

Eros, Consciousness, and Kundalini: Deepening Sensuality through Tantric Celibacy and Spiritual Intimacy

By Stuart Sovatsky, Stuart, Ph.D. Sovatsky



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Exercises based on yoga and chakra meditation teach you to transform sexual energy into spiritual and erotic fulfillment.

- Perfect for deepening a life partnership, gaining mastery over one's body, or healing the emotional scars of sexual abuse.
- Well-illustrated positions and techniques.

In this extraordinary celebration of the erotic, Dr. Stuart Sovatsky introduces us to the Tantric art of sexual sublimation, in which sexual energy is redirected toward achieving higher awareness and an erotic satisfaction far beyond that possible through sexual intercourse. The potential reasons for exploring Tantric celibacy are many--including the desire to deepen a life partnership, to gain a new level of mastery over one's body, to heal the emotional scars of sexual abuse, to practice safe sex, or to explore the intimate relationship between spirituality and sexuality.

Exercises based on yoga, kundalini, and chakra meditation make Eros, Consciousness, and Kundalini a practical guide to the world of Tantric celibacy. By transcending the boundaries of conventional sexuality, one can learn to harness the divine energy--glimpsed for only an instant by most people--that is at the heart of all erotic yearning.

This is the new edition of the book *Passions of Innocence*.

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Editorial Review

Review

"Reveals tantra's most central and powerful aspect: converting sexual energy into a higher, consciousness-altering vitality. Must reading for all who aspire to a spiritual way of life and are wondering just where sex fits in." (*Georg Feuerstein, author of Sacred Sexuality*)

"Sovatsky's fascinating and highly readable work belongs to the new sexual revolution, which pays due attention to the spiritual context of our lives." (*Yoga Journal*)

"Extraordinary excursion into the realm of Tantric celibacy provides a surprisingly tantalizing portrait of the power and passion of true erotic awareness. Sovatsky's book gives new meaning to the experience of eros and relationship while opening a door to a spiritual dimension we would never have achieved under ordinary circumstances." (*Napra Trade Journal*)

"Tantra is widely and grossly misunderstood in the West. In *Eros, Consciousness, and Kundalini* Dr. Sovatsky provides a much-needed corrective, revealing Tantra's most powerful aspect: the conversion of sexual energy into a higher consciousness-altering vitality." (*Georg Feuerstein, Ph.D., author of Sacred Sexuality*)

About the Author

Stuart Sovatsky, Ph.D., has been a practitioner of kundalini yoga for twenty-four years and is the director of two psychotherapy clinics in the San Francisco Bay Area. A former presenter at the World Congress on Sexology in India and the International Kundalini Research Network, he teaches at JFK University and the California Institute of Integral Studies.

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