



The New Art of Sexual Ecstasy: Following the Path of Sacred Sexuality

Margot Anand

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New edition of the best-selling guide to transforming sexuality and orgasm through sacred ritual and ancient techniques. The New Art of Sexual Ecstasy opens the way to a new stage of fulfillment and bliss, making the sacred lovemaking techniques of the East available to Western readers and extending sensual experience for everyone. This landmark book on human sexuality provides simple techniques that help readers to discover new sexual experiences, combining physical pleasure with intense emotional and spiritual joy. Includes a wide range of practical ways to enhance sexual pleasure and deepen intimacy, including massage, visualisation, breathing, ritual, movement and fantasy. The sexual secrets outlined in this book include: / how to prolong pleasure / how to extend orgasms so it becomes a whole body experience / how to recover sexual sensation / how to have a multiple orgasm -- for men and women / how to increase arousal and extend the sexual experience. Also included are many innovative sexual positions for versatility and compatibility. The emphasis in the book is on transforming sexuality beyond the merely physical, making it a truly spiritual experience. This book is ideal for anyone looking to bring spirituality back into sex, using it to bring the body and soul into union to discover a whole new experience.

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