



Tibetan Arts of Love: Sex, Orgasm, and Spiritual Healing

By Gedun Chopel

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Presents in lucid detail the sixty-four arts of love divided into eight varieties of sexual play—embracing, kissing, pinching and scratching, biting, moving to and fro and pressing, erotic noises, role reversal, and positions of love-making. It is a translation of the *Treatise on Passion* by Gedun Chöpel, the highly controversial former monk. He gives titillating advice to shun inhibitions and explains how to increase female sexual pleasure. An over-arching focus is sexual ecstasy as a door to spiritual experience—the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

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Review

"The work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—Jose Cabezon, University of Wisconsin XIV Dalai Lama Endowed Chair in Tibetan Buddhism and Cultural Studies

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About the Author

Jeffrey Hopkins, PhD, served for a decade as the interpreter for the Dalai Lama. A Buddhist scholar and the author of more than thirty-five books, he is Professor Emeritus at the University of Virginia, where he founded the largest academic program in Tibetan Buddhist studies in the West.

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