

DIANA RICHARDSON

SLOW SEX



The Path to Fulfilling
and Sustainable Sexuality

Slow Sex The Path To Fulfilling And Sustainable Sexuality

Chao Zhang



Slow Sex The Path To Fulfilling And Sustainable Sexuality:

Slow Sex Diana Richardson,2011-01-27 A revolutionary practice for couples to enhance sexuality and reach higher states of consciousness How to make sex a conscious decision not an accidental encounter Discusses how slowness increases sensitivity and awakens the body s innate mechanism for ecstasy Reveals how sexuality can be sustainable and enjoyable well into old age While fast hot orgasm driven sex can bring momentary satisfaction in the long run it can become boring and mechanical causing many couples to lose interest and stop making time for physical intimacy The first step to revive a waning sex life or make a healthy one more fulfilling says author Diana Richardson is to make sex a conscious decision rather than an accidental encounter Focusing on eye contact subtle sensations and deep breathing Diana s practice of slow sex awakens the body s innate mechanism for ecstasy unlocking the door to extraordinary realms of sensitivity sensuality and higher consciousness Exploring the healing spiritual power of slow sex this book offers a step by step guide for committed couples to transform sex into a meditative loving union of complementary energies It explains how slow sex increases sensitivity and sexual vitality and how because it creates and restores love slow sex is loving sex With a focus on coolness rather than heat this practice provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness Illustrating different positions for eye contact deep sustained penetration and soft penetration this book reveals that sex truly can be sustainable and enjoyable well into old age

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Freeing Sexuality Richard Louis Miller,2023-12-05 Explores the full spectrum of sexual beliefs practices and identities Shares the author s fascinating interviews with 20 experts including clinical psychologist

Lonnie Barbach sex therapist Stella Resnick sexual freedom advocate Janet Hardy consent educator Laura McGuire and Norma Jean Almadovar former LA policewoman and current president of the prostitutes union COYOTE Looks at the stigmas of sex work recovering from sexual trauma sexual identification gender fluidity polyamory and porn as a mirror for society Exploring sexual customs beliefs practices and identities from a wide variety of perspectives Dr Miller shares his fascinating interviews with 20 experts ranging from clinical psychologists and researchers to sex workers and polyamory educators We learn from sex therapists relationship experts and tantric sex teachers such as Lonnie Barbach Stella Resnick Katherine Rowland and Diana Richardson about the importance of communication how to keep sensuality alive and how to generate fulfilling and sustainable intimacy in relationships Looking at sexual identity and non monogamy we hear from Ritch Savin Williams on sexual identification and gender fluidity Sumati Sparks on open relationships and polyamory Annie Sprinkle and Beth Stephens on the possibilities of ecosexuality and Janet Hardy author of The Ethical Slut on sexual freedom Revealing the inner workings of the sex industry we hear from current and former escorts and sex workers on the stigmas and dangers of sex work and the need to decriminalize it including Norma Jean Almadovar former LA policewoman and current president of the prostitutes union COYOTE Ogi Ogas author of A Billion Wicked Thoughts speaks about using data science and computational neuroscience to uncover true statistics about our sexual desires We hear from Paulita Pappel on porn as a mirror for society Faith Jones on escaping a sex cult Maeve Moon on recovering from sexual trauma and Laura McGuire about the broad impact of teaching consent Validating the extraordinary range and diversity of our sexual thoughts feelings and behaviors the author gathers voices that help us free our sexuality from the past accept our natural urge for physical pleasure and open us up to sexuality as a power for health healing and happiness *Sex, Love, and Dharma* Simon Chokoisky, 2015-09-17 Discover your dharma type and prepare your body mind and spirit to attract and build a lifelong union with your soul mate Explores how the dharma types align in relationships giving quick and simple insights into which dharma pairings work and which ones need work Details methods for attracting a mate as well as practical techniques for improving your sex life including the best time to have sex during the day Provides self tests to determine your dharma type and outlines unique ayurvedic diet exercise detox and lifestyle tips for better health and sex appeal The people of ancient India understood that most humans are incomplete without an intimate partner a soul mate to share life's journey Drawing upon astrology Ayurveda and dharma type your personality and spiritual purpose archetype they developed detailed systems to analyze physical emotional and spiritual compatibility between people This analysis encouraged joyous relationships by revealing the sexual compatibility of a couple the innate relationship conflicts they face and their potential for financial success together In this way couples were able to distinguish biological attraction from long term compatibility lust from love and soul mates from playmates Sharing ancient Vedic secrets of sex love health and dharma Simon Chokoisky explains how to prepare your mind body and spirit for the right partner and how to determine if a potential mate is a good match for your

unique chemistry He provides self tests to determine your dharma type and outlines unique ayurvedic diet exercise detox and lifestyle tips for each type to reclaim your health and vitality and by doing so your sexiness He explores how the dharma types align in relationships to create harmony or disharmony giving quick and simple insights about which dharma pairings work and which ones need work Highlighting the skills inherent to each dharma type he makes suggestions on how to improve day to day relationships for personal and financial benefit and to build lifelong romance that grows into a spiritual union Moving to the bedroom the author details methods for attracting a mate as well as practical techniques for improving your sex life including the best time to have sex during the day and month Showing how knowing who you are will help you find your right mate and keep away those unsuitable for you Chokoisky explains how living your dharma helps you flow with nature in a way that makes life and your relationships more fulfilling *Tantric Love Letters* Diana Richardson, 2012-05-25

Diana Richardson an acclaimed authority on human sexuality began a personal enquiry into the union of sex and meditation the essence of tantra over twenty five years ago while living in India Through these innocent steps and motivated by simple curiosity she gained deep insights into the spiritual and generative implications of sex that lie beyond its reproductive aspect She stresses that it is the how of sex and not the what of sex that determines the difference With additional information we can begin to honor the innate sexual intelligence that exists in our bodies as a subtle electro magnetic reality On this fine and delicate level man and woman function as equal yet opposite forces that are highly complimentary Embracing this polarity potential can elevate and transform sex into an empowering and spiritual act an experience that creates and sustains love peace and harmony Her simple down to earth and practical approach as presented in her books has created a wave of positive resonance and response from readers worldwide *Advanced Spiritual Intimacy* Stuart Sovatsky, 2014-05-14

A practical guide for both individuals and couples to transform sexual energy into spiritual and erotic fulfillment Explains how to awaken advanced stages of sexual development for spiritual intimacy and deep erotic satisfaction Includes illustrated instructions for exercises and techniques based on yoga kundalini breathing practices mantra chanting and chakra meditation Explores how this practice can deepen a life partnership enhance creativity heal emotional scars and awaken new understandings of gender Sexual development does not end in adolescence There are advanced stages of glandular emotional and erotic development based in the lifelong puberty of the spine Known in India as kundalini awakening these stages form the energetic basis of all yoga forms and deeper erotic aspirations They present an opportunity for couples and individuals to explore the consciousness expanding abilities of sexual energy as both spirituality and sexuality transform into what Michel Foucault called ars erotica far beyond the Freudian scientia sexualis sexuality of the Western world Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice Stuart Sovatsky explains how to awaken the complete spinal puberty resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality With illustrated instructions he reveals flow yoga asanas mantras and devotional breathing practices for

solo kundalini yoga as well as couples yoga practices and chakra meditations to awaken the heart and the divinely eroticized mind He shares inspiring stories from those on this path about ever deepening life partnerships enriched family life enhanced personal creativity profound new understandings of conception masculinity femininity and gender itself as well as healing emotional scars of romantic breakups and sexual abuse Sovatsky shows that by transcending conventional Western sexuality and returning to the ars erotica beliefs of ancient India we can harness the divine energy glimpsed for only an instant by most people at the heart of all erotic yearning You, Me and the Space Between Us Matt and Sarah Davies, 2023-02-02

There is a lot to like in this radically open book I would recommend this book to anyone struggling in their relationship Dr Tara Porter Love is alive only when we feed and sustain it with our actions over and over again When we meet someone and fall in love everything seems easy at first But Matt and Sarah Davies relationship counsellors and husband and wife know better than most that relationships take work Whether you've been married for decades or are just starting out this illuminating book will give you the tools to maintain a supportive stable relationship Matt and Sarah show us that all relationships involve a third body the space between us which needs to be nourished nurtured and taken care of Covering topics such as boundaries communication conflict resolution desire and sense of self Matt and Sarah provide expert advice on how to build trust intimacy and love You Me and the Space Between Us is a guidebook for how to create a healthy loving relationship which will last the test of time *Sex and the Enneagram* Ann Gadd, 2019-08-27

Understanding your approach to dating relationships and sex through the lens of your Enneagram personality type Explains the relationship and sexual differences in the 9 Enneagram personality types for both genders Examines how we can create greater intimacy with our partners and what blocks our sexual enjoyment Looks at each type's fantasies and investigates how our behavior in relationships alters according to how emotionally integrated or disintegrated we are Explores the three types of love and their countertypes each type's Enneagram Passions and Virtues in relation to intimacy how to engage with each type and whether some types make better lovers Sex can take us from the sacred sublime to the darkest aspects of humanity It can carry us on the wings of pure pleasure or crush and potentially destroy us No act in the human experience barring the essential survival needs of food and water can have more of an effect on us In *Sex and the Enneagram* Ann Gadd explores relationships and sex through the lens of the Enneagram its nine personality types and the subtypes of the wings and Instinctual Triads The author introduces the Enneagram system and provides a full chapter devoted to each type She examines each type's approach to sex their fantasies and levels of integration in relation to love and sex as well as each type's approach to issues such as pornography sexual problems and dating sites and whether some types make better lovers The author explains the Enneagram Passions and Virtues of each type in relation to sex divorce wing influences and gender and explains how the 27 Sub or Instinctual types and the Hornebian Triads of the Enneagram system affect our sexuality Most importantly Gadd looks at how we can heal ourselves sexually so we can create more fulfilling transforming intimacy for

ourselves and our partners Through understanding ourselves and our partners sexually with the help of the Enneagram Gadd hopes to bring us to deeper levels of compassion and understanding for each other Sex then can be an expression enhancing our love for each other rather than simply a physical act By understanding your own and your lover s Enneagram type intimate giving and receiving can be an empowering process to embody our love for ourselves and others Second Wind Dr. Bill Thomas, William H. Thomas, 2015-03-24 Dr Bill Thomas one of the most innovative thinkers in medicine explains that a new life phase is beginning to emerge within our society When the Baby Boom generation came of age in the 1960s and 1970s they jump started a cultural revolution that shaped today s society Now many feel they are living a life of frenzied disharmony This out of balance feeling is a signal that you are ready for your second coming of age your life beyond adulthood This title illuminates how to recognize and navigate the most challenging and fulfilling developmental stage of life Publishe s description *Culture of the Slow* N. Osbaldiston, 2013-04-23 Across the world there has been a growing dissatisfaction with the tempo of modern life Described simply as the slow phenomenon this volume explores this new brand of living that entails not simply slowing down but an embracing of alternative activities that promote meaning thoughtfulness engagement and authenticity **Open Wide** Melissa Ambrosini, 2018-03-06 Rocking relationships with your family and friends A soulmate who gets you on the deepest level And the best soulful sex of your life Anything is possible with Melissa Ambrosini by your side From the bestselling author of Mastering Your Mean Girl Open Wide is the definitive guide to fulfilling and intimate 21st century relationships delving into everything from cultivating self confidence to unleashing your inner goddess to forming lasting friendships and even to experiencing toe curling orgasms on demand Called a self love guru by Elle magazine Melissa is a voice for the modern woman Rather than the preachy tone that plagues many relationship guides she s your supportive best friend sharing her wisdom in a way that makes your journey fun and simple Full of electric insights deeply personal stories and genuine aha moments Open Wide serves up real tools and relatable advice that you can put into action immediately for lasting results A powerful life altering read Open Wide gives you practical tools you can start using immediately to rewrite your future create authentic connections and experience heart bursting love Reversing the Cult of Speed in Higher Education Jonathan Chambers, Stephannie S. Gearhart, 2018-10-26 A collection of essays written by arts and humanities scholars across disciplines this book argues that higher education has been compromised by its uncritical acceptance of our culture s standards of productivity busyness and speed Inspired by the Slow Movement contributors explain how and why university culture has come to value productivity over contemplation and rapidity over slowness Chapter authors argue that the arts and humanities offer a cogent critique of fast culture in higher education and reframe the discussion of the value of their fields by emphasizing the dialectic between speed and slowness Wisdom Rising Lama Tsultrim Allione, 2018-05-01 Through her own story of loss and spiritual seeking paired with mandala meditations and rituals bestselling author of Feeding Your Demons Lama Tsultrium Allione teaches you how to embody the

enlightened fierce power of the sacred feminine the tantric dakinis Ordained as one of the first Western Buddhist nuns and recognized as a reincarnation of a renowned eleventh century Tibetan yogini Lama Tsultrim nonetheless yearned to become a mother ultimately renouncing her vows so she could marry and have children When she subsequently lost a child to AIDS she found courage again in female Buddhist role models and discovered a way to transform her pain into a path forward Through Lama Tsultrim s story of loss and spiritual seeking paired with her many years of expertise in mandala meditation you will learn how to strengthen yourself by following this experiential journey to Tantric Buddhist practice The mandala was developed as a tool for spiritual transformation and as you harness its power it can serve as a guide to wholeness With knowledge of the mandala of the five dakinis female Buddhist deities who embody wisdom you ll understand how to embrace the distinct energies of your own nature In *Wisdom Rising* Lama Tsultrim shares from a deep trove of personal experiences as well as decades of sacred knowledge to invite you to explore an ancient yet accessible path to the ability to shift your emotional challenges into empowerment Her unique perspective on female strength and enlightenment will guide you as you restore your inner spirit leading you toward the change you aspire to create in the world Cool Sex Diana

Richardson, Wendy Doeleman, 2020-11-27 By far the most accessible and practical book on love and sex that I ve ever read As I was reading it I felt myself changing positively without even doing anything Having already experienced the incredible power of mindfulness in so many other ways I need no convincing that by applying the recommendations here you ll witness your relationship with sex transform bringing greater pleasure loving kindness and intimacy Darren Cockburn Mindfulness expert author of the internationally acclaimed *Being Present* nominated for UK s Kindred Spirit s 2019 Emerging Voices Sex is hot isn t it Do you notice how sexually suggestive erotic images greet you at every corner These steamy images give a one sided unbalanced view of sex For deeply satisfying sex the real secret is to reduce the heat to cool down and to be relaxed and mindful Nature designed bodies for easy going loving sexual play that lasts for hours Using the ancient eastern understandings of Tantra and body magnetism higher experiences and blissful states are available *Cool Sex* by Wendy Doeleman and Diana Richardson provides explanations practical tips and easy to follow exercises Discover the empowerment and fulfilment of sex with loving mindfulness *New Books on Women, Gender and Feminism* ,2010 *Feminist Collections* ,2011

Slow Sylvain Menétrey, Stéphane Szerman, 2016-08-26T00:00:00+02:00 Che cos hanno in comune le vere lasagne all emiliana con tracce di DNA equino i suicidi in azienda e la crisi dei subprime Sono tre scandali che testimoniano di un mondo che a forza di cercare il profitto immediato trascina consumatori lavoratori e risparmiatori in una folle corsa attraverso una realtà industrializzata e globale sempre più kafkianamente complessa L essere umano si ritrova così sconnesso tanto dai ritmi naturali quanto dal suo ambiente più prossimo Critici di fronte a questa accelerazione che ci sta intossicando i movimenti Slow seducono ogni giorno di più nuovi adepti in tutto il mondo Ma che cosa propongono Da un lato di impiegare il tempo in modo autentico dall altro di considerare che il piacere non consiste nell accumulo disordinato che da

decenni ormai ci viene venduto come un progresso Il libro ci invita a scoprire attraverso uno sguardo che si apre su una dimensione globale la vera e propria galassia di questi movimenti che si fanno cantori di una moderazione gioiosa e sostenibile A partire dal capostipite il ben noto Slow Food per arrivare a Slow Sex passando per Slow Money Slow Tourism e CittaSlow e tanti altri

Not giving a fuck Beate Absalon, 2024-05-22 Endlich keinen Sex mehr Der Druck gro artigen Sex haben zu m ssen ist heute allgegenw rtig Beate Absalon l dt dazu ein ihn abzusch tteln und M glichkeiten eigensinniger und erfinderischer Lust auszuloten Der Sex kann einem leidtun Er w re ein Refugium f r gegenseitiges Wohltun und nutzlose Verr cktheiten aber er ist zum verkrampften Projekt geworden das unbedingt gelingen muss damit auch wir als gelungen gelten selbst da wo wir es queer feministisch schon besser machen Doch Sex ist nicht die Antwort auf die Frage womit sich Sex befreien l sst Auf der Suche nach Entstressung blickt Beate Absalon kulturhistorisch fundiert auf die abgeschiedene aber nur vermeintliche Gegenseite des Sexuellen Unlust Asexualit t Z libat und Dysfunktion die der sexuellen Dienstpflicht gen sslich den Gehorsam verweigern und unerh rte Spielr ume ffnen

Slow attitude ! Sylvain Menétrey, Stéphane Szerman, 2013-06-05 Qu ont en commun les lasagnes pur b uf la viande de cheval les suicides en entreprises et la crise des subprimes Ces trois scandales t moignent d un monde qui force de chercher le profit imm diat entra ne consommateurs salari s ou pargnants dans une course folle travers des circuits industriels mondialis s d une complexit kafka enne L tre humain se retrouve aujourd hui autant d connect des rythmes naturels que de son environnement imm diat Critiques face cette acc l ration toxique les mouvements Slow s duisent toujours plus d adeptes travers le monde Que proposent ils D employer le temps de mani re plus authentique mais aussi de constater que le plaisir ne na t pas de l accumulation d sordonn e qu on nous vend depuis des d cennies comme un progr s Cet ouvrage vous invite d couvrir d une fa on globale une grande partie de ces mouvements qui se font les chantres d une mod ration joyeuse et durable partir du premier d entre eux le bien connu Slow Food jusqu Slow Sexe

Imparare ad amare Amana, Krishnananda, 2024-04-30T00:00:00+02:00 L intimit un percorso spirituale ed emotivo che richiede dedizione un lavoro costante e consapevole Quante volte ci siamo chiesti perch le nostre relazioni non funzionino sebbene tutto all apparenza sia perfetto O per quale motivo non riusciamo a trovare la persona giusta L amore non si improvvisa e per poterlo dare e ricevere con consapevolezza necessario affrontare un percorso prima dentro di noi e poi verso gli altri Krishnananda e Amana due dei pi seguiti maestri della spiritualit contemporanea ci guidano in questa avventura con il programma Imparare ad amare un cammino in quattro tappe le prime due dedicate a nutrire e custodire l amore per noi stessi le due successive ad accogliere gli altri Il passo iniziale quello di lasciarci andare alla vulnerabilit che nella sua forma autentica ci permette di sviluppare una spontanea fiducia nel mondo e negli altri Una volta divenuti consapevoli di questo sar naturale affrontare le ferite che la vita ci ha inferto e con esse la vergogna di sentirci inadatti o sbagliati Di conseguenza ci avvieremo verso una vita libera dalle aspettative degli altri terza tappa di questo cammino coltivando lo spazio interiore alla scoperta delle nostre passioni e della nostra energia Infine con il quarto

insegnamento saremo posti di fronte all'amore come sfida spirituale ed emotiva. Una guida concreta per accogliere l'insicurezza e imparare ad amare senza ostacoli e con sincerità ritrovando un genuino stato di vitalità di amore di sensibilità e di gioia.

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