

## The Art Of Sexual Ecstasy Margot Anand

The aim of this book is to transform sexual ecstasy into a spiritual performance through a wide range of methods for enhancing and deepening intimacy. Margo Anand presents ancient Tantric and Taoist erotic practices that have been fully adapted for western lovers. These include ways of removing psychological fears, increasing arousal, prolonging pleasure, recovering from sexual trauma and achieving multiple orgasms for both men and women.

Drawing on the expertise of leading psychologists and sexual authorities, a practical guide to enhancing one's sex life describes five key ingredients of ultimate sexual satisfaction, strategies for overcoming obstacles, attitudes and practices designed to promote sexual fulfillment, and the emotional aspects of falling in love. Original.

In these pages, you will find an interesting world awaiting you. You will learn more about how to please your partner, and how to get into the mood without even touching. There will be chapters devoted to different positions, and pictures to demonstrate how to achieve these positions.

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.

Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

The authors of *Conscious Loving* present an innovative mind-body approach to sexual fulfillment that incorporates simple breathing techniques to overcome sexual dysfunction or promote pleasure, covering The Master Practice, Discovering the "B-Spot," sexual exercises to promote intimacy, and other topics. Original. 15,000 first printing.

Shows couples how to increase their physical and spiritual energy during sex and channel it into their professional lives, using a series of exercises based on ancient rituals. By the author of *The Art of Sexual Ecstasy*.

This landmark book on human sexuality makes the sacred lovemaking techniques of the East fully comprehensible to Western readers. Elegantly illustrated, it helps the reader acquire new attitudes and broaden his or her range of experience, to revitalize and strengthen relationships. This book opens the way to a new stage of fulfillment and bliss, making the sacred lovemaking techniques of the east available to western readers and extending sensual experience for everyone. "The most comprehensive and clearly written work on contemporary Tantric sex. An exceptional detailed program for both the beginner and the advanced practitioner." ?Herbert A. Otto, author of ?*Total Sex*".

An irresistible tome from the insurrectionist theoretician, Hakim Bey. His incendiary words are beautifully illustrated by the renowned collage artist Freddie Baer. The result is a delightful compilation by two talented artists. A must read for those who have followed their work for years. In this collection of essays, Bey expounds upon his ideas concerning radical social reorganization and the liberation of desire. Immediatism is another lyrical romp through intellectual corridors of spirituality and politics originally set forth in his groundbreaking book, *TAZ*. A stunning achievement from this prodigious author and scholar.

"A Blake Angel on Acid."--Robert Anton Wilson "Fascinating..."--William S. Burroughs "Exquisite..."--Allen Ginsberg

If you can do all it takes to have sex with her to a point of sexual ecstasy, then nothing stops her from going wild about you. Do you plan to plan to peruse these lovely stories? You should. Going gradually from understanding the psychology of sexual desire is always almost enough to keep the body sane and active . Not just that, it keeps you in the right frame of mind. As you go through this collection of stories, keep your minds alert and your body full of expectation. This book is collection of short stories of Intense Love Making, Sexual Adventure and Dirty Talking where Lola, a last in her prime discovers that her husband's secretary is showing off to him. All hell is let loose in the event to tie the knots. These stories are eventful as they promise to evoke the most sexual arousal in making love. You do not want to miss this adventure. Advantages of reading this book are (But not limited to) these... Besides the fact that it is entertaining, and fun filled, it is adventurous This book takes you on such a deep sexual ride that you can not dare get over in days and weeks It helps you increase the mode at which you turn on your sexual desires in the slightest of times. Words that accompany their feelings are here in the book, set to set your life making on fire. This is a book you need not only for sexual ecstasy but for your everyday life. Evidently, this book is a collection of stories that covers much more than adventure and fun but eats deep into very personal details and life matters. Get yours now!

A guide to meditation, sex, and ecstasy. *The Art of Tantra* offers a fascinating method of improving your pleasure, vitality, and internal strength. Clear, practical, and profound, it contains over five hundred color photographs and illustrations demonstrating the positions and exercises that the reader can use to reach a new sexual dimension in his or her emotional relationships. *The Art of Tantra* promotes the comprehension, understanding, and experience of the most important taboo in the history of humanity—sex—and in its pages you will discover Tantra as a form of comprehensive wisdom on the energies and art of living. There is an ample variety of exercises and meditations, such as: The Rainbow Greeting the Sun The Dragon Dance of the Five Elements *The Art of Tantra* is an invitation to expand your consciousness in a simple and dynamic manner.

Describes a series of exercises and activities from the Tantric tradition for women to achieve orgasm, and for loving partners to reach the highest levels of sexual pleasure.

Focusing on keeping the passion alive and energized within a relationship, this guide to having mind-blowing sex again and again in a stable relationship addresses the questions that everyone wants answered: what is it that makes some people such great lovers and what are they doing that keeps the fires burning? It reveals the tips and techniques that should help us do just that. Writing in an easily-accessible one-a-day format, she provides both men and women with refreshing, savvy and informative essays on: secrets and advice on maintaining an attitude to sex that is open, curious and passionate; hot tips for creating a sexual atmosphere in your relationship; the most popular types of sexual fantasies and how to ask for what you want; Lou's greatest techniques for hot foreplay, sensational positions and trying something new; and frequently asked questions and the very best of the lesser-known sexual tidbits.

New edition of the best-selling guide to transforming sexuality and orgasm through sacred ritual and ancient techniques. *The New Art of Sexual Ecstasy* opens the way to a new stage of fulfillment and bliss,

making the sacred lovemaking techniques of the East available to Western readers and extending sensual experience for everyone. This landmark book on human sexuality provides simple techniques that help readers to discover new sexual experiences, combining physical pleasure with intense emotional and spiritual joy. Includes a wide range of practical ways to enhance sexual pleasure and deepen intimacy, including massage, visualisation, breathing, ritual, movement and fantasy. The sexual secrets outlined in this book include: \* how to prolong pleasure \* how to extend orgasms so it becomes a whole body experience \* how to recover sexual sensation \* how to have a multiple orgasm - for men and women \* how to increase arousal and extend the sexual experience. Also included are many innovative sexual positions for versatility and compatibility. The emphasis in the book is on transforming sexuality beyond the merely physical, making it a truly spiritual experience. This book is ideal for anyone looking to bring spirituality back into sex, using it to bring the body and soul into union to discover a whole new experience.

Fifteen-year-old Ari Mendoza is an angry loner with a brother in prison, but when he meets Dante and they become friends, Ari starts to ask questions about himself, his parents and his family that he has never asked before.

Practical exercises to reach higher levels of orgasm, renew relationships, and discover the healing power of sex • Illustrates how to identify and best please the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman • Provides exercises for greater sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm • Explains how to perform powerful healing sexual energetic work with the chakras and light body Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Firebreath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers.

"Sexual Secrets" is the definitive and all-encompassing guide to sex and mysticism. No book of this magnitude has ever appeared on the subject. The distillation of more than two thousand years of practical techniques for enhancing sexual awareness and achieving the transcendental experience of unity, "Sexual Secrets" explores the path of love and mysticism, making accesible for the first time the sexual mysteries of the East.

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.

Optimal Sex Life is the product of over 2000 hours of coaching sessions given away to professionals who have clients that not only want to overcome sexual pain and trauma but wish to reconnect to the erotic in their lives...to trust in, heal and be empowered by their pleasure potential. This knowledge will not be found in any textbook. Aaron Michael was urged by these professionals who received sessions to create this book, by the many clients for whom they did not formerly have answers, and by the lack of accurate information in the public domain. Not only are you guided through the step-by-step of how to experience for yourself the results of such a coaching session, but you are taken on a journey of twists, turns, unlikely events and encounters with exceptional people that came together in his life and work, which have resulted in an approach and method that is truly unique, and you'll only find here. This will change the way you have sex, from how you move to the dynamic of your relationship. An Optimal Sex Life is just one touch away!

"A great, fascinating, inspiring book. A must read for those who love soulful sex and sacred space." - Margot Anand, author of The Art of Sexual Ecstasy and The Art of Everyday Ecstasy Soulful Sex is an exploration of an open, joyful and loving life of spiritual transformation through sacred sexuality and ecstatic living. Join Diana on this enriching adventure as told through her conversations with masters in the field of sacred sexuality. Margot Anand shares Eight Secrets to a Great Love Life, including the Art of Sexual Connection and Awakening the Wild Self. Suzie Heumann, founder of Tantra.com, reveals the rich wisdom of the Kama Sutra and its relevance today in transforming our daily lives. Steve and Lokita Carter reflect on the truth about orgasm, sexual differences between men and women, and the relationship between love, sexuality and intimacy. This book is part of the home study course Soulful Sex: A Course of Sexual Liberation, available here at Amazon.

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.

"Ecstasy is about waking up and finding that you are in love with life." Most people think of ecstasy in terms of sexual ecstasy, which Tantric sex expert Margot Anand wrote about in her bestselling The Art of Sexual Ecstasy. Now, in The Art of Everyday Ecstasy, Anand expands our definition of ecstasy and shows how we can harness its energy to help us live, work, and love more passionately, joyfully, and with true spiritual focus. Our modern, work-obsessed, stress-filled culture--what Anand calls the "anti-ecstatic conspiracy"--has dulled our spirits, thrown us off balance, and alienated us from meaningful everyday experiences. In this inspirational journey toward finding the healing nature of ecstasy, Anand explains how the two types of ecstatic experiences--the moments of epiphany called Ecstatic Awakenings, and Everyday Ecstasy, or the Ecstasy of Flow, a connection to our power and inner wisdom--can help us move beyond pain and doubt to reach our highest potential. Based on the spiritual path of Tantra, Anand shows how to use the natural energy system of our bodies--the seven chakras--as a map to ecstasy. As she guides us through the chakras, she explains how each one plays an important role in transforming energy into erotic passion, healing, empowerment, compassion, creativity, insight, and gratitude. Blocked chakras manifest themselves in surprising ways; wholeness can be achieved only when all of the chakras are open with energy flowing freely. By transforming negative behavioral patterns into positive ones and strengthening ourselves physically, emotionally, and spiritually, we can improve our health, sex life, career, relationships, and find profound meaning in everyday moments. With personal anecdotes, exercises, meditations, and rituals, The Art of Everyday Ecstasy shows us how to bring ecstatic energy into the body, mind, heart, and spirit--"to embrace every moment in our totality, to respond bodily, feel from the heart, perceive with clarity, and be fully present to others and to life."

Tantra is a vital path toward full interior development through sex, love, and meditation. Its origin dates back to ancestral India, and from there has enlightened many generations of lovers who have penetrated the secret that leads to ultimate happiness. The practice of Tantra heightens the energy and creativity levels, in addition to reinforcing the partners' connection. It is an integral method that permits the growth of the participants in all aspects of their personality: sexuality, intuition, spirituality, and more. Through the words of Guillermo Ferrara, whose teachings on Tantra are known worldwide, the step-by-step exercises and photographs come to life. The Ultimate Guide to Tantric Sex contains, amongst other themes: • Introduction to Tantra and the energies of love • Seduction and sensuality • Yoga for lovers

• Sensitive touch and sensual massages • Secret erotic points • Sexual magic, rituals, symbols, and dances • Advanced sexual poses • Tantric exercises for couples • How to achieve a multiple orgasm • Prolonging pleasure • Eighteen lessons of tantric sex

• 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 Castaneda. • Offers specific step-by-step instructions for mastering the ancient sexual techniques that lead to spiritual transformation. Readers of Carlos Castaneda 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 Castaneda 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.

Achieve Cosmic Consciousness through Sexual Ecstasy This hardcover edition of an influential classic provides sexual techniques and positions for ritual intercourse that will flood you with physical ecstasy and activate expanded states of consciousness. These Tantric practices not only teach you how to build sexual love and passion to an amazing peak, but also how to push your mind even higher to reach transcendental bliss. With more than forty years of experience, Dr. Jonn Mumford helps you bring holiness and magick into your sexual relationship. This book skillfully interweaves theory and practice so you can understand why you are doing each exercise as you learn potent techniques. Discover the God/Goddess as incarnate in your beloved and experience the same divinity within yourself through physical and spiritual union. Learn how to engage in the Asanas of Love and use a powerful technique known as the Rite of Naked Fire. Featuring a new introduction and a wealth of illustrations and photographs, this book reveals the secrets of erotic mysticism.

The Tao of Love and Sex is a revealing and vivid account of the ancient Chinese sexual teachings and techniques banned by the invading Mongols in the 13th century. The book describes, through text and contemporary illustrations, the ways in which Taoist teachings about sexual love can be used as a means to achieving ecstasy and as a therapeutic and healing force. The modern Western reader can here discover the ancient Eastern methods of ejaculation control, types of thrust, love-making positions, erotic kissing, the conquest of impotence and about sex and longevity. Frank and explicit, yet inseparable from the Taoist spiritual tradition, The Tao of Love and Sex will enrich the variety, subtlety and sheer sexual pleasure of all who read it.

A concise, illustrated workbook to Tantric lovemaking by the bestselling author of Sexual Ecstasy and The Art of Sexual Ecstasy. The Sexual Ecstasy Workbook is the perfect practical guide for the countless lovers who complain that sexual harmony is so easily broken and that love, rather than being pure bliss, is more like walking through a minefield-where at any moment a false move can turn off enthusiasm and snuff out all chances for orgasmic satisfaction. Problematic situations readers will learn how to successfully maneuver include: - She is turned on and wants to make love, but doesn't dare express it. - He wants her, but she seems so busy that he doesn't dare interrupt and ask. - The world-in the form of ringing cell phones, paging beepers, droning television, and domestic duties-prevents the focused intimacy that is the core of bliss. - Awkwardness-not knowing how to caress-turns lovemaking into a burdensome chore. The Sexual Ecstasy Workbook presents a user-friendly, step-by-step method for connecting more deeply with one's ecstatic potential, erotic goals, and ability to appreciate one's self and one's partner.

An illustrated workbook to Tantric lovemaking by the best-selling author of Sexual Ecstasy and The Art of Sexual Ecstasy counsels readers on how to overcome such challenges as communication obstacles, busy schedules, and insecurity. Original.

View Book Videos and Pictures on Author Page. The audiobook is now on Audible.com. The book has been read by many thousands of women and men. Due to your continuous support and great feedback, it has been the #1 selling product on "How-To Anal Sex with a woman" since Feb. 2011, on Amazon! Thank You! This book is about how to pleasure your woman deeply and creating an anal sex experience that satisfies her mind, body, and soul. You'll give her intense full-body orgasms, stronger than clitoral orgasms, and she'll yearn for more! Best Illustrated & Most Innovative System for Arousing Her Anal Ecstasy This book is very different, as it focuses on how to introduce a woman to anal sexuality with a pleasurable and painless detailed step-by-step system. This book teaches exactly what to do and how to do it. She'll enjoy incredible full-body orgasms because you will stimulate multiple erogenous zones simultaneously! All images are provided inside the book. The 7 Nights To Ecstasy System For Beginners, The 3 Night Delight System For Advanced Couples, or The Custom System 2 Nights or More for your specific situation along with the SEPOR Method will provide a clearly defined strategy on how to take it slow with your woman, so the process is pleasurable for her from beginning to end. Since it's a woman's preventable pain on the line. The content is what women want men to remember. Learn how to approach communication, build trust, gradually increase stimulation, and properly prepare for anal play. Why - The unmet need to provide a highly illustrated, innovative, and detailed step-by-step system to painless anal ecstasy. Other books do not provide an illustrated step-by-step system on how to take it slow. They state "take it slow" but do not define what is "slow!" If you go too fast you will hurt your woman. So learn to do it right! Compare the number of illustrations of competing books and the educational content in the images. The system & detailed illustrations provide an easy to learn from guide. THE DIFFERENCE 1. A different strategy that arouses the body in order to seduce the mind 2. 76 illustrations that serve several purposes: a) What to do b) How to do it c) Seduces readers to learn in an artistic manner and visually stimulates them as they progress through the book. 3. The best anal toys and my favorite lubricants (20 product images) 4. Fun preparation 5. Unique and advanced anal play activities, even for the experienced 6. Thrilling cunnilingus techniques 7. A unique combination of a detailed how-to system, hot arousal and Gem entry techniques, and number of instructional images that are not found in any other books, DVDs, online videos, or anal sex resource. 8. Different solutions tailored for your specific situation. 9. Erotic dialogue & explanations, clinical terms are not used. 10. Chapter summaries THE SOLUTION To seduce and pleasure the body and mind simultaneously to take her from NO, or maybe, to OMG that feels incredible! THE BENEFITS 1. Many women have reported the most incredible orgasms of their lives from anal sexuality. 2. Men will gain valuable skills. 3. The amount of sexual fun you can have is more than doubled. 4. The intimacy and passion you reach with anal sexuality is very deep. 5. The process will build better trust and communication in your sex life. 6. The process will provide an abundance of erotic fun both partners and the sense of novelty in your sex life will be increased forever! Now available in Spanish on Kindle and paperback: Excitala Hasta Su Extasis Anal . YOUR REVIEWS HELP OTHERS! Indicate which reviews help, so you can help others evaluate the book like you before your purchase and help them enjoy!

Discusses the eight core pleasures--primal pleasure, pain relief, the pleasures of play and humor, and mental, emotional, sensual, sexual, and spiritual pleasure--and how they can enrich one's life 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 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 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.

Interesting, Stimulating and Erotic from the reputed insatiable sexual appetites of Swingers and the sexual revolution in modern time. The purpose of this book is to essay morals on sexual attitudes and behaviour in the swinging scene taking in the wildest behaviour and practices from the earliest times to the present day. The phenomena of swinging and wife swapping have mystified me and after encounters with several swingers has led me to research sexual attitudes, and partner swapping in the Swinging scene. In my attempts to analyse the psychology of swingers wife swapping and auditory I have come to understand that human behaviour is very complex and that there are degrees of differences in sex, morality and behaviour. Also available in AuthorhouseUK online bookstore:

<https://www.authorhouse.com/en-gb/bookstore/bookdetails/815861-a-passage-to-sexual-ecstasy-and-eroticism>

Sexual excitement is as individual as a fingerprint and as complex as a psychological life-history, For most people it is a melodrama composed of the past and present, building on tensions of risk, mystery, illusion, hostility, and revenge. Consciously or unconsciously, we relive our earliest experiences and become aroused when we can turn the traumas of early life into the triumph of sexual pleasure. Through the story of Belle, a young woman in psychoanalysis, Professor Robert Stoller advances the theory that sexual excitement, from the most aberrant to the relatively normal, is related to hostility, the desire to harm. At the center of Belle's character is a key erotic fantasy that contains in symbolic language, her sexual autobiography. In fantasy, Belle rewrites the story of her life, exacting mastery over and revenge on the important figures who caused her pain in the distant past. Her adult erotic pleasure is a literal, though hidden and ritualized, victory over the inevitable defeats of childhood.

This guide to sexual satisfaction explores the physical, psychological, and interpersonal problems that can inhibit sexual intimacy and outlines effective therapeutic techniques, including specific exercises that women can do alone and with their partners. Reissue.

Tantra--the "great school of sexual intercourse"--provides ecstatic exchanges of erotic energy that can last for hours. These illustrated techniques and positions demonstrate a variety of approaches to intercourse, based on special yoga exercises that help you prepare for great sex through relaxation, breathing, and meditation. The tantric erotic rituals that enhance a romantic encounter range from personal body care such as exercise and nutrition to partner games, including erotic bathing, dance, and massage. Turn any room into a sensual pleasure dome using special lighting, fragrances, oils, fabrics, aphrodisiacs, and furnishings, all designed to prolong the erotic atmosphere. Leave everyday life behind, including inhibition, fear, and anxiety, as you learn to live all of life as an erotic experience.

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 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.

For millennia, seekers have used physical and emotional extremes to achieve transcendence and exaltation. Today, many BDSM and leather practitioners are discovering the potential of SM practice to reach personal, interpersonal and spiritual goals. In Radical Ecstasy, bestselling BDSM/sexuality authors Easton and Hardy document their own journeys into the transcendent realm of kink. With their trademark frankness and humor, they share their own stories and philosophies. They also share techniques that have worked for them - techniques which combine tantric breathing, visualization and movement with a combined half-century of BDSM experience - to create states of transcendence during solo and partnered sexual and BDSM practice. As outrageously revolutionary as any sex book published in the last decade, Radical Ecstasy sets the stage for the new millennium in BDSM and sacred-sex practices - a "must" for any kink, tantra, pagan or sacred-sex practitioner. "Amazingly mindful exploration of that which cannot be easily put into words... the ecstatic experience from sex to sadomasochism, from trance to intuition to archetypes and spiritual awakening. Totally real and personal. Not a 'how to' but a nurturing 'can do' book." - Fakir Musafar, father of the modern primitive movement. "Progressive, deliciously honest, and HOT HOT HOT! Dossie and Janet ask difficult questions about the nature of sex, intimacy and ecstasy, then they actually manage to answer the questions, plus turn us on when they do. These two erotically gifted women have a way with words - and sex. They raise the bar on erotic writing and sex education to new heights. I'm in awe." - Annie Sprinkle, Ph.D., prostitute/porn star turned sex guru/sexologist "Fascinating, heartfelt, honest, real stories of the heart/spirit/energy connection experienced in the passionate rituals of intimate consensual power play. These two courageous women write brilliantly of how erotic energies connect us with the big love we all seek from the source." - Cleo Dubois, educator, ritualist, video producer/star

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