

# THE TANTRA EXPERIENCE: EVOLUTION THROUGH LOVE Free



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Osho, Osho International Foundation  
232 pages  
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New York, NY, United States



Feb 22, Dora rated it really liked it Shelves: self-development , spirituality. This is why it took me so long to finish reading this book. But it was worth it :. Unacceptable morality In my opinion, the teaching in this book turn morality upside down. Humans are not bees therefore we do not need to gather honey from flowers to flowers. I wouldn't recommend this book as I don't agree with the teaching. Nov 11, Jennifer rated it it was amazing. Incredible book. Discusses living in the moment, and not getting hung up on the past. Take time to enjoy the simplest things in life I liked his frank manner, colorful anecdotes and his way of describing beautiful concepts. Zep Rivera rated it really liked it Aug 30, JC calderon rated it it was amazing Feb 16, Carrie rated it it was amazing Dec 06, Suzette rated it really liked it May 26, Faris rated it really liked it Jul 11, Lucas Apa rated it it was amazing Nov 13, Hermes Banguid rated it it was amazing Nov 28, Stephanie Jacobson rated it liked it Nov 16, Igor rated it liked it Sep 03, Jovany Agathe rated it it was ok Sep 09, Priscilla C rated it it was amazing Aug 04, Yogeta rated it it was amazing Jan 02, Mina Micevic rated it it was amazing Apr 27, Natalia rated it it was amazing May 30, Vikas Bagrecha rated it it was amazing Apr 19, Matthias rated it it was amazing Nov 12, Vita rated it it was amazing Aug 16, Cian Kenshin rated it liked it Aug 17, Daniel Citrone rated it it was amazing May 24, There are no discussion topics on this book yet.

Readers also enjoyed. About Osho. During his lifetime he was viewed as a controversial new religious movement leader and mystic. In the s he traveled throughout India as a public speaker and was a vocal critic of socialism, Mahatma Gandhi, and Hindu religious orthodoxy. Rajneesh emphasized the Rajneesh born Chandra Mohan Jain, 11 December — 19 January and latter rebranded as Osho was leader of the Rajneesh movement. Enjoy the experience Scroll up and 'Add To Cart'. Product Details Price. Earn money by sharing your favorite books through our Affiliate program. Hands on hearts circuit. Tantric massage.

The yab-yum position. The base partner representing Shiva, who is energetically or physically penetrative sits cross-legged on a pillow in the "holding" position while the other partner representing Shakti, who is energetically or physically receptive can either drape their legs over their partner's legs with their butt on the bed or a pillow or can fully sit in the lap of their partner. The base partner's arms should go around the waist of the other partner, whose arms go around the shoulders of the base partner. Your heads can be cheek to cheek, or you can touch forehead to forehead. This position aligns the chakras of the partners and allows for sexual energy to move upward along the spine. Once you come into alignment, start by taking a few deep, slow breaths together, synchronizing your breathing.

Then begin to move together in slow undulations, arching, swirling in circles, finding a flow and a rhythm that feels delicious, activating your sexual energy together. The base partner "gives" to the partner on top who is "receiving" that energy up into their body. Connect with your breath to expand the pleasure and sexual energy throughout the entire body, lighting up every cell with that life force. You can try staying with smaller, subtle movements or get as vigorous as you like, but either way, use your breath to draw orgasmic energy from your pelvis up the spine and up to your third eye the spot between your eyebrows or crown the top of the head and beyond. This position can be practiced fully clothed, naked, or in whatever form of penetration you like. You can even learn to have full-body energy orgasms—with no penetration whatsoever—while remaining fully clothed, though that might take a little more practice!

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