



Tantra: Discover the Path from Sex to Spirit (Paperback)

By Shashi Solluna

Hay House UK Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. An introductory guide to the sacred sexuality practices of modern schools of Tantra, and how you can use them to find meaning and healing in physical relationships. You will learn: - the philosophy of Tantra - an understanding of Tantra as a spiritual path - the role of relationships, love and intimacy in modern tantric traditions - the importance of opening your heart - to yourself and to others - and techniques to do this - different ways to explore your own sexuality with Tantra - practices for creating spiritual experiences and higher states of consciousness with Tantra . and much more! The Hay House Basics series features world-class experts sharing their knowledge on the topics that matter most for improving your life.

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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).

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