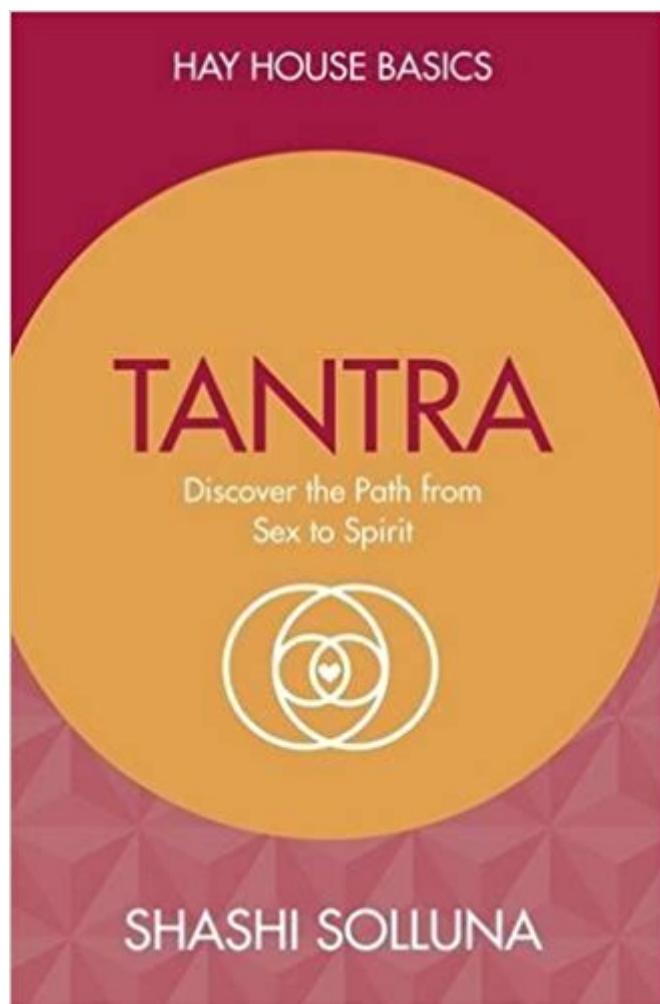


The book was found

# Tantra: Discover The Path From Sex To Spirit (Hay House Basics)



## Synopsis

In this accessible guide, Shashi Solluna breaks all preconceptions about Tantra and introduces us to the real philosophy behind this sacred practice. In traditional descriptions, Tantra is often defined as meaning “to weave,” and can be compared to the weaving of a fabric. 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.” This book explains how Tantra can allow us to move from a physical solid experience of reality into the lighter more ethereal experience “or from Earth to Heaven” and then ultimately bring Heaven to Earth! This book explores: The history of Tantra The core principles of Tantra An understanding of the tantric approach to sexuality Practices to explore your own Tantric sexuality A tantric understanding of relationship, love and intimacy An understanding of Tantra as a spiritual path Practices for creating spiritual experiences and higher states of consciousness and much more!

## Book Information

Series: Hay House Basics

Paperback: 272 pages

Publisher: Hay House UK (November 1, 2016)

Language: English

ISBN-10: 1781807108

ISBN-13: 978-1781807101

Product Dimensions: 5.1 x 0.6 x 7.8 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #438,447 in Books (See Top 100 in Books) #88 in Books > Religion & Spirituality > New Age & Spirituality > Sacred Sexuality #1548 in Books > Self-Help > Sex #2171 in Books > Self-Help > Relationships > Love & Romance

## Customer Reviews

Shashi Solluna is an internationally recognized teacher of Tantra, teaching in cultures as diverse as Japan, Thailand, Bali, and Europe. Shashi weaves together the wisdom from several lineages: she is an instructor of the Taoist lineage for the international organization Universal Healing Tao

(headed by Mantak Chia) and has also qualified as a Tantra Instructor with Agama, a classical tantric yoga international school. Shashi is also a Sanyassin of the lineage of the mystic Osho and is experienced in Tao Tantra, Classical Tantra, and Neo Tantra, three of the main branches of Tantra. Shashi is passionate about creating trustworthy sources of Tantric wisdom, so that people can access the teachings from genuine teachers. [www.shashisolluna.com](http://www.shashisolluna.com)

This book is a true gem! I am half-way through, and although I am already versed in tantra practice, love what Shashi has done to lay the path of tantra out in such a clear, concise and loving way! 5 stars!!

Loves this. So many exercises and tools to help you develop a healthy spiritual practice alone or in a relationship.

Every couple should read this book and practice it's teachings.

For both the tantra curious and those already diving deep, this book brings you easy to access tools and practices to support you on your journey. Shashi shares her profound knowledge of the Tantric Arts in a way so you are able to bring them into your everyday life at once, while mixing in stories from her own life and explorations. I love this book so much!

If you want to learn about Tantra this book has it all and much more! It is very well written, authentic and easy to read, Shashi clearly has many years of experience in this subject and you will gain a lot from it by reading this book too :)

I have read many books on tantra. Not only is this one filled with amazing knowledge, the practices involved are invaluable. I really enjoyed the personal stories the author added as well. My new go to book for practice.

A very complete Tantra book and a lot of exercises for practice...Highly recommendable.

[Download to continue reading...](#)

Tantra: Discover the Path from Sex to Spirit (Hay House Basics) Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Kama Sutra: Best Sex Positions from

Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Numerology: Discover Your Future, Life Purpose and Destiny from Your Birth Date and Name (Hay House Basics) Mahanirvana Tantra: Tantra of the Great Liberation The Tantra Experience (The Tantra Vision, Vol. 1): Evolution Through Love Sex and Marriage: More Sex, Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire (Sex Tips, ... Marriage, Marriage Advice, Marriage Help) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures The Akashic Records: Access the Greatest Source of Information to Empower Your Life (Hay House Basics) Goddess Wisdom: Connect to the Power of the Sacred Feminine through Ancient Teachings and Practices (Hay House Basics) Chakras: Seven Keys to Awakening and Healing the Energy Body (Hay House Basics) Astrology: A Guide to Understanding Your Birth Chart (Hay House Basics) Tiny Houses: Minimalistâ™s Tiny House Living (Floor Plans Included) (tiny house construction,tiny homes,tiny house design,small houses,small homes,tiny house building,tiny house lifestyle,micro homes) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Sex and Marriage: How to Guide for Sex and Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire Tantric Massage: #1 Guide to the Best Tantric Massage and Tantric Sex (Tantric Massage For Beginners, Sex Positions, Sex Guide For Couples, Sex Games) (Volume 1) Tantric Sex: The Truth About Tantric Sex: The Ultimate Beginner's Guide to Sacred Sexuality Through Neotantra (Tantric Sex Books, Tantric Sex For Men And Women)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)