[SEXUAL SECRETS EVERY COUPLE SHOULD KNOW]

THE MULTI-ORGASMIC

Mantak Chia & Maneewan Chia, Douglas Abrams & Rachel Carlton Abrams, M.D.



How Couples Can Share Multiple Orgasms and Dramatically Enhance Their Pleasure, Intimacy, and Health

Multi Orgasmic Couple Sexual Secrets Every Couple Should Know

Mantak Chia, Rachel Carlton Abrams

Multi Orgasmic Couple Sexual Secrets Every Couple Should Know:

Multi Orgasmic Couple Mantak Chia,2000 The Multi-Orgasmic Woman Mantak Chia, Rachel Carlton Abrams, 2006-08-08 A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential Reprint 20 Sensual Love Secrets for Couples Al Link, Pala Copeland, 2007 Is it possible to stir up passion after the flames of romantic love die down How can one maintain a loving relationship that satisfies and stimulates year after year Sensual Love Secrets for Couples offers one simple solution for stoking the fires of lifelong intimacy awakening and uniting the Body Mind Heart and Soul These four freedoms the essence of human nature have the power to transform a lusterless partnership into a divine union sparkling with limitless pleasure and unconditional love Featuring over one hundred exercises and fun activities this practical guide helps readers explore the physical senses establish trust cultivate emotional intimacy achieve sacred sex embrace commitment pledge selfless intentions and build spiritual bonds to last a lifetime Multi-Orgasmic Woman Mantak Chia, Rachel Carlton Abrams, 2010-02-23 Intensify your sex life The coauthor of The Multi Orgasmic Man and coauthors of The Multi Orgasmic Couple show you how to Orgasm anytime you want Orgasm as many times as you want Experience intense multiple whole body orgasms Use sexuality for health and healing You will discover simple step by step techniques for a level of sexual pleasure and healing you may not have known was possible This fully illustrated guide will teach women of all ages how to harness sexual energy in a way that nourishes and enriches the body Urban Tantra, Second Edition Barbara Carrellas, 2017-11-21 If you think sexual and spiritual bliss can t be mind and soul found in today's fast paced world you haven t experienced Urban Tantra Celebrating the 10th anniversary of Urban Tantra acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers With a juicy mix of erotic how to and heart centered spiritual wisdom this updated edition includes a brand new introduction up to date references and resources a new take on the possibilities and responsibilities of Tantra in today s world plus new and cutting edge information to reach an expanded community added information on multi partner play more intersections for Tantra and BDSM practices for asexuals and aromantics expanded practices for trans and gender nonconforming people and more With more than one hundred easy to follow techniques for expanded orgasmic states and solo and partner play as well as more adventurous practices this in depth guide reveals the delicious worlds of ecstasy available to all no matter one s gender sexual preference or erotic tastes Urban Tantra expands the notions of pleasure and BodyWise Rachel Carlton Abrams, 2016-12-27 Are you tired Do you opens new heights of intimacy and sexual fulfillment suffer from chronic pain headaches backaches or other persistent discomfort Do you experience depression or feel anxious Do you have allergies or autoimmune issues Have you lost your sex drive somewhere along the way If you have one or more of these symptoms you may be suffering from what Rachel Carlton Abrams MD calls Chronic Body Depletion a condition that

can be related to weight gain high blood pressure exhaustion and many other symptoms that leave the body drained In BodyWise Dr Rachel helps us to understand that these symptoms uncomfortable as they may be are actually a sign of our body s intelligence Our bodies are trying to communicate sometimes screaming at us to pay attention and only when we learn to listen are we able to treat what ails us to achieve optimum healing and lifelong health Dr Rachel shares her customizable 28 day program used with thousands of patients in her clinic for healing the body both physically and emotionally Through quizzes and detailed self assessments she explains how you can evaluate your own body wisdom for different areas in your life including stress sleep libido pain anxiety depression allergies and autoimmune issues Guiding you through thoughtful diet routine and lifestyle changes BodyWise will help you discover your own unique needs and offer you the principles and practices to create the vibrant balanced healthy life you have always deserved Sex, Sexuality and Sexual Health in Southern Africa Deevia Bhana, Mary Crewe, Peter Aggleton, 2022-07-15 This book Sex Sexuality and Sexual Health in Southern Africa is structured around four major themes gender and sexuality diversity love pleasure and respect gender sexual violence and health and sexuality gender and sexual justice Chapters in this book analyse sexuality in relation to recent developments in the Southern African region and what this might mean for contemporary theory policy and practice Sex sexuality and sexual health are often viewed through a narrow biomedical lens ignoring the fact that they are profoundly social and historical in character The contributors in this book bring to light the entanglements of sexuality with respect recognition rights and mutual respectful pleasure Authors draw attention to partnerships allyships and feminist queer and trans coalitions in the pursuit of sexual health and justice in the region The book will be of interest to final year undergraduate and postgraduate students researchers and activists as well as those working in Women and Gender Studies Critical Sexuality Studies Sexual and Reproductive Health Development Studies Public Health Psychology Education Tomorrow Sex Will Be Good Again Katherine Angel, 2021-03-02 A provocative elegantly Sociology and Anthropology written analysis of female desire consent and sexuality in the age of MeToo Women are in a bind In the name of consent and empowerment they must proclaim their desires clearly and confidently Yet sex researchers suggest that women s desire is often slow to emerge And men are keen to insist that they know what women and their bodies want Meanwhile sexual violence abounds How can women in this environment possibly know what they want And why do we expect them to In this elegant searching book spanning science and popular culture pornography and literature debates on Me Too consent and feminism Katherine Angel challenges our assumptions about women s desire Why she asks should they be expected to know their desires And how do we take sexual violence seriously when not knowing what we want is key to both eroticism and personhood In today's crucial moment of renewed attention to violence and power Angel urges that we remake our thinking about sex pleasure and autonomy without any illusions about perfect self knowledge Only then will we fulfil Michel Foucault s teasing promise in 1976 that tomorrow sex will be good again The Tao of Immortality Mantak Chia, William U.

Wei, 2018-02-20 A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy Explains each of the nine levels of Inner Alchemy and their more than 240 formulas Explores the Four Healing Arts for transformation of the emotional body physical body energy body and spiritual body Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system Master Mantak Chia and William U Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master Yi Eng more than 60 years ago Beginning with the basic principles called the Five Enlightenments the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas including simplified versions of the Microcosmic Orbit the Inner Smile Sexual Alchemy exercises for men and women Fusion of the Five Elements practices Kan and Li Alchemy the Sealing of the Five Senses and Star and Galaxy Alchemy They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy Living Tao practices for transformation of your emotional body Chi Nei Tsang practices for transformation of the physical body Cosmic Healing practices for transformation of the energy body and Immortal Tao practices for transformation of the spiritual body all aimed toward the survival of consciousness in a self aware vessel They also offer simplified versions of the other core practices such as Iron Shirt Chi Kung Bone Marrow Nei Kung and Wisdom Chi Kung to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy Master Chia and William U Wei show how these exercises were designed to increase longevity providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death Winning at the Game of Wife James T. Horning, 2015-12-01 Take your relationship to the next level by creating an environment where love and passion thrive from the coauthor of Cracking the Code to Marital Bliss Ever wonder what happily married couples do that miserable couples don t How things might be different if your wife thought of you as a ROCK STAR husband Whether you ve been married for three years or thirty the formula for making magic happen in your relationship is the same Author James T Horning knows what a woman wants and how filling her needs on her terms fuels her passion desire and attraction for her man His uncommon and often disruptive insights into the dynamics between the sexes are unabashedly poignant and profoundly on target Winning at the Game of Wife reveals the secret sauce for transforming what you have into an rewarding adventurous and passionate experience If that doesn't sound like your marriage you just aren't doing it right What does a woman want anyway How do I bring sex back into our marriage Where did the passion go and how do I get it back How can I take infidelity and divorce off the table If you ve ever asked any of these questions Winning at the Game of Wife will initiate you into an exclusive club of men who know what a woman wants and how giving that to her will make her want and adore

vou like never before Chinese Sexual Astrology Shelly Wu, 2007-01-01 With Chinese Sexual Astrology you and your partner can learn how to fuse your spiritual mental and physical energies to achieve complete satisfaction Handbook of Chinese Medicine Vivienne Lo, Michael Stanley-Baker, 2022-06-19 The Routledge Handbook of Chinese Medicine is an extensive interdisciplinary guide to the nature of traditional medicine and healing in the Chinese cultural region and its plural epistemologies Established experts and the next generation of scholars interpret the ways in which Chinese medicine has been understood and portrayed from the beginning of the empire third century BCE to the globalisation of Chinese products and practices in the present day taking in subjects from ancient medical writings to the rapeutic movement to talismans for healing and traditional medicines that have inspired global solutions to contemporary epidemics The volume is divided into seven parts Longue Dur e and Formation of Institutions and Traditions Sickness and Healing Food and Sex Spiritual and Orthodox Religious Practices The World of Sinographic Medicine Wider Diasporas Negotiating Modernity This handbook therefore introduces the broad range of ideas and techniques that comprise pre modern medicine in China and the historiographical and ethnographic approaches that have illuminated them It will prove a useful resource to students and scholars of Chinese studies and the history of medicine and anthropology It will also be of interest to practitioners patients and specialists wishing to refresh their knowledge with the latest developments in the field The Open Access version of this book available at http www taylorfrancis com has been made available under a Creative Commons Attribution Non Commercial No Derivatives 4 0 license Dream Trippers David A. Palmer, Elijah Siegler, 2017-11-27 Over the past few decades Daoism has become a recognizable part of Western alternative spiritual life Now that Westernized version of Daoism is going full circle traveling back from America and Europe to influence Daoism in China Dream Trippers draws on more than a decade of ethnographic work with Daoist monks and Western seekers to trace the spread of Westernized Daoism in contemporary China David A Palmer and Elijah Siegler take us into the daily life of the monastic community atop the mountain of Huashan and explore its relationship to the socialist state They follow the international circuit of Daoist energy tourism which connects a number of sites throughout China and examine the controversies around Western scholars who become practitioners and promoters of Daoism Throughout are lively portrayals of encounters among the book s various characters Chinese hermits and monks Western seekers and scholar practitioners as they interact with each other in obtuse often humorous and yet sometimes enlightening and transformative ways Dream Trippers untangles the anxieties confusions and ambiguities that arise as Chinese and American practitioners balance cosmological attunement and radical spiritual individualism in their search for authenticity in a globalized world What's Up Down There? Lissa Rankin, 2010-09-28 In this funny outrageous and empowering book Dr Lissa Rankin answers all the secret gynecological guestions that most women wonder about but have always been afraid to ask Suppose you had a wise warm funny best friend who just happened to be a gynecologist You re out with the girls for cocktails and the conversation turns to sex and then to girly parts One by one you

start asking her all the questions you ve secretly wondered about and discover that you have a lot in common If you were to write those questions down then you d have What s Up Down There a life changing little book that answers Do old ladies have saggy vaginas How do male gynecologists have a sex life without feeling like they re stuck at the office Is it normal for your inner labia to hang out of your outer labia Can the baby feel its mom having sex during pregnancy How common is it for one s boobs to be two totally different sizes And so much more As outrageously funny as it is empowering this book reveals how to love yourself and your body and will have you recommending it to every woman you know From off the wall sex questions to serious topics of women s sexual health What s Up Down There provides answers to women of all ages and The Meaning of Wife Anne Kingston, 2006-03-21 One part The Beauty Myth and one part Backlash a provocative exploration of who and what a wife really is There is a wife crisis in North America a brewing storm of conflicting forces swirling around what it means to be a wife at the beginning of the 21st Century The word is so fraught with ambiguity that it has become a litmus test eliciting from women emotions ranging from longing to antipathy anxiety to derision This crisis is at the heart of Anne Kingston's The Meaning of Wife Delving into the complex troubling and sometimes humorous contradictions illusions and realities of contemporary wifehood Kingston takes the reader on a fascinating journey into the wedding industrial complex which elevates the bride to a potent consumer icon through the recent romanticization of domesticity and across the conflicted terrain of wifely sexuality She looks at wife backlash and the new wave of neo traditionalism that urges women to marry before their best before dates expire explores the apotheosis of abused wives and the strange celebration of wives who kill and muses on the fact that Oprah Winfrey and Martha Stewart two of the world s wealthiest and most influential women are both non wives whose success has hinged on thier understanding of wives The result is an entertaining mix of social sexual historical and economic commentary that is bound to stir debate even as it reframes our view of both women and marriage The Energies of Love Donna Eden, David Feinstein, 2016-01-19 The bestselling authors of Energy Medicine and Energy Medicine for Women present a complete program for using energy medicine to heal and strengthen romantic relationships A relationship begins with the meeting of two unique energies This union of energies though invisible determines the way you communicate fight love and want to be loved In this groundbreaking book the bestselling authors of Energy Medicine draw on the real life experiences of couples who have attended their popular Energies of Love workshops as well as their own experience as husband and wife to show how an understanding of your energy system and that of your partner can help you build a more harmonious and loving bond We all have different ways of making sense of the world around us but when faced with conflict especially with those we care most about we tend to revert to one of four Energetic Stress Styles Visuals are extremely passionate and inspire others to care about the things they care about but in moments of conflict their take on the situation can overshadow what is actually occurring undermining their ability to empathize with their partner Kinesthetics are generous compassionate and accepting

of other people but their caring nature pulls them in too many directions They try to meet others needs at the expense of their own which can cause mounting resentment Digitals are rational and principled and have a gift for quickly understanding complex situations but they can become closed to others perspectives and feelings Tonals have a gift for understanding others and their dilemmas but during moments of conflict their ability to read between the lines can morph into hearing what was never said felt or thought According to the authors the strongest relationships are those in which the two parties feel that they are partners on a shared spiritual journey By helping you better understand your own unique energy system as well as that of your partner you will be able to recognize your strengths as a couple and avoid the pitfalls The Energies of Love serves as a powerful resource for anyone who wishes to build a rich partnership while maintaining the spark that keeps a relationship exciting Psychology of Sexuality & Mental Health Vol. 1 Naveen Pant, 2024-03-30 This book focuses on indigenous and Indian concepts of sexuality exploring its psychology and its relationship with mental health Through theoretical review exploratory and mixed approaches the book delves into common fields of thought regarding indigenous sexuality which relate to psychology and mental health In the first section of the book Psychology of Sexuality Indigenous Approaches the book discusses various indigenous aspects of sexuality such as Indian indigenous Hindu and Buddhist The second section of the book Indigenous Psychology of Sexuality and Mental Health discusses indigenous aspects combined with sexuality and mental health Big Pharma, Women, and the Labour of Love Thea Cacchioni, 2015-07-27 In 2010 Thea Cacchioni testified before the US Food and Drug Administration against flibanserin a drug proposed to treat low sexual desire in women dubbed by the media the pink Viagra She was one of many academics and activists sounding the alarm about the lack of science behind the search for potentially lucrative female sexual enhancement drugs In her book Big Pharma Women and the Labour of Love Cacchioni moves beyond the search for a sexual pharmaceutical drug for women to ask a broader question how does the medicalization of female sexuality already affect women s lives Using in depth interviews with doctors patients therapists and other medical practitioners Cacchioni shows that whatever the future of the pink Viagra heterosexual women often now feel expected to take on the job of managing their and their partners sexual desires Their search for sexual pleasure can be a labour of love work that is enjoyable for some but a chore for others An original and insightful take on the burden of heterosexual norms in an era of compulsory sexuality Cacchioni s investigation should open up a wide ranging discussion about the true impact of the medicalization of sexuality **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 Multi-orgasmic Man Mantak Chia, Douglas Abrams Arava, 1996 Offers exercises to help achieve multiple and full body orgasms and discusses sexuality the art of pleasuring a partner impotence and more

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