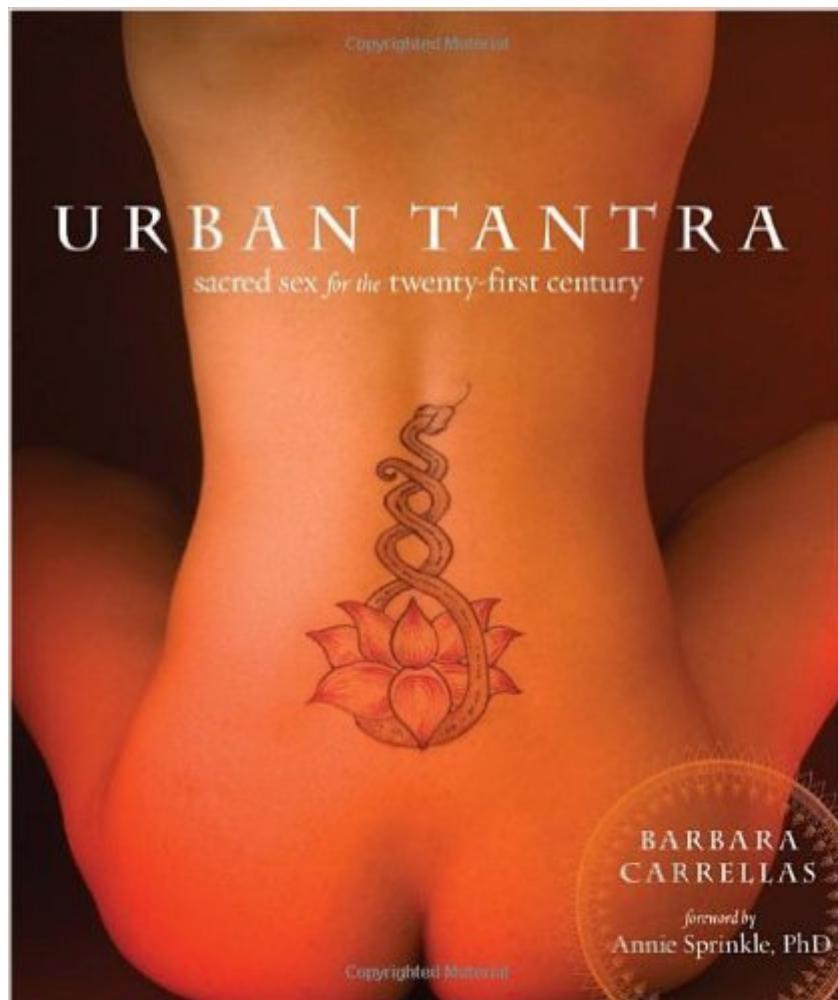


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Urban Tantra: Sacred Sex For The Twenty-First Century



Synopsis

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.

Book Information

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Customer Reviews

I'm a personal growth coach with a graduate education in integral psychology. I have had a lifelong interest in the wisdom traditions of the world and this was also part of my study. I also work with people having various kinds of sexual issues or seeking more fulfillment. When I ordered this book, I had a mixed reaction to the reviews and I was honestly expecting not to like it. However, I found it to be quite refreshing, fun, extremely witty and also informative. It talks about real sex between real people and how sex can be used as a spiritual practice and tool for transformation. Strickly speaking, tantra is path to spiritual transformation that uses the stuff of everyday life as a gateway to

something more transcendent. There are many tantric practices and the sexual practices are only a small and rather minor subset of this overall topic. If you are looking for an a good introduction on this deeper tantra or for more context, see *Introduction to Tantra : The Transformation of Desire*. This is an excellent, concise and accessible introduction to traditional tantra before it was imported to the West. Although it is written from a Tibetan Buddhist perspective, the concepts apply well to any type of traditional tantra. Back to this book.... once I got beyond my resistance to it given my knowledge and biases toward traditional tantra, I found it to be a practical tool for people looking to find deeper meaning in sex. Tantra is sort of a buzz word in the West and has a technical definition in the East. However, the authors define Tantra as... "living, authentically, consciously and sensuously.

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