

Tantra & Kama Sutra Sex Positions

A Modern Erotic Photo Interpretation



By Al Link and Pala Copeland

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Photographs by Al Link

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Internet interactive edition with:

- 100 erotic photographs and illustrations
- 303 hot links

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About This eBook

We have included [100 erotic color photographs and illustrations](#), each of which is featured in large format on a single page for your viewing pleasure. Through these lovely photos we have endeavored to capture the emotional and energetic connection of Tantric sacred lovemaking rather than simply illustrate sexual positions and technique.

These are real people in real bodies. Probably they have bodies that look a lot like yours. The lovers in these photos are experiencing and expressing something beautiful. This book's message is that you can have what they are showing you.

We suggest that the first thing you do is scroll through the photos without reading the accompanying text. Get the message of the book visually first and then go back for a second look, this time reading the explanatory text with the photos.

In this modern interpretation (not translation) of the classic love texts from India and Arabia we have omitted the redundant descriptions of each position that are commonly found in illustrated books of sex. Instead we comment on how and why the position is used, and we include useful information about sacred lovemaking practices.

If you have ever browsed through a book illustrating sexual positions you will recall that some of the positions shown seem to be anatomically impossible. This is because a drawing can show people doing easily what no ordinary human being could ever actually do. When selecting sexual positions to try, don't bother unless you see the position illustrated with a photograph. All of our sexual positions are illustrated with photographs.

There are some sexual positions, even though ‘doable’, require the lovers to be exceedingly acrobatic, physically flexible, and very strong. These positions appeal to practitioners of “extreme” Tantra Sexual Yoga. Almost every endeavor that requires a discipline of body and mind has an extreme variation. Practitioners of Extreme Tantra Sexual Yoga utilize lovemaking positions as they would other Hatha Yoga postures, as an advanced, disciplined physical meditation technique, rather than as an ecstatic sacred lovemaking practice.

We have eliminated these extreme postures from this manual. Most of the positions illustrated here are suitable for lovers of all ages, and with some selectivity, in various stages of physical fitness and health. In other words, you don’t have to be an athlete, young, or perfectly fit and healthy to use this manual.

Since our definition of sex goes far beyond sexual intercourse, including all the delicious [foreplay](#) and the deep emotional connection of [afterplay](#), we have included sections with commentary on those topics. Also included are illustrated sections on [oral sex](#) ([cunnilingus](#) and [fellatio](#)), [BDSM](#) (bondage/discipline/sadism/masochism) play, [loving body discovery](#), [massage](#), creating a [sacred space](#) and [sacred bathing](#).

In addition we have added hot links to a number of published printed versions of the [classic texts](#) so if you wish to read and learn more you can locate those books easily.

This eBook is revised and updated continuously with new contents and refreshed hot links. If you are the first person to send an [email](#) alerting us to a link that is not working, we

will send you a FREE replacement version electronically by email as soon as it is ready.

This document is also available on a [Compact Disc](#) (CD-ROM).

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Introduction

Classic Texts and Modern Practices

The term “sacred sex” may seem somewhat of an oxymoron in western society, a contradiction in terms. Suggesting that you can find your way to God through sexual activity has been a bit like suggesting you can eat your way to thin-ness or fuck your way to virginity. Partaking in wildly passionate sex and seeking an intensely spiritual life just haven’t been part of the same curriculum. We’ve been taught that pursuing sexual pleasure, enjoyable as that may be, is at best hedonistic and at worst damaging for our souls. To be a highly spiritual person is to be essentially sexless. It’s an either / or situation.

But that view is changing. The concept of sacred sex, finding spiritual union through a sexual one, is slowly gaining ground in North America. Our psyches are certainly ripe for it. As a society we’re obsessed with sex. In part it’s a lustily healthful obsession, a celebratory dance of life’s great force, but much of it flounders in darkness and neurosis – sex for power, sex for profit, sex for oblivion. We use and abuse sex for everything from selling soap to making or breaking political leaders.

At the same time there’s a spiritual hunger running rampant through the land. The ache for meaning stretches from radical through traditional—from new age spiritual to long-established religious, from pagan to fundamentalist. We’re all screaming for substance.

Well why not unite the two? Bring sex and spirit together and find your magic! The idea’s definitely not a new one.

Ritualized sex has been an acknowledged sacred pathway in Eastern philosophies for several thousand years. Tantra, probably the most commonly known form of sacred sexuality, has its home in branches of the Hindu and Buddhist cultures of India and Tibet. Based on a belief that the union of male and female principles (yin and yang, [yab and yum](#)) will lead to enlightenment, traditional Tantra uses a complex series of sounds, visualizations, breath control, and [sexual positions](#) combined with prayerful thought to reach the heights of godly bliss.

During the 19th century Tantric writings were introduced to the west by British scholars and travelers, foremost among them [Sir Richard Burton](#), translator of three classic texts that explain and illustrate the art of love with considerable emphasis on [sexual lovemaking positions](#): the [Kama Sutra](#) and [Ananga Ranga](#) from India and the [Perfumed Garden](#) from Arabia. Not surprising given the surface prudery of the time, these works were greeted with a largely hostile reception. Tantric practices were condemned as “orgiastic rites too terrible for civilized men to hear”.

Today, despite our more open attitudes to sexuality, much of this cult-like perception of Tantra persists. Partly this may be due to traditional Tantra’s highly ritualized religious aspects – worship and identification with particular gods and goddesses, and mystical signs, symbols and chanting. But perhaps an even bigger block is the absolute necessity of retaining your aroused sexual energy internally and the accompanying emphasis for men on not ejaculating. This directly challenges our culture’s sexual ideal of simultaneous genital orgasm. The practice of arresting your sexual fever and turning it in and upward rather than allowing it to flow out and down may seem abnormal and contrived; going against the laws of nature and our bodies. After all, the powerful release of a

“regular” orgasm feels so very good; why should anyone voluntarily pass this by for the promise of unknown ecstasy?

However, a gradual shift away from a strong focus on semen retention to a slower approach of gently learning to move all that wild sexual energy around inside you, is part of the new sacred sex (or neo-Tantra) that’s been emerging in the last 20 years. Whole body orgasm, through eyes, elbows or toes, becomes a real possibility, not just our venerated Big O of the genitals. While learning to withhold ejaculation is part of the process there’s also a more relaxed, more fluid perspective that allows for personal preference and ability. You can take your time learning the delights that come with delaying or eliminating ejaculation as you explore the many other ingredients of sacred sex practice – emotional and mental as well as physical.

Neo-tantra begins with much from her traditional parent – for example, the precept that sexual union can lead to transcendence, and specific techniques of breath and muscle control – and adds an assortment of other goodies. Jungian concepts, Reichian bodywork, acupuncture, aromatherapy, creative visualization and dynamic meditation can all be part of the loose and joyous eclectic meld. The essential approach is spiritual, meaning non-religious and non-dogmatic. And playfulness is woven into the fabric of loving – laughter and lust come hand in hand to the true lovers’ bed.

But sacred sex goes far beyond the bedroom, helping partners open fully to each other in trust and love through all facets of their relationship. Your relationship itself becomes a vehicle for spiritual growth and personal awareness. As you learn to open to yourself, to your own inner lover, you naturally open to others around you. You