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## 101 Nights of Tantric Sex: How to Make Each Night a New Way to Sexual Ecstasy (Paperback)

By Cassandra Lorus

HarperCollins Publishers, United Kingdom, 2009. Paperback. Book Condition: New. 234 x 156 mm. Language: N/A. Brand New Book. Switch off the mind, awaken all the senses and become aware of your whole body with this superbly illustrated guide to using and enhancing Tantric sexual energy. Tantra, the Tao of Love, is an Eastern path to self-development. Central to that path is healthy sexual energy, which needs to be harmonized if we re to live life happily and fulfil our true potential. The Tantra involves letting your mind go and learning to express yourself through your body. The Tantra nurtures intimacy, sexual and emotional self-confidence and the healthy development of sexual energy flow through the whole body. As the mind and body become harmonised by Tantric sex, communication skills, personal creativity and spontaneity are enhanced. 101 Nights of Tantric Sex leads you through 101 nights of rituals and meditations to bring you closer to the divine, including: Affirming your commitment \* Playing the Yin-Yang game \* Honouring your partner \* Creating sacred space \* Erotic touch \* Co-mingling breath \* Anointing the Chakras.



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