

Tantric Reiki How To Use Reiki To Enhance Love And Sex

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.

Yoni Massage Michaela Riedl 2009-03-02 A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies • Provides emotional healing by releasing traumatic memories stored in the yoni • Includes exercises that use sexual energy to cleanse and stimulate the chakras • Empowers women to draw strength and radiant vitality from the restored connection to their innermost core "Yoni" is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a "private part" hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.

Urban Tantra Barbara Carrellas 2011-04-06 If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. With a juicy mix of erotic how-to and pleasure-centered spiritual wisdom, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to push past their edge in search of the great cosmic orgasm. 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, including: The Erotic Awakening Massage • Breath and Energy Orgasms • Twenty-Minute Tantra Evolutionary Selfloving • Sex and Healing • Tantric BDSM No matter what your gender, sexual preference, or erotic tastes, URBAN TANTRA will expand your notions about pleasure and open you up to new heights of intimacy and sexual fulfillment. From the Trade Paperback edition.

Spirituality Lydia Mckenzie 2016-04-05 BOOK #1: Yoga For Beginners: Release Body Tension With 24 Yoga Exercises and Relaxation Techniques to Practice at Home As many of us know on a regular basis, the stress of life and everything that goes on can take its toll on our bodies. As of late, however, many people are discovering the many benefits that yoga can have in the improvement of their overall quality of life. In this book, you will see the many advantages that this can have and how there are a number of exercises that can improve the quality of life and reduce the stress and tension that a person will generally feel on many days. BOOK #2: Numerology: Cracking the Hidden Mystery Behind Your Birth Date The mathematical art of numerology has many adherents who value its benefits. To help you join this group, Numerology: cracking the hidden mystery behind your birthday offers an introduction to the subject, complete with definition, brief history and principles of practice. BOOK #3: Yoga For Beginners: 25 Easy Yoga Poses for Slimmer Body, Stress Relief and Inner Happiness This book is a must have for anyone looking for a basic introduction to the practice of yoga. Yoga was first developed in India thousands of years ago and it has become increasingly popular all around the world. BOOK #4: Tantric Massage: For Beginners - 8 Amazing Secrets to Boost Your Sex Life with Tips for Sensual Tantric Massage and Perfect Love Making This Tantric massage e-book will take you and your romantic partner to places where you have never been. It uses the ancient energy of the chakras and takes your contact with your lover to a new level. In this book, we will teach you the meaning of Tantric massage and the way it is performed. There are specific methods to use in Tantric massage, and it involves some study on your part. We'll start you out in this e-book, and have you feeling like enough of an expert to add Tantric massage to your nightly ritual, whether it leads to a sexual encounter or not. BOOK #5: Tantric Massage: 8 Most of the Most Well Guarded Secrets About the Perfect Tantric Massage If you've never before experienced Tantric massage, you don't know what you're missing. Almost any type of massage will relax you and help you feel better, but Tantric massage targets your mind, body and spirit. Using ancient methods of massage, you can release the tension and negative energy that can cause depression and disease. You'll feel energized, and better able to face your demanding life. Not only that - this e-book reveals eight secrets of Tantric massage that you have probably never seen anywhere else. Armed with this valuable information, you'll find that Tantric massage can change your life and the way you look at the world around you. BOOK #6: Reiki: The Essential Guide: Be Healthy and Feel Great With Reiki Healing Are you looking for a way to handle your stress? Do you suffer from a health condition that is already being treated, yet you wonder if something else out there can further help you? Most importantly, do you want to know what your other options are? BOOK #7: Auras: Learn How to Feel, See, and Read the Human Aura Do you have a desire to better understand yourself and the people around you? This is achievable when you tap into your ability to see and feel the human aura. With this book, you will learn how to see and feel the human aura. Along the way, you will also learn about the various colors and layers that a human aura can have as well as what each color means. Getting Your FREE Bonus Read this book, and find "BONUS: Your FREE Gift" chapter right after the introduction or after the conclusion.

40 Days to Tantric Ecstasy for Women Jane Rae 2015-02-26 40 Days To Tantric Ecstasy For Women A transforming — life enhancing — 40 day program that weaves together the wisdom of ancient and modern traditions of: • Tantric Sex • Shaman Sacred Sex • Taoist Sexual Healing Sexual laws • Cognitive Behavior Therapy • Meditation • Neuro-Linguistic Programming • Hypnosis • Reiki • Qi Gong • and the Law of Attraction. Are you wanting to have more connectedness, more spirituality, more purpose and meaning... are you wanting to feel alive, more vital and more sensuousness in your life? In this powerful 40 day program, you will discover how to: • Unravel your past, heal broken promises, get "done-with" past relationship hurts so that they no longer hold you back from receiving the love you desire. • Unblock "stuck" and "flat" sexual energy so that you feel more alive, dynamic and vibrant. • Create practical pathways that lead you back into intimacy with yourself. • Experience mind-blowing intimacy. Learn how to recreate it... any time you want to. • Grow towards a more "connected" way of living everyday that will fulfill on your soul's deepest desires. • Develop your spiritual growth so that you deeply and profoundly reconnect with your divine feminine essence. • Build real self-confidence so that you claim ownership of your future in all areas of your life... at work, in money, in love and in intimate sexual relationships. • Discover and fall in love with your divine feminine spark. And develop the courage to speak-up and claim it. In 40 Days To Tantric Ecstasy For Women, author Jane Rae provides you with the critical steps you need to create deep integrity, uncover your core strengths, heal your past relationships... all the while improving your aliveness and your sex life. This book is designed for women in a relationship and single women and guides them how to have more sexiness in every day.

Secrets of Reiki Anne Charlish 2017-08-15 Within this guide learn how reiki works, its principles, what to expect during reiki, how to give a treatment comprising the 27 hands positions, and how to develop your understanding of reiki

Naked at Our Age Joan Price 2011-05-24 An inviting and informative guide to sex for seniors, with a clear message that "as far as sex in the senior years goes . . . the best is yet to come" (Dr. Dean Edell) Joan Price is talking out loud about a subject that is often ignored or ridiculed in our society: later-life sexuality. In *Naked at Our Age*, she offers a candid, straight-talking exploration of senior sexuality -- the challenges, the disappointments, and the surprises, as well as the delights of love and passion. She shares the stories of women and men -- coupled and single, straight and gay -- demonstrating how their sex lives and relationships have changed with age, and how their sex lives influence their lives and self-esteem. Along the way, she offers wise advice from sex therapists, health professionals, counselors, sex educators, and other knowledgeable experts, helping seniors to embrace intimacy in all its forms. Entertaining and indispensable, *Naked at Our Age* is a complete guide to enjoying senior sex, love, passion, and couplehood.

The Publishers Weekly

Spirituality Laura Lee 2016-02-23 **BOOK #1: Yoga For Beginners: 25 Easy Yoga Poses for Slimmer Body, Stress Relief and Inner Happiness**This book is a must have for anyone looking for a basic introduction to the practice of yoga. Yoga was first developed in India thousands of years ago and it has become increasingly popular all around the world. While there are many types of yoga, they all have one thing in common: they help you to create a strong toned body and a clear, bright mind. There are more than one hundred different schools or types of yoga, but most of these types are comprised of various poses, breathing exercises and meditation. **BOOK #2: Total Chi Fitness: Get Familiar With the Meridian Stretching Exercises for Ultimate Fitness, Performance and Health**Total chi fitness has a lot of benefits in ensuring that it unblocks your meridians that are the pathway through which your life energy flows and increases the circulation of your life force**BOOK #3: Reiki: The Complete Guide with Tips on How to Enlarge Your Energy, Stay Healthy, and Feel Awesome with Reiki Healing**Reiki is hundreds of years old and is still practiced by people all over the world. It's the practice of moving energy. In this beginner's level ebook, you will learn how to use reiki to improve your health and your emotional wellbeing. **BOOK #4: Tantric Massage: For Beginners - 8 Amazing Secrets to Boost Your Sex Life with Tips for Sensual Tantric Massage and Perfect Love Making** This Tantric massage e-book will take you and your romantic partner to places where you have never been. It uses the ancient energy of the chakras and takes your contact with your lover to a new level. In this book, we will teach you the meaning of Tantric massage and the way it is performed. There are specific methods to use in Tantric massage, and it involves some study on your part. We'll start you out in this e-book, and have you feeling like enough of an expert to add Tantric massage to your nightly ritual, whether it leads to a sexual encounter or not. **BOOK #5: Tantric Massage: 8 Most of the Most Well Guarded Secrets About the Perfect Tantric Massage**If you've never before experienced Tantric massage, you don't know what you're missing. Almost any type of massage will relax you and help you feel better, but Tantric massage targets your mind, body and spirit. Using ancient methods of massage, you can release the tension and negative energy that can cause depression and disease. You'll feel energized, and better able to face your demanding life. **BOOK #6: Reiki: The Essential Guide: Be Healthy and Feel Great With Reiki Healing**Are you looking for a way to handle your stress? Do you suffer from a health condition that is already being treated, yet you wonder if something else out there can further help you? Most importantly, do you want to know what your other options are?**BOOK #7: Auras: Learn How to Feel, See, and Read the Human Aura**Do you have a desire to better understand yourself and the people around you? This is achievable when you tap into your ability to see and feel the human aura. With this book, you will learn how to see and feel the human aura. Along the way, you will also learn about the various colors and layers that a human aura can have as well as what each color means. Getting Your FREE BonusRead this book, and find "BONUS: Your FREE Gift" chapter right after the introduction or after the conclusion.

Sexuality and Spirituality Guru Rattana 2018-08-20 *Sexuality and Spirituality* offers both men and women the prospect of great sex with deep intimacy, contentment, satisfaction, and divine connection. This amazing manual reveals previously secret Kundalini Yoga sets and meditations from which you can find the means to achieve your greatest joy and fulfillment. Our sexual energy impacts all aspects of our life: How we relate to our sexuality is a determining factor in how we relate not only to our partners, but also to our family, friends, children, and all those with whom we interact. We are all sexual beings, so this book is for everyone - regardless of age, gender, gender identity, sexual orientation, spiritual path, or level of sexual activity. This updated and expanded 2nd Edition offers new material about Tantra, man's and woman's sexuality, how to practice the locks for sexual pleasure, polarity balance for men and women, and opening the heart to sacred love. It also retains the much loved Kundalini Yoga sets and meditations from the original 1989 edition, in what remains the only published source of much of this amazing material from the early classes of Yogi Bhajan. We miss a lot when sex is reduced to building up stressful desire and releasing it. Spiritualizing our attitude toward our sexuality delivers us to the universal creative dimensions of existence. How we create in life is a function of how we are able to sustain and interact with the unfolding of our life, relax into our own rhythm, and find satisfaction while moving through our daily activities. Learn how to open your heart - to yourself, to others and to all life. Love happens as you embrace all life's challenges, as well as its joys. Practicing the technology and absorbing the wisdom offered in this manual will change your life, by raising your frequency to the vibration of sacred love.

Library Journal 2006-04

Forthcoming Books Rose Army 2003-04

Kundalini Awakening: Chakras Activation to Expand Mind Power (Open Your Third Eye With Chakra Meditation And Breathing Techniques) Donald Harpers 2022-05-10 Kundalini awakening refers to primordial life force energy contained at the base of the spine. This book has many pieces of information on how to activate your kundalini energy or shakti. Welcome to a wonderful journey that will lead you to discover the mysterious and intense kundalini awakening, you can go to the limits of the potential of your being by opening the third eye and enhancing your psychic abilities. Here's just a preview of what awaits you, when you read kundalini awakening; Serpent energy: introduction to kundalini, a dormant serpent energy, ready to uncoil History: learn about kundalini, a discovery and practice that dates back thousands of years Chakras: introduction to 7 main chakras, your body's critical energy centers Energy manipulation: how to work on your chakras and nadis? Kundalini yoga: kundalini yoga, for each of your 7 chakras Releasing kundalini: meditation & exercises to unleash your kundalini Kundalini is a dormant energy within most people. this guidebook will tell you how to use the simple yoga poses, meditation and mantra together to achieve the extra ordinary desired results in a short span of time. These techniques will not only awaken the kundalini energy, moving you towards spiritual enlightenment, it also can improve your health and remove all stress and unhappiness in your life.

The Alchemy of Sexual Energy Mantak Chia 2009-12-23 Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The Alchemy of Sexual Energy builds upon Microcosmic Orbit practices discussed in *Healing Light of the Tao*. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle.

Whole Beauty Shiva Rose 2018-04-03 A decade ago, after suffering from life-threatening autoimmune disorders, Hollywood actress Shiva Rose set out to discover a more holistic way to natural health and beauty. Growing her own organic herbs and flowers; mixing creams, lotions, and tonics; and following Ayurvedic practices and creating mindful rituals, she has not only healed her life but has also become a leader and entrepreneur in the world of all-natural beauty and lifestyle. Whole Beauty is her radiant next step, a practical, inspiring, stunningly beautiful guide to following a whole beauty practice at home. Here is the recipe for Rose's iconic rose hip facial serum, as well as 40 other recipes for masks and exfoliants, hair-care products and detoxes, and even DIY deodorant and toothpaste. She explains Ayurvedic practices, such as dry brushing and oil pulling, and home-cleansing rituals, such as smudging with burning sage; shares a dozen tonics, including Celestial Nog and Summer Lover; and offers an entire chapter on the use of essential oils, both on the body and in the home. From natural beauty solutions like a Blushing Bride Chickpea Face Mask to showing how to tap into the full force of female energy, Whole Beauty is a complete guide to revitalizing your life.

Mastering the Core Teachings of the Buddha Daniel Ingram 2020-01-20 The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

The Wee, The Wound And The Worries: My Experience Of Being A Kidney Donor Pearl Howie 2010-10-11 In 2002 I donated a kidney to my brother. This book is an account of my personal experience along with some advice for anyone considering donating a kidney to a loved one.

Tantric Sex, Kama Sutra and Sex Positions Guide Lana Fox 2020-10-28 Is your sex life all it can be? Could you find ways to improve it and enjoy a whole new range of positions? Would you like to learn tips of foreplay that will make a world of difference? Have you considered trying out Tantric sex for something that is guaranteed to transform your lovemaking? If you want to improve your sex life then finding new and exciting sex positions is probably a good place to start. The simple introduction of something different is often all that is needed to breathe new life into a flagging relationship or to enhance one that has become slightly stale, often through no fault on either side. The reality is that most of us like what we know and that goes for sex positions as well. By changing things around we get renewed vigour and with "Tantric Sex, Kama Sutra and Sex Positions Guide: The MOST Practical Guide with Advanced Techniques to Make WILD LOVE and EXPLODE your Private Life." you have a book that provides chapters on: Beginner sex positions Oral sex Hardcore sex positions Experimental positions The amazing benefits of Tantric sex The basics you need to know How to prepare your body and mind The path to purification Positions for explosive Tantric sex How to achieve multiple orgasms Anal sex Introducing sex games and role playing 150 positions to try out And more... Suitable for beginners and advanced practitioners alike, Sex Positions Guide provides you with enough positions to keep even the most adventurous couples occupied for a long time. By introducing Tantric Sex Positions to your sex life you take a huge step towards a greater intimacy with your partner and a mind and body connection which cannot be replicated with other sexual styles. Complete with full illustrations to make sure you know what you are doing, this is a book that provides an exciting and invigorating change to your normal sex routine. Above all you will experience something that will improve your sex life and give you many hours of intense pleasure that you would otherwise find difficult to achieve. Get a copy now and see how it could improve your sex life!

Reiki for Witches Dr. Isis Day 2013-04-04 We - Witches, Wizards, Pagans and New-Agers - are healers and thus naturally drawn to the healing Arts and Sciences, whether conventional or alternative. I consider Reiki a gentle unobtrusive part, expression or practice of Magic safely used in a new world where the old Pagan ways are frowned at and the practice of Witchcraft could attract dangerous and life-threatening antagonism if unwittingly done openly. Reiki for Witches - A Multi-Purpose Holistic Tool For Witches, Wizards, Pagans and New-Agers by Dr. Isis Day, is an expository thesis which discusses Reiki as an alternative type of healing practice, and looks at its significance within the context of Metaphysics, Pagan and New Age practices. It examines the key techniques associated with this Energy healing process which allows Reiki Practitioners to help themselves and others, thus healing the Inner Person through the use of the Universal Life Force or Magic.

Safe Sexual Healing Sunyata Satchitananda 2019-09-06 Sexual healing has been a clandestine alternative healing modality in the shadows of public awareness. This guidebook seeks to bring sexual healing out of the shadows and inform both healers and those seeking healing about how to conduct sexual healing sessions safely. Safe Sexual Healing goes behind the scenes and reveals how sexual healing works and shares key principles and essential practices needed to provide safety for both clients and healers. It provides essential information to sexual trauma survivors on how to pick a sexual healer and what to expect in sexual healing sessions. Healers gain important insight into the healer-client relationship and learn what to watch out for during sessions to prevent harming their clients.

Tantric Reiki Gail Radford 2004-11 The art of Tantric Reiki--the blending of ritualistic, meditative sexual practices with the attainment of elevated consciousness through applied life energy--is one of the best-kept secrets among Reiki masters and is finally revealed in this book. The objectives and techniques of this unique Reiki method are discussed, including joining a pair of lovers together with the power of Reiki energy and increasing the amount of love and the intensity of the sexual experience dramatically.

The Origins of Yoga and Tantra Geoffrey Samuel 2008-03-27 Yoga, tantra and other forms of Asian meditation are practised in modernized forms throughout the world today, but most introductions to Hinduism or Buddhism tell only part of the story of how they developed. This book is an interpretation of the history of Indic religions up to around 1200 CE, with particular focus on the development of yogic and tantric traditions. It assesses how much we really know about this period, and asks what sense we can make of the evolution of yogic and tantric practices, which were to become such central and important features of the Indic religious scene. Its originality lies in seeking to understand these traditions in terms of the total social and religious context of South Asian society during this period, including the religious practices of the general population with their close engagement with family, gender, economic life and other pragmatic concerns.

Tantra Georg Feuerstein, Ph.D. 1998-07-28 A leading yoga researcher offers a clear and lively introduction to the history, philosophy, and practice of the Tantric spiritual tradition Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of “divine power” (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. Tantra: The Path of Ecstasy dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

Shake Your Soul-Song! Devi Ward 2012-11-05 We live in a culture that teaches us to both fear and ignore our sexuality, and repress our sensuality. Women are largely uneducated about their full pleasure-potential, and are discouraged from exploring their own unique style of healthy sensual expression. Shake Your Soul-Song presents the idea of using pleasure as a path to self-empowerment and soul connection. By using the methodology of The 4 Principles of Self-Pleasure, each woman will more deeply understand her relationship to The 4 Forms of Pleasure, and how to use them for accessing more of her personal & spiritual potential. Each of The 4 Principles of Self-Pleasure uses practical and fun tools designed to effectively connect, heal, awaken, & transform every woman's heart, body, mind & soul. Shake Your Soul-Song includes authentic and

soulful insight into: * Creating a New "Pleasure Paradigm" with The 4 Principles of Self-Pleasure * The 4 Forms of Pleasure and how to use them for accessing more of your personal potential * The difference between sensuality & sexuality * Gratification vs. Pleasure * How cultivating conscious sense-uality can help you experience more presence, passion & connection in all areas of your life * How the Walt Disney Syndrome keeps us disempowered as women & contributes to relational dysfunction between partners * Ancient, powerful tools for transforming your life-experience on a cellular level * The Secret to Sensual Sovereignty * The 11 different orgasms for women, what they are and how to activate them for more passion, pleasure, and soul expression. Includes an effective and enjoyable 'Pleasure Program' for cultivating the ultimate pleasure potential in your everyday life. Also includes a special bonus exercise for cultivating sensual intimacy with your partner Find out more at www.femininemergence.com

Tantric Sex for Busy Couples Diana Daffner 2011-02-15 A unique program of S.E.X. - Synchronized Energy eXchange - exercises that combine Tantra sexuality from India with Tai Chi movements from China. Thousands have used these simple exercises to build a connection with their mate that recalls - or surpasses - first love. Tantric Sex for Busy Couples provides readers with a dynamically new and practical approach to creating intimacy on all levels - sexual, emotional and spiritual. Blending the ancient teachings of Tantra from India, and the peaceful exercise program of T'ai Chi from China, couples discover how to create magic in their relationship. Woven throughout the easy instructions are the personal experiences of the author and her husband. Although the emphasis is on intimacy rather than orgasm, the sexual practices are designed to provide plenty of both. The basic exercises presented in the book include "Solo Stillness," "Connected Pose" and the "Tantra TaiChi Trilogy." Solo Stillness highlights the idea that when we each embrace our inner self, we are more able to be truly present in a relationship. Connected Pose invites the couple to simply be with each other, face-to-face, heart-to-heart, eyes open. This establishes the foundation for intimate connection. The Tantra TaiChi Trilogy focuses on three primary centers in the body - both metaphorically and physically--the Sex Center (below the waist), the Heart Center (above the waist) and the more elusive "Bindi" or spiritual center represented by the third eye and upper "chakras." Each of these centers interacts with and influences the others. Sexual energy is moved throughout the body, rather than being concentrated in the genitals. The foundational exercises of Tantra TaiChi are preparation for the sexual practices described in the book. These include yin and yang ceremonies of sexual massage for the woman and the man, as well as "Peaceful Passion" --a sexual union that requires neither a high sex drive nor a Viagra-inspired erection. Throughout all of the practices, readers are encouraged to maintain a sacred, respectful, loving and ceremonial attitude toward their partners. This attitude alone can transform a relationship into a love affair.

The Complete Reiki Handbook Basic Introduction And Methods Of Natural Application (A Complete Guide For Reiki Practice) Walter Lubeck 2003-10 Walter Lubeck describes in a clear concise fashion a method of treatment which--irrespective of all challenges, obstacles or legal restrictions--offers therapeutic possibilities in the face of the challenges confronting naturopathy and empirical medicine today. This book will help to broaden the knowledge thus gained and provide more insight into Reiki so that it may be applied with greater ease and care. This book is especially commendable as it establishes connections between Reiki and biological medicine by pointing out combinations possible with herbal extracts, homeopathic preparations, Schussler salts, and the spagyric remedies which have been rediscovered. The combined action of Reiki energy and natural medicinal substances, some of which have been known from time immemorial, speed up and improve the therapeutic effect to a considerable degree.

Los Angeles Magazine 1996-10 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

Spiritual Healing Kamala Gandhi 2020-07-23 If you are looking to improve your health and quality of life without expensive doctors and medicine, by practicing millenary techniques then you have chosen the perfect book. Ayurveda: Hindu Healing And A Secret For A Better Life; AND Reiki Healing Meditation Essential For Beginners are a comprehensive guide to spiritual healing that will help you unlock millenary secrets to improve your health, body and state of mind by teaching you the simple Hindu healing techniques of Ayurveda and Reiki. Ayurveda, whose literal translation means "science or knowledge of life" is the traditional medical system of India. Its origin dates back to about 5000 to 10,000 years and is widely considered to be the oldest form of healing in the world. There are five basic elements that shape the Ayurvedic philosophy: air, fire, water, earth and ether. Ayurveda bases its effectiveness on using practical and simple methods of natural origin, without experimenting with animals and relying on the effectiveness of plants. Reiki is a holistic technique that harmonizes and unlocks all the planes of the human being: physical, mental, emotional and spiritual. It does not harm the body in any way and does not create addiction or side effects because there are no chemical substances or foreign elements, only the energy of life that is present in every living being. Reiki is an alternative therapy that acts in depth going to the root of the physical or emotional problem, allowing the emotion or pattern of behavior that created the imbalance to manifest and be healed. It helps us with personal growth and the expansion of our consciousness. Inside You Will Find How to understand your body, and determine your constitution How the process of disease works How to liberate your emotions How to cure yourself using the Pancha Karma How to plan an ayurvedic diet for a better life How Ayurveda can change your life through small modifications in lifestyle and routine. The practice of yoga How to meditate for a longer life How to apply natural medicine as first aid and treatment How to understand energy and chakras about your Ki and body's alchemy. How to understand the The universal spiritual laws and how they interact with energy healing How Reiju and the levels of reiki work and the gassho meditation How to use the Koriki or ancient symbols How to conduct a Reiki Session Different tricks and variations of Reiki treatments Get this book NOW, embrace simple, yet effective beginners guide to Ayurveda, heal your body and mind to reach longevity!

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.

Books In Print 2004-2005 Bowker Editorial Staff 2004

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.

Make Love Every Day Kathryn Colleen Rmt, PhD 2020-08-26 A new approach to mutual enlightenment for the connected couple via sexuality that connects you and your love through trust, safety, grounding, individual power, love, compassion, expression, wisdom and transcendence.

Partners in Passion David Francis 2008-05 Packed with revolutionary ideas and practical techniques for developing a deeper connection with one's partner and greater personal awareness, this breakthrough approach to intimacy and gender offers a new blueprint for establishing energetically balanced and enhanced relationships.

Los Angeles Magazine 1996-11 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our

region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

Sexuality and Seduction Vladimir Živković Short guide about human sexuality and sexual relationships. Learn true about seduction and manipulation in contemporary love relationships. How to live positive sexuality? What is seduction and why people like to be seducers? The answers are here, in this book. This text is written to disperse misconceptions about human sexuality and seduction. As always, I advise people to check the legitimacy of the creation. Nothing is accidental, and no action is without the consequences. This text should help the reader realize that there is no coincidental happiness, but only deserved one. That also means that happiness related to sexuality can't be arbitrary. It is the result of a pure, innocent and human sexuality. Who doesn't believe such claims, my advice is to check for validity of this reading at least. Still, it's always better to live properly and humanely, than to check for errors, faults, and sin. The results of errors are always: the waste of time and misery. That's the truth that modern man has forgotten. Even worse thing is that there are a few of those a man can learn from the laws of Universe, which are happening every second faultlessly. And why is that so? It's because a man feels lonely and lost in Space. It's time to change this situation.

Los Angeles Magazine 1996-09 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

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.

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.

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 everyone.

Annie Sprinkle Annie Sprinkle 1998 'Gives new meaning to the term revolutionary ardor'. - The Village Voice

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