

# Urban Tantra A Down To Earth Guide To Out Of This World Sex

**Slow Sex** - Diana Richardson 2011-01-27

A revolutionary practice for couples to enhance sexuality and reach higher states of consciousness • How to make sex a conscious decision, not an accidental encounter • Discusses how slowness increases sensitivity and awakens the body's innate mechanism for ecstasy • Reveals how sexuality can be sustainable and enjoyable well into old age While fast, hot, orgasm-driven sex can bring momentary satisfaction, in the long run it can become boring and mechanical, causing many couples to lose interest and stop making time for physical intimacy. The first step to revive a waning sex life or make a healthy one more fulfilling, says author Diana Richardson, is to make sex a conscious decision rather than an accidental encounter.

Focusing on eye contact, subtle sensations, and deep breathing, Diana's practice of slow sex awakens the body's innate mechanism for ecstasy, unlocking the door to extraordinary realms of sensitivity, sensuality, and higher consciousness. Exploring the healing, spiritual power of slow sex, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slow sex increases sensitivity and sexual vitality and how, because it creates and restores love, slow sex is loving sex. With a focus on coolness rather than heat, this practice provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness. Illustrating different positions for eye contact, deep sustained penetration, and soft penetration, this book reveals that sex truly can be sustainable and enjoyable well into old age.

**Soul Sex** - Al Link 2003-02-12

This is not only a book about Tantric practices, but also about how you can use them to create a life-long, loving relationship. Because Pala and Al's emphasis is on Tantra in relationships, both beginners and skilled Tantric practitioners will find value here. Through the authors' mix of ancient Eastern sexual practices and modern Western approaches to communication and intimacy, you and your partner will learn to connect in ways that are respectful, nourishing, and lusty. Pala and Al offer their relationship as a model for a successful, long-term relationship in which to be happy, fulfilled, and spiritually awakened. Soul Sex includes thought-provoking discussions, personal anecdotes, and precise but simple techniques to inspire you to apply to your daily life. The observations and exercises included are drawn from the authors' own heady partnership and from the hundreds of couples they have had the privilege to teach at their Tantra sacred sex workshops.

**Slow Sex** - Nicole Daedone 2014-07-02

Explains how to use the growing practice of Orgasmic Meditation to slow down, connect emotionally, and achieve authentic female sexual satisfaction.

[The Gynae Geek](#) - Anita Mitra 2019-03-06

Information is everywhere and yet many women still don't truly understand how our bodies work and specifically, how our lower genital tract works. Dr Anita Mitra, AKA The Gynae Geek, believes that we can only be empowered about our health when we have accurate information. This book will be that source.

*Ecstasy Is Necessary* - Barbara Carrellas 2012-03-15

From Barbara Carrellas, sex expert and author of the best-selling book Urban Tantra, comes Ecstasy is Necessary. This is not your average tips-and-techniques sex book; rather it is an exploratory journey of the sexual self and the infinite possibilities of ecstatic expression. In Ecstasy is Necessary, Carrellas teaches readers how to discover, nurture, expand, and embrace their authentic, ever-evolving, sensual, sexual self. Everyone goes through different phases of sexual expression and desire, and there are an infinite number of erotic and ecstatic possibilities available at all points along the way. The insights readers will gain in their journey with Carrellas will help them confidently approach sex and relationships in a way that works for them no matter where they are in their sexual evolution. They will get tools for solving the inevitable challenges that arise. They'll even receive permission not to have sex at all, if that's what's right for them,

because it is possible to create ecstatic experiences even when sex itself is not possible, available, or appropriate. Using stories and simple exercises, Carrellas helps readers understand how they are wired for sex and relationships, what their personal warning signs look like, and what they need for optimum care. Plus, they'll learn how to effectively communicate this information to others so that they can be loved more easily and effectively. As readers discover their authentic sexual selves, they will learn how to create the conditions that allow more and more of their experiences and relationships to be opportunities for-and invitations to-ecstasy.

**The Intuitive Advisor** - Mona Lisa Schulz, MD, PHD 2010-05-01

Whether it's the loveless marriage, family frustrations, the dead-end job, or all the other stressors that result in a health issue that won't go away, most people have some prototypical problem that has caused them to get stuck in a rut and feel lost and confused. . . . And in just about every city or town, you can find a psychic advisor who will offer to advise you about these topics . . . often for a hefty sum of money. But these types of "fortune tellers" give you only limited advice—more like a weather report. They tell you if things will get better or get worse, whether the boyfriend or girlfriend you just broke up with come back, whether that check you've been waiting for will be in the mail, or whether your loved one's health will improve. All that's left is for you to go home and wait for things to happen. Well, there must be a better way to learn how to deal with issues that affect your health . . . and there is! In this enlightening book, Mona Lisa Schulz, M.D., Ph.D., shows you how to combine intuition with intelligence to solve your most pressing health problems. But she's not your run-of-the-mill intuitive. Described as a psychic doctor with humor, solutions, and credentials, Dr. Mona Lisa gives you no-nonsense, grounded, practical, in-your-face solutions on how to fix the relationship, or job/family/physical/emotional problem. She also explains how to deal with many ailments that affect your well-being, including fatigue, allergies, skin problems, weight, digestion, depression, anxiety, and much more. By mastering the "7 Rules for Intuitive Health," you can learn to intuitively conquer pain and suffering and create a life filled with health and happiness.

[The Publishers Weekly](#) - 2005

[Luxurious Loving](#) - Barbara Carrellas 2006-11-01

In the fast-paced world of today, couples struggle to find time and energy for sex amidst work, kids, friends, family, as well as all other life responsibilities and commitments. And in general, slow, sensual lovemaking is one element of life to be put on hold when so little time exists. However, what makes love and sex luxurious is taking the time to slow down and really enjoy it. When you can immerse yourself completely into the experience of either giving or receiving, time ceases, trust increases, intimacy deepens, and you reprogram the way you imagine, breathe, gaze, move, taste, touch, and connect. Luxurious Loving teaches couples new, fun, and exiting ways to reincorporate erotic and sensual techniques to their lovemaking sessions. Examining ancient sexual practices and philosophies, such as Tantra and the Kama Sutra, as well as modern sexual conventions, Luxurious Loving instructs readers on how to explore each other's bodies through sensual head-to-toe touching, kissing, erotic massage, oral sex, masturbation, and numerous other playful turn-ons. Artistic, full-color photography will be featured throughout. This book will inflame passion and s-l-o-w down your sex while ultimately extending your pleasure. "Barbara Carrellas is my favorite sex educator on the planet. She's classy, sassy and wise with vast sexual experience. In Luxurious Loving, Barbara graciously shares her expertise in the most delightful ways. I'm crazy about this book: It's full of superb information; it's great fun and it's sexy, sexy, sexy. Guaranteed to enhance absolutely anyone's sex life." Annie Sprinkle, Ph.D. - Sex worker turned sexologist, and author of Dr. Sprinkle's Spectacular Sex-Make Over Your Love Life.

**Opening Up** - Tristan Taormino 2008-05-05

Relationship expert and bestselling author Tristan Taormino offers a bold new strategy for creating loving, lasting relationships. Drawing on in-depth interviews with over a hundred women and men, *Opening Up* explores the real-life benefits and challenges of all styles of open relationships — from partnered non-monogamy to solo polyamory. With her refreshingly down-to-earth style and sharp wit, Taormino offers solutions for making an open relationship work, including tips on dealing with jealousy, negotiating boundaries, finding community, parenting and time management. *Opening Up* will change the way you think about intimacy.

*Women's Anatomy of Arousal* - Sheri Winston 2010

[Tantra Made Easy](#) - Shashi Solluna 2018

"Tantra is a practice of sacred sexuality that has existed since ancient times to help people find meaning and healing in physical relationships. Now more than ever, this is a practice that everyone can benefit from. Shashi is a world-renowned Tantra instructor who has trained with the world's top experts. In *Tantra Made Easy*, she brings the traditions of Tantra to new readers curious to learn how these can be applied in their lives. Through this book, readers will gain an understanding of Tantra as a spiritual path. This will help them understand the role of relationships, love and intimacy in modern Tantric traditions, the importance of having an open heart and how Tantric techniques can give them a spiritual experience in their physical relationships."--Amazon.com.

*Tao Tantric Arts for Women* - Minke de Vos 2016-07-01

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

*Orgasm Unleashed* - Eyal Matsliah 2015-09-20

A practical guide to deepen and expand your orgasmic experience by yourself. Based on ancient Tantric teachings, modern sexology and tons of experience, *Orgasm Unleashed* is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

[Transcendent Sex](#) - Jenny Wade 2004-04-06

IT'S NOT JUST SEX. IT'S NOT JUST LOVE. IT'S SOMETHING MORE.... But what could be better than sex? How about lovemaking that sweeps people into new realities, producing altered states of consciousness a thousand times more powerful than the most earth-shattering orgasm? Lovemaking so spectacular that it

truly is a religious experience? *Transcendent Sex* is not about the "Tantric method." It is about the best-kept secret in human history: that ordinary people, with no special training, can find themselves in different spiritual realms when making love -- an experience so profound that nothing will ever be the same. It is about sex that triggers episodes identical to the highest spiritual states -- as described in the annals of shamanism, yoga, Buddhism, Christianity, Judaism, and Islam -- including visions, channeling, reliving past lives, transcending the laws of physics, and seeing the face of God. This revealing book tells of lovers who engaged in sex as usual and suddenly found the veil between the worlds torn open. *Transcendent Sex*, like any other spiritual awakening, changes lives. Atheists have become believers; long-standing psychological wounds have been healed; and the sexually abused have become whole. These are the inspiring, incredible true stories of people who experienced an ecstasy and fulfillment beyond the borders of this world.

**The Ultimate Guide to Tantric Sex** - Guillermo Ferrara 2015-08-18

Tantra is a vital path toward full interior development through sex, love, and meditation. Its origin dates back to ancestral India, and from there has enlightened many generations of lovers who have penetrated the secret that leads to ultimate happiness. The practice of Tantra heightens the energy and creativity levels, in addition to reinforcing the partners' connection. It is an integral method that permits the growth of the participants in all aspects of their personality: sexuality, intuition, spirituality, and more. Through the words of Guillermo Ferrara, whose teachings on Tantra are known worldwide, the step-by-step exercises and photographs come to life. *The Ultimate Guide to Tantric Sex* contains, amongst other themes: • Introduction to Tantra and the energies of love • Seduction and sensuality • Yoga for lovers • Sensitive touch and sensual massages • Secret erotic points • Sexual magic, rituals, symbols, and dances • Advanced sexual poses • Tantric exercises for couples • How to achieve a multiple orgasm • Prolonging pleasure • Eighteen lessons of tantric sex

**The Power of Awakening** - Dr. Wayne W. Dyer 2021-08-24

#1 Wall Street Journal bestseller! This new book of spiritual teachings from international best-selling author and beloved inspirational speaker Dr. Wayne W. Dyer is based on his audio lectures from the 1990s and 2000s, offering a fresh take on mindfulness and enlightenment. Beloved spiritual teacher Dr. Wayne W. Dyer often shared his thoughts on the path and practice of personal empowerment during his writings and presentations. He'd say, "This is not about self-help. It's about self-realization, which is way beyond self-help." In this book, which collects some of his timeless words of wisdom in a new format, the internationally renowned speaker and author offers spiritual tools to transcend your current circumstances and old patterns in order to reach true fulfillment. He will show you how to become genuinely awake, aware of the power you have within to shift your thought processes, release attachments, and tame your ego-to name just a few topics covered in these pages. Wayne will help you understand what an illusion much of life is, so you can see the big picture and spark deep transformation (that is, "the ability to go beyond your form"), resulting in peace and harmony in all areas of your life. He will also take you through the stages of enlightenment and instruct you in mindfulness practices such as visualization and meditation, ultimately helping you reach a higher consciousness. Indeed, as a result of reading this book, you'll feel as if you are absolutely living in the light, in tune with the magnificence of the universe . . . and yourself.

[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.

*Introduction to Tantra* - Thubten Yeshe 2001-06-15

This introduction recognizes and explains how to channel the powerful energies aroused by human desires, and how to transform lives with them.

**Orgasms for Two** - Betty Dodson 2003-07-01

A down-to-earth guide to becoming happier and healthier through the benefits of mutually satisfying pleasure—from a renowned sex educator featured on Netflix's *the goop lab* with Gwyneth Paltrow In *Orgasms for Two: The Joy of Partnersex*, Dr. Betty Dodson shows us how to get to know ourselves and our partners better, whether it's the inner and outer workings of the anatomy or the best sex toys to bring to bed. She writes often from her own experiences, because she feels people learn best through example, and she writes from the knowledge acquired through years of working with women and men, teaching workshops, and doing research. The knowledge gained through reading *Orgasms for Two* is like having a kindly, remarkably frank guide tell you all the things you've always wanted to know but never had anyone

to ask. Open *Orgasms for Two* and see how rewarding it is to cast aside conventional beliefs about sexuality and begin to enjoy the best sex of your life.

*He Comes Next* - Ian Kerner 2009-10-13

Transform Yourself from "Passion Victim" to Passionista! In the smash hit *She Comes First*, Ian Kerner singlehandedly waged battle against male sexual "ill-cliteracy," and women everywhere benefited from his "viva la vulva" philosophy of female pleasure. Now, in *Passionista*, it's time to learn all about what turns men on—and makes them stay on. In this point-by-point, "blow-by-blow" guide, Kerner makes giving as much fun as receiving as he covers every angle of male sexuality, unlocks the secrets of satisfaction, and offers knowledgeable answers to the questions every woman wonders about. His advice is the closest you'll ever come to waking up in a guy's skin and knowing what truly makes him sexually tick. Written in the same witty, insightful, and utterly readable voice that has made *She Comes First* and *Be Honest—You're Not That Into Him Either* so popular, *Passionista* is the empowered woman's guide to enjoying sex to the fullest—and ensuring that he does the same.

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