



Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality

Stuart Sovatsky Ph.D.

Download now

[Click here](#) if your download doesn't start automatically

Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality

Stuart Sovatsky Ph.D.

Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality Stuart Sovatsky Ph.D.

A practical guide for both individuals and couples to transform sexual energy into spiritual and erotic fulfillment

- Explains how to awaken advanced stages of sexual development for spiritual intimacy and deep erotic satisfaction
- Includes illustrated instructions for exercises and techniques based on yoga, kundalini, breathing practices, mantra chanting, and chakra meditation
- Explores how this practice can deepen a life partnership, enhance creativity, heal emotional scars, and awaken new understandings of gender

Sexual development does not end in adolescence. There are advanced stages of glandular, emotional, and erotic development based in the lifelong “puberty of the spine.” Known in India as kundalini awakening, these stages form the energetic basis of all yoga forms and deeper erotic aspirations. They present an opportunity for couples and individuals to explore the consciousness-expanding abilities of sexual energy as both spirituality and sexuality transform into what Michel Foucault called *ars erotica*, far beyond the Freudian *scientia sexualis* sexuality of the Western world.

Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice, Stuart Sovatsky explains how to awaken the complete spinal puberty, resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality. With illustrated instructions, he reveals flow-yoga asanas, mantras, and devotional breathing practices for solo kundalini yoga as well as couples’ yoga practices and chakra meditations to awaken the heart and the divinely eroticized mind. He shares inspiring stories from those on this path about ever-deepening life partnerships, enriched family life, enhanced personal creativity, profound new understandings of conception, masculinity, femininity, and gender itself as well as healing emotional scars of romantic breakups and sexual abuse.

Sovatsky shows that by transcending conventional Western sexuality and returning to the *ars erotica* beliefs of ancient India, we can harness the divine energy--glimpsed for only an instant by most people--at the heart of all erotic yearning.

 [Download Advanced Spiritual Intimacy: The Yoga of Deep Tant ...pdf](#)

 [Read Online Advanced Spiritual Intimacy: The Yoga of Deep Ta ...pdf](#)

Download and Read Free Online Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality Stuart Sovatsky Ph.D.

From reader reviews:

Vicki Shah:

Do you have favorite book? Should you have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each book has different aim as well as goal; it means that book has different type. Some people sense enjoy to spend their time to read a book. They may be reading whatever they have because their hobby is usually reading a book. How about the person who don't like looking at a book? Sometime, person feel need book if they found difficult problem or exercise. Well, probably you'll have this Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality.

Glenn Flinchum:

The book Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality make you feel enjoy for your spare time. You need to use to make your capable more increase. Book can to get your best friend when you getting tension or having big problem along with your subject. If you can make reading a book Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality to get your habit, you can get much more advantages, like add your current capable, increase your knowledge about a number of or all subjects. You could know everything if you like start and read a book Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality. Kinds of book are several. It means that, science book or encyclopedia or other people. So , how do you think about this publication?

Royce Axtell:

The book Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality can give more knowledge and information about everything you want. So why must we leave the best thing like a book Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality? Some of you have a different opinion about e-book. But one aim that will book can give many data for us. It is absolutely appropriate. Right now, try to closer with the book. Knowledge or info that you take for that, you may give for each other; you could share all of these. Book Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality has simple shape but the truth is know: it has great and massive function for you. You can look the enormous world by start and read a e-book. So it is very wonderful.

Karen Ofarrell:

Reading a guide make you to get more knowledge from this. You can take knowledge and information coming from a book. Book is created or printed or descriptive from each source that will filled update of news. Within this modern era like currently, many ways to get information are available for anyone. From media social similar to newspaper, magazines, science book, encyclopedia, reference book, novel and comic. You can add your understanding by that book. Are you hip to spend your spare time to open your book? Or just in search of the Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality when you essential it?

Download and Read Online Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality Stuart Sovatsky Ph.D. #KG3824CUJ7X

Read Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality by Stuart Sovatsky Ph.D. for online ebook

Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality by Stuart Sovatsky Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality by Stuart Sovatsky Ph.D. books to read online.

Online Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality by Stuart Sovatsky Ph.D. ebook PDF download

Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality by Stuart Sovatsky Ph.D. Doc

Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality by Stuart Sovatsky Ph.D. Mobipocket

Advanced Spiritual Intimacy: The Yoga of Deep Tantric Sensuality by Stuart Sovatsky Ph.D. EPub