



The Let s Talk Tantra (Paperback)

By Lyshoj Farran-Lee

Human, Denmark, 2017. Paperback. Condition: New. Language: English . Brand New Book. Ulrik Adinatha Lyshoj, tantra teacher, tantric practitioner and leader of the Tantra Temple, talks to Lotte Sos Farran-Lee, writer and publisher, in this first book in the series Let s Talk. The book offers an open conversation about tantra, and plenty of resources and inspiration for the daily life for both Tantrics and people who do not see themselves as Tantrics. The conversation covers the different core aspects of tantra, and how to reignite love, playfulness, attraction and communication with a partner - but also how to keep the flame alive. It describes the four cornerstones in tantra, as well as the chakra system, and how to work consciously with one s own energy. It also describes why love is both the foundation, the path and a magic tool of transformation in tantra. The book offers an insight into some of the more mystical aspects of tantra - and makes these aspects available for modern day people, in a immediately applicable way. Ulrik Adinatha and Lotte also talks about tantra massage and why it has become such a major life changer for so many people. The book will...



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