

TANTRA

Elevando la energía sexual

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Sexual Tantra

Diana Richardson



Sexual Tantra:

An Introduction to Tantra and Sacred Sexuality Michael Mirdad, 2011-05-01 Sex still sells But why Because it s a subject that is repressed ignored abused and even un used all by a race of people who are trying to understand their sexuality and how to use this most sacred encounter as a means of deepening intimacy and connection In fact a lack of healthy sexual knowledge and expression may very well be the primary issue behind failed relationships A new book by world renowned spiritual teacher healer and author Michael Mirdad *An Introduction to Tantra and Sacred Sexuality* reassures readers that despite the rising number of relationship breakups and increase in issues around intimacy there are ways to solve these dilemmas and return sexuality to its rightful place as a means of expressing love A growing number of people are seeking a solution to their intimacy issues and have turned to books and seminars on relationships only to find them lacking a thorough comprehension and or coverage of the topic of intimacy Some counselors and teachers even treat intimacy as a taboo subject as if to fear treading on cursed grounds Nevertheless the public is refusing to be turned away They want to know more about how to capture or re capture intimacy passion and a greater sense of sacredness in their sexual experience This new book which blends several ancient and modern concepts of sacred sexuality covers these topics like no other Even the most respected teachers of Tantra Taoist Sexuality and modern Sex Therapy are praising this book as one of the most profound and important books on the subject *Tantra Made Easy* Shashi Solluna, 2018 An introductory guide to the sacred sexuality practices of Tantra and how you can weave them together to create wholeness in your life Tantra is often described as the path of love or the way of the heart It is a spiritual path that brings apparent opposites into unity so that life can flow with ease Sexuality is fused with spirituality masculine with feminine playfulness with depth and the dark shadows of the psyche with the light of conscious awareness And the catalyst for this union is love In this book sacred sexuality teacher Shashi Solluna explains how Tantric practices can help you become fully alive and move from sex to spirit and from spirit to sex in a creative dance of life You will learn the philosophy of Tantra as a spiritual path different ways to explore your own sexuality techniques to open your heart and cultivate sacred relationships how to activate your sexual energy and experience a richer more fulfilling sex life how to unite the physical with higher spiritual consciousness through intimacy sensuality and orgasm This title was previously published under the title *Tantra Hay House Basics series* [101 Nights of Tantric Sex](#) Cassandra Lorus, 2002 This book leads you through 101 Tantric rituals exercise and meditations to enhance your sexual and emotional confidence and take your relationship to new levels **Soul Sex** Al Link, Pala Copeland, 2025-09-12 This is not only a book about Tantric practices but also about how you can use them to create a life long loving relationship Because Pala and Al s emphasis is on Tantra in relationships both beginners and skilled Tantric practitioners will find value here Through the authors mix of ancient Eastern sexual practices and modern Western approaches to communication and intimacy you and your partner will learn to connect in ways that are respectful nourishing and lusty Pala and Al offer their

relationship as a model for a successful long term relationship in which to be happy fulfilled and spiritually awakened Soul Sex includes thought provoking discussions personal anecdotes and precise but simple techniques to inspire you to apply to your daily life The observations and exercises included are drawn from the authors own heady partnership and from the hundreds of couples they have had the privilege to teach at their Tantra sacred sex workshops [The Heart of Tantric Sex](#) Diana Richardson,2010-05-11 One of the most revolutionary books on sexuality ever written Ruth Ostrow Sex Relationship and Spirituality journalist News Ltd After many years of exploration Diana Richardson found that the ancient practice of Tantra with its unique intelligent approach to sex had the effect of enhancing intimacy and deepening love Here she 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 First published in 2003 the bestselling Heart of Tantric Sex has become the standard in its field **Tantra for Erotic Empowerment** Mark A. Michaels,Patricia Johnson,2008 Embrace your sexuality and discover your own source of erotic power This step by step guide will take you on a Tantric journey of sexual exploration and personal empowerment Mark A Michaels and Patricia Johnson demystify the Tantric tradition teaching you how to experience sexual pleasure with consciousness and intention With renewed sexual confidence you ll discover new ways to physically and spiritually satisfy your partner and yourself This experiential book features selections from Tantric literature for reflection meditative exercises and practical techniques for exploring sexuality **The Power of Tantra** Hugh B. Urban,2009-10-30 In the West the varied body of texts and traditions known as Tantra for more than two centuries has had the capacity to scandalize and shock For European colonizers Orientalist scholars and Christian missionaries of the Victorian era Tantra was generally seen as the most degenerate and depraved example of the worst tendencies of the so called Indian mind a pathological mixture of sensuality and religion that prompted the decline of modern Hinduism Yet for most contemporary New Age and popular writers Tantra is celebrated as a much needed affirmation of physical pleasure and sex indeed as a cult of ecstasy to counter the perceived hypocritical prudery of many Westerners In recent years Tantra has become the focus of a still larger cultural and political debate In the eyes of many Hindus much of the western literature on Tantra represents a form of neo colonialism which continues to portray India as an exotic erotic hyper sexualized Orient Which then is the real Tantra Focusing on one of the oldest and most important Tantric traditions based in Assam northeast India Hugh B Urban shows that Tantra is less about optimal sexual pleasure than about harnessing the divine power of the goddess that flows alike through the cosmos the human body and political society In a fresh and vital contribution to the field the author suggests that the real meaning of Tantra lies in helping us rethink not just the history of Indian religions but also our own modern obsessions with power sex and the invidious legacies of cultural imperialism **A Clinician's Guide to Systemic Sex Therapy** Nancy Gambescia,Gerald R. Weeks,Katherine M. Hertlein,2015-12-07 The second edition of A Clinician s Guide to Systemic Sex Therapy has been completely revised updated and expanded This volume is written for beginning

psychotherapy practitioners in order to guide them through the complexities of sex therapy and help them to be more efficient in their treatment. The authors offer a unique theoretical approach to understanding and treating sexual problems from a systemic perspective incorporating the multifaceted perspectives of the individual, the couple, the family, and the other contextual factors. Both beginning and experienced sex relationship therapists will broaden their perspectives with the Intersystem approach and gain information rarely seen in sex therapy texts such as how to thoroughly assess each sexual disorder, the implementation of various treatment principles and techniques, how to incorporate homework, dealing with ethical dilemmas, understanding different expressions of sexual behavior, and addressing the impact of medical problems on sexuality. Aside from bringing the diagnostic criteria up to date with the DSM 5, this new edition contains a new chapter on sensate focus, an expanded section on assessment, more information about development across the lifespan, and more focus on diversity issues throughout the text.

Tantra Shashi Solluna, 2016 Uses pictures and words to teach French to young children

A New Age Kundalini Tantra Premyogi Vajra, 2024-02-22 Embark on a transcendent odyssey through the spiritual awakening of Premyogi Vajra in *A New Age Kundalini Tantra: Autobiography of a Love Yogi*. Drawing from the ancient teachings of the Kamasutra, Vajra intertwines awakened Kundalini energy, profound wisdom, and mystical experiences, offering profound insights into the art of lovemaking and spiritual union. This captivating non-fiction narrative is a profound exploration of love, enlightenment, and the transformative power of Kundalini Tantra. With mystical prose and profound insight, Vajra delves into the depths of his own spiritual evolution, providing readers with an intimate glimpse into the ancient practices of Tantra and the awakening of Kundalini energy. As he navigates the profound depths of his own consciousness, Vajra unveils the practices and principles that have guided him on his journey, offering readers a roadmap to their own inner awakening. With personal anecdotes and spiritual revelations, the author sheds light on the sacred principles of sexuality, guiding readers on a path to harness the power of Kundalini energy for divine transformation within themselves and their relationships. Through tales of divine union and transcendent experiences, Vajra invites readers to explore the limitless potential of their own spiritual path. A fusion of personal memoir and spiritual guide, *A New Age Kundalini Tantra* is a riveting exploration of the human spirit and the infinite power of love. This book is a timeless testament to the boundless potential of the human soul and the transformative power of unconditional love. As Vajra illuminates the path to enlightenment, readers are invited to embark on their own journey of self-discovery and divine consciousness.

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Sexual Tantra** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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