

# The Heart Of Tantric Sex

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*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.

Tantra Charles Muir 1989 Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

*Tantric Sex for Men* Diana Richardson 2010-06-18 A revolutionary approach to male sexuality offers the keys to achieving sexual fulfillment • Teaches how to retain semen for increased vitality and longer lovemaking • Explains the relationship-strengthening benefits of deep, sustained penetration • Includes foreplay approaches and position sequences Fulfilling sex nourishes love, increases vitality, and boosts mental health. Unfortunately, prevailing attitudes about male sexuality and what is good sex work against these innate features by focusing on the excitement of ejaculation as the one and only goal. Using the tantric guidelines they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond their preconceptions of sex as a goal-oriented--and often unintentionally stressful--event so they can relax into sex as a meditative union of complementary energies. They explain how retaining semen allows for increased vitality and extended lovemaking sessions and show the relationship-strengthening benefits of deep, sustained penetration. They also explain how to perform soft penetration and how to avoid premature ejaculation. *Tantric Sex for Men* includes tried-and-true foreplay approaches, diagrams of sexual position sequences, ways to increase sexual sensitivity through awareness, and how to have ecstatic experiences through reaching a woman's body on a sexually deeper level. The authors also demonstrate how the sexual organs can be used to heal both men and women physically, emotionally, and spiritually.

*Tantric Sex for Men* Diana Richardson 2010-06-18 Using the tantric guidelines they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond preconceptions of sex as a goal-oriented--and often stressful--event so they can relax into sex as a meditative union of complementary energies.

Summary of Diana Richardson's Heart of Tantric Sex Everest Media, 2022-05-02T22:59:00Z Please note:

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This is a companion version & not the original book. Sample Book Insights: #1 Sex is the most significant aspect of our lives. It is the source of a great deal of pain and pleasure, comfort and discomfort, happiness and unhappiness, ecstasies and agonies. It is what each of us truly longs for: to love and to be loved. #2 Sex is a powerful force, and we cannot contain it. We can only learn to channel it in the most intelligent and uplifting ways. Love and sex are not in a satisfactory state for most people. Sex does not deeply fulfill us, and it does not have the power to take us beyond the pressures or limitations of our day-to-day life. #3 To find the depth of sexual satisfaction we seek, we must start bringing intelligence into our view of sex. We must look at it from a different perspective. We must consider sex beyond reproduction or immediate physical pleasure and gratification. #4 The secret of Tantra is to retain sexual energy within the body instead of releasing it in orgasm or ejaculation. It is then re-circulated and nourishes the master glands in the body, which have a profound influence on health.

Tantric Sex Couples Guide: Communication, Sex And Healing Jeffery Dawson 2016-01-02 Embrace the Passion and Spiritual Healing of Tantric Sex! Looking For Sexual Healing? Better Communication With Your Lover? Erotic Pleasure? Extended Ecstasy? Timed Bliss? Then THIS BOOK IS FOR YOU! Embrace the Passion and Spiritual Healing of Tantric Sex! Are you curious about Tantric Sex? Do you need guidance to get started? Would you like to know how Tantric Sex can free your body and soul? Discover the many aspects of Tantric Sex: Tantric Communication Tantric Positions Tantric Exercises and Breathing Myths and Truths about Tantric Sex and Tantra The Ten Pledges of Tantra Mantras and Yantras LEARN THE SECRETS OF TIMED BLISS! Tantric Sex can Increase Love, Alleviate Depression, and Create a Positive Effect on the World. You'll discover many techniques and positions, and even learn how to give a Tantric massage!

**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

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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.

**Tantric Sex** Olivia Love 2018-07-24 Are You Hungry for Intimacy in Your Relationship? Do You Yearn for a Renewed Romance in Your Sex Life? TANTRIC SEX IS THE BOOK YOU HAVE BEEN WAITING FOR Buy the Paperback version of this book, and get the Kindle eBook version included for FREE Have you been looking for ways to spice up your love life? Are you bored of what has been going on in the bedroom? Tantra is a tradition gaining widespread acceptance that helps couples indulge in sensual pleasure and at the same time evolve both mentally and spiritually. In this book you will be introduced to the mystical sexual experience which promotes a slow exploration of sensual activities in order to move beyond the physical and tap into the realm of universal consciousness. Practitioners of tantric sex have reported various health benefits including, recovery from erectile dysfunction, premature ejaculation, inability to orgasm, and mental illnesses. And best of all the tantric sex positions are designed to trigger full-body orgasms. Tantric Sex comes complete with advice on tantric sex of positions and massage tips. A Practical Sex Guide in which you'll find over 20 distinct positions , each with an image and detailed instructions. In this Book You Will Learn About: \* The Tantric Mind \* Tantric Intimacy \* Tantric Massage for Her & Him \* Tantric Foreplay \* Tantric Sex Positions \* The Female Orgasm You will learn the techniques used in tantric sex from harmonized breathing and hand on heart practices to the various tantric sex positions that deepen intimacy. Written a for couples to enjoy the greatest pleasure on earth, Tantric Sex offers something for everyone interested in spicing up their sex life for night after night of exquisite pleasure. Through tantric sex, you get to unlock your chakras, so get ready to take a critical step in your spiritual enlightenment to bring out the Shiva & Shakti within. Buy Now to Spice Up Your Sex Life!

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!

**Tantra for Couples** Richard Jakes 2020-04-08 Filled with various sex positions, a more profound sense of connection, and sure way to get repeated orgasms, Tantra for couples will change your sex life forever. Tantra for couples is a book that explores the tantric sex positions. It brings a slower yet effective way of making love to the ones we adore. It beats the regular quickies and fast sex styles that many are used to. In this book, you will be able to not only experience sex on a new dimension, but you will also learn how to reduce your stress levels to enable you to enjoy the experience. Here, you will be experiencing a god-like feeling to your experience because the book will engage the use of every sense of your body as well as every method to heighten the experience. It will not only build a deeper connection between you and your partner, but it will also heal you of past hurts, pain, and anger. Moreover, you are getting access to unlock some exciting parts of yourself. While many people would have recommended that you open your souls to the new reality by visiting the deepest parts of the forests, cutting your hair, and avoiding human connection, this book will guide you on how to use sex to have the experience. It uses the human relationships to get a quicker result than the insight many would have gained from going the ways of monks. This book covers the following topics: - What is Tantra? - The best tantric sex position that you'll need to learn to improve your sexual compatibility - The single most important rule to take your intimacy to the next level - Sacred sex positions that you should try at least on time in your life - Preparing your mind for sex - Secret mind sex games - Tantric exercises which can make you perform better in bed - Tantric massages and yoga - How to connect with your partner's sexual needs and fulfill their sexual desires You have here just the right tool for a great sex experience that was always the method of royalties and lords, which has always kept them satisfied with themselves and others.

The Everything Tantric Sex Book Bobbi Dempsey 2007-07-17 Emerging from the ancient Asian tradition known as Tantra (which shares some similarities with yoga), Tantric sex is about the flow and exchange of energy, the movement of life. The Everything Tantric Sex Book unveils the origins, history, development, and practices of this esoteric tradition, showing you how to harness what many Tantrics believe to be the most powerful energy--sexual energy. Discover: Breathing techniques and erotic rituals How to maximize several types of orgasms 24-hour foreplay talk How to create a sensual space Ways to maximize energy flow Links to Tantric workshops How to master Kama Sutra and Tantric positions With The Everything Tantric Sex Book, you'll become a knowledgeable, artful lover in no time by discovering tips for nurturing long-term relationships and learning techniques for more pleasurable lovemaking.

*Tantra* Georg Feuerstein, Ph.D. 1998-07-28 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.

Tantric Sex Stephanie Misty 2020-01-29 Have you ever felt that ecstasy after a beautiful night with your partner? Do you have the desire to feel it again and again? Would you like to drastically improve your relationship and live your sexual life to its full potential? Would you like to have a tool that is going to lead

you in every area of internal and external relationships? I think your answer is a definite "Yes" to at least one of these questions, so just keep reading... "TANTRIC SEX" - a book that will teach you the secrets of long-lasting relationships. A complete guide for tantric philosophy, meditation, massage and sex. Sex is one of these topics people never talk about in public, friends, relatives, even with their partner. Silence is usually a big problem that can break relationships, even after decades in a relationship. Tantra is a philosophy that has been used for over 6000 years, starting in India and has helped a lot of modern time people who dealt with their intimate relationships with their partners. In this guide we managed to take all the most researched information, put it together and create the most practical and simple guide with clear directions and explanations. Let's take a look at only a few things we will teach you in this book: Tantra and its benefits Sex and Orgasm (everything you need to know) Mind preparation guide for passionate relationship How to use Tantra philosophy in your everyday life? Tantra is not only about a personal relationship Now it is your turn to take action. Scroll up, click on "Buy Now" and experience it!

Tantric Awakening Valerie Brooks 2001-10-01 The autobiography of an American Gen-X woman who immerses herself in the sexual mysteries of tantric yoga. • An engaging insider's story that intimately portrays the details of the tantric sexual path from a young woman's point of view. • Author is one of the few Americans to be initiated into the sacred cobra breath. • Reveals not only the benefits but also the pitfalls, problems, and temptations of this path toward enlightenment. • Includes meditations and exercises for beginning a tantric practice. Tantric Awakening discloses an epic experience of tantra that few have achieved, and even fewer would dare to attempt. This is the story of a 19-year-old girl, disillusioned by the questions that her religion and society fail to answer, who courageously enters the sensuous rituals of tantric sex. In search of authentic knowledge, Brooks was admitted into secret societies where she learned firsthand the ways of the tradition from tantric adepts. Amid disapproval from family and friends, her body and spirit awaken to ecstatic levels of orgasmic pleasure that allow her to experience loving relationships, better health, and a deep sense of oneness with God. A personal and intimate portrait, Tantric Awakening is tastefully written to reveal not only the ecstatic power and spiritual benefits of tantra, but also the pitfalls, problems, and temptations of this path toward enlightenment. With the inclusion of specific tantric sexual techniques the author shows how to use tantra to balance the spirit with the physical self in order to achieve personal empowerment, transforming fear and self-doubt into joy and self-confidence. Meditations, exercises, and important insights for beginning a tantric practice assist the reader who is inspired to bring a sense of the divine into daily life.

**The Heart of Tantra. Tantric Sex and Massage for Begin** Oliver R. Gilmore 2017-10-23 The flame of passion, gorgeous sex, fusion of souls and ultimate union of partners is not a myth! Now it is your new reality with a book about tantric massage and sex! - Where to start studying secrets of Tantra? - you got a question - Just open the book, start reading and you'll understand - it has everything you need to know to give your love and passion a second chance... This book highlights the technique of tantric massage and tantric sex, yoga, long sex techniques, Kama Sutra positions and more. Make sure yourself! Stop waiting and buy your copy today by clicking the BUY NOW button at the top of this page!

**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

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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!

**Tantric Love Letters** Diana Richardson 2012 Diana Richardson, an acclaimed authority on human sexuality, began a personal enquiry into the union of sex and meditation (the essence of tantra) over twenty five years ago while living in India. Through these innocent steps and motivated by simple curiosity, she gained deep insights into the spiritual and generative implications of sex that lie beyond its reproductive aspect. She stresses that it is the how of sex, and not the what of sex, that determines the difference. With additional information we can begin to honor the innate sexual intelligence that exists in our bodies as a subtle electro-magnetic reality. On this fine and delicate level man and woman function as equal yet opposite forces that are highly complimentary. Embracing this polarity potential can elevate and transform sex into an empowering and spiritual act, an experience that creates and sustains love, peace and harmony. Her simple, down to earth and practical approach as presented in her books has created a wave of positive resonance and response from readers worldwide.

Tantric Sex More Sex More Fun Book Club 2020-11-18 Are you tired of bang-bang quickies and want to try something new? It's easier said than done to level up your sex life. Life is stressful, and breaking out of the old sexual routines is not easy. Having an exciting sex life with your partner is like a glue that brings you closer to each other. The better sex you have, the more intimate you are, and the better the relationship. If you feel like it's time to try something new, tantric sex might be it. Tantric sex slows things down and focuses on connection and sexual energy. It's a higher level of sexual ecstasy that is much more than just penetration. In this book, you learn the basics of tantric sex, including its history (it's a 5000-year-old practice), how to get started, basic positions with illustrations, and much more. After learning tantra, some men and women experience multiple long-lasting orgasms for the first time in their life. Are you ready to try?

Kiss of the Yogini David Gordon White 2006-07-07 For those who wonder what relation actual Tantric practices bear to the "Tantric sex" currently being marketed so successfully in the West, David Gordon White has a simple answer: there is none. Sweeping away centuries of misunderstandings and misrepresentations, White returns to original texts, images, and ritual practices to reconstruct the history of South Asian Tantra from the medieval period to the present day. Kiss of the Yogini focuses on what White identifies as the sole truly distinctive feature of South Asian Tantra: sexualized ritual practices, especially as expressed in the medieval Kaula rites. Such practices centered on the exchange of powerful, transformative sexual fluids between male practitioners and wild female bird and animal spirits known as Yoginis. It was only by "drinking" the sexual fluids of the Yoginis that men could enter the

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family of the supreme godhead and thereby obtain supernatural powers and transform themselves into gods. By focusing on sexual rituals, White resituates South Asian Tantra, in its precolonial form, at the center of religious, social, and political life, arguing that Tantra was the mainstream, and that in many ways it continues to influence contemporary Hinduism, even if reformist misunderstandings relegate it to a marginal position. Kiss of the Yogini contains White's own translations from over a dozen Tantras that have never before been translated into any European language. It will prove to be the definitive work for persons seeking to understand Tantra and the crucial role it has played in South Asian history, society, culture, and religion.

*Tantric Intimacy* Katrina Bos 2017-08-15 What is Tantra? It is joy, passion, and healing. It is trust and kindness. It is power. It is everything that a human being is capable of and more... so much more. Living a tantric life is a life filled with unlimited happiness. It is unfathomable in its greatness. It is a way of intimately connecting with the people around you that will change how you exist in this world.

*Tantric Sex Guide for Couples* Samantha Mandala 2021-07-25 Is your sex life getting boring and repetitive? Are you looking for ways to rekindle the passion in your relationship and increase the complicity with your partner? Do you want to discover new sex positions and master the secrets of Tantric sex? Do not go further; this is the book for you! "Tantric Sex Guide For Couples" is the perfect reading to spice things up in the bedroom and improve your relationship. Thanks to this book, you will be able to connect on a completely different level with your partner and discover new aspects of your relationship. This book is not just about exotic sexual positions; it can help revitalize lost enthusiasm, increase complicity and ultimately rekindle the fire of passion. Your sexual intimacy will never be the same again. *Tantric Sex Guide for Couples* contains: History of Tantra from the origins to the present Tantra and the way of liberation Shiva and Shakti duality - Understand your sexual energy Tantric Yoga with illustrated positions Step by step breathing techniques How to touch your Shiva How to touch your Shakti Tantric step by step illustrated sex positions Tantric massage Orgasm secrets And many more! The "Tantric Sex Guide for Couples" is a concentrate of information and ideas that will help you not to fall into the trap of routine. Take your first steps on a journey that will lead you to discover the nuances of sex and achieve ultimate pleasure for you and your partner! Are you ready to master the secrets of sex? Click the BUY NOW button!

### **The Karezza Method** J. William Lloyd

*Tantric Sex* Madison Miller 2019-08-10 Introducing Tantra into your love life is incredibly easy to do; however, it must first be discussed openly and honestly with your mate. True Tantra is rooted in trust and utter devotion to your partner, and if your partner is not entirely on board to bring Tantra practice into your love lives, the experience can not truly be implemented into the relationship. Speak from your heart about what Tantra is, and why you feel you would like to begin practicing it together, and how it can strengthen the bonds of which are shared between the two of you in your relationship. Once you have both honestly opened your hearts about Tantra, and are ready to incorporate it into your love making, you may proceed to do so with transitional ease.

**Tantric Sex and Menopause** Diana Richardson 2018-04-10 A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so

closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

*The Ultimate Guide to Tantric Sex* Guillermo Ferrara 2015-08-18 How to use tantra to reach the heights of pleasure through meditative sexual practice, increasing the flow of light, magic, and surprise in your life. Tantra is a vital path toward full interior development through sex, love, and meditation. Its origin dates back to ancestral India, and from there has enlightened many generations of lovers who have penetrated the secret that leads to ultimate happiness. The practice of Tantra heightens the energy and creativity levels, in addition to reinforcing the partners' connection. It is an integral method that permits the growth of the participants in all aspects of their personality: sexuality, intuition, spirituality, and more. Through the words of Guillermo Ferrara, whose teachings on Tantra are known worldwide, the step-by-step exercises and photographs come to life. The Ultimate Guide to Tantric Sex contains, amongst other themes: Introduction to Tantra and the energies of love Seduction and sensuality Yoga for lovers Sensitive touch and sensual massages Secret erotic points Sexual magic, rituals, symbols, and dances Advanced sexual poses Tantric exercises for couples How to achieve a multiple orgasm Prolonging pleasure Eighteen lessons of tantric sex

*The Tantric Sex Handbook* Emily Jones 2020-04-04 Everything is certainly blissful when it comes to the word sex. However, there are heights and levels to it. Are you ready to experience a mind bugging and an experience that will take you to the highest cloud leaving your body exploding with pleasure even at the lightest touch. If you want to experience an higher level of sexual and healing experience, welcome to the tantric sex experience! Picture yourself being in a situation of sexual bliss where every act seems to melt inside of you because you love every pang of it. If you would like this experience, then you're reading the perfect guide! Here, you will learn everything there is to know about tantric sex, and have the knowledge of the rudiments of the pleasure so you could reach the level of a blissful moments in your sex life. - Introduction and History of Tantra and love energies - Tantra Yoga for men and women - Sensitive touch and sensual massages - Secret erotic points - Sexual magic, rituals, symbols, and dances - Advanced sexual poses - Tantric exercises for couples - How to achieve multiple orgasms for both male and female - Prolonging sexual pleasure - Eighteen lessons of tantric sex -How to master tantric sexual

practices -Effective ways to control your ejaculations and maximizing your sexual energy. The tantric sex positions that you will learn in this eBook will also help you improve unity in your relationship and marriage. Enjoy!!!

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 Madison Streeper 2020-06-09 Do you want to know what Tantric Sex for Couples is all about? Do you want to know the best tantric sex positions? Do you want to unlock your deepest sexual, physical, emotional, mental and spiritual energy? Do you want to enjoy sex like never before? Then this book is for you! Many couples suffer from communication issues, lack of quality time, insufficient intimacy, unsatisfying sex life. Tantra practices have turned for many adopters a successful way to improve in all those areas. Tantra brings an intelligent approach to life, sex and has the effect of enhancing intimacy and deepening love. So how can you stop missing out on this incredible experience that Tantra can offer? You have come to the right place. This book has got you covered as it contains all the Tantra knowledge you need to bring your sex, emotions, mental fulfillment to the next level and discover your hidden sources of energy. You will also be helped by several illustrations. You will master the art of Tantra which you have wished to know before and you will not believe how you have done without until now! In this book you will discover: - What is Tantra and its benefits - How Tantra helps in connecting the sensory, emotional, cognitive level with spiritual - How can you get the best out of Tantra meditation with the use of Mantra and Yantras - Why and how you should practice Tantric sex - What are the best Tantric sex positions - How can you best use the Tantric Chair to enhance your sex experience - How to give and receive Tantric sex massages - How can you discover and reach the maximum enjoyment - How to benefit from the use of the Yoni Egg And much more! Most books on Tantra Sex touch only the surface and miss to provide the why, how and links among the different elements of Tantra, and they very often have limited or no illustrations at all. This is instead a complete 360 degrees book on Tantra! If you are a beginner, you can start your journey towards full sex enjoyment and unlock your full energy. If you have some experience, get ready to upgrade your level up! Do yourself, your partner and everyone else that you will potentially have sex with a favor, read this book! Give your partner the present of informing yourself about how to bring them enjoyment like never before. Scroll up and get your copy by clicking the "Buy Now with 1-Click" button!

The Heart of Tantra Oliver R. Gilmore 2017-10-21 The flame of passion, gorgeous sex, fusion of souls and ultimate union of partners is not a myth! Now it is your new reality with a book about tantric massage and sex! - Where to start studying secrets of Tantra? - you got a question Just open the book, start reading and you'll understand - it has everything you need to know to give your love and passion a second chance... This book highlights the technique of tantric massage and tantric sex, yoga, long sex techniques, Kama Sutra positions and more. Make sure yourself!

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

**The Complete Idiot's Guide to Tantric Sex** Judy Kuriansky 2001-12-01 The Complete Idiot's Guide® to Tantric Sex covers every aspect of this ancient practice, from the sacred beliefs of Tantra which form the basis for Tantric loving to the process of preparing for and practicing Tantric techniques. The book is broken down into six parts, including: the secret sexual world of Tantra; preparing your mind for Tantric

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sex; preparing your body for Tantric sex; preparing your spirit for Tantric sex; the art of Tantric self-love; and the joy of Tantric sex.

*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!

**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* Bambi Colt 2017-07-28 Are you suffering from "bedroom boredom"? Are you ready to rejuvenate your sex life and take it from lukewarm to sizzling hot right now? If you don't know much about Tantric Sex, don't worry. We all start with nothing. For those who do commit to learning the art of Tantric sex, you and your partner will never look at or enjoy the same way ever again. The purpose of this book is to provide a full perspective of Tantric sex, including how to lengthen the sexual experience and deepen the pleasure of sex with one's partner. Each chapter in this book will speak on a matter that contributes to these aims, working in harmony to build the overall Tantric experience in written form. We will explore how to create an ambiance that allures the senses and fosters the deep intimacy between you and your partner that is at the core of Tantric sex practices. Beyond that, we will delve deeper into the concepts that form the Tantric spiritual perspective and discuss how to merge the masculine and feminine aspects of the self for better lovemaking. We will also explore how to let go of judgment and self-consciousness to immerse oneself more fully in the sexual experience. Finally, we will look at guru-

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inspired Tantric methods and positions for maximum pleasure for you and your partner. During tantric sex, we will be fully present in our bodies and feel an incredibly strong emotional and spiritual bond with our partners. It will feel as if we have melted together in love. What you've just read, is only the tip of the iceberg. If you wanna read more and if you are keen to get the sex right every time. if you are keen to bring new excitement and rekindle the fun instead of feeling the fire of doubt, then you must get this book.

**Tantric Sex for Women** Christa Schulte 2011 TANTRIC SEX FOR WOMEN is the first woman-focused tantric sex book to be published in the US. It has an inclusive, empowering feminist approach that embraces all women. Written first for women who love women, it also explains how every woman, heterosexual, bisexual or solo, can use the information and exercises to suit her situation. Sex is an art that has to be learned. TANTRIC SEX FOR WOMEN encourages women to playfully engage in their sexuality and to cultivate their sensuality. The introduction gives the basics of "Tara"-tantra, a woman's tantra created by the author.

*Tantric Orgasm for Women* Diana Richardson 2004-05-10 A revolutionary approach to female sexuality that focuses on relaxation as the key to achieving deep orgasmic states • Explores how receptive feminine energy influences the male-female exchange • Reevaluates the role of the clitoris, breasts, and vagina in achieving orgasm • Provides ancient tantric meditations for increased sensitivity and awareness Fulfilling sex nourishes love, rejuvenates the body, and boosts mental health. Unfortunately, prevailing attitudes in the West work against the natural capacity of women to realize their sexual potential and experience deep orgasmic states. Tantric Orgasm for Women offers women a fresh look at the ecstatic bliss possible within their bodies, using knowledge and approaches from the sensually cultivated traditions of the East. Exploring Tantra from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Her 20 years of tantric research and personal experience provide readers with an understanding of how the various parts of the female body may be activated to deepen ecstatic states. Readers will learn how to re-circulate orgasmic energy; why breast stimulation takes priority over vaginal attention; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; and how women can strengthen the erection response of male partners. Tantric Orgasm for Women shows how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and when they avoid adopting conventional ideas about what should be satisfying to them.

Slow Sex Diana Richardson 2011-01-27 A revolutionary practice for couples to enhance sexuality and reach higher states of consciousness • How to make sex a conscious decision, not an accidental encounter • Discusses how slowness increases sensitivity and awakens the body's innate mechanism for ecstasy • Reveals how sexuality can be sustainable and enjoyable well into old age While fast, hot, orgasm-driven sex can bring momentary satisfaction, in the long run it can become boring and mechanical, causing many couples to lose interest and stop making time for physical intimacy. The first step to revive a waning sex life or make a healthy one more fulfilling, says author Diana Richardson, is to make sex a conscious decision rather than an accidental encounter. Focusing on eye contact, subtle sensations, and deep breathing, Diana's practice of slow sex awakens the body's innate mechanism for ecstasy, unlocking the door to extraordinary realms of sensitivity, sensuality, and higher consciousness. Exploring the healing, spiritual power of slow sex, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slow sex increases sensitivity and sexual vitality and how, because it creates and restores love, slow sex is loving sex. With a focus on coolness rather than heat, this practice provides couples a way to reach a

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shared meditative state and use it as a vehicle to achieve higher consciousness. Illustrating different positions for eye contact, deep sustained penetration, and soft penetration, this book reveals that sex truly can be sustainable and enjoyable well into old age.

**The Heart of Tantric Sex** Diana Richardson 2003-06 With detailed information on position and moods, this guide to better and more spiritual sex contains ancient wisdom for modern lovers. 50 illustrations.

**Tantric Sex** Eva Harmon 2020-06-25 Are you looking for a tried and true way of enhancing your sex life without all the gimmicks and tricks you find on the internet? Are you looking for a way to spice things up with your partner but don't really know how to mix things up? Are you looking for a way to improve your understanding of sexuality but aren't into BDSM or anything kinky? Are you looking for a means of improving your emotional connection with your partner that's both holistic and natural? If you have been thinking about any of these questions, then this is the book for you. In this volume, you will learn about tantric sex and how it can help you find the perfect balance between you and your partner. In fact, you'll be surprised to find that tantric sex has been around for a very long time. Yet, many of us are yet to discover it. But when you do discover it, the experience you are able to unleash is unlike anything else you may have felt before. In this book, you will learn about the following: The fundamentals of tantric sex and what it involves The role meditation and relaxation in tantric sex Exercises which can help you sync your entire movements The ways in which tantric sex can help you discover new levels of pleasure How to pleasure your partner while pleasuring yourself at the same time How to engage in sexual activity without thinking about "sex." How to foster intimacy and build mutual trust Making the most of the time you have with your partner so experiences are truly memorable Recommended positions that will surely leave you wanting more Discovering the ways in which orgasms can lift you to new heights ... and so much more! If you are expecting a book filled with sexual positions, then you will be surprised to find that tantra is so much more than that. You will discover how the right mindset is fundamental in ensuring that you find the greatest amount of pleasure. Also, you won't find a collection of "tips" on how to improve your sex life. You will find a treatise on how you can turbocharge your sex life so that it's the best that you can make it out to be. These aren't just bogus claims. There are claims made based on experiences and years of practice and study. In anything, you get the best of both worlds: philosophy and practice. So, if you are ready to make the huge leap from a traditional sex life into the tantric way of life, then you have come to the right place. Take the time to go through this book. You and partner(s) will never go back to the traditional sex way of life ever again! Come on, then, let's get started discovering the art form that is tantra today!

*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.