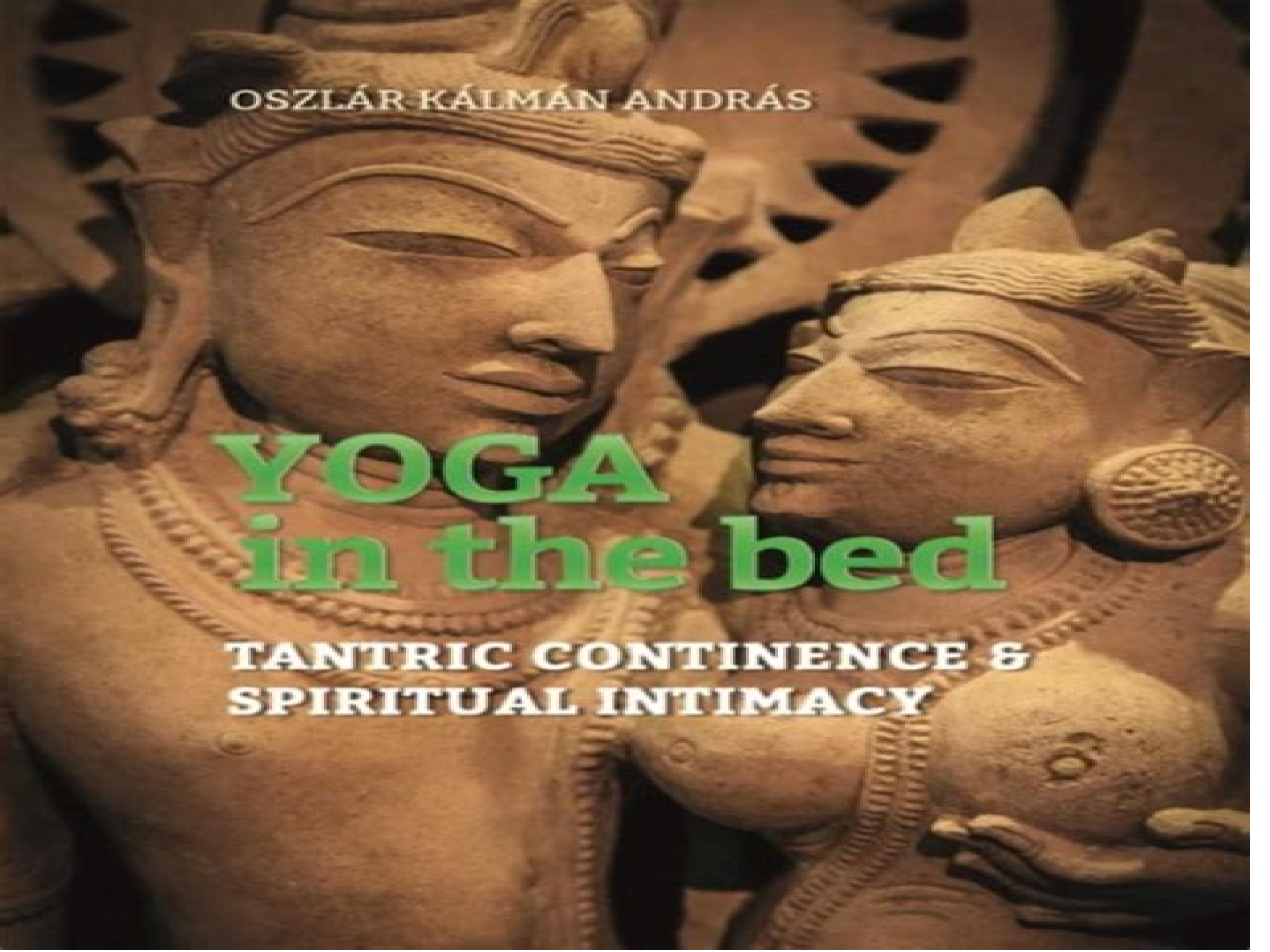




OSZLÁR KÁLMÁN ANDRÁS

YOGA in the bed

**TANTRIC CONTINENCE &
SPIRITUAL INTIMACY**

Yoga In The Bed Tantric Contenance Spiritual Intimacy

Emily Ashwood



Yoga In The Bed Tantric Continence Spiritual Intimacy:

Yoga in the bed Oszlár Kálmán András, In the ancient yoga scripts the description of the three most well known Hatha Yoga classics like the Gheranda Samhita Hatha Yoga pradiipika and Siva Samhita yoga system a method can be read named Vajroli or Urdhvaretasah It means an inner alchemic transformation process which appears through directing the subtle energies upwards from the level of genitals into the way for the brain flowing across the spine All of these are based on the 4th ethical principle sexual discipline or on a kind of celibacy by Patanjali in the Yoga Sutras as self restraints The Brahmacharya prescribes the abstinence from the exaggerated sensuality but in the past it meant the life period itself spent by the student in self restraint which was meant to be as an establishment for the right inner attitude in spiritual process For this the development of the seed keeping ability Bindu Siddhi is necessary by the application of the cleansing exercises of Hatha Yoga Kriya So we raise the Kundalini Snake power which embodies the sexual energy being latent in the body from the level of the root chakra Muladhara to the crown chakra Sahasrara as it was done by the Urdhvaretas yogi in India in the 4th century We can use this process as the engine of the spiritual progress individually or in relationship either Furthermore we can apply this during tantric methods pointing beyond coitus reservatus for instance Maithuna ceremony Sex as flow Oszlár Kálmán András, Inasmuch as sexual togetherness is not limited into the physical world and does not mean quick wasting of sexual energies by this we give free way to higher dimensions in the relationship Effected by this we may be gotten into the state of flow experience abbreviated as flow and in the course of this the couple charges up with energy while with focused attention Dharana the couple is submerging in which they are having pleasure This state of mind is connected with the achieved beneficial effects by tantric restrain and transformation At first the definition of positive philosophy was defined Mihály Csikszentmihályi and since then it is referred beyond the professional line According to the professor the Flow experience is an entirely focused and a motivationally intensified experience where in the course of this people can entirely focus and properly command their feelings for the best performance or learning One of the most certain signs of Flow experience is the spontaneity when we feel exuberance joy while we are resolving a given task The Kegel and other PC muscle constricting exercises have been well tried for centuries in the Chinese sexual culture which is good for controlling the orgasm the seminal emission or even the menses In ESO Extended Sexual Orgasm described by American authors and in Karezza caress the Coitus reservatus sexual continence literally in Latin used by both methods differs from the yogi process originally known from Maithuna tantric uniting By the prior methods maximum dry orgasm or retrograde ejaculation can be achieved and the question arises if we can do anything with we managed to preserve skillfully in the course of the sexual intercourse On the contrary the Tantric Continence is a kind of spiritual realization when we transform our energy source which is also considered as our vitality and our undeveloped spiritual powers into Ojas Essence and disperse in the body According to the Ayurveda this inner elixir gets inside us into the potentially sublimatable seventh state in form of sperm or

ovum after establishing of the six matrices dhatu However we lose this inner elixir in an ordinary sexual intercourse the body subtracts the necessary energy from the tissues for reproducing In my previous book Yoga in bed Tantric Continence Spiritual Intimacy book series I volume I have already presented the body poses taken from Hatha Yoga practices in tantric approach combined with breathing exercises and muscle contractions

Timeless Orgasm Oszlár Kálmán András, The Single Great Masculine Orgasm is a myth that is living its last days The lightning style of a man is very far away from fulfilling the wishes and aspirations of a couple and above all one could hardly call it a style Rather it brings a dizzy rush to the Big Ending It is more like a Genital sprint which finishes just as soon as it starts Why does it happen this way for many and no other way seems to be known For the simple reason that male orgasm has become the synonym of ejaculation We hurry to eliminate the semen hoping to receive immediately the reward for our 5 10 minutes of labour Sperm becomes the symbol of our highest pleasure and its guarantee Everything is subsidized and guided by our sexual instincts that deprive us of an exciting world of elusive erotic sensations For a few moments the primary Eros gets to a paroxysmal level there are some muscle spasms and after that comes silence The exorbitant price of ejaculation This silence is his and not hers Even though she does not say anything at that moment sooner or later the stream of accusations and complaints will follow from her and not necessarily on erotic themes It follows a kind of bomb with a delayed effect For any reason and at any time tireless she will accuse him about anything However it is not only the woman who gets frustrated The price paid by the man for those moments of explosive pleasure is very expensive exhaustion premature aging impotence spiritual and erotic disappointment Yes erotic disappointment Or maybe you know a man who can say out loud that 5 7 seconds of orgasm is enough Even if they happen 3 4 5 6 times per night And as time passes those 5 7 seconds will dramatically diminish The frequency of meetings will become once a week or even worse twice a month From fast sex to the art of ecstasy And if we are to speak about women we will see that many of them have never experienced an orgasm And if they have they have experienced a short one that is the type more specific to men Why would this be Because everything happens too fast for them Everything is so carnal Our fixation on the terminal point cannot release the orgasmic waterfalls which women are able to feel A lot of love openness and understanding are necessary in order to find out what lies within the feminine universe Only then we can enjoy the fruits of pleasure tenfold which she our beloved can offer us For this we must take a small step but a very crucial one the abolition of sex for the art of making love Refuse the fast ejaculations in exchange for the unlimited delight of the storm which will shake our entire being during the state of orgasm Orientals say Pleasure has to be lived not consumed This shift in mindset is our passport to erotic Paradise

Advanced Spiritual Intimacy Stuart Sovatsky, 2014-05-14 A practical guide for both individuals and couples to transform sexual energy into spiritual and erotic fulfillment Explains how to awaken advanced stages of sexual development for spiritual intimacy and deep erotic satisfaction Includes illustrated instructions for exercises and techniques based on yoga kundalini breathing practices mantra chanting

and chakra meditation Explores how this practice can deepen a life partnership enhance creativity heal emotional scars and awaken new understandings of gender Sexual development does not end in adolescence There are advanced stages of glandular emotional and erotic development based in the lifelong puberty of the spine Known in India as kundalini awakening these stages form the energetic basis of all yoga forms and deeper erotic aspirations They present an opportunity for couples and individuals to explore the consciousness expanding abilities of sexual energy as both spirituality and sexuality transform into what Michel Foucault called *ars erotica* far beyond the Freudian *scientia sexualis* sexuality of the Western world Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice Stuart Sovatsky explains how to awaken the complete spinal puberty resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality With illustrated instructions he reveals flow yoga asanas mantras and devotional breathing practices for solo kundalini yoga as well as couples yoga practices and chakra meditations to awaken the heart and the divinely eroticized mind He shares inspiring stories from those on this path about ever deepening life partnerships enriched family life enhanced personal creativity profound new understandings of conception masculinity femininity and gender itself as well as healing emotional scars of romantic breakups and sexual abuse Sovatsky shows that by transcending conventional Western sexuality and returning to the *ars erotica* beliefs of ancient India we can harness the divine energy glimpsed for only an instant by most people at the heart of all erotic yearning **Tantric Sex Positions** Victor E.

Sellner,2021-01-07 *Eros, Consciousness, and Kundalini* Stuart Sovatsky,1999-04 In this extraordinary celebration of the erotic Dr Stuart Sovatsky introduces us to the Tantric art of sexual sublimation Exercises based on yoga kundalini and chakra meditation help readers learn to harness the divine energy at the heart of all erotic yearning while exploring the intimate relationship between spirituality and sexuality *Tantric Yoga and Sacred Wellness* LILY. PENROSE,2025-09-04 Awaken energy deepen intimacy and discover a path to sacred wellness through the ancient practices of tantric yoga Tantric Yoga and Sacred Wellness Unlocking Energy Healing and Intimacy Through Ancient Practices is a comprehensive yet approachable guide to a transformative spiritual tradition Rooted in mindfulness energy work and conscious connection tantric yoga invites you to honor both body and spirit while cultivating balance healing and deeper relationships This book is designed for modern readers seeking practical tools to live with more vitality intimacy and sacred awareness Inside this book you ll explore The essence of tantric yoga understand its history philosophy and how sacred wellness integrates into daily life Breathwork and energy practices harness life force through tantric breathing techniques for healing and vitality Relationship intimacy discover couples exercises and communication tools that strengthen bonds and create sacred connection Sacred sexuality embrace sexuality as a divine expression with mindful rituals that honor intimacy and love Mindful movement integrate tantric yoga with modern wellness to create a personal practice that supports body and spirit Meditation and awareness deepen spiritual growth with tantric meditation techniques that awaken clarity and inner peace Rituals and

ceremonies design meaningful practices for personal healing relationships and community connection Chakra alignment balance and heal the body's energy centers with techniques rooted in tantric wisdom The power of sound explore chanting vibration and mantra as tools for awakening energy and presence Tantric yoga for singles cultivate self love empowerment and spiritual fulfillment through solo practice Nature and Tantra reconnect with earth energy bringing the natural world into your spiritual and wellness practices Why this book matters In a world that often separates the physical from the spiritual tantric yoga offers a holistic approach that unites body mind and soul By practicing sacred wellness you learn to transform ordinary experiences into moments of connection and meaning This is not about complicated postures or esoteric rituals it is about accessible practices that anyone can adapt to their life whether seeking healing intimacy or personal growth Perfect for yoga practitioners spiritual seekers couples looking to deepen their connection and individuals interested in meditation mindfulness and energy work Whether you are a beginner or looking to enrich your current practice this guide provides both inspiration and practical tools for transformation Tantric Yoga and Sacred Wellness invites you to slow down breathe deeply and rediscover the sacred in everyday life From breath to movement from intimacy to meditation every practice opens a doorway to energy healing and connection Begin your journey into tantric yoga today unlock energy embrace intimacy and live a life of sacred wellness

TANTRIC SEX POSITIONS Susy Wild, 2021-01-03 Interestingly many people take their sex life for granted without understanding that minor changes can easily alter their happiness scope This is especially the case with older couples who have long loved each other and do not understand the value of an active happy sex life They also forget to include their own wild sexual passions when couples set goals which causes cheating among many couples There are people who believe like they can not be fully satisfied by their partners opening the door to a non-existent sex life However if couples pay more attention to the basic aspects of tantric sex all this will change and it will completely change the way people live Tantric sex has been around as long as you can imagine and its Asian origins suggest that you can learn a lot of useful information from Indian sources Various ancient manuscripts provide vivid descriptions of how tantric sex should be handled and fundamental aspects of relationship enhancement Having a healthy sex life makes all the difference and it makes happier couples In this text there's plenty of comprehensive details that will help you to cause a tantric sex life and maintain a healthy relationship balance The importance of a happy sex life is witnessed by many couples as the key to their happiness You're easy to get relaxed and do what you want when you're in a tension-free relationship You will be directed by the material contained here to learn new sex roles and a comprehensive guide to distinct tantric sex values In this unique book Tantric Sex Position Step By Step Guide To Increase Couples Pleasure Through Meditation And Yoga Understand The Importance Of Romance Intimacy Learning The Art Of Tantric Sex You'll learn How to massage and meditate with your partner on a different stage and make sure they share your sexual interests To recognize your interests and passions and to see that your partner is really involved in enhancing your sex life The numerous aspects of this particular form of sex

including massages the use of body oil and the alignment of a suitable tantric diet What tantra is and how to apply tantric sex from a fundamental level And lots lots more For those looking to try new things in the bedroom and even improve their fitness while they are at it the text contained here offers a proper guide You will be shocked at how your life can improve drastically and you will find yourself always in a positive mood Not only will this book boost your sex life but it will get you closer to your partner and strengthen every aspect of your relationship Don t wait just get a copy NOW *Tantric Yoga Poses* Jayson Bozeman,2021-05-03 What comes to mind when you hear the term Tantra yoga Tantra yoga may improve your sex life but only because of what it does to help you get in touch with your own body and your own energy Tantric practices including Tantra yoga work on the subtle energies within the body to enhance spiritual growth and physical wellbeing Through the exploration of these energies and their connection to the universe the purpose of life and the connection to others can be understood in a new dimension As you delve deeper into your spiritual practice you might find yourself searching for ways to connect with your subconscious better Once you understand your own energy better you ll be able to connect to others with ease You ll work through a series of postures that will open your mind and help you unwind Learn all about Tantra yoga including What is Tantra yoga The history of Tantra yoga The connections between Tantra yoga and the spiritual aspects of life Scientific ideas that support the benefits Tantra yoga has to offer Exercises activities and poses readers can complete alone or with a partner Healthy lifestyle choices and diets that complement yoga s benefits The many many ways Tantra yoga can transform your life **Tantric Sex 2022** Evelyn Jaymes,2022-02-06 Did you know that tantric sex is NOT all about sex Or that it could be a path to healing several other areas of your life What if you could experience full body orgasms that lasted for hours Doesn t that sound incredible The truth is the strength of your relationship is not forged during the dates you have or how much time you spend together as a couple A strong loving bond that can withstand the test of time is built during the most precious and intimate moments you share with your partner It is built during sex Having sex should be more than just satisfying your hormonal lust or desires Sex should be a time when you connect with your partner in a way so deep you re both brought to the brink of ultimate bliss Originating in India sometime between 300 and 400 of the Common Era CE the concept of tantra can be detected dating back to 2000 BC Ancient civilizations have long been harnessing the power of this remarkable practice and the modern world we live in is only now waking up all the glorious possibilities tantric sex can bring Tantric sex is not a religion It is a practice and a way of life It doesn t just teach you the various sex methods you could use for greater pleasure alone It teaches you how to give and receive the loving energy between a pair of lovers It teaches you about awakening the internal spirit the energy of life that flows within us all to connect with your spiritual side and restore meaning to your life It reminds us that our bodies are a temple and that within every man and woman there resides a God and Goddess Tantric sex is about connecting with your partner so deeply that in that union you feel like you may have found your soul mate at last You Will Learn Tantra s emotional and cultural origins Why

tantric sex is better than regular sex How to bring out your partner's sensual side Overcoming the myths to discover the truth How to awaken your body and free your mind The true power of breath and what it can do for your sexual experience How to harness the power of your sexual energy How to transform your sexual energy using your chakras How to manipulate the senses for greater intimacy What the erotic awakening massage can do for you Understanding the universal hum The best tantric sex positions to try today There's more to tantra than meets the sexual eye and this book aims to help you understand why it should be seen as a way to connect meaningfully with your partner rather than seeing it as nothing more than a way for you to have an orgasm Embrace tantra fully and you'll live your life with freedom and passion you never knew before Tantra doesn't just teach you how to connect with your partner It teaches you how to connect with your world Tantra is a practice that benefits both men and women and we'll provide step by step guides about how you can work together with your partner the way you are supposed to This book is not going to tell you how to do it It's going to show you how to do it Are You Ready to Change Your Sexual Experience for the Better Scroll to the top of the page and click on the Buy Now button

[Tantric Massage For Beginners](#) Wallace Roggero, 2021-04-22 Tantra is an ancient Indian practice that dates back more than 5 000 years In Sanskrit the word tantra means woven together People who practice Buddhist and Hindu meditation may also practice tantric sex as a way to weave the physical with the spiritual This practice brings together spirituality and sexuality and emphasizes the importance of intimacy during a sexual experience This book lets you know about tantric massage to start practicing and everything you should know about Tantric Sex to maximize the tantric sex experience This book will teach you What Is Tantric Sex The Benefits of Tantric Sex Importance of Sex in a Relationship Types of Intimacy Beginning Exercises Basic Tantric Sex Techniques Tantric Massage Tantric Sex Positions for Beginners And much much more

From Om to Orgasm Chandi Devi, 2008-04 At last A practicum on Tantra for singles and couples Everyone wants to know how to become a better lover Although this book is written in easy to understand language the language of the heart it is the modern reference book on tantra from meditation to quick tantra tips from orgasm and prolonged massage to 5 minute exercises Illustrations diagrams charts and step by step instructions essential for those who want to experience spiritual sex are curious about tantra want more intimacy want to attract the right partner want to enhance or improve their relationship with their partner find other books on tantra either too academic or too raunchy want to try something new that reflects their conscious interests have very busy schedules want to experience this work in private and at their own pace Testimonials Outstanding and has full potential to become a classic reference work David Fabricius Internationally Renowned Business Speaker The author drawing from classic and modern sources personal experience and a variety of associations by non tantric traditions presents a much wider view of Tantra than is normally found in books directed towards Westerners There are a lot of great concepts brought out in this book that are not covered by other popular books L B reviewer The book gives us a flawless enlightened and uninhibited path to divine sexual expression and practices It

teaches the magic of improving communication between partners which helps in healing the mind body and soul Sidhartha Pani MD Certainly this book is more than theory It tells of the integration of the body and soul which is the heart of this subject relating our everyday experiences emotions and instincts to the divine creativity within Bradley Rockow Vedic Astrologer Tantric Sex Emily Ashwood,2020-12-04 **The Heart of Tantric Sex** Diana Richardson,2010-05-11 One of the most revolutionary books on sexuality ever written Ruth Ostrow Sex Relationship and Spirituality journalist News Ltd After many years of exploration Diana Richardson found that the ancient practice of Tantra with its unique intelligent approach to sex had the effect of enhancing intimacy and deepening love Here she has adapted Tantra for modern Western lovers in a practical sympathetic way Tantric Sex can transform your experience into a more sensual loving and fulfilling one First published in 2003 the bestselling Heart of Tantric Sex has become the standard in its field **Tantric Love** Ma Ananda Sarita,Swami Anand Geho,2001 Sometimes it can be difficult for even the closest of partners to fully express their love during sex We may resist deeper intimacy for many reasons among them pain insecurity or simply a fear of sharing our most natural desire for physical love with another person Tantra can help you dissolve these barriers to intimacy and invites you to awaken the physical and spiritual energy that can bring partners together as loving soul mates Tantric Love unlocks the secret powers of meditation breathing massage and more to help you celebrate and revitalize your love life Each chapter focuses on one of the chakras or energy centers in the body and offers simple exercises that will help you share this energy and open the door to ecstasy Discover new ways of pleasing your partner Enjoy sexual satisfaction through and beyond orgasm Learn how to open up to your partner both in and out of the bedroomAs you move from one stage to the next you ll find that you re not only connecting with your lover on a physical level but on a deep spiritual level too one that prepares you for a loving lasting commitment to each other *Tantric Sex* Evelyn Jaymes,2020-10-12 Did you know that tantric sex is NOT all about sex Or that it could be a path to healing several other areas of your life What if you could experience full body orgasms that lasted for hours Doesn t that sound incredible The truth is the strength of your relationship is not forged during the dates you have or how much time you spend together as a couple A strong loving bond that can withstand the test of time is built during the most precious and intimate moments you share with your partner It is built during sex Having sex should be more than just satisfying your hormonal lust or desires Sex should be a time when you connect with your partner in a way so deep you re both brought to the brink of ultimate bliss Originating in India sometime between 300 and 400 of the Common Era CE the concept of tantra can be detected dating back to 2000 BC Ancient civilizations have long been harnessing the power of this remarkable practice and the modern world we live in is only now waking up all the glorious possibilities tantric sex can bring Tantric sex is not a religion It is a practice and a way of life It doesn t just teach you the various sex methods you could use for greater pleasure alone It teaches you how to give and receive the loving energy between a pair of lovers It teaches you about awakening the internal spirit the energy of life that flows within us all to connect with your spiritual side

and restore meaning to your life It reminds us that our bodies are a temple and that within every man and woman there resides a God and Goddess Tantric sex is about connecting with your partner so deeply that in that union you feel like you may have found your soul mate at last You Will Learn Tantra s emotional and cultural origins Why tantric sex is better than regular sex How to bring out your partner s sensual side Overcoming the myths to discover the truth How to awaken your body and free your mind The true power of breath and what it can do for your sexual experience How to harness the power of your sexual energy How to transform your sexual energy using your chakras How to manipulate the senses for greater intimacy What the erotic awakening massage can do for you Understanding the universal hum The best tantric sex positions to try today There s more to tantra than meets the sexual eye and this book aims to help you understand why it should be seen as a way to connect meaningfully with your partner rather than seeing it as nothing more than a way for you to have an orgasm Embrace tantra fully and you ll live your life with freedom and passion you never knew before Tantra doesn t just teach you how to connect with your partner It teaches you how to connect with your world Tantra is a practice that benefits both men and women and we ll provide step by step guides about how you can work together with your partner the way you are supposed to This book is not going to tell you how to do it It s going to show you how to do it Are You Ready to Change Your Sexual Experience for the Better Download Now Your sexual awakening awaits *Yoga, Tantra and Meditation in Daily Life* Janakanada Swami Saraswau,1992-02-01 The author demonstrates how you can practice Tantric Yoga and go on living your life as you usually do adding another habit to the ones you already have The step by step well illustrated instructions in this book take you from beginners exercises to those for advanced students You will learn how to meditate easily breathe correctly during yoga or meditation and how to do easy yoga poses and exercises such as the back program to improve posture and maintain youthfulness and a great deal more *Tantra* Shivoham,2019-08-10 Tantra Exploring Sexuality for Spiritual Awakening is authored by Prof Dr Shivoham The book teaches ancient powerful and secret tantric spiritual technique from India Sexuality is projected as a tool for enhancing awareness and consciousness The book includes techniques for merging yoga and sex together to reach a new dimension The book aims at removing all inner blockages anticipated by delusive mind The power of sex in its true sacred form is revealed in the book Journey of human energy from base to infinite is disclosed in the book Mastering the process from duality to unity so to ascend towards omnipresent spirit is discussed The book intends to make a person reach a point of spiritual evolution where everyone looks the same Process of self discovery where You will meet You i e you will get to know your real self is discoursed The book talks about Sex the beautiful expression of love joy intimacy sharing and unity Confusion about whether to choose spirituality or sexuality is debated Embracing sexuality for spiritual living is conversed Art of Lovemaking Erotic Temples of India Opening Chakras Kundalini Shakti Samadhi Union of Energy and Consciousness are a few core topics that are a part of this book You are here on earth to enjoy each and every aspect of yourself Cherish your sexuality and spirituality both at the same time Make

yourself alive full of energy glowing and have high spirits Author hopes that the book will remove all the hindrances of delusive mind and will let each soul follow the true path of festival of life **The Essence of Tantric Sexuality** Mark A. Michaels, Patricia Johnson, 2006 In 1976 Dr Jonn Mumford gave a series of groundbreaking lectures on sexual Tantra at the annual Gnosticon conference Thirty years later his teachings still resonate Based on Dr Mumford s pioneering work The Essence of Tantric Sexuality introduces Tantric theory and practice revealing powerful techniques that until now have been kept secret From autoerotic mysticism to sex magic this book reveals how internal energies can be used to reach altered states of consciousness and transcendence Much more than an erotic sex manual this book also carefully explains the Tantric philosophy and the principles of this Indian tradition effectively demystifying Tantra and making it accessible to beginners Erogenic zones perfume magic secret Tantric symbols Tantric massage the Tantric mass and Tantric terminology are all explored in this comprehensive guide to sexual Tantra *Tantric Yoga* Gavin Frost, Yvonne Frost, 1989-01-01 Advanced text discusses the inherent quadrality of the Gods and Goddesses and how creation systems work Through a series of meditations and visualizations the authors show how knudalini energy can be safely activated and cycled bringing you through a psychic loop that empowers you to discover new knowledge and bring it back into consciousness with you

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