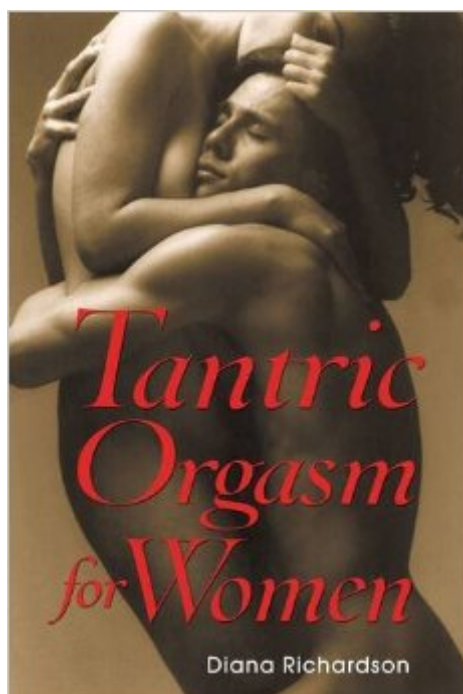


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# Tantric Orgasm For Women



## Synopsis

A revolutionary approach to female sexuality that focuses on relaxation as the key to achieving deep orgasmic states • Explores how receptive feminine energy influences the male-female exchange • Reevaluates the role of the clitoris, breasts, and vagina in achieving orgasm • Provides ancient tantric meditations for increased sensitivity and awareness

Fulfilling sex nourishes love, rejuvenates the body, and boosts mental health. Unfortunately, prevailing attitudes in the West work against the natural capacity of women to realize their sexual potential and experience deep orgasmic states. *Tantric Orgasm for Women* offers women a fresh look at the ecstatic bliss possible within their bodies, using knowledge and approaches from the sensually cultivated traditions of the East. Exploring Tantra from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Her 20 years of tantric research and personal experience provide readers with an understanding of how the various parts of the female body may be activated to deepen ecstatic states. Readers will learn how to re-circulate orgasmic energy; why breast stimulation takes priority over vaginal attention; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; and how women can strengthen the erection response of male partners. *Tantric Orgasm for Women* shows how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and when they avoid adopting conventional ideas about what should be satisfying to them.

## Book Information

Paperback: 224 pages

Publisher: Destiny Books (May 10, 2004)

Language: English

ISBN-10: 0892811331

ISBN-13: 978-0892811335

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars • See all reviews • (41 customer reviews)

Best Sellers Rank: #25,042 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality #61 in Books > Health, Fitness & Dieting > Sexual Health > General #114 in Books > Self-Help > Sex

## Customer Reviews

I had taken a couple of tantra workshops and this book provided even more information than I thought possible! This is a must read for every woman. I am getting copies for my close women friends and verbally telling other girlfriends about it. It is easily read-able and do-able. This has changed my sex-life forever.

Excellent presentation of information about the polarity of the different chakras and the role of breasts in the female orgasmic response. The best discussion we have seen of the experience of a valley orgasm. She explains how to relax into a whole-body orgasm rather than achieving it as a goal.

Brilliant! This book designed for women is the one I've been waiting for all my life. Beautifully written and easy to read- with exercises that enhance each chapter's understanding. I can feel my body's energies more fully now with deeper awareness and love. It's an integration process of sexuality and spirituality that is self empowering. Highly recommended to all women who desire to know themselves on all levels.

This book is the answer for any woman who wants to experience more satisfying sex. Your lover doesn't even have to know you are using it! What you do on your own, with the help of this book, will help you relax and connect more with yourself and your lover, making sex more satisfying for both of you. This book has made an amazing change in my sex life. I highly recommend it!

I really enjoyed this book. It's the first one on the subject that felt true to me. I loved reading about the feminine and masculine energies. I've had a few discoveries along the way. I'm planning to re-read.

Just out of curiosity, I ordered this book. I was surprised to learn that my instincts were correct regarding how I wanted foreplay. In addition, the information regarding our energies and how males and females interact was of equal interest to my acupuncturist and I. This is a great manual for understanding Sex in general as well as tantric exercises for bringing couples together.

This book is essential reading for all men as well as women to help us understand each other physiologically. It follows then that our relationship as sexual partners will deepen and grow instead of falling apart as happens all too frequently. Beautifully written and profoundly insightful!

Now I will be more conscious of her wants, desires and needs. I will be more patient and fulfilling. All that I have learned will be utilized for her pleasure. This book helped me to see love making as a spiritual experience.

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