

Yoni Massage Awakening Female Sexual Energy

A practical guide to deepen and expand your orgasmic experience by yourself. Based on ancient Tantric teachings, modern sexology and tons of experience, *Orgasm Unleashed* is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

Like men, women also can ejaculate, enhancing and intensifying their sexual pleasure. In an open, positive style, Deborah Sundahl presents information about female ejaculation including scientific findings, anatomical illustrations, historical accounts, a chapter on how men can help their female partners to ejaculate, and women's and men's experiences collected during the past two decades.

If we're suffering from stress, have a headache or simply feel listless, most of us tend to reach for the aspirin. *The Complete Self Massage Workbook* offers a great alternative: 100 quick-and-effective exercises designed to relieve stress and other minor health problems. Drawing on Taoist studies as well as shiatsu, reflexology and Indian Head Massage, Kristine Kaoverii Weber shows you how to harness the healing power of self-massage. All the techniques are explained with step-by-step pictures alongside clear instructions, so they're easy to understand and perform. Plus, each exercise

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focuses on accessible areas of the body - hands and feet, face and head, neck, shoulders and lower back - making them ideal for use in the office, at home and even when travelling. This is the perfect self-help guide for anyone interested in improving their physical, mental and emotional well-being through the healing power of touch.

Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The Alchemy of Sexual Energy builds upon Microcosmic Orbit practices discussed in Healing Light of the Tao. The more we open the flow of our internal energy the

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more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle.

Reveals how the sexual practices of the Taoist Jade Dragon can help men achieve "immortality" through the enhancement of their sexual prowess. • A companion guide to *The Sexual Teachings of the White Tigress* that focuses on the male side of White Tigress sexual practices. • Reveals the nine Jade Dragon exercises and other Taoist techniques for achieving the elixir of immortality. • Offers physical and spiritual solutions for the sexual issues facing men. Hsi Lai continues the work he began in *The Sexual Teachings of the White Tigress* by exploring more fully the male role in Taoist sexual transformation. As with those of the White Tigress, the techniques of the Jade Dragon are part of a disciplined sexual and spiritual practice. The goal for the Jade Dragon is health, longevity, and immortality through external and internal regimens for the enhancement and accumulation of the Three Treasures of Taoism--ching (sexual and physical energy), qi (breath and vital energy) and shen

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(spiritual and mental energy). The author presents the nine Jade Dragon exercises that strengthen erections, enlarge the penis, increase semen quantity and quality, prevent premature ejaculations, and enhance sexual energy. He also details herbal remedies for revitalization that address both physical and spiritual sexual components, as well as ancient Taoist breathing and meditative practices and sexual stimulation techniques that amplify sexual intensity in order to create the elixir of immortality. Concluding with the importance of the interactions between and interdependence of White Tigresses and Jade Dragons, Hsi Lai shows the reader how these ancient Taoist secrets can be incorporated into a contemporary lifestyle.

Secrets are revealed in this complete and systematic course in the science of Tantric Kriya yoga that shows readers how to be more aware of the inner working of the body and mind. (World Religions)

THE PLAYER HAS MET HIS MATCH... Sam... I admit it. I'm a player. I adore women and they love me. I've never met a woman that I couldn't wrap around my body with only a smile and a sexy wink. Until Lila blew into town. For the first time in my life, my tricks aren't working. I want her and she thinks I'm nothing more than a two-bit thug. It's time for the player to up his game. Lila... I can sketch Sam Mason with my eyes closed. Every line of his tattoos, every muscle in his arms. Even the crinkle around

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the corners of his blue eyes with every easy smile. I know him well...every detail. He's been my mark for weeks. Nobody said going undercover as an agent for the Alcohol, Tobacco, Firearms and Explosives special units division was going to be easy. Working my way into the Steel Infidels Motorcycle Club's inner circle will take time. Then again I'm a patient and determined woman. Sam Mason may be the sexiest man alive but he's still going down. This time the player has met his match. Thunderclap is a fully complete standalone motorcycle club romance novel with no cheating and a HEA!

Do you feel disconnected from your partner? Do you feel that something is stopping you from expressing yourself physically? Do you want to add some spice to your sex life and improve your intimacy quotient? Do you want to learn about the different ways in which you and your partner can pleasure each other? Are you curious about learning about different practices of Tantra? If your answer is yes for any of the questions mentioned above, then this is the perfect book for you. In the course of this book, you will learn: The meaning of Tantric massage and its various benefits What are essential oils and how you can make your own massage oils at home The different techniques and essentials of giving a tantric massage Various methods used during tantric massage Various male and female tantric massages How to give an aromatherapy massage Ways in

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which tantric massage will help to reignite the spark in your sex life This book provides all the information that you will need to know about tantric massage and the different techniques of tantric massage that you can use. All the information regarding will help you to form a bond with your partner that surpasses the physical realm! So, what are you waiting for? Let's get started! Buy your copy today!

A Joy of Sex for the New Age, this treasury of Eastern and Western sexual secrets will help couples enjoy the best physical and spiritual relationship possible. Contains Tantric and Taoist techniques of sacred sexuality, guided meditation passages, and tasteful drawings by Allan Parker.

A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies • Provides emotional healing by releasing traumatic memories stored in the yoni • Includes exercises that use sexual energy to cleanse and stimulate the chakras • Empowers women to draw strength and radiant vitality from the restored connection to their innermost core "Yoni" is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature. Yoni massage

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is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a “private part” hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.

- Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy.
- The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women.
- Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago.
- Provides Western medical correlations to substantiate White Tigress practices. White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. The Sexual Teachings of the White Tigress presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the

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sexual and spiritual refinement of ching (sexual energy), chi (vital energy), and shen (consciousness)--the Three Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

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.

Have you noticed that passion in your relationships has subsided over the years, and you wanted to change something? Do you think you know your own and your partner's body well enough? How many erogenous zones do you know? You must read this book about massage for couples, to find out the answers to these questions and to awaken the former desire. Touch is the most intimate sense. Couple massage makes you understand each other without words on the most intimate level. Touch can carry passion and love, confidence, and empathy. It promotes relaxation and healing, is central to our erotic experiences. Touching the body of another person, feeling the skin of your loved one with your skin gives you much more pleasure than any other feeling known to man. However, oddly enough, even lovers rarely use this gift of nature to the full. This couples massage book is a kind of textbook in how to bring your body and your partner's body into a comfortable state through massage, so that it flies away, relaxes, recuperates, and experiences an unearthly pleasure. You will not need any massage accessories for couples, no couple's massage ball, couple's massage toys. Only music, couples massage oil or lotion, and incense will give your communication a special feeling. We'll tell you how to give your partner the greatest possible pleasure! This book is the result of more than a decade of practical experience in performing massage and years of teaching experience. Everything you read in this book is based on knowledge of anatomy, physiology, psychology,

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sexology, and various types of massage. In the book, there will be no useless information, only the most important practical knowledge about couples sensual massage. So if you want to know all of the secrets about excellent couple massage, and bring back your passion and desire. You should buy this book! Your partner will thank you!

A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity • Empowers men to expand and deepen their experience of arousal and sensuality •

Demonstrates how deep relaxation is important to a strong and lasting erection • Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side
Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual "performance" have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation.

Offering your partner the sensual pleasure of a massage brings special feelings of satisfaction. Do it with skill, passion,

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and creativity with these intimate, beautiful photos and instructions. Learn the different strokes (effleurage, petrissage, friction, others), and when and how to use each one. Vary your touch to make it loving, erotic, or playful. Give the 20-minute relaxing massage or indulge in a longer, stimulating one where senses heighten and bodies make full contact. "Mix romance with relaxation or upgrade your seduction skills."--www.HoneyMag.com.

- The secret sexual energy practices of Toltec-Mayan shamans revealed at last. • The author studied with don Juan Matus and the same circle of Nagual sorcerers who taught Carlos Casteneda. • Offers specific step-by-step instructions for mastering the ancient sexual techniques that lead to spiritual transformation. Readers of Carlos Casteneda have often complained that his work in ancient Meso-american shamanism never covered sexual practices beyond celibacy. With his death in 1998 it seemed that these practices might never be revealed, but fortunately Marilyn Tunneshende has stepped in. Set against the backdrop of the golden deserts of Sonora, Mexico, Don Juan and the Art of Sexual Energy recounts Tunneshende's initiation into the ancient sexual energy practices of the Toltec-Mayan tradition. Under the tutelage of don Juan Matus, Chon Yakil (whom Casteneda referred to as Don Genaro), and dona Celestina de la Soledad, she learns to reclaim her feminine power and balance the masculine and feminine forces within herself. At the heart of the book is the mythical Rainbow Serpent: the phallic energy within women, the creative power within men. Each chapter focuses on a particular technique for awakening the serpent and connecting with its energy. Twenty-two sequential practices are covered, providing a powerful program for serious spiritual transformation.

Tantric sex for couples In?tru?ti?n? f?r Lingam M????g? is a Tantric Massage book for couples. Get these techniques f?r

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Lingam Massage and start using them in your couple to multiply the passion and complicity in your relationship. Discover new pleasures. A Guide To Lingam Massage - Content: - Tantric Massage - Yoni Massage - Lingam Massage - How To Perform A Lingam Massage - Lingam Massage, Alternative Therapies Addressing Impotence - What is the Essence of Tantric Massage? So if you want to learn tantric massage for couples you are right with this book. Tantric massage is wonderful massage therapy that stimulates sexual energies to have a variety of outcomes. Many people falsely believe that Tantric massages are a sexual act, likely because of the way they use sexual energy to stimulate pleasure in the recipient. The reality is that a true Tantric massage will not end in a sexual act and will instead end in the recipient experiencing a full-body orgasm as a result of the pleasurable massage they receive. Giving a Tantric massage is a lot easier than it may seem. However, there are some strategies and techniques that you need to know before you get started. "Tantric Massage: The Ultimate Beginners Guide to Tantric Massage Techniques" will teach you exactly what you should know before you start practicing Tantric massages on someone else. You will learn about: - The essence of a tantric massage - Why it is beneficial for men and women - How to give a Tantric massage to both men and women - Things to consider - Tips to enhance the process If you are ready to begin exploring the world of Tantric massages and the benefits they can have, this book is the perfect place for you to get started. Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing mastering the art of vaginal massage With a warm, quiet place and a bottle of oil--and this incredible book--you can spread pleasure over every inch of

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your partner's body. For more than a million readers *The Art of Sensual Massage* is more than a book, it's an unforgettable sensual experience. Techniques are beautifully illustrated with hundreds of gorgeous black and white photos.. Rare color photos, taken during the book's original photo sessions have been added to this edition. Instructions are easy-to-learn. Ten minutes after you open this book you will be doing a sensual massage. This updated edition has the best paper and photo reproduction plus many text updates. From the book: In a world full of expensive gadgets futilely designed to increase enjoyment of life it is enormously satisfying to realize that you can give so much pleasure just using your hands. Sensual massage techniques for enhancing sexual pleasure, in e-book format Explore the full sensual potential of massage with this practical and inspirational companion to enjoying the most erotic, intense and passionate lovemaking experiences. Master over 100 erotic massage techniques to heighten arousal, enhance sex and deepen orgasm. Discover how to pleasure every part of the body, with step-by-step ways to tease and please, from the neck to you and your partners most intimate parts. Create the ultimate massage experience through fantasy, role-play, toys and erotic love games. With tips on oral and manual strokes and complete guidance on how to perform a full body massage, you'll learn to add a powerful new dimension to your sex life.

2 Books in 1 Have you ever experienced illnesses that seemed like they appeared out of nowhere? Have you suffered physically, mentally, or emotionally? Do you want to improve your life for overall health and wellness using your own energy? If you answered yes to one or more of these questions, then you are in the right place, just keep reading! Included in this book collection are: N. 1 Chakra Healing For Beginners: A Complete Guide to Awakening, Clearing, Unblocking and Balancing your Chakras and Your Life

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Through Guided meditations, Crystals, the Power of Affirmations and Yoga In this book, Chakra Healing For Beginners, you will learn the following among other useful information: What are the seven main chakras, their strengths, their weaknesses, and how they affect the body both positively and negatively Numerous of illnesses that are caused by specific chakras Guided meditations for each chakra point with detailed visualization and breathing techniques Other methods of healing such as the usage of crystals, yoga, color theory, etc. Different yoga poses to help promote the balance of the chakras How crystal energy can benefit the body as well as different types of crystals for balancing the chakras And so many more things! N. 2 Reiki Healing for Beginners A step-by-step guide to Heal your Life, Improve your Health, and increase your Energy. Reiki Guided Meditations, Distance Healing, Working with Crystals and on Pets In this book, Reiki Healing For Beginners, you will learn the following among other useful information: The history of Reiki, its importance in Eastern medicine and how it's become a popular treatment in the Western world The development of Reiki, the various forms and types and their distinct abilities to improve our lives. The research and findings to support the science of Reiki and its benefits, from comforting hospital patients to providing long-term relief The three levels of Reiki, and the details they involve for the student. Attunements and their essential value for the advancement in Reiki. You'll also learn how impactful an attunement is on your life, and how it will improve your Reiki experience and journey. The significance of symbols and how they are used in Reiki Mantras and affirmations: how they can improve your practice and help you reach your goals. How crystals are used in Reiki and how to clear and charge them to absorb and filter energy for your practice. And so many more things! So, what are you waiting for!?

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Tantric Massage For Beginners! (Updated March 2016!) The Ultimate Beginners Crash Course To The Art Of Tantric Massage! Are You Ready To Learn All About Tantra? If So You've Come To The Right Place - Regardless Of How Little Experience You May Have! Here's A Preview Of What This Amazing Book Contains... An Introduction To What Tantra Is All About The Promises Of Tantra Tantric Breathing Techniques Setting the Tantric Mood Additional Tantric Preparation Tips Balancing of the Chakras Performing the Tantric Massage The Lingam Massage The Yoni Massage Tantric Positions For The Bedroom And Much, Much More! Order Your Copy Now And Let's Get Started Today!

Tantric massage is a great way to provide erotic pleasure and sexual healing for you and your partner. Yoni (Vagina) and Lingam (Penis) are two of the oldest types of Tantric massage techniques in the world. This basic guide will give you an introduction to simple and easy to learn techniques that you can start using right away. Includes graphic and explicit detail of sexually stimulating massage. Do not read if you are uncomfortable with sexual massage techniques.

In?tru?ti?n? f?r Yoni M????g? Tantra Book - Tantric Massage You're ?b?ut t? embark ?n a w?nd?rful j?urn??! W?uld ??u lik? to f??l m?r? int?n?? excitement th?n ever before? Ex??ri?n?? more l?v? f?r ??ur??lf ?nd others than ??u ever imagined possible? H?v? th? best ??x ever -- truly, b??u?? it? n?t just ??x; it? mu?h m?r?? If you ?n?w?r?d yes, get r??d? to be transformed, t? f??l fr??r, and m?r? ?nthu?i??ti? about ??ur??lf and ??ur lif?. I can m?k? th??? promises to ??u b??u?? I know it's possible and b??u?? I have ???n in??iring tr?n?f?rm?ti?n? h????n to m?n ?nd w?m?n ?f all ages, ??ung ?nd ?ld, when embarking ?n the ?x?iting j?urn?? ??u ??n m?k? in thi? b??k. In thi? ??rt, I'll intr?du?? you t? the ?n?i?nt ?rt? ?f TANTRIC MASSAGE th?t started in th? Eastern ??rt? of th? w?rld thousands ?f ???r? ?g? but th?t

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w?r? l??t over th? ??nturi?? until now. Y?u'll l??rn ??w?rful br??thing t??hni?u??, ways t? g?n?r?t? ??w?rful ?urg?? ?f ??xu?l ?n?rg? thr?ugh ??ur b?d?, h?w t? h?n?r ??ur??lf ?nd ??ur ??rtn?, and all th? b??i?? to g?t ?t?rt?d ?n th? tantric path int? deeper intim??? ?nd higher ?t?t?? ?f ???t?ti? ??n??i?u?n???

From the One Who Made Squirt Hundred of Hollywood Goddesses. Prepare to become a Sexual Goddess Forever. Don't try to understand my advices but follow them. I promise you will reach your sexual nirvana. You will discover your most secret erogenous zones. You will learn to let go and have the best Orgasm ever. This book will teach you to have your first vaginal orgasm. If you are a Man, this book will teach you how to never miss her G-spot, make her squirt and soak the bed every time you have sex. It will teach you the perfect oral Sex technique. She will always wonder how you learn about "analingus" her biggest secret pleasure. She will know that you are the one even before you enter in the bedroom. It will teach you how to Penetrate her and drive her crazy. She will wonder how you discover the ultimate sexual power of her A spot or U spot. You will learn about the two vibrators that you absolutely need to drive her insane and how to use them. If you are a Woman it will give you the secret to welcome Sex anytime. It will teach you how to talk about sex and your desire before to enter in the bedroom. This is the only sex book you will ever need. To men and women those secrets will change your entire sex life forever. From the same author: Confessions of a Hollywood Tantra Masseur: The Untold Secret of the G-Spot Power.

A practical guide to understanding and awakening the human energy body • Shows how the energy body forms our reality from the infinite possibilities presented by our thoughts, feelings, and those around us • Illustrates the anatomy of the energy body, including its connections to the nervous system,

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chakras, and meridians • Provides step-by-step exercises to awaken the energy body, expand awareness, and begin consciously creating your own reality At a time when consciousness and other aspects of our energetic anatomy are finding their way into modern science, Kenneth Smith blends traditional shamanism with cutting-edge research in bioenergetics and neuroscience to offer this user's guide to the energy body--explaining what it is, what its capabilities are, and how to harness it as a vehicle for higher consciousness and heightened awareness. For more than 5,000 years, shamans of the Toltec tradition have worked with the energy body, learning its structure and perceptual capacities as well as mapping it as an objective, measurable part of our anatomy. Drawing from his decades-long involvement in this tradition and his work in the field of bioenergetics, Smith explains how the energy body shapes our perceptions, determines our state of consciousness, and forms our reality from the infinite possibilities presented by our thoughts, feelings, and those around us. Illustrating our energetic anatomy and its connections to the nervous system, chakras, and meridians, he provides step-by-step exercises to awaken the energy body, expand awareness, and begin consciously creating your own reality.

This book precisely maps a unique journey that turns the problems and conflicts that inevitably arise in relationships into opportunities for deeper connection. Illuminating case studies, guided self-inquiries, and challenging exercises help you discover how to engage your partner in a deeper dialogue and find ways of expressing the most profound and untamed aspects of your nature.

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female

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orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy

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exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

Sacred gestures of the hands and body to energize the sexual organs, increase libido, enhance pleasure, and improve overall health • Includes exercises for men and women to tone the genitals, improve endurance, and reach orgasm without ejaculation • Details shared exercises for couples to harmonize male and female energies • Explains how these exercises can treat sexual problems caused by tobacco, psychotropic drugs, and alcohol Mudras have been used for thousands of years in Hinduism and Buddhism to channel the movement of energy in the body for physical enhancement and spiritual enrichment. These sacred gestures of the hands and body create a tangible link between body and mind, conscious and unconscious, and can be used to strengthen and invigorate specific organs or bodily systems. Exploring the mudras of sexual vitality, Serge Villecroix illustrates energy movement exercises for men and women to tone the genitals, increase libido, improve endurance, and enhance pleasure. He reveals mudras for men to reach orgasm without ejaculation and details shared exercises for couples to harmonize male and female energies. He explains how these exercises can treat sexual dysfunction, such as impotence, as well as overcome sexual problems caused by tobacco, psychotropic drugs, alcohol, and other substances. Providing a complete guide to the sex mudras, Villecroix shows how strengthening your sexual energies also improves cardiac and respiratory health and overall vitality.

Contains everything a man needs to know in order to be a good lover, based on esoteric traditions of sexual ecstasy. •

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Includes practical and easy-to-follow Tantric rituals and sacred sexuality exercises for a modern lifestyle. • Uses real-life stories of couples to show the benefits achieved with the practices. • Offers an approach to lovemaking that encompasses all dimensions--physical, emotional, and spiritual. • Written by the co-creators of The Secrets of Sacred Sex video Being a good lover isn't easy. With more freedom, knowledge, and body awareness, today's woman knows better than to settle for predictable, performance-based sex. Tantric Secrets for Men offers everything a man needs to know in order to satisfy a woman's physical, emotional, and spiritual yearnings. Employing the ancient secrets of physical ecstasy, men learn to transform rote sex into passionate lovemaking, pleasure into ecstasy, and partnership into union. From the expert teachings of a committed couple practicing and teaching ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman on the levels of body, heart, and soul--and how to bring themselves to new heights of ecstasy in the process. The authors draw upon time-honored tantric and Taoist practices and modern sexology that will enable couples to make love more frequently, achieve higher and prolonged states of orgasmic intensity, experience lovemaking as a sacred endeavor, and deepen loving relationships.

Become a sexual virtuoso by learning to use your inner toolkit of body, mind, heart, and spirit with author and sex teacher Sheri Winston in this fun, easy, hot and smart guide to the erotic arts. You'll discover Wholistic Sexuality? the integral, inspirational and empowering path to connect you to your own delicious sexual potential and make you a masterful lover. With this sequel to Winston's award-winning Women's Anatomy of Arousal, you'll learn how everyone, whether solo or

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partnered can amp up your erotic experience and give exquisite pleasure to others. Packed with sexy games, fun activities and invaluable information, this book gives the gift that keeps on giving'a lifetime of ecstasy.

Learn the Ancient Art that will Spice Up your Bedroom! - 10 Amazing Tantric Positions Included In this book, you will learn how the practice of Tantra has helped many couples achieve greater sexual satisfaction and intimacy. Tantric Sex is a form of Sacred Sexuality practiced by Tantrics, using many ancient Tantric teachings. Many people are interested in the many sexual tips and tricks that Tantric Sex offers. While you will experience an increased excitement and enjoyment of each other's bodies and minds, the principles of Tantric offer so much more in terms of helping you develop closer, more meaningful, and highly rewarding relationships. With the consistent application of Tantric principles, you'll find that your commitment and love will only grow deeper. Most scholars trace Tantra back to India around 500 AD. These set of beliefs, teachings, and practices help practitioners worship and experience the Divine. Through this worship, Tantric practitioners aimed to achieve spiritual awakening, enlightenment, and freedom. Much like other Eastern traditions, Tantra promotes a greater awareness of the Divine in yourself, others, and the world. Join me in learning the amazing impact that Tantra can have on the quality of your life and of your relationships. Here is a preview of what you will learn... - The ancient and somewhat mysterious origins of Tantra and Tantric Sex - How to increase the levels of intimacy with your partner using lighting, sounds and scents... -

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How different breathing techniques will enhance your pleasure and that of your partner - The benefits and methods to incorporate meditation to the sexual act - 10 amazing tantric positions to increase your pleasure in the bedroom Purchase your copy today!

Famed tantric practitioner and teacher Margot Anand has led a life of spiritual bliss and erotic ecstasy. This book recounts the fascinating adventures, turning points, and breakthroughs on her path from sex to awakening, and it includes techniques and exercises to help you connect to the powerful energy of the erotic spirit.

DISCOVER THE ART OF INTIMACY WITH TANTRIC MASSAGE! Being touched by the hands of another is a fundamental human need. In this book, discover the ancient, practice of Tantric massage and how it takes touch to a whole new level. Through the ages, sensual massage has been a widely practiced form of intimate connection between those who know its secrets. With a long and fascinating past, sensual massage is found all over the world, it secrets delighting the initiated with a whole new level of touch. Tantric massage, especially, is an erotic font of mutual delight and ecstasy. Science is now proving that the need to be touched is a vital part of our ability to communicate. In fact, touch is a language that transcends all other forms of communicating. It needs no words. In these pages, you'll find out how your hands can learn to speak it with eloquence and sensitivity, by connecting with Tantric massage. In this book, you'll be initiated into the art of sensual massage and reading about: How the human sense of touch is the first we develop, in the womb. The sometimes colorful

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history of sensual massage. Touch as a communicative superpower. The secrets of ancient Tantric massage and the roles of Yoni and Lingam. The Japanese art of Nuru and other forms of sensual massage, today. Male and female erogenous zones. Some handy helpers to enhance your sensual massage experience. What makes the male prostate so super special. All about lubes and oils to make you Tantric massage experience even better. Discover the eroticism of Tantric massage in this unique exploration of its sensual wonders. Deepen your sexual IQ, by getting to know the wild world of sensual, Tantric massage; a world in which your fingers do the talking. Buy your copy today!

The modern perspective on sexuality is almost exclusively focused on procreational and recreational sex. Little attention has been given to the ancient Asian perspectives on the more profound restorative and transformative (spiritual) benefits of sexuality. This challenging material will definitely bring about a rethinking of sexual purpose and conduct. "White Tigress" refers to a female who follows the natural workings and forces of her sexuality to achieve beauty, youthfulness, longevity, and immortality. Her sexual practices all derive from teachings passed down through various consorts and female Taoist nuns and immortaleses. "Green Dragon" refers to the male surrogate sexual partners of a White Tigress, who provide her with heightened sexual energy and passion. A Green Dragon can also be a co-cultivator in a Tigress's practice, helping her engage in the deeper transformational practices so that they both can achieve

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restoration and illumination of body and spirit. The White Tigress and Green Dragon sexual-spiritual practices and philosophy revitalize sexual passion and compassion, demonstrating that there is much to learn about sexual energy and how it can greatly benefit the body and mind. Among the various techniques of self-improvement and caring, I chose Tantric and Kashmiri massages to rediscover my body but also to experience an intensification of my sensations in order to get the most out of life. Nakedness, being touched all over our body enables us to renew with our prepubertal innocence, the innocence of childhood and the happy days when we were discovering tactile pleasure. We feel... alive again As I received various Tantric massages in the course of my research, I tried to conceptualize the different techniques used and the impulse which transmits love through the sense of touch. This led directly to my taking note of what the different Tantric and Kashmiri massages have in common. The 6 full body massage protocols I describe in my book provide a framework for the moves to be performed and transitions to be smoothed out, as well as tips and tricks meant to increase the fluidity of a Tantric massage. You may simply draw your initial inspiration from these and go on to massage freely with an open heart. Tantric & Kashmiri massages includes various solo exercises such as undulatory orbital breathing, chakra balancing, and the Who-Am-I or karsai nei tsang self-massage, as well as a number of easy twosome exercises associated with the Tantra. In an age when we are constantly bombarded with stimuli of every sort, getting in tune with our own sensibility and that of

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our partners and even renewing contact with the sacred through shamanism or the Tantra will strengthen our sense of rootedness shattered by stress.

Liberation into Orgasm is an invitation to go through pleasure beyond pleasure. This book is not just a bunch of nice ideas that are only good for the mind, it is an invitation to experience Life totally, and live fully, unapologetically, shamelessly as You. This book is for those who are either intrigued by sex but feel a little shy and perhaps have never experienced an orgasm, and for those who are very open yet have the intuition that there must be more to sexuality. And forgive me for running ahead, but yes, there is always more to sexuality. This books is for those who have endless spiritual thirst and those who wish to feel more connected to their true Self in every moment of their life. In the modern day world, we tend to think that sex and spirit are separate from each other. Or, that in order to access the spirit, we need to transcend sex. With this book, I want to serve the healing of the split that we have created between sex and spirit. This split is what causes disconnection, shame, guilt and judgment around something that is the most powerful creative force that moves through human beings - our sexual energy. With this book, I want to reveal the tantric perspective of what is really possible for each human being in this Life. With this book I want to invite you on a journey that will take us through pleasure beyond pleasure. Tantra teaches us to live fully. When someone chooses the path of Tantra, it means they choose to go all the way. To live Tantra means not to shy away from any of the aspects of our life. To find

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out about the book tour and a free event exclusive for my Readers please visit www.sofiasundari.com

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