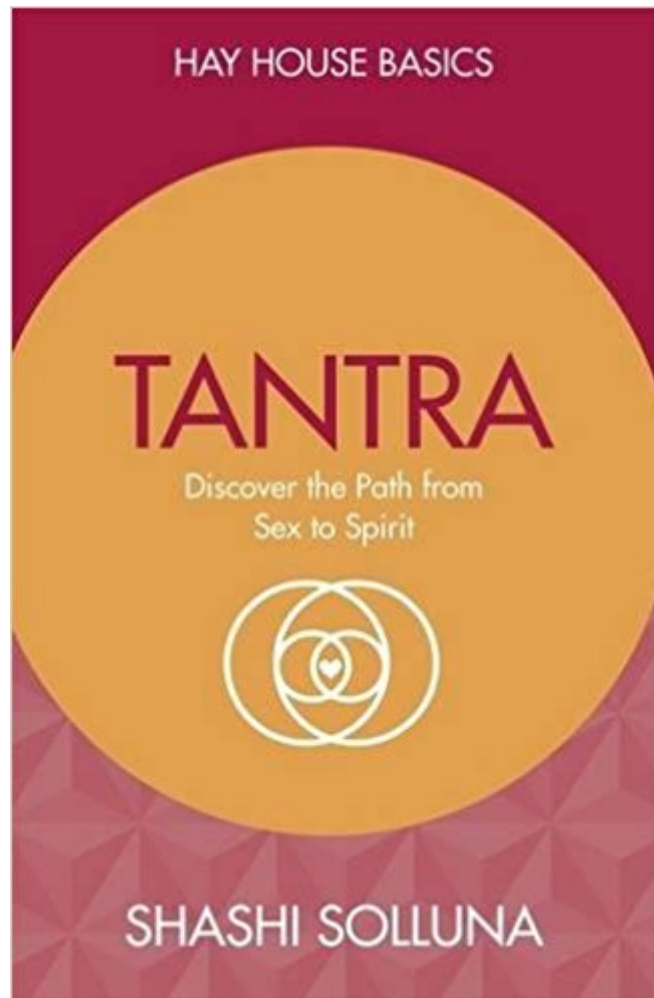




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# Tantra: Discover The Path From Sex To Spirit (Hay House Basics)



## 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

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#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.

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