

## Tantra Discover The Path From Sex To Spirit Hay House Basics

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The spiritual path has been seen as turning inward away from materialism and modern consumerism. Tantra helps to turn your attention inward toward an incredible storehouse of bliss and happiness. As Lama Yeshe says when you discover the bliss of the internal kundalini energy, chocolate and other addictions pale in comparison.

*Unleashing The Full Power Of The Tantric Path*

Tantra: Discover the Path from Sex to Spirit by Shashi Solluna (Paperback, 2016) About this product. About this product. Product Information. 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.

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In this accessible guide, Shashi Solluna breaks all preconceptions about Tantra and introduces us to the real philosophy behind this sacred practice. In traditional descriptions, Tantra is often defined as meaning "to weave", and can be compared to the weaving of a fabric. Tantra is therefore...

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Discover how your intimate relationships can be a way to reach union with the Divine. Tantra is a practice of sacred sexuality that has existed since ancient times to help people find meaning and healing in physical relationships. Now more than ever, this is a practice that everyone can benefit from.

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*Inicio - Tantra With Anita*

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An introductory guide to the sacred sexuality practices of Tantra and how you can weave them together to create wholeness in your life. Tantra is often described as the 'path of love' or 'the way of the heart'. It is a spiritual path that brings apparent opposites into unity so that life can flow with ease. Sexuality is fused with spirituality, masculine with feminine, playfulness with depth ...

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*Tantra: Discover the Path from Sex to Spirit by Shashi Solluna*

- 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

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Tantra - the expansive way. The word "Tantra" comes from the root "tan" which means wide-ranging, whole. It also evokes the weave of a fabric. This mystical path has deeply influenced Buddhism and Hinduism, whilst retaining the characteristics of Shaivism.

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And so it is, because Tantra brings consciousness and love to all areas of the human being, including sexuality as well. But that is not its essence. Its essence is that you discover who you are. It is a path that helps you find that plenitude, balance, pleasure and inner peace that you so much desire and that is already within you. Welcome to ...

*Daniel Odier - The Path*

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### *FAQS - Tantra Path*

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Tantra is a path of sacred love - of focusing on the Self and its journey within for healing, awareness, love, and acceptance that will ultimately lead to self-realization. Within this path, you have the opportunity to awaken and access your vital life force energy, and expand into higher states of consciousness to release what is holding you back.

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