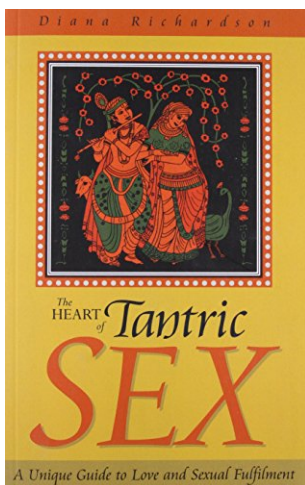


# [PDF] The Heart Of Tantric Sex: A Unique Guide To Love And Sexual Fulfillment

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#### Books Details:

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#### Description:

**About the Author** Diana Richardson, born in Zululand, South Africa, completed her education with a degree in law. Qualified as a teacher and practitioner of therapeutic massage techniques. Living in India as a disciple of the spiritual master Osho she began a life-changing enquiry into the union of sex and meditation. After years of personal exploration she presented a unique Tantric synthesis to the Osho Tantra School in India in 1993. Since then she has been teaching Tantra in different parts of the world with a direct practical approach that inspires couple in the art of loving.

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"The Heart of Tantric Sex" was a recommendation of my meditation teacher and was exactly what we were looking for! My boyfriend and I have both come to agree that our sexual experience before this book was not sex but mere mechanical attempts at the idea lol. Of course, I think without meditation practice in tandem the book would not be sinking in as smoothly, especially in the practice of being "spiritually and physically in the moment" during foreplay and beyond. Tantric Sex and Menopause: Practices for Spiritual and Sexual Renewal. Diana Richardson. 4.5 out of 5 stars 40. This is my first reading into Tantra. This book was well written and explained everything brilliantly. Looking forward to putting my consciousness aside and trying Tantra. Read more. Report abuse. Tantric sex can transform your experience into a more sensual, loving, and fulfilling one. First published in 2003, the best-selling Heart of Tantric Sex has become the standard in its field. Contains mature themes. PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio. File List (Click to Show). 4.8M Diana Richardson - The Heart of Tantric Sex (Reference Guide).pdf 242M Diana Richardson - The Heart of Tantric Sex A Unique Guide to Love and Sexual Fulfillment.mp3 247M total. Download The Heart of Tantric Sex: A Unique Gui... Tantric Sex can transform your experience into a more sensual, loving and fulfilling one. Feel Free to contact me for book requests, informations or feedbacks. Without You And Your Support We Can't Continue Thanks For Buying Premium From My Links For Support. The Roots - divine potential of sex and love The Love Keys - practical body-oriented suggestions The Journey - crucial aspects of sex and sexuality. Skillsets: Masculine Sexuality & Sexual Skills. The Roots - Reframing Sex - Sexual Conditioning - Polarity and the Positive Poles of Love - Awareness of Body and Mind - Penetrating Innocence: The Love Keys. The Love Keys - The Eyes - The Breath - Communication - Genital Consciousness - Touch - Relaxation - Soft Penetration - Deep Penetration - Rotating Positions.