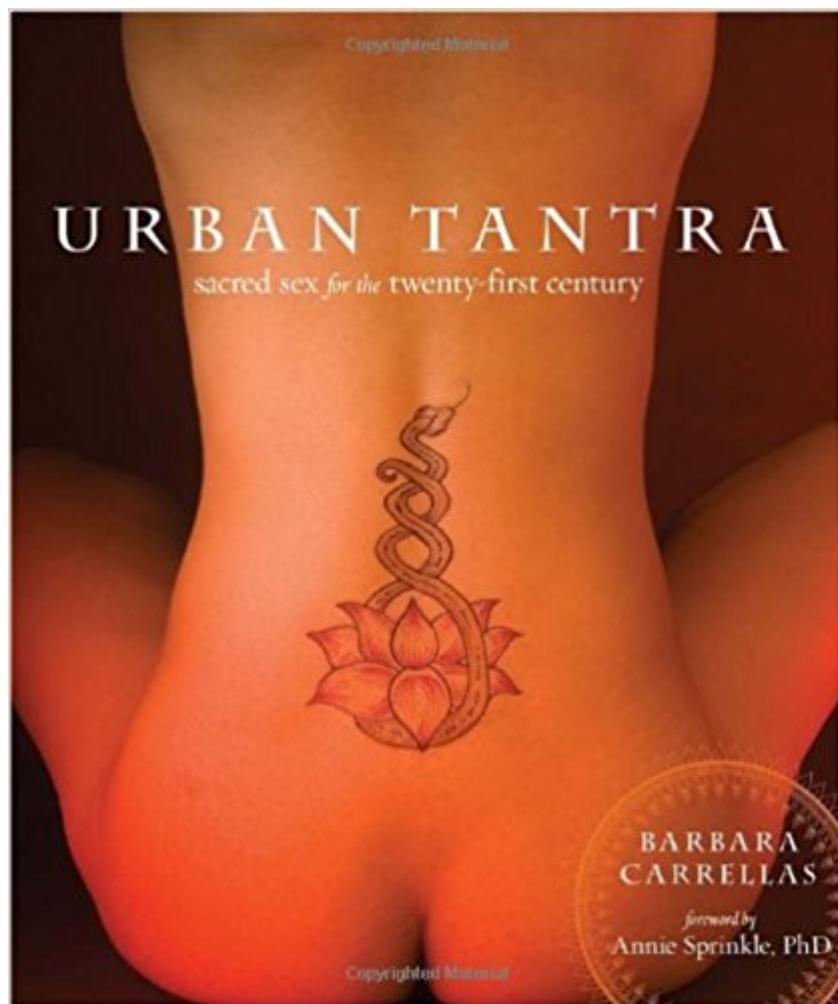


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# Urban Tantra: Sacred Sex For The Twenty-First Century



## Synopsis

If you think sexual and spiritual bliss can't be found in today's fast-paced world, you haven't experienced Urban Tantra. With a juicy mix of erotic how-to and pleasure-centered spiritual wisdom, acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to push past their edge in search of the great cosmic orgasm. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide reveals the delicious worlds of ecstasy available to all, including: The Erotic Awakening Massage • Breath and Energy Orgasms • Twenty-Minute Tantra Evolutionary Selfloving • Sex and Healing • Tantric BDSM. No matter what your gender, sexual preference, or erotic tastes, URBAN TANTRA will expand your notions about pleasure and open you up to new heights of intimacy and sexual fulfillment.

## Book Information

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## Customer Reviews

This handy how-to promises mind-blowing, toe-curling, highly spiritual sex for humble beginners, BDSM aficionados and everyone in between. Sex educator Carrellas is on a mission to bring Tantra—the ancient practice of sacred sex, in which interpersonal connection and transformative ecstasy are the norm—to the modern world, to reclaim sex from "messed-up, sexually-dysfunctional, judgmental, and ignorant culture," and to shift the urban sex paradigm from recreational activity to a sumptuous, impassioned way of life. Not that one necessarily needs that kind of ambition: Carrellas offers ways to enhance any old sexual encounter (with techniques like breathing, stroking, prodding

and piercing), techniques for solo play and countless uses for a trunk full of toys. Same sex, transgender, and multi-partner play is encouraged (if not highly recommended), and the text is peppered with illuminating, try-this-at-home anecdotes. Pictures and diagrams are whimsical but instructive, making Carrelas's cheerful descriptions of unusual concepts—"gigglegasms," "rainbow rubs" and "the mushy puss" among them—easy to grasp. A final chapter, on "Sex Magic," examines the power of Tantra to achieve a number of effects, from backpain relief to a happier office to world peace; however far you'd like to take your sex life, this friendly guide will likely show the way.

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"This is honestly the best book written on Tantra, period."-Playgirl"Few books on Tantra are truly brilliant. Barbara Carrelas has written of Urban Tantra in a way that warms my heart . . . honest, clear, human and insightful. I am laughing and loving Tantra all over again."—Caroline Muir, co-author, Tantra, The Art of Conscious Loving"Sex educator Carrelas takes tantra out of the exclusive domain of white New Age heterosexuals and makes a compelling—and hot, and damp—argument that tantra is for all of us. Her frank how-to offers suggestions for incorporating tantric principles into queer couplings, with a healthy respect for putting sex back at the center of our lives."—Out magazine"URBAN TANTRA gives me hope that the world will become a more sexually satisfied, ecstatic, enlightened, and inclusive place."—Annie Sprinkle, PhD, from the foreword"URBAN TANTRA is the most pleasurable, fun, meaningful, and liberating book on sex ever! Thank you, Barbara!"—Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom "At last, a sex book with a sense of humor, and one that dispels the notion that sex is always, only and forever, between one man and one woman. I can't wait to see generations grow up with the study and use of URBAN TANTRA!"—Kate Bornstein, author of Gender Outlaw and Hello, Cruel World"Any book on Tantra that begins by describing a professional lap dance as a divine sexual experience is one I will definitely read. Written with wit and humor, Barbara's URBAN TANTRA keeps sex real, and, best of all, the rituals are fun."—Betty Dodson, PhD, author of Sex for One and Orgasms for Two"If you ever thought Tantra wasn't for you—too foreign or gimmicky or New Agey, or not edgy enough for your radical sex explorations—Barbara Carrelas will cure you of all misconceptions and bring you an Urban Tantra to unite your sex, your spirit, your erotic wanderlust, your edge."—Carol Queen, author of Real Live Nude Girl and director of the Center for Sex & Culture, San Francisco"URBAN TANTRA offers a daring, delicious, profound, courageous, and altogether magical celebration that will teach us all to dance to the rhythms of the universe. Barbara Carrelas has written the ultimate how-to book uniting

sex with spirit, healing with philosophy, and the animating force of the cosmos with each and every one of us. So if you'd like to live your sex life on a galactic scale, you must read this book!"-Dossie Easton, coauthor of *The Ethical Slut*"Everyone needs to rejoice in their own sexuality, and Barbara shows us how in this very informative, easy-to-use book. It would be nice to practice Tantra in a lovely remote garden or high atop a mountain, but the reality is that in today's world many of us don't have that luxury. Barbara demonstrates that it doesn't matter where you practice, as long as you're conscious when you do. Now, let go and enjoy Urban Tantra."-Louise Hay, author of *You Can Heal Your Life* and *Empowering Women*"URBAN TANTRA is a courageous book by Barbara Carrellas, one of the pioneers in contemporary American Tantra. This engaging and comprehensive guide includes numerous powerful exercises as well as moving personal anecdotes that reveal how the conscious exploration and embrace of sexuality can function as a tool for transformation."-Mark A. Michaels (Swami Umeshanand Saraswati) and Patricia Johnson (Devi Veenanand), authors of *The Essence of Tantric Sexuality*"Barbara Carrellas, whose Urban Tantric sex workshops combine Eastern sex techniques with the postmodern methods of SM practitioners, is a trailblazer."-Tristan Taormino, *The Village Voice*

I just read all the negative reviews for this book, and I totally understand the fundamental reason behind the unfavorable perspective on this beautiful piece of art, Urban Tantra. It is simply that these people can't see themselves being open to the experience, let go and even picture themselves in such against - society's norms "acts." The way Barbara perceives sex and its aspect of all sexes and genders being able to share the love freely with no attachments and only all the love in the world for each other, could be looked as totally out of this world concept of hippies. I personally love the book and it is changing my life on a really quick pace. She is truly a beautiful woman, who's message to the people does mainly one thing - she's trying to open people's mind to let go of the old ways we perceive sexuality and face it the way it truly is, the way it runs naturally in the depths of our DNA. She tried to help the human psyche let go in the moment, live fully in it. If you are into spirituality, if you familiarize with Buddhism, hinduism, Taoism, and are exploring deeper into the world of love and interconnection of all there is, look no further, because Tantra guides you the way to it through ecstasy, through the vessels of your own body. Barbara is the perfect projectionist/translator of the ancient Asian philosophy to the Western masses of the 21 Century. If you are open minded or are curious in exploring deeper into your psyche and soul through you body. Buy It now!!! I'd pay 100\$ for this book. After successfully having the craziest orgasm I've ever had from merely breathing (from the second try ever), I can't stop but rave about

this book and the author endlessly. I want everyone to truly experience ecstasy at its best. Thank You Barbara. Can't wait for your workshop in New York in the Winter.

I purchase this book to be able to add additional things to my Tantra practice. It is a very wonderful guide. It allows you to dig deeper with Sexual Energy. I enjoyed the individual chapters that allowed more explanation on breathing techniques to allow the sensuality to flow through your body and even work with your partners. Overall this is a fantastic guide to being able to be more in tune with yourself

Yes you can read criticism about this book, to be devoted only to sex and nothing else. It is true that it does not have much emphasis on more traditional forms of tantra, which are till today practiced in India,...If you are looking for something like that, I can recommend you a book called:Â Tantra Unveiled: Seducing the Forces of Matter and SpiritÂ ,has a strong emphasis on traditional forms, goddess, worship, mantras, yantras, yoga,..Anyhow I would say Urban Tantra can teach you a lot about sex, give you tips and ideas how to use your sexual energy,...well tantra, like all other philosophies, religions,...is trying to liberate us, this book might help you with sexual techniques,... it does touches on very important aspects as self acceptance/ worth,..

While racy and experimental, this book is NOT about true Tantra. If your looking to spice up your life, experiment and to become sexually liberated, then this book may help. If you want to know what Tantra really is, try Tantric Transformation by Osho for a jumping off point.

Very straight forward book on Tantra. While adult oriented and western, the author expresses the importance of meditation within sexual energy. So it isn't just about sex, but about Tantra

The author has a breezy writing style, and she includes all couples, not just hetero. Really much more more lighthearted and fun than some other books on the subject, which are Very Very Serious.

I read some of the other comments prior to ordering this book. I was a little nervous with regards to one of the reviews with mentions of it being like porn. However, porn was not my take on the book at all. Some of the language content at the beginning is somewhat straight forward, like graphic street language. I honestly don't feel the graphic language was necessary but the author is

obviously expressing herself. Anyway, after getting past the beginning you will find some very helpful and useful tips throughout the book. I especially appreciate the simple explanations used in explaining the 7 chakras. In addition, the writer also provides safety tips for those possibly desiring to indulge in the exchange of body fluid. I like the points made about being safe and protecting yourself. Good info!

This book is really cool! I was kind of expecting it to be hokey or "sensual massage" themed, but it's been super enlightening and fun to read so far! Would definitely recommend to anybody curious about tantra but turned off by hokeyness.

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