

Tantra For Gay Men By Bruce Anderson

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"Reseña del editor Western cultures have often thought of the ancient practice of tantra as a form of super-sex. However, as scholar and teacher Bruce Anderson makes clear in this first guide for gay men to the art of tantra, it is actually a rigorous practice that harnesses sexual energy as fuel for spiritual development. In eight empowering chapters, Anderson explores and explains the spiritual concepts that practitioners must fully integrate into their lives before experiencing the transformative effects of tantra. How does Tantra facilitate the awakening and rise of Kundalini? What is the relevance of Tantra today for men who love men? What are the origins of Tantra? What is the goal of Tantra? Readers will be guided through the process of incorporating Tantric philosophy and practices into their sexual and spiritual through multiple exercises on: Harnessing breath as a means to awakening development. Achieving bliss through posture. Strengthening abdominals, and erections. Lovemaking techniques for achieving sacred unions. Postponing and prolonging orgasms. Bruce Anderson's astute and unaffected approach to both the technical and spiritual elements of tantra will allow gay men to enhance the power of their lovemaking and the strength of their orgasms to reach a state of cosmic bliss. Bruce Anderson has studied with Amazonian and Plains Indian shamans as well as Tibetan, East Indian, and Egyptian tantra teachers. He is a third-level cobra breath practitioner and teaches the class "Tantra for Men" at the Los Angeles Gay and Lesbian Center's Village at Ed Gould Plaza."

Our men s workshops retreats amp events are a great opportunity to celebrate explore integrate and heal body mind spirit and sexuality we do this using yoga massage tantra meditation and other practices in a relaxing supportive and safe all male environment

Tantra4gaymen is the world s leading tantra school for men who love men we proudly offer events in the usa uk amp europe australia and south africa we re so happy to have you here in this unique munity where we can meet and learn more about one another while we share and discover tantra it s not unmon for gay and bisexual men to find themselves dissatisfied with the connections. Find over 57 gay tantra groups with 27350 members near you and meet people in your local munity who share your interests. Armin heining a former benedictine monk more on that later and the founder of gay tantra has been teaching tantric practices around the world to gay men for over 25 years beyond his retreats armin has produced an extensive video and content library of tantra erotic touch and partner massage guides all designed for gay men. This group exists for tantric meet ups with men who love men to explore the topic of tantra i ve started this group to create a meet ups for men who are looking to know more about this thing called tantra and to experience some of it through these meet ups.

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