

The Sexual Practices Of Quodoushka Teachings From

The Sexual Practices of Quodoushka
The Blue Truth
Sex and the Intelligence of the Heart
Conceiving with Love
Unifying the Field of Psychosexual Therapy
Understanding Self Exploration
Spirit Marriage
Visions of an Enduring People
Secret Sexual Positions
History of the Future
The Sweet Medicine Sundance
Teachings of the Chuluaqui-Quodoushka
Bibliographic Guide to Psychology
Shopping for God
Rediscovery of Shamanic Heritage
Omni Erotic Review's Bedside Companion
Sexual Health and Erotic Freedom
SIECUS Report
Personal Stories of "How I Got Into Sex"
Sacred Orgasms
Amara Charles Erstorm
Julie McIntyre
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practical exercises to reach higher levels of orgasm
renew relationships and discover the healing power of sex
illustrates how to identify and best please the nine male and female genital anatomy types such as coyote man or buffalo woman
provides exercises for greater sexual pleasure and orgasmic intensity including the firebreath exercise for full body orgasm
explains how to perform powerful healing sexual energetic work with the chakras and light body based on ancient mayan olmec and toltec teachings
passed down through the generations by the twisted hair nagual elders of the sweet medicine sundance path
the practice of quodoushka offers practical guidance on sex intimacy and relationships as well as how to reach higher levels of orgasm and sexual ecstasy
working with the healing power of sexual union and orgasm this practice offers a path to repair

emotional wounds and sexual insecurities revive monotonous relationships and discover the sweet medicine of sex revealing these once secret teachings for the first time initiated quodoushka instructor amara charles explains the physical energetic and sexual qualities of the nine male and female genital anatomy types such as coyote man or buffalo woman and how to identify and best please each type as well as take pride in your own unique anatomy describing the nine variations of orgasmic expression from avalanche to forest fire she provides exercises for greater sexual pleasure and increased orgasmic intensity including the firebreath exercise a method for reaching a full body orgasm through breathwork covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking the practice of quodoushka reveals how we can through pleasure become more sensitive creative lovers

in the blue truth author erstorm explores the complex nature of love and its crucial role in promoting societal acceptance of same sex relationships and marriage the book is structured around interconnected chapters that examine love s historical perceptions legislative frameworks for inclusivity and the emotional bonds that unite individuals regardless of sexual orientation erstorm begins with a historical analysis of love across cultures arguing that it is a foundational element for guiding inclusive legislation through anecdotes and research the author demonstrates how love can challenge societal norms and inspire change the narrative also introduces concepts like love at first sight and the idea of soulmates emphasizing the importance of various relationships in shaping identity challenging outdated views erstorm presents homosexuality as a natural variation of human sexuality advocating for a deeper understanding of human connections the book contrasts conscious manifestations of love with instinctual behaviors in the animal kingdom highlighting the commitment in same sex relationships erstorm calls for legislative action through the blue truth providing a framework for addressing challenges faced by the gender variant community ultimately the book serves as a manifesto for love and equality encouraging readers to advocate for a future of acceptance and freedom in love

explores how nature underlies sexuality and intimacy examines how to regain intimacy in our relationships in a way that embraces our hidden wild nature and restores the sacred to our lives provides sacred sex and intimacy building practices for partners and exercises to reconnect with the intuitive intelligence of the heart remove our emotional armor and cultivate a deeper relationship with the earth shows how by healing our relationship with nature and our sexuality we move toward healing the whole planet nature is having sex all the time that s one of the reasons we feel so alive when we are immersed in it sexuality is essential to the sensation of nature in your own body of connecting to the piece of earth closest to you your own flesh and bones many a couple has been overcome by passion while walking in the woods or on the beach many a soul has found solace or epiphany in nature living in accordance with nature depends on you being your true whole self a sexual

sensual erotic fully alive human being exploring the territory of intimacy sacred sex and emotional healing as a journey to wholeness julie mcintyre examines the sacred relationship between sexuality and the earth and reveals how to create deep lasting intimacy with your lover by recapturing the wild spontaneous natural sexuality that is your birthright detailing the process of moving from your head to the secret garden of your heart she provides exercises to heal your psyche of old emotional trauma reconnect with the intuitive intelligence of the heart and cultivate a deeper relationship with the earth in order to trust yourself and become vulnerable and open with your lover and thus truly intimate she shows how there is a direct relationship between our beliefs and values about sex and intimacy and our beliefs and values about the environment and the earth she reveals how by healing our separation from nature and our sexuality we can bring the sacred back into our lives shape our own ecstatic sexual experiences and move toward healing the whole planet

supportive practical advice for couples who are trying to conceive denise wiesner s integrative east meets west approach developed over twenty years of practice has helped thousands of couples relax reconnect and conceive the stress of trying to get pregnant can wreak havoc with a couple s intimate relationship right at a time when that connection is most important and the frustration and shame couples may feel can have a harmful effect and reduce their chances of conceiving wiesner gives couples the tools they need to repair their sexual relationship rebuild their self confidence and reclaim their intimacy and desire she includes advice from leading experts in western reproductive medicine and traditional chinese medicine offers sensual practices from yoga qigong and tantra and answers questions couples have about sex intimacy and both naturally occurring and medically assisted fertility

the present book marks a groundbreaking entry into the field of sexual health literature this edited volume gathers an unparalleled array of insights research findings and innovative approaches from leading experts around the world addressing the multifaceted challenges and opportunities within psychosexual therapy what distinguishes this book is its dedication to diversity and inclusivity reflected in both the topics explored and the diverse backgrounds of its contributors from examining psychosexual practices within the deaf community to sensitively navigating gender identity conflicts in traditionally religious settings this book offers a rich mosaic of perspectives that highlights the complexity and scope of the field each chapter deepens the understanding of specific issues while weaving a cohesive narrative that underscores the interconnectedness of psychological cultural and ethical dimensions in sex therapy for anyone dedicated to advancing sexual wellness and therapeutic practices this book is an essential addition to their collection promising both insight and inspiration

understanding self exploration comprehensive guide to masturbation in a world where conversations about sexuality are often

silenced by stigma and misunderstanding understanding self exploration comprehensive guide to masturbation emerges as a beacon of clarity and empowerment this groundbreaking novel invites readers to embark on a transformative journey into the heart of one of humanity s most natural behaviors masturbation through vivid storytelling and insightful exploration the book tackles the myths cultural attitudes and scientific truths surrounding self exploration each chapter serves as a compass guiding readers through the complex landscape of sexual health breaking down barriers and fostering open dialogue with a blend of historical context personal anecdotes and expert insights the narrative invites individuals to embrace their bodies dispel guilt and celebrate their sexuality this isn t just a book it s a call to action it encourages readers to advocate for comprehensive sexual health education creating a future where conversations about pleasure consent and self discovery are as commonplace as any other topic join the movement toward understanding and acceptance and unlock the secrets of self exploration understanding self exploration isn t just about masturbation it s about reclaiming your narrative embracing your desires and recognizing the beauty of being human cathleen owen zayne carman digital book company

presents interviews with ten contemporary practitioners of spirit marriage exploring how the relationship developed and the opportunities and challenges discusses the author s own spirit marriage including her awakening as an erotic mystic and her encounters with her faery beloved explains how to cultivate a spirit marriage sharing precautions and practices to spiritually prepare yourself and navigate the potential challenges of spirit marriage exploring the phenomenon of the spirit spouse or spirit lover an entity to which a human is psychically bonded megan rose ph d examines the practice and purpose of spirit marriage around the world presenting transcultural evidence of this form of sacred union in anthropological research religious literature mythology folklore and the oral tradition she shares her in depth interviews with ten contemporary practitioners of spirit marriage including a faery seer a shakta tantric a west african shrine keeper a new orleans voodoo mambo haitian vodou practitioners and a ceremonial magician through these respectful interviews the spirit marriage practitioners tell their stories of initiation and of having a spouse who is both otherworldly and able to assist in waking world activities they offer intimate insight into this growing global practice and its larger evolutionary purpose we learn about their experiences of first contact the decision to marry how the relationship is upheld by their community and the impact on their other relationships we also learn about the risks and challenges as well as one example of divorcing a spirit sharing her personal experience the author discusses in detail her own spirit marriage including the erotic nature of being spirit filled and her encounters with her faery beloved she explains how to cultivate a spirit marriage sharing precautions and practices to spiritually prepare yourself interpret your paranormal encounters and navigate the potential challenges of spirit marriage presenting the first study of the transcultural shamanistic practice of spirit marriage this book shows how bonded relationships with spirits are needed now more than ever to assist with spiritual evolution

this new lavishly illustrated guidebook by the bestselling author of erotic massage takes readers on a unique tour of sexual practices throughout the ages drawing on a rich variety of cultures and eras secret sexual positions provides the methods that can open us to forgotten or undiscovered sensations and feelings leading to a more profound and pleasurable sexuality the book s magnificent illustrations depict the lovemaking of both ancient and modern lovers and invite the reader to experience a new dimension of bodily and mental pleasure using sexual wisdom from sources as diverse as the kama sutra the song of songs and the ishimpo secret sexual positions provides an unprecedented journey through the sexuality of the ages all made easy and available to the couples of today

this volume is based on a conference on shamanic heritage that took place at the hungarian culture foundation budapest in april 2000 some two dozen experts came together from korea the us russia france germany austria belgium and hungary the meeting was a success in terms of scholarly debates and genuine presentations including some film documents on shamanic rituals from different cultures in the course of discussions the cultural value of shamanism has been re evaluated as the heritage of humanity the important source of performing arts and a reservoir of traditional knowledge

this companion offers a varied selection of the best erotic writing illustration and photographs it is organized on an alphabetical basis with tips on techniques and interesting historical information

what professionals are saying about sexual health and erotic freedom it is rare for a renowned sexologist to speak honestly as a sexual being dr barnaby barratt has summoned the courage to tell us brilliantly not only about sex per se but about his own sexual journey because he has a mission he wants to liberate us intellectually emotionally spiritually and even politically by restoring our birthright the right to embodied sexual pleasure this is the most stunningly provocative subversive and touching book i have read in a long time it is compulsory reading for anyone who longs to feel more richly alive in his her own skin peggy j kleinplatz ph d school of psychology university of ottawa editor of new directions in sex therapy a brave and important book everyone who plans to be sexually active should read it candida royalle erotic film director author of how to tell a naked man what to do dr barratt has another winner sexual health and erotic freedom is an explosive book that cuts to the core of the divisiveness that is tearing at the fabric of contemporary american religious institutions and of our culture in general it is incisive insightful and helpful in its vision of health spirituality and erotic liberation william r stayton thd phd past president american association of sexuality educators counselors and therapists dr barratt has written a provocative and courageous exposé laying bare the societal forces that inhibit our sexuality and crush our capacity for unbridled joy sexual health and erotic freedom will stimulate challenge and inspire readers to examine long held assumptions about intimate pleasure in ways

that may seem foreign even shocking to some yet are inescapably enlightening best of all dr barratt opens doors to help readers reach a depth of erotic connection that may have seemed barely imaginable before joy davidson phd certified sex therapist and author of fearless sex barnaby barratt offers us a strong manifesto for sexual liberation if we are indeed in a culture war where sex and exotic desire are primary targets dr barratt issues a clarion call for honesty and integrity in our sexual discourse sexual health and erotic freedom confronts the sex fascism and shame based sex paranoia that seem to grip our politics and personal relationships with a radical courageous and reasoned case for freely and openly liberating our desires and expressing our true sexual selves jeffrey montgomery executive director triangle foundation vice president woodhull freedom foundation

the whimsical title belies the serious content within this collection of 48 autobiographical essays sharing the lives and loves of sex educators researchers therapists prostitutes criminologists and clergy the contributors stories examine childhood sexual discovery and tragedy teen struggles

presents four ancient paradigms of spiritual sexuality in which the flesh is a temple of the soul and a means for achieving higher awareness in a lyrical almost poetical style stubbs takes readers on a journey through their own potential for spiritual wisdom through orgasm while exploring tantra taoism quodoushka and contemporary meditation

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