

The Art Of Sexual Ecstasy Margot Anand

If you are craving such a referred **The Art Of Sexual Ecstasy Margot Anand** book that will provide you worth, get the enormously best seller from us currently from several preferred authors. If you desire to funny books, lots of novels, tale, jokes, and more fictions collections are as well as launched, from best seller to one of the most current released.

You may not be perplexed to enjoy all books collections **The Art Of Sexual Ecstasy Margot Anand** that we will completely offer. It is not in this area the costs. Its nearly what you craving currently. This **The Art Of Sexual Ecstasy Margot Anand**, as one of the most in action sellers here will certainly be along with the best options to review.

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.

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.

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.

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.

Erotic Massage Anne Hooper 2004-12-27 An expert on human sexuality and best-selling author of *Ultimate Sex* offers a detailed guide to the art of erotic stimulation, featuring step-by-step illustrations and inspirational tips on how to enrich one's sexual life through the sensual power of touch. Original.

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.

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 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.

Total Sex Herbert Otto 1973-04

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".

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

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."

Awakening Shakti Sally Kempton 2015-07-13 The Transformative Power of The Goddesses of Yoga How do you live a life of spiritual awakening as well as outer abundance, inner freedom as well as deep intimacy? How do you serve the world selflessly, yet passionately celebrate your life? The sages of Tantra have known for centuries that when you follow the path of Shakti — the sacred feminine principle personified by the goddesses of yoga — these gifts can manifest spontaneously. Yet most of us, women as well as men, have yet to experience the full potential of our inner feminine energies. In *Awakening Shakti*, you will learn how to recognize and invite: • Kali, bringer of strength, fierce love, and untamed freedom • Lakshmi, who confers prosperity and beauty • Saraswati, for clarity of communication and intuition • Radha, who carries the divine energy of spiritual longing • Bhuvaneshvari, who creates the space for sacred transformation • Parvati, to awaken creativity and the capacity to love With a wealth of meditations, visualizations, mantras, teachings, and beautifully told stories, *Awakening*

Shakti provides a practical guide for activating the currents of the divine feminine in every aspect of your life. Sally Kempton has been studying and teaching the wisdom of yoga for 45 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular Yoga Journal column "Wisdom." Sally teaches retreats, teleclasses and workshops internationally. She resides in Carmel Valley, California. Illustrator Ekabhumi Charles Ellik is a poet, artist, husband, student, and teacher of Classical Tantric Hatha Yoga. A student of Nepalese master painter Dinesh Charan, he also studied painting in the lineage of Harish Johari.

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 Power of Shakti Padma Aon Prakasha 2009-07-24 Transformational wisdom designed for both women and men to access and enhance the inner

power of the Divine • Reveals how to activate your sacred sexual self and find your soul mission • Shows how to access the wisdom of the Galactic Center • Explains why men need the Shakti Circuit to connect with the Divine Masculine Shakti is the Divine life force that ceaselessly manifests, creates, and activates. Igniting this living power within is the key for both men and women to transform themselves and attain union, harmony, and peace. The fluid intelligence of Shakti enflames, empowers, and awakens, igniting life force, joy, and organic wisdom within. Uniting the forms of Tantra Yoga found in Indian, Tibetan, and Aramaic sacred traditions, Padma Aon Prakasha reveals how to activate the power of Shakti by opening the 18 energetic pathways of the Shakti Circuit. The Circuit begins with galactic energy entering the body at the Alta Major chakra, located at the back of the head. Traveling down the pillar of the spine through the root chakra, the Circuit passes through the Seven Gates of the Womb-Grail to link the sacred sexual center and the heart center. From the heart, the energy completes the Circuit by traveling to the third eye and back to the Alta Major starting point to reveal the All-seeing eye. Centered on the womb in women and the hara in men, the Shakti Circuit links the soul, body-mind, emotions, and chakras to the power and loving wisdom of the Galactic Center. The Power of Shakti includes the insights and experiences of both men and women as they activate the power of Shakti and shows that clearing all 18 pathways of the Shakti Circuit enables us to activate our sacred sexual self and find our soul mission.

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.

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 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 Fabric of the Future M. J. Ryan 2000-03-01 A collection of thoughts on the future by female visionariesscientists, philosophers, and psychospiritual writersincludes contributions from Jean Houston, Joanna Macy, Sue Bender, Joan Borysenko, Caroline Myss, Marion Woodman, and Gloria Steinem, among others. Reprint.

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.

Sex 101 Randi Foxx 2004-11-01 This pocket-sized guide is a must--have for anyone looking to spice up their sex life. It contains all of the positions from the Kama Sutra plus exciting variations on many of the themes.

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.

Tantric Quest Daniel Odier 1997-04-01 The author reveals his passionate experiences with a female Tantric master who taught him the suppressed practices of her ancient order. In 1968 Daniel Odier left Europe for the Himalayas, searching for a master who could help him go where texts and intellectual searching could no longer take him. He wanted everything: the wisdom and spirituality gained from the life of an ascetic and the beauty, love, and sensuality of a life of passion. He found both in Shivaic Tantrism, the secret spiritual path that seeks to transcend ego and rediscover the divine by embracing the passions. In an isolated Himalayan forest Odier met Devi, a great yogini who would take him on a mystical journey like none he had ever imagined. At times taking him beyond the limits of sexual experience, at

times threatening him with destruction, she taught him what it is to truly be alive and to know the divine nature of absolute love. This is the personal memoir of one of France's most honored writers. Tantrism is the only ancient philosophy to survive all historical upheavals, invasions, and influences to reach us intact by uninterrupted transmission from master to disciple, and the only one to retain the image of the Great Goddess as the ultimate source of power.

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.

Tantric Awakening Valerie Brooks 2001-10-01 The autobiography of an American Gen-X woman who immerses herself in the sexual mysteries of tantric yoga. • An engaging insider's story that intimately portrays the details of the tantric sexual path from a young woman's point of view. • Author is one of the few Americans to be initiated into the sacred cobra breath. • Reveals not only the benefits but also the pitfalls, problems, and temptations of

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

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.

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.

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.

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 Art of Sex Tom Slaughter 2014-11-05 Think sexy thoughts. A caress. In the rain. Anticipate, savage, a hammock, undress, early morning. A kiss. You'll find yourself invigorated by this collection of daring, clever, and endlessly absorbing drawing prompts. Some are deceptively simple, some are conceptually mind-bending and some are refreshingly basic. Hip and sexy, *The Art of Sex* is the perfect inspirational sketchbook, sure to entertain anyone with a provocative imagination and ready to pick up a pencil.

Featuring sketches, quotes and spot art from reknown artist Tom Slaughter, along with collections of words meant to provoke sexy drawing and explore fantasies. This bold, modern, graphic journal will definitely bring out your inner-artist's sexy side.

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.

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 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.

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.

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

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 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.

[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?