



Tantra Doctor

Debra D Meitz, MD



Begin the Steps of the 8 Fold Path to

Reclaim Your Sacred Sexual Vitality

So you can feel that vibrant energy that ensures your longevity as you age, fuels each day with passion and pleasure, and stokes magnetism with your partner!



1. Desire for Fulfillment
2. Spirit Connection Practices
3. Healing the Wounds
4. QiGong Energy Pathways
5. Cleansing Toxic Energy
6. Heart Opening Practices
7. Cultivating & Circulation of Sexual Energy
8. Unification Practices

Get Started with Step #1 Click the image below...



IGNITE YOUR LIFEFORCE ENERGY



INNER SMILE MEDITATION
Awaken your life force energy and desire for fulfillment!



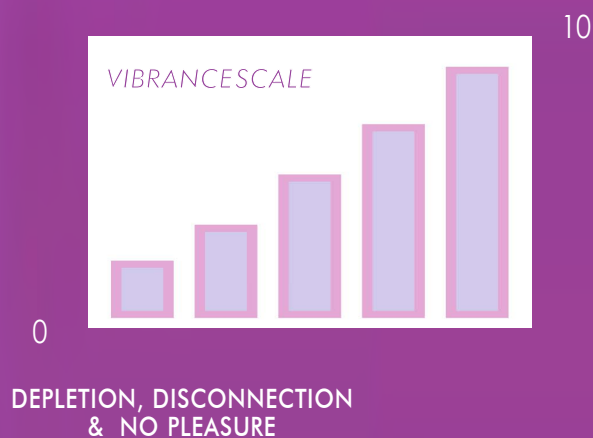
CULTIVATE MAGNETISM

www.tantradoctor.com

As you learn about the 8 steps notice which may help you reclaim pleasure and vitality to experience a more fulfilling life?

1. **Desire for Fulfillment**- more pleasure, joy, energy, connection, rich experiences in the senses, intimacy, full self-expression, and wholeness.
2. **Connecting to Spirit**- this is the essential piece of human growth and change. Connecting to the source of all life- our true divine nature, and the golden thread that connects all living things.
3. **Healing the Wounds**- our wounding can interfere with our ability to trust and let our inner truth and passion move within us and be shared with those around us. We use ancient and modern techniques to heal these tender parts of ourselves.
4. **Qigong and Energy Practices**- fuel your vitality, health, longevity, and spiritual enlightenment!
5. **Cleansing Toxic Energy**-allowing for fresh, vibrant energy to be deeply replenished on all levels.
6. **Heart Opening and Connecting Practices** - you experience unconditional love and acceptance of ourselves. Allowing for deep healing and natural feelings of joy, compassion, respect, and belonging. This allows for more authentic connection with the others.
7. **Cultivation and Circulation of Sexual Energy**-sexual energy is sacred life force energy. It can become depleted with trauma, heartbreak, societal conditioning and other factors. When we restore this precious energy, reclaim it for ourselves, it then can be circulated as a tool for healing on all levels.
8. **Unification**-we unite the healed, revitalized parts of ourselves for wholeness, liberation, embodied expression and spiritual enlightenment.

VIBRANT LIFE FORCE, SEXUAL ENERGY & FULFILLING PLEASURE



WHERE ARE YOU ON THE VIBRANCE SCALE NOW?

I invite you to set a Sacred Sexual Vitality Breakthrough Session with Me!

[CLICK HERE TO SET A TIME!](#)

Discover Your Unique Steps to Move from Depletion to Vibrant Life Force & Sexual Energy to Live Life to Your Fullest Potential!

LADIES, JOIN ME IN THIS FREE SERIES TO ...



Awaken Your Inner Lover

Discover the miraculous connections between love, pleasure, vitality, healing and spiritual bliss!



Tantra Doctor

DR. DEBORA D. MEITZ,
ADVANCED TANTRA EDUCATOR,
WOMENS HEALTH PHYSICIAN & HOLISTIC PRACTITIONER

[CLICK HERE](#)
Access this fantastic series on my Youtube channel!