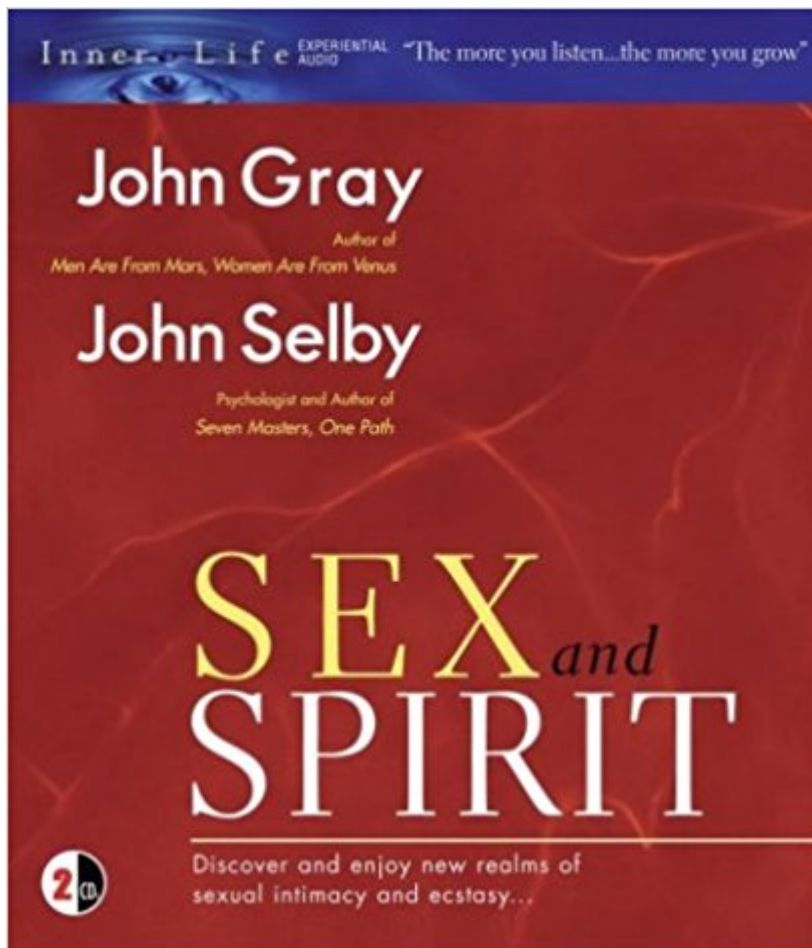




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Sex And Spirit



Synopsis

Bestselling authors Dr. John Gray and John Selby help you discover true passion. In this original audiobook, Dr. John Gray and John Selby have designed a series of guided experiences that lead you to new heights of passion and sexual surrender. The four guided sessions focus on: Transcending Sexual Worries; Healing Old Heartbreaks; Surrendering to Passion; and Embracing Sexual Union. These intimate guided sessions will take you on a personal journey where you can experience the freedom and joy of passionate self expression and true spiritual connection with your partner. Sex & Spirit includes a Companion Musical Reflection CD, which will provide a soothing harmonious foundation for your inner experiences as well as a chance for personal reflection. As with all InnerLife audio programs, Sex & Spirit offers you guided one-on-one sessions with leading experts in the field of personal growth. You will gain more valuable insight every time you listen.

Book Information

Audio CD

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Product Dimensions: 5.8 x 5.1 x 1 inches

Shipping Weight: 6.2 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #7,312,748 in Books (See Top 100 in Books) #12 in [Books > Books on CD > Authors, A-Z > \(G \) > Gray, John](#) #5002 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#) #5013 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

Customer Reviews

Dr. John Gray, author of twelve bestsellers including the New York Times bestseller, *Men Are From Mars, Women Are From Venus* is an internationally recognized expert in the fields of communication and relationships. His focus is assisting men and women in understanding, respecting, and appreciating their differences. For more than 30 years, he has conducted public and private seminars for thousands of participants. In his book, audiotapes, videotapes, and seminars, Dr. Gray entertains and inspires audiences with his practical insights and easy-to-use communication techniques that can be immediately applied to enrich relationships. Dr. Gray lives with his wife and three children in Northern California.

Our culture is flooded with messages about hookups, friends with benefits, selling with sex, normal is perverse and perverse is normal. However, throughout recorded history, sex has been a doorway to extraordinary experiences, intimacy and awareness. Sex and Spirit reminds us of how deep, powerful and transformative sex can be. If your sex life feels empty, this book can show you what you have been missing.

I've read a lot of books on sexuality and a lot of books on spiritual themes - finally here's a wise and really insightful book on how the two go together. The human act of creation must be a spiritual act ... after all, who created us in the first place? But it seems sex has gotten so mundane - this book helps bring in the deeper parts of love ... and what a rush! Well, sometimes I've felt just totally transcendent when making love, but usually I haven't known how to go to that amazing expanded place during sex, where there's no difference between me and my true love, and we just blast off into some infinite place that is definitely spiritual. Now I know - it's a secret everyone should know, which is why I'm writing these notes. Selby is a psychologist who really knows how our minds and our spirit work together, and his book explains real simply what the mystic experience during orgasm is all about. He also teaches totally pragmatic ways to help a spiritual experience happen, every time you make love ... many thanks to him! What I was especially surprised and happy to learn about, was that we can act on our own to finally heal old heartbreaks that get in the way of really opening up to our new love - that's where this book most helped me, since I'd just come out of a real heartbreak, and I'm mostly over it now, thanks to this book. The other thing I learned from reading Sex and Spirit and then working with the inner programs of the book is that right when we're making love, we can consciously shift into special states of mind where we let go of worries, tune into the present moment, and allow some deeper natural force or whatever to "move us" together toward orgasm. And one other thing that's really great are the chapters on letting go of trying to be a good lover, and also letting go of fantasies while making love - so that you're fully "here" and the pure experience just overwhelms ... I can't say all of this as good as the author does, he's definitely an expert on sexuality and he's also just very kind and patient in his teachings ... Enjoying wild sex and deep spiritual feelings at the same time ... that's about as good as life gets - and this book is definitely the hands-on manual for really opening up and letting your whole soul merge with your lover. I give this ten stars! Julia

This book on CD was terrible. After suffering through it, we destroyed it because we didn't want

anyone else to have to endure it. This is only a review of the product but not the company that we bought it from.

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