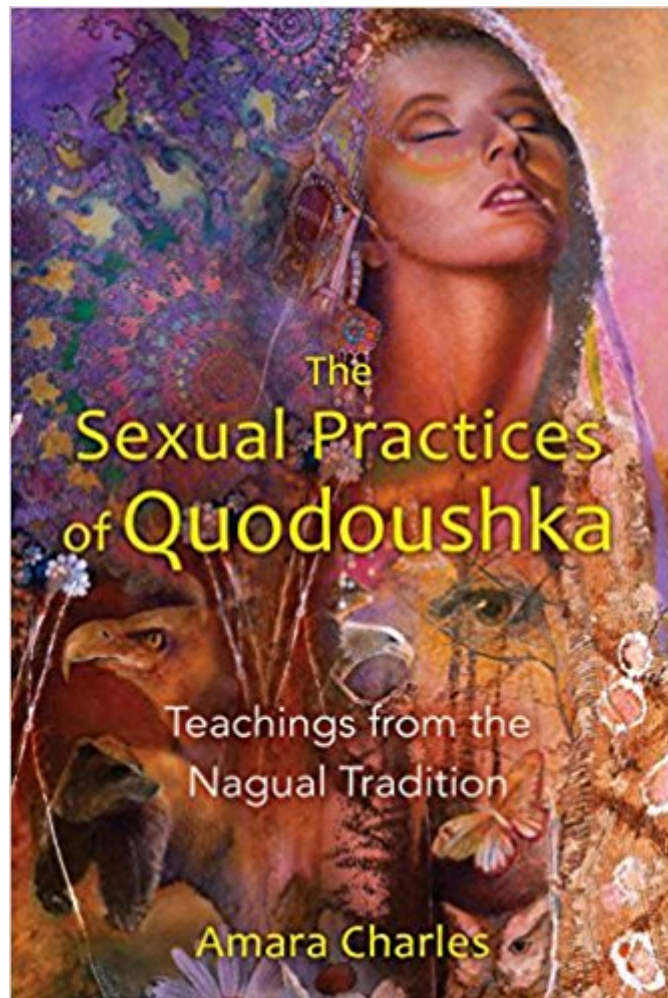




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The Sexual Practices Of Quodoushka: Teachings From The Nagual Tradition



Synopsis

Practical exercises to reach higher levels of orgasm, renew relationships, and discover the healing power of sex

Illustrates how to identify and best please the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman

Provides exercises for greater sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm

Explains how to perform powerful healing sexual energetic work with the chakras and light body

Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Firebreath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers.

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Customer Reviews

“Passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex.” (Branches of Light, October 2012)

“Amara has a very special gift of being able to articulate these unique and insightful teachings that give real direction on how to heal and move forward as a sexual, spiritual being. She skillfully marries the disciplines of many cultures so that all may relate in some way and, therefore, receive benefit. This book is for anybody looking for expansion, expression, and a new path to enhance sex and intimacy in their lives.” (Laura Kimbro, OB/GYN DO, Fellow of the American College of Obstetrics)

“Quodoushka’s Fire Breath full-body orgasm was absolutely the most valuable thing I ever learned about sex. This hotly anticipated brave book is a treasure trove of wisdom that raises the bar on sex education. Amara Charles knows these practices intimately, and her enthusiasm for her subjects rubs off. Great for beginners to advanced.” (Annie Sprinkle, Ph.D., author of Dr. Sprinkle’s Spectacular Sex)

“The Sexual Practices of Quodoushka is a comprehensive introduction to a powerful way of connecting to and activating our inherent sexual potencies and abilities to experience pleasure. Amara Charles masterfully guides the reader through the cultural background of the practices into the realm of their concrete application, outlining a new understanding of sexual conditioning and experience while encouraging innovative ways of bringing greater pleasure into our lives. A thorough delight.” (Livia Kohn, author and professor emerita of religion and East Asian studies at Boston University)

“In The Sexual Practices of Quodoushka, Amara Charles captures the essence of intimacy. From personal experience I can say unequivocally that she is brilliant, knowledgeable, and an absolute cauldron of vital energy. This book will guide you to become a more caring lover, free blocked energy, and delight in your body to align your human, animal, and spiritual aspects. Charles’s explanation of sexual anatomy types is a genuine revelation. Sexual Practices of Quodoushka can make a quantum shift in the way you approach sex and intimacy.” (Steven Barnes, author, lecturer, and martial artist)

“With The Sexual Practices of Quodoushka, Amara Charles is

helping to make our world a more peaceful and loving place. You will learn the Quodoushka teachings, which state that the lack of healthy sexual expression is the root cause of abusive, addictive, and violent behaviors. And you will learn specific steps you can take to transform your sex life into the sacred and healing practice it was meant to be!~ (Veronica Monet, ACS, CAM, certified sexologist, couples consultant, and radio host of The Shame Free)~“Quodoushka weekends led by Amara are always filled with indescribable sexual magick. With this book she combines a vivid literary style with her practical experience of working energetically through blocks to sexual enrichment. The wisdom rooted in the teachings of the elders comes alive on these pages. Amara has somehow captured their spiritual electricity.~ (Richard Beck Peacock, film director and coauthor of Learning to Leave: A Woman’s Guide)~“The Sexual Practices of Quodoushka is a tremendous resource for anyone trying to understand their own sexuality so that they can bring that sexuality to a relationship and participate fully in that relationship. How wonderful would it be if we could teach children sex through this voice as opposed to through television, the Internet, or pornography. I am of the belief that this would lead to far healthier sexual relationships as adults.~ (Allen N. Chiura, M.D., urologist)~“In Amara Charles’s brave new book The Sexual Practices of Quodoushka: Teachings from the Nagual Traditions, she introduces us to the little known world of sexual healing known as Quodoushka. You don’t need to be a tantra geek or a new age bindi wearing goddess to find this book transformational. Inside its easy-to-read pages, you will find a compassionate and extraordinary way to learn about sex. If you are ready to go deeper into your own sexuality, pick up this book.~ (Pamela Madsen, author of Shameless: How I Ditched The Diet, Got Naked, Found True Pleasure and Someh)~“Touching on the controversial history of the Quodoushka tradition and concluding with practices to sustain passion in long-term relationships, Charles’s brave book fuses sexuality with spirituality in a very practical, hands-on way. Your intimate life will surely find immediate benefit from this book.~ (Merikah Robertson, Common Ground, October 2011)~“You don’t need to be a tantra geek or a New Age bindi-wearing goddess to find this book transformational. Inside its easy-to-read pages, you will find a compassionate and extraordinary way to learn about sex. If you are ready to go deeper into your own sexuality, pick up this book.~ (Pamela Madsen, author of Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure and Someh)~“Imagine if we grew up in a culture where we were taught about sexuality and learned to be great lovers and healthy human beings. In The Sexual Practices of Quodoushka, Amara Charles shares once secret teachings and information in a fun and entertaining way that will help save relationships, lives, and our planet. Read this book

and give thanks! (Baba Dez Nichols, founder of the International School of Temple Arts, author of Sacred Sexual Healing) “The Sexual Practices of Quodoushka beautifully complements the ancient knowledge of the Taoist shaman. These transformational teachings reveal ways to deepen and strengthen relationships and offer a means to access the universal healing forces of creation. (Master Mantak Chia, author of Healing Love through the Tao and Taoist Foreplay)

SPIRITUALITY / SEXUALITY “You don’t need to be a tantra geek or a New Age bindi-wearing goddess to find this book transformational. Inside its easy-to-read pages, you will find a compassionate and extraordinary way to learn about sex. If you are ready to go deeper into your own sexuality, pick up this book. --Pamela Madsen, author of Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure and Somehow Got Home in Time to Cook Dinner Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Fire Breath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers. AMARA CHARLES began her apprenticeship with Thunder Strikes within the Sweet Medicine Sundance Path of Turtle Island in 1987 and has taught Quodoushka sexuality workshops since 1990. She is the founder of Nourishing Arts, a training center providing courses and mentorship in shamanic and taoist sexual arts. The author of Sexual Agreements, Aching to Open, and Erotic Touch for Two, she lives in Phoenix, Arizona.

Enjoyed the ease of the author's ability to communicate. She gives you insight on what is really happening in your sexual realm. We are never taught about sex (ever, only superficially) and this book includes very detailed decryption of how sex is and should continue to be an integral part of our lives; recharging our soul and improving our being. It opens your mind and reconnects you to your core.

I was unable to attend the workshop so I decided to read the book. I am so glad that I own this one! I am still reading and I love Amara's writing style. The format is easy to follow and takes you on a journey. My passions in the world are in bringing in the new paradigm where there is a balance and equality in our masculine and feminine relationships as well as the relationship between human and nature. This book also covers how we can learn to pleasure ourselves and our intimate partners. It even addresses how we can honor and respect each other so we are uplifting each other and honoring ourselves at the same time. It feels very appropriate at these times when so much confusion exists in relationship.

I just started to read the book, and I am already thankful. I too was pretty much left in limbo regarding sexual relations when I was growing up. I got the church's doctrine on the matter: don't do it...you'll get someone pregnant...it's a sin to even think about it...oh, and it is also a sin to explore your own body through masturbation. There was no practical guidance from church, parents, or teachers as I stumbled through my sexual experiences and wondered why my experiences didn't measure up to those displayed in the popular media (advertising, movies, magazines, etc.). Emotional and physical sexual development for me was done in the dark and always with a mental battle as to whether I should even be exploring this aspect of my personality. Some sort of mentoring process would have been very beneficial. Actually, In fact, I am sure it would still be beneficial since being mid-aged now I feel as though I have just barely scratched the surface of my sexual potential. I guess that is why I searched and found Quodoushka. The first chapter of the book has made me keenly aware of the source of my fairly recent feelings of being an insufficient parent for my young teenage children. This wasn't a problem when they were younger, but I have difficulty now as they are starting to think about the opposite sex and sex in general. I would really like to give my kids some guidance other than the rhetoric and limbo I was given at that age, but I haven't known how to even begin. Too much information before they are ready for it could be just as damaging as too little. Thankfully, I am also realizing from the text that I have already started my children on a solid path through my introducing them to nature and showing them the value of being

observant in life and a good steward at home, school, and in the world. I am looking forward to learning much more about my sexual and parental potentials as I continue to read this wonderful book of knowledge.

Excellent book! Little old fashioned about male/female roles, but look beyond that part.

great read. a must for any library, this would make a great wedding gift for young couple starting out. I highly recommend it.

I found it to be very good and enjoyed it a lot. It had some good information and exercises and very stimulating.

The principals in this book are interesting but seemed to be, ironically, putting sexuality into boxes. Also I found very little of the information to be helpful as a gay man.

Isn't it odd and refreshing to hear someone who is espousing a particular point of view say, "Don't believe this because I told you; only believe it if it actually works for you." Every Q teaching begins - "Don't believe anything we tell you unless it grows corn for you?" A little background: I am a master sceptic. I argue with people for a living, so you can be sure that I doubted almost everything I heard at my first Q workshop (and, actually, there are still some minor elements of the teaching that I am sceptical of). But I can tell you without a doubt that by the time I read this book, I was convinced that Quodoushka grows corn for me, and for others, exceptionally well. I know, I know to my very core, that these teachings are incredibly powerful and a great salve for much of what ails us as individuals and as a species: mindless acceptance of control by others; a philosophy that says if you don't believe in my God and yield to its earthly administrators, then there is something wrong with you; an inability to respect and accept others with all their magnificent variety. If that is too grand a claim for you, then please don't believe it. If the socially acceptable and socially conditioned life is working for you, if you are a fully realized human being who is authentically connected to those around you, then you may not need what Quodoushka has to offer. But, if there is something in your life that is not working and you don't know how to fix it, then what do you lose by finding out about the Q teachings to see if they might help you. And it cannot fairly be debated that this book is a great way to start the process of discovering what Quodoushka has to offer. If the book leads you to a Q teaching with an open mind, you may discover, as I and thousands of others have discovered, that

the teachings do grow corn for you. For a few dollars you can own this book and isn't that a worthwhile test ride for such a grand prize? So about the book... First of all, it is a basic introduction to the subject matter. But even so, it is full of insight that you won't find anywhere else. Why has nobody ever taught you about anatomy types? Because they don't know, that's why. This book (and/or a Q workshop) will show you why and how your anatomy type sets out a smorgasbord of pleasurable possibility, if you only know which buttons to push. You'll learn how understanding your anatomy type and that of your partner opens the door to a great new relationship based on knowledge and insight. Those answers are right here in this book. The book is beautifully written and is easy to understand. It foregoes complex language and all those uncomfortable latin words and replaces them with simple, plain speaking that anyone can understand. The underlying Quodoushka philosophy might be vast and deep, but this book will get you started by providing you with digestible morsels that explain why so many relationships are underperforming at best and destined to fail at worst. Amara has distilled many hours of teaching into the book and done so with a perfect blend of explanation and exposition. So is there something rotten in Quodoushka? I ask this: How many times have you heard vehement criticism of something only to find that the critic had not read the book, not seen the film, not studied the problem and so on. Sure, the critic may hold firm convictions, but until that person has given the book and the program a chance, a review is premature.

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