



The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition

By Amara Charles

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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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Editorial Review

Review

“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’ 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 Healin*)

“*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*)

From the Back Cover

SPIRITUALITY / SEXUALITY

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--Pamela Madsen, author of *Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure and Somehow Got Home in Time to Cook Dinner*

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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.

About the Author

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Users Review

From reader reviews:

Ira Gonzalez:

Nowadays reading books are more than want or need but also become a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge the actual information inside the book in which improve your knowledge and information. The data you get based on what kind of e-book you read, if you want attract knowledge just go with education and learning books but if you want really feel happy read one having theme for entertaining including comic or novel. The The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition is kind of book which is giving the reader erratic experience.

Vicky Bowman:

The actual book The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition has a lot of information on it. So when you read this book you can get a lot of profit. The book was written by the very famous author. The writer makes some research ahead of write this book. That book very easy to read you can get the point easily after perusing this book.

Christopher McCrady:

People live in this new day of lifestyle always make an effort to and must have the free time or they will get lots of stress from both day to day life and work. So , if we ask do people have time, we will say absolutely yes. People is human not just a robot. Then we question again, what kind of activity have you got when the spare time coming to a person of course your answer will probably unlimited right. Then do you ever try this

one, reading textbooks. It can be your alternative in spending your spare time, often the book you have read is The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition.

Jackie Armstrong:

Some people said that they feel fed up when they reading a guide. They are directly felt the item when they get a half parts of the book. You can choose typically the book The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition to make your personal reading is interesting. Your own personal skill of reading skill is developing when you just like reading. Try to choose very simple book to make you enjoy to see it and mingle the idea about book and studying especially. It is to be 1st opinion for you to like to start a book and study it. Beside that the book The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition can to be your brand-new friend when you're truly feel alone and confuse with what must you're doing of these time.

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