



The Art of Everyday Ecstasy

By Margot Anand

Harmony. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.5in. x 5.5in. x 0.8in. Ecstasy is about waking up and finding that you are in love with life. Most people think of ecstasy in terms of sexual ecstasy, which Tantric sex expert Margot Anand wrote about in her bestselling *The Art of Sexual Ecstasy*. Now, in *The Art of Everyday Ecstasy*, Anand expands our definition of ecstasy and shows how we can harness its energy to help us live, work, and love more passionately, joyfully, and with true spiritual focus. Our modern, work-obsessed, stress-filled culture--what Anand calls the anti-ecstatic conspiracy--has dulled our spirits, thrown us off balance, and alienated us from meaningful everyday experiences. In this inspirational journey toward finding the healing nature of ecstasy, Anand explains how the two types of ecstatic experiences--the moments of epiphany called Ecstatic Awakenings, and EveryDay Ecstasy, or the Ecstasy of Flow, a connection to our power and inner wisdom--can help us move beyond pain and doubt to reach our highest potential. Based on the spiritual path of Tantra, Anand shows how to use the natural energy system of our bodies--the seven chakras--as a map to ecstasy. As she guides us through the chakras, she...



READ ONLINE
[2.18 MB]

Reviews

This publication can be really worth a go through, and a lot better than other. It is actually written in straightforward words and phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

-- **Jackeline Rippin**

A high quality book and also the font employed was intriguing to read. I was able to comprehend every thing out of this created e book. You won't really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

-- **Prof. Johnson Cole Sr.**