

Sacred Sexuality Ancient Egyptian Tantric Yoga

SACRED SEXUALITY: EGYPTIAN TANTRA YOGA: The Art of Sex Sublimation and Universal Consciousness This Volume will expand on the male and female principles within the human body and in the universe and further detail the sublimation of sexual energy into spiritual energy. The student will study the deities Min and Hathor, Asar and Aset, Geb and Nut and discover the mystical implications for a practical spiritual discipline. This Volume will also focus on the Tantric aspects of Ancient Egyptian and Indian mysticism, the purpose of sex and the mystical teachings of sexual sublimation which lead to self-knowledge and Enlightenment.

• The first book to fully explore the sexual philosophy and practices of the ancient Egyptians • Lavishly illustrated with erotic scenes from papyri that have long been hidden from the public • Clarifies the connection of sacred sexuality to Egyptian cosmic symbolism Until recently the forbidden papyri, whose explicit illustrations of Egyptian sexual practices were judged too shocking, were off limits to all but a few scholars. In this book, the first to fully explore Egyptian sexual philosophy and practices, Egyptologist Ruth Schumann-Antelme provides us a new view of the provocative sexual life of the ancient Egyptians. Richly illustrated throughout, Sacred Sexuality in Ancient Egypt explains the symbolism of the erotic images found on the inner walls of the temples and tombs as well as those carved into pieces of limestone and sketched on papyri. The authors cover in detail the astonishing erotic scenes illustrating the Turin Papyrus, which have long been kept from public view. These papyri reveal in great detail Egyptian attitudes about love, religion, and even medicine, as well as specific sexual practices. Sacred Sexuality in Ancient Egypt reveals the intimate details of a society in which sexuality was the dynamic principle of the divine world, and the cosmic symbolism of religion imbued every level of Egyptian society with sexual significance.

16.EGYPTIAN YOGA The Postures of The Gods and Goddesses Discover the physical postures and exercises practiced thousands of years ago in Ancient Egypt which are today known as Yoga exercises. Discover the history of the postures and how they were transferred from Ancient Egypt in Africa to India through Buddhist Tantrism. Then practice the postures as you discover the mythic teaching that originally gave birth to the postures and was practiced by the Ancient Egyptian priests and priestesses. This work is based on the pictures and teachings from the Creation story of Ra, The Asarian Resurrection Myth and the carvings and reliefs from various Temples in Ancient Egypt 8.5" X 11"

"Love is the highest religion..." - Samael Aun Weor If you only want one book about real spiritual practice, The Perfect Matrimony has everything you need. Prepare yourself for a spiritual revolution. In fact, this book is so powerful that because of it, in 1950 the Catholic Church had Samael Aun Weor jailed. They accused him of "offending the public and healing the ill." The Perfect Matrimony is a complete introduction to the profound and beautiful mystical knowledge from which all the world's great religions have blossomed. There is a sacred teaching, the source of the secret teachings of Judaism, Christianity, Buddhism, Taoism, Hinduism, Alchemy, Tantra, Kabbalah, and the mysteries of the Mayans, Aztecs, Egyptians, Tibetans, Eleusinians, Essenes, and hundreds more. All of them have a sexual secret. All of them came from the same root knowledge. The Perfect Matrimony explains how to solve the problem that originated with Adam and Eve: an event clearly rooted in sex. Jesus also taught how to solve this problem (his first miracle was at a wedding, after all), but the church edited his teachings. When Samael Aun Weor publicly revealed the true teachings, the outraged church had him imprisoned in an effort to repress what he revealed. Everything that lives was created through sex. Just the same, the soul is created through sex, but not the sex of the common person. To create divinity, one must understand divine sexuality. Such knowledge has always been preserved in secret, held safely for those who demonstrated their ability to use it properly. Now, for the first time in history, that knowledge has been revealed openly: this book, originally published in 1950, marked its first public appearance. "Love is the highest religion..." - Samael Aun Weor, The Perfect Matrimony (1950) With the explanations in this book, you will understand not only many seemingly vague and incomprehensible scriptures, but also how all genuine spiritual practices work. After reading this book, religion and sex make sense. Moreover, you will see that religion is not found in organizations, buildings, or books, it is found in the heart that is enflamed with divine love.

Description of the New Netherlands was written in 1653 by Adriaen van der Donck, just two years before his death. After living for years in a Dutch Settlement near what today is Albany, New York, van der Donck wrote the description of the land, peoples, vegetation, animals, and beauty of his new home. Included in his description are observations on animals such as the beaver, and on the customs and languages of the Native Americans in the area, particularly the Mohawk and Mahican tribes. Van der Donck's authority on Native Americans was unprecedented at the time, and his descriptions of their lifestyle is one of the most detailed accounts of Indian laws and customs from the 17th century. Adriaen van der Donck (1618-1655) was born in Breda in the Netherlands, but became a settler in "the New World" in 1641. He graduated as a law student from the University of Leiden, and was the first lawyer to settle in New Netherlands. While there, he became a landowner and adept scholar in the ways of the local Native Americans, befriending them, eating with them, and learning their languages. He helped to negotiate deals between colonies and the natives, but a disagreement with governor Peter Stuyvesant in 1649 concerning settler's rights sent him back to the Netherlands with a petition to encourage economic freedom. Van der Donck returned to the colony before his death in 1655, where his nickname "Jonkheer" inspired the name for Yonkers, New York.

A step-by-step guide to raising kundalini and embodying the dynamic, sexual force, that is the Power of Sekhem. Sex is the most potent force in the universe. A primal power. And sacred sexuality is a gateway to the divine. Something that the ancient Egyptians recognised instinctively. In The Magical Sexual Practices of Ancient Egypt, bestselling author, Judy Hall, offers the reader powerful sexual magic for the present day. It reveals sexual secrets hidden for millennia. This jealously guarded secret doctrine is now available to everyone. The system activates your creative erotic potential. Kindling the inner and outer mystic marriages, it is a joining of souls with the divine. Through a cosmic orgasm that is literally mind-blowing, the process generates the power to manifest and integrate expanded consciousness into the everyday world. The system can be used to attract a twin-flame or make a sacred marriage with an existing partner. The practice can also be worked alone to invoke an integration with your highest Self. Crystals support the practice throughout. Accompaniment to Judy Hall's new novel, The Alchemy of the Night. A guidebook for gay men about the mysterious sensual art of tantra.

Discover the Womb Rites and initiatory magic of Mary Magdalene, who was revered as a Priestess and human embodiment of the Goddess • 2020 Nautilus Gold Award • Reveals how Mary

Magdalene was a sacred priestess of the ancient Womb Mysteries, connected to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Sophia, Isis, Inanna, Asherah, Lilith, Jezebel, and Witches • Explains how the Magdalene Mysteries have been encoded in Gnostic texts, sacred art, and literature and unveils the secret Grail heresy of the Ghent Altarpiece • Offers rituals and practices to initiate you into the Womb magic of the ancient priestesses and access deeper dimensions of sexuality and feminine power A sacred priestess of the ancient Womb Rites, Mary Magdalene was at the center of a great and enduring Mystery tradition, one that touched on a stream of perennial spiritual wisdom as old as humanity. Worshipped as the human embodiment of the Goddess, the earthly Sophia, her womb was the spiritual luminatrix that anointed and empowered Jesus, transforming him into the Christ. As a priestess of the Goddess, Mary Magdalene knew how to embody the light and the dark, how to harness the magic potency of sacred sexual energy, and how to cleanse, awaken, and resurrect the soul. Yet, even though she sparked the creation of a worldwide religion, her story and teachings have been forgotten. Unveiling the lost left-hand path of the Magdalene, the Feminine Christ, authors Seren and Azra Bertrand explore how this underground stream of knowledge has been carried forward over the millennia through an unbroken lineage of Womb Shamans, Priestesses, Oracles, and Medicine Women. They explain how the Magdalene Mysteries, symbolized by the Rose, have been encoded in Gnostic codices and gospels and in the highest art, literature, and architecture of many ages, including most significantly the Ghent Altarpiece. They examine Mary Magdalene's connection to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Isis, Inanna, Asherah, Lilith, and Jezebel, and look at shamanic, tantric, and Cathar expressions of sacred feminine mysteries as well as the Witch and Templar roots of Robin Hood and Maid Marian. In this revelatory and magical text on the lost feminine mystery traditions of Mary Magdalene and the lineage of Sophia, the authors present encompassing theological, historical, mythological, and archetypal wisdom, with rituals and practices to initiate you into the Womb magic of the ancient priestesses and the path of the wild feminine.

This Volume is a landmark study by a renounced mystic philosopher, Sebai Dr. Muata Ashby. It is study not just to philosophize but to be practiced for the purpose of attaining enlightenment. The book is divided into three sections. Part 1 INTRODUCTION presents a brief history of Hermeticism, its origins in the Ancient Egyptian Mysteries (Neterianism) the Kybalion and the origins of the personality known as Hermes Trismegistus. Part 2 presents the essential teachings of the Kybalion text, a set of MAXIMS, without interpretation. Part 3 presents glosses (commentary and explanation) on the essential teachings of the Kybalion based on the philosophy of the Ancient Egyptian Mysteries as determined by Sebai Dr. Muata Ashby based on studies and translations of original Ancient Egyptian Hieroglyphic texts; the source from which the Kybalion teaching is derived. The Glosses are an edited and expanded version of Lessons given by Sebai Dr. Muata Ashby in the form of lectures on the teachings of the Kybalion.

This book presents a background to Afrikan Yoga, its origins and why it has been lost to the general public for so long. The guidance and exercises presented in this book, as well as their benefits are being introduced to the Western public for the first time. For thousands of years Afrikan Yogic Masters have taught some of the secrets contained in this book to only a small number of students in esoteric circles.

1.EGYPTIAN YOGA: THE PHILOSOPHY OF ENLIGHTENMENT An original, fully illustrated work, including hieroglyphs, detailing the meaning of the Egyptian mysteries, tantric yoga, psycho-spiritual and physical exercises. Egyptian Yoga is a guide to the practice of the highest spiritual philosophy which leads to absolute freedom from human misery and to immortality. It is well known by scholars that Egyptian philosophy is the basis of Western and Middle Eastern religious philosophies such as Christianity, Islam, Judaism, the Kabala, and Greek philosophy, but what about Indian philosophy, Yoga and Taoism? What were the original teachings? How can they be practiced today? What is the source of pain and suffering in the world and what is the solution? Discover the deepest mysteries of the mind and universe within and outside of your self. ISBN: 1-884564-01-1

Egyptian Tantra YogaThe Art of Sex Sublimation and Universal ConsciousnessCruzian Mystic Books

habaka's Stone explores and explains many scientific theories on multi-dimensional levels. Shabaka's Stone tells us that we are born with everything we need to solve all of our life's challenges. Every human is born with a Messiah (Asar/Heru) and a Judas (Seten). Judas' job is to stop us from achieving our divine purpose. The Messiah's responsibility is to make sure that Judas is not successful. Life is the result of the balance of this relationship. The Messiah may fall down nine (9) times, but rises ten (10) times. The metaphor of the Asarian Drama. We are the Creator having a human experience. The Nun wanted to come into being. He/She tried countless times. Finally, one of her/his attempts succeeded and Ptah came forward and created Atum. Atum was consciousness and named all and every thing. This trinity began the beginning of time and continues to become to this day. Every day, when you wake up is like Ptah rising out of the Nun (state of unconscious). This energy conversion, waking you up initiates your simple and self-conscious state of thinking, realizing who you are coming up out of your sleep.

An Introduction to Tantra and Sacred Sexuality offers insights into how to awaken and experience your sensual self, moment-by-moment. This book is exciting and enticing, as well as, powerful and healing. You do not have to be in a relationship to enjoy, explore, and apply sacred sexuality. Sacred sexuality opens you to experiencing levels of ecstatic bliss and unconditional love and, most importantly, bringing these experiences into your daily life. Ultimately, it opens you to living bliss, not just feeling it. This ecstatic vibration translates into consistently feeling unconditional love for all people and things. Michael Mirdad wisely integrates both Tantric and Taoist perspectives and practices in the loving, passionate, and respectful framework of sacred sexuality.

Secrets are revealed in this complete and systematic course in the science of Tantric Kriya yoga that shows readers how to be more aware of the inner working of the body and mind. (World Religions)

Mary Magdalen's personal story of her tantric relationship with Yeshua ben Joseph, known today as Jesus Christ--given by her and reprinted here, word-for-word as she gave it--describes the alchemy that she and Yeshua practiced.

Guide to Kemetic Relationships and Creating a Kemetic Marriage Contract

Karmamudra is the ancient practice of partnered sexual yoga, a technique for transforming ordinary pleasure, worldly desire, and orgasm into vehicles for spiritual transformation and liberation. A ground breaking book by traditional Tibetan physician and yogi Dr. Nida Chenagtsang offering vital context and instruction, aimed to inform and empower.

INITIATION INTO EGYPTIAN YOGA Shedy: Spiritual discipline or program, to go deeply into the mysteries, to study the mystery teachings and literature profoundly, to penetrate the mysteries. You will learn about the mysteries of initiation into the teachings and practice of Yoga and how to become an Initiate of the mystical sciences. This insightful manual is the first in a series which introduces you to the goals of daily spiritual and yoga practices: Meditation, Diet, Words of Power and the ancient wisdom teachings.

Sacred Sexuality: A Manual for Living Bliss Imagine how it feels to have the love essence of every particle in the universe dancing with delight to re-join the love essences within

your being. This is true desire, a vibration felt in and through all things and experienced as a unifying force. The practice of sacred sexuality is a celebration of true desire; it deepens your connection to the Spirit of love and awakens your body to become as passionate and alive as God originally intended. This book deals with everything imaginable about sex...expanding one's consciousness through sexuality...and combining the practical benefits of both Tantric and Taoist perspectives and practices. I recommend Sacred Sexuality to my own students and readers. -Master Mantak Chia, author Taoist Secrets of Love ...an excellent overview of the tantric sexual practices...the first book in 20 years that I could whole-heartedly recommend. It should be on every tantric bookshelf. -David A. Ramsdale, author Sexual Energy Ecstasy About Michael Mirdad Dr. Michael Mirdad, a Master Teacher/Author, has an extensive background in Psychology, Parapsychology & Metaphysics. He has worked as a Healer and Counselor to individuals & couples for over 20 years. Michael has also conducted thousands of classes, lectures & workshops throughout the world on Mastery, Spirituality, Relationships, and Healing. Dr. Mirdad is respected as one of the finest and most diverse spiritual teachers and healers of our time.

An in-depth study of humanity's Anunnaki origins and the Anunnaki battle for an intelligent versus enslaved humanity • Explains the genetic engineering of humanity by an Anunnaki scientist Ninmah • Shows how the concepts of sin and the inferiority of women arose from Enlil's will to keep humanity underdeveloped, clashing with Enki's and Ninmah's plan to make us equal in intelligence • Reveals how humanity's long history of conflict was shaped by the battle between Enki and his brother Enlil Further developing the revolutionary work of Zecharia Sitchin, Chris Hardy shows that the "gods" of ancient myth, visitors from the planet Nibiru, created us using their own "divine" DNA--first through DNA extraction from their own ribs' marrow and later by direct relations with early human females. Drawing upon multiple sacred texts, Hardy details the genetic engineering of humanity by Anunnaki scientist Ninmah, with the help of Enki and Hermes. She reveals how Ninmah's first female human creation, Tiamat/Eve, contained more alien DNA than the earlier male one, Adamu, and how the biblical Noah represents the perfection of her work. Examining the war between Anunnaki brothers Enki and Enlil, Hardy reveals how the concepts of sin and the inferiority of women were born out of Enlil's attempts to enslave and then wipe out humanity, repeatedly thwarted by Enki and Ninmah. The author further explains how the sacred sexuality taught to humans--still seen in Tantric practice--became suppressed millennia later by the patriarchal concept of original sin and how innocent Eve took the blame for the expulsion from Eden and fall from Grace. Showing that the god who created us was not the same god who expelled us from Eden, Hardy explains that there will be no apocalypse because the Good/Evil duality has never truly existed--it has been only enemy gods fighting and implicating humanity in the wake of their own competition for power. With a full psychological understanding of how the ancient "gods" have shaped humanity's ongoing history of conflict, we can move beyond the framework of "(my) Good versus (your) Evil" imposed by Enlil and begin to steer our own planetary destiny.

A historical, cross-cultural survey of sexuality as a sacred spiritual practice • Examines sacred sexuality in the world's religious and mystery traditions • Explores contemporary "sexual stress syndrome" resulting from the absence of the sacred in sexual practice • Reveals how to find the sacred in the ordinary This book examines the history of sexuality as a sacramental act. In spite of our culture's recent sexual liberalizations, sexual intimacy often remains unfulfilling. Georg Feuerstein instructs that the fulfillment we long for in our sex lives can only be attained once we have explored the spiritual depths of our erotic natures. Feuerstein delves into a wide variety of spiritual traditions--including Christianity, Judaism, goddess worship, Taoism, and Hinduism--in search of sacred truths regarding sexuality. He reveals that all of these great teachings share the hidden message that spirituality is, in essence, erotic and that sexuality is inherently spiritual. From the erotic cult of the Great Mother and the archaic ritual of hieros gamos (sacred marriage) to the institution of sacred prostitution and the erotic spirituality practiced in the mystery traditions, Feuerstein offers a wealth of historical practices and perspectives that serve as the bases for a positive sexual spirituality suited to our contemporary needs.

Ancient Egyptian Maat Wisdom of Relationships, a Comprehensive Philosophical, Legal and Psychological Manual to Apply Ethical Conscience in All Relations in Life to Promote Peace, Progress and Spiritual Enlightenment

The ancient Greeks and Romans considered it degrading to both parties yet depicted it prolifically in art and literature. The Early Christian Church called it "the worst evil," punishable by seven years of penance and fasting (murder was one year). Nearly all of the 13 original American colonies had laws against it--except Georgia. A Victorian handbook for young brides advised how to "dampen his desire to kiss in forbidden territory." Attitudes about oral sex have varied through the centuries and across cultures--a death sentence in some nations, a religious practice in others. This book explores its history as well as its impact on world events.

Initiation in the Temple of Osiris at Abydos, Egypt with Hieroglyph Translations of Temple Inscriptions detailing the Initiation Zones and Walking Path through The Temple Mysteries of the Priests and Priestesses. Detailed inscription translations of the discovered temple narrative path for initiates. This book presents detailed hieroglyphic panels showing the mystery wisdom and the path for initiates through the temple leading to the final attainment of spiritual enlightenment. An architectural, ichonographical and hieroglyphic study that melds photographic and spherical 360 images complemented with a web site to engage an immersive temple experience.

MEDITATION The Ancient Egyptian Path to Enlightenment Many people do not know about the rich history of meditation practice in Ancient Egypt. This volume outlines the theory of meditation and presents the Ancient Egyptian Hieroglyphic text which give instruction as to the nature of the mind and its three modes of expression. It also presents the texts which give instruction on the practice of meditation for spiritual Enlightenment and unity with the Divine. This volume allows the reader to begin practicing meditation by explaining, in easy to understand terms, the simplest form of meditation and working up to the most advanced form which was practiced in ancient times and which is still practiced by yogis around the world in modern times.

A New Original Translation Hieroglyphic Scripture of the Aset(Isis) & Ra with the trilinear technique and protocol developed by Dr. Muata Ashby

Ashby explains the Tree of Life metaphysical teachings, disciplines, and techniques from the hieroglyphic texts.

An exploration of the sexual practices and doctrinal secrets of Gnosticism • Reconstructs the lost world of Gnostic spiritual-erotic experience through examination of every surviving text written by heresiologists • Investigates the sexual gnosis practices of the Barbelo Gnostics of the 2nd century and their connections to the Gnostic Aeon Sophia, the Wild Lady of Wisdom • Explains the vital significance of “the seed” as a sacrament in Gnostic practice

Examining every surviving text written by heresiologists, accounts often ignored in favor of the famous Nag Hammadi Library, Tobias Churton reveals the most secret inner teaching passed down by initiated societies: the tradition of sexual gnosis--higher union with God through the sacrament of sex.

Discovering actual sex practices hidden within the writings of the Church’s authorities, he reconstructs the lost world of Gnostic spiritual-erotic experience as taught by initiated masters and mistresses and practiced by Christian couples seeking spiritual freedom from the world. Churton explores the practices of the “first Gnostic,” the historical Simon Magus, and explains the vital significance of “the seed” in Gnostic practice, showing it to be the sacramental substance par excellence. He illuminates the suppressed truth of why the name “Valentine” came to be associated with ennobling erotic love and reveals profound parallels between sexual gnosis and Tantra, suggesting that gnosis lies at the root of the tantric path. Solving a millennia-old riddle regarding the identity and secret symbol of Sophia, the mysterious Gnostic “Aeon,” Churton investigates Sophia’s connections to Barbelo, also known as Pruneikos, the Wild Lady of Wisdom, and the central focus of the Barbelo Gnostics of the 2nd century, whose religious sex practices so shocked orthodox Christian contemporaries that they were condemned, their cults of spiritual gnosis and “redemption by sin” driven underground. Churton exposes the mystery of Sophia in the philosophy of the medieval Troubadours and explores William Blake’s inheritance of secret Renaissance sexual mysticism through the revolutionary English poet Andrew Marvell. Showing how Blake’s sexual and spiritual revolution connects to modern sexual magic, Churton also examines the esoteric meaning of the free-love explosion of the 1960s, revealing how sex can be raised from the realm of guilt into the highest magical sacrament of spiritual transformation.

THE PARENTS GUIDE TO THE AUSARIAN RESURRECTION MYTH: How to Teach Yourself and Your Child the Principles of Universal Mystical Religion. This insightful manual brings for the timeless wisdom of the ancient through the Ancient Egyptian myth of Asar, Aset and Heru and the mystical teachings contained in it for parents who want to guide their children to understand and practice the teachings of mystical spirituality. This manual may be used with the children's storybook The Story of Asar, Aset and Heru

This is not only a book about Tantric practices, but also about how you can use them to create a life-long, loving relationship. Because Pala and Al's emphasis is on Tantra in relationships, both beginners and skilled Tantric practitioners will find value here. Through the authors' mix of ancient Eastern sexual practices and modern Western approaches to communication and intimacy, you and your partner will learn to connect in ways that are respectful, nourishing, and lusty. Pala and Al offer their relationship as a model for a successful, long-term relationship in which to be happy, fulfilled, and spiritually awakened. Soul Sex includes thought-provoking discussions, personal anecdotes, and precise but simple techniques to inspire you to apply to your daily life. The observations and exercises included are drawn from the authors' own heady partnership and from the hundreds of couples they have had the privilege to teach at their Tantra sacred sex workshops.

EGYPTIAN PROVERBS: collection of -Ancient Egyptian Proverbs and Wisdom Teachings -How to live according to MAAT Philosophy. Beginning Meditation. All proverbs are indexed for easy searches. For the first time in one volume, --Ancient Egyptian Proverbs, wisdom teachings and meditations, fully illustrated with hieroglyphic text and symbols. EGYPTIAN PROVERBS is a unique collection of knowledge and wisdom which you can put into practice today and transform your life.

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman’s life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential

Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman’s life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos’s detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

A guide to changing negative emotions and promoting happiness using traditional Tantric and Ayurvedic practices • Details the 9 Rasas that represent our basic emotions • Offers emotional fasting exercises and daily routines for emotional well-being • Shows how Rasa Sadhana can be integrated with other yoga practices • Based on the teachings

of Harish Johari Rasas are the essence of our emotions that exist in both the body and the mind. The Tantric tradition recognizes 9 Rasas that represent our basic emotions: love, humor, wonder, courage, calmness, anger, sadness, fear, and disgust. Those who practice Rasa Sadhana learn to overcome negative emotions in order to pursue better health, enhanced spiritual growth, and enduring happiness. Our emotions are continuously affected by the interplay of our senses, the elements, food, and the life force in our body. In The Yoga of the Nine Emotions, Peter Marchand offers many practical physiological and philosophical tools from Tantric and Ayurvedic traditions that can help readers change their emotional patterns. He explains the nature and purpose of each Rasa and how we can strengthen or weaken one Rasa through another. He also offers Ayurvedic cooking guidelines and daily routines for balancing sensory input and strengthening emotional health, including fasting from negative emotions as well as how to energize positive ones. As we master our emotions through the practice of Rasa Sadhana, we gain true control of our lives and our relationships with others.

Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The Alchemy of Sexual Energy builds upon Microcosmic Orbit practices discussed in Healing Light of the Tao. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle.

THE SERPENT POWER: The Ancient Egyptian Mystical Wisdom of the Inner Life Force. This volume shows how the discipline of spiritual evolution through life force cultivation-known as Kundalini in India- was actually known about and practiced in ancient Egypt-Africa thousands of years before. This Volume specifically deals with the latent life Force energy of the universe and in the human body, its control and sublimation. How to develop the Life Force energy of the subtle body. This Volume will introduce the esoteric wisdom of the science of how virtuous living acts in a subtle and mysterious way to cleanse the latent psychic energy conduits and vortices of the spiritual body.

Based on a vast diversity of religious and spiritual traditions, this comprehensive exploration of sexuality's spiritual dimensions uncovers deeply hidden messages about sexuality and shows how to incorporate the concepts of Hinduism, Christianity, Judasim, and other philosophies into our lives. Illustrated.

A practical guide to chakras explores their importance to the ancient Africans and Egyptians, reveals the ancient mysteries of the Aura and Chakra system, and illustrates their common roots with India's yogic traditions

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