

# Taoist Sexual Meditation Connecting Love Energy And Spirit

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**The Tao of Sexology** - Stephen Thomas Chang 1986

The Practice of Greater Kan and Li - Mantak Chia 2014-02-01

A guide to Taoist exercises to return to the Wu Wei state of mind and create the immortal spirit body • Includes illustrated instructions to connect astral energy with the energies of animals, children, and plants to grow the immortal fetus, or spirit body • Provides warm-up exercises and a complete daily Kan and Li routine • Explores how these advanced formulas are used for astral flight and realization of the Wu Wei state Building on the Lesser Kan and Li formulas for the development of the soul body, this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body. Used by Taoist masters for thousands of years, these exercises are for advanced students of Taoist Inner Alchemy and mark the beginning of the path to immortality. Master Mantak Chia and Andrew Jan reveal how to use Taoist inner alchemy to harness the energies of Sun, Moon, Earth, North Star, and Big Dipper and transform them to feed the soul body and begin development of the immortal spirit body. They explain how to reverse yin and yang power through energetic work at the solar plexus, thereby activating the liberation of transformed sexual energy. They explore how to open the heart center and how to connect astral energy with the energies of animals, children, and plants to grow the immortal fetus, or spirit body. The authors provide warm-up exercises, including the Inner Smile and Fusion practices, and outline a complete daily Kan and Li routine for mental and physical health, longevity, astral flight, and realization of the Wu Wei state.

*Taoist Yoga and Sexual Energy* - Eric Steven Yudelove 2000

Learn the Taoist secrets of slow, sensual sex, massage and sexual healing.

**The Tao of Leadership** - John Heider 2014-09-01

The Tao of Leadership is an invaluable tool for anyone in a position of leadership. This book provides the most simple and clear advice on how to be the very best kind of leader: be faithful, trust the process, pay attention, and inspire others to become their own leaders. Heider's book is a blend of practical insight and profound wisdom, offering inspiration and advice. This book is used as a Management/Leadership training text by many Fortune 500 corporations, including IBM, Mitsubishi, and Prudential. What others are saying about this book: This is a particularly readable and accessible version of a great but difficult work. -

Publisher's Weekly

*Fusion of the Five Elements* - Mantak Chia 2007-04-30

A guide to the practice of Inner Alchemy, which allows you to control the energies of your inner universe to better connect with energies of the outer universe • Teaches the essential first-level meditations in Taoist practice, also known as Fusion of the Five Forces, for self-healing and emotional and spiritual development • Shows step-by-step how to remove negative emotions from the organs in which they are lodged by neutralizing and transforming the negativity back into positive energy • Includes basic and advanced-level meditations Fusion of the Five Elements is the necessary first step in the Taoist practice of Inner Alchemy, in which one learns to control the generation and flow of emotional, mental, and physical energies within the body. It is a series of meditations designed to locate and dissolve negative energies trapped inside the body by making a connection between the five outer senses (experienced through the ears, eyes, nose, mouth, and tongue) and the five major negative emotions (anger, hate, worry, sadness, and fear). When the

body is cleared of negative energy, universal chi energy flows freely and productively, nourishing both body and soul. The practice is divided into two parts. The first works with controlling the forces of the five elements on the five major organs of the body by learning the elements' effects upon each other and how to balance and utilize these energies properly. The advanced Fusion exercises then show how to channel the greater energies of the stars and planets to strengthen internal weaknesses and crystallize positive energy. By "fusing" all the different kinds of energy together, a harmonious whole is created--the key to manifesting an Immortal existence.

Tao Tantric Arts for Women - Minke de Vos 2016-07-01

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

**Power of Internal Martial Arts** - Bruce Kumar Frantzis 1997-12-31

Demonstrates and explores the difference between the internal and external martial arts, explaining how the manipulation and development of chi can reduce stress, heal disease, and balance the emotions

Taoist Yoga - Pi Ch'en Chao 1970

Divine Sex - Caroline Aldred 2003-10-01

This highly illustrated guide to Tantric and Taoist practices shows how to heighten awareness, increase sexual intensity and bring about spiritual enrichment. Adding a new dimension to sex and sexuality as

currently perceived in the West, it demonstrates how to use the vital energy resources within us to achieve undreamed levels of ecstasy. It reveals the mental preparation, individual exercises, love-making rituals, healing positions and appropriate occasions previously known only to a few, and makes all this information accessible to the widest possible audience.

Tao & Longevity - Wen-Kuang Chu 1984-06-01

A discussion of Taoist theories, symbols, methods and the results of meditation from a psychological-physiological point of view. Includes the use of meditation to promote a long and healthy life, and outlines the effects of opening up ch'i energy.

**Tao of Letting Go** - Bruce Frantzis 2009

Outlines a program based on ancient Taoist techniques for releasing tension, fear, anger, and pain, in a guide by an energy arts practitioner that demonstrates how to enable positive change without force by releasing blocks to one's spiritual resources. Original.

The Inner Smile - Mantak Chia 2008-08-12

A guide to the foundational practice of "smiling to the organs" to promote deep relaxation and internal health • Presents exercises that dissolve the physical and mental tensions that can cause energy blockages and unhealthy chi flow • Shows how to recognize illness at its inception on the organ level and how to balance the emotions to heal it The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that can lead to illness. In Taoism negative emotions--anger, sadness, depression, fear, and worry--are seen as low-grade energy that causes chronic disease and steals our major life force by creating energy blockages. Master Mantak Chia shows that the internal awareness produced by the simple yet powerful Inner Smile meditation practice flushes the organs of poisonous negative energy that may be blocking chi energy flow in order to nourish the entire body. Just as a genuine outer smile transmits positive energy and has the power to warm and heal, an inner smile produces a high grade of energy that promotes powerful internal healing, deep relaxation, happiness, and longevity. Smiling to the organs and thanking them for the work they do helps to reawaken the intelligence of the body, which, once activated, can dissipate emotional imbalances and inner disharmony before serious illness manifests.

Healing Light of the Tao - Mantak Chia 2008-05-27

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy • Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force • The sequel to the classic *Awaken Healing Energy Through the Tao* In 1983, Mantak Chia introduced the "Microcosmic Orbit" to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the spine. The Microcosmic Orbit showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. *Healing Light of the Tao* presents the more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality.

**Taoist Sexual Meditation** - Bruce Frantzis 2012

A comprehensive primer on philosophical Taoist sexual teachings explains how to use dissolving meditation to relax, release inhibitions and connect sexual and spiritual energies, providing coverage of such topics as Taoist ethics, using chi during sex and realizing the meditative benefits of a sexual practice. Original.

The Jade Emperor's Mind Seal Classic - Stuart Alve Olson 2003-11-17

The first English translation with commentary of three classic Taoist texts on immortality • Translates The Jade Emperor's Mind Seal Classic, The Immortals, and The Three Treasures of Immortality • Defines the

Taoist concept of immortality and examines the lives and practices of Taoists who achieved this state • Reveals the steps needed to achieve immortality in our modern society Taoist mystics claim that it is possible to achieve immortality: "Within each of us dwells the medicine to cure the affliction of mortality." Now Western readers can access the wisdom of Taoist masters on the subject of immortality through the first English translations of three classic Taoist treatises: The Jade Emperor's Mind Seal Classic; The Immortals, from the Pao P'u Tzu by Ko Hung of the Sung Dynasty; and The Three Treasures of Immortality, from the Dragon Gate Sect. The Jade Emperor's Mind Seal Classic teaches that one can attain immortality through the cultivation of the three treasures of Taoism: ching (sexual and physical energy), qi (breath and vital energy), and shen (spirit and mental energy). Chinese history is sprinkled with accounts of individuals who applied the lessons of the Jade Emperor and lived up to 200 years. Drawing on his extensive knowledge of Taoism, martial arts, and Chinese history and culture, Stuart Alve Olson accompanies his translations with informative commentary that explains the historical context of the texts as well as demonstrates the practical applications of their teachings in contemporary life.

The Healing Energy of Shared Consciousness - Mantak Chia 2011-02-23

How to connect with universal energy for inner peace, happiness, and individual and global healing • How to transform the energy around us into positive loving energy • How to perform the World Link meditation to unite with global consciousness • How to fuse the observing mind, the conscious mind, and the mind of awareness Western science now recognizes the three "minds" associated with the three tan tiens of Taoism: the observing mind centered in the brain, the conscious mind centered in the heart, and the mind of awareness centered in the lower abdomen. By unifying the three minds--what in Chinese is called Yi--we can transform the energy around us into positive loving energy and be empowered to manifest our goals and dreams. This can lead to a more balanced, less negative way of life and offers a way to gain inner peace, wholeness, and happiness as well as the ability to heal yourself and others. In *The Healing Energy of Shared Consciousness*, Master Mantak Chia shows how to fuse the three minds and form the Protective Sacred Circle of Fire, which creates a seal around us allowing in only good energy and intentions. He explains step-by-step how to perform the World Link meditation to connect with global and universal energy for inner peace, happiness, and healing. Accessible even for those who have never worked with the Universal Healing Tao, this practice offers a way to unite people all over the world in a form of shared consciousness that amplifies collective loving energy to benefit the world.

Opening the Energy Gates of Your Body - Bruce Kumar Frantzis 2005-12-10

"Bruce Frantzis demystifies the fundamental principles of chi gung and provides a comprehensive exercise program with detailed illustrations to increase life energy, improve health, boost sports performance, and combat stress and aging."--Provided by Publisher.

Heaven and Earth Qigong - Bruce Frantzis 2020-05-31

**Dragon and Tiger Medical Qigong, Volume 2** - Bruce Frantzis 2014

Provides step-by-step lessons in qi techniques for self-healing, martial arts, and spiritual development, and instructs on such topics as maintaining awareness, developing hyper-coordination, and working with the protective energy.

Relaxing Into Your Being - Bruce Kumar Frantzis 2001

Reader's ed. published: Fairfax, Calif.: Clarity Press, 1998.

The Secret Teachings of the Tao Te Ching - Mantak Chia 2005-01-31

Reveals techniques for achieving spiritual immortality through an in-depth exploration of Lao-tzu's Tao Te Ching • Includes practices and meditations for living in harmony with the Tao (universal essence) and Te (kind action) • Reveals the integration of heavenly and human power in the mystic field within us • Presents Tao Huang's English translation of the Tao Te Ching from the original Chinese Mawangdui text unearthed in 1973 For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Lao-tzu, whose name means "the ancient child," wrote these brief but essential verses that have both confounded and conferred blessings on humankind. Now Taoist masters Mantak Chia and Tao Huang guide readers through the origins of this philosophy, the meaning behind its 5,000 pictographs, and the way of living that generations have followed.

While the text of the Tao Te Ching has been passed down in literary form for generations, the essence of the text can be understood only through heart awakening--a true integration of body and mind--made possible with the insights and exercises in this book. The authors analyze Lao-tzu's teachings, line by line, and offer meditations, interpretations, and practical illustrations that clarify the true meaning and purpose of this classic text.

**The Tao of Intimacy and Ecstasy** - Solala Towler 2014-06-01

"Harmony is the essence of a lasting and loving relationship," teaches Solala Towler, "and no teaching offers us greater insight into the path of harmony than the Tao." For anyone seeking to build greater connection, intimacy, and sexual fulfillment in their relationship, Towler presents The Tao of Intimacy and Ecstasy—an essential guide to a natural and joyous way of love. Filled with timeless practices and guidance for both individuals and couples, this elegant book explores: Timeless Taoist wisdom adapted for the complexity of modern relationships The art of clear, respectful, and authentic communication How to use the principle of yin/yang to create harmony within your relationship as well as within yourself Attuning sexual energy between partners for happy and sensual lovemaking, spiritual cultivation, and better health Chi gong (qigong) exercises, tai chi principles, and meditations to balance your subtle energies and align your spirit with that of your partner Does building a lasting relationship always require hard work and effort—or can you instead follow the natural flow of love, desire, and spiritual connection between you and your partner? With The Tao of Intimacy and Ecstasy, Solala Towler offers a practical and inspiring guide to traveling the "watercourse way" with your partner—one that gives you both the space to grow, explore, and discover the richness of your sacred union.

*Being Taoist* - 2015-03-03

A beautifully clear and accessible explanation of how to live a Taoist life—with an overview of Taoist philosophy—by a renowned Taoist master Taoism isn't a spiritual extracurricular activity, it's an integral practice for living all of life to the fullest. Taoist living rests on four pillars—the public, the domestic, the private, and the spirit lives. Not only do Taoists strive to live these four aspects fully and in a balanced way, they also believe there is an outlook and an art to each of them. Here, modern Taoist adept Eva Wong is your guide to living well according to the wisdom of this ancient system. Drawing from ancient Taoist texts, she explains in simple terms the Taoist masters' approach to the four aspects of life, asking readers to reflect on the balance of their own lives and demonstrating how that balance is the secret infusing your life with health, harmony, and deep satisfaction.

**The CHI Revolution** - Bruce Frantzis 2008

Revolution is generally considered something external, explosive. In this book, Bruce Frantzis, renowned chi master and author, challenges readers to embark on an inner revolution to reclaim joy and happiness in life, reverse the effects of aging and release their stress and negative emotions. Chi adepts can consciously feel and work with all the acupuncture meridians, internal organs and other structures in their own bodies. Yet these are skills that most Westerners would consider to be something out of science fiction and absolutely impossible to achieve in real life. Drawing on forty years of training in ancient Chinese practices, Frantzis provides readers with new and startling insights about how life-force energy—chi—can help them achieve enduring health and wellbeing. "The smooth, balanced flow of your life-force energy is the single most important determinant to your health, vitality and happiness," he says. Instead of the "no pain, no gain," mantra of our over-caffeinated, stressed out culture, Frantzis gives readers energetic fitness exercises that comprise the unique Chi Rev Workout™. These transformative exercises teach readers to activate and strengthen their chi and to relax their nervous systems. "The more you relax, the more health, stamina and strength you will have," says Frantzis. Frantzis reveals how once closely guarded and ancient secrets of chi are the power behind: —Spirituality, prayer and meditation. —Acupuncture and the potent self-healing methods of chi gung (qigong) and Taoist yoga. —Enhanced sexual vitality and intimate relationships. —Internal martial arts, such as tai chi. —Divination methods of the I Ching.

Taoist Foreplay - Mantak Chia 2010-07-13

Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupuncture massage routines • Shows how to maintain sexual health with prostate massage and jade egg exercises

Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, Taoist Foreplay guides lovers through simple acupuncture massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive.

**Stay Woke** - Justin Michael Williams 2020-02-11

A no-nonsense guide to establishing a personal meditation practice, changing your life, and taking hold of your dreams. **CONFESSION:** This is not really a meditation book. Yes, you're going to learn everything you need to know about meditation, but if you came looking for a typical guide to mindfulness, you're in the wrong place. We are modern people in a high-tech world. We have first world problems and long to-do lists. And if you grew up in struggle—overcoming homophobia, sexism, trauma, shame, depression, poverty, toxic masculinity, racism, or social injustice—you need a different type of meditation ... one that doesn't pretend the struggle doesn't exist. Here you will discover: ● How to actually find stillness when your mind is going crazy ● Why most guided meditations get boring after a while ● What nobody tells you about "setting intentions" and the scientific process to manifesting ● Four hidden habits that sabotage your growth—and how to move past them ● Proven techniques to overcome anxiety, stress, and trouble sleeping ● Daily rituals that cement and enrich your practice ● How to use mindfulness to take action toward the causes you believe in and get sh!t done Whether you've tried meditation but it never sticks, or you've heard about it but never gave it a shot, Justin Michael Williams guides you step by step in creating a custom meditation ritual that fits in with your busy (and sometimes messy!) modern life. With free downloadable audio meditations every step of the way, Stay Woke gives people of all genders, identities, colors, religions, ages, and economic backgrounds the tools to stop wasting time, overcome self-doubt, and wake up to the lives we were really born to live.

**Dragon and Tiger Medical Qigong, Volume 1** - Bruce Frantzis 2010

Details and ancient Chinese practice that uses simple movements to accomplish the same chi balancing as acupuncture, with the aim of strengthening immunity, recovering from stress and illness and improving mental relaxation, in a book with 150 step-by-step illustrations of the movements. By the author of Tao of Letting Go. Original.

**Healing Love through the Tao** - Mantak Chia 2005-07-15

A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.

**Taoist Secrets of Love** - Mantak Chia 1984

ented here make the process of linking sexual energy and transcendent states of consciousness accessible

to the reader.

Sex Again - Jill Blakeway 2013-01-01

Despite what you see on movies and TV, Americans have less sex than people in any other country. One in three women, of all ages, reports a lack of interest in sex, and more than 40 million Americans in relationships are having no sex at all. But rather than feeling complacent about it, most couples would like to have that interest back. The desire for desire is a feeling few women forget—or abandon. Combining Eastern wisdom and techniques with a Western medical perspective, Jill Blakeway—called a “fertility goddess” by The New York Times for her bestseller, *Making Babies*—shows women how to revive their libidos and rekindle their sex lives. Assessments and quizzes help the reader place herself and her partner on the scale of yin and yang. Jill then shows how to keep these opposites—passive/active, accepting/initiating, cool/hot—in correct balance. Specific meditations and breathing techniques help unblock qi (pronounced chee), the essential energy that flows through the body. There are chapters on specific elements of love-making: massage, kissing, positions, orgasms—having them, holding them, making them last. And finally, “Sex in Six,” a six-week program of reclaiming an active, satisfying, and possibly better-than-ever-before sex life. The book is full of case studies, fun “Do It Now” suggestions, and “He Said” boxes written by the author’s husband and medical partner, Noah Rubinstein. It addresses common sexual dysfunctions, healthy hormones, and herbal remedies. *Sex Again* provides a path to balance and emotional wisdom—individually and as a couple.

The Alchemy of Sexual Energy - Mantak Chia 2009-12-23

Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body’s internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit—a continuous energy loop that runs up the spine and down the front of the body—we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. *The Alchemy of Sexual Energy* builds upon Microcosmic Orbit practices discussed in *Healing Light of the Tao*. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle.

The Six Healing Sounds - Mantak Chia 2009-03-09

The Six Healing Sounds that keep the vital organs in optimal condition • Presents vocalizations and accompanying postures that dissolve the tensions at the root of unhealthy chi flow and organ malfunction • Shows how to release excess heat trapped around the organs and redistribute it to cooler regions of the body to bring balance, health, and calmness to the entire system Thousands of years ago Taoist masters discovered that a healthy organ vibrates at a particular frequency. They found six sounds with the correct frequencies to keep each organ in optimal condition. To accompany these Six Healing Sounds, six postures were developed to activate the acupuncture meridians, or energy channels, of the corresponding organs. In *The Six Healing Sounds* Master Mantak Chia explains how the pressures of modern life can cause excess heat to become trapped around the organs, causing energy blockages and sickness. He shows readers how the vibrations of the Six Healing Sounds and their accompanying postures redistribute this excess heat to the cooler regions of the body, thereby stimulating and balancing chi energy and restoring the vital organs. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.

The Taoist Soul Body - Mantak Chia 2007-11-15

A guide to the practice of the Lesser Kan and Li that gives birth to the soul body and the immortal spirit body • Shows how to awaken higher consciousness through practices in total darkness that stimulate the

release of DMT by the pineal gland • Shows how to transform sexual energy into life-force energy to feed the soul body The Lesser Enlightenment of Kan and Li practice combines the compassion of the heart energies (yang/fire) with sexual energies originating in the kidneys (yin/water) to form and feed the soul or energy body. Practice of the Chinese formula Siao Kan Li (yin and yang mixed) uses darkness technology to literally “steam” the sexual energy (jing) into life-force energy (chi) by re-versing the location of yin and yang power. This inversion places the heat of the bodily fire from the heart center beneath the coolness of the bodily water of the sexual energy of the perineum, thereby activating the liberation of transformed sexual energy. Darkness technology has been a key element of Taoist practice—and of all Inner Alchemy traditions—throughout the ages. A total darkness environment stimulates the pineal gland to release DMT into the brain. The darkness actualizes successively higher states of consciousness, correlating with the accumulation of psychedelic chemicals in the brain. In the darkness, mind and soul begin to wander freely in the vast realms of psychic and spiritual experience. Death is no longer to be feared because life beyond the physical body is known through direct experience. The birth of the soul is not a metaphor. It is an actual process of converting energy into a subtle body. Developing the soul body is the preparation for the growth of the immortal spirit body in the practice of the Greater Enlightenment of Kan and Li.

**Sexual Energy Ecstasy** - David Alan Ramsdale 1991

A Joy of Sex for the New Age, this treasury of Eastern and Western sexual secrets will help couples enjoy the best physical and spiritual relationship possible. Contains Tantric and Taoist techniques of sacred sexuality, guided meditation passages, and tasteful drawings by Allan Parker.

**The Tao of Health, Sex, and Longevity** - Daniel Reid 1989-07-15

Discusses the philosophy of Tao and offers information on diet and nutrition, fasting, breathing exercises, physical exercises, acupuncture, massage, birth control, sex therapy, and meditation

**Tranquil Sitting** - Yin Shih Tzu 2012-09-01

This is the Taoist Master Yin Shi Zi’s inspirational testament and practical guide to the healing power and spiritual benefits of meditation. The book offers in-depth documentation of the theory, physiological aspects and instruction for the practice of meditation, and provides an account of Yin Shi Zi’s personal experiences with meditation.

**Bagua and Tai Chi** - Bruce Frantzis 2012

Beginning with an overview of both bagua and tai chi and their origins in Chinese culture, a noted black belt offers comprehensive advice on how to incorporate these practices into daily Western life. Original.

**Create Health with Your Sexual Energy** - Iréne Andersson 2020-08-26

In her books, Irene Andersson, describes how you can gain access to your inner resources, and thereby live a richer and more joyful life where yourself take responsibility for your own sexuality and pleasure. Your desire belongs to you and how you are with your sexuality affects both health and well-being.

*The Sexual Teachings of the White Tigress* - Hsi Lai 2001-08-01

• Reveals how the sexual practices of the White Tigress can preserve and restore a woman’s physical youthfulness and mental energy. • The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women. • Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago. • Provides Western medical correlations to substantiate White Tigress practices. White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of ching (sexual energy), chi (vital energy), and shen (consciousness)—the Three Treasures of Taoism—the secret to unlocking eternal youthfulness and immortality.

Provides Westerners with a step-by-step, tastefully illustrated, practical introduction to the ancient Chinese art of sexual dual cultivation.