

"Stuart Sovatsky's teachings can empower couples worldwide to find true spiritual happiness."

ROBERT THURMAN, professor of Indo-Tibetan Buddhist Studies,
Columbia University, and author of *Love Your Enemies*

Advanced Spiritual Intimacy

The Yoga of
Deep Tantric
Sensuality



Stuart Sovatsky, Ph.D.

Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality

Grace Mason, Jim Owens



Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality:

Advanced Spiritual Intimacy Stuart Sovatsky, 2014-05-14 A practical guide for both individuals and couples to transform sexual energy into spiritual and erotic fulfillment Explains how to awaken advanced stages of sexual development for spiritual intimacy and deep erotic satisfaction Includes illustrated instructions for exercises and techniques based on yoga kundalini breathing practices mantra chanting and chakra meditation Explores how this practice can deepen a life partnership enhance creativity heal emotional scars and awaken new understandings of gender Sexual development does not end in adolescence There are advanced stages of glandular emotional and erotic development based in the lifelong puberty of the spine Known in India as kundalini awakening these stages form the energetic basis of all yoga forms and deeper erotic aspirations They present an opportunity for couples and individuals to explore the consciousness expanding abilities of sexual energy as both spirituality and sexuality transform into what Michel Foucault called *ars erotica* far beyond the Freudian *scientia sexualis* sexuality of the Western world Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice Stuart Sovatsky explains how to awaken the complete spinal puberty resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality With illustrated instructions he reveals flow yoga asanas mantras and devotional breathing practices for solo kundalini yoga as well as couples yoga practices and chakra meditations to awaken the heart and the divinely eroticized mind He shares inspiring stories from those on this path about ever deepening life partnerships enriched family life enhanced personal creativity profound new understandings of conception masculinity femininity and gender itself as well as healing emotional scars of romantic breakups and sexual abuse Sovatsky shows that by transcending conventional Western sexuality and returning to the *ars erotica* beliefs of ancient India we can harness the divine energy glimpsed for only an instant by most people at the heart of all erotic yearning

Sex, Love, and Dharma Simon Chokoisky, 2015-09-17 Discover your dharma type and prepare your body mind and spirit to attract and build a lifelong union with your soul mate Explores how the dharma types align in relationships giving quick and simple insights into which dharma pairings work and which ones need work Details methods for attracting a mate as well as practical techniques for improving your sex life including the best time to have sex during the day Provides self tests to determine your dharma type and outlines unique ayurvedic diet exercise detox and lifestyle tips for better health and sex appeal The people of ancient India understood that most humans are incomplete without an intimate partner a soul mate to share life's journey Drawing upon astrology Ayurveda and dharma type your personality and spiritual purpose archetype they developed detailed systems to analyze physical emotional and spiritual compatibility between people This analysis encouraged joyous relationships by revealing the sexual compatibility of a couple the innate relationship conflicts they face and their potential for financial success together In this way couples were able to distinguish biological attraction from long term compatibility lust from love and soul mates from playmates Sharing ancient

Vedic secrets of sex love health and dharma Simon Chokoisky explains how to prepare your mind body and spirit for the right partner and how to determine if a potential mate is a good match for your unique chemistry He provides self tests to determine your dharma type and outlines unique ayurvedic diet exercise detox and lifestyle tips for each type to reclaim your health and vitality and by doing so your sexiness He explores how the dharma types align in relationships to create harmony or disharmony giving quick and simple insights about which dharma pairings work and which ones need work Highlighting the skills inherent to each dharma type he makes suggestions on how to improve day to day relationships for personal and financial benefit and to build lifelong romance that grows into a spiritual union Moving to the bedroom the author details methods for attracting a mate as well as practical techniques for improving your sex life including the best time to have sex during the day and month Showing how knowing who you are will help you find your right mate and keep away those unsuitable for you Chokoisky explains how living your dharma helps you flow with nature in a way that makes life and your relationships more fulfilling

Desire Daniel Odier,2001-04-01 Explains how the primal energy generated by physical desire can be used to achieve enlightenment Reveals the techniques used by Tantric adepts to attain mastery over breath thought and all physical processes Nothing can match the explosive energy created in the body by pure desire For millennia Tantric adepts have harnessed this force as a means of attaining the summits of the mystical life The energies fueled by passion are used to nourish the inner flame that burns away the egotistical perception of the mind Desire explores the subtle techniques of Tantra that enable the seeker to attain the triple mastery of the breath thought and the natural processes of the body Tantrics believe that the body is the temple and divinity lies at its heart In order to arrive at profound awareness the body needs to be perfectly tuned and working toward a state of perfect fluidity Desire reveals many of the secret practices intended for this purpose that have been passed down in the major Tantric treatises such as the Vijnanabhariva Tantra and Ch an master Chinul s treatise on the Secrets of Cultivating the Mind including the important techniques of the ritual sexual observances known as Maithuna

Sexed Paul Neil Abramowitz,2021-08-02 Sexed Sex d Hardwired by Nature Evolving by Choice is a first of a kind book about the sexual hardwiring of the heterosexual male While shining a spotlight on some of the predicaments of heterosexual male sexuality it takes a deep archeological dive into the meeting place of sex consciousness biology and intimacy In so doing it offers a granular look at the impact of our sexual hardwiring on our lived experience as men far beyond comedy and caricature or the superficial conversations society has thus far offered us Sexed offered both as a reference for therapists and a personal study guide for the curious and evolving and brings the reader closer to a more crystalized sense of sexual self agency access to intimacy and the opportunity to continue to bring the best possible version of himself to his relationship and the world Of course women readers can benefit too by gaining insight into the development and inner workings of the heterosexual man s mind and a broader understanding as to why the hardwiring and its impact has proven to be somewhat trans historical and transcultural

Religion, Disease, and Immunology Thomas B. Ellis,2023-11-30

This book argues that religion has emerged over evolutionary time as a strategy for managing the transmission contraction and eradication of infectious disease From purity and pollution codes to blood sacrifices and irrational beliefs the book shows how religion supports not only the physiological immune system but the behavioral and psychological immune systems as well The book also addresses those moments when it appears that religion becomes maladaptive that is when religion causes autoimmune problems such as celibacy and anti vaccination Engaging material ranging from evolutionary and social psychology to human behavioral ecology biological anthropology Darwinian medicine and religious studies the book proposes that in order to understand the human animal s enduring fascination with religion one must take into account the enduring need to manage infectious disease **Emotions in Indian Thought-Systems** Purushottama Bilimoria,Aleksandra

Wenta,2020-11-29 A stimulating account of the wide range of approaches towards conceptualising emotions in classical Indian philosophical religious traditions such as those of the Upanishads Vaishnava Tantrism Bhakti movement Jainism Buddhism Yoga Shaivism and aesthetics this volume analyses the definition and validity of emotions in the construction of

Bowker's Complete Video Directory, 1998 ,1998 **Eros, Consciousness, and Kundalini** Stuart Sovatsky,1999-04 In this extraordinary celebration of the erotic Dr Stuart Sovatsky introduces us to the Tantric art of sexual sublimation Exercises based on yoga kundalini and chakra meditation help readers learn to harness the divine energy at the heart of all erotic yearning while exploring the intimate relationship between spirituality and sexuality *Tantra* Shivoam,2019-08-10 Tantra Exploring Sexuality for Spiritual Awakening is authored by Prof Dr Shivoam The book teaches ancient powerful and secret tantric spiritual technique from India Sexuality is projected as a tool for enhancing awareness and consciousness The book includes techniques for merging yoga and sex together to reach a new dimension The book aims at removing all inner blockages anticipated by delusive mind The power of sex in its true sacred form is revealed in the book Journey of human energy from base to infinite is disclosed in the book Mastering the process from duality to unity so to ascend towards omnipresent spirit is discussed The book intents to make a person reach a point of spiritual evolution where everyone looks the same Process of self discovery where You will meet You i e you will get to know your real self is discoursed The book talks about Sex the beautiful expression of love joy intimacy sharing and unity Confusion about whether to choose spirituality or sexuality is debated Embracing sexuality for spiritual living is conversed Art of Lovemaking Erotic Temples of India Opening Chakras Kundalini Shakti Samadhi Union of Energy and Consciousness are a few core topics that are a part of this book You are here on earth to enjoy each and every aspect of yourself Cherish your sexuality and spirituality both at the same time Make yourself alive full of energy glowing and have high spirits Author hopes that the book will remove all the hindrances of delusive mind and will let each soul follow the true path of festival of life **Tantra - Discovering the Power of Pre-Organismic Sex (eBook)** Yogani,2006-06-01 Tantra Discovering the Power of Pre Organismic Sex is a common sense guide on how to utilize sexuality to complement a full scope system of yoga practices Practical techniques are provided which

enable both couples and solo practitioners to utilize the sexual response to cultivate ecstatic energy to its highest levels of spiritual manifestation Finally here is a no nonsense book that takes the mystery out of sexuality and its relationship to yoga and the spiritual path Yogani is the author of two landmark books on the world s most effective spiritual practices Advanced Yoga Practices Easy Lessons for Ecstatic Living a comprehensive user friendly textbook and The Secrets of Wilder a powerful spiritual novel The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books Tantra is the third book in the series The second in the series is Spinal Breathing Pranayama Journey to inner Space The first is Deep Meditation Pathway to Personal Freedom **Yoga in the bed** Oszlár Kálmán András, In the ancient yoga scripts the description of the three most well known Hatha Yoga classics like the Gheranda Samhita Hatha Yoga pradipika and Siva Samhita yoga system a method can be read named Vajroli or Urdhvaretasah It means an inner alchemic transformation process which appears through directing the subtle energies upwards from the level of genitals into the way for the brain flowing across the spine All of these are based on the 4th ethical principle sexual discipline or on a kind of celibacy by Patanjali in the Yoga Sutras as self restraints The Brahmacharya prescribes the abstinence from the exaggerated sensuality but in the past it meant the life period itself spent by the student in self restraint which was meant to be as an establishment for the right inner attitude in spiritual process For this the development of the seed keeping ability Bindu Siddhi is necessary by the application of the cleansing exercises of Hatha Yoga Kriya So we raise the Kundalini Snake power which embodies the sexual energy being latent in the body from the level of the root chakra Muladhara to the crown chakra Sahasrara as it was done by the Urdhvaretas yogi in India in the 4th century We can use this process as the engine of the spiritual progress individually or in relationship either Furthermore we can apply this during tantric methods pointing beyond coitus reservatus for instance Maithuna ceremony Tantra Made Easy Shashi Solluna,2018 An introductory guide to the sacred sexuality practices of Tantra and how you can weave them together to create wholeness in your life Tantra is often described as the path of love or the way of the heart It is a spiritual path that brings apparent opposites into unity so that life can flow with ease Sexuality is fused with spirituality masculine with feminine playfulness with depth and the dark shadows of the psyche with the light of conscious awareness And the catalyst for this union is love In this book sacred sexuality teacher Shashi Solluna explains how Tantric practices can help you become fully alive and move from sex to spirit and from spirit to sex in a creative dance of life You will learn the philosophy of Tantra as a spiritual path different ways to explore your own sexuality techniques to open your heart and cultivate sacred relationships how to activate your sexual energy and experience a richer more fulfilling sex life how to unite the physical with higher spiritual consciousness through intimacy sensuality and orgasm This title was previously published under the title Tantra Hay House Basics series *Tantric Love* Ma Ananda Sarita,Swami Anand Geho,2001 Sometimes it can be difficult for even the closest of partners to fully express their love during sex We may resist deeper intimacy for many reasons among them pain insecurity

or simply a fear of sharing our most natural desire for physical love with another person Tantra can help you dissolve these barriers to intimacy and invites you to awaken the physical and spiritual energy that can bring partners together as loving soul mates Tantric Love unlocks the secret powers of meditation breathing massage and more to help you celebrate and revitalize your love life Each chapter focuses on one of the chakras or energy centers in the body and offers simple exercises that will help you share this energy and open the door to ecstasy Discover new ways of pleasing your partner Enjoy sexual satisfaction through and beyond orgasm Learn how to open up to your partner both in and out of the bedroom As you move from one stage to the next you will find that you are not only connecting with your lover on a physical level but on a deep spiritual level too one that prepares you for a loving lasting commitment to each other

Tantric Sex Grace Mason, Jim Owens, 2017-01-08

Off late do you feel that you and your partner feel disconnected Do you feel that your sex life has become monotonous Do you feel like adding some spice back into your sex life and breaking free of the routine Do you feel that there is something that is stopping you from forming a strong bond with your partner Do you want to improve the intimacy quotient Do you want to learn the different ways in which you can attain greater pleasure Do you want to learn the different ways in which you can pleasure your partner If your answer is yes for any of the questions that have been mentioned above then this is the perfect book for you Your reason for exploring the concept of Tantric sex could range from curiosity to your want of establishing a spiritual connection with your partner Regardless of your reason this is the perfect book for getting you started with the teachings of Tantric sex Tantric sex is so much more than simply establishing a physical bond between two partners It is about connecting with your partner on an emotional and a spiritual level It is the union of the female and the male energies present in the body for forming a spiritual connection Tantric sex will help in revitalizing your body mind and soul Tantra can be practiced in different forms and Tantric sex is one of those forms that will help in awakening the dormant sexual energy present in your body for helping you attain greater pleasure Tantric sex will help in turning up the heat between the sheets and add a new dimension to your sex life In the course of this book you will learn The meaning of Tantric sex and its various benefits The essentials of Tantric sex and the worship of the God or Goddess within Preparation of your body for Tantric sex Essentials of Tantric communication The different Tantric sex positions and techniques The basic teachings of Tantric sex Various Tantric sex exercises and yoga positions The ways in which Tantric sex can be made use of for male and female orgasms All the information regarding Tantric sex the different positions and variations will help you in forming a bond with your partner that surpasses the physical realm So what are you waiting for Let's get started Buy your copy today

Tantra - Discovering the Power of Pre-Organic Sex (Persian Translation) Yogani, Tantra Discovering the Power of Pre Organic Sex is a common sense guide on how to utilize sexuality to complement a full scope system of yoga practices Practical techniques are provided which enable both couples and solo practitioners to utilize the sexual response to cultivate ecstatic energy to its highest levels of spiritual manifestation Finally here is a no nonsense book that takes the

mystery out of sexuality and its relationship to yoga and the spiritual path Yogani is the author of two landmark books on the world's most effective spiritual practices *Advanced Yoga Practices Easy Lessons for Ecstatic Living* a comprehensive user friendly textbook and *The Secrets of Wilder* a powerful spiritual novel The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books Tantra is the third book in the series The second in the series is *Spinal Breathing Pranayama Journey to inner Space* The first is *Deep Meditation Pathway to Personal Freedom*

Tantra Shashi Solluna, 2016-11-01 In this accessible guide Shashi Solluna breaks all preconceptions about Tantra and introduces us to the real philosophy behind this sacred practice In traditional descriptions Tantra is often defined as meaning to weave and can be compared to the weaving of a fabric Tantra is therefore a path that weaves together Ultimately Tantra points us to the highest level of consciousness in which one merges into Oneness and no longer feels like a separate physical entity This is sometimes called Heaven as opposed to the more tangible experience of Earth This book explains how Tantra can allow us to move from a physical solid experience of reality into the lighter more ethereal experience or from Earth to Heaven and then ultimately bring Heaven to Earth This book explores The history of Tantra The core principles of Tantra An understanding of the tantric approach to sexuality Practices to explore your own Tantric sexuality A tantric understanding of relationship love and intimacy An understanding of Tantra as a spiritual path Practices for creating spiritual experiences and higher states of consciousness and much more

Tantra Yogani, 2006-06 *Tantra Discovering the Power of Pre Orgasmic Sex* is a common sense guide on how to utilize sexuality to complement a full scope system of yoga practices Practical techniques are provided which enable both couples and solo practitioners to utilize the sexual response to cultivate sexual energy to its highest levels of spiritual manifestation Finally here is a no nonsense book that takes the mystery out of sexuality and its relationship to yoga and the spiritual path Yogani is the author of two landmark books on the world's most effective spiritual practices *Advanced Yoga Practices Easy Lessons for Ecstatic Living* a comprehensive user friendly textbook and *The Secrets of Wilder* a powerful spiritual novel The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books Tantra is the third book in the series The second in the series is *Spinal Breathing Pranayama Journey to inner Space* The first is *Deep Meditation Pathway to Personal Freedom*

The Sacred Sexuality Dr Shivoham, 2020-12-04 *The Sacred Sexuality Guiding Men Women to Heal Body Mind Spirit with Tantra* aims to help and guide people who need healing from love sex and emotional pain The book will let you remove all sorts of dependency on others for sex pleasure and satisfaction A path of liberation will start within you The tantric concepts laid in the book will make you unstoppable intellectual sexual and spiritual at the same time The secret science of Tantra is revealed in the book The book will enhance your level of awareness and consciousness The book teaches transcending the sexual and spiritual planes by engaging in deep meditative sex Tantra mantra and yantra concepts are chatted in the book Indian temples depicting erotic art and tantric rituals are uncovered Sensual meditation

techniques Chakras Kundalini Shakti and Principles of Tantra are talked about Intense spiritual practices performed by sages that break all the mental taboos are discovered The book teaches how to discover the mystic existence that is beyond orgasm A small topic on how to heal twin soul pain is also a part of this book The transformative power of tantra bringing balance and harmony is depicted The book talks about building a connection between you and the cosmic forces The book will help beginners to find tantra as an ecstatic experience while for advanced spiritual practitioners the book will allow exploring the path of enlightenment The book will let you be in command of your energy and powers The body mind spirit connection will be there after practicing tantra Alignment of sexuality and spirituality will make you a master of yourself and this world The whole messy world will become ecstatic with the euphoric practice of Tantra

[An Introduction to Tantra and Sacred Sexuality](#) Michael Mirdad,2008-11 An Introduction to Tantra and Sacred Sexuality offers insights into how to awaken and experience your sensual self moment by moment This book is exciting and enticing as well as powerful and healing You do not have to be in a relationship to enjoy explore and apply sacred sexuality Sacred sexuality opens you to experiencing levels of ecstatic bliss and unconditional love and most importantly bringing these experiences into your daily life Ultimately it opens you to living bliss not just feeling it This ecstatic vibration translates into consistently feeling unconditional love for all people and things Michael Mirdad wisely integrates both Tantric and Taoist perspectives and practices in the loving passionate and respectful framework of sacred sexuality

Tantric Lovers Hanna Katz-Jelfs,2012-12 Bring bliss and pleasure into your life Enhance intimacy and relationships Tantra has an emphasis on honouring weaving together sexuality and spirituality Relax into a state of orgasmic erotic trance riding the waves of bliss Learn to re awaken and rekindle the spark of love and sexuality in relationships bond enhance relationships deepen intimacy channel erotic energy and bliss integrate sexual energy into an orgasmic plateau become a multi orgasmic man control ejaculation and female ejaculation Detailed instructions for setting the scene approaching your lover s body with reverence demonstrating the mapping of the subtle anatomy of the energy body in the process of deepening pleasure and awakening sexual ecstasy This comprehensive book describes the best ways to cultivate an attitude of honouring and offers techniques so that your partner can surrender to the deep pleasure you offer Keep practicing until you glimpse the precious world Hanna is offering you one that will change your experience of sex forever

Cassandra Lorus MA PGDip Porterbrook NHS sex therapist and author This is one of the best books on tantra that I have seen in years unlocks the ancient secrets of awakening and sustaining sexual ecstasy by embodying the pleasure of our spiritual nature includes everything from anatomy to pleasure points and practices for couples solo sex and more

Beth Hedva PhD MA Clinical Psychology MA Transpersonal Counselling psychology awarding winning author

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Table of Contents Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality

1. Understanding the eBook Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - The Rise of Digital Reading Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Advantages of eBooks Over Traditional Books
2. Identifying Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - User-Friendly Interface
4. Exploring eBook Recommendations from Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Personalized Recommendations
 - Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality User Reviews and Ratings
 - Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality and Bestseller Lists
5. Accessing Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality Free and Paid eBooks
 - Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality Public Domain eBooks
 - Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality eBook Subscription Services

- Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality Budget-Friendly Options
- 6. Navigating Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality eBook Formats
 - ePub, PDF, MOBI, and More
 - Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality Compatibility with Devices
 - Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Highlighting and Note-Taking Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Interactive Elements Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
- 8. Staying Engaged with Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
- 9. Balancing eBooks and Physical Books Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Setting Reading Goals Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Fact-Checking eBook Content of Advanced Spiritual Intimacy The Yoga Of Deep Tantric Sensuality
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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