



Passions of Innocence: Tantric Celibacy and the Mysteries of Eros

Stuart Sovatsky

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In this extraordinary celebration of the erotic and its myriad forms of expression, Dr. Stuart Sovatsky introduces a Tantric form of celibacy that is both passionate and spiritual. He explains how periods of celibacy can enhance our awareness of the erotic impulse and discusses some of the reasons that one might choose to be celibate for a time...including the need to redirect sexual energy toward friendship, deepen a life partnership, heal the emotional scars of sexual abuse, devote full energy to an important project, take a break from contraceptives, practice safe sex, or explore the relationships between spirituality and sexuality.

Exercises based on yoga, kundalini, and chakra meditation...along with a chapter on fertility cycles and conscious conception...make this a practical guide to the power of celibacy, whether you are exploring on your own, with a partner, as a teenager, or even as a family. Far from the stereotype of repressive sexual abstinence, Tantric celibacy moves beyond conventional sexuality, liberating and transforming our relationships while deepening and expanding the experience of Eros.

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