

RIDING *the waves*

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SENSUAL AWAKENING

by
SUSIE ROTCH

UNLOCK THE NATURAL JOYS OF YOUR BODY
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Riding The Waves Sensual Awakening

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Riding The Waves Sensual Awakening:

Erotic Mindfulness: Awaken Your Senses, Deepen Your Desire Navneet Singh, Introduction The Erotic Awakening of the Present Moment We live in a world of constant stimulation yet so many of us feel disconnected in our sensual lives This book invites you into the intimate world of erotic mindfulness where each breath every touch and every gaze becomes a portal to deeper connection vibrant pleasure and soulful romance Chapter 1 Touching the Now Mindfulness and Sexual Presence Erotic mindfulness begins with presence This chapter explores how tuning into breath body and moment allows lovers to become fully available to each other Through sensual exercises lovers practice seeing touching and listening with full attention leading to greater arousal and emotional intimacy In their quiet bedroom lit only by candlelight Asha closed her eyes as Leo slowly traced her inner wrist with his lips Just be here he whispered And in that moment time melted Chapter 2 The Breath of Desire The breath is the bridge between mind and body Here we explore how deep breathing practices can awaken arousal build anticipation and expand pleasure Lovers learn how to sync breath ride waves of desire and use breath to heighten orgasms and emotional surrender As they sat cross legged eyes locked their breaths synced like tides With every inhale tension built With every exhale longing bloomed Chapter 3 Mindful Touch The Art of Erotic Slowness Touch becomes sacred when intention meets awareness In this chapter partners explore the power of slow conscious caressing awakening skin as a landscape of sensation Through guided practices they discover how to turn foreplay into a devotional art form Her fingertips trailed down his spine like rain sliding down glass Every inch became a universe Every pause a prayer Chapter 4 Eyes Wide Open The Erotic Gaze The eyes are the most intimate pathway to the soul This chapter teaches the practice of eye gazing and presence through the look of love In the stillness of mutual gaze lovers discover hidden desires deep connection and a raw vulnerability that enhances both emotional and physical ecstasy When he looked at her that way she forgot her fears His gaze stripped her bare And she let it Chapter 5 Conscious Communication and Consent Erotic mindfulness requires conscious communication This chapter blends mindful listening speaking desires clearly and practicing consensual exploration Real intimacy is built on honesty clarity and shared boundaries When lovers speak mindfully their sex becomes safer freer and deeper Tell me what you want she said not demanding but inviting He exhaled eyes soft I want to be devoured Chapter 6 Erotic Meditation and Sensual Rituals Meditation isn't just for monks It's for lovers too This chapter guides you through erotic meditations candlelit body scans and sensual rituals designed to turn ordinary moments into sacred sensual ceremonies Lovers learn to honor each other's bodies as altars of devotion He massaged oil into her back in silence his touch reverent She closed her eyes It wasn't just a massage it was worship Chapter 7 Surrendering to Slow Sex Fast sex can be thrilling but slow sex is transformative This chapter dives into the world of slow mindful lovemaking long foreplay intentional stillness and teasing rhythms Lovers learn how to delay gratification to experience deeper pleasure and profound emotional merging They moved like a tide soft unhurried endless Every thrust was a heartbeat Every sigh a confession Chapter 8 The

Mindful Orgasm Heightening Climax through Awareness Mindfulness changes the way we experience climax In this chapter partners learn how to use breath presence and intention to expand orgasm beyond the genitals into full body soul shaking experiences Erotic mindfulness teaches that orgasm is not a goal but a blossoming She trembled not from the orgasm itself but from the sheer beauty of being so seen so loved so free Chapter 9 Healing through Erotic Mindfulness Sex can be a space for healing when approached with gentleness and presence This chapter shares how mindfulness helps heal sexual shame trauma or disconnection Using affirmations breathwork and safe touch lovers become co healers restoring trust and pleasure In the quiet afterglow she cried not from pain but from the joy of being touched without expectation held without fear Chapter 10 Everyday Erotic Mindfulness Sensuality Beyond the Bedroom Erotic mindfulness isn't just for the bedroom This final chapter brings sensuality into everyday life Cooking together becomes foreplay A walk becomes a flirtation Kissing at stoplights becomes sacred When presence becomes a habit erotic energy flows endlessly He fed her a strawberry at breakfast smiling She bit it slowly moaning playfully The day had just begun and desire was already awake Conclusion Loving with Eyes Hands and Heart Wide Open Erotic mindfulness isn't just about better sex It's about deeper love It's about knowing your partner's soul as intimately as their skin With each breath each touch each word you craft a love that is conscious ecstatic and real

Erotic Energy Awakening Navneet Singh, Table of Contents The Spark Within Touching Fire The First Awakening Breath Body and Boundaries The Dance of Seduction Pleasure as Power Sacred Intimacy and Emotional Connection Shadows of Shame Light of Liberation Sex Magick and Intention Erotic Energy in Daily Life The Lover Within Full Body Ecstasy Integration Love Lust and Life United **Llewellyn's Complete Book of Lucid Dreaming** Clare R. R. Johnson, 2017-10-08 Wake Up in Your Dreams and Live a Happier More Lucid Life A lucid dream is a dream in which you become aware that you're dreaming It's a powerful opportunity to solve problems create new possibilities take charge of your own healing and explore the depths of reality This book provides a range of practical techniques and activities to help you bring the creativity and super conscious awareness of lucid dreaming into your life Join international expert Clare R. Johnson as she shares the most up to date lucid dreaming techniques on how to get and stay lucid guide dreams resolve nightmares deepen creativity and integrate dream wisdom into everyday life Drawing on cutting edge science and psychology this book is packed with inspiring stories of life changing lucid dreams and fascinating insights into topics such as the ethics of dream sex how to interact with lucid dream figures and the nature of consciousness Whether you're a person who barely remembers your dreams or a lifelong lucid dreamer this in depth guide is the perfect next step as you cultivate the power of lucid dreaming Praise Dr Clare Johnson has energetically led the way in revealing the limitless practical and spiritual potential of lucid dreaming so far reaching it can change the world Her clearly written book is destined to become essential reading for all those interested in lucid dreaming It points out the essential phenomena of lucid dreaming and then amazes us by opening its extraordinary major vistas to us that reveal the true glory and limitless potential of our inner

universe This is a significant book Dr Keith Hearne the scientist who provided the world's first proof of lucid dreaming in 1975 and inventor of the world's first Dream Machine

Nourishing the Teacher Danny Arguetty, 2009 A text intended to facilitate and highlight the multifaceted and fluid experience we humans have been gifted in the embodied realm Arguetty utilizes the vast intelligence of Tantric yoga philosophy nature and ancient cultures to invoke insights which ignite a path more fully aligned with the vast intelligence of nature and the pulsing beauty of our own hearts

Riding the Waves Tawny Weber, 2025-02-11 All uptight workaholic Drucilla Robichoux wants is to experience incredible sex at least once in her life So she heads off to Mexico for some sun sand and sin And she finds the perfect playmate in sexy surf instructor Alex Her temporary boy toy teaches Dru to ride the waves all right right into the most intense climaxes she's ever had But all vacation flings must end When Dru heads home she buttons up tight again Might as well keep this delicious fantasy right where it belongs in her naughty memories So it sure is a shock when she walks into work Monday morning and finds her secret fling is her new boss And he's definitely still interested in catching the big one with Dru

Dry Dock Marina de Nadous, 2013-08-01 Dry Dock is the second novel by Marina de Nadous It's the sequel to the glorious exciting and heart wrenching tale The Celestial Sea Take a middle class English mother her husband and family from the contentment of a teaching life in the south of England to the wild green hills of a New Zealand coastal town then introduce her to a creative New Zealand born teacher who enters both her family life and the hidden depths of her heart The result is a deeply evocative romance and adventure that shakes the foundations of her marriage exposes well buried inner secrets confronts deeply held religious beliefs and leads them to a new understanding Unfolding amongst the beautiful scenery of New Zealand the spiritual passion that grows between them is aided by their private text messaging their love growing through the rocks and whirlpools of everyday family and school life Richly sensual and deeply poetic Dry Dock shows readers the humorous playful despairing and troubled twists and turns of their powerful relationship Find out how their story ends in Marina's forthcoming books entitled Setting Sail Calm Waters No Horizon Kookaburra on the Deck Time is the Brake

When Love Is Not Enough D. S. Brown, 2016-03-16 Lawrence Chelton loved hard but at the same time it was all soft deep and lasting filled with a belief that soul mates really do exist He would do anything for the woman he loved He was tender caring strong and protective He knew how to stand and be the man a good woman would truly want so he believed When the woman he loved left him at the altar he changed He lost his belief in love He lost his respect for women He lost his ability to be decent to be a good man He no longer believed love was enough He didn't know what was enough what was life fulfilling However after the altar he felt it was only right to take advantage of as many women as possible in a depraved attempt to find the truth To him they deserved nothing but his contempt

It Started with a Cowboy Jennie Marts, 2019-04-30 Chemistry so electric it flies off the page RT Book Reviews 4 stars for Caught Up in a Cowboy What will this cowboy risk for love Colt James is back home on the family ranch and he's done taking risks A car accident ruined his shot at a professional hockey career and messed up

his love life and he's not taking a chance on anything that seems too good to be true Especially not on Chloe Bishop his nephew's irresistibly charming teacher and the one woman he can't stop thinking about Chloe Bishop liked her life the way it was orderly structured and safe Life goes from managed to messy when Colt talks her into helping him coach a hockey team of rowdy eight year olds Being this close to the cowboy she's crushing on is dangerous territory But when a real enemy threatens Chloe Colt will do anything to protect her Even if it means risking himself and his heart A delightful cowboy romance perfect for readers of Maisey Yates and Carolyn Brown Cowboys of Creedence series Caught Up in a Cowboy Book 1 You Had Me at Cowboy Book 2 It Started With a Cowboy Book 3 Praise for Caught Up in a Cowboy Funny complicated and irresistible Sometimes a cowboy isn't perfect but you got to love him anyway JODI THOMAS New York Times bestselling author Full of exquisite heat and passion an enthralling combination of intense moments playful banter and great depth of emotion Harlequin Junkie An appealing story of love rediscovered enjoy this tender tale Publishers Weekly **Sonia R. Cicero**,2023-04-25 Sonia is the greatest psychological mind of her time using her abilities to aid her society in her best efforts This gains the attentions of the free world's adversaries to either kill or capture her The efforts of a veteran agent not only save her life but steal her heart Only the greatest surprise occurs when he helps her realize what is most important in her life

Waking from a Fallen Dream Michael Bohoskey,2007-08 What if Jesus never died for you What if his sole intention was to teach unconditional and universal love not only for you but for the entire world Michael John Bohoskey challenges us to take a different look at the role of Jesus Christ and religion in general in his spiritually awakening memoir Waking from a Fallen Dream Even though a variety of Christian teachings defined Bohoskey's early life he eventually discovered that many of his beliefs had to do with feelings of personal unworthiness and mistrust of his own nature A former Episcopal priest Bohoskey began a journey of self discovery questioning the most basic fundamentals of Christianity In Waking from a Fallen Dream he questions the beliefs that teach us that we are sinful by nature and separate from God Instead he believes that we should all wake to our own knowingness and empowerment abandoning the collective programming we have allowed to control us This is a book about giving oneself permission to question explore choose live and love without apology Waking from a Fallen Dream is Bohoskey's heartfelt story of how he shed multiple uniforms of belief and behavior while following the yellow brick road of inner knowledge allowing him to experience spiritual integrity and give unconditional love the opportunity to unfold

Sacred Revolution Vanya Silverten,2020-03-24 This is a woman's book of sensual enlightenment a sacred revolution that returns her body heart sexuality and power back to love Women are incredible creatures and the female body is exquisite in design Naturally intuitive highly sensual and magical with a great ability to create abundance and heal life This makes every woman's body a portal to enlightenment No longer can you live in loneliness insecurity self doubt shame or the fear of not being enough No longer can you hide or deny your unique aliveness Sacred Revolution is a transformational guide It teaches each woman to be unshakable with love so she can master her life This journey begins once you claim your sexual energy as

a sacred life force vital for the dynamic experience of love Only then can the revolution begin You will learn The six principles of sensual enlightenment The thirteen virtues of love that can heal transform and revolutionize your life How to channel your sexual energy to be a sacred fuel of empowerment and attraction Movement exercises that awaken your orgasmic potential to create heightened states of love The ultimate anti ageing and beauty secrets every woman needs to know The 20 different soul mate experiences you can have The consent options that empower your intimate connections and master love in relationships The heartbreak remedy that ensures your sovereignty and motivates you to up level your standards The superpowers of an evolved woman Sacred Revolution is a rite of passage for all women who are ready to feel whole complete and powerful It is for every woman in all phases of life maiden mother priestess queen diva yogini and goddess As you take this journey every aspect of your female identity will be awakened This book is the missing piece on your female spiritual path

Deep Blue Sylvie Shaw, Andrew Francis, 2014-12-05 Nature religions look to rivers lakes and oceans for inspiration and spiritual transformation Deep Blue brings together the work of influential scholars in the field of nature religion ranging across anthropology mythology sociology and psychology The essays examine the interrelationship between spiritual practice critical thinking and environmental concern Tracing the ancient history of humanity's close relationship with both salt and fresh water the book calls for a sustainable relationship with water in contemporary western culture Deep Blue will be of interest to students of paganism and religion environmental researchers and activists and all those involved in the intersection between religion and ecology

The Soul Thief Silvana G. Sánchez, 2021 When guardian angel Drahoslav steals a soul from Hell divine punishment strips him of his wings Now trapped in a mortal body and serving as a librarian at Vesely Academy his path to redemption seems clear until he meets Raven Bryson As their forbidden romance blossoms a vengeful ghost terrorizes the school and Raven's necromancer brother plots in the shadows With both Heaven and Hell watching his every move Drahoslav must decide if love is worth eternal damnation Raven Bryson has always been an outsider cursed to shift into a raven each night When she falls for the mysterious new librarian her world transforms from lonely to luminous But as supernatural forces close in around them she realizes saving Drahoslav might mean losing him forever For if he regains his wings he'll return to Heaven leaving her alone with nothing but memories of an angel's love Immerse yourself in this darkly romantic tale of forbidden love divine punishment and the price of redemption Perfect for readers who love enemies to lovers forbidden romance and gothic fantasy where angels and demons clash over matters of the heart Fans of Hush Hush and From Blood and Ash will love The Soul Thief

Radical Spirit Stephen Dinan, 2002 This eclectic and inspirational collection of 24 essays and poems disproves the belief that members of Generation X are self centered disenchanted and materialistic J

Coming Home to the Cowboy Megan Ryder, 2019-09-23 The town bad boy with hidden pain Champion bull rider and all around fun guy Chase Summers is everybody's friend but his affable personality hides a lifetime of pain Having been abandoned as a young child at the steps of a church he learned young that he was unwanted The

only thing that saved him from isolation was his foster dad and life on Redemption Ranch Now he spends his time on the rodeo circuit sending home his winnings to help the ranch succeed and his nights with buckle bunnies making sure no one gets close enough to touch the pain deep inside The town good girl who saw the good in everyone When accountant and small business advisor Hailey Spencer is hired by Redemption Ranch to implement their dude ranch ideas she and Chase are thrown together It s not long before he is introduced to the son that she had with his best friend The best friend who would ve followed Chase anywhere even the bull riding circuit with its deadly potential With Hailey hanging on to resentment and Chase racked with guilt the two try to fight their age old attraction in vain Chase knows Hailey deserves more than a broken down cowboy for her son and her heart Can Chase resist the call of the rodeo and man up for a woman he s loved for years or will he leave for the allure of the road

Rescued Stephanie St. Klair,2016-03-16 From USA Today Bestselling Author Screenwriter Stephanie St Klair comes the shocking beginning of a 5 star series McKenzie Ridge Dawson and Sam kick off this standalone romantic suspense series that you won t want to put down until you re ready to binge read the rest All FIVE books are available now It isn t just love on the line it s lives too Dawson and Sam agree on one thing relationships are more work than they re worth But in their darkest hour they couldn t deny their attraction to each other and now that he s in her life he ll do whatever he can to stay there Dawson can t shake the feeling that they are being watched and soon learns their small town has a fatal secret when it becomes clear Sam s car crash was no accident someone is trying to kill her He s in a race against time to protect her from a stalker determined to finish their task They won t need to look far to find what they re searching for as they walk right into the crossfires of a crime that s anything but random and brings their community to its knees Secrets and lies are revealed when tragedy strikes putting everything on the line including lives as a deranged criminal hides in plain sight Love fear and impossible choices have him charging to her rescue but will it be in time

Chakra Tonics Elise Marie Collins,2022-07-12 Receive Energy Healing and Mental Balance 1 New Release in Homeopathy Medicine The art of chakra balancing has never been tastier Spiritual counselor and yoga instructor Elise Collins has created the perfect guide and recipe book of smoothies teas and tonics set to boost energy healing and restoration Balance your Chakras with food Our ancestors believed ingredients from the natural world cured not only physical ailments but spiritual ones as well Drawing on ancient wisdom these restorative recipes contain powerful superfoods herbs minerals and ph balanced liquids designed to nourish the physical body and promote energy healing Target your chakras with tonics As you make your way through the chakra chart find recipes that specifically target each chakra and clear out stale energy And with bonus yoga techniques learn how to release energy for Vedic vitality and a balanced mind Inside you ll find recipes like Sunrise juice for the sacral chakra Prana rising smoothie for the root chakra Carmelite water for the heart chakra If you enjoyed books like The Ultimate Guide to Chakras Chakra Healing or Chakras Food and You then you ll love Chakra Tonics

Apollo TK Lawyer,2023-10-27 Lauren was only an assignment He wasn t supposed to fall in

love From her birth Apollo watched over Lauren witnessing all her milestones and encouraging her through her pitfalls all with a strong sense of pride Lauren is a survivor Sadly she doesn't want to live A drastic decision one day sets Lauren face to face with her own guardian angel a being she never thought existed But Apollo won't leave her alone He seeks a better life for her Yet Lauren doesn't welcome his advice She considers them intrusions Still she is hopelessly drawn to Apollo in ways she can't explain Apollo makes her feel alive when she was once dead inside He is as necessary to her as the air she breathes Yet he demands one thing and one thing only Lauren forever by his side Lauren is not sure if she can fulfill his desire Will Lauren take a chance on her angel when so many have failed her Or will Apollo slip away forever lost to her world of misery and darkness PUBLISHER NOTE Paranormal Romance Angels and Demons Rubenesque 63 600 words All characters depicted in this work of fiction are 18 years of age or older

Manderley Forever Tatiana de Rosnay, 2017-04-18 The nonfiction debut from beloved international sensation and 1 New York Times bestselling author Tatiana de Rosnay her bestselling biography of novelist Daphne du Maurier It's impressive how Tatiana was able to recreate the personality of my mother including her sense of humor It is very well written and very moving I'm sure my mother would have loved this book Tessa Montgomery d'Alamein daughter of Daphne du Maurier as told to Pauline Sommelet in Point de Vue As a bilingual bestselling novelist with a mixed Franco-British bloodline and a host of eminent forebears Tatiana de Rosnay is the perfect candidate to write a biography of Daphne du Maurier As an eleven-year-old de Rosnay read and reread Rebecca becoming a lifelong devotee of Du Maurier's fiction Now de Rosnay pays homage to the writer who influenced her so deeply following Du Maurier from a shy seven-year-old a rebellious sixteen-year-old a twenty-something newlywed and finally a cantankerous old lady With a rhythm and intimacy to its prose characteristic of all de Rosnay's works *Manderley Forever* is a vividly compelling portrait and celebration of an intriguing hugely popular and at the time critically underrated writer *Manderley Forever* is a nominee for the 2018 Edgar Award for best critical biographical work

The Kolbrin Bible Janice Manning, 2006-05 *The Kolbrin Bible* is a 2-part 11-book secular anthology The first six books are called the Egyptian texts and were penned by Egyptian academicians following the Hebrew Exodus The last five books are called the Celtic texts and were penned by Celtic priests following the death of Jesus Several accounts describe an object in orbit around our sun sun called the Destroyer which the Celtic authors call the Frightener According to recently translated Sumerian texts this object also known as Nibiru or Planet X is in a 3600-year orbit around our sun and *The Kolbrin Bible* warns us of its imminent return and of yet another Biblical tribulation Amazon.com

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