



The Art of Sexual Ecstasy

Margot Anand

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This landmark book on human sexuality makes the sacred lovemaking techniques of the East fully comprehensible to Western readers. Elegantly illustrated, it helps the reader acquire new attitudes and broaden his or her range of experience, to revitalize and strengthen relationships.

This book 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.

"The most comprehensive and clearly written work on contemporary Tantric sex. An exceptional detailed program for both the beginner and the advanced practitioner."

—Herbert A. Otto, author of “Total Sex”.

The Art of Sexual Ecstasy Details

Date : Published December 1st 1990 by TarcherPerigee (first published 1981)

ISBN : 9780874775815

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Format : Paperback 464 pages

Genre : Sexuality, Nonfiction, Spirituality, Reference, Self Help, Health, Psychology, Adult Fiction, Erotica, Relationships, New Age

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From Reader Review The Art of Sexual Ecstasy for online ebook

Sarah says

I love books on sexuality, hers are the best!

Clara says

This book is simply great. If you really want to understand not only your sexuality, but you also want to recognize yourself as a being with capability to reach the divine through your body, this book it's going to change your life. It has exercises for you and your partner. Excellent book.

Michael says

Hmmm...yes. Ride the tiger indeed. (see TOC. :)

Florin Pitea says

Very informative and accessible.

Jean Marie Angelo says

I debated about listing this one. But I did read it — years ago. This was actually part of a course I took on yoga. A very spiritual book, with insight into chakra centers, body energy, and healing.

Madison Foreo says

I loved this book! Great practices! It's a must-have!

Monika Müller says

By now (2010) this is an old book, where the author doesn't have any confidence that the readers have an own creativity as well. There is written in a long-winded way about what all to do, which CD to play and so forth. It can get boring for someone who knows that the own body has many living cells, 5 senses - last not least - an incredible own wisdom.

Loretta Brown says

A good place to start. . . more after this. . .

Pam says

A full review of the ancient texts on tantric sex, as well as tangible ways to practice in modern sexual encounters. Topics include: prolonging pleasure, more fulfilling orgasm, healing in the sexual experience, positive touch, etc. A must-read in the field of sexuality and sex therapy.

Alia Makki says

Meditation? Check.

Energy works? Check.

Healing sexuality that does not hurt personal laws of celibacy? Yup.

I've had this book for about a year now. Haven't read it completely until today because I was looking for something to do after raising my inner flute's awareness. The inner flute is the author's terminology for the straight line between the chakras, from the Muladhara until the Sahasrara at the top of the head. And I was feeling meh a while before starting that meditation, but did not want to get out of it with a headache. Or a happy accident.

So there's this book hiding in my wardrobe. I have just come down from another Vipassana meditation, and I know that I can raise energy to my head from my genitals, if I needed to, without causing more energy havoc that might distract me from my writing projects.

So I did what was recommended in the book as far as opening the inner flute. And you can see the result to that: I'm writing you a review, aren't I? Yay.

S. says

Quaint! I added this book because I thought it was a decent write for "Eternal Lovers" seeking to take their deep love and passion far beyond the commercial decadence of what sexuality and it's power and blessings can actually be. Margot is an excellent writer and researcher on this subject. It's a great introduction for the western mind. If more of us would really read this material we would philander less and the honesty of our hearts would simply draw our "soul mates" to us.. But, you will not get that path through the teachings in "Cosmopolitan"! (that includes the magazine too.) There are more in-depth material than this collection, but it give it 3 stars because it is the best one yet for the western mindset!

Caren Rich says

Margot Anand is one of the most compassionate teachers of tantra and sexuality.

J Crossley says

This book covers using Kundalini energy during intimate relations.

Ron Barker says

It works.

Bethtub says

This book is rife with cultural co-optation- beware!

But the exercises are really helpful and challenging. It's a nice relief from the 'give your boyfriend a coupon for oral sex' approach to expanding sexuality.
