



Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships

By Simon Chokoisky

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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.

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Editorial Review

Review

"The greatest guru--often less acknowledged as such--is your life partner. How to choose, love, give to, and care for that partner as a path toward freedom is a Vedic science. *Sex, Love, and Dharma* is the road map to help us get it right!" (*John Douillard, D.C., author of The Encyclopedia of Ayurvedic Massage and founder of LifeSpa*)

"As author Simon Chokoisky puts it, "Have you ever wished human beings can with an instruction manual?" His newest book, utilizes the ancient insights of the Vedic rishis to provide readers with something rather like an instruction manual, particularly in regard to following the path of one's soul mission, or dharma (purpose), in regard to choosing and living in relationship. The dharma types help one discover more about one's own nature, and knowing oneself can lead to being able to choose the right mate, and be the right mate for the partner one has chosen." (*Tucson Metaguide, Robert Simmons January 2016*)

"In *Sex, Love, and Dharma*, the author explains how to prepare your mind, body, and spirit in order to attract a soul mate for a lifetime of happiness. Using the dharma type, your personality and spiritual purpose type, with astrology, one can develop systems to help analyze physical emotional, spiritual, and sexual compatibility between you and your mate. These techniques will also improve your day-today relationships for personal and financial growth as well." (*Awareness Magazine, Robert Ross, March 2016*)

About the Author

Simon Chokoisky teaches Sanskrit and Medical Astrology at the Ayurvedic Institute in Albuquerque, New Mexico. He also runs a private consulting business based on his trainings in Vedic life mapping and Vedic astrology. The author of *The Five Dharma Types* and creator of the *Decoding Your Life Map with Vedic Astrology* DVD series, he travels widely giving seminars. He lives in Albuquerque, New Mexico.

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Chapter 6

The Laws of Attraction

Woman as Laborer and Man as Warrior

USING DHARMA TYPE AS A DATING STRATEGY FOR MEN

How does a man generate attraction? The answer is, find your quality. Find your uniqueness and superiority--areas where you excel and are unlike anyone else. Understand your dharma type and play up its qualities.

Are you a Warrior? Show a potential partner what a powerful mission you have protecting those who can't protect themselves. If you don't have such a mission, find one. It can be teaching guitar to innercity orphans or donating goats to village families. Women are interested in a man who wants to make the world a better place. Also show her your courage, decisiveness, and adventurous spirit by going to places that highlight these traits. From rock climbing to strip poker, show her your mastery in everything you do.

Are you an Educator? Show her your class, culture, and intelligence--not in a self-absorbed way that glorifies you but by truly adding to her wisdom. Show her your ideas, and how they set you apart. Let her see others

admire you for them--social proof is a powerful aphrodisiac.

Having a mission and wanting to make the world a better place is a basic Warrior trait that all men can cultivate as they all carry the seed of the Warrior type. Develop Warrior traits that will help you stand up for and respect yourself--don't let your compassion and surrender make you spineless; instead, let them be a sign of your inner strength.

Are you a Laborer? Show her how good you are with your hands. Your practical sense has no equal--you can make things that other types only dream about. Let her see your skill. Play up scent, but use a light touch with cologne or essential oils--don't overdo it. Be plain, direct, and overwhelm her defenses with your genuineness and attentiveness. Have self-respect--you're a catch, and show her that you respect her too, but without buying gifts or flattering her; your attention and presence is your gift.

Are you an Outsider? Then wow her by being unpredictable, different, and exciting. Use these sparingly, as too much unpredictability can also make you look unstable. There is nothing as fascinating to a woman as a man with an air of mystery. You were born unique, so demonstrate your ability to wear many hats by taking her to places she's never seen. Go Mongolian dining then cave spelunking. You love your freedom--demonstrate it by never being outwardly predictable. Contrast that with inner emotional consistency and you become a riddle she's dying to solve.

Are you a Merchant? Then fun and enthusiasm are your charm. Use your wit and connections to show her the best time of her life. Show her that you can have fun regardless of where you are. Be up to date on fashion, women's clothes, and other details of pop culture to create fun conversation. Use money wisely--show her you know its value and what to do with it.

QUALITY VERSUS QUANTITY

Biologically, women's bodies are wired to look for quality and men's for quantity. A woman's body judges quality by subconsciously continually testing men and evaluating their responses. If a man meets the quality standards, this generates desire to be with him. When a man fails to meet these standards, a woman's body disengages from him, and her feelings cool. Basically a woman looks for two things in a man: genetic superiority and stability.

Genetic Superiority

Short-term compatibility created by personal chemistry, a man's physical proportions, smell, taste, personality, wealth, humor, popularity, social standing, and other attractive features is based on genetic superiority. It qualifies a man as a potential lover and candidate to father a child.

Women's bodies react to genetic superiority by creating powerful sexual attraction. The tests for this may be different from those that determine good long-term partners or providers. Here, women are not necessarily looking for relationship material, but the best choice physically to pass on genetic material. For men to ace these tests they must create an overwhelming display of quality, whatever that may be. Men who cannot do this but who show stability and other positive qualities, like nurturing and friendship, fall into the next category.

Stability

The other way women judge potential partners is by their ability to stay, provide, and care for their offspring.

These tests begin with the first meeting and continue for the duration of a relationship. They are unconscious trials set up by a woman's biology to ensure that a man is suitable to not just father but to rear children. When a man displays provider qualities, like financial stability, an ability to compromise, and putting the relationship before his own needs, women's bodies perceive this as long-term courting behavior and tend to withhold sex and continue testing until either marriage or a long-term relationship is established.

A lover is a short-term candidate to whom a woman responds sexually. A provider is a long-term candidate to whom a woman usually responds by withholding sex. Knowing in which bracket he wants to be is crucial for a man. Men continue to grow by facing and learning from the real-world testing by women in their lives. These tests help men to become their most authentic selves by weeding out their inauthentic behavior. Women have evolved sensitive meters that can determine if men are living their highest life. By continuing to test them throughout a relationship, women help men evolve.

There is no greater cause for a Warrior than a just battle. At some level all men are Warriors, and the toughest battles they face are usually at home, in the intimate arena of interpersonal relationships. A man's potential for greatest growth comes from learning to live with a partner. There are no obstacles that the world can throw at him that are more creative, challenging, and frustrating than those proposed by women.

Users Review

From reader reviews:

Adria Jenkins:

Book is to be different for each grade. Book for children until adult are different content. To be sure that book is very important usually. The book Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships was making you to know about other expertise and of course you can take more information. It is very advantages for you. The publication Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships is not only giving you much more new information but also to become your friend when you really feel bored. You can spend your own personal spend time to read your guide. Try to make relationship with all the book Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships. You never sense lose out for everything in case you read some books.

Bruce Jackson:

Reading can called brain hangout, why? Because when you find yourself reading a book mainly book entitled Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships your mind will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely will end up your mind friends. Imaging each word written in a publication then become one contact form conclusion and explanation in which maybe you never get prior to. The Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships giving you a different experience more than blown away your brain but also giving you useful info for your better life in this particular era. So now let us explain to you the relaxing pattern is your body and mind will likely be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

Elvis Harris:

Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships can be one of your starter books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to place every word into satisfaction arrangement in writing Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships although doesn't forget the main level, giving the reader the hottest and also based confirm resource facts that maybe you can be one of it. This great information can easily drawn you into completely new stage of crucial contemplating.

Willodean Samples:

This Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships is great guide for you because the content which can be full of information for you who else always deal with world and have to make decision every minute. That book reveal it facts accurately using great coordinate word or we can point out no rambling sentences in it. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but challenging core information with lovely delivering sentences. Having Sex, Love, and Dharma: Ancient Wisdom for Modern Relationships in your hand like having the world in your arm, information in it is not ridiculous just one. We can say that no e-book that offer you world with ten or fifteen moment right but this guide already do that. So , this can be good reading book. Hey Mr. and Mrs. hectic do you still doubt in which?

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