

1: Tantric Sex For Beginners: 4 Easy Tips! | Care2 Healthy Living

If you're interested in trying Tantric sex, here are four easy techniques for beginners looking to achieve the heightened intimacy that goes along with Tantra.

His studio is modern, warm, and impeccably clean. I felt safe upon meeting him. My past abusive traumas and excess weight continue to melt away with each visit. Shiva I found Mal through an article I saw online. At that point in my life I was going through an intensely difficult time, my marriage was falling apart and my health and happiness in myself and my relationships had hit rock bottom. I woke up every day Pooja I will look back on my tantric journey experience as a fundamental turning point in life. What Mal teaches is so powerful and so necessary for healing physically and emotionally. Professionally, as a yoga teacher and bodywork practitioner, has opened to me a function Teresa Richard Where should I start When I arrived I never thought it was possible for a group of people to be transformed in just 7 days. I can wholeheartedly recommend a session with Mal as he is very caring and only goes with what I have felt the change and have seen Julie Sophia he taster evening was an informative introduction to tantra - the subject was thoroughly explored and explained - it was a very enlightening process of discovering hidden truths about the nature of psychological and physical well-being - plenty VJ This work is utterly profound and life changing, I will be forever grateful to Tantric journey for the healing and love that has made me whole again. Roxana I attended an introductory evening out of curiosity and not really knowing what to expect. At that point I had no concept of what was to come. I found the talk interesting and felt comfortable with the concept but it was only during the module 1 work Elizabeth I Have an interest in Tantra and its healing benefits. I have had been searching for a place in London to further my knowledge I came across Tantric Journey website. I was very impressed with what I read, His works in healing and also training worksh L v Thank you for a most interesting and embracing experience. It felt like a real luxury to feel so cared for hours. I know about Levine and porges work and I can see how the body wor Teena K After my session with Mal I feel so fantastic I have so much sexual energy buzzing around in my entire body. The session was absolutely amazing. I had no idea that I could be so orgasmic. I was really surprised because during the session you wou Sunshine The introduction evening was really very good quality. The talk was fascinating and Mal very knowledgeable and passionate about his subject. I am really inspired to do the training and get involved in this type of work. Laura Just back from Module 2, learning absolutely profound Tantric Healing Bodywork, life changing powerful beautiful, challenging and empowering. You provided a clear overview of tantra with handout.. I particularly liked the idea that it is a spiritual practice and how society has made society to think the genital area is somethin Shakti Mal and Kate did a wonderful job holding the space and sharing their knowledge and experience. Despite the many question asked and time taken during the sharing sessions, they managed to finish the curriculum as per the schedule. No matter the situat Noel Tuan I was feeling a little apprehensive when I arrived for module two as I am still quite new to this specific approach to healing. When I found out that we were a very small group I was even more worried as there was now no where to hide, so to speak. Chris I was quite apprehensive at first but Mal has a very reassuring manner and made me feel very relaxed and calm. I felt totally safe and protected with Mal and would recommend him highly. I was very emotional at the end of the session and over the ne Gill Cheshire My tantric journey Holly My session with Mal was very healing and transforming. I am grateful to be able to heal on such a deep level. Banu A very profound and emotional experience, thank you for your kindness Mal! A A well-structured session and very professional which reached the objectives. Mal is walking his talk, easy to connect with and has a lot of integrity. I trust him and his approach.

2: Tantric Sex | HowStuffWorks

Believed to date back 5,000 years, Tantric sex is an ancient Eastern spiritual practice. Like yoga or Zen, its purpose is enlightenment and the philosophy transcends the bedroom into all aspects.

Take the ultimate sex quiz. Have you ever experienced a moment of sexual ecstasy? How did it make you feel? Intense sexual experiences are one of our greatest sources of pleasure. At the same time, sex is often regarded with an equal measure of fear and fascination. We may crave sexual intimacy to the core of our being, yet also take great pains to avoid it. We may wish to be touched with all of our heart, yet fear our own vulnerability. We may long to rekindle lost passion, but have forgotten how to light the fire. The practice of Tantra shows us how to reclaim the sexual intimacy that is our birthright. And through this most ancient of arts, we may discover new joys of the erotic and expand mere moments of sexual ecstasy into a lifetime of sexual bliss. At a time when the stresses, fears and distractions of daily life threaten so many relationships, the age-old practice of Tantra shows us how to open our hearts, our emotions and our sexuality. Although Tantra has long been practiced in many eastern cultures, it is just beginning to flourish in the United States. Born in India more than 6,000 years ago, Tantra emerged as a rebellion against organized religion, which held that sexuality should be rejected in order to reach enlightenment. Tantra challenged the ascetic beliefs of that time, purporting that sexuality was a doorway to the divine, and that earthly pleasures, such as eating, dancing and creative expression were sacred acts. The word Tantra means "to manifest, to expand, to show and to weave. Couples need not adopt the Tantric pantheon in order to benefit from the sexual wisdom of this ancient art. Tantric sexual practices teach us to prolong the act of making love and to utilize potent orgasmic energies more effectively. Tantra is also health enhancing. In the West, we sometimes view sex as a source of recreation rather than a means of transformation. The goal may be to reach orgasm rather than to pleasure our lover or to connect with him or her more fully.

3: Tantric Treatments for Women | Tantric Journey

Tantric sex is about love, trust, respect, affection, attention, caring about the needs and pleasure points of your partner - and apparently, crazy long orgasms. At first glance it is, as I said, sex for women, but only because women are generally more open to the meaning of spiritual love beyond the physical realm.

4: Beginning Tantric Sex Techniques - Part One | HowStuffWorks

When you think of tantric sex, you probably think of Sting's famous marathon sex sessions. But tantra isn't just a way for new-age musicians to screw like the Energizer bunny. For the.

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