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The Art Of Making Sex Sacred

Terath Kaur Khalsa, Pritpal S. Khalsa, Sarabnam K. Khalsa

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Seekers of ecstatic experience will find powerful yogic techniques in this book for gaining self-awareness, rejuvinating one's sexual health and for harmonizing the male/female polarities. Included are meditations, Venus Kriyas for couples and Kundalini Yoga exercises for rebuilding intimacy and experiencing blissful lovemaking. There is even a chapter describing special foods and recipes designed to enhance the experience of sex.

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