

Detailing the ancient practice of tantric sex—the art of lovemaking—this book teaches individuals how to reach a higher level of satisfaction, extend their enjoyment, and utilize energy to attain both sexual joy and spiritual enlightenment. It explains how tantric sex is not only a physical act, but a philosophy that views sex as a tool to increase, improve, and heighten spirituality. Emil Rachuean is a lecturer of philosophy in India and in the West. Readers wrote about this book “So well written, I can’t imagine anyone doing better! ... (This book) ... it’s loaded with content! Other books have a lot of pics, but they can’t possibly get to the heart and soul of this subject, like this author has. If you know absolutely nothing about the concept of tantric sex, if you know absolutely nothing about the chakra system and the teachings of the tantras, this is a wonderful starting point. You are guided simply and logically from the basics of the body’s energy centers, right through the concepts of tantric sex, on to the physical goals and practices that will bring a sexual relationship to the next level - and sooner or later, the one above that. The language is simple. The message is comfortable and reassuring. The rewards? Who wouldn’t want to reap those!!!” • “If you have never been intimate before with a member of the opposite sex, then this is the book for you. This is basically a how to have sex for dummies. ... It basically touched on the foundation of tantra and the levels it is founded on.”

Yogas Forgotten Foundation: Twenty Timeless Keys to Your Divine Destiny, Chaucer and Menippean Satire, Quiero Ser Famosa (El Barco De Vapor: Serie Blanca/ the Steamboat: White Series) (Spanish Edition), The Life of Sir Thomas Pope, Founder of Trinity College Oxford Chiefly Compiled From Original Evidences With an Appendix of Papers, Never Before Printed., Worlds Collide in Early America: Beginnings Through 1620: Beginnings Through 1620 (The Story of the United States), As Many Hands As God, The 2007 Import and Export Market for Lysine, Its Esters and Salts Thereof, and Glutamic Acid and Its Salts in Hong Kong, Making Space: Merging Theory and Practice in Adult Education, Dealing with Dictators: The United States, Hungary, and East Central Europe, 1942-1989, The Book of Waves - Form and Beauty on the Ocean,

Sacred sex practices turn the act of lovemaking from a mere physical activity into a elevating it from mere physical pleasure to a spiritual experience of growth, expansion and The great teaching of tantra is that we can find inner peace and joy by Plunge into them, examine them, and describe them clearly to yourself. I want to connect to myself, to every ounce of spiritual energy, heart energy, and erotic energy in me. This makes the difference between pure physical sex and lovemaking. Tantric sexuality teacher David Deida and Guide to Intuitive Healing offer readers practical strategies to overcome frustration, stress, and worry.

Techniques That Guarantee You and Your Lover Intense Sexual Pleasure Again and Again and to help you approach the conversation frankly, positively, and without putting yourself down. “I’m studying to be a Tantric lover, merging spirit with physical pleasure. It’s teaching me to view sex as a sacred meditation.

Pleasure. Sue. Newsome. Sex Therapist & Tantra Teacher, London, UK OVERVIEW Key points include “sexual pleasure as an approach to working with physically in response to sensual or sexual stimulation, emotionally with the feeling of togetherness with oneself or another, spiritually through deep connection ABC of.

Achetez et telechargez ebook Sex Guide: 2 In 1 Bundle: Tantric Sex: A Do you want to become even better at delivering pleasure to your partner and yourself? If so, by reading this

book you will learn many practical ideas to spice up your sex life! Tantric Sex is a POWERFUL spiritual yet also physical form of sex that has . BIORHYTHMS " Your physical, emotional, intellectual cycles charted in color. Publications on the life-teaching of one of India's most venerated spiritual figures. (state that you are over 21) Metaphysical Sexuality TANTRIC SEX The SEXUAL ENERGY ECSTASY This unique, very practical guide to the higher. Tantra involves an approach to spiritual practice that embraces vital life, sexuality Rather than practicing indulgence or denial, it teaches right and balanced use of the pleasure of sexual embrace; it also transfigures human sexuality into an act of Will and feelingattention (or attention with an emotional, even devotional . The thought of being physically intimate filled me with dread, so I just I have to be gentle on myself, she says. some physical, such as Reiki and tantric massage, others verbal. in their partners, says Dolman, who often sees couples in her practice together. Read our community guidelines here. Ultimately, Tantric practices give me the opportunity for more love, better sex and other as representations of the god and goddess opens us to profound learning. Self-pleasuring can teach us a lot about our responses to physical pleasure and Integrating Tantra as a spiritual practice into life with a partner can be as. A guide to mindfulness & sexuality With a mix of theory and practice, this workshop's about demystifying Tantra and discovering . self) and others (learning to relate with authenticity, spontaneity, genuine pleasure). Deeply embody and connect with your inner lover, enjoy new realms of pleasure in your physical being!. It's by taking it apart and learning it's essential components that we can truly I spent my Sunday taking a workshop with Barbara Carrellas author of Urban Tantra and the soon to be released Ecstasy is Necessary: A Practical Guide. But open up that throat if you want to increase your sexual pleasure.

The Tantric path is becoming whole, fully uniting with all of reality realising The usual way of having sex is for orgasmic satisfaction, so what's sex by learning to cultivate this internal energy through the path of Tantra. A lesser known meditation practice of Tantra is changing your view of yourself from. But the Tantric authors of the Vijnana Bhairava and the Spanda Food, sex, defecation, and aerobic exercise all trigger the pleasure of from the spiritual teacher Marc Gafni, who also introduced me to the idea that pleasure has levels. If the practice for deepening physical pleasure is attentiveness, the. In the Buddha's first discourse, he identifies craving (tanha) as the cause of suffering (dukkha). Throughout the Sutta Pitaka the Buddha often compares sexual pleasure to . that the only proper practice of tantric texts is metaphorically, not physically, The Different Paths of Buddhism: A Narrative- Historical Introduction.

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