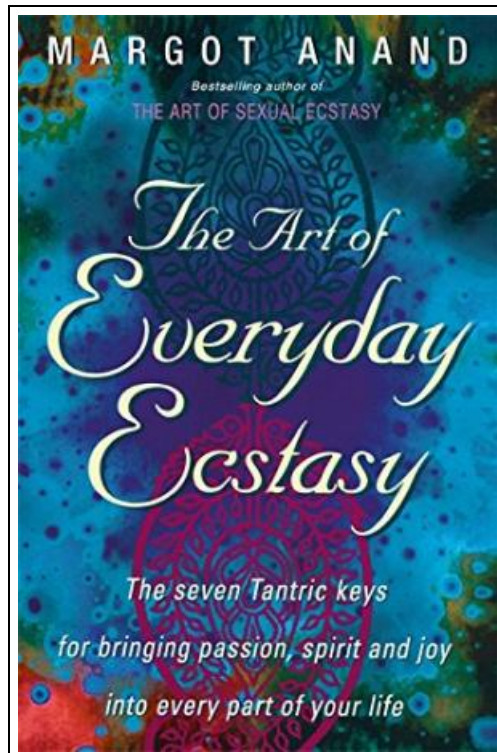


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THE ART OF EVERYDAY ECSTASY: THE SEVEN TANTRIC KEYS FOR BRINGING PASSION, SPIRIT AND JOY INTO EVERY PART OF YOUR LIFE (PAPERBACK)



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Little, Brown Book Group, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Most people think of ecstasy in terms of sexual ecstasy, which Tantric sex expert Margot Anand wrote about in her bestselling *The Art of Sexual Ecstasy*. Now, in *The Art of Everyday Ecstasy*, Anand expands our definition of ecstasy and shows how we can harness its energy to help us live, work, and love more passionately, joyfully, and with true spiritual focus. Based on the spiritual path of Tantra, Anand shows how to use the natural energy system of our bodies - the seven chakras - as a map to ecstasy. As she guides us through the chakras, she explains how each one plays an important role in transforming energy into erotic passion, healing, empowerment, compassion, creativity, insight, and gratitude. Blocked chakras manifest themselves in surprising ways; wholeness can be achieved only when all of the chakras are open with energy flowing freely. By transforming negative behavioural patterns into positive ones and strengthening ourselves physically, emotionally, and spiritually, we can improve our health, sex life, career, relationships, and find profound meaning in everyday moments. With personal anecdotes, exercises, meditations, and rituals, *The Art of Everyday Ecstasy* shows us how to bring ecstatic energy into the body, mind, heart, and spirit - to embrace every moment in our totality, to respond bodily, feel from the heart, perceive with clarity, and be fully present to others and to life.

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