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the history of Tantra the core principles of Tantra the role of relationships, love and intimacy in modern tantric traditions ways to explore your own Tantric sexuality an underst In this accessible guide, Shashi Solluna breaks all preconceptions about Tantra and guides us through the philosophy and practice of this spiritual path.

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Shashi is a world-renowned Tantra instructor who has trained with the world's top experts. In Tantra Made Easy, she brings the traditions of Tantra to new readers curious to learn how these can be applied in their lives. Through this book, readers will gain an understanding of Tantra as a spiritual path.

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Tantra is therefore a path that weaves together. Ultimately, Tantra points us to the highest level of consciousness in which one merges into Oneness and no longer feels like a separate physical entity. This is sometimes called "Heaven" as opposed to the more tangible experience of "Earth".

Tantra: Discover the Path from Sex to Spirit: Solluna ...

Yoga and Tantra. Though the history of tantra is obscure, many of the physical postures appear to have roots in yoga. In this way it is often considered sexual yoga for liberation, or sacred sexuality. Imagine acro-yoga naked with the intention of achieving pure ecstasy through erotic touch, the breath, shared physical poses and creative sexual positions.

The Tantric Path to Ecstasy - UPLIFT

Tantra Made Easy: Discover the Path from Sex to Spirit. Paperback - Nov. 20 2018. by Shashi Solluna (Author) 4.6 out of 5 stars 28 ratings. See all 4 formats and editions. Hide other formats and editions. Amazon Price. New from. Used from.

Tantra Made Easy: Discover the Path from Sex to Spirit ...

Tantra offers an alternative path. The tantric approach to life avoids this pitfall. Tantra itself means "to weave, to expand, and to spread," and according to tantric masters, the fabric of life can provide true and everlasting fulfillment only when all the threads are woven according to the pattern designated by nature.

A Tantric Master Explains Tantra

Rod Stryker, a prominent teacher of Tantra Yoga, describes the intention of Tantra Yoga, "(it) shows us what is blocking us from thriving and offers techniques that will help us attain spiritual and material prosperity." Hence the goals of the Tantric practices are to enable us to prosper, to thrive and to merge the spiritual world and the ...

What is Tantra Yoga? A Guide to Tantric Yoga | Gaia

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TANTRA: PATH TO SACRED LOVE is dedicated to awakening all of your life energy for your inner and outer transformation, using a combination of tantric and yogic practices with teachings, techniques, energy & somatic practices, meditation, self enquiry, psycho-spiritual modalities, massages, movement and more.

Tantra Path - Home

Tantra Made Easy: Discover the Path from Sex to Spirit ... love what Shashi has done to lay the path of tantra out in such a clear, concise and loving way! 5 stars!! 3 people found this helpful. Helpful. 0 Comment Report abuse Jivan Nisargam. 5.0 out of 5 stars Simple but modern and well integrated of all tantra ...

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Complementary practices: In the tradition of the Himalayan masters, Yoga, Vedanta, and Tantra complement one another, leading one systematically along the path to Self-realization. The aspirant clears the mind through the practice of Yoga meditation as codified in the Yoga Sutras of Patanjali, does self-enquiry of Vedanta, and then breaks through the final barrier with Tantra, experiencing the ...

Yoga, Vedanta, and Tantra

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