

The Art Of Sexual Ecstasy Margot Anand

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The Sexual Ecstasy Workbook Margot Anand 2005-02-03 A concise, illustrated workbook to Tantric lovemaking by the bestselling author of Sexual Ecstasy and The Art of Sexual Ecstasy. The Sexual Ecstasy Workbook is the perfect practical guide for the countless lovers who complain that sexual harmony is so easily broken and that love, rather than being pure bliss, is more like walking through a minefield—where at any moment a false move can turn off enthusiasm and snuff out all chances for orgasmic satisfaction. Problematic situations readers will learn how to successfully maneuver include: - She is turned on and wants to make love, but doesn't dare express it. - He wants her, but she seems so busy that he doesn't dare interrupt and ask. - The world—in the form of ringing cell phones, paging beepers, droning television, and domestic duties—prevents the focused intimacy that is the core of bliss. - Awkwardness—not knowing how to caress—turns lovemaking into a burdensome chore. The Sexual Ecstasy Workbook presents a user-friendly, step-by-step method for connecting more deeply with one's ecstatic potential, erotic goals, and ability to appreciate one's self and one's partner.

The Sexual Ecstasy Workbook Margot Anand 2005 An illustrated workbook to Tantric lovemaking by the best-selling author of Sexual Ecstasy and The Art of Sexual Ecstasy counsels readers on how to overcome such challenges as communication obstacles, busy schedules, and insecurity. Original.

The Art of Everyday Ecstasy Margot Anand 2015-02-18 "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."

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.

The Yin-yang Butterfly Valentin Chu 1993 Examines the history and lore of Chinese sexual customs, discussing the links between ancient Taoist practices and findings in contemporary research, and includes suggestions for enhancing sexual pleasure

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.

Slow Love James N. Powell 2008 Just as you see more of Nature when you are quiet—you discover more of your own sexual-emotional depths when you become more still. In Slow Love: A Polynesian Pillow Book, you will discover a more pacific, unifying approach to passion. James N. Powell's writings on Polynesian lovemaking have been warmly embraced in Japan, where they sparked the "Polynesian sex" vogue. Inspired by Powell's writings, Hiroyuki Itsuki, Japan's über author and Buddhist thinker, penned two volumes on South Seas sensuality. Also, Kunio Kitamura, Head of Japan's Family Planning Association, enthusiastically promotes Powell's thoughts on Polynesian-style passion as a way for couples to deepen sexual sensitivity and fulfillment. He writes: "Polynesian sex...involves taking a long time...and...allows energy in the form of weak electromagnetic waves—similar to the concept of ki—to flow, building up to create large waves that encompass the entire body and bring enormous pleasure and happiness."

Total Sex Herbert Otto 1973-04

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.

The Enlightened Sex Manual David Deida 2009-04 In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light.'-----
Marianne Williamson, Author of A Return to Love.

Love, Sex, and Awakening Margot Anand 2017-01-08 A true virtuoso of Tantra and a brilliant star in the universe of erotic delights, bestselling author Margot Anand has led a life of sexual ecstasy and spiritual bliss. This book recounts her fascinating adventures and provides techniques and exercises to help you connect to the spiritual potential of sex and cultivate a deeper, more fulfilling love life. One of the first teachers to bring Tantra to the West, Margot has explored the connection between sex, body, mind, and spirit with gurus around the world, including Timothy Leary, Alan Watts, Osho, and many more. Love, Sex, and Awakening shares her amazing stories and explores the answers to profound questions: What is Tantra? What does a woman need to realize her multi-orgasmic nature? What does it mean for a man to be a Tantric lover? What is awakening?

Sexual Ecstasy Margot Anand 2000-06-05 In *Sexual Ecstasy*, Margot Anand offers a magnificently illustrated, concise, and step-by-step guide to giving magical orgasms to your partner, male or female. *Sexual Ecstasy* will: Bring fresh awareness to sexually sensitive areas and new ways of caressing these areas. Open the way for ecstatic states of orgasm. Help reveal and dissolve psychological and emotional blocks inhibiting the flow of orgasmic energy. Enhance communication between love partners, deepening their sense of intimacy. Teach you, the woman, how to take responsibility for your sexual well-being. Teach you, the man, how to bring a woman to orgasmic ecstasy.

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.

Kedesha Ohad Pele Ezrahi 2018-03-19 Sacred sexual rituals bring Tara's soul to the ancient Temple of Astarte Tara is a young American who travels to Jerusalem, where she meets Yoni, a handsome Israeli who is a sexual shaman. Yoni and his wife Hagar take Tara on journeys of deep self revelation, using ancient rituals and sacred sexuality, that link her soul to the ancient Temple of Astarte, which stood in Jerusalem before the monotheistic revolution of the 7th century BC. A priest of Yahweh is pitted against the ancient temple priestesses In a parallel story, a sexually frustrated priest of Yahweh vows to destroy Astarte's temple and her sexual rites. An ancient sacred scroll surfaces containing orders to wipe out any form of worship other than that of Yahweh. Ancient and modern religions merge at the nexus of spiritual sexual secrets Who wrote this early tome that so deeply influenced the history of religion and of the world? How did the Love Goddess priestesses respond to attempts to destroy their path? With magical vibrations, the author weaves together ancient history and modern fiction and sweeps the reader

into secret chambers where sexuality and sacredness meet in awe. This book will change the way you see the history of the world, religion, culture, and sexuality. Scroll up now to get your copy of Kedesha!

Living an Orgasmic Life Xanet Paillet 2018-08-15 For every woman who struggles with sexuality and intimacy. Nationally-known sex therapist Xanet Paillet offers practical tools and encouragement for reclaiming passion and pleasure in their sex life.

Tantra Shashi Solluna 2016-11-01 In this accessible guide, Shashi Solluna breaks all preconceptions about Tantra and introduces us to the real philosophy behind this sacred practice. In traditional descriptions, Tantra is often defined as meaning "to weave", and can be compared to the weaving of a fabric. Tantra is therefore a path that weaves together. Ultimately, Tantra points us to the highest level of consciousness in which one merges into Oneness and no longer feels like a separate physical entity. This is sometimes called "Heaven" as opposed to the more tangible experience of "Earth". This book explains how Tantra can allow us to move from a physical solid experience of reality into the lighter more ethereal experience - or from Earth to Heaven - and then ultimately bring Heaven to Earth! This book explores: • The history of Tantra • The core principles of Tantra • An understanding of the tantric approach to sexuality • Practices to explore your own Tantric sexuality • A tantric understanding of relationship, love and intimacy • An understanding of Tantra as a spiritual path • Practices for creating spiritual experiences and higher states of consciousness ...and much more!

Tantra in Practice David Gordon White 2000 *Tantra in Practice* is the eight volume of Princeton Readings in Religions and the first substantial anthology of Tantric works ever to appear in English. The thirty-nine contributors, drawn from around the world, are leading scholars of Tantra. Each contributor has provided a translation of a key work, in most cases translated here for the first time. Each chapter in the volume begins with an introduction in which the translator discusses the history and influence of the work, identifying points of particular difficulty or interest. David White has provided a general introduction to the volume that serves as an ideal guide to the riches contained between the covers of this book. He has organized the volume thematically, providing fascinating juxtapositions of works from different regions, periods, and traditions. Two additional tables of contents are provided, organizing the works by tradition and by country of origin. The range of works represented here is remarkable, spanning the continent of Asia and the traditions of Hinduism, Buddhism, Jainism and Islam over more than a millennium. With the publication this volume, the long disparaged and neglected Tantric traditions of Asia receive the attention they so rightly deserve. This is a groundbreaking work.

The New Art of Sexual Ecstasy Margot Anand 2009-11-27 New edition of the best-selling guide to transforming sexuality and orgasm through sacred ritual and ancient techniques. *The New Art of Sexual Ecstasy* opens the way to a new stage of fulfillment and bliss, making the sacred lovemaking techniques of the East available to Western readers and extending sensual experience for everyone. This landmark book on human sexuality provides simple techniques that help readers to discover new sexual experiences, combining physical pleasure with intense emotional and spiritual joy. Includes a wide range of practical ways to enhance sexual pleasure and deepen intimacy, including massage, visualisation, breathing, ritual, movement and fantasy. The sexual secrets outlined in this book include: * how to prolong pleasure * how to extend orgasms so it becomes a whole body experience * how to recover sexual sensation * how to have a multiple orgasm - for men and women * how to increase arousal and extend the sexual experience. Also included are many innovative sexual positions for versatility and compatibility. The emphasis in the book is on transforming sexuality beyond the merely physical, making it a truly spiritual experience. This book is ideal for anyone looking to bring spirituality back into sex, using it to bring the body and soul into union to discover a whole new experience.

The Essential Tantra Kenneth Ray Stubbs 2000-01-03 For the first time, Kenneth Ray Stubbs brings together the books of his beloved "Secret Garden Trilogy"--Tantric Massage, Sensual Ceremony, and Sacred Orgasms--into one

complete volume. In this three-in-one book, couples will find the broadest range of creative ideas and resources available in any Tantric guide.

Maps to Ecstasy Gabrielle Roth 1998 Covers the five sacred powers: being, loving, knowing, seeing, and healing

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.

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

The Sexual Practices of Quodoushka Amara Charles 2011-07-26 Practical exercises to reach higher levels of orgasm, renew relationships, and discover the healing power of sex • Illustrates how to identify and best please the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman • Provides exercises for greater sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm • Explains how to perform powerful healing sexual energetic work with the chakras and light body Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Firebreath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers.

The Orgasm Bible Susan Crain Bakos 2008-01-01 The Ultimate Guide to Great Orgasms! Everything that readers should know about orgasms is here, from the best ways to make one happen to the latest research that explains them. Sexy and instructive photography lead the reader on an authoritative journey through the world of ultimate pleasure. An orgasm is something to cultivate, and learning how to experience an orgasm -- or multiple ones -- can take you and your partner's sex life to an exciting new level. The Orgasm Bible teaches readers how to do just that, in structing them on how to build seduction and foreplay into their lovemaking (no matter how long they've been together as a couple), the importance of communication, and myths they need to dispel regarding techniques and strategies. Commanding content paired with inspirational photographs of people in orgasmic ecstasy make the book a truly "mind-blowing" read. An amazing, four color orgasm guide -- with inspirational photos

Slow Sex Nicole Daedone 2014-07-02 Explains how to use the growing practice of Orgasmic Meditation to slow down, connect emotionally, and achieve authentic female sexual satisfaction.

Sex Magic for Beginners Skye Alexander 2011-12-08 A unique blend of sex magic and the Law of Attraction, this easy-to-use and practical book shows you how to use sexual energy to get anything you want. Popular author and magician Skye Alexander teaches you to direct your innate creative force to attract good health, prosperity, and happiness. From intensifying passion to achieving career success, this compact but comprehensive guide presents a surprising array of ways in which sex magic can enhance your life. It reveals the connections between sex, power, and magic and presents rituals,

spells, techniques for working with a partner, visualizations, glamours, elixirs, amulets, talismans, and more. -Attract abundance -Enhance love and pleasure -Create new opportunities -Increase personal power" -Improve health -Spark creativity -Develop insight and intuition

Divine Sexuality Mahasatvaa Ma Ananda Sarita 2011 Divine Sexuality offers transformative insights and methods for all ages, teaching the erotic aspects of Tantra. It provides potent answers to universal questions, regarding sexual anatomy, self-pleasuring, foreplay, creative positions, male female relationship, orgasm and the meeting of sex and spirit.

Eros Ascending John Maxwell Taylor 2011-07-05

***FINALIST, USA Best Books 2010 Awards - Spirituality & Self-Help: Relationships The quest for lasting love is one of life's essential pursuits, in some ways the most essential. But it's also a quest that's impossible to separate from spiritual and sexual needs. In Eros Ascending, author John Maxwell Taylor offers a wide-ranging study of sexual dysfunction in society and explains how healthy sexuality can be an entryway to universal love and higher consciousness. Based on Taylor's twenty-three-year experience with Taoist practices, the book presents an engaging analysis of love, relationships, and sexuality from spiritual, romantic, and sexual perspectives. Taylor melds essential ideas by Jung, Gurdjieff, and Taoist Master Mantak Chia with science, biology, spiritual tradition, and current popular culture to shed new light on this eternal yet misunderstood subject. Not just for couples, the book is equally useful for single people who want to understand the methods for "learning to love yourself " in preparation for a fulfilling, long-term relationship. Taylor draws on his eclectic background as a successful playwright, composer, actor, and musician in this persuasive plan for converting ordinary sexual energy into food for the soul.

Sacred Sexual Union Anaiya Sophia 2013-05-05 Experience the orgasmic rapture of Sacred Union with your Twin Soul and the Divine • Includes practices in sacred sexuality, emotional intimacy, and soul awareness to awaken the Love, Power, and Wisdom of your soul, attract your Twin Soul, and satisfy your soul's longing to reunite with God • Draws on teachings from Gnosticism, Sufi mysticism, the Kabbalah, Kundalini yoga, sexual shamanism, the Egyptian Mystery schools, and Christ Consciousness • Offers examples of Sacred Union, including Jesus and Mary Magdalene and Rumi and Shams as well as experiences of modern couples Jesus and Mary Magdalene, Rumi and Shams, King Solomon and the Queen of Sheba, Isis and Osiris--in these sacred unions we recognize the merging not only of Twin Souls but also of these lovers with the Divine. In Sacred Sexual Union, Anaiya Sophia shows this Holy Marriage, complete reunification with your Twin Soul and God, is not a secret reserved for the initiated or a tradition lost to the ages. It is a potent, living spiritual path enabling two beloveds to experience the primordial state of creation as one soul blessed by the Divine Light and Love of their Creator. Drawing on teachings from Gnosticism, Sufi mysticism, the Kabbalah, Kundalini yoga, sexual shamanism, the Egyptian Mystery Schools, and Christ Consciousness, the author reveals the complete alchemical process of Sacred Union. She provides physical, meditative, and psychological practices that combine sacred sexuality, emotional intimacy, and transparent soul awareness to awaken the magnetic energies of your soul, draw your Twin Soul to you, and, with Twin Souls reunited, experience the passionate rapturous remembrance of becoming one with God. She explores ancient writings and rituals of Sacred Union--known as Hieros Gamos in ancient Sumeria, Sacred Marriage in the Kabbalah, Yab Yum in Tibetan Buddhism, and the Bridal Chamber in Gnostic Christianity--and offers examples of Sacred Union throughout the ages, including experiences from her own spiritual journey. More than a meditative or yogic practice, Sacred Sexual Union offers a transformative spiritual path to embrace the threefold flame of Power, Love, and Wisdom and satisfy your soul's longing for wholeness and reunion with the Divine.

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.

The Art of Sexual Ecstasy Margo Anand 1990-12-01 This landmark book on human sexuality makes the sacred lovemaking techniques of the East fully comprehensible to Western readers. Elegantly illustrated, it helps the reader acquire new attitudes and broaden his or her range of experience, to revitalize and strengthen relationships. This book opens the way to a new stage of fulfillment and bliss, making the sacred lovemaking techniques of the east available to western readers and extending sensual experience for everyone. "The most comprehensive and clearly written work on contemporary Tantric sex. An exceptional detailed program for both the beginner and the advanced practitioner." -Herbert A. Otto, author of "Total Sex".

Introduction to Tantra Thubten Yeshe 2005-06-10 What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy - especially the energy of our desires. Introduction to Tantra is the best available clarification of a subject that is often misunderstood. This new edition of this classic text includes a new foreword by Philip Glass and a new cover design, but leaves untouched Lama Yeshe's excellent original text, edited by Jonathan Landaw. Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for the spiritual path. It is precisely because our lives are so inseparably linked with desire that we must make use of desire's tremendous energy not just for pleasure, but to transform our lives. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and extremely relevant to twenty-first century life.

Sex and the Perfect Lover Mabel Iam 2006-10-24 Your dreams of sexual pleasure are about to come true. No age, time, place, or body constraints can prevent you from becoming the lover you desire to be. A bestseller around the world, Sex and the Perfect Lover has become the definitive guide to improving your sexual experience. Inside, discover how to: Learn and develop sexual magnetism Become an irresistible, fascinating, unforgettable lover Overcome sexual blocks and inhibitions Achieve multiple orgasms Stimulate a woman's G-spot Practice Kama Sutra techniques with the help of amazing illustrations and personal tips from the author Make your relationship sacred and feel inner divinity while making love Find and attract your soul mate This book will become your eternal companion and trusted adviser -- all of your needs and doubts about eroticism will be eased by Iam's tried-and-true advice. From your first kiss to sexual ecstasy, Mabel Iam guides you along the path to an intense pleasure that only love and sex can bring.

The Art of Sexual Magic Margo Anand 1996-09-09 "I recommend The Art of Sexual Magic to all those who want to know from the depth of their own being that sexual ecstasy and exaltation of the spirit are the same experience in different disguises." --Deepak Chopra Restoring a sense of sacred significance to the act of lovemaking, the practice of sexual magic also enables couples to celebrate the highest form of erotic communication. Sexuality becomes a way to honor both physical instincts and spiritual yearnings. A world-renowned expert in the field of Tantric sexuality, Anand sensitively guides readers through a series of unique exercises, many of which are based on ancient erotic rituals. In the process, readers will become "sexual magicians," gaining enchanting new powers that are magically accessible to every man and woman. Beautifully illustrated, with more than sixty explanatory drawings, The Art of Sexual Magic is a life-changing book for those who seek to discover the magic potential of sexual energy. It invites lovers on an exciting, unexplored pathway and richly rewarding journey.

Womb Wisdom Padma Aon Prakasha 2011-01-21 Tools to awaken the creative powers of the womb • Contains exercises to open the womb's energetic pathways, release toxic emotions, and harness creative potential • Reveals how the womb's energies are crucial for the spiritual shift of 2012: birthing a new civilization • Shows how the awakened womb can also bring about male spiritual

transformation In the past and in present-day indigenous traditions, women have known that the womb houses the greatest power a woman possesses: the power to create on all levels. Utilized in the process of giving birth, this power of creation can also be tapped in the birth of projects, careers, personal healing, spirituality, and relationships. However, because the womb stores the energetic imprint of every intimate encounter--loving or not--the creative voice of the womb is often muffled or absent altogether, affecting the emotional, mental, and spiritual health of women and their relationships. Drawing on sacred traditions from ancient India, Tibet, Egypt, Gnostic Christianity, and Judaism, the practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners. The authors include exercises to clear the past, release toxic emotions, open the womb's energetic pathways, activate the sacred sensual self, bring balance to relationships, and harness creative potential. Including intimate, individual stories of women experiencing the opening of the womb, this book also explores the forgotten sacred sites of the womb around the world as well as how the womb's energies are crucial to birth a new civilization in the spiritual shift of 2012.

Red Hot Tantra David Alan Ramsdale 2004 Red Hot Tantra was the first book about red tantra -- the hot, lusty version of tantric sex. This book drops the robes of holiness to offer the first shamelessly erotic, blissfully sensual, and devoutly naughty tantric guide. When most people think of tantric sex, they think of white tantra, which was developed by monks and encourages dispassionate remoteness. Red tantra, on the other hand, is an ancient, orgasm-positive, woman-centered tradition based on erotic goddess worship. This book combines erotic stories, instructions for a tantric experience, and a commentary on the insights dramatized by the story and experienced by the reader.

The Art of Sexual Ecstasy Margot Anand 1989 This landmark, elegantly illustrated book on human sexuality makes the sacred lovemaking techniques of the East fully understandable to Western readers. And offers liberating practices that can immeasurably extend sexual experiences by providing new attitudes and practices that can revitalize our most precious relationships.

Healing Love through the Tao Mantak Chia 2005-07-15 A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.

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.

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.