



# **The Art of Tantra: The Ancient Secrets of Sexual Energy and Spiritual Growth Revealed**

*Guillermo Ferrara*

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# The Art of Tantra: The Ancient Secrets of Sexual Energy and Spiritual Growth Revealed

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**A guide to meditation, sex, and ecstasy.**

*The Art of Tantra* offers a fascinating method of improving your pleasure, vitality, and internal strength. Clear, practical, and profound, it contains over five hundred color photographs and illustrations demonstrating the positions and exercises that the reader can use to reach a new sexual dimension in his or her emotional relationships. *The Art of Tantra* promotes the comprehension, understanding, and experience of the most important taboo in the history of humanity—sex—and in its pages you will discover Tantra as a form of comprehensive wisdom on the energies and art of living.

There is an ample variety of exercises and meditations, such as:

The Rainbow

Greeting the Sun

The Dragon

Dance of the Five Elements

*The Art of Tantra* is an invitation to expand your consciousness in a simple and dynamic manner.

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