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Ecstatic Sex A Guide To The Pleasures Of Tantra

JR Anderson

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Ecstasy Anand expands our definition of ecstasy and shows how we can harness its energy to help us live work and love more passionately joyfully and with true spiritual focus Our modern work obsessed stress filled culture what Anand calls the anti ecstatic conspiracy has dulled our spirits thrown us off balance and alienated us from meaningful everyday experiences In this inspirational journey toward finding the healing nature of ecstasy Anand explains how the two types of ecstatic experiences the moments of epiphany called Ecstatic Awakenings and EveryDay Ecstasy or the Ecstasy of Flow a connection to our power and inner wisdom can help us move beyond pain and doubt to reach our highest potential Based on the spiritual path of Tantra Anand shows how to use the natural energy system of our bodies the seven chakras as a map to ecstasy As she guides us through the chakras she explains how each one plays an important role in transforming energy into erotic passion healing empowerment compassion creativity insight and gratitude Blocked chakras manifest themselves in surprising ways wholeness can be achieved only when all of the chakras are open with energy flowing freely By transforming negative behavioral patterns into positive ones and strengthening ourselves physically emotionally and spiritually we can improve our health sex life career relationships and find profound meaning in everyday moments With personal anecdotes exercises meditations and rituals The Art of Everyday Ecstasy shows us how to bring ecstatic energy into the body mind heart and spirit to embrace every moment in our totality to respond bodily feel from the heart perceive with clarity and be fully present to others and to life New Age Journal, 1998 The Art of Sexual Ecstasy Margo Anand, 1990-12-01 This landmark book on human sexuality makes the sacred lovemaking techniques of the East fully comprehensible to Western readers Elegantly illustrated it helps the reader acquire new attitudes and broaden his or her range of experience to revitalize and strengthen relationships This book opens the way to a new stage of fulfillment and bliss making the sacred lovemaking techniques of the east available to western readers and extending sensual experience for everyone The most comprehensive and clearly written work on contemporary Tantric sex An exceptional detailed program for both the beginner and the advanced practitioner Herbert A Otto author of Total Sex The Complete Idiot's Guide to Tantric Sex Judith Kuriansky, 2004 In this updated fully illustrated second edition the author uncovers every aspect of this ancient practice and introduces the principles techniques **Tantric Sex for Couples** Zoe Loxley, 2020-09-04 Are you ready to Embark on a Seven Night and rituals of Tantra Journey to Awaken Your Sexuality and Unlock Pure Erotic Energy Discover How by reading on Would you like to Awaken your ancestral instincts Uncover all the pleasures that tantric sex provides Find out the spiritual side of sex Be able to reach valley orgasm and enjoy sexual ecstasy If so then you ve come to the right place In this guide the author takes you by the hand on a seven night journey to awaken your sexuality empower your intimacy and wake up the tantric being inside of you Try to think of the typical sex without romance that s what you do quickly with him who often comes before her few looks and many worries We are light years away from the concept of tantric sex of slow and overwhelming spiritual and physical union that we all dreamed of at least once in our lives Tantric sex will literally transform what you know about pleasure with new

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Red Hot Tantra David Alan Ramsdale, Cynthia W. Gentry, 2004 Red Hot Tantra was the first book about red tantra the hot lusty version of tantric sex This book drops the robes of holiness to offer the first shamelessly erotic blissfully sensual and devoutly naughty tantric guide When most people think of tantric sex they think of white tantra which was developed by monks and encourages dispassionate remoteness Red tantra on the other hand is an ancient orgasm positive woman centered tradition based on erotic goddess worship This book combines erotic stories instructions for a tantric experience and a commentary on the insights dramatized by the story and experienced by the reader Tantric Sex Rilev Ashwood, 2020-09-16 The Art of Tantric Sex Achieve Perfect Intimacy and Experience Unparalleled Pleasure Using Ancient Tantric Sex Techniques Do you want to spice up your sex life in a meaningful way Are you looking to improve your relationship and deepen intimacy Tantric sex means the weaving and expansion of energy If you feel that your sex life has become a routine affair without much spark tantric sex is for you When we spend a lot of time with our partners we get used to each other We start operating by default and the spark of spontaneity and newness gets lost If we don't do something to fix that sex life can completely fizzle out Good news It s not only possible to have amazing sex in longterm relationships in fact the more you know each other the better Tantric sex is all about that mind body connection and the feeling of deep intimacy It s a slow form of sex that enhances pleasures and leads to mind blowing long orgasms for both men and women Here s what you ll learn in this guide to tantric sex Tantric Sex 101 Everything you always wanted to know but were too afraid to ask explained in detail Breathing and Preparation Mind and body exercises that will help you achieve the tantric mindset and strengthen your desire for each other Positions and Techniques How to walk the path of a sex god or goddess and experience mind blowing pleasure together Multiple Orgasms and Massages Learn how to prolong the pleasure and reach the stars with these time tested sex techniques AND SO MUCH MORE Even if you might think tantra sounds exotic it s pretty simple It all comes down to awakening your primal sexual energy and expressing it through intimacy You and your

partner will reach levels of connection you never thought possible So Scroll up Click on Buy Now with 1 Click and Get Your Copy Now Prabuddha Bharata ,1999-07

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