

Tao Of Love And Sex

Sexual Reflexology - Mantak Chia 2003-05-22

Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of *The Multi-Orgasmic Man*. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

The Tao of Love and Sex - Jolan Chang 1977

Two thousand years ago, at a time when the Christian West was frantically repressing sexuality, the Chinese were enjoying an erotic life that fused the sensual and the spiritual, in which sexual guilt and sexual aberrations like sadism and masochism were all but absent. This bestselling book by a leading modern exponent of Taoism makes that erotic life available to all who seek it. With its emphasis on male restraint and female pleasure and its healing vision of sex as an expression of a deeper cosmic balance, *The Tao of Love and Sex* offers us nothing less

than a new model of loving, at once exciting and serene, passionate and compassionate.

The Tao of Sex - Yasuyori Tanba 1970

The Tao of Sexology - Stephen Thomas Chang 1986

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

Taoist Sexual Meditation - Bruce Frantzis 2021-09-22

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.

Red Thread Zen - Subhana Barzaghi 2014-07-15

Some of us have arrived at this particular point in our spiritual journey with a little extra baggage about passion, love, and sex, and I have noticed that many people on the spiritual path have a tendency in the mind to create a polarisation or a separation between the spiritual path and the sexual life. So what is the Tao of love, passion, and sex? This very body is the lotus of the true law, linking human beings to birth and death by the red thread of passion. This approach was closely related to Tantric Buddhism, that used sexual union as a religious ritual.

Taoist Bedroom Secrets: Tao Chi Kung - Chain Zettnersan 2003

This Book Describes The Loving And Extraordinary Structure Of A Harmonious Sexuality, Which Guarantees Health And Longevity For Both Men And Women.

The Sexual Teachings of the Jade Dragon - Hsi Lai 2002-10-01

Reveals how the sexual practices of the Taoist Jade Dragon can help men achieve "immortality" through the enhancement of their sexual prowess.

- A companion guide to *The Sexual Teachings of the White Tigress* that focuses on the male side of White Tigress sexual practices.
- Reveals the nine Jade Dragon exercises and other Taoist techniques for achieving the elixir of immortality.
- Offers physical and spiritual solutions for the sexual issues facing men.

Hsi Lai continues the work he began in *The Sexual Teachings of the White Tigress* by exploring more fully the male role in Taoist sexual transformation. As with those of the White Tigress, the techniques of the Jade Dragon are part of a disciplined sexual and spiritual practice. The goal for the Jade Dragon is health, longevity, and immortality through external and internal regimens for the enhancement and accumulation of the Three Treasures of Taoism--ching (sexual and physical energy), qi (breath and vital energy) and shen (spiritual and mental energy). The author presents the nine Jade Dragon exercises that strengthen erections, enlarge the penis, increase semen quantity and quality, prevent premature ejaculations, and enhance sexual energy. He also details herbal remedies for revitalization that address both physical and spiritual sexual components, as well as ancient Taoist breathing and meditative practices and sexual stimulation techniques that amplify sexual intensity in order to create the elixir of immortality. Concluding with the importance of the interactions between and interdependence of White Tigresses and Jade Dragons, Hsi Lai shows the reader how these ancient Taoist secrets can be incorporated into a contemporary lifestyle.

[The Tao of Love and Sex](#) - Jolan Chang 1991

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.

Night Studies - Kathy Lyons 2013-02-20

University of Illinois student Tracy Williams just discovered she's a Tantric sex goddess. The source of her divine revelation: her hunky Chinese-born erotica instructor, Nathan Gao. Whenever her yin bumps up against Nathan's yang, she's literally communing with heaven. Tracy's new mantra: more, more, more. But Nathan faces an obligation. Now that Tracy's inner power is awakened, she must be surrendered to the sacred Hong Kong temple for a life of training and devotion, no matter how much he wants her for himself. But when Tracy is forced to choose—sex or love—Nathan discovers he isn't prepared for the consequences Contemporary Romance Category: Hot Previously titled: The Tao of Sex OTHER TITLES by Kathy Lyons Dinner with a Bad Boy

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 Tao of Sex - Nell Gwen 2019-06-07

The Tao of Sex takes a provocative--and female-friendly--look at the ways sexual activity enlightens the mind and delights the soul. Profound and playful seductive reflections are highlighted with forty artistic black-and-white photo spreads that are sensual, stylish, and classically erotic. A perfect gift for that special lover or for yourself!

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 acupressure 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.

The Tao of Sexual Massage - Stephen Russell 2008-06-30

Make the most of your lovemaking with this bestselling guide to erotic massage. Massage is a simple way for couples to awaken their desire and bring more intimacy and passion to their love life. The Tao of Sexual Massage shows how to master the techniques that will make your touch

both tender and titillating.

The Tao of Love and Sex - Jolan Chang 1977

The Tao of Love and Sex is a revealing and vivid account of the ancient Chinese sexual teachings and techniques banned by the invading Mongols in the 13th century. The book describes, through text and contemporary illustrations, the ways in which Taoist teachings about sexual love can be used as a means to achieving ecstasy and as a therapeutic and healing force. The modern Western reader can here discover the ancient Eastern methods of ejaculation control, types of thrust, love-making positions, erotic kissing, the conquest of impotence and about sex and longevity. Frank and explicit, yet inseparable from the Taoist spiritual tradition, The Tao of Love and Sex will enrich the variety, subtlety and sheer sexual pleasure of all who read it.

The Tao of the Loving Couple - Jolan Chang 1991-08-16

Through detailed discussions of such subjects as impotence, frigidity, and the importance of teaching love, Chang proves that some of the world's oldest wisdom is also some of the freshest.

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