
Tantric Orgasm For Women

The Tantric Sex Handbook
 Tantric Sex for Men
 Tantric Sex for Men
 The Energies of Love
 Everything We're Not Saying About Bodies, Health, Sex & Relationships
 21-Days to Heightened Pleasure, Deeper Intimacy and Orgasmic Bliss
 Tantric Sex
 Amplify Your Orgasm
 The Perfect Matrimony
 The Path to Fulfilling and Sustainable Sexuality
 Why Orgasms are Vital to a Woman's Health and Happiness, and How to Have Them Every Time!
 Urban Tantra
 Trust Your Gut, Care for 'Down There' and Reclaim Your Fierce and Feminine SHE-Power
 Mastery the Secrets of Pleasure: Awakening Your Sexual Energy with the Teachings of Tantra Illuminated. A Guide Through Sex
 Positions for Couples, Massage and Meditation - 2 Books in 1
 The Art of the Female Orgasm
 Tantric Sex for Women
 Tantric Sex
 Tantric Secrets for Men
 The Art of Conscious Loving
 Practices for Spiritual and Sexual Renewal
 Ladies, We Need To Talk
 Tantric Sex
 Using Energy Medicine to Keep Your Relationship Thriving
 Your Guide to Pleasure, Healing and Power
 Making Love a Meditation
 Satisfaction
 Tantric Orgasm for Women
 The Ultimate Guide to Tantra and Great & Mindful Sex: Illustrated Sex Positions, Tantric Massage, Tantric Yoga Meditation, Sex Tips to
 Boost Your Sexual Energy (for Men, Women, Couples)
 Making Love a Meditation
 Love Your Lady Landscape
 Liberation Into Orgasm
 Tantric Sex
 Yoni Massage
 A Unique Guide to Love and Sexual Fulfillment
 Tantric Sex
 Tantric Orgasm for Women
 The Door to Enter Into Initiation: Why Sex and Religion are Inseparable
 The Complete Idiot's Guide to Tantric Sex
 Urban Tantra, Second Edition

Tantric Orgasm For Women

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HICKS HOWARD

The Tantric Sex Handbook Alpha Books
 Read This If You Want To Take Your Love-Making To The Next
 Level How do you learn to have good sex? ✓ By watching adult
 videos? ✓ By trying? ✓ By reading books? First of all,
 pornography isn't the best educational material out there. For
 example, it rarely focuses on female pleasure and authentic
 female orgasms. Also, many scenes are highly unrealistic. Actual
 sex experience is very important but you may be missing out on
 some awesome sexual practices. Even if your partner is a sex god
 (or goddess) they won't teach you every possible love-making
 technique. So reading books about sex should be an important
 part of your sexual life, no matter if you prefer to read alone or
 with a partner. Erotic fiction will teach you the art of dirty talk
 and invite you to explore forbidden fantasies. Non-fiction books
 will teach you everything else. This book is a uniquely
 comprehensive guide for everyone who wants to have better sex.
 No matter if you're just getting ready for your first time or you're

an experienced lover already - there's something to learn here.
 Here's a sneak peek of what you'll learn... The mystery of the
 female orgasm, explained (there is LOTS of disinformation on this
 topic, so make sure to read this!) Fun challenges for couples
 seeking to spice up their sex life Secret tricks used by porn actors
 to have a stronger erection and to last longer The art of carefully
 unlocking the deepest sexual fantasies And much, much more!
 It's easy to think that you know everything about sex. But guess
 what... you might be married for years and still not know your
 spouse's favorite erotic fantasy. There's always room to explore,
 as long as the sex is fun and consensual! Get ready for the best
 sex of your life. Scroll up, click on "Buy Now with 1-Click", and
 Get Your Copy Now!

Tantric Sex for Men Intimatepower

Are you looking for a guide to start practicing tantric sex? Then
 keep reading... A typical fantasy sex scene is conjured up in the
 mind. The setting is perfect; soft lighting, light aromas. A man
 may be muscle-bound, physically strong, tall and handsome,
 incredibly romantic, and a woman may be aesthetically beautiful,
 slim with perky breasts, smooth skin, and soft hair, wet and

waiting. The sex itself is spontaneous and powerful. He bursts through the door and she is waiting for him in nothing but one of his work shirts. He gingerly picks her up by the waist and she wraps her legs around him as he carries her to the bedroom to make love to her for hours, but they are so impassioned that they don't make it -- and wind up ripping into each other on the staircase on the way up. A typical run-of-the-mill sex scenario between a long-term married couple may be that one partner is stressed from a long day at work and wants to get some sexual release before heading to bed, while the other would rather just read their book in peace, go to sleep unbothered and worry about sex some other time when they are in the mood. In order to avoid conflict and disappointment, one partner gives in to the others desires and the same old sex takes place in the same old bed underneath the same old covers in the same old boring positions; eyes closed and lights off... boring! When sex becomes too boring and too routine, rather than being aroused and looking forward to pleasing and being pleased, people "give up". They wonder how much longer they have to engage in foreplay before it is okay to get to the orgasm. Sometimes people also take issues from outside the bedroom into it, maybe thinking "I'm still mad at him/her from earlier, why on Earth would I give sexual pleasure right now"? Sometimes other insecurities and issues can come into play as well. Maybe there is a problem with premature ejaculation so the other partner rarely reaches their peak, and the focus is just on "getting the job done" so they can move on to other more interesting and engaging activities (like sleep)! Either way, if the sex exists at all, it is brief, goal (orgasm) oriented and is over as quickly as possible. You will find some of the tips on Tantric Sex in the chapters of this book that include:

Understanding what tantric philosophy is Meaning of love and sex for Tantra philosophy - intimacy Divine sex in Hinduism Advantages and differences with traditional sex How best to prepare your mind and body for tantric sex using techniques for foreplay, massage, and masturbation Tantra exercises and massages for sexual fulfillment of couples Emotional and cultural consent: what it is and why it matters Reaching ecstasy and the importance of orgasm Desires Positions And Techniques Improve Tantric Sex With These Tips Considerations and facts about tantric sex you should know about As there is no goal of orgasm, there is no pressure or pushing to reach the end of the session -- only the goal of creating intensity and pleasure together. All of the information regarding tantric sex is now waiting for you, now click the buy button now!

Tantric Sex for Men Exploded Views

Love Your Lady Landscape is a healing journey through the terrain of what it is to be a woman. When a woman isn't in alignment with her feminine essence, she may experience exhaustion and overwhelm, lack sexual desire or passion for life, and generally feel "out of sync". In this book, Lisa Lister uses a myriad of tools and practices such as Earth based spirituality, shamanic teachings, movement and dance, and breath and sound work to teach women how to reconnect to their feminine wisdom in order to start rebalancing all aspects of their lives. Based on Lisa's own 11-year journey of healing and reconnecting with her body, this book will help you:

- release guilt and shame from the past
- explore self-pleasure and sensuality
- understand, read, and connect with your body's signs and signals
- learn about your menstrual cycle and its connection with the rhythms of nature and the universe
- discover the sacred art of receiving
- express your creativity
- find your voice to communicate your needs, wants, and desires

Love Your Lady Landscape will move women into a fiercely loving and healing relationship with their body and will teach them how to use its cycles and signs to create a life of vitality, fulfillment, and

creation.

The Energies of Love Destiny Books

"Your one-stop shop for G-spot stimulation and female ejaculation. Truly, a fabulous book." - Sonia Borg, Ph.D., M.A., M.P.H., author of *Oral Sex She'll Never Forget* and *Oral Sex He'll Never Forget* "This is the must-read book for any woman interested in discovering the secrets of her G-spot. Tristan will teach you how to find and play with the spot for your ultimate pleasure." - Jordan LaRousse and Samantha Sade, authors of *Penis Genius* and *Clitology Experience the ultimate orgasm!* Proper stimulation of the G-spot can yield incredible orgasms and the unique and powerful experience of female ejaculation. However, unlike the clitoris, which is easily visible, the G-spot can be tricky to locate and takes skill to work it in just the right way. *The Secrets of G-Spot Orgasms and Female Ejaculation* demystifies this controversial erogenous zone with the latest techniques, positions, and toys for harnessing the power of the G-spot for incredible pleasure. Leading sex educator Tristan Taormino presents the best positions, couple-play techniques, and solo exercises for maximizing G-spot stimulation, achieving female ejaculation, and having intense, full-body orgasms. Step-by-step instructions for both men and women show how to give and receive mind-blowing sensations, create bed-shaking climaxes, and experience one of the wonders of female sexual pleasure—female ejaculation.

Everything We're Not Saying About Bodies, Health, Sex & Relationships Hay House, Inc

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 re-circulate 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.

Destiny Books

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. This updated edition celebrates the 10th anniversary of *Urban Tantra*, and is revised to include more inclusive gender pronouns and language, new science and safe sex information, and an updated reference section. 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.

21-Days to Heightened Pleasure, Deeper Intimacy and Orgasmic Bliss Inner Traditions / Bear & Co

Kim Cattrall, best known for her depiction of Sex and the City's Samantha, slides between the sheets with readers to share her secrets on reaching the heights of pleasure. In this illustrated guidebook for women looking to improve their sex, Kim Cattrall teams up with her husband to share tips and tricks. This how-to-sex book is based on viewer feedback from the show and designed to help couples focus on achieving the female orgasm. *Tantric Sex* Simon and Schuster

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.

Amplify Your Orgasm Sofia Sundari

This two part book series draws on the latest in neuroscience, biology, and sexology as well as ancient ways of exploring sex through spiritual practices and energetic bodywork to help the reader explore their body and mind in new and profound ways.

The Perfect Matrimony Simon and Schuster

Liberation into Orgasm is an invitation to go through pleasure beyond pleasure. This book is not just a bunch of nice ideas that are only good for the mind, it is an invitation to experience Life totally, and live fully, unapologetically, shamelessly as You. This

book is for those who are either intrigued by sex but feel a little shy and perhaps have never experienced an orgasm, and for those who are very open yet have the intuition that there must be more to sexuality. And forgive me for running ahead, but yes, there is always more to sexuality. This book is for those who have endless spiritual thirst and those who wish to feel more connected to their true Self in every moment of their life. In the modern day world, we tend to think that sex and spirit are separate from each other. Or, that in order to access the spirit, we need to transcend sex. With this book, I want to serve the healing of the split that we have created between sex and spirit. This split is what causes disconnection, shame, guilt and judgment around something that is the most powerful creative force that moves through human beings - our sexual energy. With this book, I want to reveal the tantric perspective of what is really possible for each human being in this Life. With this book I want to invite you on a journey that will take us through pleasure beyond pleasure. Tantra teaches us to live fully. When someone chooses the path of Tantra, it means they choose to go all the way. To live Tantra means not to shy away from any of the aspects of our life. To find out about the book tour and a free event exclusive for my Readers please visit www.sofiasundari.com

The Path to Fulfilling and Sustainable Sexuality Simon and Schuster

Ladies, We Need To Talk breaks the stigma around everything women are thinking but not saying. Yumi Stynes and Claudine Ryan cover all the trickiest taboo topics from their hit podcast, from bodies and mental health to sex and relationships. The ABC podcast Ladies, We Need To Talk has been tearing open the sealed section on life for years, but host Yumi Stynes and co-creator Claudine Ryan know there's still way more to say. In this book, they dive further into the podcast topics that resonated most with sensitivity, hilarity and serious smarts, and open the conversation further to include personal stories from listeners. Want to discover the wonders of your vagina or know how to close the orgasm gap? Are you riding your hormonal rollercoaster blindfolded or feeling a bit weird about your period? Do you want to kick your mental load to the curb or consider the alternatives to monogamy? You're not the only one - and there's no need to go it alone. Ladies, We Need To Talk is a book for all women who feel the squeeze between their private life and their pelvic floor.

Why Orgasms are Vital to a Woman's Health and Happiness, and How to Have Them Every Time! Simon and Schuster

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.

Urban Tantra Destiny Books

"As pragmatic as it is compassionate, this intimate, humorous, and ultimately relaxing invitation to re-wild yourself, stripping away all that is not your true nature, will leave you inspired and curious to discover the wild woman within" (Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*). For the high-achieving modern woman today, having a successful career, a fulfilling romantic relationship, and a satisfying personal life can feel like opposing goals. It has even become difficult to take the time to enjoy the simple pleasures in lives. We are stuck in "go-mode," damaging our romantic relationships, pleasure, and creativity. But what if there were a way to experience the simplest pleasures of our lives on a deeper level, freeing the body and psyche from these destructive patterns? Beyond our current stereotypes about femininity lies the ancient wisdom of the Wild Woman archetype, a model of building a feminine "body intelligence." By embodying this archetype and using tantra--not just in the bedroom, but also to build intimate connections to our senses and physical movements--we can break harmful psychological patterns. In *The Wild Woman's Way*, Michaela Boehm shares practical rituals and exercises drawn from years of experience as a celebrity relationship and life counselor and an expert in tantric yoga. She reveals the power of different types of touch, while also training you in forms of meditation and stretching that increase activity and sensual pleasure.

Trust Your Gut, Care for 'Down There' and Reclaim Your Fierce and Feminine SHE-Power Tantric Orgasm for Women

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.

Mastery the Secrets of Pleasure: Awakening Your Sexual Energy with the Teachings of Tantra Illuminated. A Guide Through Sex Positions for Couples, Massage and Meditation - 2 Books in 1 Hardie Grant Publishing

Using the tantric guidelines they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond preconceptions of sex as a goal-oriented--and often stressful--event so they can relax into sex as a meditative union of complementary energies.

The Art of the Female Orgasm John Hunt Publishing

A practical guide to deepen and expand your orgasmic experience by yourself. Based on ancient Tantric teachings, modern sexology and tons of experience, *Orgasm Unleashed* is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

Tantric Sex for Women Simon and Schuster

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

Tantric Sex John Hunt Publishing

Are you looking for a guide to start practicing tantric sex? Then keep reading... A typical fantasy sex scene is conjured up in the mind. The setting is perfect; soft lighting, light aromas. A man may be muscle-bound, physically strong, tall and handsome, incredibly romantic, and a woman may be aesthetically beautiful, slim with perky breasts, smooth skin, and soft hair, wet and waiting. The sex itself is spontaneous and powerful. He bursts through the door and she is waiting for him in nothing but one of his work shirts. He gingerly picks her up by the waist and she wraps her legs around him as he carries her to the bedroom to make love to her for hours, but they are so impassioned that they don't make it -- and wind up ripping into each other on the staircase on the way up. A typical run-of-the-mill sex scenario between a long-term married couple may be that one partner is stressed from a long day at work and wants to get some sexual release before heading to bed, while the other would rather just read their book in peace, go to sleep unbothered and worry about sex some other time when they are in the mood. In order to avoid conflict and disappointment, one partner gives in to the others desires and the same old sex takes place in the same old bed underneath the same old covers in the same old boring positions; eyes closed and lights off... boring! When sex becomes too boring and too routine, rather than being aroused and looking forward to pleasing and being pleased, people "give up". They wonder how much longer they have to engage in foreplay before it is okay to get to the orgasm. Sometimes people also take issues from outside the bedroom into it, maybe thinking "I'm still mad at him/her from earlier, why on Earth would I give sexual pleasure right now"? Sometimes other insecurities and issues can come into play as well. Maybe there is a problem with premature ejaculation so the other partner rarely reaches their peak, and the focus is just on "getting the job done" so they can move on to other more interesting and engaging activities (like sleep)! Either way, if the sex exists at all, it is brief, goal (orgasm) oriented and

is over as quickly as possible. You will find some of the tips on Tantric Sex in the chapters of this book that include:
 Understanding what tantric philosophy is
 Meaning of love and sex for Tantra philosophy - intimacy
 Divine sex in Hinduism
 Advantages and differences with traditional sex
 How best to prepare your mind and body for tantric sex using techniques for foreplay, massage, and masturbation
 Tantra exercises and massages for sexual fulfillment of couples
 Emotional and cultural consent: what it is and why it matters
 Reaching ecstasy and the importance of orgasm
 Desires Positions And Techniques Improve Tantric Sex With These Tips
 Considerations and facts about tantric sex you should know about
 As there is no goal of orgasm, there is no pressure or pushing to reach the end of the session -- only the goal of creating intensity and pleasure together. All of the information regarding tantric sex is now waiting for you, now click the buy button now!

Tantric Secrets for Men Celestial Arts

A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships
 As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has

many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.
[The Art of Conscious Loving](#) Glorian Publishing
 What is Tantra? It is joy, passion, and healing. It is trust and kindness. It is power. It is everything that a human being is capable of and more... so much more. Living a tantric life is a life filled with unlimited happiness. It is unfathomable in its greatness. It is a way of intimately connecting with the people around you that will change how you exist in this world.