



Tantra: The Art of Conscious Loving

Charles Muir , Caroline Muir

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This provocative and timely work, based on Charles and Caroline Muir's popular seminars, offers modern couples ancient Tantric secrets for deepening relationships, intimacy, and passion. With the fear of AIDS and with couples too tired to tango because of double careers and parenting, sex is losing its luster. This unprecedented book familiarises readers with physical, spiritual, and emotional methods of achieving ecstasy in love.

Tantra: The Art of Conscious Loving Details

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From Reader Review Tantra: The Art of Conscious Loving for online ebook

Stephanie says

No, this isn't a book filled with sexual positions and lovemaking techniques. Yes, it's in there, but there is also an abundance of information and specific exercises for strengthening your connection with your lover. This book changed the way that I perceived sex and the power of sexual energy as a connective tool in my relationship. There are also some great 'his' and 'hers' names in there that brought great amusement to my love & me. (Wand of Light, Gateway to Heaven)

Evie says

Better for learning how to relate to and appreciate your partner than for sexual technique. A very quick (138 page) and thoughtful read. I found it kind of sweet.

T.L. Cooper says

Tantra: The Art of Conscious Loving by Charles and Caroline Muir applies the principles of ancient Tantra to modern relationships. They explain a little about ancient Tantra but focus on how couples can use tantric traditions and rituals to enhance their relationships and their sex lives. The Muirs spend the first part of Tantra: The Art of Conscious Loving discussing harmony, communication, and healing through the use of tantric principles. Part Two of Tantra: The Art of Conscious Loving concentrates on using tantric principles to enhance sexual pleasure for both the man and the woman as well as using sexual interactions to better connect spiritually and emotionally to one's partner. Don't skip Part One though because Part Two builds on Part One. The Muirs describe in clear language and graphic detail how to achieve the benefits of tantra through physical touch. Tantra: The Art of Conscious Loving is filled with interesting concepts and concrete principles as well as guidance to incorporate those concepts and principles in a practical manner. The Muirs make tantra accessible to any couple willing to read the book and try the tantric principles described.

Kaya says

Well, I picked this one up at the Methodist thrift store for ten cents, which in itself is fabulous for so many reasons. Naturally, I picked it up thinking I might learn some new tricks (I didn't learn any that I was interested in), but what I really got out of it was much more profound, particularly the tantric approach to conflict resolution which I will be using and expect will be life changing. There was another chapter about the healing opportunities in loving relationships that was beautiful to me. I really appreciated a view of sex that was far more loving and far more intentional than anything I had been exposed to in my own culture. I think this is going to be my new go-to wedding present.

Molly wemder says

Interest viewpoint of Tantra and tantric practices.

Pyxiqueen says

some sweet spots of the book, but hetero.

Kelly says

This is a great book for anyone who wants to work on their relationship. It is well written, interesting, and pitched at beginners without being dopey. Even though I had heard a lot of this information before, it was stated in a new way, and related to things that made me see it in a whole new light, and make new connections. The thing that is great about it, is that this couple really speaks from experience, both personal and in the groups they have led. If you are looking for a book that is just about the sex aspect, this is not it. This book is deep, and approaches intimacy from all perspectives, not just a purely sexual one. The thing that I like best about it is that it has enabled my husband and I to talk about things in our relationship in a non-confrontational way, and it gives us a vocabulary to discuss things that are sometimes hard to say. I think everyone can benefit from this perspective on learning to connect with another person, no matter what your relationship status or sexual preference may be. A great book!

Jos-Madelaine Standing says

Between 2008 and 2010 I read this book about 3 or 4 times - it is the guide to happiness and greater pleasure in loving your chosen partner of today.

Carol says

Wonderful book, would be better if read with a partner.

Yal?n says

Introductory and entertaining.

Giovanni Orlando says

Great Book. Of course a girlfriend is necessary for practice.

Michael says

I found this to be an excellent introductory book to the path of tantra. There is so much here that I am unable to experience first hand given my status of being alone. However, this book will be required reading for anyone serious about developing a relationship with me in the future. As with my other reviews, I will let the authors' own words speak to the books intentions and content.

"Remember that these exotic techniques are not an end in themselves; they are only vehicles for traveling the tantric path, a path towards Unity. It is a journey of the spirit that Tantra offers, and intimate, passionate, spiritual love is its fuel, its energy. Tantra uses love's energy to spark the light within us so that we may come to know ourselves and one another better. This light of love is a healing tool for lovers; those who walk in its reflection can achieve a radiant partnership, unique and everlasting. We hope the tools we have offered here will light your way."

Namaste,

Mike

Rebekah Gamble says

This book is excellent for beginners and good for people new-ish to these practices. There are exercises and even a point by point review in the back.
