

M.4
Resources
&
Action Items

Resources

- [“Desire”](#) by Daniel Odier ~ 1st book on Tantra I read, philosophy focused
- [“Urban Tantra”](#) Barbara Carellas ~ simple, accessible, well illustrated guide to embodiment for solo or partner sacred sex, in addition to Tantra, it also covers basic “Sex Magic” & Taoist practices ~ overall surface / entry level but excellent intro
- Tao ~ Anything by or co-authored by Master Mantak Chia. [“The Multi-Orgasmic Woman”](#) best intro level
- Layla Martin ~ Super accessible free YouTube channel for Tantra exploration (sometimes her style turns me off but the actual content is solid / worthy. Here’s a [Sex Magic](#) vid to start with)
- [The Great Cosmic Mother](#) by Monica Sjoo & Barbara Mor ~ anthropology of Sex Magic & womb-centric spirituality INTENSE & BIG BUT SO SO WORTH YOUR TIME
- [Reclaiming Witchcraft](#) ~ official site ~ also read / listen to anything from the founder of this tradition, Starhawk
- Halo Seranko on Youtube & [Shakti Temple Arts](#) ~ Jade Egg, Tao, & Tantra teachings
- [“Wheels of Life”](#) by Anodea Judith
- [“Anatomy of The Spirit”](#) by Carolyn Myss
- [“A Woman’s Kabbalah”](#) by Tirzah Firestone
- [Queer Sex Magic](#) Vice
- [“Sexual Secrets”](#) by Nik Douglas & Penny Slinger
- [“The Uses of The Erotic: The Erotic As Power”](#) by Audre Lorde
- [“Pleasure Activism”](#) by Adrienne Marie Brown
- [“Pussy: A Reclamation”](#) by Regena Thomashauer
- [“Vagina”](#) by Naomi Wolf
- [“Awakening Shakti”](#) by Sally Kempton
- [“Red Hot & Holy”](#) by Sera Beak

Action Items

- Answer Emily Nagoski's (neuroscientist & author of excellent book, "Come As You Are") questions:
 - "What is it I want when I want sex?"
 - "What kind of sex is worth having?"
- List 1-5 "Sacred Yes"s currently motivating your conscious contraception practice
 - What do you want to conceive, gestate, birth?
 - What are you dedicating your fertile power to this cycle?
 - What are you devoting your sexual energy to manifesting, embodying, or invoking?
- If you're in a sexual relationship with another, have a conversation with them about what their "Sacred Yes" is & invite them to meditate, speak, & align with that intention as part of your foreplay & sex ~ see "Sex Magic" simplified instruction in course materials