

Sensual Ceremony



A Contemporary Tantric Guide To Sexual Intimacy

THE SECRET GARDEN TRILOGY

Volume II

Kenneth Ray Stubbs

Sensual Ceremony A Contemporary Tantric Guide To Sexual Intimacy

Judy Kuriansky



Sensual Ceremony A Contemporary Tantric Guide To Sexual Intimacy:

Sensual Ceremony Kenneth Ray Stubbs,1993-09 Takes readers on a journey to an erotic intimate and sensual land giving and sharing in a sexual spiritual experience with your lover In a poetic flow of words the author introduces the mindset for the ceremony takes readers through preparation the ceremony and closing Share bathing as ceremonial waters nourish the spirit with massage **New Age Journal** ,1995-02 **Secret Sexual Positions** Kenneth Ray Stubbs,1997-09 More than 100 erotic illustrations grace this step by step guide to the ancient secrets of sexual pleasure This new lavishly illustrated guidebook by the bestselling author of Erotic Massage takes readers on a unique tour of sexual practices throughout the ages Drawing on a rich variety of cultures and eras Secret Sexual Positions provides the methods that can open us to forgotten or undiscovered sensations and feelings leading to a more profound and pleasurable sexuality The book s magnificent illustrations depict the lovemaking of both ancient and modern lovers and invite the reader to experience a new dimension of bodily and mental pleasure Using sexual wisdom from sources as diverse as the Kama Sutra the Song of Songs and the Ishimpo Secret Sexual Positions provides an unprecedented journey through the sexuality of the ages all made easy and available to the couples of today *The Essential Tantra* Kenneth Ray Stubbs,Kyle Spencer,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 *The Complete Guide to Modern Tantric Sex* Susan Bridget,2020-09-19 Do you want to discover the ancient secrets to experience mind blowing Tantric Sex and Improve Your Relationship Then Keep Reading After many years of exploration the ancient practice of Tantra with its unique intelligent approach to sex had the effect of enhancing intimacy and deepening love Here the author has adapted Tantra for modern Western lovers in a practical sympathetic way Tantric Sex can transform your experience into a more sensual loving and fulfilling one In order for your sex life to improve you must be willing to learn and practice Tantra Once you do you will be able to flow with your body s rhythm find out what gives it pleasure and figure out the way it feels pleasure So how can you apply ancient Hinduism and Buddhism principles to achieve mind blowing Tantric sex Get yourself your very own copy of The Complete Guide to Modern Tantric Sex that will guide you in a life changing journey What makes this guide unique is that readers can start their journey towards physical and spiritual sex Here is where you will learn principles that can help reach a deep intimate connection with your partner From The Complete Guide to Modern Tantric Sex you will discover Awaken and worship the God or Goddess within you so you can have better sex and deeper more intimate relationships Achieve multiple orgasms using centuries old Tantric sex teachings that are still relevant in the modern world Improve your Tantric sex experiences using proven expert approved tips that will change your life and relationships for the better Master the art of sacred sex to reach your soul s ecstasy you will be able to awaken your sexual energy with the teachings of Tantra illuminated The best sex

positions for couples massage and meditation techniques And so much more Bonus Massage and Tantric Meditation Tantra Tantric Sex and its Benefits Communication Essentials and How to Breathe To Ecstasy Distinguish And Worship The God Or Goddess Within You How to Prepare Your Body and the Purification Path Positions And Techniques Multiple Orgasm Female Orgasm and Tantric Sex Teachings Tips to Improve Tantric Sex Pleasure This life changing guide provides proven ancient knowledge that focuses not only on erotic aspects but also on the importance of history practices and traditions behind the Tantra philosophy In simple words after getting this book the secrets Tantric techniques that you will discover will improve your sex life thanks to a new and deeply spiritual vision Let s discover all of them Scroll up Click to Get This Book and let Tantra Secrets become part of your life

Tantric Sex Nitya Lacroix,2013 The ancient Eastern tradition of tantra teaches that sex involves the mind and spirit as well as the body It states that the sexual union of a man and a woman releases a powerful force within the body that can be harnessed to take you beyond the physical orgasm to a higher state of consciousness This wonderfully honest and reassuringly explicit book will help you to unlock the magic of tantrism and show how today s couples can use its teachings to attain new levels of sexual bliss and emotional intimacy Illustrated with stunning and sensitive photographs throughout and filled with sensual rituals and lovemaking techniques for you to explore this concise volume captures the spirit of tantra and guides you confidently and surely towards greater intimacy and sexual fulfilment

Tantric Sex Nitya Lacroix,2000 This book will help you prepare your own temple of delight and dedicate yourselves to unlocking your full sexual potential

The Heart of Tantric Sex Diana Richardson,2003 This book can transform your experience into a sensual loving and fulfilling one

Tantric Sex for Busy Couples Diana Daffner,2011-02-15 A unique program of S E X Synchronized Energy eXchange exercises that combine Tantra sexuality from India with Tai Chi movements from China Thousands have used these simple exercises to build a connection with their mate that recalls or surpasses first love Tantric Sex for Busy Couples provides readers with a dynamically new and practical approach to creating intimacy on all levels sexual emotional and spiritual Blending the ancient teachings of Tantra from India and the peaceful exercise program of T ai Chi from China couples discover how to create magic in their relationship Woven throughout the easy instructions are the personal experiences of the author and her husband Although the emphasis is on intimacy rather than orgasm the sexual practices are designed to provide plenty of both The basic exercises presented in the book include Solo Stillness Connected Pose and the Tantra TaiChi Trilogy Solo Stillness highlights the idea that when we each embrace our inner self we are more able to be truly present in a relationship Connected Pose invites the couple to simply be with each other face to face heart to heart eyes open This establishes the foundation for intimate connection The Tantra TaiChi Trilogy focuses on three primary centers in the body both metaphorically and physically the Sex Center below the waist the Heart Center above the waist and the more elusive Bindi or spiritual center represented by the third eye and upper chakras Each of these centers interacts with and influences the others Sexual energy is moved throughout the body

rather than being concentrated in the genitals The foundational exercises of Tantra TaiChi are preparation for the sexual practices described in the book These include yin and yang ceremonies of sexual massage for the woman and the man as well as Peaceful Passion a sexual union that requires neither a high sex drive nor a Viagra inspired erection Throughout all of the practices readers are encouraged to maintain a sacred respectful loving and ceremonial attitude toward their partners This attitude alone can transform a relationship into a love affair **Advanced Spiritual Intimacy** Stuart Sovatsky,2014-05-14

A practical guide for both individuals and couples to transform sexual energy into spiritual and erotic fulfillment Explains how to awaken advanced stages of sexual development for spiritual intimacy and deep erotic satisfaction Includes illustrated instructions for exercises and techniques based on yoga kundalini breathing practices mantra chanting and chakra meditation Explores how this practice can deepen a life partnership enhance creativity heal emotional scars and awaken new understandings of gender Sexual development does not end in adolescence There are advanced stages of glandular emotional and erotic development based in the lifelong puberty of the spine Known in India as kundalini awakening these stages form the energetic basis of all yoga forms and deeper erotic aspirations They present an opportunity for couples and individuals to explore the consciousness expanding abilities of sexual energy as both spirituality and sexuality transform into what Michel Foucault called ars erotica far beyond the Freudian scientia sexualis sexuality of the Western world Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice Stuart Sovatsky explains how to awaken the complete spinal puberty resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality With illustrated instructions he reveals flow yoga asanas mantras and devotional breathing practices for solo kundalini yoga as well as couples yoga practices and chakra meditations to awaken the heart and the divinely eroticized mind He shares inspiring stories from those on this path about ever deepening life partnerships enriched family life enhanced personal creativity profound new understandings of conception masculinity femininity and gender itself as well as healing emotional scars of romantic breakups and sexual abuse Sovatsky shows that by transcending conventional Western sexuality and returning to the ars erotica beliefs of ancient India we can harness the divine energy glimpsed for only an instant by most people at the heart of all erotic yearning **The Complete Idiot's Guide to Tantric Sex, 2nd Edition** Judy

Kuriansky,2004-12-07 In this updated fully illustrated second edition of the bestselling book Dr Judy Kuriansky a certified associate Ipsalu Tantra Teacher uncovers every aspect of this ancient practice From the sacred belief behind Tantra and Tantric loving to the practice of Tantric techniques this book includes a new chapter on sacred sex and updated chapter on Tantra rituals the author's own Tantric sex therapy technique tips from world renowned Tantric experts and listings of national Tantra instructors and workshops Fully illustrated Author is a Tantric expert who has studied with pioneer Margot Anand A basic instruction to the principles of Tantra Tantric sex was recently featured in an episode of Sex and the City and in an article in New York magazine **Tantric Sex For Couples** alexia Reid,2019-10-26 Did you know there are ancient

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

Tantric Sex Jeffery Dawson, 2015-06-25 TANTRIC SEX GUIDE Embrace the Passion and Spiritual Healing of Tantric Sex Looking For Sexual Healing Better Communication With Your Lover Erotic Pleasure Extended Ecstasy Timed Bliss Then THIS BOOK IS FOR YOU Embrace the Passion and Spiritual Healing of Tantric Sex Are you curious about Tantric Sex? Do you need guidance to get started? Would you like to know how Tantric Sex can free your body and soul? When you

purchase Tantric Sex Guide to Sexual Healing Communication and Erotic Pleasure you ll learn what Tantra is its history and how it relates to tantric sex You ll discover many aspects of Tantric Sex Tantric Positions Tantric Exercises and Breathing Myths and Truths about Tantric Sex and Tantra The Ten Pledges of Tantra Mantras and Yantras LEARN THE SECRETS OF TIMED BLISS Tantric Sex Guide to Sexual Healing Communication and Erotic Pleasure describes the benefits of Tantric Sex including individual growth and heightened orgasms You ll learn about Tantric Sex relationships how to handle power struggles and how this practice empowers both men and women Increase Love Alleviate Depression and Create a Positive Effect on the World You ll discover many techniques and positions and even learn how to give a Tantric massage Purchase Tantric Sex Guide to Sexual Healing Communication and Erotic Pleasure now and enter a whole new world of sexuality and spirituality

Tantric Sex: The Complete Guide to Discover the Best Tantric Secrets for Meditation, Yoga, Massage, and Obtain a New Sex Life Full Evelyn Jaymes, 2020-10-07 Did you know that tantric sex is NOT all about sex Or that it could be a path to healing several other areas of your life What if you could experience full body orgasms that lasted for hours Doesn t that sound incredible The truth is the strength of your relationship is not forged during the dates you have or how much time you spend together as a couple A strong loving bond that can withstand the test of time is built during the most precious and intimate moments you share with your partner It is built during sex Having sex should be more than just satisfying your hormonal lust or desires Sex should be a time when you connect with your partner in a way so deep you re both brought to the brink of ultimate bliss Originating in India sometime between 300 and 400 of the Common Era CE the concept of tantra can be detected dating back to 2000 BC Ancient civilizations have long been harnessing the power of this remarkable practice and the modern world we live in is only now waking up all the glorious possibilities tantric sex can bring Tantric sex is not a religion It is a practice and a way of life It doesn t just teach you the various sex methods you could use for greater pleasure alone It teaches you how to give and receive the loving energy between a pair of lovers It teaches you about awakening the internal spirit the energy of life that flows within us all to connect with your spiritual side and restore meaning to your life It reminds us that our bodies are a temple and that within every man and woman there resides a God and Goddess Tantric sex is about connecting with your partner so deeply that in that union you feel like you may have found your soul mate at last You Will Learn Tantra s emotional and cultural origins Why tantric sex is better than regular sex How to bring out your partner s sensual side Overcoming the myths to discover the truth How to awaken your body and free your mind The true power of breath and what it can do for your sexual experience How to harness the power of your sexual energy How to transform your sexual energy using your chakras How to manipulate the senses for greater intimacy What the erotic awakening massage can do for you Understanding the universal hum The best tantric sex positions to try today There s more to tantra than meets the sexual eye and this book aims to help you understand why it should be seen as a way to connect meaningfully with your partner rather than seeing it as nothing more than a way for you to have an orgasm Embrace

tantra fully and you ll live your life with freedom and passion you never knew before Tantra doesn t just teach you how to connect with your partner It teaches you how to connect with your world Tantra is a practice that benefits both men and women and we ll provide step by step guides about how you can work together with your partner the way you are supposed to This book is not going to tell you how to do it It s going to show you how to do it Are You Ready to Change Your Sexual Experience for the Better Download Now Your sexual awakening awaits **Tantric Sex** Nicky Lopez,2020-11-25 Spice Up Things In Your Bedroom Create A Deep Connection With The Help Of Tantric Sex Few sex practices have received as much buzz in the last few years as tantric sex People from all over the world have sung the praises of this unique form of intimacy Tantric sex is based on a philosophy of oriental origin that is more than 4 thousand years old It is based on the idea of using sexual energy to achieve a connection between bodies without having to accomplish a sexual relationship under the norms considered normal by Western culture Tantric sex supports accepting honoring and allowing yourself and your partner to be exactly who you are at any moment whether that s through communication energy exchange or physical sex What makes tantric sex so special This book will reveal the answer to this question Here s what you ll discover inside this book A detailed guide on how to have tantric sex A list of the best tantric sex positions All the benefits of tantra Everything you should know about tantric massage Additional tips for having mind blowing tantric sex Tantric sex focuses on the benefits of prolonging the sexual experience or ceremony for increased intimacy and better all around health But it doesn t stop there According to experts when performing tantric sex people significantly improve their physical health due to the number of calories that they lose during this practice In addition your breath heartbeat and blood circulation will be directly affected as well Several studies show that couples who engage in tantric sex have improved considerably from depression and similar conditions since tantric sex eliminates negative energy and attracts positive Are you excited about trying new things out in your bedroom By getting this book you ll be signing up for an unforgettable experience **Tantric Sex Positions** Jessica Ryan,2020-11-02 Would you like to learn the ancient Tantric sex massage secrets that will help you to increase intimacy and create a mind body connection leading to powerful orgasms Would you like to lose the conception of lovemaking time to be able to give your partner truly unforgettable sensations and keeping the flame of passion burning over the years Then keep reading When you are caught in daily stress and all the limitations that prevent you from letting go even enjoying a pleasant sex life can become difficult When energies are scarce if you feel tired when commitments overcrowd your mind sex suffers Both in quality and in quantity These factors can negatively affect couple life and sexuality So to be able to understand how to achieve sexual fulfillment and get in touch with your emotions at an intimate level never experienced before you must first get rid of these blocks that inhibit your sexual energy levels This is possible thanks to the practice of Tantric sex for couples It is an ancient Hindu practice for men and women that has been going for over 5 000 years and means the weaving and expansion of energy Tantra equals to sexual freedom resulting from the abandonment of taboos and fully experiencing the

deep pleasure of sex relationship But the world of the body and its many pleasure zones can be overwhelming without a step by step guide This book will guide you through inner spiritual and physical practices to become totally aware of your body and that of your lover You will learn to relax enjoying real couple intimacy and get rid of the tensions caused by the stress of everyday life You ll learn the best Tantric Yoga techniques working with Chakras balancing meditation love energy to unlock the complete sexual satisfaction Ready to discover Understand how to apply Tantric philosophy and traditions in your daily life How to breath relax and connect to yourself and your partner Develop healthy self love and a compassionate approach towards anyone Chakra awakening reconnect to healthy masculine and feminine energies The most intense pleasure zones and how to touch them for mind blowing orgasms How to master the power of Tantric Lingam and Yoni sex massage to create healthy energetic flows with bodies The best Kama Sutra and Tantric sex positions for couples and beginners and much more Even if you are a beginner don t worry this modern tantric sex guide is for men and women both of all levels of intimacy and closeness You ll be taken into the world of the tantric sex to become the lover you ve always wanted to be It is never too early or too late to use the easy principles here to increase your sex appeal better appreciate any future lovers and achieve sexual happiness Would you like to know more Get your copy today and start practicing the real tantric arts [The Complete Idiot's Guide to Tantric Sex](#) Judith Kuriansky,2004 In this updated fully illustrated second edition the author uncovers every aspect of this ancient practice and introduces the principles techniques and rituals of Tantra **Awakening Sensuality** Pete Cossaboon,2025-01-09 Awakening Sensuality A Neo Tantric Guide to Intimacy Body Acceptance and Sacred Connection is a transformative journey into the heart of what it means to embrace your authentic self and cultivate deeper more meaningful connections This beautifully crafted guide offers a holistic exploration of sensuality intimacy and body acceptance through the lens of Neo Tantra weaving ancient wisdom with modern insights to help you awaken to the profound richness of life In today s fast paced world we often lose touch with our bodies our desires and the deeper currents of connection that make life truly vibrant Awakening Sensuality is your invitation to slow down breathe deeply and rediscover the sacredness in yourself your relationships and the world around you Whether you are single partnered or exploring relationships in their many forms this book meets you where you are and empowers you to create a more authentic fulfilling way of being Through its deeply empathetic and engaging approach this guide provides practical tools reflections and exercises to help you reconnect with your body honor your boundaries and transform your relationship with intimacy From cultivating self love and embracing vulnerability to exploring the art of touch and awakening the five senses every chapter is designed to lead you closer to a life of presence joy and wholeness Awakening Sensuality delves into the power of Neo Tantric principles offering accessible practices that foster healing release emotional blockages and inspire personal growth Learn how breathwork can harmonize your energy how rituals can transform daily routines into sacred experiences and how living with greater mindfulness can deepen your connection to yourself and others With each page you will uncover new

pathways to authenticity discovering that intimacy extends beyond the physical to encompass emotional mental and spiritual realms This guide is not just a book it is a companion on your journey Its compassionate tone and gentle wisdom make you feel seen heard and supported every step of the way It invites you to release societal taboos around pleasure celebrate your desires without shame and embrace the beauty of life s sensuality With practical guidance and inspiring reflections you will learn how to create a more connected intentional and joyful life Perfect for anyone seeking a deeper relationship with themselves and their loved ones Awakening Sensuality is an empowering resource that encourages you to honor your unique journey Whether you are embarking on the path of self discovery seeking to heal old wounds or looking to bring more presence and sacredness into your relationships this guide provides the tools and inspiration you need to thrive Step into a world where intimacy is sacred the body is celebrated and life is embraced with open arms Awakening Sensuality is your gateway to living a Neo Tantric way of life rooted in self love connection and the unending beauty of the present moment Your journey toward greater presence deeper intimacy and authentic wholeness begins here **Tantric Massage** Emma Nixon,2015-12-11 Deepen Your Intimacy and Improve Your Relationship with Tantric Massage What is Tantra What Tantric Massage The Complete Guide to Tantric Massage for Beginners explains the differences between these techniques and gives you everything you need to have a beautiful experience with your partner How do you practice Tantric Massage This helpful book teaches you the 8 Rules of Tantric Massage Understand the Essentials of Tantric Massage Creating a Magical Ambience Always Communicate Build Mutual Intimacy Control Your Massage Strokes Breathe Constantly Hold Each Other The Don ts of Tantric Massage When you unravel this fascinating book you ll discover the many benefits of Tantric Massage By practicing together and setting good ground rules you can cleanse your mind improve your health and boost your relationship to a new level This book includes a great number of techniques and positions for Tantric Massage and Tantric Sex Read The Complete Guide to Tantric Massage for Beginners Today You ll be so glad you took this step together with your partner **The Tantric Sex Handbook** Emily Jones,2020-04-04 Everything is certainly blissful when it comes to the word sex However there are heights and levels to it Are you ready to experience a mind bugging and an experience that will take you to the highest cloud leaving your body exploding with pleasure even at the lightest touch If you want to experience an higher level of sexual and healing experience welcome to the tantric sex experience Picture yourself being in a situation of sexual bliss where every act seems to melt inside of you because you love every pang of it If you would like this experience then you re reading the perfect guide Here you will learn everything there is to know about tantric sex and have the knowledge of the rudiments of the pleasure so you could reach the level of a blissful moments in your sex life Introduction and History of Tantra and love energies Tantra Yoga for men and women Sensitive touch and sensual massages Secret erotic points Sexual magic rituals symbols and dances Advanced sexual poses Tantric exercises for couples How to achieve multiple orgasms for both male and female Prolonging sexual pleasure Eighteen lessons of tantric sex How to master tantric sexual

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

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Sensual Ceremony A Contemporary Tantric Guide To Sexual Intimacy Introduction

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