

Lingam Massage Awakening Male Sexual Energy Engli

Yeah, reviewing a ebook **lingam massage awakening male sexual energy engli** could accumulate your near friends listings. This is just one of the solutions for you to be successful. As understood, finishing does not suggest that you have extraordinary points.

Comprehending as competently as union even more than further will offer each success. bordering to, the notice as well as sharpness of this lingam massage awakening male sexual energy engli can be taken as capably as picked to act.

Sexual Secrets Nik Douglas 1989 "Sexual Secrets" is the definitive and all-encompassing guide to sex and mysticism. No book of this magnitude has ever appeared on the subject. The distillation of more than two thousand years of practical techniques for enhancing sexual awareness and achieving the transcendental experience of unity, "Sexual Secrets" explores the path of love and mysticism, making accesible for the first time the sexual mysteries of the East.

White Tigress Green Dragon Hsi Lai 2015-09-09 The modern perspective on sexuality is almost exclusively focused on procreational and recreational sex. Little attention has been given to the ancient Asian perspectives on the more profound restorative and transformative (spiritual) benefits of sexuality. This challenging material will definitely bring about a rethinking of sexual purpose and conduct. "White Tigress" refers to a female who follows the natural workings and forces of her sexuality to achieve beauty, youthfulness, longevity, and immortality. Her sexual practices all derive from teachings passed down through various consorts and female Taoist nuns and immortaleses. "Green Dragon" refers to the male surrogate sexual partners of a White Tigress, who provide her with heightened sexual energy and passion. A Green Dragon can also be a co-cultivator in a Tigress's practice, helping her engage in the deeper transformational practices so that they both can achieve restoration and illumination of body and spirit. The White Tigress and Green Dragon sexual-spiritual practices and philosophy revitalize sexual passion and compassion, demonstrating that there is much to learn about sexual energy and how it can greatly benefit the body and mind.

The Sexual Teachings of the White Tigress Hsi Lai 2001-08-01 • Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy. • The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women. • Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago. • Provides Western medical correlations to substantiate White Tigress practices. White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. The Sexual Teachings of the White Tigress presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the

ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of ching (sexual energy), chi (vital energy), and shen (consciousness)--the Three Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

The Sexual Life of Our Time in Its Relations to Modern Civilization Iwan Bloch 1909

Tantra Hugh B. Urban 2012 Bhadriraju Krishnamurti (1928) is Professor and Head of the department of Linguistics at Osmania University, Hyderabad. He received a B.A. (Hons.) Degree (1948) in Telugu language and literature at Andhra University Waltair and an M.A. (1955) and Ph.D. (1957) in linguistics from the university of Pennsylvania U.S.A.

Tantric Sex Grace Mason 2017-01-08 Off late, do you feel that you and your partner feel disconnected? Do you feel that your sex life has become monotonous? Do you feel like adding some spice back into your sex life and breaking free of the routine? Do you feel that there's something that is stopping you from forming a strong bond with your partner? Do you want to improve the intimacy quotient? Do you want to learn the different ways in which you can attain greater pleasure? Do you want to learn the different ways in which you can pleasure your partner? If your answer is yes for any of the questions that have been mentioned above, then this is the perfect book for you. Your reason for exploring the concept of Tantric sex could range from curiosity to your want of establishing a spiritual connection with your partner. Regardless of your reason, this is the perfect book for getting you started with the teachings of Tantric sex. Tantric sex is so much more than simply establishing a physical bond between two partners. It is about connecting with your partner on an emotional and a spiritual level. It is the union of the female and the male energies present in the body, for forming a spiritual connection. Tantric sex will help in revitalizing your body, mind, and soul. Tantra can be practiced in different forms and Tantric sex is one of those forms that will help in awakening the dormant sexual energy present in your body for helping you attain greater pleasure. Tantric sex will help in turning up the heat between the sheets and add a new dimension to your sex life. In the course of this book, you will learn: The meaning of Tantric sex and its various benefits. The essentials of Tantric sex and the worship of the God or Goddess within. Preparation of your body for Tantric sex. Essentials of Tantric communication. The different Tantric sex positions and techniques. The basic teachings of Tantric sex. Various Tantric sex exercises and yoga positions. The ways in which Tantric sex can be made use of for male and female orgasms. All the information regarding Tantric sex, the different positions, and variations will help you in forming a bond with your partner that surpasses the physical realm. So, what are you waiting for? Let's get started! Buy your copy today!

Urban Tantra, Second Edition Barbara Carrellas 2017 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. This updated edition celebrates the 10th anniversary of Urban Tantra, and is revised to include more inclusive gender pronouns and language, new science and safe sex information, and an updated reference section. 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.

Tantric Sex Positions Victor E. Sellner 2021-01-07

Seminal Retention and Higher Consciousness JJ Semple 2015-05-25 Higher consciousness and sexual sublimation (diverting sexual energy to the brain) are inextricably linked in most of the world's

meditation methods. So where does seminal retention fit in? Seminal retention techniques can be used by male practitioners who want to continue sexual relations without the deleterious effects linked to ejaculating. While best meditation practices dictate renouncing ejaculation and sexual relations, seminal retention techniques do provide a compromise for males not able or not willing to give up sex. In the East, people have always known about the connection between higher consciousness and what goes on below the waist. Seminal Retention and Higher Consciousness: The Sexology of Kundalini explores this connection, and its sexological implications. First, there's a limited amount of semen in the male body. Neither you, nor I, can change this; it's a biological fact. Second, although you can't replenish what's been lost, you can conserve what's left. Today, it's understandable that young, vital individuals working on kundalini activation techniques want to maintain a normal sex life. Formerly, the only way to avoid the deleterious physiological effects linked to ejaculation was to avoid sex altogether after activating kundalini. That is not acceptable to this generation: The sex drive is too powerful to simply put it on the back burner in favor of abstinence or abstention. Today's seekers want instant gratification, free license to ejaculate at will, at the same time, they pursue higher consciousness. Fortunately, there is a way to reconcile the two, a series of seminal retention techniques I discovered after activating kundalini. But before revealing these secret techniques, let's examine some of the effects various authorities on kundalini had to deal with. First, Gopi Krishna writing in 1977: "At the present time, we can say, that perhaps twice a week to once in two weeks would be a safe measure for indulgence in the sexual act. This is of absolute importance for those who would like to awaken the Serpent Power. "On one occasion, after months of abstention, I prematurely had a contact with my wife. The next moment, because the energy did not come up to feed the brain, I seemed to sink into a pit of horror and terror, so much so that I thought that if nothing happened to save me from this terrible situation, I would die. "People realize these mistakes when they are sixty or seventy years old. There have been many cases in which men of advanced age have repented the folly of their youth." Second, before I mastered retention techniques, I discovered first hand how much the brain needs the elixir and I wrote about it in Deciphering the Golden Flower One Secret at a Time: "My head is imploding and the elixir is being summoned to my brain for life support. I curl up in a fetal position. To no avail, my nerves are like an electrical fire searing the very conduits that enclose them and there isn't enough elixir to cool them. Certainly, if I try to lead a normal sex life, I'll simply exhaust my resources. I can feel the elixir waning and, as Gopi Krishna put it, 'a tongue of golden flame searching my stomach for food.'" I learned the hard way, but you don't have to. Not if you take the time to master the techniques discussed in this book. Yes, I suffered bouts of physical pain, like the ones described above, that led me to seek and ultimately find techniques that not only allowed me to continue sexual relations, but also allowed me and my partners to experiment with new pleasures. In ancient times, sex relations and higher consciousness were a no-no. Today, seekers want both. And they can have them...within reason. The biology hasn't changed; Kundalini still needs the energy. But, if you can control the energy as it surges up the spine into the brain and not allow it to flow out, you can navigate the tricky waters between sublimation and ejaculation.

Aphrodisiac Kimberly Gallagher 2021-04-06 From the co-founder of one of the world's most respected herbal education websites: recipes, rituals, practices, and personal stories to help you live a more sexually fulfilled and vital life. Plants are the great healers of the earth, and their capacity to support healthy sexuality is just as powerful. This beautifully written and illustrated book brings you into a relationship with herbs for sexual fulfillment and empowerment. Drawing on her own knowledge of herbalism and sacred sensuality, along with intimate stories from students who implemented her teachings, Kimberly Gallagher guides you on a personal journey of growth aided by the aphrodisiac properties and sensual uses of healing herbs and flowers such as damiana, cacao, and rose. Kimberly is an author and co-founder of LearningHerbs, a widely respected herbal education website. In *Aphrodisiac*, you'll find thoughtful, soulful rituals and dozens of recipes for putting the herbs to use, such as Autumn

Blush Cordial, Rose Massage Oil, and Cardamom Chocolate Mousse Torte. You'll read user-friendly and well-researched monographs that teach you everything you need to know about every featured herb. And you'll find a wide range of practices for inviting erotic energy flow into your life--including creating an inviting environment, nourishing your body, and simply slowing down so there's time to savor pleasure. When people are sensually alive and sexually fulfilled, they are more confident, creative, and joyful. They are also more likely to share their unique personal gifts with the world. Aphrodisiac is an essential resource for anyone wishing to live a more vibrant life.

The Multi-Orgasmic Couple Mantak Chia 2009-03-17 The bestselling authors of *The Multi-Orgasmic Man* show you and your partner how to: Experience intense multiple whole-body orgasms Pleasure each other profoundly Use sexuality for health and healing Deepen your love and spiritual relationship Couples will discover simple step-by-step techniques for a level of sexual pleasure, intimacy, and healing they may not have known was possible. This fully illustrated guide will inspire couples to make love all night-and make love last a lifetime.

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.

Lingam Massage Michaela Riedl 2010-03-09 A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity • Empowers men to expand and deepen their experience of arousal and sensuality • Demonstrates how deep relaxation is important to a strong and lasting erection • Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual "performance" have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation.

Tantric Sex Avaya Alorveda 2020-03-10 If you have tried everything imaginable, but have never been able to connect with yourself and your lover on a deeper level to create the ultimate sexual experience, then this could be one of the most important books you have read in years. Are you looking for practical ways to incorporate tantric sex into your own relationship? Did you know that you and your partner or lover can have far more fulfilling and satisfying lives if you look after your sexual health with tantric sex? "Tantric Sex: A Guide in the Tantric Philosophy to discover Tantric Sex Positions, Tantric Massage, and Tantric Meditation" is written to give you the keys to understanding your sexual energy and becoming more aware of your body, mind, and spirit system. It is a known fact that tantric sex improves blood circulation and enhances overall sexual health, but a lot of people don't know how to incorporate it into their lives. That is where this book comes in to help. Inside this book, you will discover how to cultivate and transmute sexual energy into a powerful healing and creative force that increase sexual pleasures beyond what you can imagine. This guide reveals real and powerful tips that will help you create greater sexual experiences and deep personal fulfillment. Here is a preview of what you will discover inside this book: Specific ways you can transform sexual energy and connect with your inner self using tantric sex Robust information on how you can enrich your life with tantric techniques beyond the bedroom How orgasms work and how you can use the knowledge to maximize sexual gratification Getting the ultimate sexual pleasure and full-body climax through tantric methods Tantric techniques to increase your sexual stamina right now And more... You'll be amazed at how simple and easy it is to master your sexual energy, engage your partner and understand her pre-sex intricate algorithm with this book. Scroll Up and Get This Entire Book Today!

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.

The Tibetan Exercises for Rejuvenation Samael Aun Weor 2010-09-14 The health and vitality of the physical body is essential for anyone who aspires towards the awakening of the consciousness. Initiated students of Tantric traditions are taught exercises called Yantra Yoga to promote health and fortitude needed for their rigorous self-development. Samael Aun Weor, a reincarnated lama from the Sacred Order of Tibet, teaches in this book a synthesized and refined sequence of Yantric exercises with profound benefits that anyone can experience. In addition, he provides a fascinating and often shocking perspective on the reality of our situation, and the tremendous urgency for us to change our ways. "I tell you, brothers and sisters, that we, the Gnostics, have precise methods in order to rejuvenate the organism and cure all sicknesses. It is unquestionable that we can learn how to heal ourselves. Each one of us can be converted into our own physician by learning how to heal ourselves without the necessity of "medicine" - lo and behold, the most beloved ideal. It is urgent to preserve the physical body in perfect health for many years so that we can use this precious physical vehicle for the realization of our own Inner Self." - Samael Aun Weor

Tantric Sex Avaya Alorveda 2020-07-26 Do you want to discover the ancient secrets to experience mind-blowing Tantric Sex and Improve Your Relationship? Then Keep Reading. Gratifying sex requires both parties to feel deeply connected to each other. Without even a semblance of connection, sex just isn't as good. In the whole history, nothing more than Tantric secrets can give you the keys for the real pleasure of body and soul. Tantra, derived from ancient Sanskrit language, means "to weave energy". Practicing Tantra is about transcending the sexual and spiritual planes. This is done by engaging in spontaneous, deeply meditative, and intimate sex. In order for your sex life to improve, you must be willing to learn and practice Tantra. Once you do, you will be able to flow with your body's rhythm, find out what gives it pleasure and figure out the way it feels pleasure. So, how can you apply ancient Hinduism and Buddhism principles to achieve mind-blowing Tantric sex? Get yourself your very own copy of the "Tantra" and "Tantric Sex", a 2 in 1 books bundle by Avaya Alorveda that will guide you in a life-changing journey! What makes this guide unique is that readers can start their journey towards physical and spiritual sex. Here is where you will learn principles that can help reach a deep, intimate connection with your partner! Over the course of this life-changing 2-in-1 guide, you will discover Awaken and worship the God or Goddess within you so you can have better sex and deeper, more intimate relationships Achieve multiple orgasms using centuries-old Tantric sex teachings that are still relevant in the modern world Improve your Tantric sex experiences using proven, expert-approved tips that will change your life and relationships for the better Master the art of sacred sex to reach your soul's ecstasy! you will be able to awaken your sexual energy with the teachings of Tantra illuminated. The best sex positions for couples, massage and meditation techniques. And so much more! What's inside this bundle of two books: Book 1: Tantra Introduction Guide to Tantra Philosophy, Traditions and Practices Samsara (The Cyclic Existence) and Nirvana (The Other World Time, Bondage And The Goddess Kali Divine Play Of Shakti And Shiva Discipleship and The Tantric Path The Subtle Body And Its Environment Awakening The Serpent Power Book 2: Tantric Sex A Guide in the Tantric Philosophy to discover Tantric Sex Positions, Tantric Massage and Tantric Meditation Tantra, Tantric Sex and its Benefits Communication Essentials and How to Breathe To Ecstasy Distinguish And Worship The God Or Goddess Within You How to Prepare Your Body and the Purification Path Positions And Techniques Multiple Orgasm, Female Orgasm and Tantric Sex Teachings Tips to Improve Tantric Sex Pleasure This life-changing guide provides proven ancient knowledge that focuses not only on erotic aspects but also on the importance of history, practices, and traditions behind the Tantra philosophy. In simple words, after getting this book, the secrets Tantric techniques that you will discover will improve your sex life thanks to a new and deeply spiritual vision. Are You Ready To Mastery All The Ancient Secrets Of Pleasure? Let's discover all of them: Scroll up, Click to Get This Book, and let Tantra Secrets become part of your life.

Kundalini Tantra Swami Satyananda Saraswati 1996 In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force. It is not psychological or transcendental; it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book.

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.

Sex Mudras Serge Villecroix 2013-05-06 Sacred gestures of the hands and body to energize the sexual organs, increase libido, enhance pleasure, and improve overall health • Includes exercises for men and women to tone the genitals, improve endurance, and reach orgasm without ejaculation • Details shared exercises for couples to harmonize male and female energies • Explains how these exercises can treat sexual problems caused by tobacco, psychotropic drugs, and alcohol Mudras have been used for thousands of years in Hinduism and Buddhism to channel the movement of energy in the body for physical enhancement and spiritual enrichment. These sacred gestures of the hands and body create a tangible link between body and mind, conscious and unconscious, and can be used to strengthen and invigorate specific organs or bodily systems. Exploring the mudras of sexual vitality, Serge Villecroix illustrates energy movement exercises for men and women to tone the genitals, increase libido, improve endurance, and enhance pleasure. He reveals mudras for men to reach orgasm without ejaculation and details shared exercises for couples to harmonize male and female energies. He explains how these exercises can treat sexual dysfunction, such as impotence, as well as overcome sexual problems caused by tobacco, psychotropic drugs, alcohol, and other substances. Providing a complete guide to the sex mudras, Villecroix shows how strengthening your sexual energies also improves cardiac and respiratory health and overall vitality.

The Heart of Tantric Sex Diana Richardson 2010-05-11 After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

Tantric Sex for Busy Couples Diana Daffner 2011-02-15 In *Tantric Sex for Busy Couples*, Diana Daffner offers readers a modern approach to intimacy based on ancient techniques. Combining age-old tantric teachings, the peaceful exercise program of t'ai chi, and meditation, the book shows couples how to energize their relationship. The basic exercises include "Solo Stillness," which helps readers embrace the inner self; "Connected Pose," a way for couples to simply be together; and the "Tantra T'ai Chi Trilogy," a tri-partite system for moving sexual energy throughout the body. The author's foundational tantra t'ai chi exercises help readers prepare.

Acupressure for Lovers Michael Reed Gach 1997 Introduces the techniques of Chinese finger pressure to help lovers develop intimacy and have better sex, providing step-by-step instructions and tips on stretches, exercises, massages, and positions that promote relaxation

It's a Meaningful Life Bo Lozoff 2001-03-01 Here is a universal, time-tested path for finding true meaning and joy in every aspect of our lives. Drawing on his 30 years of teaching and service, Bo Lozoff shows why compassion--not success, self-improvement, or self-esteem--is at the root of happiness. In 26 intimate, inspiring chapters--each accompanied by a specific practice--Lozoff covers themes such as developing honesty, learning humility, dealing with anger, and honoring relationships. He shows how practices such as a daily vow of kindness or a simple commitment of time with others can have a profound effect on ourselves and our world. Lozoff's stories and lessons can awaken everyone to a happier and more fulfilled life.

Tantric Massage James Argyle 2016-05-16 *Tantric Massage For Beginners! (Updated March 2016!)* The Ultimate Beginners Crash Course To The Art Of Tantric Massage! Are You Ready To Learn All About Tantra? If So You've Come To The Right Place - Regardless Of How Little Experience You May Have! Here's A Preview Of What This Amazing Book Contains... An Introduction To What Tantra Is All About The Promises Of Tantra Tantric Breathing Techniques Setting the Tantric Mood Additional Tantric Preparation Tips Balancing of the Chakras Performing the Tantric Massage The Lingam Massage The Yoni Massage Tantric Positions For The Bedroom And Much, Much More! Order Your Copy Now And Let's Get Started Today!

Tantric & Kashmiri Massages Michele Larue 2018-07-23 Among the various techniques of self-improvement and caring, I chose Tantric and Kashmiri massages to rediscover my body but also to experience an intensification of my sensations in order to get the most out of life. Nakedness, being touched all over our body enables us to renew with our prepubertal innocence, the innocence of childhood and the happy days when we were discovering tactile pleasure. We feel... alive again As I received various Tantric massages in the course of my research, I tried to conceptualize the different techniques used and the impulse which transmits love through the sense of touch. This led directly to my taking note of what the different Tantric and Kashmiri massages have in common. The 6 full body massage protocols I describe in my book provide a framework for the moves to be performed and transitions to be smoothed out, as well as tips and tricks meant to increase the fluidity of a Tantric massage. You may simply draw your initial inspiration from these and go on to massage freely with an open heart. Tantric & Kashmiri massages includes various solo exercises such as undulatory orbital breathing, chakra balancing, and the Who-Am-I or karsai nei tsang self-massage, as well as a number of easy twosome exercises associated with the Tantra. In an age when we are constantly bombarded with stimuli of every sort, getting in tune with our own sensibility and that of our partners and even renewing contact with the sacred through shamanism or the Tantra will strengthen our sense of rootedness shattered by stress.

Beyond Tantra Mieke Wik 2012-06-01 Provides Westerners with a step-by-step, tastefully illustrated, practical introduction to the ancient Chinese art of sexual dual cultivation.

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.

Instructions For Yoni Massage Di Kay 2016-12-29 Instructions for Yoni Massage Tantra Book - Tantric Massage You're about to embark on a wonderful journey! Would you like to feel more intense excitement than ever before? Experience more love for yourself and others than you ever imagined possible? Have the best sex ever -- truly, because it's not just sex; it's much more? If you answered yes, get ready to be transformed, to feel freer, and more enthusiastic about yourself and your life. I can make these promises to you because I know it's possible and because I have seen inspiring transformations happen to men and women of all ages, young and old, when embarking on the exciting journey you can make in this book. In this part, I'll introduce you to the ancient arts of TANTRIC MASSAGE that started in the Eastern parts of the world thousands of years ago but that were lost over the centuries until now. You'll learn powerful breathing techniques, ways to generate powerful surges of sexual energy through your body, how to honor yourself and your partner, and all the basics to get started on the tantric path into deeper intimacy and higher states of ecstatic consciousness!

Instructions For Lingam Massage Di Kay 2016-12-29 Tantric sex for couples Instructions for Lingam Massage is a Tantric Massage book for couples. Get these techniques for Lingam Massage and start using them in your couple to multiply the passion and complicity in your relationship. Discover new pleasures. A Guide To Lingam Massage - Content: - Tantric Massage - Yoni Massage - Lingam Massage - How To Perform A Lingam Massage - Lingam Massage, Alternative Therapy To Address Impotence - What Is the Easiest Way to Learn Tantric Massage So if you want to learn tantric massage for couples you are right with this book.

Learn Tantric Sex Aventuras De Viaje 2019-10-04 Teach Yourself Tantric Sex! Discover the secrets to increasing your sexual pleasure to heights you have never felt before. This book will teach you everything you want to know about tantric sex. Learn what it is and how you can use it to increase sexual pleasure, have sexual awakenings, and connect on a deeper level with yourself and your lover. You'll love learning tantric sex, because it will raise you to a plane of pleasure which you could not experience otherwise. Get it now. Over 50 Tantric Exercises * Cultivate the mindset of the tantric lover to get the most out of your tantric romance * How to create a personal space most conducive to tantric sexual practice * Learn about chakras and how they play an important part in tantric sex * Ancient tantric and yogi rituals to open yourself to a higher sexual awakening * Understand exactly how orgasms work, and how to use the knowledge for maximum sexual pleasure Bring out Your Inner Tantric Sex God * Give your lover(s) the most pleasurable orgasms he/she/they will ever have, and give them again, and again, and again! * Use tantric dance and tantric massage to feel energy between you and your partner like you never have before * How to have oral sex the tantric way * Special tantric sex positions for heightened

sexual awareness * Use tantric sex exercises to redirect your sexual energy so you can last longer and/or help your lover feel intense pleasure * How tantric sex does not just finish after orgasm, and how the pleasure and harmony can carry throughout all aspects of life. ... and more. Limited Time Only... Get your copy of Learn Tantric Sex today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive discount offers * Downloadable sample chapters * Bonus content ... and more! Start feeling pleasure like you never have before, because this is the biggest sexual awakening you'll ever have. Get it now.

Love, Sex, and Awakening Margot Anand 2017-01-08 Famed tantric practitioner and teacher Margot Anand has led a life of spiritual bliss and erotic ecstasy. This book recounts the fascinating adventures, turning points, and breakthroughs on her path from sex to awakening, and it includes techniques and exercises to help you connect to the powerful energy of the erotic spirit.

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.

Bondassage Jaeleen Bennis 2013-09 "The next evolution in erotic massage, this book will teach you how to take your need for sensation to a whole new level!"-Jaiya, creator of Red Hot Touch video series and co-author of Red Hot Touch: A Head-to-Toe Handbook for Mind-Blowing Orgasms "Bondassage is the absolute best massage book in the whole world! Gifted pleasure artists and world-class sex educators, Jaeleen Bennis and Eve Minax, generously share the secrets and skills they've gathered from decades of hands-on experience. Follow their simple, clear, concise instructions and you are guaranteed to manifest full body bliss and profoundly deep satisfaction-sexually and beyond."-Annie Sprinkle, Ph.D., author of Spectacular Sex-Make Over Your Love Life Learn how to give your lover a sensual, euphoric--and slightly kinky--massage that will open the door to new realms of pleasure, intimacy and connection for you both. Whether you're looking to learn simple things to do with your hands (pinch, caress, spank!), or are ready to explore light bondage and the delights of submission (including an introduction to basic sex toys and how to use them), this book will show you how to get kinky while deepening that loving connection to your partner. Bondassage is a massage practice created by Jaeleen Bennis, who trains and licenses professional masseuses and bodyworkers in this exceptional set of techniques. Now you can learn the secrets of Bondassage to use in the privacy of your own home. Bondassage is perfect for couples looking to heat things up as well as singles looking to improve their sexual confidence.

Taoist Foreplay Mantak Chia 2010-07-13 Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupressure massage routines • Shows how to maintain sexual health with prostate massage and jade egg exercises Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, Taoist Foreplay guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive.

Tantric Lovers Hanna Katz-Jelfs 2012-12-26 Bring bliss and pleasure into your life. Enhance intimacy and relationships. Tantra has an emphasis on honouring, weaving together sexuality and spirituality. Relax into a state of orgasmic, erotic trance, riding the waves of bliss. Learn to: • re-awaken and rekindle the spark of love and sexuality in relationships • bond, enhance relationships, deepen intimacy • channel erotic energy and bliss • integrate sexual energy into an orgasmic plateau, become a multi-orgasmic man • control ejaculation and female ejaculation “Detailed instructions for setting the scene, approaching your lover’s body with reverence, demonstrating the mapping of the subtle anatomy of the energy body in the process of deepening pleasure and awakening sexual ecstasy. This comprehensive book describes the best ways to cultivate an attitude of honouring and offers techniques, so that your partner can surrender to the deep pleasure you offer. Keep practicing, until you glimpse the precious world Hanna is offering you—one that will change your experience of sex, forever.” —Cassandra Lorus, MA, PGDip (Porterbrook NHS), sex therapist and author “This is one of the best books on tantra that I have seen in years ... unlocks the ancient secrets of awakening and sustaining sexual ecstasy by embodying the pleasure of our spiritual nature ... includes everything from anatomy to pleasure points and practices for couples, solo sex and more.” —Beth Hedva, PhD, MA Clinical Psychology, MA Transpersonal Counselling psychology, awarding-winning author

Tantric Sex Shubhaa Fisher 2015-07-08 Learn to enjoy and improve your sexuality through a new and uniquely spiritual approach. In the East lovemaking is seen as a pleasurable journey; the Tantric Buddhists, for example, use sex as an enjoyable path to enlightenment. While we may not want to go so far, we can certainly learn to add enjoyment, energy and power to our sexual relationships. This comprehensive introduction to tantric sexuality offers a radically different and exciting new dimension to sex within a loving relationship. It explains in a clear and simple way the practical techniques that you can try if you want to further your knowledge of esoteric lovemaking. Change your sexual focus from the one of mere pleasure or procreation to that of a higher spiritual nature with more enjoyment and pleasure.

Tantric Sex for Couples Zoe Loxley 2020-09-04 Are you ready to Embark on a Seven Night 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 techniques, positions and massages. Here's what this incredible book can offer you: Tantric sex concepts: Discover the true story of tantra and how to recognize the tantric being in each of us. Three golden rules for tantric sex: Find out what things exactly you have to do to evolve your sex life. Four key principles for sexual ecstasy: Learn how to easily reach sexual ecstasy and discover the joy of valley orgasm. Tantric sex positions: Uncover how to have sex for hours, prolong the pleasure to infinity and experience an extreme orgasm Tantric sex massage: Find out the benefits of tantric sex massage and how to use it to awaken your senses. Guide to awakening: Follow the detailed seven-night journey that will take you from scratch to practice tantric sex Guide to enhancing intercourse: Combine valuable tips with tantric exercises and techniques to enhance your new dimension of sex. And much, much more... If you are looking for a way to turn your sexual experiences as a couple into something supernatural, then look no further. In this guide we will explain everything you need to know about tantra for two. The seven-night journey is waiting for you, are you ready? Scroll up, click on "Buy Now with 1-Click" and Get Your Copy Now!

Sexual Energy Ecstasy David Alan Ramsdale 1991 A Joy of Sex for the New Age, this treasury of Eastern and Western sexual secrets will help couples enjoy the best physical and spiritual relationship possible. Contains Tantric and Taoist techniques of sacred sexuality, guided meditation passages, and tasteful drawings by Allan Parker.

Easy to Learn Sexual Massage Deborah Glass 2014-09-23 Tantric massage is a great way to provide erotic pleasure and sexual healing for you and your partner. Yoni (Vagina) and Lingam (Penis) are two of the oldest types of Tantric massage techniques in the world. This basic guide will give you an introduction to simple and easy to learn techniques that you can start using right away. Includes graphic and explicit detail of sexually stimulating massage. Do not read if you are uncomfortable with sexual massage techniques.