

# Sacred Sex Ecstatic Techniques For Empowering Relationships

Tantric Awakening - Valerie Brooks 2001-10-01

The autobiography of an American Gen-X woman who immerses herself in the sexual mysteries of tantric yoga. • An engaging insider's story that intimately portrays the details of the tantric sexual path from a young woman's point of view. • Author is one of the few Americans to be initiated into the sacred cobra breath. • Reveals not only the benefits but also the pitfalls, problems, and temptations of this path toward enlightenment. • Includes meditations and exercises for beginning a tantric practice. Tantric Awakening discloses an epic experience of tantra that few have achieved, and even fewer would dare to attempt. This is the story of a 19-year-old girl, disillusioned by the questions that her religion and society fail to answer, who courageously enters the sensuous rituals of tantric sex. In search of authentic knowledge, Brooks was admitted into secret societies where she learned firsthand the ways of the tradition from tantric adepts. Amid disapproval from family and friends, her body and spirit awaken to ecstatic levels of orgasmic pleasure that allow her to experience loving relationships, better health, and a deep sense of oneness with God. A personal and intimate portrait, Tantric Awakening is tastefully written to reveal not only the ecstatic power and spiritual benefits of tantra, but also the pitfalls, problems, and temptations of this path toward enlightenment. With the inclusion of specific tantric sexual techniques the author shows how to use tantra to balance the spirit with the physical self in order to achieve personal empowerment, transforming fear and self-doubt into joy and self-confidence. Meditations, exercises, and important insights for beginning a tantric practice assist the reader who is inspired to bring a sense of the divine into daily life.

*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.

Il libro dei chakra - Anodea Judith 2015-04-20T00:00:00+02:00

Il sistema dei chakra è nato in India più di quattromila anni fa. Si parla dei chakra negli antichi testi dei Veda, nelle più tarde Upanishad, negli Yoga Sutra di Patanjali e più diffusamente nel XVI secolo da parte di uno yogi indiano in un testo divenuto poi celebre. Oggi i chakra sono un concetto diffuso. In Occidente, generalmente indicano delle entità in grado di unire il corpo e la mente, l'elemento fisico e quello psichico. I chakra, tuttavia, che alla lettera vogliono dire ruota o disco, e si riferiscono a una sfera rotante di pura energia spirituale, non sono per niente entità o oggetti fisici. Come vediamo il vento attraverso il movimento delle foglie e dei rami, così possiamo percepire la presenza dei chakra nella forma del nostro corpo fisico, negli schemi che si manifestano nella nostra vita, nei modi in cui pensiamo, sentiamo e affrontiamo le situazioni che l'esistenza presenta, ma mai direttamente. Con un linguaggio pacato e piacevole, Anodea Judith mostra in questo libro l'insieme delle azioni che i chakra esercitano sul corpo, sul pensiero e sul comportamento umani. L'opera merita a buon diritto il titolo Il libro dei chakra poiché, con l'aiuto delle moderne teorie psicoanalitiche e delle terapie corporee, è la più esaustiva e completa guida occidentale all'uso del sistema dei chakra come percorso di analisi e guarigione. Nella sua introduzione, Anodea Judith non esita a definire il contenuto di queste pagine come "un viaggio attraverso le molte dimensioni del sé", un viaggio che, attraverso il Ponte dell'Arcobaleno, com'è definito il sistema dei chakra, conduce il lettore "verso una trasformazione della coscienza collegando spirito e materia, cielo e terra, mente e corpo". «Un libro che illumina l'antico sistema dei chakra attraverso la psicologia occidentale.» The New York Times «Un libro unico e raro che sa mirabilmente unire psicologia, spiritualità e terapia corporea.» Publishers Weekly

**Succulent SexCraft** - Sheri Winston 2014-08-01  
Become a sexual virtuoso by learning to use your inner toolkit of body, mind, heart, and spirit with author and sex teacher Sheri Winston in this fun, easy, hot and smart guide to the erotic arts. You'll discover Wholistic Sexuality? the integral, inspirational and empowering path to connect you to your own delicious sexual potential and make you a masterful lover. With this sequel to Winston's award-winning Women's Anatomy of

Arousal, you'll learn how everyone, whether solo or partnered can amp up your erotic experience and give exquisite pleasure to others. Packed with sexy games, fun activities and invaluable information, this book gives the gift that keeps on giving'a lifetime of ecstasy.

**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.

*Sacred Sex* - Jwala 1994

**The New Good Vibrations Guide to Sex** - Cathy Winks 1997

'The best sex manual ever written.' - The Advocate 'Buy one for yourself, one for you r partner, one for your best friend and don't forget mom and dad.' Amy Bloom, New Woman.

**Paperbound Books in Print 1995** - Reed Reference Publishing 1995-12

**Clairvoyance for Psychic Empowerment** - Carl Llewellyn Weschcke 2013

A complete training course in the ancient Tantric and Western techniques of clairvoyance that will allow you to manifest love, happiness, health, knowledge, wealth, spirituality, and more.

**Male Multiple Orgasm** - Somraj Pokras 2007-09-28

With its easy-to-follow program, this book allows any man to master the technique of male multiple orgasm. Doing so will increase his own sexual enjoyment while making him a better lover who can provide his partner with greater pleasure.

**Female Ejaculation and the G-spot** - Deborah Sundahl 2003

Like men, women also can ejaculate, enhancing and intensifying their sexual pleasure. In an open, positive style, Deborah Sundahl presents information about female ejaculation including scientific findings, anatomical illustrations, historical accounts, a chapter on how men can help their female partners to ejaculate, and women's and men's experiences collected during the past two decades.

**Secret Sexual Positions** - Kenneth Ray Stubbs 1999

This new, lavishly illustrated guidebook by the bestselling author of Erotic Massage takes readers on a unique tour of sexual practices throughout the ages. Drawing on a rich variety of cultures and eras, Secret Sexual Positions provides the methods that can open us to forgotten or undiscovered sensations and feelings, leading to a more profound and pleasurable sexuality. The book's magnificent illustrations depict the lovemaking of both ancient and modern lovers, and invite the reader to experience a new dimension of bodily and mental pleasure. Using sexual wisdom from sources as diverse as the Kama Sutra, the Song of Songs, and the Ishimpo, Secret Sexual Positions provides an unprecedented journey through the sexuality of the ages -- all made easy and available to the couples of today.

*COSMIC ENGINEERING AND ORGASMIC CONTINUUM: New Age Tantra Series -1* - Arun 2021-07-26

A BOOK FOR THOSE WHO ARE CURIOUS ABOUT TANTRA, ASTROLOGY, SELF HEALING AND THE DEEP NATURE OF ORGASM. A HANDBOOK FOR THOSE WHO PURSUE TANTRIC REALISATION AND PLANETARY RECREATION AS A MISSION OR A PROFESSION Cosmic Engineering And Orgasmic Continuum' is the brainchild of Arun Webber, a software engineer and former student of Narayana Gurukulam from Bangalore. Arun is also the Founder of the popular websites: [eduladder.com](http://eduladder.com) and [arunsyoga.in](http://arunsyoga.in). Born into a family that has passed tantric knowledge down from generation to generation, he compiled this book based on knowledge he gained whilst travelling across India, as well as talking to diverse people across the globe. The book is presented in the form of four dialogues with experts in their fields, namely Betsy B. Murphy, Dr Thomas, Ben Lawson, and Jem Ayres. It concludes with four

examples of tantric meditation Techniques. The first dialogue with Dr Thomas, entitled, 'Tantric Enlightenment In World Religions' explores tantric influences on various philosophies, including historical materialism, and suggests Mary Magdalene was the tantric consort of Jesus. The second dialogue, with Betsy B Murphy, 'Beyond Orgasm', is also an open discussion. Betsy is a Hollywood filmmaker, born and raised in the States, who has received much acclaim for her book, "An Autobiography Of Orgasm", which explores (tongue in cheek) how women are treated in the bedroom and why they resort to faking orgasms. Betsy has journeyed throughout India and Africa in search of orgasmic experiences and she shares her insights here into what is beyond orgasm and how one can achieve this. The third discussion is with Ben Lawson, a tantric adult film maker and a feminist sex worker. Ben's work is motivated by his frustration with how modern day adult movies present human beings as preverts in their bedroom practices, often ending with rape on their counterparts. In this chapter, the discussion examines the feminine-oriented worshipping yantra - 'kali yantra' - and what it symbolises and Represents. The book's final discussion is with Jem Ayres - a sex coach based in the UK. Jem describes how she miraculously healed her body of lung cancer using the power of tantra. The final section of the book outlines four tantric meditation techniques that can be used in everyday life for empowerment and healing. Throughout the book, there are beautiful images of philosophers, various meditation techniques and a variety of tantric symbols, such as the biblical interpretations of the seed of life, the flower of life and the three dimensional kali yantra. It aims to offer a subjective, existential meaning to enhance the depth of it's reader's life. While using this book as a guide for your Tantric expedition, always remember. "If you know That, you don't have to seek! If you don't know That, then you don't know what to seek!! If you think you know That, then you actually don't know That!!!" -Isavasya Upanishad

New Age Journal - 1996

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.

**New Age** - 1999

*The Tantra* - Victor M. Fic 2003

Bibliography Index The Tantra Is A Body Of Theories, Techniques And Rituals Developed In India In Antiquity, Which Has Two Fundamental Aspects. The First Aspect Of The Tantra Is The Theory Of Creation, Which Posits That The Universe Has No Beginning And No End, And That All Its Manifestations Are Merely The Projections Of Divine Energy Of Its Creator. The Second Aspect Of The Tantra Is The Belief That The Performance Of Tantrik Techniques And Rituals Facilitates Access To This Divine Energy, Enabling Their Practitioners To Empower Themselves, As Well As Empower Others Associated With Them In The Guru-Disciple Relationship. Thus The Knowledge And Proper Application Of Tantrik Techniques And Rituals Is Believed To Harness The Creator'S Cosmic Energies To The Promotion Of The Mundane As Well As Spiritual Goals Of Their Practitioners. Between The Vii And The Xii Centuries A.D. These Theories, Rituals And Practices Spread To Other Parts Of Asia. In These Parts Their Interaction With Indigenous Traditions Of Shamanism And Other Magical Cults Resulted In Potent Hybrids. These Not Only

Served The Personal Needs Of Their Practitioners, But Were Used By The Kings To Summon The Cosmic Forces To Legitimize Their Right And Power To Rule The Ancient Monarchies. Elaborate And Artistically Beautiful Icons Were Developed In Sculpture, Painting, Bronze And Bas-Relief To Portray The Basic Concept Of Tantrik Theories And Various Deities Of The Hindu And Buddhist Pantheons. This Book First Explores The Origin Of The Tantra In India, Its Development And Emergence Of Various Schools Of Hindu And Buddhist Tantrism Over The Centuries. Then It Explores Their Spread From Tantrik Universities In Bihar And Other Centres Of Tantrik Scholarship And Rituals Practised In West Bengal, Orissa And South India At That Time To Nepal, Tibet, Mongolia, China, Japan And Indonesia. The Coloured Plates Illustrate The Iconographic Presentation Of The Basic Theories And Concepts Of The Tantra, As Well As Various Deities Associated With The Pantheons Of Hindu And Buddhist Tantrism Drawn From Different Parts Of The World.

Tantric Secrets for Men - Kerry Riley 2002-10-01

Contains everything a man needs to know in order to be a good lover, based on esoteric traditions of sexual ecstasy. • Includes practical and easy-to-follow Tantric rituals and sacred sexuality exercises for a modern lifestyle. • Uses real-life stories of couples to show the benefits achieved with the practices. • Offers an approach to lovemaking that encompasses all dimensions--physical, emotional, and spiritual. • Written by the co-creators of The Secrets of Sacred Sex video Being a good lover isn't easy. With more freedom, knowledge, and body awareness, today's woman knows better than to settle for predictable, performance-based sex. Tantric Secrets for Men offers everything a man needs to know in order to satisfy a woman's physical, emotional, and spiritual yearnings. Employing the ancient secrets of physical ecstasy, men learn to transform rote sex into passionate lovemaking, pleasure into ecstasy, and partnership into union. From the expert teachings of a committed couple practicing and teaching ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman on the levels of body, heart, and soul--and how to bring themselves to new heights of ecstasy in the process. The authors draw upon time-honored tantric and Taoist practices and

modern sexology that will enable couples to make love more frequently, achieve higher and prolonged states of orgasmic intensity, experience lovemaking as a sacred endeavor, and deepen loving relationships.

**Looking for Tantra** - Sam Red 2015-09-16

Why did the West put Tantra in the box of erotic sex? How did this conceptual degradation of a millennia-old spiritual path come about? And where, or what, is the real Tantra? In answer to these questions, Sam Red refers to her research, contemplations and direct experiences of the

basics of the tantric theoretical framework. In typically candid, inspirational and oftentimes provocative and humorous style, she draws parallels with Taoism and points to tantric techniques that can be used to bring a greater sense of purpose, joy and self-empowerment into everyday living. Sam Red is also author of "She Who is Unto Herself" and "My Name is Joy". Available on Amazon.

**The Utne Reader** - 1999-05

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