The Sexual Ecstasy Workbook

Here is an authentic portrayal of a rich and complex spiritual tradition of India. The over two thousand entries cover Yoga's history, its many approaches, schools, teachers, scriptures, as well as its technical terminology. The book is arranged and written in a manner that will inform rather than overwhelm the lay reader, while at the same time offering valuable references for the professional researcher and the historian of religion. The Shambhala Encyclopedia of Yoga offers the following features: • Each entry has cross-references providing pertinent conceptual links • Entries are in English alphabetical order, unlike comparable reference works that follow Sanskrit alphabetical order, which is difficult for the lay reader to follow • Oriental entries provide an overview of central aspects of the Yoga tradition, such as history, psychology, and major branches • Many entries cite or even quote original sources, shedding light on how a given term is used by traditional Yoga authorities

The Shambhala Encyclopedia of Yoga

Tantra - the "great school of sexual intercourse" - provides ecstatic exchanges of erotic energy that can last for hours. The illustrated techniques and positions revealed here demonstrate a variety of approaches to lovemaking, based on special yoga exercises that help you prepare for great sex. The tantric erotic rituals that enhance a romantic encounter include partner games such as erotic bathing, dance, and massage, plus suggestions for turning any room into a sensual pleasure dome.

Ecstasy Through Tantra

A widely respected yoga scholar offers the first comprehensive study of the philosophical concepts of classical yoga, based on the Yoga Sutra of Patanjali.

The Psychology of Yoga

The author reveals his passionate experiences with a female Tantric master who taught him the suppressed practices of her ancient order. In 1968 Daniel Odier left Europe for the Himalayas, searching for a master who could help him go where texts and intellectual searching could no longer take him. He wanted everything: the wisdom and spirituality gained from the life of an ascetic and the beauty, love, and sensuality of a life of passion. He found both in Shivaic Tantrism, the secret spiritual path that seeks to transcend ego and rediscover the divine by embracing the passions. In an isolated Himalayan forest Odier met Devi, a great yogini who would take him on a mystical journey like none he had ever imagined. At times taking him beyond the limits of sexual experience, at times threatening him with destruction, she taught him what it is to truly be alive and to know the divine nature of absolute love. This is the personal memoir of one of France’s most honored writers. Tantrism is the only ancient philosophy to survive all historical upheavals, invasions, and influences to reach us intact by uninterrupted transmission from master to disciple, and the only one to retain the image of the Great Goddess as the ultimate source of power.

Tantric Awakening

In Volume One of this study, "Outer Work," we described managing our orgasmic response so as to cultivate "erotic trance," the altered state of consciousness that is the foundation of all Tantric activity; and we used it to climb the "diamond ladder" of mystical ascent to a rung characterized by the management of overwhelming emotions. Now in Volume Two, "Inner Work," we turn our attention away from "outer" goals having to do with our physiology and our relation to society at large and its prescriptions, to the much more subtle "interior" changes occurring in our consciousness. Continuing our climb up the rungs of the diamond ladder, we are introduced to the landscape of mysticism, a topography whose several regions are each characterized by the mastery of a different psychological capacity. Yoga gives us an interior ladder in the form of the subtle body that is comprised of the chakras, each of which opens onto a distinctly different emotional realm. In this work our "feeling function" becomes highly differentiated. Tibetan mandala meditation disciplines our imaginative capacity, as we bring the heavenly palace of copulating gods and goddesses into being. By cultivating emptiness, we pare away our attachments to the memories that have been holding us back and the aspirations that narrow our future so that we can dwell in the present moment, without the props of doctrine and method. Passing beyond our personal self, we are introduced to the divine oneness of the cosmos, pulsing between accomplished union and the vision of that with which we are united. We return from such ecstasy to live our temporal lives on two planes simultaneously as spiritual wayfarers.

Sacred Sexuality

Tantric yantras are precise geometric forms that have been used for centuries as tools for self-realization and the attainment of mystical powers. In Tools for Tantra, Tantric
practitioner and scholar Harish Johari has re-created the exact colors and proportions of the primordial yantras along with step-by-step instructions for their accurate construction, coloring, and use.

**Tantra & Erotic Trance**

Clears up misconceptions about Tantra, and explains its pursuit of spiritual power in order to attain enlightenment

**The Art of Sexual Magic**

Here two Western-born lamas of the Nyingma tradition of Vajrayana Buddhism explore what it means to be utterly emotionally alive. Written in contemporary, nonacademic language, this book is a radical challenge to the misconception that inner Vajrayana is primarily an esoteric system of ritual and liturgy. The authors teach that emotions can be embraced as a rich and profound opportunity for realization. This fiercely compassionate battle cry rallies all who are audacious enough to appreciate emotions for their supreme potential as vehicles for awakening.

**The Yoga Tradition**

Now in hardcover with a new introduction! This exhilarating book provides sexual techniques and positions for ritual intercourse that will flood you with overwhelming physical ecstasy and activate expanded states of consciousness. These tantric practices teach you how to build sexual love and passion to an amazing peak—and how to push your mind even higher to achieve transcendental bliss. Bring holiness and magick into your sexual relationship with Ecstasy Through Tantra. Discover the God/Goddess as incarnate in your beloved, and experience the same Divinity within yourself, through the joy of complete physical and spiritual union.

**The Path of Yoga**

Sensual and spiritual ways to prepare yourself for tantric sex - The 10 pledges of the tantric path - Enlightening tips on achieving sexual bliss.

**Tantric Quest**

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 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.

**The Encyclopedia of Yoga and Tantra**

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.

**Tantric Awakening**

This book traces the shadowy tradition of “holy madness/crazy wisdom” from the Holy Fools of early Christianity, through the great adepts of India and Tibet, up to the controversial gurus of today. In our day, when even the Dalai Lama has warned Western seekers to choose their teachers carefully, Feuerstein provides an intelligent and cautionary guidebook to the guru-disciple relationship, plus a comprehensive analysis of the principles of authentic spirituality.

**Love, Sex, and Awakening**

"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 accessible for the first time the sexual mysteries of the East.

**Teachings of Yoga**

**Tantra**
Based on a vast diversity of religious and spiritual traditions, this comprehensive exploration of sexuality's spiritual dimensions uncovers deeply hidden messages about sexuality and shows how to incorporate the concepts of Hinduism, Christianity, Judaism, and other philosophies into our lives. Illustrated.

**The Great Book of Tantra**

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, visualization, 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.

**Tantric Yoga and the Wisdom Goddesses**

The autobiography of an American Gen-X woman who immerses herself in the sexual mysteries of tantric yoga. * An engaging insider’s story that intimately portraits the details of the tantric sexual path from a young woman’s point of view. * Author is one of the few Americans to be initiated into the sacred cobra breath. * Reveals not only the benefits but also the pitfalls, problems, and temptations of this path toward enlightenment. * Includes meditations and exercises for beginning a tantric practice. Tantric Awakening discloses an epic experience of tantra that few have achieved, and even fewer would dare to attempt. This is the story of a 19-year-old girl, disillusioned by the questions that her religion and society fail to answer, who courageously enters the sensuous rituals of tantric sex. In search of authentic knowledge, Brooks was admitted into secret societies where she learned firsthand the ways of the tradition from tantric adepts. Amid disapproval from family and friends, her body and spirit awaken to ecstatic levels of orgasmic pleasure that allow her to experience loving relationships, better health, and a deep sense of oneness with God. A personal and intimate portrait, Tantric Awakening is tastefully written to reveal not only the ecstatic power and spiritual benefits of tantra, but also the pitfalls, problems, and temptations of this path toward enlightenment. With the inclusion of specific tantric sexual techniques the author shows how to use tantra to balance the spirit with the physical self in order to achieve personal empowerment, transforming fear and self-doubt into joy and self-confidence. Meditations, exercises, and important insights for beginning a tantric practice assist the reader who is inspired to bring a sense of the divine into daily life.

**Jewel in the Lotus**

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

**Spectrum of Ecstasy**

A course in Tantric Kraya Yoga. Allows a student to direct the life force through the body in new ways to promote health and refine the nervous system.

**Tantra**

A captivating study of the ancient Indian movement that has influenced and intrigued the world for more than a millennium.

**Yoga**

"Psychoanalysis itself and the lines of thought to which it gives rise," said C. G. Jung, "are only a beginner’s attempt compared to what is an immemorial art in the East"—by which he was referring to the millennia-old study of the mind found in Yoga. That tradition was hardly known in the West when the discipline of psychology arose in the nineteenth century, but with the passing of time the common ground between Yoga and psychology has become ever more apparent. Georg Feuerstein here uses a modern psychological perspective to explore the ways Hindu, Buddhist, and Jaina yogas have traditionally regarded the mind and how it works—and shows how that understanding can enhance modern psychology in both theory and practice.

**Holy Madness**
This book provides an excellent introduction to the essence of Hindu Tantrism, discussing all the major concepts and correcting many existing misconceptions.

**The Art of Everyday Ecstasy**

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.

**Tantra**

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.

**The Sexual Ecstasy Workbook**

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.

**The New Art of Sexual Ecstasy**

"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 connecting 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 Illuminated**

An anthology of writings—many of them newly translated—includes teachings from the ancient Hindu Upanishads, songs of praise to Krishna, and the sayings of Gandhi

**Ecstasy Is Necessary**

This collection of rare erotic and Tantric literature is drawn from classical, medieval, and modern periods and is exquisitey illustrated with Tantric paintings.

**The Art of Tantra**

Westerners wanting to know about tantra—particularly the Buddhist tantra of Tibet—often find only speculation and fancy. Tibet has been shrouded in mystery, and "tantra" has been called upon to name every kind of esoteric fantasy. In The Dawn of Tantra the reader meets a Tibetan meditation master and a Western scholar, each of whose grasp of Buddhist tantra is real and unquestionable. This collaboration is both true to the intent of the ancient Tibetan teachings and relevant to contemporary Western life.

**Complete Idiot's Guide to Tantric Sex**

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.

**Tantra, Yoga of Ecstasy: the Sadhaka's Guide to Kundalini and the Left-Hand Path**

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.

**Tools for Tantra**

Tantra is a celebration and awakening of sexuality, love and life that embraces our spiritual essence. In Tantra, Tantra teacher Leora Lightwoman explains what Tantra is and how it can change your life and your relationship. The book focuses on sexual intimacy as an opportunity for healing and transformation, joy and bliss, and learning to truly love. It brings the concepts to life with fun exercises and case studies. Apart from the obvious benefits of a more fulfilling sexual love-life, Tantra will also bring you: Relaxation; Better health; Greater clarity of consciousness; Increased wellbeing; Improved relationships with yourself and those close to you.

**The Dawn of Tantra**

Discusses yoga as a route to self-transformation, using powerful philosophy and spiritual vision to teach wisdom, balance, and inner freedom, in addition to physical health.

**The Ultimate Guide to Tantric Sex**

"Revised and expanded edition of The Shambhala Encyclopedia of Yoga, previously published in 1997."

**The Deeper Dimension of Yoga**

This overview of the essentials of Yoga is meant to both broaden and deepen the understanding of beginning students. It covers all the basic elements of this ancient discipline and philosophy of India—including Yoga poses, diet, breath control, meditation, mantras, Kundalini energy, and more. It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga, such as Tantra, that are of great interest to Western students but are frequently misunderstood.

**Tantra**

The autobiography of an American Gen-X woman who immerses herself in the sexual mysteries of tantric yoga. • An engaging insider's story that intimately portrays the details of the tantric sexual path from a young woman's point of view. • Author is one of the few Americans to be initiated into the sacred cobra breath. • Reveals not only the benefits but also the pitfalls, problems, and temptations of this path toward enlightenment. • Includes meditations and exercises for beginning a tantric practice. Tantric Awakening discloses an epic experience of tantra that few have achieved, and even fewer would dare to attempt. This is the story of a 19-year-old girl, disillusioned by the questions that her religion and society fail to answer, who courageously enters the sensuous rituals of tantric sex. In search of authentic knowledge, Brooks was admitted into secret societies where she learned firsthand the ways of the tradition from tantric adepts. Amid disapproval from family and friends, her body and spirit awaken to ecstatic levels of orgasmic pleasure that allow her to experience loving relationships, better health, and a deep sense of oneness with God. A personal and intimate portrait, Tantric Awakening is tastefully written to reveal not only the ecstatic power and spiritual benefits of tantra, but also the pitfalls, problems, and temptations of this path toward enlightenment. With the inclusion of specific tantric sexual techniques the author shows how to use tantra to balance the spirit with the physical self in order to achieve personal empowerment, transforming fear and self-doubt into joy and self-confidence. Meditations, exercises, and important insights for beginning a tantric practice assist the reader who is inspired to bring a sense of the divine into daily life.

**Sexual Secrets**
A unique reference work from the foremost writer on Yoga today, THE YOGA TRADITION surveys the 5,000-year history of Hindu, Buddhist, Jaina, and Sikh Yoga, featuring full and partial translations of numerous key scriptures and over 200 illustrations. It is considered the CLASSIC text on Yoga practice and history.

**The Philosophy of Classical Yoga**

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.

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