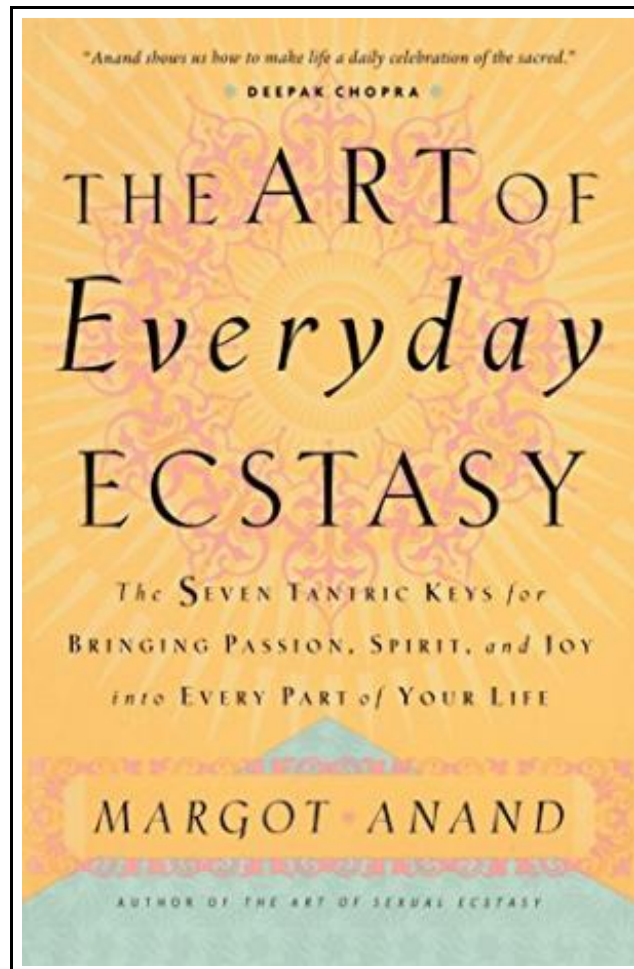


The Art of Everyday Ecstasy



Filesize: 1.04 MB

Reviews

Comprehensive guide! Its this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Bernie Mante PhD)

THE ART OF EVERYDAY ECSTASY

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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 explains how each one plays an important role in transforming energy into erotic passion, healing, empowerment, compassion, creativity, insight, and gratitude. Blocked chakras manifest themselves in surprising ways; wholeness can be achieved only when all of the chakras are open with energy flowing freely. By transforming negative behavioral patterns into positive ones and strengthening ourselves physically, emotionally, and spiritually, we can improve our health, sex life, career, relationships, and find profound meaning in everyday moments. With personal anecdotes, exercises, meditations, and rituals, *The Art of Everyday Ecstasy* shows us how to bring ecstatic energy into the body, mind, heart, and spirit--to...



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