

SEXUAL RADIANCE

A 21-DAY PROGRAM OF
BREATHWORK, NUTRITION,
AND EXERCISE FOR
VITALITY AND SENSUALITY



SUSAN TAYLOR, Ph.D.

Sexual Radiance A 21 Day Program For Vitality And Sensuality

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Sexual Radiance A 21 Day Program For Vitality And Sensuality:

Sexual Radiance Susan Taylor (Ph. D.),1998 Sexual Radiance is the first book to feature a step by step 21 day program that incorporates the latest findings from scientific research with simple techniques derived from tantric yoga in order to open up the lower chakras and increase the flow of sexual energy Drawing on her background in biochemistry Dr Taylor explains how surprisingly simple adjustments to diet can radically enhance metabolism thus fueling the creation of energy specifically sexual energy By following Dr Taylor s program of nutrition exercise and breathwork in Sexual Radiance readers can achieve a more profound level of sexual fulfillment and a healthier life *Sexual Enlightenment* Dr. Elsbeth

Meuth,Freddy Zental Weaver,2013-11-19 Sexual Enlightenment provides a guide for anyone from couples to singles from parents to students from professionals to entrepreneurs looking for bringing lasting fulfillment into their lives relationships and work Introducing cutting edge principles and inspiring practices on how to access innate creative energy listen to the wisdom of the heart and connect with the power of the conscious mind Dr Elsbeth Meuth and Freddy Zental Weaver offer a road map that can alter and enlighten the way you look at sexual energy love and your conscious self They provide practical advice on how to access peace and joy anytime and anywhere by calming the unending chatter in your mind circulate your life force energy within for achieving greater physical health increased emotional well being and deeper spiritual connection feel confident grounded and vital in yourself by accessing and training your love muscle experience an instant love connection with your partner avoiding debilitating fights and mutual accusations come into balance of your yin and yang nature for creating the life and relationships you always wanted release blocks from the past that no longer serve you and keep you from experiencing fulfillment in life love and intimacy bring pleasure into your daily life by tapping into your creative life force energy enjoy reawakening your feminine joyous self as a woman cultivate sustaining your masculine pleasurable energy as a man and draw on your life giving sexual energy to infuse your wishes and realize your dreams

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