

Mark A. Michaels and Patricia Johnson have written a modern and comprehensive book that celebrates the sacredness of the body (and desire) within the Hindu Tantric tradition, one which aims to dispel remnants of our Puritan past that define many natural activities of our daily life, including sexual activity and desire, in negative terms. Based upon the teachings of Dr. Jonn Mumford, their book is much more than an erotic sex manualâ€”though, it is that, too! The authors explain the Tantric philosophy and its principles, demystify it for beginners, and offer authentic exercises and techniques that will help turn your every moment of pleasure into an opportunity to experience the divine. Praise: Michaels and Johnson unlock the secrets to transcendent Tantric sexuality for beginners and beyond.â€”Library Journal . . . one of the most important spiritual and Tantric books of the decade!â€”Donald Michael Kraig, author of Modern Magick Winner of the 2007 USA Book News Best Books Award

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The Essence of Tantric Sexuality. Tantra Take your sex life from ordinary to extraordinary with this fun and easy-to-use beginner's guide to authentic Tantra. This modern and comprehensive guide to Tantra celebrates the sacredness of desire and the human body. Much more than an erotic sex manual, secrets of. Shop our inventory for The Essence of Tantric Sexuality by Mark A. Michaels, Patricia Johnson, Rudolph Ballentine with fast free shipping on every used book .

16 Aug - 58 min Mark and Patricia are teachers of Tantra and Kriya Yoga. Tune in as they discuss their approach. The Essence of Tantric Sexuality by Mark A. Michaels, , available at Book Depository with free delivery worldwide. Never make love without meditating, otherwise the love will remain sexual. Face each other totally naked and worship each other, because Tantra cannot be . The Essence of Tantric Sexuality by Mark A. Michaels & Patricia Johnson This page adult based how-to on the attainment and practice of sacred sex was a .

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