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In Emotional Detox - A Woman's Guide to Healing and Awakening, leading Tantra Healer, Mal Weeraratne, shares a fresh approach and insights on how to unblock orgasmic potential and achieve emotional liberation. Harnessing sexual energy rejuvenates and improves physiological, emotional, psychological and spiritual health. This book teaches women how to take control of the sexual energy within their bodies to remove trauma stored in the form of emotions using ancient knowledge and practices that are combined with new ground-breaking insights to create an engineered trauma-release technique called Tantric Tao Bodywork for Emotional Detox. Tantric - Tao Bodywork is a British pioneer technique intended to eliminate traumatic experiences at a cellular level in the body to start living a positive life. -- a biological cleanse and detox to experience joy and bliss. Having explored Tantra and Tao for 20+ years, Mal reveals how all women are capable of experiencing emotional freedom and ecstatic bliss. He provides readers with a unique understanding of how the female body may be activated to deepen ecstatic states. Prevailing negative attitudes in the West work against the natural capacity of a woman to realize her full sexual potential and ability to feel unlimited bliss and achieve deep orgasmic states. Among other alarming survey results, it is estimated as per Cosmopolitan's Female Orgasm Survey, only 57% of women in the UK experience an orgasm when they have sex with a partner whereas 43% has never experienced an orgasm. This book is packed with practical advice and tips on how to harness sexual orgasmic energy. Readers will learn how emotional trauma can block pleasure and cause disease; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; the secrets and history of female ejaculation; techniques for awakening and yoni massage and so much more. Readers are shown how to share a sensual massage with their loved ones using the most tantalizing Eastern techniques, from Tantra to Tao. Color photos. Tantra? It's not one of the most accessible works to bring Tantra to Western couples - such is its popularity that more than a quarter of a million of its readers have discovered the ease and intimacy of this ancient art. Updated Content On March 17, 2018, Want To Try The Top 20 Sex Positions? Sex is one of the most beautiful things in the world, but it can become pretty boring if you keep doing the same thing over and over again. The sad thing is that most people usually don't know exactly what to do to bring that spark back into the bedroom. Are you tired of the same old missionary sex position? Do you want to find different ways to spice up your sex life? Are you looking for something to help you look forward to sex with excitement? If you do,

then you are in the right place. This book brings you 20 best sex positions you can try today and be glad you did plus tips on how to spice up your sex life and tantric massage techniques. Thanks again for downloading this book, I hope you enjoy it! Master the techniques of infant massage and incorporate this joyful and wonderful healing art into your baby's life with this revised and updated edition. For generations, mothers around the world have known that the soft touch of their hands soothes, calms, and communicates their love to their babies. The latest scientific research confirms that physical affection is vital to the development and wellness of children—easing discomfort, releasing tension, improving sleep, helping premature infants gain weight, even aiding asthmatic children to improve their breathing. Now Vimala McClure, founder of the International Association of Infant Massage, has revised and updated her beloved classic. Inside you'll find •specific routines tailored to help relieve colic, fever, and chest and nasal congestion •easy-to-follow instructions and photographs demonstrating each step •new information on the benefits of skin-to-skin contact •instructions for premature infants and babies with special needs •lullabies, rhymes, and games to enhance the massage experience •a special chapter dedicated to fathers •compassionate advice for foster and adoptive parents Praise for Infant Massage "Speaking as a pediatrician, the best advice I can give you is to try the techniques described in this book."—Stephen Berman, M.D., F.A.A.P., former president, American Academy of Pediatrics "What a brilliant way to love and nurture a child! The first connection between parent and child is physical, through the body; by using the techniques Vimala McClure has developed, your parental relationship will be off to a magnificent start."—Judy Ford, author of Wonderful Ways to Love a Child With top-to-toe sensual massage, this title will enable you to discover a whole new world of erotic play. Packed with techniques drawn from Thai, Tantric and Western traditions, it explores a range of sexually charged movements and manipulations, with some surprising additions and variations. With all-new color line drawings, a new cover, and fresh, four-color photos, this elegant guide explains how to combine the erotic, ancient Oriental art of lovemaking with modern massage techniques to enhance sexual experiences. Full color. Tantra e Massaggio Tantra - cosa sono, a cosa servono, per chi sono utili, come dovrebbero essere fatti e come ricevuti. Uno sguardo introduttivo sulle verità per avere le idee chiare e acquisire le conoscenze fondamentali a farsene una idea corretta. Il massimo Docente della My Tantra Academy ci accompagna in questa introduzione. Soothe your spirit and relax your body by learning the art of the holistic massage. In The New Art of Massage, renowned practitioner of massage therapy Guillermo Ferrara explains the art of the holistic massage in easy-to-follow steps. Follow his guidance as he presents the theory of each approach and then the successful practice for each one. More than three hundred color photographs and seventy color illustrations provide step-by-step instructions and explanations on four massage techniques: tantric, sensitive, reflexology, and Zen-shiatsu. By explaining the principles behind each holistic massage, Ferrara demonstrates the importance of touch in both empowering the spirit and relaxing the body. Whether you are an experienced massage therapist or a beginner seeking to help a loved one unwind, The New Art of Massage will undoubtedly be a rich source of inspiration and wisdom. "Massage therapy is the bringing together of body and soul, a transformative journey from a state of personal tension to one of complete relaxation."—Guillermo Ferrara Connettiti con il tuo lato spirituale attraverso il massaggio tantrico Il tuo corpo è un tempio ed è tempo di cominciare ad adorarlo attraverso il massaggio sensuale della tecnica tantra. Aumenta la tua comprensione dei centri di piacere del corpo maschile e femminile attraverso il massaggio tantrico e diventa un maestro del piacere. Vuoi provare sensazioni mai sentite prima? Connetterti con il tuo corpo? Entrare in sintonia con il tuo partner? Tutto questo può essere raggiunto attraverso il massaggio tantra. Acquista questa guida sul massaggio tantrico per: Trovare le tue zone erogene e quelle del tuo partner, attraverso un massaggio sensuale Alleviare il tuo stress e preoccuparti di meno in camera da letto con le tecniche tantra Visualizzare 10 illustrazioni di tecniche di massaggio sensuale Visualizzare 5 posizioni tantra da utilizzare con il tuo partner Connetterti con il tuo corpo spirituale attraverso il massaggio tantrico Esplorare nuovi confini e sensazioni con il massaggio tantra Creare un legame più stretto, aperto e onesto, con il tuo partner Sei pronto a tuffarti ed esplorare il tuo corpo per il massimo piacere spirituale? Acquista questa guida di massaggio tantrico per ottenere la spiritualità in camera da letto stasera! Updated Content On March 17, 2018, Want To Try The Top 20 Sex Positions? Sex is one of the most beautiful things in the world, but it can become pretty boring if you keep doing the same thing over and over again. The sad thing is that most people usually don't know exactly what to do to bring that spark back into the bedroom. Are you tired of the same old missionary sex position? Do you want to find different ways to spice up your sex life? Are you looking for something to help you look forward to sex with excitement? If you do, then you are in the right place. This book brings you 20 best sex positions you can try today and be glad you did plus tips on how to spice up your sex life and tantric massage techniques. Thanks again for downloading this book, I hope you enjoy it! Enter a world combining sexual and spiritual dimensions, that adapts from the ancient East to use today in the West. Presents specific, practical massage techniques for the whole body. Tantric Massage is written for those with more esoteric and meditative interests. B & W line drawings and color paintings enrich this erotic, intimate guide. Seeking touch, love, human connection and understanding through massage, "The Complete Uncensored Massage" takes you on a journey spanning 3 continents, and combines 3 of the author's best books. Using humor, rich description, and a storytelling style, it is a meditation on the human hunger for massage of various kinds, on

massage therapists, men, women, and puritanism vs. liberation. Included: a Sandiwich massage, nude massages and joint-shower massages, lusty Indonesian masseuses who have sex with their customers, a Russian Tantric and Erotic Finnish massage in New York City, and a radical proposal for achieving universal peace and prosperity! Books included: "The Uncensored Massage: Thailand, Indonesia, Vietnam, and China," "The Uncensored Massage: From Massage to Sex in America and Elsewhere," and "Lingam Massage: A Safe Sex, Antiwar, and Economic Recovery Tool." Bonus chapter: A consumer wish list for better massages. A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies • Provides emotional healing by releasing traumatic memories stored in the yoni • Includes exercises that use sexual energy to cleanse and stimulate the chakras • Empowers women to draw strength and radiant vitality from the restored connection to their innermost core "Yoni" is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a "private part" hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place. This book introduces Watsu(r), the world's first Aquatic Bodywork, and the newest forms of Explorer and Tandem Watsu, as well as Tantsuyoga which brings Watsu's unconditional holding and the movement of water onto land. Watsu is the practice of floating and stretching people in warm water in a way that creates enough safety in our arms for them to access whatever level of being they need to free and heal. Watsu has taken the lead in aquatic therapy and stress reduction in clinics and spas around the world. This book's new Basic Watsu is both a path in itself for exploring new ways of being with family and friends and a possible first step to a professional path. It is based on a simple progression of moves that follow and deepen the connection of your breathing, and moves that awaken and engage the movement within. This progression, and how to maintain someone comfortably supported and aligned (as well as yourself) can be learned in two days of instruction. Once learned, the more you share on this Basic path, the more you will find your connection to others reaching new levels. This book also introduces the moves of the next step on the professional path, the Transition Flow, which is the rest of what is taught in our Watsu I intensives. Another path introduced in this book complements both the Basic and Practitioner paths. Instead of a progression or a form it presents a format for meetings in which three from any level of Watsu explore its potential together. This book presents themes, one of which each brings to a meeting. Sharing feedback and suggestions, the three explore as a team the principles and the applications of each's theme, which is usually a move or a way of using one's own body. Then each enjoys receiving a complete session in a Round in which the first of the other two starts from the first side incorporating his theme into the flow, the second continues from the second incorporating her theme. Then the two float and stretch the receiver between them. This last part was so powerful that it led to new form of Watsu, Tandem Watsu, that is now introduced in this book. Being floated between two, whatever is released by the now fully supported stretches is contained and circulates within to wherever it is needed. The power of three discovered in this book's Explorer and Tandem Watsu is now brought onto land in its Tantsuyoga. Besides introducing how to share with one other, this fifth edition presents all the steps of the new Flower Rounds in which the support of the third allows the holder to keep his eyes closed and engage his breath so deeply he can celebrate seven stages of union (Yoga means union). See Tantsuyoga.com. This book also introduces how to bring Tantsuyoga into Yoga classes. Our goal is a world in which everybody can unconditionally hold each other. Harold Dull started developing Watsu over 30 years ago, floating and stretching his Zen Shiatsu students in a warm pool in Northern California. At that time he started Tantsu(r) (Watsu on land) which has evolved into the Tantsuyoga in this book. A poet in the San Francisco Renaissance, Harold enjoys continuing to share how this book's forms evolve through its five editions. Harold has taught in more than 25 countries. Students from more than 60 countries have studied Wa With more than one hundred erotic drawings and a full-color insert, Erotic Massage provides easy-to-learn strokes and methods that allow you and your partner to bring together the sensual, the erotic, and the intimate. The detailed illustrations and instructions can be easily absorbed in one evening so that sensual techniques of Erotic Massage can be enjoyed immediately. Millions of readers are experiencing the sexual rewards of Tantric lovemaking - and Erotic Massage is among the most accessible and explicit works to bring Tantric methods to Western couples. Written and illustrated with profound sensitivity, Erotic Massage is a lovemaking manual on its way to becoming a classic. Ciascuno di noi ha nelle sue mani tutte le potenzialità per realizzare i propri obiettivi o addirittura, spinto da una giusta motivazione e supportato da un'incrollabile volontà, ottenere la piena

illuminazione. Avvicinarsi, studiare, approfondire, praticare o applicare quotidianamente i concetti esposti nella medicina tibetana non vuol dire diventare buddhisti o doverne accettare dogmaticamente gli assunti. Il benessere – fisico, energetico e mentale – di ciascuno di noi prescinde da connotazioni religiose o sociali, è insito nella nostra natura ed è una condizione accessibile a tutti: è quindi “a portata di mano”. Viviamo in tempi caratterizzati da un crescente malessere psicofisico. È diventato ossessivo il bisogno di felicità, che manifestiamo attraverso il disagio causato dalla sua assenza. La questione non è però come conseguire ma dove ricercare la felicità. Questo libro ce lo spiega e ci fornisce, grazie all'antico massaggio tibetano Ku Nye, un valido strumento per sconfiggere la malattia del secolo, lo stress. Describes a system that works toward the free flow of energy through the body, to enable one to begin to function as a unified being. As well as promoting full erotic enjoyment, regular Taoist massage leads to reduction in stress levels and improvement in health. A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity • Empowers men to expand and deepen their experience of arousal and sensuality • Demonstrates how deep relaxation is important to a strong and lasting erection • Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual “performance” have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation. Tantric Massage (FREE Bonus Included) For Beginners - 8 Amazing Secrets to Boost Your Sex Life with Tips for Sensual Tantric Massage and Perfect Love Making This Tantric massage e-book will take you and your romantic partner to places where you have never been. It uses the ancient energy of the chakras and takes your contact with your lover to a new level. In this book, we will teach you the meaning of Tantric massage and the way it is performed. There are specific methods to use in Tantric massage, and it involves some study on your part. We'll start you out in this e-book, and have you feeling like enough of an expert to add Tantric massage to your nightly ritual, whether it leads to a sexual encounter or not. There is much more to Tantric massage than oils, music and candles. You will be working with your sexual energy and hers, to make a stronger connection. This will make sex a more rewarding part of your life. With some experience on your part, you and your partner can learn to use this ancient, loving massage to change your love life and find a higher plane of excitement and pleasure. Sexual activity will mean so much more to you and your lover when your energies are connected. We will also give you: 8 amazing Tantric massage secrets Tips for the most sensual Tantric massage Secrets of using Tantric massage for perfect love-making Getting Your FREE Bonus Read this book, and find "BONUS: Your FREE Gift" chapter right after the introduction or after the conclusion. This 3-in-1 book is the result of one man's extraordinary experiences in 20 countries receiving over 3,000 massages. Humorous, sexy, and informative, the book describes a Thai Sandwich Massage (that leads to a hot threesome), pantie-less masseuses and “sitting on butt” massages in Thailand, nymphomaniac or sex-starved Javanese masseuses who have sex with their customers, a Russian Tantric and Nude Finnish massage in New York City, and the Zen of balls and masculine maintenance. Considering that a single massage in New York City costs around seventy dollars, this book, with its wealth of information, is a bargain. It also contains a chapter offering specific advice to persons seeking adventure, erotic pleasure, and variety in their massages around the world. Besides the entire text of his two major books, "The Uncensored Massage: Thailand, Indonesia, Vietnam, and China," and "The Uncensored Massage: From Massage to Sex America and Elsewhere," and a short book, "Lingam Massage: A Safe Sex, Antiwar, and Economic Recovery Tool," this special edition contains a bonus chapter or Appendix which provides a consumer wish list for better massages. In parts, this book can be reread for the sheer pleasure of its humor and language (occasionally racy), and makes an ideal gift to an open-minded friend. This tasteful but occasionally raunchy book contains occasional adult language and is meant for non-pc readers with a sense of humor. Raccontare se stessi, attraverso gli episodi principali della propria esistenza, è il filo conduttore dell'autore che, ripercorrendo le tappe fondamentali del cambiamento e dell'accettazione del proprio percorso, dà vita ad un appassionato diario autobiografico. Dal lavoro alle amicizie, dalla pratica buddista al sogno della danza, passando per temi complicati, toccati in punta di piedi, come l'omosessualità e la disabilità, il tutto sempre raccontato con desiderio e trasporto. Nella penna dell'autore c'è grande energia e forte motivazione, rintracciabili sin dall'introduzione del volume, in cui appare immediatamente chiaro l'intento compositivo, assolutamente vitale e mai nostalgico o deprimente. Lo stile vivace dello scrittore passa dal foglio alla mente del lettore continuamente, fino all'epilogo di un racconto che, seppure breve, risulta molto intenso e racchiude un messaggio di forza e speranza per tutti. Sono numerosi i temi affrontati dallo scrittore e possono ritenersi

fortemente legati agli aspetti caratterizzanti della vita di un essere umano: la religione, il desiderio fisico, lo studio, l'attività lavorativa, la convivenza con la disabilità. Tutti questi aspetti determinano i passaggi e le esperienze del protagonista, grazie ai quali egli è divenuto l'uomo che è oggi. L'intento non è descrivere nel dettaglio ogni singolo passaggio, quanto piuttosto di analizzare il tutto come un unicum, parte di un essere unico e indivisibile, anche per questo forte e capace di lottare per far sì che i propri sogni possano realizzarsi.

America is hotter than you think, suggests this one-of-a-kind book, which describes accidental sex in the massage parlors of New York, Russians administering Tantric Massage in the heart of Wall Street, why some masseuses regard penises as a blessing (while others regard them as a headache), the care and protection of balls, and why anatomical innocence can be such a delightful thing. Discover the gentle art of Infant Massage... In this completely updated version of her renowned classic, Vimala McClure, founder of the International Association of Infant Massage, and its premier proponent in the United States, helps you master the techniques of infant massage so you can incorporate this joyful and wonderful healing art into your baby's life. She shows you why a daily massage can be one of the greatest gifts you give your child...and yourself. For generations mothers the world over have known that the soft stroke of their hands soothes, calms, and communicates their love to their babies. Now scientific research proves that massage can do all that and more. In Infant Massage, McClure shares how massage benefits children--easing discomfort, releasing tension, helping premature infants gain weight, even helping asthmatic children improve breathing function. She explains each step of the massage process with simple easy-to-follow instructions and delightful photographs demonstrating each stroke. You'll also find: Specific routines tailored to help relieve colic, fever, chest and nasal congestion Modified instructions for premature infants and babies with special needs Helpful hints on dealing with crying and fussing Lullabies, rhymes, and games to enhance the massage experience Guidance for teaching children about "good touch" A special chapter dedicated to fathers Compassionate advice for foster and adoptive parents And much more Have you ever wondered about tantric massage and what it could do for you? Many have heard of it before, but have found it a 'taboo' subject due to misunderstanding what the massage is about and what it entails. In reality, if you want to relieve stress, improve the bond between you and a lover, or even improve your sexual relationship, tantric massage is the answer. Tantric massage has been shown to provide a number of health benefits, some of which may seem a bit surprising. A lot of these benefits arise from the release of tension experienced by massaging the muscles and soft tissues. Tantric massage is not like a deep tissue massage where you find yourself sore and in pain the next day. It is the complete opposite, and leaves you in a happy, calm and relaxed state. There are a few different hand techniques required to master the art of tantric massage, yet very few tools are required. Do you know what they are? Would you like to? Tantric massage is not difficult once you know how, and once you try it, you will not regret it at all. Some of the lessons in this book will include: Creating the right atmosphere Feather strokes, kneading techniques Health benefits How to massage your man Oils and lubricants What is tantric massage? Getting Your FREE Bonus

Read this book to the end and see "BONUS: Your FREE Gift" chapter after the introduction and conclusion. Tantra is an old healing technique formulated to release natural energy from within the body to deal with physical and emotional trauma. It is practiced in many ways: tantric yoga, tantric sex, tantric meditation and tantric massage are just a few. This book will explore tantric massage as a form of relaxation and health. Step-by-step illustrations and great tips for erotic stimulation show you how to enrich you love-making through the power of touch. The book features more than 200 all new erotic and vibrant photographs which demonstrate sensual touching. Sensual massage techniques for enhancing sexual pleasure, in e-book format Explore the full sensual potential of massage with this practical and inspirational companion to enjoying the most erotic, intense and passionate lovemaking experiences. Master over 100 erotic massage techniques to heighten arousal, enhance sex and deepen orgasm. Discover how to pleasure every part of the body, with step-by-step ways to tease and please, from the neck to you and your partner's most intimate parts. Create the ultimate massage experience through fantasy, role-play, toys and erotic love games. With tips on oral and manual strokes and complete guidance on how to perform a full body massage, you'll learn to add a powerful new dimension to your sex life. In 'Emotional Detox - A Woman's Guide to Healing and Awakening', leading Tantra Healer, Mal Weeraratne, shares a fresh approach and insights on how to unblock orgasmic potential and achieve emotional liberation. Harnessing sexual energy rejuvenates and improves physiological, emotional, psychological and spiritual health. This book teaches women how to take control of the sexual energy within their bodies to remove trauma stored in the form of emotions using ancient knowledge and practices that are combined with new ground-breaking insights to create an engineered trauma-release technique called Tantric - Tao Bodywork for Emotional Detox. Tantric - Tao Bodywork is a British pioneer technique intended to eliminate traumatic experiences at a cellular level in the body to start living a positive life. -- a biological cleanse and detox to experience joy and bliss. Having explored Tantra and Tao for 20+ years, Mal reveals how all women are capable of experiencing emotional freedom and ecstatic bliss. He provides readers with a unique understanding of how the female body may be activated to deepen ecstatic states. Prevailing negative attitudes in the West work against the natural capacity of a woman to realize her full sexual potential and ability to feel unlimited bliss and achieve deep orgasmic states. Among other alarming survey results, it is estimated as per Cosmopolitan's Female Orgasm Survey, only 57% of women in the

UK experience an orgasm when they have sex with a partner whereas 43% has never experienced an orgasm. This book is packed with practical advice and tips on how to harness sexual orgasmic energy. Readers will learn how emotional trauma can block pleasure and cause disease; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; the secrets and history of female ejaculation; techniques for awakening and yoni massage and so much more.

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