

The Sexual Practices Of Quodoushka Teachings From The Nagual Tradition

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The sexual practices of quodoushka teachings from the nagual tradition delve into a profound and often esoteric aspect of spiritual and mystical practices rooted in indigenous and shamanic traditions. Originating from the nagual tradition—an ancient spiritual lineage emphasizing transformation, spiritual awakening, and mastery over one's reality—these teachings incorporate unique perspectives on sexuality as a vessel for spiritual power, healing, and enlightenment. Understanding these practices requires a nuanced exploration of the spiritual philosophy, cultural context, and the transformative goals they aim to achieve. ---

Overview of the Nagual Tradition Origins and Core Principles

The nagual tradition is primarily associated with indigenous cultures of Mesoamerica, particularly the Maya and Nahua peoples. It emphasizes the role of a spiritual guide or shaman (nagual) who acts as an intermediary between the physical and spiritual worlds. Key principles include:

- Spiritual transformation and awakening
- Connection to natural forces and spirits
- Personal mastery over reality
- Use of ritual and symbolism to attain higher states of consciousness

The Role of the Nagual in Spiritual Practices

Naguals serve as healers, seers, and spiritual teachers. Their practices often involve:

- Rituals and ceremonies
- Dreamwork
- Meditation and trance states
- Use of sacred substances and symbols

This tradition views sexuality not merely as physical intimacy but as a sacred force that can be harnessed for spiritual development. ---

Understanding Quodoushka in the Context of Nagual Teachings

What is Quodoushka?

Quodoushka is a term originating from indigenous teachings that describe sacred sexual practices. It is often associated with sacred sexuality, emphasizing the spiritual significance of sexual energy. Within the nagual framework, quodoushka teachings elevate sexuality to a spiritual act, integral to personal transformation and alignment with divine energies. 2

The Intersection of Quodoushka and Nagual Philosophy

The teachings see sexuality as:

- A powerful energy source that can be cultivated
- A sacred act that aligns with spiritual principles
- A means for healing and ascension
- A tool for connecting with divine forces and achieving higher consciousness

Core Sexual Practices in Quodoushka from the Nagual Tradition

- 1. Sacred Union and Energy Exchange**

In quodoushka teachings, sexual union is viewed as a sacred ritual that facilitates:

- The exchange of vital life force (often called prana, chi, or ki)
- Activation of higher chakras and energy centers
- Alignment with the divine feminine and masculine energies

Practitioners often focus on:

- Conscious breathing during intimacy
- Mindful awareness of energy flow
- Intention-setting before sexual acts

- 2. Rituals and Intentional Practices**

Sexual encounters are performed with specific rituals to amplify spiritual power:

- Setting sacred space with symbols, incense, or chants
- Invoking spiritual guides or ancestors
- Focusing on intentions such as healing, awakening, or manifestation

These rituals transform ordinary sexual acts into spiritual ceremonies.

- 3. The Use of Sacred Symbols and Symbols**

Practitioners incorporate symbols like:

- Sacred geometries
- Totems or spirits
- Personal talismans to enhance the energetic and spiritual significance of their practices.

- 4. The Practice of Tantric-Like Techniques**

While distinct from classical Tantra, quodoushka teachings include:

- Controlled arousal to extend pleasure and energy flow
- Breathwork to circulate energy throughout the body
- Post-orgasmic retention to conserve and direct energy

- 5. Meditation and Focused Energy Cultivation**

Before and after sexual activity, practitioners may engage in:

- Meditation to visualize the flow of energy
- Chanting or mantra recitation
- Visualization of light or divine energies entering and leaving the body

Benefits of Practicing Quodoushka Sexualities in the Nagual Tradition

- 3. Spiritual Empowerment**

Engaging in these practices can lead to:

- Increased spiritual awareness
- Enhanced intuition and psychic abilities
- Deepened connection with divine energies

Healing and Emotional Restoration

Sacred sexual practices can facilitate:

- Healing of emotional wounds
- Release of trauma and blockages
- Restoring balance to mind, body, and spirit

Personal Transformation and Mastery

Practitioners often experience:

- Greater self-awareness
- Mastery over energetic states
- Expansion of consciousness

Physical and Mental Well-being

The practices promote:

- Improved vitality and health
- Reduced stress and anxiety
- Enhanced intimacy and relationships

Guidelines and Ethical Considerations

Consent and Respect

All practices emphasize:

- Clear

communication - Mutual consent - Respect for boundaries and spiritual sovereignty

Authenticity and Cultural Respect Practitioners are encouraged to: - Approach teachings with reverence - Honor cultural origins - Seek authentic guidance when available Safety and Emotional Readiness Participants should: - Be emotionally prepared - Engage in practices gradually - Seek support if needed --- Integrating Quodoushka into Daily Spiritual Practice Daily Rituals and Mindfulness Incorporate energy-awareness into daily life through: - Meditation - Breath exercises - Mindful intimacy 4 Creating Sacred Spaces Designate areas for practice with: - Sacred objects - Symbols - Sound or light elements Community and Learning Join networks or groups focused on: - Sacred sexuality - Nagual teachings - Spiritual growth --- Conclusion The sexual practices of quodoushka teachings from the nagual tradition offer a profound pathway to spiritual awakening, healing, and mastery. By elevating sexuality from purely physical acts to sacred rituals, practitioners harness the potent energy inherent in intimacy to catalyze personal transformation and connect with divine energies. These teachings emphasize respect, intention, and consciousness, fostering a holistic approach to spiritual and sexual development. Whether approached as individual practice or within a community, quodoushka teachings serve as a powerful tool for those seeking to deepen their spiritual journey through the sacred act of love and connection. ---

Keywords: quodoushka, nagual tradition, sacred sexuality, spiritual practices, energy exchange, tantric techniques, sacred union, spiritual awakening, healing, consciousness, indigenous teachings

QuestionAnswer What are the key principles of the quodoushka teachings related to sexuality in the nagual tradition? The quodoushka teachings emphasize sacred sexuality as a path to spiritual awakening, viewing sexual practices as a means to connect with higher consciousness, harness energy, and achieve personal transformation within the nagual tradition. How does the nagual tradition interpret sexual energy in spiritual practice? In the nagual tradition, sexual energy is considered a powerful force that can be harnessed and transformed into spiritual energy, aiding in awakening consciousness and facilitating mystical experiences when practiced mindfully and with intent. Are there specific rituals or ceremonies involving sexuality in quodoushka teachings? Yes, certain rituals within the quodoushka teachings incorporate sacred sexual practices aimed at uniting energies, honoring divine aspects, and achieving spiritual insights, often conducted with strict reverence and awareness of their transformative potential. What is the role of consent and ethics in sexual practices according to the quodoushka teachings? Consent and ethical conduct are fundamental in quodoushka sexual practices, emphasizing respect, mutual consent, and sacredness of the experience to ensure spiritual integrity and safety for all participants.

5 How do quodoushka teachings address the concept of duality in sexuality? The teachings recognize duality in sexuality, viewing it as a divine interplay of masculine and feminine energies that can be balanced and harmonized to deepen spiritual connection and personal growth. Can practicing quodoushka sexual teachings lead to enlightenment or spiritual awakening? Many practitioners believe that when approached with mindfulness and reverence, quodoushka sexual practices can serve as powerful tools for awakening consciousness, leading toward enlightenment and deeper spiritual realization.

Are there any dangers or misconceptions associated with the sexual practices of the quodoushka teachings? Yes, misconceptions can lead to misuse or superficial understanding, which may result in psychological or spiritual harm. Proper guidance, ethical practice, and respect for the teachings are essential to safely integrating these practices. How does the nagual tradition differentiate between sexual practices meant for spiritual growth versus those for physical pleasure? The nagual tradition distinguishes practices based on intent, emphasizing mindfulness, sacredness, and the pursuit of spiritual transformation over purely physical gratification, which is seen as secondary or complementary. Are modern practitioners integrating quodoushka sexual teachings into contemporary spiritual practices? Yes, some modern practitioners are integrating quodoushka sexual principles into their spiritual routines, adapting ancient teachings to contemporary contexts while maintaining reverence and ethical boundaries.

Where can one learn more about the sexual practices of the quodoushka teachings within the nagual tradition? Learning typically involves studying under experienced teachers, participating in sacred ceremonies, and exploring authentic texts and community teachings within the nagual tradition, always emphasizing respectful and ethical engagement.

The Sexual Practices of Quodoushka Teachings from the Nagual Tradition: A Deep Dive

The intersection of sexuality and spiritual practice has long been a focal point in many indigenous and esoteric traditions. Among these, the Quodoushka teachings—rooted in the Nagual tradition of the Southwestern United States—offer a profound and sacred approach to sexuality as a pathway to spiritual awakening, healing, and personal sovereignty. This exploration delves

into the core principles, specific practices, and transformative potential of Quodoushka teachings concerning sexuality, illuminating their depth and significance. --- Introduction to Quodoushka and Nagual Traditions Origins and Context The Quodoushka teachings originate from the spiritual lineage of the ancient indigenous The Sexual Practices Of Quodoushka Teachings From The Nagual Tradition 6 peoples of the Southwest, particularly the Navajo and other Puebloan cultures. These teachings were revitalized and adapted by modern spiritual teachers who recognized the profound power of sexuality as a sacred force. The Nagual tradition, associated with shamanic practices, emphasizes the fluidity of consciousness, personal sovereignty, and the unlocking of hidden potential. Core Philosophy At its essence, Quodoushka views sexuality not merely as a physical act but as a spiritual practice that connects individuals to the divine, to nature, and to their authentic selves. It emphasizes: - Sacredness of sexual energy - Personal sovereignty - Intentionality in sexual acts - The integration of spiritual and physical realms --- Foundational Principles of Quodoushka Sexual Practices Sex as a Sacred Power In Quodoushka teachings, sexual energy (often referred to as life force or prana) is seen as a potent force capable of healing, manifesting, and transforming. Sex is regarded as a sacred act that: - Connects individuals to their higher self - Facilitates the flow of divine energy - Is an act of honoring oneself and a partner Personal Sovereignty and Consent A central tenet is the affirmation of personal sovereignty—each individual's right to choose, consent, and set boundaries. Respecting boundaries is integral to maintaining the sacredness and integrity of sexual practices. Intentionality and Consciousness Practitioners are encouraged to approach sexuality with conscious intent, focusing on presence, awareness, and the purpose behind each act. This transforms sexual encounters into powerful spiritual rituals rather than routine physical acts. --- Key Sexual Practices in Quodoushka Teachings 1. Rituals of Sacred Union These are ceremonial practices designed to elevate sexual connection into a spiritual experience. They often involve: - Setting sacred space with specific rituals or offerings - Intentional breathing and energy alignment - Visualizations to channel divine energy through the body - Mantras or prayers to invoke spiritual guidance Purpose: To turn sexual union into a vessel for healing, awakening, and divine communion. The Sexual Practices Of Quodoushka Teachings From The Nagual Tradition 7 2. The Practice of Energy Exchange Practitioners learn to consciously exchange and circulate energy between themselves and their partners. Techniques include: - Chakra alignment exercises: Focusing on aligning the energetic centers before and during intimacy. - Breathwork: Synchronizing breathing to amplify energy flow. - Visualization: Imagining energy moving between partners, enhancing connection and potency. Outcome: Heightened awareness of energy dynamics and deeper intimacy. 3. The Use of Sacred Symbols and Rituals Symbols such as feathers, stones, or specific geometric shapes are used to enhance the sacredness of the act. Rituals may involve: - Smudging or purification ceremonies before intimacy - Creating altars or sacred spaces - Chanting or sound healing to activate energy channels 4. Breath and Body Awareness Techniques Breathing practices are fundamental, including: - Ujjayi breathing: Constricting the throat to create a conscious, audible breath - Circular breathing: Maintaining an unbroken flow of breath to sustain energy These techniques help to: - Keep the mind present - Extend and deepen sexual energy - Prevent orgasm from becoming merely physical 5. Orgasm as a Sacred State In Quodoushka, orgasm is not solely a climax but a conscious state of expanded awareness. Practices involve: - Tantric-style control: Extending and directing orgasmic energy throughout the body - Sustaining energy: Using techniques to delay or transform orgasm into spiritual ecstasy - Energy retention (Ojas or Jing cultivation): Preserving vital energy for healing and spiritual growth --- Deepening the Practice: Advanced Techniques and Principles 1. The Path of Sexual Alchemy This involves transforming sexual energy into higher states of consciousness through: - Microcosmic orbit meditation: Circulating energy through the body's meridians - Kundalini awakening: Using sexual energy to activate dormant spiritual energy along the spine 2. Sacred Contracts and Intentions Before engaging in sexual acts, practitioners often set sacred intentions, such as: - Healing specific emotional wounds - Connecting with divine aspects - Facilitating mutual The Sexual Practices Of Quodoushka Teachings From The Nagual Tradition 8 growth These commitments deepen the purposefulness of the sexual act. 3. Transmutation and Energy Circulation Practitioners learn to transmute lower passions into higher spiritual energy, involving: - Circulating energy between the sexual centers and higher chakras - Transforming lust into divine love - Using visualization to elevate sexual energy into light or spiritual flame --- Healing and Personal Transformation through Quodoushka Sexuality 1. Healing Emotional and Physical Wounds The sacred approach to sexuality in Quodoushka facilitates healing by: - Releasing shame, guilt, and trauma associated with sexuality -

Restoring a sense of sacredness and self-worth - Integrating past wounds into a holistic spiritual identity 2. Cultivating Self-Love and Sovereignty Practices reinforce personal sovereignty, fostering: - Confidence in one's boundaries and desires - Acceptance of the body and sexual identity - Empowerment in choosing safe, respectful partners 3. Enhancing Intimacy and Connection This tradition promotes deep emotional and energetic bonds, cultivating: - Trust and vulnerability - Authentic communication - Mutual respect and shared sacred intent ... Ethical and Cultural Considerations Respect for Indigenous Roots It is vital to approach Quodoushka teachings with respect for their indigenous origins, honoring the cultural context and avoiding cultural appropriation. Consent and Boundaries The teachings emphasize that all practices are entered into consensually, with clear communication and respect for boundaries. Integration with Personal Values Participants are encouraged to adapt practices to their personal spiritual path, ensuring alignment with their values and intentions. --- The Sexual Practices Of Quodoushka Teachings From The Nagual Tradition 9 Conclusion: The Transformative Power of Quodoushka Sexuality The sexual practices embedded within Quodoushka teachings from the Nagual tradition offer a profound paradigm shift—transforming sexuality from a physical act into a sacred, spiritual journey. By honoring the divine nature of sexual energy, cultivating consciousness, and respecting personal sovereignty, practitioners open pathways to healing, self-discovery, and spiritual awakening. This approach invites individuals to reclaim their sacred power, deepen their connections—both with themselves and others—and explore the limitless potential of sexuality as a divine gift. Whether used for personal growth, healing, or spiritual evolution, the practices rooted in Quodoushka provide a rich, transformative framework grounded in ancient wisdom and modern awakening. --- Note: Engaging with these practices should be done with respect, intention, and, when appropriate, guidance from experienced teachers familiar with the tradition. quodoushka, nagual tradition, sexual practices, spiritual sexuality, shamanic rituals, sacred sexuality, consciousness expansion, esoteric teachings, spiritual awakening, indigenous spirituality

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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

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

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

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

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

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

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

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

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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