

The Art Of Tantra

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Beginner's Guide to the Art of Tantric Massage - James David Rockefeller
2017-10-16

Tantra is an old healing technique formulated to release natural energy from within the body to deal with physical and emotional trauma. It is practiced in many ways: tantric yoga, tantric sex, tantric meditation and tantric massage are just a few. This book will explore tantric massage as a form of relaxation and health.

Tantric Sex - Jessica Perel 2021-01-25

Are you looking for new ways to experiment and take your relationship to the next level? Or do you feel that you can find a deeper meaning while making love? Tantric Sex by Jessica Perel might be the answer you've been looking for! While this is an ancient method for enjoying a fulfilling and profound sexual life, it has resurged in modern times. And there are good reasons for this! If you want to make sex a more pleasing and significant experience, this is the way to go. Making love is much more than just a carnal activity. Making love requires you to enjoy the "here and now." It requires you to have a sound connection with your partner. Moreover, when you master tantric sex, you'll be able to move your inner energy and use it for have a sexual encounters as never before. In this guidebook you will learn to master the following: A simple but comprehensive guide of what tantric sex is, its principles, and how to apply it to you everyday guide. A complete list of tantric sexual positions. Ideas for foreplay and foreplay. Curate a tantric atmosphere to make the most of your sexual encounters. A list of foods and items that will help you to perform better during sex-as well as improving your overall health. The choice is yours. Get your copy RIGHT NOW!

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!

Ju Walton Ford. Ediz. multilingue - Bill Buford 2009

Embora as obras de Walton Ford relembrem imagens do século XIX, um olhar mais aguçado deixa claro que suas ilustrações estão repletas de simbolismos, piadas e alusões a temas da história natural. Essa edição grande inclui uma biografia do autor, e excertos de suas inspirações textuais.

The Art of Tantric Sex - Anne Johnson 1997

Urban Tantra, Second Edition - Barbara Carrellas 2017-11-21

If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. Celebrating the 10th anniversary of Urban Tantra, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers. With a juicy mix of erotic how-to and heart-centered spiritual wisdom, this updated edition includes a brand-new introduction, up-to-date references and resources, a new take on the possibilities and responsibilities of Tantra in today's world, plus new and cutting-edge information to reach an expanded community-added information on multi-partner play, more intersections for Tantra and BDSM, practices for asexuals and aromantics, expanded practices for trans and gender nonconforming people, and more. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide reveals the delicious worlds of ecstasy available to all, no matter one's gender, sexual preference, or erotic tastes. Urban Tantra expands the notions of pleasure and opens new heights of intimacy and sexual fulfillment.

Tantric Sex - Roberto D'Amato 2018-01-17

Coming Soon...

Tantra Art - Ajit Mookerjee 1971

The Art Of Tantra And Tantric Massage - Sophie Carlotta 2022-02-27

Tantric massage is wonderful massage therapy that stimulates sexual energies to have a variety of outcomes. Many people falsely believe that Tantric massages are a sexual act, likely because of the way they use sexual energy to stimulate pleasure in the recipient. The reality is that a true Tantric massage will not end in a sexual act and will instead end in the recipient experiencing a full-body orgasm as a result of the pleasurable massage they receive. Giving a Tantric massage is a lot easier than it may seem. However, there are some strategies and techniques that you need to know before you get started. "Tantric Massage: The Ultimate Beginners Guide to Tantric Massage Techniques" will teach you exactly what you should know before you start practicing Tantric massages on someone else. You will learn about: - The essence of a tantric massage - Why it is beneficial for men and women - How to give a Tantric massage to both men and women - Things to consider - Tips to enhance the process If you are ready to begin exploring the

world of Tantric massages and the benefits they can have, this book is the perfect place for you to get started.

The Art of Everyday Ecstasy - Margot Anand 1999-04-20

"Ecstasy is about waking up and finding that you are in love with life." Most people think of ecstasy in terms of sexual ecstasy, which Tantric sex expert Margot Anand wrote about in her bestselling *The Art of Sexual Ecstasy*. Now, in *The Art of Everyday Ecstasy*, Anand expands our definition of ecstasy and shows how we can harness its energy to help us live, work, and love more passionately, joyfully, and with true spiritual focus. Our modern, work-obsessed, stress-filled culture—what Anand calls the "anti-ecstatic conspiracy"—has dulled our spirits, thrown us off balance, and alienated us from meaningful everyday experiences. In this inspirational journey toward finding the healing nature of ecstasy, Anand explains how the two types of ecstatic experiences—the moments of epiphany called Ecstatic Awakenings, and Everyday Ecstasy, or the Ecstasy of Flow, a connection to our power and inner wisdom—can help us move beyond pain and doubt to reach our highest potential. Based on the spiritual path of Tantra, Anand shows how to use the natural energy system of our bodies—the seven chakras—as a map to ecstasy. As she guides us through the chakras, she explains how each one plays an important role in transforming energy into erotic passion, healing, empowerment, compassion, creativity, insight, and gratitude. Blocked chakras manifest themselves in surprising ways; wholeness can be achieved only when all of the chakras are open with energy flowing freely. By transforming negative behavioral patterns into positive ones and strengthening ourselves physically, emotionally, and spiritually, we can improve our health, sex life, career, relationships, and find profound meaning in everyday moments. With personal anecdotes, exercises, meditations, and rituals, *The Art of Everyday Ecstasy* shows us how to bring ecstatic energy into the body, mind, heart, and spirit—"to embrace every moment in our totality, to respond bodily, feel from the heart, perceive with clarity, and be fully present to others and to life."

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 Art of Tantra - Guillermo Ferrara 2015-08-18

A guide to meditation, sex, and ecstasy. The Art of Tantra offers a fascinating method of improving your pleasure, vitality, and internal strength. Clear, practical, and profound, it contains over five hundred color photographs and illustrations demonstrating the positions and exercises that the reader can use to reach a new sexual dimension in his or her emotional relationships. The Art of Tantra promotes the comprehension, understanding, and experience of the most important taboo in the history of humanity—sex—and in its pages you will discover Tantra as a form of comprehensive wisdom on the energies and art of living. There is an ample variety of exercises and meditations, such as: The Rainbow Greeting the Sun The Dragon Dance of the Five Elements The Art of Tantra is an invitation to expand your consciousness in a simple and dynamic manner.

Tantra Art, Its Philosophy & Physics - Ajit Mookerjee 1994

Ajit Mookerjee is an expert in the traditional arts and crafts of his native country. After completing a post graduate course in Ancient Indian History and Culture at Calcutta University, he wrote his first book, *Folk Art of Bengal*. He then went to England for further studies at the University of London, where he received his M.A in History of Art. Since 1945 he has travelled widely both in India, Europe and the United States of America, carrying out research for his many publications and lecturing on the various aspects of the Indian arts.

Kama Sutra: Master the Art of Kama Sutra Love Making - Judith Singh 2017-08-09

In *Kama Sutra: Master the Art of Kama Sutra Love Making*, you will learn: The History and Philosophy of the Book: The Kama Sutra doesn't have a single author and was even forgotten for a few centuries until it was rediscovered again. Learn about these topics and more in chapter one of this book. Kissing in the Kama Sutra: Kissing is often forgotten as an act of foreplay and as a way to enhance sexual intercourse. In chapter two, you will learn all about the different types of kisses, what they mean, and how to use them to enhance your sexual excitement with your partner. Beginner, Intermediate, and Advanced Sex positions: This book will cover a chapter each on beginner, intermediate, and advanced sex positions. Foreplay in the Kama Sutra: In what ways can you effectively pleasure your partner, whether they are a male or female? What's the importance of foreplay in a sexual relationship? Learn about this in chapter six. Tantric Sex Techniques: Tantric sex is a way to spice up your relationship in the bedroom. This involves breathing techniques, massage, and more. The last chapter of this book will cover these topics in detail so you can put them to use.

Tantric Visions of the Divine Feminine - David R. Kinsley 1998

What is one to make of a group of goddesses that includes a goddess who cuts her own head off, a goddess who sits on a corpse while pulling the tongue of a demon, or a goddess who prefers sex with corpses? Tantra visions of the Divine Feminine deals with

Tantra - Dominique Atkinson 2017-03-28

Learn the Ancient Art that will Spice Up your Bedroom! - 10 Amazing Tantric Positions Included In this book, you will learn how the practice of Tantra has helped many couples achieve greater sexual satisfaction and intimacy. Tantric Sex is a form of Sacred Sexuality practiced by Tantrics, using many ancient Tantric teachings. Many people are interested in the many sexual tips and tricks that Tantric Sex offers. While you will experience an increased excitement and enjoyment of each other's bodies and minds, the principles of Tantric offer so much more in terms of helping you develop closer, more meaningful, and highly rewarding relationships. With the consistent application of Tantric principles, you'll find that your commitment and love will only grow deeper. Most scholars trace Tantra back to India around 500 AD. These set of beliefs, teachings, and practices help practitioners worship and experience the Divine. Through this worship, Tantric practitioners aimed to achieve spiritual awakening, enlightenment, and freedom. Much like other Eastern traditions, Tantra promotes a

greater awareness of the Divine in yourself, others, and the world. Join me in learning the amazing impact that Tantra can have on the quality of your life and of your relationships. Here is a preview of what you will learn... - The ancient and somewhat mysterious origins of Tantra and Tantric Sex - How to increase the levels of intimacy with your partner using lighting, sounds and scents... - How different breathing techniques will enhance your pleasure and that of your partner - The benefits and methods to incorporate meditation to the sexual act - 10 amazing tantric positions to increase your pleasure in the bedroom Purchase your copy today!

Tantra - Philip Rawson 1973

"Suggesting as its final goal a vision of cosmic sexuality, Tantra embodies fundamental patterns of symbolic expression in a view of life which offers a uniquely successful antidote to the anxieties of our time. The act of creation is continuous; therefore sexual intercourse between human beings can be a microcosmic representation of the creative process - a symbolic tribute to the great Goddess from whose womb, and by whose wisdom, all things in the Universe are manifested in Time."--Back cover

Sex Postions - Amanda Summers 2016-06-28

You're about to discover... The Art Of Sex This book contains proven steps and strategies on how to become a great lover. I hope your eager to learn about the art of sexual pleasuring. Though it is such a natural instinct, there are few who excel in the art of lovemaking. This book intends to educate and teach eager learners how to give and receive pleasure and become great lovers. Drawing inspiration from classical texts and sexual practices such as Kamasutra, Tantra and The Tao, the book reveals the secrets of great sexual encounters and how you can experience it yourself with a little effort and some practice. Here Is A Preview Of What You'll Learn... TantraThe Art of Pleasuring Sexual Positions: Explanation and Importance Advanced Sex TechniquesSex Views From Different Cultures"

Tantric Sex - Ava J Cole 2021-05-28

Your customers will wonder why they didn't start reading this book sooner.

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

Tantric Sex - Nitya Lacroix 2013

Instructions on how to obtain higher emotional intimacy and sexual sensations with a partner through different positions, massage, mindfulness and ritual.

Urban Tantra - Barbara Carrellas 2011-04-06

If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. With a juicy mix of erotic how-to and pleasure-centered spiritual wisdom, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to push past their edge in search of the great cosmic orgasm. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide

reveals the delicious worlds of ecstasy available to all, including: The Erotic Awakening Massage • Breath and Energy Orgasms • Twenty-Minute Tantra Evolutionary Selfloving • Sex and Healing • Tantric BDSM No matter what your gender, sexual preference, or erotic tastes, URBAN TANTRA will expand your notions about pleasure and open you up to new heights of intimacy and sexual fulfillment. From the Trade Paperback edition.

Ecstasy Through Tantra - Jonn Mumford 2021-01-08

Achieve Cosmic Consciousness through Sexual Ecstasy This hardcover edition of an influential classic provides sexual techniques and positions for ritual intercourse that will flood you with physical ecstasy and activate expanded states of consciousness. These Tantric practices not only teach you how to build sexual love and passion to an amazing peak, but also how to push your mind even higher to reach transcendental bliss. With more than forty years of experience, Dr. Jonn Mumford helps you bring holiness and magick into your sexual relationship. This book skillfully interweaves theory and practice so you can understand why you are doing each exercise as you learn potent techniques. Discover the God/Goddess as incarnate in your beloved and experience the same divinity within yourself through physical and spiritual union. Learn how to engage in the Asanas of Love and use a powerful technique known as the Rite of Naked Fire. Featuring a new introduction and a wealth of illustrations and photographs, this book reveals the secrets of erotic mysticism.

The Tantra - Victor M. Fic 2003-01-01

Bibliography Index The Tantra Is A Body Of Theories, Techniques And Rituals Developed In India In Antiquity, Which Has Two Fundamental Aspects. The First Aspect Of The Tantra Is The Theory Of Creation, Which Posits That The Universe Has No Beginning And No End, And That All Its Manifestations Are Merely The Projections Of Divine Energy Of Its Creator. The Second Aspect Of The Tantra Is The Belief That The Performance Of Tantrik Techniques And Rituals Facilitates Access To This Divine Energy, Enabling Their Practitioners To Empower Themselves, As Well As Empower Others Associated With Them In The Guru-Disciple Relationship. Thus The Knowledge And Proper Application Of Tantrik Techniques And Rituals Is Believed To Harness The Creator'S Cosmic Energies To The Promotion Of The Mundane As Well As Spiritual Goals Of Their Practitioners. Between The Vii And The Xii Centuries A.D. These Theories, Rituals And Practices Spread To Other Parts Of Asia. In These Parts Their Interaction With Indigenous Traditions Of Shamanism And Other Magical Cults Resulted In Potent Hybrids. These Not Only Served The Personal Needs Of Their Practi- Tioners, But Were Used By The Kings To Summon The Cosmic Forces To Legitimize Their Right And Power To Rule The Ancient Monarchies. Elaborate And Artistically Beautiful Icons Were Developed In Sculpture, Painting, Bronze And Bas-Relief To Portray The Basic Concept Of Tantrik Theories And Various Deities Of The Hindu And Buddhist Pantheons. This Book First Explores The Origin Of The Tantra In India, Its Development And Emergence Of Various Schools Of Hindu And Buddhist Tantrism Over The Centuries. Then It Explores Their Spread From Tantrik Universities In Bihar And Other Centres Of Tantrik Scholarship And Rituals Practised In West Bengal, Orissa And South India At That Time To Nepal, Tibet, Mongolia, China, Japan And Indonesia. The Coloured Plates Illustrate The Iconographic Presentation Of The Basic Theories And Concepts Of The Tantra, As Well As Various Deities Associated With The Pantheons Of Hindu And Buddhist Tantrism Drawn From Different Parts Of The World.

The Art of Tantric Sex - Nitya Lacroix 2006-03-01

Explains the basic tenets behind Tantric sex, with illustrated instructions on creating sacred space, breathing, focusing the mind, and freeing the sexual wave. Reprint.

Tantric Sex For Couples - alexia Reid 2019-10-26

Did you know there are ancient techniques to guide you through a sexual intimacy you've only dreamed of? Are you aware that these techniques are so powerful that you will not only experience the greatest orgasmic sensations you can imagine, but that you will develop a significant expansion of self, a spiritual connection, and soulful healing, that cannot be delivered by any manufactured means? This ancient

Hindu form of tantra dates back nearly 5,000 years and teaches us that life itself is an endless cycle of sex full of myriad sensations. The act of sex is ultimately an act of one's most honest and vulnerable expression of one's spirituality. Based on this, tantra teaches us the ways to create a supreme connection with every piece of life and how to worship that in the sexual experiences we share. By practicing these ways, we find ourselves in a calm and peaceful state of acceptance each day, and we find ourselves reaching new heights of sensual pleasures at night. If you've ever longed for better communication with your lover, or if you've needed a new element to your sex life together now more than ever, the time has come to learn how. If you've ever craved for sexual healing and true intimacy, satiate your desires. If you've ever fantasized about deeply erotic pleasures and hours of sexual bliss, make it real. This book tells you how. Inside the cover of these lessons you'll discover: * The origins of tantra and its assimilation into western culture * How to perform tantra yoga that will facilitate better sex * How to use asanas and vinyasas to your benefit * Your romantic union can benefit from non-sexual tantric practices * The differences between regular sex and tantric sex * Why individuals use tantra for better health and better sex * How to initiate intimate sexual conversation with your partner * Ways to eliminate negative emotions and insecurities with tantric sex * Ways to heal sexual abuse through tantra * How to use breath as your ultimate guide to pleasure * Poses and sexual positions to increase libido and orgasm * How to abandon obligation and expectation for euphoria * The effects of mindfulness and meditation for better living and better sex * Everything you need to know to prepare for a tantric sex experience * How to cultivate a perfect sacred space to practice tantra and sex * How to prepare the body for tantric bliss * The mindset and emotional factors that come with sex * How to suppress orgasm for a prolonged sexual experience * What other couples have experienced by practicing tantric sex * The added benefits tantra can have on your relationship * How tantra in the bedroom spills ecstasy into other facets of your life * How to liberate yourself and your partner through sex Follow the layout of this book from build up to a crescendo and learn the secrets and pleasures of ultimate sexual union. The opposite of a quickie, tantric sex is about the journey, not the destination. Learn how to enjoy the ride. Illuminate your life with sex. Purchase and download this book now in order to start the process of transforming your sex life. Your intimacy will never be the same again. You will discover the crazy amazing potential that you have been hiding in you. Be sure to achieve the best sex life. While at it, please leave a review on Amazon.

Tantra - Charles Muir 1989-01

Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

Garland of Visions - Jinah Kim 2021-02-16

Garland of Visions explores the generative relationships between artistic intelligence and tantric vision practices in the construction and circulation of visual knowledge in medieval South Asia. Shifting away from the traditional connoisseur approach, Jinah Kim instead focuses on the materiality of painting: its mediums, its visions, and especially its colors. She argues that the adoption of a special type of manuscript called pothi enabled the material translation of a private and internal experience of "seeing" into a portable device. These mobile and intimate objects then became important conveyors of many forms of knowledge—ritual, artistic, social, scientific, and religious—and spurred the spread of visual knowledge of Indic Buddhism to distant lands. By taking color as the material link between a vision and its artistic output, Garland of Visions presents a fresh approach to the history of Indian painting.

The Art of Tantra - Guillermo Ferrara 2015-09-01

A guide to meditation, sex, and ecstasy. The Art of Tantra offers a fascinating method of improving your pleasure, vitality, and internal strength. Clear, practical, and profound, it contains over five hundred color photographs and illustrations demonstrating the positions and exercises that the reader can use to reach a new sexual dimension in his or her emotional relationships. The Art of

Tantra promotes the comprehension, understanding, and experience of the most important taboo in the history of humanity—sex—and in its pages you will discover Tantra as a form of comprehensive wisdom on the energies and art of living. There is an ample variety of exercises and meditations, such as: The Rainbow Greeting the Sun The Dragon Dance of the Five Elements The Art of Tantra is an invitation to expand your consciousness in a simple and dynamic manner.

Impact of Tantra on Religion and Art - Teja Nārāyaṇa Miśra 1996-12-31

The Book Offers An Account Of Tantra S Evolution, Cultic Variations, Culture, Philosophy, Mysticism, Etc. And Shows How Tantrism Has Deeply Influenced Major Indian Religions And The Art Tradition.

Tantric Sex - Paul Kain 2017-04-25

Have you ever heard of Tantric Sex? Many people have never heard of it and for those who have, the majority of them are under the misconception that it is all about having long, mind-blowing sex. Although there are sexual components to this belief, it is mainly about going on a spiritual journey to enlightenment and having a deeper connection to the universe around you. There are many steps in this journey to enlightenment, starting with learning certain breathing techniques, which then leads into learning about the importance of balancing your chakras and maintaining that balance. Tantric belief is that everything is connected. Once your chakras are balanced, you can really begin to have fun. Couples are amazed with how they feel after mastering Tantra. Relationships that were once rocky have become more stable, and the partners often feel more connected not only to each other but also to their surroundings. Tantric exercises also help those who are not in relationships. It teaches people how to feel better about themselves, on the inside and out. Inside you will find the following: * The history of Tantra * Beginner's basics to Tantra * Everything you need to know about the seven chakras, including how to unblock them * The difference between Tantra and Kama Sutra * Many positions for couples * And much more...

The Complete Nyingma Tradition from Sutra to Tantra, Books 15 to 17 - Choying Tobden Dorje 2016-08-19

In 1838, Choying Tobden Dorje, a yogin and scholar of northeastern Tibet, completed a multivolume masterwork that traces the entire path of the Nyingma tradition of Tibetan Buddhism from beginning to end. Written by a mantra practitioner for the benefit of mantra practitioners living among the lay community, it was intended to be informative, inspirational, and above all, practical. Its twenty-five books, or topical divisions, offer a comprehensive and detailed view of the Buddhist path according to the early translation school of Tibetan Buddhism, spanning the vast range of Buddhist teachings from the initial steps to the highest esoteric teachings of great perfection. Choying Tobden Dorje's magnum opus appears in English here for the first time. Books 15 to 17: The Essential Tantras of Mahayoga is presented in two volumes and concerns the first of the three classes of inner tantra. It presents the entire text of the Guhyagarbha Tantra, in Tibetan and English, together with the interlinear sections of one of its most important commentaries, Dispelling the Darkness of the Ten Directions, by the outstanding fourteenth-century master Longchen Rabjam. Also included is Choying Tobden Dorje's rewriting of Candragomin's inspirational Extensive Commentary on the Sublime Litany of the Names of Manjushri.

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.

Tantra - Val Sampson 2020-08-13

Whether you are in a relationship, whether you are single, gay or straight, or young or old, Tantra will bring a new dimension to your sex life and your relationships. From extending orgasms (or just having them in the first place), to healing sexual problems to developing a sense of spiritual connection, Tantra is for every 'body'. Tantra is not just about being sexy - it's about being alive to

your senses. It is particularly appealing to women because it is they who take the lead. Tantra also gives women the opportunity to celebrate their femininity and men are encouraged to revere it. Many women are self-conscious about their bodies - Tantra will help you to be conscious of your body but in a positive and empowering way. And for men the pressure to perform is removed, replaced by reciprocation, connection and ultimate fulfilment (so no more grunting, turning over and falling asleep).

The Art of Tantra - Philip S. Rawson 1978

Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

Tantric Sex - Max Bush 2019-04-29

TANTRIC SEX Are you looking to evolve your relationship to how it used to be? Are you just interested in seeing the difference Tantric Sex can make towards your love and sex life? If yes, then keep reading... Sex is a very important part of maintaining excitement and love in your relationship and this is why Tantric Sex teachings are highly recommended for all couples. Whether you're a beginner or a pro at Tantric Sex this book teaches you the tips and secrets you need to know towards love making through the act of connecting your emotions with sex. Tantric belief systems see sex and eroticism as being natural aspects of life; furthermore, sex is viewed as a path to spirituality. This book will focus on introducing you to the ideas behind Tantric Sex and provide a practical guide on how to incorporate Tantric Sex in your sex life (including Sex Positions). Following these teachings will greatly increase the excitement towards your sex life, creating an even stronger physical and emotional connection with your partner. Tantric Sex is meant for you to emancipate yourself from any boundaries that could be present within your relationship, allowing each partner to open up to their sexuality, by clearly outlining what it is to 'make love' in the most comfortable and sexual way possible. Here Is What You Will Discover... Tantric Sex Tantric Massage Tantric Oral Sex Foreplay Techniques Oral Sex Positions Sex Positions Love Making Relationship Growth Increased Physical And Emotional Attraction Tantric Exercises Much, much more! Maybe you're thinking Tantric Sex won't fix things or it won't boost you emotional and physical connection with your partner... But it is the people who are willing to take action and be open and adventurous towards this art of love that lead to having successful relationships. Excite your partner and most of all evolve your relationship to how it should be. Enjoy the experience! Buy Your Copy Today!

Principles of Tantra - Sir John Woodroffe 2014-01-01

The present work is a defense of the Tantra, of which Sastra the author is an

adherent and a polemic, undertaken in the interests of Hindu orthodoxy in its Sakta and Tantrika form against secularism on the one hand, and on the other the religious eclecticism and various reforming movements, of which, when the book was first written, the Brahmasamaj was a leading type. In fact, in parts the book reads like an orthodox Catholic protest against modernism and is thus interesting as showing how many fundamental principles are common to all orthodox forms of belief, whether of West or of East. The author of the Tantratattva (on which this translation is based) is a well-known Tantrik Pandit, preacher, and secretary of the Sarvamgalasabha of Benares, who knew no English. His work, which is written in Bengali, may therefore be taken to be an accurate popular statement of modern orthodox views on the subject treated by him. The word Tattva is a very comprehensive one, which is by no means always easy to translate. The author has rendered the title of the book as Principles of Tantra, though, may be, it should be Subjects of Tantra. The work deals with chosen topics of Tantra. This, however, also involves a statement of certain fundamental principles which govern Sastrik teaching on the subjects dealt with, and this as well as the contents of possible future volumes must be the justification for giving the book ambitious title.

The Art of Sexual Magic - Margot Anand 1995

Shows couples how to increase their physical and spiritual energy during sex and channel it into their professional lives, using a series of exercises based on ancient rituals. By the author of *The Art of Sexual Ecstasy*.

The Roots of Tantra - Katherine Anne Harper 2012-02-01

Among the many spiritual traditions born and developed in India, Tantra has been the most difficult to define. Almost everything about it its major characteristics, its sources, its relationships to other religions, even its practices are debated among sc

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.