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Tantra doesn't have much to do with sex, and isn't "sacred sexuality". Yes, there are some LHP rituals (the 5Ms) which might involve sex but it is more about magick and sorcery than the Western idea of "I want to have Absolute trash...racy, raunchy.

Urban Tantra: Sacred Sex for the Twenty-First Century by

From Barbara Carrellas, sex expert and author of the best-selling book Urban Tantra, comes Ecstasy is Necessary. This is not your average tips-and-techniques sex book; rather it is an exploratory journey of the sexual self and the infinite possibilities of ecstatic expression.

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If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. Celebrating the 10th anniversary of Urban Tantra, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers.

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an e-book provided by the Goddess of Sacred Sex Kerri Ryan MA goddessofsacredsex@gmail.com www.goddessofsacredsex.com also known as the Tree of Knowledge, Tantra, Alchemy, Gnosis, and many other names. Although the methods may appear different, it remains undeniable that there ... Sumer was the first great urban centre to emerge and with ...

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Urban Tantra: Sacred Sex for the Twenty-first Century (Second Edition) â€œ Urban Tantra is the most pleasurable, fun, meaningful, and liberating book on sex ever! Thank you, Barbara!â€•

Barbara Carrellas - Official Site

Review: Urban Tantra: Sacred Sex for the Twenty-First Century User Review - Bence - Goodreads

Interesting new age writing on mindfulness, breathing techniques, chakras, and the sexual revolution that started in the late 20th century and is still going on.

Urban Tantra: Sacred Sex for the Twenty-first Century

Urban Tantra expands the notions of pleasure and opens new heights of intimacy and sexual fulfillment.

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Urban tantra barbara carrellas pdf Urban tantra barbara carrellas pdf Repeat each point until you feel you really believe you have permission to eikon upek driver the sexual being you want to be. Urban Tantra is also the first queer, transgender, and BDSM friendly Tantra book.

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Barbara Carrellas is an author, sex educator, performance artist, and certified sexologist accredited through the American College of Sexologists. She facilitates workshops in which participants explore sexuality through a holistic approach that includes practices like erotic breathwork and Tantra, and she has lectured at various institutions, including the Museum of Sex in New York City ...

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