



Tantric Orgasm for Women

By Diana Richardson

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Tantric Orgasm for Women By Diana Richardson

A revolutionary approach to female sexuality that focuses on relaxation as the key to achieving deep orgasmic states

- Explores how receptive feminine energy influences the male-female exchange
- Reevaluates the role of the clitoris, breasts, and vagina in achieving orgasm
- Provides ancient tantric meditations for increased sensitivity and awareness

Fulfilling sex nourishes love, rejuvenates the body, and boosts mental health. Unfortunately, prevailing attitudes in the West work against the natural capacity of women to realize their sexual potential and experience deep orgasmic states. *Tantric Orgasm for Women* offers women a fresh look at the ecstatic bliss possible within their bodies, using knowledge and approaches from the sensually cultivated traditions of the East.

Exploring Tantra from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Her 20 years of tantric research and personal experience provide readers with an understanding of how the various parts of the female body may be activated to deepen ecstatic states. Readers will learn how to re-circulate orgasmic energy; why breast stimulation takes priority over vaginal attention; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; and how women can strengthen the erection response of male partners. *Tantric Orgasm for Women* shows how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and when they avoid adopting conventional ideas about what should be satisfying to them.

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Editorial Review

Review

"This is a practical manual for lovers; the exercises are not beyond the scope of most healthy adults and there is no doubt that going through them would heighten a couple's awareness of pleasure and intimacy. . . . I would recommend this book for any couple." (*Pamela Crossland, TCM Reviews, Feb 2006*)

"[Richardson] presents tantric meditations and exercises designed to develop awareness, increase sensitivity, and ultimately lead to inner expansion and a profound sense of peace and fulfillment." (*Kathy Heckler, New Age Retailer, Trade Show Issue 2005, Vol. 19, No. 4*)

". . . a comprehensive guide for women seeking greater fulfillment in their sexual relations." (*Kathy Heckler, New Age Retailer, Trade Show Issue 2005, Vol. 19, No. 4*)

From the Back Cover

SEXUALITY / TANTRA

Fulfilling sex nourishes love and rejuvenates the body, boosting both mental health and creativity. Unfortunately, prevailing attitudes in modern society can work against the natural capacity of women to realize their sexual potential. Using knowledge from the sensually cultivated traditions of ancient India, *Tantric Orgasm for Women* focuses on relaxation as the key to achieving deep orgasmic states.

Exploring tantric sex from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Drawing on twenty years of tantric research and personal experience, she shows women how to exert a powerful influence on their lovemaking by understanding the electromagnetic potential of the human body. There is more to the old adage "opposites attract" than meets the eye. When the opposing polarities of man and woman are brought into proper alignment, electromagnetic energy spreads throughout the body to create states of sustained orgasmic bliss.

Tantric Orgasm for Women explains why breast stimulation is more significant to orgasm than attention paid to the clitoris; how deep, sustained penetration of the vagina activates the electromagnetic flow; why relaxation is preferable to excitement; and how the tantric approach can overcome the problems of premature ejaculation and erectile dysfunction that so often make conventional sex frustrating and unsatisfying for both men and women. The author also explores tantric possibilities for same-sex couples. Tantric meditations and hands-on exercises for developing awareness and sensitivity appear at the end of every chapter, providing clear instructions on how to revolutionize your approach to sex.

DIANA RICHARDSON is the author of *The Heart of Tantric Sex* and a teacher and practitioner of holistic body therapies. Born and educated in South Africa, completing a degree in Law at the University of Natal before turning to holistic massage, she became a disciple of tantric Master Osho in India in 1979. She is now based in Europe and travels extensively with her partner, hosting weeklong retreats for couples in tantric lovemaking.

About the Author

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