

TANTRIC EROTIC ACTIVATION



If you feel inspired to continue exploring, we've included a curated selection of books and resources to deepen your understanding and support your journey.

Glorious Alchemy: Living the Lalitā Sahasranāma by Kavitha Chinnaiyan

A contemplative and devotional exploration of the Lalitā Sahasranāma, the thousand names of the Goddess in the Śrīvidyā tradition. The book presents chanting as a meditative practice that refines attention, reveals sacredness in lived experience, and supports inner transformation, with accessible commentary and suggested contemplative practices.

Kundalini Tantra by Swami Satyananda Saraswati

A foundational text on kundalini, chakras, and kriya yoga within the yogic and tantric traditions. The book explains kundalini awakening, its signs and effects, and methods for safely eliciting and integrating these experiences. It includes detailed descriptions of the chakras, practices to balance the energy centers, and instruction on twenty kriyas with preparatory techniques.

Tantra Illuminated by Christopher D. Wallis (Hareesh)

A scholarly yet accessible introduction to classical Tantra based on original Sanskrit sources. Wallis clarifies historical Tantra and distinguishes traditional lineage teachings from modern reinterpretations, providing essential context for tantric philosophy, ritual, and practice as they were originally transmitted.

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Fractals of Reality: Living the Śrīcakra by Kavitha Chinnaiyan

A modern yet tradition-rooted exploration of the Śrīcakra as both a cosmic map and an embodied practice. The book examines how the geometry of the Śrīcakra reflects the body-mind and can be engaged through breath, mantra, and awareness. Emphasizing practical application, it presents the Śrīcakra as a living framework within the Śrīvidyā and Śākta tantric traditions.

Tantra: The Supreme Understanding by Osho

A foundational text on kundalini, chakras, and kriya yoga within the yogic and tantric traditions. The book explains kundalini awakening, its signs and effects, and methods for safely eliciting and integrating these experiences. It includes detailed descriptions of the chakras, practices to balance the energy centers, and instruction on twenty kriyas with preparatory techniques.

Urban Tantra by Barbara Carrellas

A contemporary, sex-positive approach to Tantra that integrates breath, energy awareness, pleasure, and ritual into modern life. The book bridges sacred practice and erotic experience in a practical and inclusive way, offering exercises and perspectives suited for contemporary embodiment and relationship.

Sacred Texts Mentioned During the Live Event:

- Tantrāloka by Abhinavagupta
- Saundaryalaharī
- Lalitā Sahasranāma
- Yoginīhṛdaya