

P A S S I O N A T E
e f f e c t i v e n e s s

TANTRIC CELIBACY
AND THE MYSTERIES OF EOS

HOW CHOSEN PERIODS OF CELIBACY
CAN HELP YOU INCREASE INTIMACY,
EXPLORE NONSEXUAL FRIENDSHIPS,
ENRICH TIMES OF BEING SINGLE,
ENHANCE MARRIAGE, AND REDIRECT
VITAL ENERGY

Steve Savitsky, Ph.D.

Passions Of Innocence Tantric Celibacy And The Mysteries Of Eros

Stuart Sovatsky



Passions Of Innocence Tantric Celibacy And The Mysteries Of Eros:

Passions of Innocence Stuart Sovatsky,1994 Introduces a Tantric form of celibacy that can be used to redirect sexual energy and suggests exercises based on yoga **Yoga Journal** ,1994-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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 *Female Ejaculation and the G-Spot* Deborah Sundahl,2014-04-21 The first edition of *Female Ejaculation and the G Spot* was meant to raise awareness about the phenomenon of female ejaculation and resurrect a now lost wonder as well as the mystery surrounding this aspect of female sexuality It empowered women who already ejaculated and taught women who wanted to The second edition of the book promises to do even more through its mindful approach to awakening the sensations of the G spot and in offering a gentler and safer method that Deborah developed to enable a woman to have more control over her ability to ejaculate The revision also includes more testimonials from workshop

participants an interview with a sexual healer and an expanded list of outside references resources product makers and tantra teachers Sundahl summarizes and explains new information that has come to light regarding the G spot paying special attention to the renamed and researched PC muscles and new find see and feel techniques for ejaculating with a partner She has also added new information to her section on men s role in female ejaculation updating findings on men s sexual tastes Finally this edition includes new illustrations and links to online video clips With its new features meant to enhance Sundahl s original empowering and healing message regarding female sexuality the second edition of Female Ejaculation and the G Spot helps readers appreciate the wonders and healing potential of female ejaculation

Tantra & Erotic Trance John Ryan Haule, 2012 In Volume One of this study Outer Work we described managing our orgasmic response so as to cultivate erotic trance the altered state of consciousness that is the foundation of all Tantric activity and we used it to climb the diamond ladder of mystical ascent to a rung characterized by the management of overwhelming emotions Now in Volume Two Inner Work we turn our attention away from outer goals having to do with our physiology and our relation to society at large and its prescriptions to the much more subtle interior changes occurring in our consciousness Continuing our climb up the rungs of the diamond ladder we are introduced to the landscape of mysticism a topography whose several regions are each characterized by the mastery of a different psychological capacity Yoga gives us an interior ladder in the form of the subtle body that is comprised of the chakras each of which opens onto a distinctly different emotional realm In this work our feeling function becomes highly differentiated Tibetan mandala meditation disciplines our imaginative capacity as we bring the heavenly palace of copulating gods and goddesses into being By cultivating emptiness we pare away our attachments to the memories that have been holding us back and the aspirations that narrow our future so that we can dwell in the present moment without the props of doctrine and method Passing beyond our personal self we are introduced to the divine oneness of the cosmos pulsing between accomplished union and the vision of that with which we are united We return from such ecstasy to live our temporal lives on two planes simultaneously as spiritual wayfarers

Participation and the Mystery Jorge N. Ferrer, 2017-04-12 A groundbreaking and hopeful new look at contemporary spirituality transpersonal psychology integral education and religious diversity and pluralism Participation and the Mystery is both an introduction to and expansion of Jorge N Ferrer s groundbreaking work on participatory spirituality which holds that human beings are active cocreators of spiritual phenomena worlds and even ultimates After examining the impact of his work since the publication of Revisioning Transpersonal Theory Ferrer discusses the relationship between science and transpersonal psychology the nature of a fully embodied spirituality and the features of integral spiritual practice The book also introduces a participatory philosophy of education and applies it to the academic teaching of mysticism and a novel approach to embodied spiritual inquiry Critically engaging the influential work of Stanislav Grof Ken Wilber and A H Almaas Ferrer concludes with an original solution to the problem of religious pluralism that affirms the ontological richness of religious worlds while avoiding

the extremes of perennialism and contextualism offering a hopeful vision for the future of world religion Participation and the Mystery is an invaluable resource to anyone seeking to deepen their understanding of participatory approaches to transpersonal psychology integral and contemplative education contemporary spirituality and religious studies In Participation and the Mystery we are given the opportunity to dive into the engaging provocative and stunningly erudite thought of Jorge N Ferrer arguably one of the premier transpersonal theorists of our time Building on the key essays written after the publication of his seminal work Revisioning Transpersonal Theory Ferrer shows us how his compelling and extremely fertile participatory model can be applied with intriguing and rewarding results to multiple highly distinct fields of discourse Read this book if you want your worldview to be both challenged and enriched G William Barnard author of Living Consciousness The Metaphysical Vision of Henri Bergson Ferrer is a leading figure in transpersonal psychology His participatory perspective explains both the deep commonalities and the creative diversity of spiritual traditions It provides a way to understand the general phenomenon of spirituality without falling prey to ideological dogmatism or the tendency to privilege one s own spiritual tradition or practice over others Ferrer s work deserves to be widely read Michael Washburn author of Transpersonal Psychology in Psychoanalytic Perspective This is an important collection of essays from one of the leading contemporary thinkers in transpersonal studies Ferrer s participatory approach represents the most significant development in transpersonal theory and practice to have emerged this century and this book is the ideal introduction to Ferrer s work It will become required reading for all students of transpersonal psychology as well as for anyone seeking to deepen their understanding of transformational practice transpersonal education spirituality and religion Michael Daniels author of Shadow Self Spirit Essays in Transpersonal Psychology Rich and thought provoking this book ranges widely through Ferrer s reflections on the participatory worldview in relation to psychology education and religion Andrew O Fort Texas Christian University **Princeton Alumni Weekly** ,1993 **The Journal of Transpersonal Psychology** ,2003

The Sacred Bedroom Jon Robertson,2001 In this book by the author of Sacred Kitchen readers will learn how to create their own personal sanctuary as they create a bedroom that is a refuge for relaxation and restoration **Yoga For Dummies** Georg Feuerstein,Larry Payne,1999-03-15 Yoga is not a fad It has been around in the United States for over a hundred years and has a history of approximately five millennia It is clearly here to stay Yoga has brought health and peace of mind to millions of people It can do the same for you The benefits of Yoga are many When adopted as a lifestyle Yoga extends over the entire day Find out how this can be done and why Yoga is so often loved by people who are Interested in becoming more fit and flexible Looking for stress relief Seeking to live a more peaceful and joyful life Yoga For Dummies guides you slowly step by step into the treasure house of Yoga And it is a fabulous treasure house You will find out how to unlock your body s extraordinary potential and enlist your mind to do so and in the process strengthen your mind as well This book covers the following topics and more Five basic approaches to Yoga Selecting a Yoga class Practicing Yoga safely The

mechanics of Yogic breathing Classic foundational postures Exercises to target problem areas Putting together your personal routine Yoga for special situations The focus on this book is on Hatha pronounced haht ha Yoga which is that branch of Yoga that works primarily with the body through postures breathing exercises and other similar techniques When necessary the book provides helpful photos or illustrations to help you better understand the exercises or postures One author Georg Feuerstein is internationally recognized as a leading expert on the Yoga tradition and has authored many seminal works on it The other author Larry Payne has a thriving practice as a Yoga teacher in Los Angeles where he teaches and responds to his clients specific health challenges In this book their combined 55 years of experience have merged to create a reliable and user friendly introductory book that can also serve you as a beginner s reference work on an ongoing basis *Parabola*, 1976 **Yoga Journal**, 1989-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty Sister Stories Brenda Peterson, 1997 A provocative penetrating portrait of sisterhood that will strike a chord with readers of such bestsellers as *Sisters* by Carol Saline and the Delaney Sisters Having Our Say *Sister Stories* features insights from psychology mythology history and anthropology **Forthcoming Books** Rose Arny, 1992-10 American Book Publishing Record Cumulative 1993 R R Bowker Publishing, 1994-03 Cited in BCL3 Sheehy and Walford Compiled from the 12 monthly issues of the ABPR this edition of the annual cumulation lists by Dewey sequence some 41 700 titles for books published or distributed in the US Entry information is derived from MARC II tapes and books submitted to R R Bowker an *NWSA Journal*, 1994 *Subject Guide to Books in Print*, 2001 **Eros, Consciousness, and Kundalini** Stuart Sovatsky, 1999-04 In this extraordinary celebration of the erotic Dr Stuart Sovatsky introduces us to the Tantric art of sexual sublimation Exercises based on yoga kundalini and chakra meditation help readers learn to harness the divine energy at the heart of all erotic yearning while exploring the intimate relationship between spirituality and sexuality **Paperbound Books in Print 1995** Reed Reference Publishing, 1995-12 *Books in Print*, 1977

Unveiling the Magic of Words: A Review of "**Passions Of Innocence Tantric Celibacy And The Mysteries Of Eros**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Passions Of Innocence Tantric Celibacy And The Mysteries Of Eros**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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Passions Of Innocence Tantric Celibacy And The Mysteries Of Eros Introduction

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