

Enlightened Sex

The Way of the Superior Man David Deida.2008-09 Deida explores the most important issues in men's lives--from career and family to women and intimacy to love and spirituality--to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom.

Sexual Enlightenment Elsbeth Meuth and Freddy Zental Weaver.2013-11 Sexual Enlightenment provides a guide for anyone--from couples to singles, from parents to students, from professionals to entrepreneurs--looking for bringing lasting fulfillment into their lives, relationships and work. Introducing cutting-edge principles and inspiring practices on how to access innate creative energy, listen to the wisdom of the heart, and connect with the power of the conscious mind, Dr. Elsbeth Meuth and Freddy Zental Weaver offer a road map that can alter and enlighten the way you look at sexual energy, love, and your conscious self. They provide practical advice on how to - access peace and joy anytime and anywhere by calming the unending chatter in your mind; - circulate your life force energy within for achieving greater physical health, increased emotional well-being, and deeper spiritual connection; - feel confident, grounded, and vital in yourself by accessing and training your love muscle; - experience an instant love connection with your partner, avoiding debilitating fights and mutual accusations; - come into balance of your yin and yang nature for creating the life and relationships you always wanted; - release blocks from the past that no longer serve you and keep you from experiencing fulfillment in life, love, and intimacy; - bring pleasure into your daily life by tapping into your creative life force energy; - enjoy reawakening your feminine joyous self as a woman; - cultivate sustaining your masculine pleasurable energy as a man; and - draw on your life-giving sexual energy to infuse your wishes and realize your dreams.

Instant Enlightenment David Deida.2007-03-01 Explore the Other Side of Enlightenment Does enlightenment have a dark side? It does, explains David Deida, but instead of closing to what seems unloving, we can learn to open as what we would rather avoid. In *Instant Enlightenment*, this maverick author and teacher offers a rude awakening through a collection of daring exercises and practices intended to provoke, challenge, and immediately reveal the ever-present love that lives all things. Each pithy chapter encourages readers to blast the light of consciousness on the taboos we hide in shadow, from our ideas about sex and money to emotions and spirituality. *Instant Enlightenment* will surprise and possibly offend you—but it will lead you fast and suddenly to the realization of the sacred entirety of your experience. Dive straight into this book. Open to any page and read for two minutes, and you'll see that you are instant enlightenment.—Ken Wilber, author of *A Brief History of Everything*

Dear Lover David Deida.2011 Are You Ready to Open to Loves Deepest Bliss? Every woman knows the fairy tale: find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver - when you sense you've been settling for far less than you know in your heart is possible - how do you attract and keep a man capable of meeting what you most passionately yearn for? In *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover: Why your man is always your choice - and how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit "Sexual essence" and the three stages of loving: how to understand your fluctuating capacity to experience divine connection with another Knowing when to end a relationship and how to deal with the "him-shaped void" your absent man leaves behind Daily exercises to help you and your partner move from separation to openness in two-bodied

devotional trust Ultimately, what every woman wants is to give and receive love fully. Whether you're partnered or alone, *Dear Lover* reveals that "your love is the same love that yearns to open at everybody's heart. You will attract and inspire a man as willing and able to open as you are.

Constant yearning is the call to open and give yourself to all as love's offering

Sex, Sin, and Zen Brad Warner.2010-08-31 With his one-of-a-kind blend of autobiography, pop culture, and plainspoken Buddhism, Brad Warner explores an A-to-Z of sexual topics — from masturbation to dating, gender identity to pornography. In addition to approaching sexuality from a Buddhist perspective, he looks at Buddhism — emptiness, compassion, karma — from a sexual vantage. Throughout, he stares down the tough questions: Can prostitution be a right livelihood? Can a good spiritual master also be really, really bad? And ultimately, what's love got to do with any of it? While no puritan when it comes to non-vanilla sexuality, Warner offers a conscious approach to sexual ethics and intimacy — real-world wisdom for our times.

Sex, Drugs, & Economics Diane Coyle.2004 In this refreshing look at economics and its relevance, the author shows how to apply economic principles to headline issues from sex, drugs, arms, and music to energy, movies, farming, the Internet and AIDS.

Enlightened Sexuality Marcus Balane.2008-10 This book explores the relationship of sexuality and spiritual enlightenment. The author reveals the powerful role enlightened sexuality plays in emotional, physical, and spiritual growth and health. He further reveals how sexual enlightenment can unlock amazing spiritual and physical powers hidden within, elevating both individuals and couples to new levels of enlightenment. This book is a must for both couples and individuals alike.

Cleanness Garth Greenwell.2020-01-14 Longlisted for the Prix Sade 2021 Longlisted for the Joyce Carol Oates Prize Longlisted for the Gordon Burn Prize A New York Times Notable Book of 2020 A New York Times Critics Top Ten Book of the Year Named a Best Book of the Year by over 30 Publications, including *The New Yorker*, *TIME*, *The Washington Post*, *Entertainment Weekly*, *NPR*, and the *BBC* In the highly anticipated follow-up to his beloved debut, *What Belongs to You*, Garth Greenwell deepens his exploration of foreignness, obligation, and desire Sofia, Bulgaria, a landlocked city in southern Europe, stirs with hope and impending upheaval. Soviet buildings crumble, wind scatters sand from the far south, and political protesters flood the streets with song. In this atmosphere of disquiet, an American teacher navigates a life transformed by the discovery and loss of love. As he prepares to leave the place he's come to call home, he grapples with the intimate encounters that have marked his years abroad, each bearing uncanny reminders of his past. A queer student's confession recalls his own first love, a stranger's seduction devolves into paternal sadism, and a romance with another foreigner opens, and heals, old wounds. Each echo reveals startling insights about what it means to seek connection: with those we love, with the places we inhabit, and with our own fugitive selves. *Cleanness* revisits and expands the world of Garth Greenwell's beloved debut, *What Belongs to You*, declared "an instant classic" by *The New York Times Book Review*. In exacting, elegant prose, he transcribes the strange dialects of desire, cementing his stature as one of our most vital living writers.

The Rise of Enlightened Sexism Susan J. Douglas.2010-12-21 Women today are inundated with conflicting messages from the mass media: they must either be strong leaders in complete command or sex kittens obsessed with finding and pleasing a man. In *The Rise Of Enlightened Sexism*, Susan J. Douglas, one of America's most entertaining and insightful cultural critics, takes readers on a spirited journey through the television programs, popular songs, movies, and news coverage of recent years, telling a story that is nothing less than the cultural biography of a new generation of American women. Revisiting cultural touchstones from *Buffy the Vampire Slayer* to *Survivor* to *Desperate Housewives*, Douglas uses wit and wisdom to expose these images of women as mere fantasies of female power, assuring women and girls that the battle for equality has been won, so there's nothing wrong with resurrecting sexist stereotypes—all in good fun, of course. She shows that these portrayals not only distract us

from the real-world challenges facing women today but also drive a wedge between baby-boom women and their millennial daughters. In seeking to bridge this generation gap, Douglas makes the case for casting aside these retrograde messages, showing us how to decode the mixed messages that restrict the ambitions of women of all ages. And what makes *The Rise Of Enlightened Sexism* such a pleasure to read is Douglas's unique voice, as she blends humor with insight and offers an empathetic and sisterly guide to the images so many American women love and hate with equal measure. [Lust for Enlightenment](#) John Stevens.1990-12-08 Over the centuries, Buddhism has responded to sexuality in a variety of fascinating ways, sometimes suppressing the sexual urge, sometimes sublimating it, sometimes cultivating it, and, on the highest levels, transforming it. This book reveals how Buddhists, beginning with Shakyamuni Buddha himself, relate to the inner fire that drives humankind. Included are chapters on the Buddha's love life before his enlightenment and his later relationships with women; the tantric approach to sex among Buddhists of ancient India, Tibet, China, and Japan; Zen in the art of love; and a positive discussion of women and Buddhism.

Conscious Love Alain Torres,Christopher Menné,Lucia Nicola Evans,Deborah Morehead,Lana Baumgartner,Kristina Shumilova,Deborah Nielsen,Joni Young,Sky Blossoms,Christine Dunn,Elena Estanol,Christopher Sherrod,Nan Akasha.2016-05-11 Conscious Love Relationships On FIRE! Explore New Paradigms of Love in this Fresh, New Book with 11 Love Experts who Reveal Their Secrets to Conscious Love! What if the love that didn't work for you was actually just the training ground for the conscious love you were really meant to have in your life? What if the heavy weight of a relationship that just isn't working could be lifted off your shoulders forever? What if the cure to depression was as simple as passionate love-making? What if the way to connection was through conflict? What if food, money and sex were all connected in unexpected ways? How would your life change if your dried-up old, non-existent sex life was suddenly wild, wet and rejuvenated again? What if the secret to the type of conscious relationship you've been waiting for all these years lay in the pages of this book ... Wouldn't you want to find out? The system and paradigms around Intimate Relationships are changing. We are approaching a time in our history where massive changes in consciousness are challenging our visions of what is possible in relationships. Men and Women are unsatisfied with themselves, with each other and with what they create together, and often, desperately unhappy as well. It is time for new paradigm thinking, and these soul-based experts in conscious relationships are leading the conversation. Get this paradigm shifting book and Get Ready to Open your heart, Lovingly Transform Conflict, Create a Sensual Connection with your Partner, Enjoy Sacred Sex and even Become a Power Couple! Here's just a sampling of our topics and experts; Power Couples: Successful or Entrepreneurial? Learn the Secrets to Having It All - Work, Play, and Love - Alain Torres The Birth of the Sensual Foodist and the Kitchen Portal to Love - Lana Baumgartner Creating Connection through Conscious Conflict - Deborah Morehead 50 Shades of Conscious Sexuality: The Cosmic Dance of Sex, Love, and Awakening. - Christopher Menne The Power of Authentic Relating- Lucia Nicola Evans Moving on from Love that didn't Work Out - Kristina Shumilova In this Dance, Dance of Love-Deborah Nielsen Love, Success, and Philanthropy...You Can Have It All !!!-Joni Young How to Open Your Heart to True Love- Sky Blossoms The Quest for Conscious Love: A Lesbian Perspective - Christine Dunn Alchemy of Love: Find the Key to keeping your Bank Account Flowing, Your Body Glowing & Your Business Growing - Dr. Elena Estanol Conscious Love: Enlightened Relationships and Soulful Sex. <http://consciousloverelationshipsbook.com/>

Finding God Through Sex David Deida.2005-05-01 When it comes to sex, most of us want more. The question is: more of what? According to David Deida, when the depth of intimacy you've been experiencing is no longer fulfilling to your heart and body—when you sense that sexuality should go far beyond an embrace of brief satisfaction—the time has come to explore your unique sexual path to the divine. In *Finding God Through Sex*, this brilliant writer and internationally renowned expert on spiritual sexuality presents a revolutionary new way to love—one in which sex literally becomes an erotic act of devotional surrender, making love, magnifying love, from the boundless depth of your heart through every inch of your body

and in merger with your lover. Through provocative vignettes that illuminate the many moods that color lovemaking, and direct instruction that speaks honestly to the masculine and feminine desires within each of us, Deida brings wisdom gained from 30 years' work with thousands of couples to illustrate the distinct yet complementary avenues men and women can skillfully travel toward untamed passion and sacred unity. What unfolds is an unparalleled road map to the place where we love as the cosmos loves: One loving itself as an other, yet remembering itself as One.

Libertine Enlightenment L. O'Connell, P. Cryle. 2003-11-14 Sex in the Eighteenth-century was not simply a pleasure; it had profound philosophical and political implications. This book explores those implications, and in particular the links between sexual freedom and liberty in a variety of European and British contexts. Discussing prostitutes and politicians, philosophers and charlatans, confidence tricksters and novelists, *Libertine Enlightenment* presents a fascinating overview of the sexual dimension of enlightened modernity.

The Cambridge Companion to James Joyce Derek Attridge. 2004-06-17 This second edition of *The Cambridge Companion to Joyce* contains several revised essays, reflecting increasing emphasis on Joyce's politics, a fresh sense of the importance of his engagement with Ireland, and the changes wrought by gender studies on criticism of his work. This Companion gathers an international team of leading scholars who shed light on Joyce's work and life. The contributions are informative, stimulating and full of rich and accessible insights which will provoke thought and discussion in and out of the classroom. The Companion's reading lists and extended bibliography offer readers the necessary tools for further informed exploration of Joyce studies. This volume is designed primarily as a students' reference work (although it is organised so that it can also be read from cover to cover), and will deepen and extend the enjoyment and understanding of Joyce for the new reader.

Music, Sexuality and the Enlightenment in Mozart's Figaro, Don Giovanni and Così fan tutte Charles Ford. 2016-04-29 Music, Sexuality and the Enlightenment explains how Mozart's music for *Le nozze di Figaro*, *Don Giovanni* and *Così fan tutte* 'sounds' the intentions of Da Ponte's characters and their relationships with one another. Mozart, by way of the infinitely generative and beautiful logic of the sonata principle, did not merely interpret Da Ponte's characterizations but lent them temporal, musical forms. Charles Ford's analytic interpretation of these musical forms concerns processes and structures in detail and at medium- to long-term levels. He addresses the music of a wide range of arias and ensembles, and develops original ways to interpret the two largely overlooked operatic genres of secco recitative and finales. Moreover, Ford presents a new method by which to relate musical details directly to philosophical concepts, and thereby, the music of the operas to the inwardly contradictory thinking of the European Enlightenment. This involves close readings of late eighteenth-century understandings of 'man' and nature, self and other, morality and transgression, and gendered identities and sexuality, with particular reference to contemporary writers, especially Goethe, Kant, Laclos, Rousseau, Sade, Schiller, Sterne and Wollstonecraft. The concluding discussion of the implied futures of the operas argues that their divided sexualities, which are those of the Enlightenment as a whole, have come to form our own unquestioned assumptions about gender differences and sexuality. This, along with the elegant and eloquent precision of Mozart's music, is why *Figaro*, *Giovanni* and *Così* still maintain their vital immediacy for audiences today.

Finding God Through Sex David Deida. 2002

Finding God Through Sex David Deida. 2011-01-26 Drawing on David Deida's own history of sexual spiritual practice, *Finding God Through Sex* presents a highly unconventional, liberating, demanding, blissful picture of what spiritual intimacy can be.

Dear Lover David Deida. 2009-04-10 In *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover.

Cupid's Poisoned Arrow Marnia Robinson.2009-06-23 "If you want to be a better lover and have an amazing relationship (now or in the future), Cupid's Poisoned Arrow is a must-read." —real reader review Eyes met, sparks flew—all fireworks and passion. In the beginning, it felt like magic...but somewhere along the way, the flame burnt out. That cute quirk you used to love doesn't seem so cute anymore. The connection and fire that brought you together are lost—and you may feel hurt, unsure, or disconnected. You might be trying in vain to change your partner. You may even resign yourself to a passionless fate. Ancient sages recognized the lull in intimacy, passion, and connection that happens in even the most solid relationships—and hinted at the ways we can overcome it. With an entertaining blend of personal experiences, neuroscientific research, and amorous insights from around the world, Cupid's Poisoned Arrow shows that we can use lovemaking to balance one another—and let harmony arise naturally. Here, you'll discover the twenty-one Exchanges, a series of intimacy-building activities that can help you and your partner connect on a deeper level. These exchanges speak directly to the part of your brain that can fall in love—and stay in love—and are based on touch, eye contact, and attentiveness. By focusing on generous pampering rather than self-stimulation, you can create a nourishing cocoon of comfort and safety...and deepen your connection through bonding-based intimacy. Incorporating the principles of yin and yang, the Exchanges offer a balanced approach that emphasizes giving and receiving to spark a fulfilling sexual connection between you and your partner. Discover why real readers are saying "It works!" and "I wish I had read this book 10 years ago." You'll never look back.

It's A Guy Thing David Deida.1997-05 Explains some of the behavioral traits of men in relationships, such as why men prefer reading the paper to an intimate discussion, and why they don't like aggressive women

Stay Woke Justin Michael Williams.2020-02-11 A simple, no-nonsense guide to change your life and take hold of your dreams "I have a confession," writes author Justin Michael Williams. "This is not really a meditation book." Yes, Williams is going to teach you everything you need to know about meditation—but if you came looking for a typical book on mindfulness, you're in the wrong place. Stay Woke is FOR THE PEOPLE. All people, of all backgrounds deserve to have access to the information they need to change their lives. And if you grew up in struggle—overcoming homophobia, anxiety, sexism, depression, poverty, toxic masculinity, racism, or trauma—you need a different type of meditation . . . one that doesn't pretend the struggle doesn't exist. Now, Williams introduces Freedom Meditation—a distinct approach that addresses disillusionment, social justice, overwhelm, and shame; strengthens intuition; cuts through self-sabotaging programming; and empowers you to make better decisions. Whether you've tried meditation but it never sticks, or you've heard about it but never gave it a shot, this 10-step guide will cut through the noise and teach you how to create a daily meditation ritual that fits in with your messy, modern life. Stay Woke is a book that breaks barriers and encourages people of all identities, colors, shapes, ages, and economic backgrounds to claim their innate and limitless potential.

The Enlightened Sex Manual David Deida.2011 The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. David Deida was trained for decades in the art of spiritual and sexual awakening. Now he presents the ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. In paperback for the first time, *The Enlightened Sex Manual* teaches you how to transform simple "skin friction" into the depths and embodiment of ecstasy, how to develop sexual abilities as gifts of heart rapture and bodily surrender, how to achieve the principal types of orgasm - and all their varieties - and much more.

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as gifts of heart rapture and bodily surrender; how to achieve the principal types of orgasm and all their varieties; and much more. For men and women, singles and couples of every sexual orientation, *The Enlightened Sex Manual* provides a complete program for sustaining whole-body recognition of love's light in the wild play of sexuality.

Sex Before the Sexual Revolution Simon Szreter, Kate Fisher. 2010-10-14 What did sex mean for ordinary people before the sexual revolution of the 1960s and 1970s, who were often pitied by later generations as repressed, unfulfilled and full of moral anxiety? This book provides the first rounded, first-hand account of sexuality in marriage in the early and mid-twentieth century. These award-winning authors look beyond conventions of silence among the respectable majority to challenge stereotypes of ignorance and inhibition. Based on vivid, compelling and frank testimonies from a socially and geographically diverse range of individuals, the book explores a spectrum of sexual experiences, from learning about sex and sexual practices in courtship, to attitudes to the body, marital ideals and birth control. It demonstrates that while the era's emphasis on silence and strict moral codes could for some be a source of inhibition and dissatisfaction, for many the culture of privacy and innocence was central to fulfilling and pleasurable intimate lives.

Sex and Enlightenment Rita Goldberg. 1984-06-21 Dr Goldberg argues that Samuel Richardson had expressed a powerful and hitherto unperceived sexual mythology in *Clarissa*, making it the popular masterpiece it quickly became. There had never before been a work of literature in which the rape of a woman became the moral indictment of an age. *Clarissa* was a book which changed minds. It is not surprising that Diderot, the French philosophe, drew on Richardson as the inspiration for his own novel, *La Religieuse*. Richardson's novels had achieved Diderot's declared aim as editor of the great *Encyclopédie*: to change the way people think. For both writers it had become clear that the boudoir had replaced the Puritan closet and the Catholic confessional as the location for tests of virtue. Dr Goldberg offers an original, comparative reading of the works of these French and English innovators. She leaves us in little doubt that our understanding of what it means to be a woman in our culture owes much to the turbulent world of Richardson and Diderot.

Sexual Politics in the Enlightenment Mary Seidman Trouille. 1997-08-28 *Sexual Politics in the Enlightenment* constitutes the first book-length feminist study of Rousseau's sexual politics and the reception of his works by women readers. By today's standards, Rousseau's sexual politics appear reactionary, paternalistic, even blatantly misogynist; yet, among his female contemporaries, his works often met with enthusiastic approval and had tremendous impact on their values and behavior. To probe Rousseau's paradoxical appeal to eighteenth-century readers, Mary Trouille examines how seven women authors responded to his writings and sexual politics and traces his influence on their lives and works. The writers include six Frenchwomen (Roland, d'Epinau, Stael, Genlis, Gouges, and an anonymous woman correspondent who called herself Henriette) and the English feminist Mary Wollstonecraft. The book constitutes an important contribution to French literature, women's studies, and eighteenth-century cultural studies. While a great deal has already been written on the individual women whom Trouille treats, what distinguishes this book is that it places multiple female subjects directly opposite Rousseau, and succeeds in showing that the relationship between mentor and student(s) is both multi-layered and fascinatingly complex.

Intimate Communion David Deida. 2010-01-01 To truly understand your intimate relationships, you must read this book! David Deida, internationally known for his work in personal growth and intimate relationships, shares the deep understandings and effective techniques that he has refined through his 20 years of consultation, research and spiritual practice. Learn how to keep your relationships growing--beyond the sexually neutralized roles so typical of today--and create a relationship that is spiritually erotic, sexually deep and passionately committed to love.

Dear Lover David Deida. 2004-12-01 Your Call to Open to Love's Deepest Bliss Every woman knows the fairy tale—find the right man, give him what

he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver—when you sense you've been settling for far less than you know in your heart is possible—then how do you attract and keep a man capable of meeting what you most passionately yearn for? In *Dear Lover*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking, to family and career, to emotions, trust, and commitment. Written as a collection of letters from a man to his dear lover, here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit.

Red Hot Tantra David Alan Ramsdale, Cynthia W. Gentry. 2004 *Red Hot Tantra* was the first book about red tantra -- the hot, lusty version of tantric sex. This book drops the robes of holiness to offer the first shamelessly erotic, blissfully sensual, and devoutly naughty tantric guide. When most people think of tantric sex, they think of white tantra, which was developed by monks and encourages dispassionate remoteness. Red tantra, on the other hand, is an ancient, orgasm-positive, woman-centered tradition based on erotic goddess worship. This book combines erotic stories, instructions for a tantric experience, and a commentary on the insights dramatized by the story and experienced by the reader.

Sex, Drugs, Enlightenment Alex Walking. 2017-05-15 This insider's autobiography exposes secret Buddhist practices, both traditional and current. Expect to learn things you couldn't imagine. After this ride that you'll always remember, reality will never look the same again.

Enlightened Sex Manual (H-Book + Cd). Deida David. 2016

Good Sex Jessica Graham. 2017-05-20 Mindfulness will make sex better, more exciting, and more fulfilling. *Good Sex* shows you how. Jessica Graham is passionate about two things: sex and meditation. In *Good Sex: Getting Off Without Checking Out*, she shares explicit and frank personal stories, non-woo-woo spiritual teachings, and simple secular mindfulness practices that will make sex better, more exciting, and more fulfilling. If you don't yet have a meditation practice, *Good Sex* will give you a highly accessible tool kit to get one started. You'll also learn to easily apply the mindfulness techniques to your sex life, whether you are single, polyamorous, in a long term monogamous partnership, or in any other kind of sexual relationship. Jessica's confessional biographical style of writing allows the reader to get a taste of how much meditation changed not just her sex life, but her whole life. *Good Sex* is also an invitation to go down the rabbit hole of spiritual awakening via sexuality. *Good Sex* is fun, dirty, gentle, transcendent, simple, exciting, and transformative. It comes from a down-to-earth and inclusive perspective, borrowing from Buddhism, Hinduism, and Christianity, but is easily accessible to the secular community and those with no spiritual or meditation background. *Good Sex* invites you to be fully present for every single sweet drop of pleasure. *Good Sex* is an adventure. No matter what sexual challenges you are facing, *Good Sex* can help you grow, heal, and awaken.

Extraordinary Sex Now Sandra Scantling. 2001-01-09 Based on the advice she has provided throughout her twenty years of clinical practice as a sexual therapist, Dr. Sandra R. Scantling has written a new erotic guide to restoring the vital connections that bring couples together and make it possible for them to enjoy extraordinary sex. This is not a sex manual; it is a book about achieving true intimacy—both in and out of the bedroom. Through storytelling, anecdotes, and an easy-to-complete quiz, readers will learn to identify their own personalities and sexual styles—as well as those of their partners—and so to understand why they each behave as they do and—above all—how they can each modify their styles to achieve *Extraordinary Sex Now*. This is an inspirational, must-have guide for any couple seeking to rekindle their passion. Dr. Scantling proves that lovemaking need never grow dull—that it can be an ongoing, joyous event, now and for the rest of our lives.

The Enlightened Sex Manual (16pt Large Print Edition) David Deida. 2011-01-26 The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. David Deida was trained for decades in the art of spiritual and sexual awakening.

Now he presents the ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. In paperback for the first time, *The Enlightened Sex Manual* teaches you how to transform simple "skin friction" into the depths and embodiment of ecstasy, how to develop sexual abilities as gifts of heart rapture and bodily surrender, how to achieve the principal types of orgasm - and all their varieties - and much more.

How to Manage Your DICK (Destructive Impulses Through Cyber Kinetics) Sean Joseph O'Reilly.2001 Our society emphasizes concepts like time and resource management, but for the most part ignores one very important kind of management: D.I.C.K. Management. An ecology of personal-energy use that studies destructive, testosterone-driven impulses from the perspective of metaphysics and science, D.I.C.K. Management is a new discipline that will teach readers how to redirect sexual energy and discover their more spiritually enlightened, mentally evolved selves.

Tantra Charles Muir.1989 Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

Great Demon Kings John Giorno.2020-08-04 A rollicking, sexy memoir of a young poet making his way in 1960s New York City When he graduated from Columbia in 1958, John Giorno was handsome, charismatic, ambitious, and eager to soak up as much of Manhattan's art and culture as possible. Poetry didn't pay the bills, so he worked on Wall Street, spending his nights at the happenings, underground movie premiers, art shows, and poetry readings that brought the city to life. An intense romantic relationship with Andy Warhol—not yet the global superstar he would soon become—exposed Giorno to even more of the downtown scene, but after starring in Warhol's first movie, *Sleep*, they drifted apart. Giorno soon found himself involved with Robert Rauschenberg and later Jasper Johns, both relationships fueling his creativity. He quickly became a renowned poet in his own right, working at the intersection of literature and technology, freely crossing genres and mediums alongside the likes of William Burroughs and Brion Gysin. Twenty-five years in the making, and completed shortly before Giorno's death in 2019, *Great Demon Kings* is the memoir of a singular cultural pioneer: an openly gay man at a time when many artists remained closeted and shunned gay subject matter, and a devout Buddhist whose faith acted as a rudder during a life of tremendous animation, one full of fantastic highs and frightening lows. Studded with appearances by nearly every it-boy and girl of the downtown scene (including a moving portrait of a decades-long friendship with Burroughs), this book offers a joyous, life-affirming, and sensational look at New York City during its creative peak, narrated in the unforgettable voice of one of its most singular characters.

Blue Truth David Deida.2011 In *Blue Truth*, internationally acclaimed teacher David Deida presents a treasury of insights for uncovering your true heart of purpose, passion, and unquenchable love. In Part One, Deida shows you how to "open as the entirety of the moment, feeling as deep inside and as far outside as you can, for as long as now opens." In Part Two, he reveals how to walk this path in the wilderness of intimate relationship, illuminating "the art and play of sexual gifting" and how to expertly navigate the tangle of anger, jealousy, fear, and lust.

Enlightened Sex Manual Veronica Milan.2020-12-11 Orgasms for women matter too, and it's not just about guys. During sex, some women have a tougher time getting to orgasm. With the right pressure, there are ways to trick and stimulate it. Oral is typically a simple alternative to vaginal sex for orgasm and you want to know how to please your woman, wife or girl for this purpose. It will save your friendship, to learn what you must. In the book-You recognize the best positions in which she can climax in-How to eat the cookie so she orgasms-Teaches you techniques to support orgasm several times-Female toys that will help her orgasm-You are definitely gonna give her the Big-O.

Enlightened Sexuality Georg Feuerstein.1989

Immerse yourself in the artistry of words with Camilla Rothe is expressive creation, Immerse Yourself in **Enlightened Sex** . This ebook, presented in a PDF format (*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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