

understanding that life is what we are creating for ourselves moment to moment. The number of people who practice yoga and meditation has grown immensely. While yoga itself is 6,000 years old, it was re-popularized several times and now millions of people are partaking in practices of all sorts, from kundalini to yin. Tantric Yoga awakens us to a deeper understanding of our bodies, and how the body is connected to the expression and experience of the emotions, and the magnitude that comes with chakra purification. The Tao of Tantric Yoga's author Satyama Ratna Lasby is inspired and reveals some of her erotic time spent in the ashram of Osho Rajneesh, the enlightened spiritual leader known for his radical approach to life and sex. He eloquently paved the way for unconventional and intelligent relating using neo-tantric meditations for wisdom and in-the-moment living. Osho spoke about tantra and its spiritual relationship to sex, likely a few years too soon. Growing pains in tantric practices are highlighted in communities like Koh Phangan where tourists abound (looking for sex though maybe not ready to admit it), tantra teachers are born too quickly, and many "scandals" happen due to karma, desires unfulfilled, lack of communication, or differences in conditioning. There is more authentic curiosity than ever before from those wanting peak experiences in life and in their sexuality. The Tao of Tantric Yoga explains how body and mind are necessary for the awareness of healing, which includes sexual healing, where most carry wounds and fears which are covered by human behaviour and speech. Once healing has taken place, pleasure can occur, and once pleasure is experienced, there is no end to the heightened states possible through ritualizing sacred practices either with yourself or another, or simply by practicing and experimenting with consciousness and meditation. There are many ways to do this; some are described, step by step so that you can try them in their life. Tantric rituals are also given in detail, as are tantric sexual positions and the alignment of the chakras via yoga and sexual practice. The book is also an exploration what makes certain types of communities sustainable through their choice in spiritual practices, also in their choice of how to deal with conflicts that arise in relationships where love and sexuality are involved. The community of Tamera in Portugal is highlighted for its communication and conscious care of others via truthful and fully transparent paths. Behind all practices may be the doorway to how we live now, in a radically shifting paradigm that includes a look at how COVID is affecting us and how we can care globally through yoga. In this accessible guide, Shashi Solluna breaks all preconceptions about Tantra and introduces us to the real philosophy behind this sacred practice. In traditional descriptions, Tantra is often defined as meaning "to weave", and can be compared to the weaving of a fabric. Tantra is therefore a path that weaves together. Ultimately, Tantra points us to the highest level of consciousness in which one merges into Oneness and no longer feels like a separate physical entity. This is sometimes called "Heaven" as opposed to the more tangible experience of "Earth". This book explains how Tantra can allow us to move from a physical solid experience of reality into the lighter more ethereal experience - or from Earth to Heaven - and then ultimately bring Heaven to Earth! This books explores: • The history of Tantra • The core principles of Tantra • An understanding of the tantric approach to sexuality • Practices to explore your own Tantric sexuality • A tantric understanding of relationship, love and intimacy • An understanding of Tantra as a spiritual path • Practices for creating spiritual experiences and higher states of consciousness ...and much more!

Activating the Taoist Points of Love
Increasing Chi through the Cultivation of Joy
How to Use the Yoni Egg for Sensual Healing
Wild Feminine
Finding Power, Spirit & Joy in the Female Body
Tao, Tantra, and the Kama Sutra