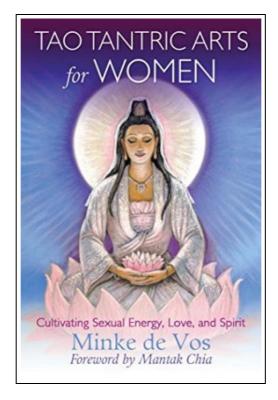
Tao Tantric Arts for Women: Cultivating Sexual Energy, Love, and Spirit



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Reviews

A fresh e-book with a new viewpoint. Better then never, though i am quite late in start reading this one. I am happy to explain how here is the very best ebook i actually have study during my individual lifestyle and may be he greatest pdf for actually. (Diana Flatley)

TAO TANTRIC ARTS FOR WOMEN: CULTIVATING SEXUAL ENERGY, LOVE, AND SPIRIT



Inner Traditions Bear and Company, United States, 2016. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book. Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman s life and allow women to awaken their genuine feminine sexuality-receptive, soft, sensitive, intuitive, and creative-rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Minke de Vos s detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.



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