

# The Art Of Sexual Ecstasy Margot Anand

Yeah, reviewing a book **The Art Of Sexual Ecstasy Margot Anand** could build up your near links listings. This is just one of the solutions for you to be successful. As understood, attainment does not recommend that you have astounding points.

Comprehending as well as promise even more than other will come up with the money for each success. neighboring to, the statement as well as keenness of this The Art Of Sexual Ecstasy Margot Anand can be taken as without difficulty as picked to act.

*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."

**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.

*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.

**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.

**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.  
**the joy of sex** 1972

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.

**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.  
*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.

**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.

**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.

*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

**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.

**Sex and the Perfect Lover** Mabel lam 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 lam's tried-and-true advice. From your first kiss to sexual ecstasy, Mabel lam guides you along the path to an intense pleasure that only love and sex can bring.

**The Art of Sex** Tom Slaughter 2014-11-05 This journal is a collection of daring, clever, and endlessly absorbing adult drawing prompts. **Total Sex** Herbert Otto 1973-04

**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.

**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.

**Satisfaction** Kim Cattrall 2008-11-16 Kim Cattrall, best known for her depiction of Sex and the City's Samantha, slides between the sheets with readers to share her secrets on reaching the heights of pleasure. In this illustrated guidebook for women looking to improve their sex, Kim Cattrall teams up with her husband to share tips and tricks. This how-to-sex book is based on viewer feedback from the show and designed to help couples focus on achieving the female orgasm.

**Kedasha** 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!

**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.

*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*.

**Introduction to Tantra** Thubten Yeshe 2001-06-15 This introduction recognizes and explains how to channel the powerful energies aroused by human desires, and how to transform lives with them.

**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 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.

**Extraordinary Sex Now** Sandra Scantling  
2001-01-09 Based on the advice she has provided throughout her twenty years of clinical practice as a sexual therapist, Dr. Sandra R. Scantling has written a new erotic guide to restoring the vital connections that bring couples together and make it possible for them to enjoy extraordinary sex. This is not a sex manual; it is a book about achieving true intimacy—both in and out of the bedroom. Through storytelling, anecdotes, and an easy-to-complete quiz,

readers will learn to identify their own personalities and sexual styles—as well as those of their partners—and so to understand why they each behave as they do and—above all—how they can each modify their styles to achieve *Extraordinary Sex Now*. This is an inspirational, must-have guide for any couple seeking to rekindle their passion. Dr. Scantling proves that lovemaking need never grow dull—that it can be an ongoing, joyous event, now and for the rest of our lives.

**The Bedside Orgasm Book** Cynthia Gentry  
2004 365 ways to spice up your sex life, from games and toys to foreplay techniques, positions, and tantric tips. Illustrated throughout with sexy red line drawings and bound in a secret diary-like package, *The Bedside Orgasm Book* offers a year of passion and pleasure with a tip for every day of the year. With its mix of hot sexual techniques, spicy stories and tips and tricks for solo flights of fancy, this book will leave readers anticipating tomorrow with a tingle and an urgency that will drive them straight to bed.

*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."

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

**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 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".

*Tantra in Practice* David Gordon White 2018-06-26 As David White explains in the Introduction to *Tantra in Practice*, Tantra is an Asian body of beliefs and practices that seeks to channel the divine energy that grounds the universe, in creative and liberating ways. The subsequent chapters reflect the wide geographical and temporal scope of Tantra by examining thirty-six texts from China, India, Japan, Nepal, and Tibet, ranging from the seventh century to the present day, and representing the full range of Tantric experience—Buddhist, Hindu, Jain, and even Islamic. Each text has been chosen and translated, often for the first time, by an international expert in the field who also provides detailed background material. Students of Asian religions and general readers alike will find the book rich and informative. The book includes plays, transcribed interviews, poetry, parodies, inscriptions, instructional texts, scriptures, philosophical conjectures, dreams, and astronomical speculations, each text illustrating one of the diverse traditions and practices of Tantra. Thus, the nineteenth-century Indian Buddhist Garland of Gems, a series of songs, warns against the illusion of appearance by referring to bees, yogurt, and the fire of Malaya Mountain; while fourteenth-century Chinese Buddhist manuscripts detail how to prosper through the Seven Stars of the Northern Dipper by burning incense, making offerings to scriptures, and chanting incantations.

In a transcribed conversation, a modern Hindu priest in Bengal candidly explains how he serves the black Goddess Kali and feeds temple skulls lentils, wine, or rice; a seventeenth-century Nepalese Hindu praise-poem hammered into the golden doors to the temple of the Goddess Taleju lists a king's faults and begs her forgiveness and grace. An introduction accompanies each text, identifying its period and genre, discussing the history and influence of the work, and identifying points of particular interest or difficulty. The first book to bring together texts from the entire range of Tantric phenomena, *Tantra in Practice* continues the Princeton Readings in Religions series. The breadth of work included, geographic areas spanned, and expert scholarship highlighting each piece serve to expand our understanding of what it means to practice Tantra.

*Internal Family Systems Therapy, Second Edition*  
Richard C. Schwartz 2019-08-12 Now significantly revised with over 70% new material, this is the authoritative presentation of Internal Family Systems (IFS) therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or "parts" of each individual's psyche relate to each other like members of a family, and how--just as in a family--polarization among parts can lead to emotional suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems. They also address strategies for treating families and couples. IFS therapy is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices. New to This Edition \*Extensively revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base. \*Chapters on the Self, the body and physical illness, the role of the therapist, specific clinical strategies, and couple therapy. \*Enhanced clinical utility, with significantly more "how-to" details, case examples, and sample dialogues. \*Quick-reference boxes summarizing key points, and end-of-chapter summaries.

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.

*Sexual Radiance* Susan Taylor 1998 Integrating the principles of Western medicine and Eastern mysticism, a guide to heightening sexual vitality introduces a program designed to enhance sexual fulfillment

*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.

**The Sexual Ecstasy Workbook** Margo 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.

**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 Great Work of the Flesh** Sarane

Alexandrian 2015-01-30 An inside look at sex magic in Eastern and Western Mystery traditions • Details the sex magic practices of P. B. Randolph, Aleister Crowley, Austin Osman Spare, Julius Evola, and Maria de Naglowska • Includes a complete overview of love magic in the Middle Ages, with accounts of the use of potions, powders, spells, and enchantments • Explores sex magic techniques of the East, including Taoist sexual alchemy Magic, almost in its entirety, is connected to sexuality. It is through the natural magic of love that sex magic operates, harnessing the forces that join lovers together. In this extensive study of sex magic in the Eastern and Western Mystery traditions, Sarane Alexandrian explains how there is a sex magic connected with every religion, spiritual belief system, and initiatory society. Exploring sexual practices in folk magic, high magic, alchemy, and religion, the author begins with a complete overview of love magic in the Middle Ages, including accounts of the use of potions, powders, spells, and enchantments, and he reveals how these techniques related to the religious practices of the time. He introduces the Taoist sexual alchemy practices of Mantak Chia, the secret tantric practices of the Tibetan bongs, sexual shiatsu, and a Vietnamese practice called "mouth moxa." Examining the sacred sexuality that arose in Western initiatory orders in the late 19th and early 20th centuries, Alexandrian details the development of P. B. Randolph's white sexual magic and the black sexual magic of Aleister Crowley, as well as explaining the practices of Austin Osman Spare, Julius Evola and the Ur Group, and Maria de Naglowska. He reveals the scientific principles underlying sex magic and how successful results are guaranteed by the influences of the heavenly bodies and the radiant powers of color, number, scents, and physical movements, which intensify the activity of the human bioelectric field. Alexandrian also details the tantra practices of Margot Anand, the sexual rituals of Wicca, and magical "sex aids," including talismans and jewels. Providing complete practical information, the author explains how, through sex magic, a couple can extract from each other what they are missing by way of virility and femininity, multiplying their energies tenfold and merging the carnal and spiritual worlds to experience transcendent

adventures in the deepest depths of reality.  
**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