

# Tao Tantric Arts For Women Cultivating Sexual Energy Love And Spirit

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**Immortal Sisters** - Thomas Cleary 1996-11-11  
Immortal Sisters presents life stories and teachings of distinguished female Taoist adepts who lived from the third to twelfth centuries. Among them is the poet and mystic Sun Bu-er,

who passed into folklore as one of the famous Seven Immortals and appears as a character in countless popular novels of China. These accomplished women, renowned in their own day and in history, represent a uniquely female

heritage of spiritual mastery. Through poems, stories, teachings, and commentaries, Immortal Sisters sheds light on the spiritual methods taught and practiced by these women and illustrates the importance of the feminine in Taoism.

*The Yoni Egg* - Lilou Macé 2019-09-03

Reveals the practices and rituals of the yoni egg for physical, emotional, sexual, and spiritual growth and healing • Explains how to use a yoni egg at different stages of life to access inner beauty and wisdom, improve your sex life, prevent urinary incontinence and other women's concerns, prepare for and recover from childbirth, release emotional trauma, boost confidence, and enhance vital energies • Reveals the properties and benefits of 12 different stone eggs along with guidelines for choosing the egg that will work best for you • Includes contributions from Taoist and tantric master teachers, including Mantak Chia, Minke de Vos, Aisha Sieburth, Jutta Kellen-Shepherd, Sarina

Stone, Shashi Solluna, and Jose Toirà, as well as testimonials from women of all ages Used for thousands of years throughout Asia, including by the royal concubines of the Chinese emperors, yoni eggs are egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within. In this full-color step-by-step guide, Lilou Macé details the techniques and rituals of yoni egg practice, aiming to dispel fears and reservations about its use and reveal its profound benefits for body, mind, and spirit. She explains how the yoni is not merely a body part, but the portal to greater wisdom and self-knowledge--your temple of the sacred feminine. Providing an anatomical guide to the yoni, she shows how it contains reflexology points and energy meridians that can be worked with through different placements of the yoni egg. She offers detailed instructions for yoni egg exercises, including how to use a yoni

egg for the first time, and explores how these techniques can help you have more intense orgasms, prevent urinary incontinence and other women's health issues, prepare for and recover from childbirth, release trauma and negative emotions trapped within your body, boost your confidence and femininity, and unlock access to your inner source of creativity and wisdom. The author explores the properties and healing benefits of 12 different gemstone eggs, from the well-known jade egg to lesser-known eggs such as amethyst, obsidian, and green aventurine, along with guidelines for choosing the stone type and egg size that will work best for you. Concluding with rituals for initiating yourself into the power of your yoni and for releasing the sacred feminine within, the author shows how each of us has the power to heal, to be kind to ourselves, and to reveal our own inner beauty and wisdom.

*Urban Tantra, Second Edition* - Barbara Carrellas 2017-11-21

If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. Celebrating the 10th anniversary of Urban Tantra, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers. With a juicy mix of erotic how-to and heart-centered spiritual wisdom, this updated edition includes a brand-new introduction, up-to-date references and resources, a new take on the possibilities and responsibilities of Tantra in today's world, plus new and cutting-edge information to reach an expanded community—added information on multi-partner play, more intersections for Tantra and BDSM, practices for asexuals and aromantics, expanded practices for trans and gender nonconforming people, and more. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide

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

[Beyond Tantra](#) - Mieke Wik 2012-06-01

Provides Westerners with a step-by-step, tastefully illustrated, practical introduction to the ancient Chinese art of sexual dual cultivation.

*Urban Tantra* - Barbara Carrellas 2011-04-06

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.

**Tao Tantric Arts for Women** - Minke de Vos 2016-06-30

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.

### **Tantric Visions of the Divine Feminine -**

David R. Kinsley 1998

What is one to make of a group of goddesses that includes a goddess who cuts her own head off, a goddess who sits on a corpse while pulling the tongue of a demon, or a goddess who prefers sex with corpses? Tantra visions of the Divine Feminine deals with

### **Living an Orgasmic Life -** Xanet Paillet

2018-08-15

For every woman who struggles with sexuality and intimacy. Nationally-known sex therapist Xanet Paillet offers practical tools and encouragement for reclaiming passion and pleasure in their sex life.

### *Tao Tantric Arts for Women -* Minke de Vos

2016-07-01

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*Tantra* - Charles Muir 1989

Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing **Taoist Secrets of Love** - Mantak Chia 1984 entered here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

**Tantra Illuminated** - Christopher D. Wallis  
2013-08-15

This book takes readers on a fascinating journey to the very heart of Tantra: its key teachings, foundational lineages, and transformative practices. Since the West's discovery of Tantra

100 years ago, there has been considerable fascination, speculation, and more than a little misinformation about this spiritual movement. Now, for the first time in the English language, Tantra Illuminated presents an accessible introduction to this sacred tradition that began 1,500 years ago, in the far north of India. The book uses translations from primary Sanskrit sources, offers a profound look at spiritual practice, and reveals Tantra's rich history and powerful teachings.

*As Love Blooms (The Gregory Sisters Book #3)* - Lorna Seilstad 2015-05-12

Tessa Gregory is nothing if not tenacious. Denied a position as a horticulturalist at prestigious Como Park in Saint Paul, she is not above a little benevolent deception in order to get the park superintendent to change his mind and hire her. She plans to infiltrate the world of wealthy and influential people in hopes of drumming up financial support for a world-class conservatory. But before she can put those plans

into action, she meets Reese King, a handsome gardener at Como Park--and a major distraction. Still, Reese might be the key to achieving her dream. But is his goal to help her . . . or to capture her heart? Against a lush backdrop of early twentieth century Saint Paul, Minnesota, Lorna Seilstad weaves a sweet and sassy story that is sure to please. Tessa's young romance opens like a rose, stealing readers' hearts and filling their senses with the intoxicating fragrance of dreams come true.

**The Multi-Orgasmic Woman** - Mantak Chia 2006-08-08

A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential. Reprint. 20,000 first printing.

The Second Book of the Tao - Stephen Mitchell 2009-02-19

Enhanced by Stephen Mitchell's illuminating

commentary, the next volume of the classic manual on the art of living. The most widely translated book in world literature after the Bible, Lao-tzu's Tao Te Ching, or Book of the Way, is the classic manual on the art of living. Following the phenomenal success of his own version of the Tao Te Ching, renowned scholar and translator Stephen Mitchell has composed the innovative *The Second Book of the Tao*. Drawn from the work of Lao-tzu's disciple Chuang-tzu and Confucius's grandson Tzussu, *The Second Book of the Tao* offers Western readers a path into reality that has nothing to do with Taoism or Buddhism or old or new alone, but everything to do with truth. Mitchell has selected the freshest, clearest teachings from these two great students of the Tao and adapted them into versions that reveal the poetry, depth, and humor of the original texts with a thrilling new power. Alongside each adaptation, Mitchell includes his own commentary, at once explicating and complementing the text. This

book is a twenty-first-century form of ancient wisdom, bringing a new, homemade sequel to the Tao Te Ching into the modern world. Mitchell's renditions are radiantly lucid; they dig out the vision that's hiding beneath the words; they grab the text by the scruff of the neck—by its heart, really—and let its essential meanings fall out. The book introduces us to a cast of vivid characters, most of them humble artisans or servants, who show us what it means to be in harmony with the way things are. Its wisdom provides a psychological and moral acuity as deep as the Tao Te Ching itself. *The Second Book of the Tao* is a gift to contemporary readers, granting us access to our own fundamental wisdom. Mitchell's meditations and risky reimagining of the original texts are brilliant and liberating, not least because they keep catching us off-guard, opening up the heavens where before we saw a roof. He makes the ancient teachings at once modern, relevant, and timeless. Listen to a special podcast with

Stephen Mitchell:

Red Hot Tantra - David Alan Ramsdale 2004

Red Hot Tantra was the first book about red tantra -- the hot, lusty version of tantric sex. This book drops the robes of holiness to offer the first shamelessly erotic, blissfully sensual, and devoutly naughty tantric guide. When most people think of tantric sex, they think of white tantra, which was developed by monks and encourages dispassionate remoteness. Red tantra, on the other hand, is an ancient, orgasm-positive, woman-centered tradition based on erotic goddess worship. This book combines erotic stories, instructions for a tantric experience, and a commentary on the insights dramatized by the story and experienced by the reader.

**Slow Sex** - Nicole Daedone 2014-07-02

Explains how to use the growing practice of Orgasmic Meditation to slow down, connect emotionally, and achieve authentic female sexual satisfaction.

**Crystal Healing and Sacred Pleasure** -

Vanessa Cuccia 2018-06-12

Engage the chakras as a road map for self-discovery, harness the power of crystals, and practice self-love through erotic spirituality with Crystal Healing and Sacred Pleasure. Whether you're new to crystals or experienced with crystal healing, Crystal Healing and Sacred Pleasure offers the essential information and techniques you need to get your energy flowing freely again. The flow of energy through our chakras (the energy centers of our bodies) is essential to our fundamental well-being and our ability to experience our lives fully. When chakras get blocked, the natural flow of energy is hindered, and we experience disconnection from our physical bodies. Crystal healing can release blockages and bring necessary attention to our whole being, while helping to heal physical or emotional trauma. Crystals have been used for centuries as a way to release and harmonize energy. Each crystal has its own

unique qualities that are suited to specific kinds of blockages. When used properly, crystals can have a powerful and positive effect on our lives. This book features: A clear introduction to the body's chakra system Guidance for determining if a chakra is blocked Essential information on crystals and how they work Specific techniques and practices for using crystals to embrace self-love and achieve greater intimacy and pleasure A comprehensive chart linking crystals to their chakras; zodiac elements; color energies; and physical, emotional, and spiritual benefits An annotated reading list of books, blogs, and websites to support you as you continue on the path of crystal healing Embrace the healing power of crystals and open yourself to greater well-being, intimacy, and sensual pleasure.

*Living the Wisdom of the Tao* - Dr Wayne W Dyer  
2009-09

This text offers an opportunity to internalize and directly experience the great wisdom of the Tao Te Ching, a collection of verses authored by the

Chinese prophet Lao-tzu. Although just 81 short verses, the Tao encourages readers to change their lives by literally changing the way they think.

**The Inner Smile** - Mantak Chia 2008-08-12  
A guide to the foundational practice of "smiling to the organs" to promote deep relaxation and internal health • Presents exercises that dissolve the physical and mental tensions that can cause energy blockages and unhealthy chi flow • Shows how to recognize illness at its inception on the organ level and how to balance the emotions to heal it The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that can lead to illness. In Taoism negative emotions--anger, sadness, depression, fear, and worry--are seen as low-grade energy that causes chronic disease and steals our major life force by creating energy blockages. Master Mantak Chia shows that the internal awareness produced by the simple yet powerful Inner Smile

meditation practice flushes the organs of poisonous negative energy that may be blocking chi energy flow in order to nourish the entire body. Just as a genuine outer smile transmits positive energy and has the power to warm and heal, an inner smile produces a high grade of energy that promotes powerful internal healing, deep relaxation, happiness, and longevity. Smiling to the organs and thanking them for the work they do helps to reawaken the intelligence of the body, which, once activated, can dissipate emotional imbalances and inner disharmony before serious illness manifests.

**A Bouquet of Daisies** - Megan Alice  
2018-08-15

A Bouquet of Daisies is a collection of poetry and prose exploring the heartbreak and healing found in relationships of all kinds. Centered around the theme of human connection, she additionally touches on the battle against mental illness, the stigma that follows the diagnosis, emotional abuse, sexual assault, and misogyny.

Alice puts the spotlight on dark topics to bring forth an awareness around pain rather than shy away from it. A Bouquet of Daisies concludes with reassuring messages of plucking the dark moments out of your past to bask in your future and inner power.

**Taoist Bedroom Secrets: Tao Chi Kung** -  
Chain Zettnersan 2003

This Book Describes The Loving And Extraordinary Structure Of A Harmonious Sexuality, Which Guarantees Health And Longevity For Both Men And Women.

**Tantric Sex Guide for Couples** - Samantha  
Mandala 2021-07-25

Is your sex life getting boring and repetitive? Are you looking for ways to rekindle the passion in your relationship and increase the complicity with your partner? Do you want to discover new sex positions and master the secrets of Tantric sex? Do not go further; this is the book for you! "Tantric Sex Guide For Couples" is the perfect reading to spice things up in the bedroom and

improve your relationship. Thanks to this book, you will be able to connect on a completely different level with your partner and discover new aspects of your relationship. This book is not just about exotic sexual positions; it can help revitalize lost enthusiasm, increase complicity and ultimately rekindle the fire of passion. Your sexual intimacy will never be the same again. Tantric Sex Guide for Couples contains: History of Tantra from the origins to the present Tantra and the way of liberation Shiva and Shakti duality - Understand your sexual energy Tantric Yoga with illustrated positions Step by step breathing techniques How to touch your Shiva How to touch your Shakti Tantric step by step illustrated sex positions Tantric massage Orgasm secrets And many more! The "Tantric Sex Guide for Couples" is a concentrate of information and ideas that will help you not to fall into the trap of routine. Take your first steps on a journey that will lead you to discover the nuances of sex and achieve ultimate pleasure for

you and your partner! Are you ready to master the secrets of sex? Click the BUY NOW button! **Taoist Foreplay** - Mantak Chia 2010-07-13 Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupressure massage routines • Shows how to maintain sexual health with prostate massage and jade egg exercises Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, Taoist Foreplay guides lovers

through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive.

The Tao of Health, Sex, and Longevity - Daniel Reid 1989-07-15

Discusses the philosophy of Tao and offers information on diet and nutrition, fasting, breathing exercises, physical exercises, acupuncture, massage, birth control, sex therapy, and meditation

**Breakup Rehab** - Rebekah Freedom McClaskey 2017-08-21

Turn Your Pain from Breakup into an Opportunity to Grow toward True Love After her

devastating breakup, counselor Rebekah Freedom McClaskey became inspired by her work in the field of addiction recovery to craft a safe, step-by-step path to forging healthy relationships based on honesty, love, integrity, and trust. Breakup Rehab addresses post-breakup chaos, providing clarity and direction so that your next relationship will be your best relationship. This wise, real-world, and often humorous guide acknowledges the state of grief or resignation that comes with a breakup and then walks you through the stages of forgiveness and letting go. Along the way, you'll experience a more compassionate self-awareness as you rebuild self-confidence and learn how to be loved for who you truly are. These steps will propel you forward on your unique path, as you recognize your life's purpose and then travel toward well-being and a love that will set you free.

**Tantra** - Somananda Moses Maimon 2014-01-10  
"Tantra: Sex for the Soul" humbly aims to go

where no book of Tantra has gone before. For those who know nothing about Tantra, this book is bound to profoundly change your life. For those who have started down the path, it will deepen and enhance your knowledge. This perfect system - conceived with so much insight and wisdom thousands of years ago - is presented in a practical, step-by-step approach that guides newcomers as well as more experienced practitioners to reach a coherent understanding of sexual Tantra. "Tantra: Sex for the Soul" reveals all the tips and secrets to realize accurate practice, the remarkably multiorgasmic horizons that await, and Tantra's exceptional potential for health, healing, and higher consciousness. While in today's environment of neo-Tantra, the spiritual aspects of this system have become lost and superseded by the spectacular sexual results of tantric practice, "Tantra: Sex for the Soul" does not waver from its commitment to a sacred approach that honors the revelations of the authentic

Indian and Tibetan tantric traditions. This book - supplemented with many personal testimonials - guides the reader through the ins and outs of all aspects of Tantra: fundamental principles, energy and its control, sexology, men's and women's issues, individual training and techniques, relationships, lifestyle, tantric massage, and much more. Genuine in his commitment to share this lineage with modern seekers, Somananda Moses Maimon provides readers with one of the most comprehensive books available on this subject. You are hereby invited to explore the mysteries of Tantra - an invitation to discover the soul-touching depths of your own being and the beautiful heights of ecstasy accessible to everyone.

[The Multi-Orgasmic Couple](#) - Mantak Chia  
2009-03-17

The bestselling authors of *The Multi-Orgasmic Man* show you and your partner how to:  
Experience intense multiple whole-body orgasms  
Pleasure each other profoundly  
Use sexuality for

health and healing Deepen your love and spiritual relationship Couples will discover simple step-by-step techniques for a level of sexual pleasure, intimacy, and healing they may not have known was possible. This fully illustrated guide will inspire couples to make love all night-and make love last a lifetime.

*Tantra in Practice* - David Gordon White  
2018-06-26

As David White explains in the Introduction to *Tantra in Practice*, Tantra is an Asian body of beliefs and practices that seeks to channel the divine energy that grounds the universe, in creative and liberating ways. The subsequent chapters reflect the wide geographical and temporal scope of Tantra by examining thirty-six texts from China, India, Japan, Nepal, and Tibet, ranging from the seventh century to the present day, and representing the full range of Tantric experience--Buddhist, Hindu, Jain, and even Islamic. Each text has been chosen and translated, often for the first time, by an

international expert in the field who also provides detailed background material. Students of Asian religions and general readers alike will find the book rich and informative. The book includes plays, transcribed interviews, poetry, parodies, inscriptions, instructional texts, scriptures, philosophical conjectures, dreams, and astronomical speculations, each text illustrating one of the diverse traditions and practices of Tantra. Thus, the nineteenth-century Indian Buddhist Garland of Gems, a series of songs, warns against the illusion of appearance by referring to bees, yogurt, and the fire of Malaya Mountain; while fourteenth-century Chinese Buddhist manuscripts detail how to prosper through the Seven Stars of the Northern Dipper by burning incense, making offerings to scriptures, and chanting incantations. In a transcribed conversation, a modern Hindu priest in Bengal candidly explains how he serves the black Goddess Kali and feeds temple skulls lentils, wine, or rice; a seventeenth-century

Nepalese Hindu praise-poem hammered into the golden doors to the temple of the Goddess Taleju lists a king's faults and begs her forgiveness and grace. An introduction accompanies each text, identifying its period and genre, discussing the history and influence of the work, and identifying points of particular interest or difficulty. The first book to bring together texts from the entire range of Tantric phenomena, *Tantra in Practice* continues the Princeton Readings in Religions series. The breadth of work included, geographic areas spanned, and expert scholarship highlighting each piece serve to expand our understanding of what it means to practice Tantra.

*How to Use the Yoni Egg for Sensual Healing* - Grace Diaz 2018-02-01

This book is a first-class guide into one of the most empowering practices for women: the yoni egg practice. This book covers step by step how to use the yoni egg, an egg-shaped crystal for the vagina, for optimal pelvic floor health and

sexual wellness. The yoni egg practice is a booming trend that has resurfaced from thousands of years ago from the east. This book seeks to answer the questions of tens of thousands of women worldwide who use yoni eggs. Topics such as how to use it, healing trauma, orgasm, feminine cultivation, menstrual bleeding, pregnancy, incontinence, menopause, miscarriage, and more are all discussed in this book. This book is for all women of all ages who may be a beginner or advanced at using the yoni egg. This book focuses on safely helping you make progress with their yoni egg in a manner that will stimulate you into orgasmic womb wisdom.

**Drinking from the River of Light** - Mark Nepo 2019-09-03

A deeply heartfelt weave of reflections and poems about what it means to live the creative, expressive life. "I cherish the wisdom and embrace the practices offered in this luminous book." —Mirabai Starr, author of *Caravan of No*

Despair and Wild Mercy “Meaningful art, enduring art—and the transformative process it awakens—keeps us alive,” writes Mark Nepo. With *Drinking from the River of Light*, this bestselling poet and philosopher will lead you on a journey to discover just how art and authentic expression can bring our deepest truths to bear in the world. In this collection of interconnected essays and poetry—covering subjects ranging from the importance of staying in conversation with other forms of life to a consideration of how innovators such as Matisse, Rodin, and Beethoven saw the world—Nepo presents a lyrical ode to the creative urge that stirs in each of us. Whether it’s the search for a metaphor to reveal life’s beauty or the brushstroke that will thoroughly capture the moment, *Drinking from the River of Light* examines what it means to go “. . . beyond the boundaries of art, where the viewer and participant are one.” Here you will discover: The importance of openly embracing the full scope of your emotions The need for raw

honesty and self-exploration in education Why a new perspective always waits only a “quarter turn” away The importance of staying in constant conversation with other creative voices The crucial difference between giving and getting attention Concrete guidelines for respectful peer review What it means to channel the sound of your innermost being—and the universe In Nepo’s words, “This book is meant to be experienced and journeyed with.” Including dozens of journaling prompts and personal exercises meant to enliven the reader’s creative instincts, *Drinking from the River of Light* traces the search for our most essential selves and the importance of the life of expression to bear witness to the sorrow, depth, and joy of life.

**The One Life We're Given** - Mark Nepo  
2016-07-19

Beloved spiritual teacher, poet, and philosopher Mark Nepo returns to the inspiring short-chapter format of his #1 New York Times bestseller, *The Book of Awakening*, to map an

insightful and resilient path for inhabiting the soul by engaging in the world. Mark Nepo has been called “one of the finest spiritual guides of our time,” “a consummate storyteller,” and “an eloquent spiritual teacher.” With the rare ability to communicate stirring profound truths directly to each individual heart, Mark inspires audiences of more than 15,000 people as well as small, intimate groups. Now, in *The One Life We’re Given*, Nepo’s personal stories, questions, and meditations take us on a deep and uplifting journey to know our own hearts and enliven our souls. “In order to fully live the one life we’re given,” Nepo writes, “we each must affirm how precious this one life is and open ourselves to loving whatever life puts before us. Whether that is suffering, pain, fear or loss, or surprise, beauty, love or wonder, we work to stay in touch with our hearts in order to make sense of our experience. As we learn when to try and when to let go, when to give our all and when to surrender and simply receive, we unfold the

moments that reveal meaning and ready us for grace. This is how the heart breaks a path to our soul’s work, leading us to our authenticity, and to how we can be useful to others and the world.” By illuminating the art of finding and restoring what matters and by exploring the craft of awakening, *The One Life We’re Given* affirms our purpose as not just to stay alive but to stay in our aliveness.

*Tantric Sex* - Avaya Alorveda 2020-07-26

Do you want to discover the ancient secrets to experience mind-blowing Tantric Sex and Improve Your Relationship? Then Keep Reading. Gratifying sex requires both parties to feel deeply connected to each other. Without even a semblance of connection, sex just isn't as good. In the whole history, nothing more than Tantric secrets can give you the keys for the real pleasure of body and soul. Tantra, derived from ancient Sanskrit language, means "to weave energy". Practicing Tantra is about transcending the sexual and spiritual planes. This is done by

engaging in spontaneous, deeply meditative, and intimate sex. In order for your sex life to improve, you must be willing to learn and practice Tantra. Once you do, you will be able to flow with your body's rhythm, find out what gives it pleasure and figure out the way it feels pleasure. So, how can you apply ancient Hinduism and Buddhism principles to achieve mind-blowing Tantric sex? Get yourself your very own copy of the "Tantra" and "Tantric Sex", a 2 in 1 books bundle by Avaya Alorveda that will guide you in a life-changing journey! What makes this guide unique is that readers can start their journey towards physical and spiritual sex. Here is where you will learn principles that can help reach a deep, intimate connection with your partner! Over the course of this life-changing 2-in-1 guide, you will discover Awaken and worship the God or Goddess within you so you can have better sex and deeper, more intimate relationships Achieve multiple orgasms using centuries-old Tantric sex teachings that are still

relevant in the modern world Improve your Tantric sex experiences using proven, expert-approved tips that will change your life and relationships for the better Master the art of sacred sex to reach your soul's ecstasy! you will be able to awaken your sexual energy with the teachings of Tantra illuminated. The best sex positions for couples, massage and meditation techniques. And so much more! What's inside this bundle of two books: Book 1: Tantra Introduction Guide to Tantra Philosophy, Traditions and Practices Samsara (The Cyclic Existence) and Nirvana (The Other World Time, Bondage And The Goddess Kali Divine Play Of Shakti And Shiva Discipleship and The Tantric Path The Subtle Body And Its Environment Awakening The Serpent Power Book 2: Tantric Sex A Guide in the Tantric Philosophy to discover Tantric Sex Positions, Tantric Massage and Tantric Meditation Tantra, Tantric Sex and its Benefits Communication Essentials and How to Breathe To Ecstasy Distinguish And Worship

The God Or Goddess Within You How to Prepare Your Body and the Purification Path Positions And Techniques Multiple Orgasm, Female Orgasm and Tantric Sex Teachings Tips to Improve Tantric Sex Pleasure This life-changing guide provides proven ancient knowledge that focuses not only on erotic aspects but also on the importance of history, practices, and traditions behind the Tantra philosophy. In simple words, after getting this book, the secrets Tantric techniques that you will discover will improve your sex life thanks to a new and deeply spiritual vision. Are You Ready To Mastery All The Ancient Secrets Of Pleasure? Let's discover all of them: Scroll up, Click to Get This Book, and let Tantra Secrets become part of your life.

### **Chi Kung for Prostate Health and Sexual Vigor** - Mantak Chia 2013-11-02

A guide to restoring men's sexual health and function to maintain a flourishing sex life well into old age • Includes fully illustrated instructions for exercises to clear energetic

blockages of the male reproduction organs, restore function, reduce prostate enlargement, and prevent prostate gland cancer • Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the need for surgery in early stages of prostate disease Age need not be a death sentence for men's sexual health and vitality. Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform sexual energy and prostate gland massages and detail

stretching exercises and the practice of chi weight lifting--attaching weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

*Emotional Detox Through Bodywork* - Mal Weeraratne 2016-04-15

In 'Emotional Detox - A Woman's Guide to Healing and Awakening', leading Tantra Healer, Mal Weeraratne, shares a fresh approach and insights on how to unblock orgasmic potential and achieve emotional liberation. Harnessing sexual energy rejuvenates and improves physiological, emotional, psychological and spiritual health. This book teaches women how to take control of the sexual energy within their

bodies to remove trauma stored in the form of emotions using ancient knowledge and practices that are combined with new ground-breaking insights to create an engineered trauma-release technique called Tantric - Tao Bodywork for Emotional Detox. Tantric - Tao Bodywork is a British pioneer technique intended to eliminate traumatic experiences at a cellular level in the body to start living a positive life. -- a biological cleanse and detox to experience joy and bliss. Having explored Tantra and Tao for 20+ years, Mal reveals how all women are capable of experiencing emotional freedom and ecstatic bliss. He provides readers with a unique understanding of how the female body may be activated to deepen ecstatic states. Prevailing negative attitudes in the West work against the natural capacity of a woman to realize her full sexual potential and ability to feel unlimited bliss and achieve deep orgasmic states. Among other alarming survey results, it is estimated as per Cosmopolitan's Female Orgasm Survey, only

57% of women in the UK experience an orgasm when they have sex with a partner whereas 43% has never experienced an orgasm. This book is packed with practical advice and tips on how to harness sexual orgasmic energy. Readers will learn how emotional trauma can block pleasure and cause disease; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; the secrets and history of female ejaculation; techniques for awakening and yoni massage and so much more.

[Healing Love through the Tao](#) - Mantak Chia  
2005-07-15

A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the

sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body

orgasm.

**Sexual Reflexology** - Mantak Chia 2003-05-22  
Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of *The Multi-Orgasmic Man*. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's

sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

**Tantra Made Easy** - Shashi Solluna 2018  
"Tantra is a practice of sacred sexuality that has existed since ancient times to help people find meaning and healing in physical relationships. Now more than ever, this is a practice that everyone can benefit from. Shashi is a world-renowned Tantra instructor who has trained with the world's top experts. In *Tantra Made Easy*, she brings the traditions of Tantra to new readers curious to learn how these can be applied in their lives. Through this book, readers will gain an understanding of Tantra as a spiritual path. This will help them understand the role of relationships, love and intimacy in

modern Tantric traditions, the importance of having an open heart and how Tantric techniques can give them a spiritual experience in their physical relationships."--Amazon.com.

### **Healing Light of the Tao** - Mantak Chia

2008-05-27

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy • Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force • The sequel to the classic *Awaken Healing Energy Through the Tao* In 1983, Mantak Chia introduced the "Microcosmic Orbit" to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the spine. The Microcosmic Orbit

showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. *Healing Light of the Tao* presents the more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality.

### *The Heart of Compassion* - Dalai Lama XIV

Bstan-'dzin-rgya-mtsho 2002

In this book the Dalai Lama guides us step by step to an understanding of our human condition and how we can act to achieve a higher fulfillment than pure worldly enjoyment.