



# Sexual Awakening for Women: A Tantric Workbook

*Dr Shakti Mari Malan*

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## **Sexual Awakening for Women: A Tantric Workbook** Dr Shakti Mari Malan

Sexual Awakening for Women: ?A Tantric Workbook is an initiation into the deep mysteries of female sexuality. It is a journey within; an opening to embodied bliss from ?the inside out which ripples through the body as a deep relaxation and an ecstatic aliveness. Sexual Awakening for Women: ?A Tantric Workbook is a handbook that ?can easily be used by women either ?on their own or in a group. ?Working through the book takes women on an experiential journey to awaken the flow ?of kundalini that connects ?sexual and heart energy, allowing women to taste ?again, and deeply enjoy, ?the bliss of female ?sexual energy. Shakti believes that female ?sexual energy is a gateway to ? spiritual awakening. It is the feminine, through her receptivity, that can lead the masculine into the unknown ... the mystery ... that which is beyond the ego-mind.

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