

Malua Brustmeditation Fur Frauen Balance Und Heil

Tantric Orgasm for Women
 Tantric Love Letters
 The Heart of Tantric Sex
 Tantric Sex for Men

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Tantric Orgasm for Women Simon and Schuster

A revolutionary approach to female sexuality that focuses on relaxation as the key to achieving deep orgasmic states • Explores how receptive feminine energy influences the male-female exchange • Reevaluates the role of the clitoris, breasts, and vagina in achieving orgasm • Provides ancient tantric meditations for increased sensitivity and awareness Fulfilling sex nourishes love, rejuvenates the body, and boosts mental health. Unfortunately, prevailing attitudes in the West work against the natural capacity of women to realize their sexual potential and experience deep orgasmic states. *Tantric Orgasm for Women* offers women a fresh look at the ecstatic bliss possible within their bodies, using knowledge and approaches from the sensually cultivated traditions of the East. Exploring Tantra from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Her 20 years of tantric research and personal experience provide readers with an understanding of how the various parts of the female body may be activated to deepen ecstatic states. Readers will learn how to recirculate orgasmic energy; why breast stimulation takes priority over vaginal attention; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; and how women can strengthen the erection response of male

partners. *Tantric Orgasm for Women* shows how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and when they avoid adopting conventional ideas about what should be satisfying to them.

Tantric Love Letters Simon and Schuster

Diana Richardson, an acclaimed authority on human sexuality, began a personal enquiry into the union of sex and meditation (the essence of tantra) over twenty five years ago while living in India. Through these innocent steps and motivated by simple curiosity, she gained deep insights into the spiritual and generative implications of sex that lie beyond its reproductive aspect. She stresses that it is the how of sex, and not the what of sex, that determines the difference. With additional information we can begin to honor the innate sexual intelligence that exists in our bodies as a subtle electro-magnetic reality. On this fine and delicate level man and woman function as equal yet opposite forces that are highly complimentary. Embracing this polarity potential can elevate and transform sex into an empowering and spiritual act, an experience that creates and sustains love, peace and harmony. Her simple, down to earth and practical approach as presented in her books has created a wave of positive resonance and response from readers worldwide.

The Heart of Tantric Sex John Hunt Publishing

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love.

Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. *Tantric Sex* can transform your experience into a more sensual, loving and fulfilling one.

Tantric Sex for Men John Hunt Publishing

A revolutionary approach to male sexuality offers the keys to achieving sexual fulfillment • Teaches how to retain semen for increased vitality and longer lovemaking • Explains the relationship-strengthening benefits of deep, sustained penetration • Includes foreplay approaches and position sequences Fulfilling sex nourishes love, increases vitality, and boosts mental health. Unfortunately, prevailing attitudes about male sexuality and what is good sex work against these innate features by focusing on the excitement of ejaculation as the one and only goal. Using the tantric guidelines they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond their preconceptions of sex as a goal-oriented--and often unintentionally stressful--event so they can relax into sex as a meditative union of complementary energies. They explain how retaining semen allows for increased vitality and extended lovemaking sessions and show the relationship-strengthening benefits of deep, sustained penetration. They also explain how to perform soft penetration and how to avoid premature ejaculation. *Tantric Sex for Men* includes tried-and-true foreplay approaches, diagrams of sexual position sequences, ways to increase sexual sensitivity through awareness, and how to have ecstatic experiences through reaching a woman's body on a sexually deeper level. The authors also demonstrate how the sexual organs can be used to heal both men and women physically, emotionally, and spiritually.

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