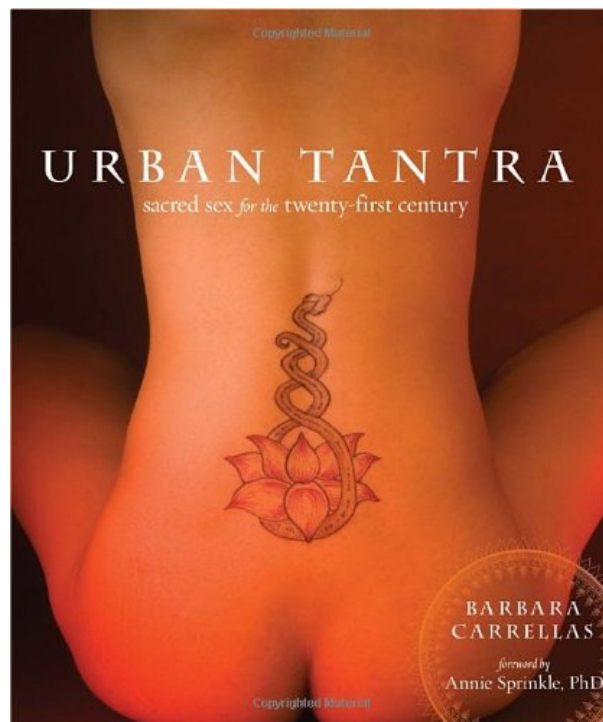
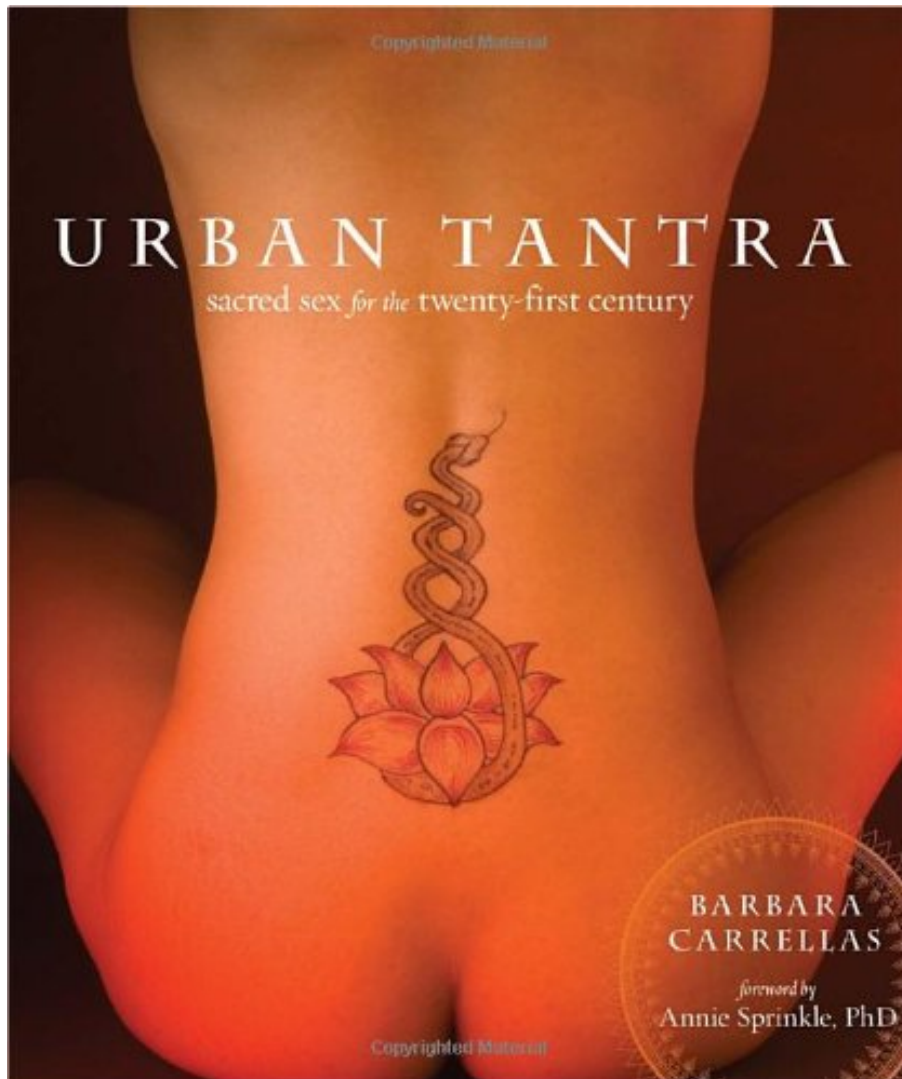


# URBAN TANTRA: SACRED SEX FOR THE TWENTY-FIRST CENTURY BY BARBARA CARRELLAS



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If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. With a juicy mix of erotic how-to and pleasure-centered spiritual wisdom, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to push past their edge in search of the great cosmic orgasm. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide reveals the delicious worlds of ecstasy available to all, including: The Erotic Awakening Massage • Breath and Energy Orgasms • Twenty-Minute Tantra Evolutionary Selfloving • Sex and Healing • Tantric BDSM No matter what your gender, sexual preference, or erotic tastes, URBAN TANTRA will expand your notions about pleasure and open you up to new heights of intimacy and sexual fulfillment.

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- Celestial Arts

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## Most helpful customer reviews

14 of 15 people found the following review helpful.

Barbara is Changing my life quicker than I've expected

By Iakov Yusufov

I just read all the negative reviews for this book, and I totally understand the fundamental reason behind the unfavorable perspective on this beautiful piece of art, Urban Tantra. It is simply that these people can't see themselves being open to the experience, let go and even picture themselves in such against - society's norms "acts." The way Barbara perceives sex and its aspect of all sexes and genders being able to share the love freely with no attachments and only all the love in the world for each other, could be looked as totally out of this world concept of hippies.

I personally love the book and it is changing my life on a really quick pace. She is truly a beautiful woman, who's message to the people does mainly one thing - she's trying to open people's mind to let go of the old ways we perceive sexuality and face it the way it truly is, the way it runs naturally in the depths of our DNA. She tried to help the human psyche let go in the moment, live fully in it. If you are into spirituality, if you familiarize with Buddhism, hinduism, Taoism, and are exploring deeper into the world of love and interconnection of all there is, look no further, because Tantra guides you the way to it through ecstasy, through the vessels of your own body. Barbara is the perfect projectionist/translator of the ancient Asian philosophy to the Western masses of the 21 Century. If you are open minded or are curious in exploring deeper into your psyche and soul through you body. Buy It now!!! I'd pay 100\$ for this book. After successfully having the craziest orgasm I've ever had from merely breathing (from the second try ever), I can't stop but rave about this book and the author endlessly. I want everyone to truly experience ecstasy at its best.

Thank You Barbara. Can't wait for your workshop in New York in the Winter.

3 of 3 people found the following review helpful.

Amazing tantra book

By Diana R.

I purchase this book to be able to add additional things to my Tantra practice. It is a very wonderful guide. It allows you to dig deeper with Sexual Energy. I enjoyed the individual chapters that allowed more explanation on breathing techniques to allow the sensuality to flow through your body and even work with your partners. Overall this is a fantastic guide to being able to be more in tune with yourself

0 of 0 people found the following review helpful.

Big emphasis on sex, not so much on the spiritual

By Kindle Customer

Yes you can read criticism about this book, to be devoted only to sex and nothing else. It is true that it does not have much emphasis on more traditional forms of tantra, which are till today practiced in India,...If you are looking for something like that, I can recommend you a book called: Tantra Unveiled: Seducing the Forces of Matter and Spirit ,has a strong emphasis on traditional forms, goddess, worship, mantras, yantras, yoga,..Anyhow I would say Urban Tantra can teach you a lot about sex, give you tips and ideas how to use your sexual energy,..well tantra, like all other philosophies, religions,..is trying to liberate us, this book might help you with sexual techniques,... it does touches on very important aspects as self acceptance/worth,..

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