



# Modern Tantra: Living One of the World's Oldest, Continuously Practiced Forms of Pagan Spirituality in the New Millennium

By Donald Michael Kraig

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## **Modern Tantra: Living One of the World's Oldest, Continuously Practiced Forms of Pagan Spirituality in the New Millennium** By Donald Michael Kraig

*Modern Tantra* shows how to practice the ancient Pagan spiritual system of Tantra for greater freedom, health, and happiness. Correcting the many misconceptions that surround Tantra, author Donald Michael Kraig shows that its wisdom can be experienced today, helping you access your natural energy for healing and spiritual advancement. Encouraging growth, experimentation, and personal evolution through exercises and meditations, *Modern Tantra* is a new look at a time-honored spiritual path.

With a non-dogmatic approach, this book shows you how to work with Tantric:

- Chakras
- Mythology
- Herbalism
- Healing
- Astrology
- Divination
- Mudras and mantras
- Sexuality
- Ritual magick
- Festivals
- Spells
- The three gunas and three doshas
- Goddesses and gods
- Sacred images
- And much more

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### **Editorial Review**

#### About the Author

Donald Michael Kraig graduated from UCLA with a degree in philosophy. He also studied public speaking and music (traditional and experimental) on the university level. After a decade of personal study and practice, he began ten years of teaching courses in the Southern California area on such topics as Kabbalah, Tarot, Magic, Tantra, and Psychic Development. He was a member of many spiritual and magical groups and was an initiated Tantric.

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