



Advanced Yoga Practices

Tantra - Discovering the Power of Pre-Orgasmic Sex AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(4:42)
02 - Chap 1 - TANTRA, SEX AND SPIRITUALITY	(19:41)
03 - Chap 2 - TANTRIC SEXUAL PRACTICES	(1:05)
04 - Chap 2 - The Power of Intention	(4:08)
05 - Chap 2 - The Holdback Technique - A Stairway to Heaven	(16:41)
06 - Chap 2 - Transforming Male Orgasm	(9:01)
07 - Chap 2 - The Woman as Divine Goddess	(18:36)
08 - Chap 2 - Learning to Relax During Arousal	(9:44)
09 - Chap 2 - The Possibilities	(3:58)
10 - Chap 3 - FROM EROTIC TO ECSTATIC	(1:26)
11 - Chap 3 - A Journey of Purification and Opening	(0:22)
12 - Chap 3 - What Celibacy and Tantric Sex Have in Common	(6:44)
13 - Chap 3 - Sexual Healing	(8:06)
14 - Chap 3 - The Evolution of Spiritual Biology	(5:36)
15 - Chap 3 - Wet Dreams and Premature Ejaculation	(2:18)
16 - Chap 3 - Energy Going Up the Spine	(1:30)
17 - Chap 3 - Lustful Pleasures and Rushing to Orgasm	(2:29)
18 - Chap 3 - Mind, Senses and Sex	(3:08)
19 - Chap 3 - Masturbation	(1:33)
20 - Chap 3 - Vajroli Mudra - Drawing Up the Sexual Fluids	(4:36)
21 - Chap 3 - Menstruation - Reducing the Monthly Purge	(0:58)
22 - Chap 3 - Using Fantasies for Tantric Practice	(3:25)
23 - Chap 3 - Homosexuality and Tantra	(1:31)
24 - Chap 3 - Transforming Obsessive Sexual Indulgences	(4:09)
25 - Chap 3 - Equality of the Sexes	(9:25)
26 - Chap 3 - Tantra, Sitting Practices and Service	(3:31)
27 - Chap 3 - Moving Beyond Female Multiple Orgasms	(2:49)
28 - Chap 3 - Tantric Techniques in Sitting Practices	(8:31)
29 - Chap 3 - The Rise of Ecstatic Conductivity	(2:43)
30 - Chap 3 - Sex and Enlightenment	(3:19)
31 - Chap 4 - THE FRUITION OF TANTRA	(1:17)
32 - Chap 4 - Intimacy and Inner Lovemaking	(3:05)
33 - Chap 4 - Our Cosmic Dimensions	(8:34)
34 - Chap 4 - Unending Divine Romance	(9:33)
35 - FURTHER READING AND SUPPORT	(2:50)

Total Run Time - 3 Hours, 11 Minutes