

# The Heart Of Tantric Sex

The Heart of Tantric Sex Tantric Sex for Men The Art of Tantric Sex What Is Tantric Sex: The Complete Guide to Tantric Sex with Tips for Couples Tantric Sex: Reference to Go Tantric Sex Kiss of the Yogi Tantric Sex Tantric Sex 101 Nights of Tantric Sex Tantric Sex for Busy Couples TANTRA SEX -MINI Guide For your pocket The Art of Tantric Sex The Complete Idiot's Guide to Tantric Sex Tantric Sex: A Beginners Guide with Tantric Sex Positions for an Incredible Life. Erotic Pleasure with Secret Kama Sutra Positions Tantric Sex & Kama Sutra With Illustrations Tantric Sex Tantric Sex Guide Tantric Sex: The Complete Guide to Discover the Best Tantric Secrets for Meditation, Yoga, Massage, and Obtain a New Sex Life Full Great Sex Made Simple Diana Richardson Diana Richardson Nitya Lacroix Kyle Parrish Don MacLeod Nitya Lacroix David Gordon White More Sex More Fun Book Club Grace Mason Cassandra Lorian Diana Daffner Valentin Ducane Anne Johnson Judith Kuriansky Roxy Colt Alexxa Kline Kaylee Reed Jasmine Wilde Evelyn Jaymes Mark A. Michaels

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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

a revolutionary approach to male sexuality offers the keys to achieving sexual fulfillment teaches how to retain semen for increased vitality and longer lovemaking explains the relationship strengthening benefits of deep sustained penetration includes foreplay approaches and position sequences fulfilling sex nourishes love increases vitality and boosts mental health unfortunately prevailing attitudes about male sexuality and what is good sex work against these innate features by focusing on the excitement of ejaculation as the one and only goal using the tantric guidelines they have practiced for more than 25 years diana and michael richardson show men how to move beyond their preconceptions of sex as a goal oriented and often unintentionally stressful event so they can relax into sex as a meditative union of complementary energies they explain how retaining semen allows for increased vitality and extended lovemaking sessions and show the relationship strengthening benefits of deep sustained penetration they also explain how to perform soft penetration and how to avoid premature ejaculation tantric sex for men includes tried and true foreplay approaches diagrams of sexual position sequences ways to increase sexual sensitivity through awareness and how to have ecstatic experiences through reaching a woman s body on a sexually deeper level the authors also demonstrate how the sexual organs can be used to heal both men and women physically emotionally and spiritually

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sutra sex positions and much more buy it now and let your customers get addicted to this amazing book from provocative positions to pleasure enhancing techniques for him and her the 50 tips and tricks in this ebook reveal the tantalizing secrets of the erotic art of tantra

the ancient eastern tradition of tantra teaches that sex involves the mind and spirit as well as the body it states that the sexual union of a man and a woman releases a powerful force within the body that can be harnessed to take you beyond the physical orgasm to a higher state of consciousness this wonderfully honest and reassuringly explicit book will help you to unlock the magic of tantrism and show how today's couples can use its teachings to attain new levels of sexual bliss and emotional intimacy illustrated with stunning and sensitive photographs throughout and filled with sensual rituals and lovemaking techniques for you to explore this concise volume captures the spirit of tantra and guides you confidently and surely towards greater intimacy and sexual fulfillment

for those who wonder what relation actual tantric practices bear to the tantric sex currently being marketed so successfully in the west david gordon white has a simple answer there is none sweeping away centuries of misunderstandings and misrepresentations white returns to original texts images and ritual practices to reconstruct the history of south asian tantra from the medieval period to the present day kiss of the yogini focuses on what white identifies as the sole truly distinctive feature of south asian tantra sexualized ritual practices especially as expressed in the medieval kaula rites such practices centered on the exchange of powerful transformative sexual fluids between male practitioners and wild female bird and animal spirits known as yoginis it was only by drinking the sexual fluids of the yoginis that men could enter the family of the supreme godhead and thereby obtain supernatural powers and transform themselves into gods by focusing on sexual rituals white repositions south asian tantra in its precolonial form at the center of religious social and political life arguing that tantra was the mainstream and that in many ways it continues to influence contemporary hinduism even if reformist misunderstandings relegate it to a marginal position kiss of the yogini contains white's own translations from over a dozen tantras that have never before been translated into any european language it will prove to be the definitive work for persons seeking to understand tantra and the crucial role it has played in south asian history society culture and religion

are you tired of bang bang quickies and want to try something new it's easier said than done to level up your sex life life is stressful and breaking out of the old sexual routines is not easy having an exciting sex life with your partner is like a glue that brings you closer to each other the better sex you have the more intimate you are and the better the relationship if you feel like it's time to try something new tantric sex might be it tantric sex slows things down and focuses on connection and sexual energy it's a higher level of sexual ecstasy that is much more than just penetration in this book you learn the basics of tantric sex including its history it's a 5000 year old practice how to get started basic positions with illustrations and much more after learning tantra some men and women experience multiple long lasting orgasms for the first time in their life are you ready to try

off late do you feel that you and your partner feel disconnected do you feel that your sex life has become monotonous do you feel like adding some spice back into your sex life and breaking free of the routine do you feel that there's something that is stopping you from forming a strong bond with your partner do you want to improve the intimacy quotient do you want to learn the different ways in which you can attain greater pleasure do you want to learn the different ways in which you can pleasure your partner if your answer is yes for any of the questions that have been mentioned above then this is the perfect book for you your reason for exploring the concept of tantric sex could range from curiosity to your want of establishing a spiritual connection with your partner regardless of your reason this is the perfect book for getting you started with the teachings of tantric sex tantric sex is so much more than simply establishing a physical bond between two partners it is about connecting with your partner on an emotional and a spiritual level it is the union of the female and the male energies present in the body for forming a spiritual connection tantric sex will help in revitalizing your body mind and soul tantra can be practiced in different forms and tantric sex is one of those forms that will help in awakening the dormant sexual energy present in your body for helping you attain greater pleasure tantric sex will help in turning up the heat between the sheets and add a new dimension to your sex life in the course of this book you will learn the meaning of tantric sex and its various benefits the essentials of tantric sex and the worship of the god or goddess within preparation of your body for tantric sex essentials of tantric communication the different tantric sex positions and techniques the basic teachings of tantric sex various tantric sex exercises and yoga positions the ways in which tantric sex can be made use of for male and female orgasms all the information regarding tantric sex the different positions and variations will help you in forming a bond with your partner that surpasses the

physical realm so what are you waiting for let's get started buy your copy today

switch off the mind awaken all the senses and become aware of your whole body with this superbly illustrated guide to using and enhancing tantric sexual energy tantra the tao of love is an eastern path to self development central to that path is healthy sexual energy which needs to be harmonized if we're to live life happily and fulfil our true potential the tantra involves letting your mind go and learning to express yourself through your body the tantra nurtures intimacy sexual and emotional self confidence and the healthy development of sexual energy flow through the whole body as the mind and body become harmonised by tantric sex communication skills personal creativity and spontaneity are enhanced 101 nights of tantric sex leads you through 101 nights of rituals and meditations to bring you closer to the divine including affirming your commitment playing the yin yang game honouring your partner creating sacred space erotic touch co mingling breath anointing the chakras

a unique program of sex synchronized energy exchange exercises that combine tantra sexuality from india with tai chi movements from china thousands have used these simple exercises to build a connection with their mate that recalls or surpasses first love tantric sex for busy couples provides readers with a dynamically new and practical approach to creating intimacy on all levels sexual emotional and spiritual blending the ancient teachings of tantra from india and the peaceful exercise program of tai chi from china couples discover how to create magic in their relationship woven throughout the easy instructions are the personal experiences of the author and her husband although the emphasis is on intimacy rather than orgasm the sexual practices are designed to provide plenty of both the basic exercises presented in the book include solo stillness connected pose and the tantra taichi trilogy solo stillness highlights the idea that when we each embrace our inner self we are more able to be truly present in a relationship connected pose invites the couple to simply be with each other face to face heart to heart eyes open this establishes the foundation for intimate connection the tantra taichi trilogy focuses on three primary centers in the body both metaphorically and physically the sex center below the waist the heart center above the waist and the more elusive bindi or spiritual center represented by the third eye and upper chakras each of these centers interacts with and influences the others sexual energy is moved throughout the body rather than being concentrated in the genitals the foundational exercises of tantra taichi are preparation for the sexual practices described in the book these include yin and yang ceremonies of sexual

massage for the woman and the man as well as peaceful passion a sexual union that requires neither a high sex drive nor a viagra inspired erection throughout all of the practices readers are encouraged to maintain a sacred respectful loving and ceremonial attitude toward their partners this attitude alone can transform a relationship into a love affair

tantra sex mini guide for your pocket inspiration for mindful intimacy sensuality deep connection always with you tantra is more than just eroticism it s a conscious loving approach to intimacy presence and deep connection between two people this compact mini guide fits in any pocket and is perfect for on the go as a spark before a date or a gentle reminder in everyday life whether you re new to tantra or already exploring you ll find practical tips mindful rituals breathing techniques and inspiration for fulfilling tantric sex small in size rich in content the core principles of tantric lovemaking how to cultivate presence slowness true connection simple rituals and exercises for body mind and heart tips for couples and solo explorers perfect for beginners curious minds and minimalists tantra sex mini guide for your pocket is your discreet companion for more mindfulness closeness and deep sensuality wherever and whenever you need it

in this updated fully illustrated second edition the author uncovers every aspect of this ancient practice and introduces the principles techniques and rituals of tantra

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experience the tantric orgasm as either a man or a woman tantric sex will change your way of sexual intercourse and change the experiences too that's why it's so important to understand tantric sex the important elements behind it and some of the different faces of it tantric sex will help you experience greater more powerful orgasms and also experience a newfound desire for sexual exploits so what are you waiting for it's time to experience the fun and thrill of tantric sex and this fun book will help you learn the power of this type of sex this book also covers mind blowing techniques of tantric sex various aspects of sex and foreplay how to get your body and mind ready for sex benefits of massage meditation and yoga different types of tantric sex and much more this book is for couples who want to lust after each other for years and years well past the honeymoon phase this includes positions for couples early on in their relationship married couples couples who want to restore their spark couples who are trying to get pregnant couples who are already pregnant and every other couple in between this is written for couples who want to do everything they can to ensure their sex life stays interesting new and exciting how to have fulfilling and more sustaining outcomes of both the sexual and spiritual experiences than before so stop take a moment close your eyes and think about everything that makes you feel alive now give yourself the freedom to read and partake in all of those pleasures and then you will truly understand the power of the tantric sex life these days is increasingly disconnected and often the emphasis in relationships is on making money or raising kids intimacy only becomes a goal when the relationship already suffers buy it now and let your customers get addicted to this amazing book

with illustrations this book will transform your sex life if you want to learn new sex positions experience mind blowing orgasms this beginners guide on tantric sex and the kama sutra is for you tantric sex is a practice that bonds you to your partner with body mind spirit and soul it is about expansion engagement and enlightenment tantric sex is about sexual energy and learning how to ride the wave rather than crash the shore the kama sutra is a wonderful fun way to explore new sex positions and find new ways to keep your lovemaking exciting and fun although very old in its principles it has stood the test of time and much still applies to the art of lovemaking today inside this book you will find a bonus section with 2 guides on genital tantric massage one for him and one for her the basics of tantric sex and the kama sutra an introduction to tantric sex the benefits of tantric sex how to get ready for tantric sex positions and techniques for tantric sex orgasms and tantric sex an introduction to the kama sutra the benefits of the kama sutra 13 illustrated sex positions 15 described kama sutra positions with a

fresh approach using a combination of tips techniques and lessons from the tantra and the kama sutra this guide will show you how to master the art of love making fulfill your desires and help you enjoy a healthy and exciting sex life it s up to you how spiritual you get many people practice both simply because the sex is better so if it s time to awaken the sex god or goddess in you scroll to the top of the page and select the buy button for instant download description if you want to transform your sex life learn new sex positions experience mind blowing orgasms then this beginners guide book on tantic sex and the kama sutra is for you with a fresh approach using a combination of tips techniques and lessons from the tantra and the kama sutra this guide will show you how to master the art of love making tantric sex is a practice that wholey joins you to your partner with body mind spirit and soul it is about expansion engaing with your partner physically mentally spitiually and emotionally tantic sex is about sexual energy and learning how to ride the wave rather than crash the shore the kama sutra is a wonderful fun way to explore new sex positions and find new ways to keep your lovemaking exciting and fun although very old in its principles it has stood the test of time and much still applies to the art of lovemaking today inside this book you you will find a bonus section with 2 guides on genital tantric massage one for him and one for her the basics of tantric sex and the kama sutra an introduction to tantric sex the benefits of tantric sex how to get ready for tantric sex positions and techniques for tantric sex orgasms and tantric sex an introduction to the kama sutra the benefits of the kama sutra 15 kama sutra positions the teachings from the tantra and kama sutra show us how to fullfil our desires and become the great lovers we are meant to be it s up to you how spiritual you get many people practice both simply because the sex is better so if its time to awaken the sex god or goddess in you scroll to the top of the page and select the buy button for instant download

are you looking for new experiences while practicing sex with your partner then keep reading late do you think you and your partner feel disconnected do you think your sex life has become monotonous do you feel like adding a little spice to your sex life and getting rid of the routine do you think there is something that prevents you from forming a strong bond with your partner want to improve the privacy ratio do you want to learn the different ways you can get more fun want to learn the different ways you can please your partner if your answer is yes to any of the questions mentioned above then this is the perfect book for you your reason for exploring the concept of tantric sex could range from curiosity to your lack of establishing a spiritual connection with your partner whatever their motivation this is the perfect book to start with the teachings of tantric sex tantric sex is much

more than establishing a physical connection between two couples it's about connecting with your partner on an emotional and spiritual level it is the union of the feminine and masculine energies present in the body to form a spiritual connection tantric sex will help revitalize your body mind and soul tantra can be practiced in different ways and tantric sex is one of those ways that will help awaken the latent sexual energy present in your body to help you achieve greater pleasure tantric sex will help increase the heat between the leaves and add a new dimension to your sex life in the book you will learn definition of tantric sex contributes to a healthier lifestyle sexual energy the energy of the kundalini the importance of the seven chakras reduce stress levels feelings with a partner deceleration in sex fun zone male and female erogenous zone the spiritual phase of sexual energy relieves anxiety and depression ying a symbol of yang in tantric sex male and female bodies of opposite polarities positions for gentle penetration positions for deep penetration and much more all information about tantric sex different positions and variations will help you form a bond with your partner that goes beyond the physical field so what are you waiting for let's get started

learn how to have tantric sex and blow your lover's mind do you want to be great in bed and also experience the many pleasures of tantric sex learn the fundamentals on tantric sex and start immediately with this guide with massage and sex techniques you will learn the following what is tantric sex the myths and benefits tantric sex positions and techniques practices to help with tantric sex a deeper way to connect and make love different tantric sex positions with images and much more whether you want to learn more about tantric sex or you already know and want to take it to the next level this book is for you so don't delay it any longer take this opportunity by buying this tantric sex guide with sex positions now you will be shocked by how much there is to learn about tantric sex and how much it can improve your sex life you will be a different person after reading this book don't delay and scroll up to buy with 1 click

did you know that tantric sex is not all about sex or that it could be a path to healing several other areas of your life what if you could experience full body orgasms that lasted for hours doesn't that sound incredible the truth is the strength of your relationship is not forged during the dates you have or how much time you spend together as a couple a strong loving bond that can withstand the test of time is built during the most precious and intimate moments you share with your partner it is built during sex having sex should be more than just satisfying your

hormonal lust or desires sex should be a time when you connect with your partner in a way so deep you're both brought to the brink of ultimate bliss originating in India sometime between 300 and 400 of the common era. The concept of tantra can be detected dating back to 2000 BC ancient civilizations have long been harnessing the power of this remarkable practice and the modern world we live in is only now waking up all the glorious possibilities tantric sex can bring. Tantric sex is not a religion it is a practice and a way of life. It doesn't just teach you the various sex methods you could use for greater pleasure alone it teaches you how to give and receive the loving energy between a pair of lovers. It teaches you about awakening the internal spirit the energy of life that flows within us all to connect with your spiritual side and restore meaning to your life. It reminds us that our bodies are a temple and that within every man and woman there resides a god and goddess. Tantric sex is about connecting with your partner so deeply that in that union you feel like you may have found your soul mate at last. You will learn tantra's emotional and cultural origins why tantric sex is better than regular sex how to bring out your partner's sensual side overcoming the myths to discover the truth how to awaken your body and free your mind the true power of breath and what it can do for your sexual experience how to harness the power of your sexual energy how to transform your sexual energy using your chakras how to manipulate the senses for greater intimacy what the erotic awakening massage can do for you understanding the universal hum the best tantric sex positions to try today there's more to tantra than meets the sexual eye and this book aims to help you understand why it should be seen as a way to connect meaningfully with your partner rather than seeing it as nothing more than a way for you to have an orgasm. Embrace tantra fully and you'll live your life with freedom and passion you never knew before. Tantra doesn't just teach you how to connect with your partner it teaches you how to connect with your world. Tantra is a practice that benefits both men and women and we'll provide step by step guides about how you can work together with your partner the way you are supposed to. This book is not going to tell you how to do it it's going to show you how to do it are you ready to change your sexual experience for the better download now your sexual awakening awaits.

Take your sex life from ordinary to extraordinary with this fun and easy to use beginner's guide to authentic tantra explore new and surprising sources of sensual delight with fifty four tantric techniques for enhancing intimacy and deepening pleasure proving that tantric lovemaking doesn't have to take hours. Tantra experts Mark Michaels and Patricia Johnson present straightforward simple practices that anyone can do along with

fundamental principles of tantric sex you will discover amazing ways to prolong arousal satisfy your partner maximize bliss and reach higher states of consciousness erotic trigger points massage fantasy and role play kissing self pleasuring breathwork eye gazing meditation praise patricia johnson and mark a michaels have written a compassionate and accessible guide to an often mysterious but valuable tradition and made it relevant for today s readers who want to find more connection spirituality and care in their lives and love naomi wolf author of vagina and the beauty myth great sex will be a useful resource for individuals seeking to enrich their sexual experiences to open their minds to new possibilities of intimacy mdashforeword winner of the 2013 ippy award gold sexuality relationships category finalist for two foreword awards self help category and family relationships category

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