Eros, Consciousness and Kundalini: Deepening Sensuality Through Tantric Celibacy & Spiritual Intimacy

By Stuart Sovatsky

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Eros, Consciousness and Kundalini: Deepening Sensuality Through Tantric Celibacy & Spiritual Intimacy, Stuart Sovatsky, Exercises based on yoga and chakra meditation teach you to transform sexual energy into spiritual and erotic fulfillment.Perfect for deepening a life partnership, gaining mastery over one's body, or healing the emotional scars of sexual abuse.Well-illustrated positions and techniques.In this extraordinary celebration of the erotic, Dr. Stuart Sovatsky introduces us to the Tantric art of sexual sublimation, in which sexual energy is redirected toward achieving higher awareness and an erotic satisfaction far beyond that possible through sexual intercourse. The potential reasons for exploring Tantric celibacy are many--including the desire to deepen a life partnership, to gain a new level of mastery over one's body, to heal the emotional scars of sexual abuse, to practice safe sex, or to explore the intimate relationship between spirituality and sexuality.Exercises based on yoga, kundalini, and chakra meditation make Eros, Consciousness, and Kundalini a practical guide to the world of Tantric celibacy. By transcending the boundaries of conventional sexuality, one can learn to harness the divine energy--glimpsed for only an instant by most people-- that is at the heart of all...

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