

Contents

PREFACE	4
GENDER FLUIDITY AND SEXUAL IDENTITY	6
INTRODUCTION.....	7
<i>What Is Tantric Sex?.....</i>	<i>8</i>
<i>Singles, Couples, and Groups.....</i>	<i>11</i>
<i>Who Needs Tantric Sex?</i>	<i>13</i>
THE TANTRIC REALM.....	15
<i>Sacred Sexuality and Neo-Tantra</i>	<i>16</i>
<i>Shakti, Shiva, and Divine Union</i>	<i>21</i>
<i>Transcending Sex and Sexuality.....</i>	<i>24</i>
<i>Tantric Rituals and Ceremonies</i>	<i>30</i>
<i>Tantra Retreats and Training</i>	<i>32</i>
<i>Role of the Tantra Guru or Teacher</i>	<i>34</i>
<i>Touch, Intimacy, and Consent.....</i>	<i>35</i>
CONCEPTS, ELEMENTS, AND MODALITIES.....	37
<i>BDSM and Dark Tantra.....</i>	<i>38</i>
<i>Chakra Balancing and Healing.....</i>	<i>41</i>
<i>Conscious and Mindful Touch.....</i>	<i>42</i>
<i>Edging and Orgasm Control.....</i>	<i>43</i>
<i>Emotional and Sexual Dearmoring.....</i>	<i>45</i>
<i>Esthetics and Ambiance.....</i>	<i>47</i>
<i>Eye-Gazing</i>	<i>48</i>
<i>Full-Body Orgasms and Pleasure.....</i>	<i>50</i>
<i>Hands on Hearts Ritual.....</i>	<i>52</i>
<i>Kundalini Awakening.....</i>	<i>53</i>
<i>Lingam Massage.....</i>	<i>55</i>
<i>Lingam Worshiping and Honoring</i>	<i>57</i>
<i>Maithuna Sexual Intercourse.....</i>	<i>59</i>
<i>Masturbation</i>	<i>61</i>
<i>Mudras and Bandhas</i>	<i>63</i>
<i>Multi-Orgasmic States.....</i>	<i>65</i>
<i>Partner Yoga.....</i>	<i>66</i>
<i>Pujas.....</i>	<i>67</i>
<i>Purifications and Cleansings.....</i>	<i>68</i>
<i>Semen Retention and Ejaculatory Control.....</i>	<i>70</i>
<i>Sex Positions and Postures</i>	<i>72</i>
<i>Sex Toys and Devices</i>	<i>74</i>
<i>Tantra Dating</i>	<i>75</i>
<i>Tantra Yoga.....</i>	<i>76</i>
<i>Tantras, Yantras, Mantras, and Mandalas.....</i>	<i>78</i>
<i>Tantric Bathing Ceremony.....</i>	<i>81</i>
<i>Tantric Breathwork.....</i>	<i>82</i>
<i>Tantric Healing.....</i>	<i>84</i>
<i>Tantric Meditation</i>	<i>85</i>
<i>Tantric Sex Coaching.....</i>	<i>87</i>

<i>Visualizations, Chants, and Incantations</i>	90
<i>Yoni Massage</i>	93
<i>Yoni Worshiping and Honoring.....</i>	96
SUPPLEMENT.....	98
<i>Kama Sutra.....</i>	99
<i>Meditation, Mindfulness, and Sexual Healing.....</i>	101
<i>Left-Hand and Right-Hand Tantra</i>	103
<i>Osho (Bhagwan), Tantra, and Unbridled Sex.....</i>	105
<i>Panchamakara.....</i>	107
<i>Pelvic Floor Muscle Exercises.....</i>	109
<i>Prana Life Energy</i>	112
<i>Pranayama Breathwork.....</i>	114
<i>Sacred Spot Orgasms (P-Spot and G-Spot).....</i>	116
<i>Types of Female Orgasms</i>	119
<i>The Seven Chakras</i>	121
<i>White, Red, Dark, and Black Tantra</i>	126
<i>Yab-Yum Erotic Pose.....</i>	131
APPENDIX.....	133