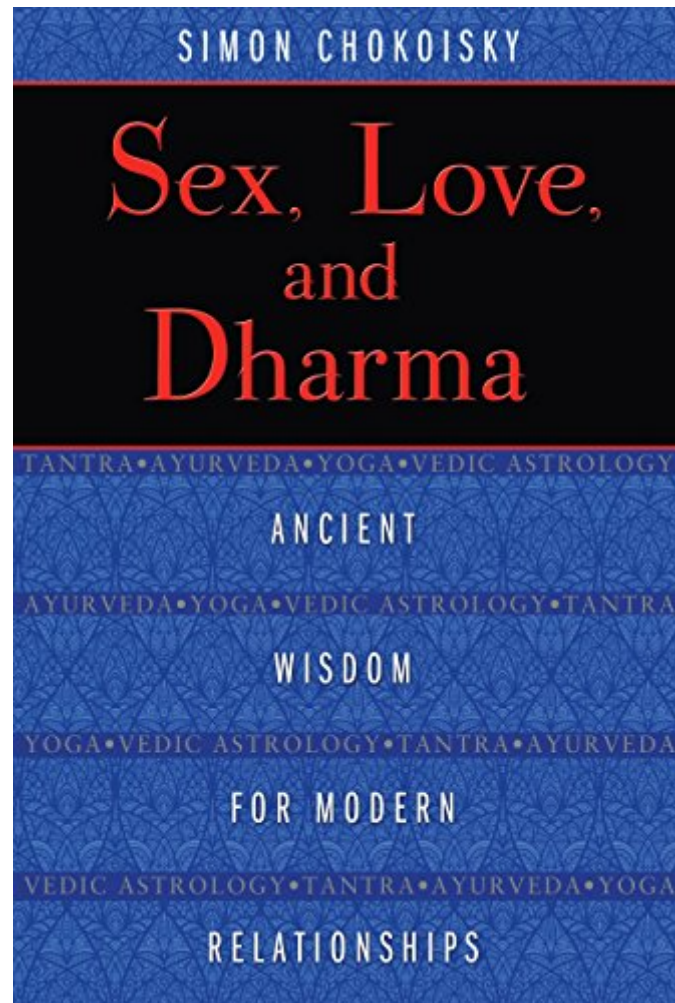


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# Sex, Love, And Dharma: Ancient Wisdom For Modern Relationships



## Synopsis

Discover your dharma type and prepare your body, mind, and spirit to attract and build a lifelong union with your soul mate • Explores how the dharma types align in relationships, giving quick and simple insights into which dharma pairings work and which ones need work • Details methods for attracting a mate as well as practical techniques for improving your sex life, including the best time to have sex during the day • Provides self-tests to determine your dharma type and outlines unique ayurvedic diet, exercise, detox, and lifestyle tips for better health and sex appeal

The people of ancient India understood that most humans are incomplete without an intimate partner, a soul mate to share life's journey. Drawing upon astrology, Ayurveda, and dharma type--your personality and spiritual purpose archetype--they developed detailed systems to analyze physical, emotional, and spiritual compatibility between people. This analysis encouraged joyous relationships by revealing the sexual compatibility of a couple, the innate relationship conflicts they face, and their potential for financial success together. In this way, couples were able to distinguish biological attraction from long-term compatibility, lust from love, and soul mates from playmates. Sharing ancient Vedic secrets of sex, love, health, and dharma, Simon Chokoisky explains how to prepare your mind, body, and spirit for the right partner and how to determine if a potential mate is a good match for your unique chemistry. He provides self-tests to determine your dharma type and outlines unique ayurvedic diet, exercise, detox, and lifestyle tips for each type to reclaim your health and vitality and, by doing so, your sexiness. He explores how the dharma types align in relationships to create harmony or disharmony, giving quick and simple insights about which dharma pairings work and which ones need work. Highlighting the skills inherent to each dharma type, he makes suggestions on how to improve day-to-day relationships for personal and financial benefit and to build lifelong romance that grows into a spiritual union. Moving to the bedroom, the author details methods for attracting a mate as well as practical techniques for improving your sex life, including the best time to have sex during the day and month. Showing how knowing who you are will help you find your right mate, and keep away those unsuitable for you, Chokoisky explains how living your dharma helps you flow with nature in a way that makes life and your relationships more fulfilling.

## Book Information

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## Customer Reviews

I originally found this book because I watched an interview with the author. I highly recommend this book to anybody who wishes to understand themselves and their loved ones more. An excellent read!

So far, I have purchased all of Simon's material. I really enjoyed learning from Simon such our body's circadian rhythms and its ties astrologically. I have enjoyed all his DVDs and books. For example, I learned I am an Outsider. I find Simon to be a great teacher of Astrology not only about assessing charts but its impact on our daily lives. With that said, I just received my book on Sex, Love, and Dharma, and I am so excited to learn about my relationship with my partner.

This book is a clear yet thorough guide to living intentionally from a Vedic perspective and being true to your Dharma type with the ultimate goal of being/finding a good mate. Full of interesting anecdotes and long-term advice as well as practical suggestions you can implement immediately, it will satisfy all types who wish to implement positive change in their lives. Either a great follow up to Chokoisky's earlier work, The Five Dharma Types, or a complete stand-alone.

Thank you my dear teacher for a powerful and much needed book that charts one of the major pillars of health for a Satvic life. The pursuit of an Ayurvedic lifestyle in our Western culture can be

quite challenging. You have a gift for distilling the complex truth into forms that can be clearly explored without confusion. You have produced a text of great value I deeply recommend it and am sending a copy to a client today.. 5 star! Namaste, LE

I met Simon just a couple of months ago. After taking his classes on Dharma type and Vedic Astrology I can't get enough of this Eastern practice. I have read 5 Dharma types and pored over his DVDs. The way he delivers these complex subjects makes it an easy concept. His no nonsense approach makes it fun to learn and very applicable in Western society. I can't wait to get mine!

I first heard about Simon when he was interviewed on a Law of Attraction podcast. So I purchased and read your book "The five Dharma Types" last year and discovered so much about myself and people that I associate with. I have seen you on YouTube as well. This newest book just arrived today and I will read it ASAP. Simon knows his stuff. A highly evolved person you will resonate with.

BRILLIANT!!!! What's Your Dharma? Finding and understanding this will help you in every aspect of your life!!!! I love the health tips and vast information that Simon has written in this book. It's a must have for everyone!

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