



The Art of Everyday Ecstasy

Margot Anand

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"Ecstasy is about waking up and finding that you are in love with life."

Most people think of ecstasy in terms of sexual ecstasy, which Tantric sex expert Margot Anand wrote about in her bestselling **The Art of Sexual Ecstasy**. Now, in **The Art of Everyday Ecstasy**, Anand expands our definition of ecstasy and shows how we can harness its energy to help us live, work, and love more passionately, joyfully, and with true spiritual focus.

Our modern, work-obsessed, stress-filled culture--what Anand calls the "anti-ecstatic conspiracy"--has dulled our spirits, thrown us off balance, and alienated us from meaningful everyday experiences. In this inspirational journey toward finding the healing nature of ecstasy, Anand explains how the two types of ecstatic experiences--the moments of epiphany called Ecstatic Awakenings, and Everyday Ecstasy, or the Ecstasy of Flow, a connection to our power and inner wisdom--can help us move beyond pain and doubt to reach our highest potential.

Based on the spiritual path of Tantra, Anand shows how to use the natural energy system of our bodies--the seven chakras--as a map to ecstasy. As she guides us through the chakras, she explains how each one plays an important role in transforming energy into erotic passion, healing, empowerment, compassion, creativity, insight, and gratitude. Blocked chakras manifest themselves in surprising ways; wholeness can be achieved only when all of the chakras are open with energy flowing freely. By transforming negative behavioral patterns into positive ones and strengthening ourselves physically, emotionally, and spiritually, we can improve our health, sex life, career, relationships, and find profound meaning in everyday moments.

With personal anecdotes, exercises, meditations, and rituals, **The Art of Everyday Ecstasy** shows us how to bring ecstatic energy into the body, mind, heart, and spirit--"to embrace every moment in our totality, to respond bodily, feel from the heart, perceive with clarity, and be fully present to others and to life."

Margot Anand is the bestselling author of **The Art of Sexual Ecstasy** and **The Art of Sexual Magic**. She founded the Sky Dancing Institute, a worldwide center for New Age learning, and has conducted her renowned Love and Ecstasy Trainings for the past fifteen years at Esalen, the Omega Institute, and Deepak Chopra's Center for Well Being. Anand lives in northern California.

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