

Urban Tantra Sacred For The Twenty First Century

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Indeed, one need only run a search on "sex magic" in any good search engine to come up with several hundred Web sites such as "SACRED SEX: Karezza, Tantra, and Sex Magic," "Tantra-Magic.com," and ...

Magia Sexualis: Sex, Magic, and Liberation in Modern Western Esotericism

The problem is enhanced when those who do so use a language that is not their vernacular, and even more so when that language is part of sacred scriptures ... body of texts and traditions known as ...

Acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to push past their edge in search of the great cosmic orgasm. This updated edition celebrates the 10th anniversary of Urban Tantra, and is revised to include more inclusive gender pronouns and language, new science and safe sex information, and an updated reference section. 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

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available to all, no matter one's gender, sexual preference, or erotic tastes. Urban Tantra expands the notions of pleasure and opens new heights of intimacy and sexual fulfillment.

If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. With a juicy mix of erotic how-to and pleasure-centered spiritual wisdom, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to push past their edge in search of the great cosmic orgasm. 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, including: The Erotic Awakening Massage • Breath and Energy Orgasms • Twenty-Minute Tantra Evolutionary Selfloving • Sex and Healing • Tantric BDSM. No matter what your gender, sexual preference, or erotic tastes, URBAN TANTRA will expand your notions about pleasure and open you up to new heights of intimacy and sexual fulfillment. From the Trade Paperback edition.

Morality. Relativity. Right and Wrong. The issues we face are complicated and everyone has an opinion. But who has the answer when it comes to sexual issues? Sex dominates our popular culture to a degree we've never seen before and unrestricted sex is being touted as a shortcut to personal fulfillment and satisfaction - but it's a counterfeited and cheapened imitation of the real thing. Respected pastor Tony Evans refuses to let the voice of God be drowned out amidst the clamor of the crowd. Discover what God says in His word regarding why your sexuality is important and why sexual immorality is devastating. Discover how to maintain purity and enjoy true intimacy in marriage - the real fulfillment and satisfaction that God intended.

From Barbara Carrellas, sex expert and author of the best-selling book Urban Tantra, comes Ecstasy is Necessary. This is not your average tips-and-techniques sex book; rather it is an exploratory journey of the sexual self and the infinite possibilities of ecstatic expression. In Ecstasy is Necessary, Carrellas teaches readers how to discover, nurture, expand, and embrace their authentic, ever-evolving, sensual, sexual self. Everyone goes through different phases of sexual expression and desire, and there are an infinite number of erotic and ecstatic possibilities available at all points along the way. The insights readers will gain in their journey with Carrellas will help them confidently approach sex and relationships in a way that works for them no matter where they are in their sexual evolution. They will get tools for solving the inevitable challenges that arise. They'll even receive permission not to have sex at all, if that's what's right for them, because it is possible to create ecstatic experiences even when sex itself is not possible, available, or appropriate. Using stories and simple exercises, Carrellas helps readers understand how they are wired for sex and relationships, what their personal warning signs look like, and what they need for optimum care. Plus, they'll learn how to effectively communicate this information to others so that they can be loved more easily and effectively. As readers discover their authentic sexual selves, they will learn how to create the conditions that allow more and more of their experiences and relationships to be opportunities for-and invitations to-ecstasy.

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

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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.

In the West, the varied body of texts and traditions known as Tantra for more than two centuries has had the capacity to scandalize and shock. For European colonizers, Orientalist scholars and Christian missionaries of the Victorian era, Tantra was generally seen as the most degenerate and depraved example of the worst tendencies of the so-called 'Indian mind': a pathological mixture of sensuality and religion that prompted the decline of modern Hinduism. Yet for most contemporary New Age and popular writers, Tantra is celebrated as a much-needed affirmation of physical pleasure and sex: indeed as a 'cult of ecstasy' to counter the perceived hypocritical prudery of many Westerners. In recent years, Tantra has become the focus of a still larger cultural and political debate. In the eyes of many Hindus, much of the western literature on Tantra represents a form of neo-colonialism, which continues to portray India as an exotic, erotic, hyper-sexualized Orient. Which, then, is the 'real' Tantra? Focusing on one of the oldest and most important Tantric traditions, based in Assam, northeast India, Hugh B Urban shows that Tantra is less about optimal sexual pleasure than about harnessing the divine power of the goddess that flows alike through the cosmos, the human body and political society. In a fresh and vital contribution to the field, the author suggests that the 'real' meaning of Tantra lies in helping us rethink not just the history of Indian religions, but also our own modern obsessions with power, sex and the invidious legacies of cultural imperialism.

In the fast-paced world of today, couples struggle to find time and energy for sex amidst work, kids, friends, family, as well as all other life responsibilities and commitments. And in general, slow, sensual lovemaking is one element of life to be put on hold when so little time exists. However, what makes love and sex luxurious is taking the time to slow down and really enjoy it. When you can immerse yourself completely into the experience of either giving or receiving, time ceases, trust increases, intimacy deepens, and you reprogram the way you imagine, breathe, gaze, move, taste, touch, and connect. Luxurious Loving teaches couples new, fun, and exiting ways to reincorporate erotic and sensual techniques to their lovemaking sessions. Examining ancient sexual practices and philosophies, such as Tantra and the Kama Sutra, as well as modern sexual conventions, Luxurious Loving instructs readers on how to explore each other's bodies through sensual head-to-toe touching, kissing, erotic massage, oral sex, masturbation, and numerous other playful turn-ons. Artistic, full-color photography will be featured throughout. This book will inflame passion and s-l-o-w down your sex while ultimately extending your pleasure. "Barbara Carrellas is my favorite sex educator on the planet. She's classy, sassy and wise with vast sexual experience. In Luxurious Loving, Barbara graciously shares her expertise in the most delightful ways. I'm crazy about this book: It's full of superb information; it's great fun and it's sexy, sexy, sexy. Guaranteed to enhance absolutely anyone's sex life." Annie Sprinkle, Ph.D. - Sex worker turned sexologist, and author of Dr. Sprinkle's Spectacular Sex-Make Over Your Love Life.

You're about to discover the crucial information regarding Tantric Sex. Millions of people have already experienced the amazing benefits that sacred sexuality has to offer. It can be overwhelming if you have been thinking about adjusting the sexual relationship you share with your partner. This book goes into the origins and history of Tantric Sex, practical ways to incorporate Tantric Sex into your own life, the science behind it, the pros and cons, and the future of this practice. By investing in this book, you can get a grasp of what the life-changing experience of Tantric Sex can bring to you.

Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in

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the West, however, where its practices are often confused with eroticism and licentious morality. Tantra: The Path of Ecstasy dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

In this accessible guide, Shashi Solluna breaks all preconceptions about Tantra and introduces us to the real philosophy behind this sacred practice. In traditional descriptions, Tantra is often defined as meaning "to weave", and can be compared to the weaving of a fabric. Tantra is therefore a path that weaves together. Ultimately, Tantra points us to the highest level of consciousness in which one merges into Oneness and no longer feels like a separate physical entity. This is sometimes called "Heaven" as opposed to the more tangible experience of "Earth". This book explains how Tantra can allow us to move from a physical solid experience of reality into the lighter more ethereal experience – or from Earth to Heaven – and then ultimately bring Heaven to Earth! This books explores:

- The history of Tantra
- The core principles of Tantra
- An understanding of the tantric approach to sexuality
- Practices to explore your own Tantric sexuality
- A tantric understanding of relationship, love and intimacy
- An understanding of Tantra as a spiritual path
- Practices for creating spiritual experiences and higher states of consciousness ...and much more!

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