



Tantric Love Letters

Diana Richardson

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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.

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