, the all-encompassing brotherly love, spiritual love, and many more. A challenge to traditional Western notions of love, The Art of Loving is a modern classic about taking care of ourselves through relationships with others by the New York Times–bestselling author of To Have or To Be? and Escape from Freedom. This ebook features an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author’s estate.

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