

Healing Love Through The Tao Cultivating Female Sexual Energy Online PDF S

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.

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.

Teachings of the Tao - 1996-12-17

"The Tao that can be spoken of is not the real Way," reads a famous line from the *Tao-te-ching*. But although the Tao cannot be described by words, words can allow us to catch a fleeting glimpse of that mysterious energy of the universe which is the source of life. The readings in this book are a beginner's entrée into the vast treasury of writings from the sacred Chinese tradition, consisting of original translations of excerpts from the Taoist canon. Brief introductions and notes on the translation

accompany the selections from the classics; books of devotional and mystical Taoism; texts of internal alchemy; stories of Taoist immortals, magicians, and sorcerers; ethical tracts; chants and rituals; and teachings on meditation and methods of longevity.

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.

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.

Liberation Into Orgasm - Sofia Sundari 2018-04-14

Liberation into Orgasm is an invitation to go through pleasure beyond pleasure. This book is not just a bunch of nice ideas that are only good for the mind, it is an invitation to experience Life totally, and live fully, unapologetically, shamelessly as You. This book is for those who are either intrigued by sex but feel a little shy and perhaps have never experienced an orgasm, and for those who are very open yet have the intuition that there must be more to sexuality. And forgive me for running ahead, but yes, there is always more to sexuality. This books is for those who have endless spiritual thirst and those who wish to feel more connected to their true Self in every moment of their life. In the modern day world, we tend to think that sex and spirit are separate from each other. Or, that in order to access the spirit, we need to transcend sex. With this book, I want to serve the healing of the split that we have created between sex and spirit. This split is what causes disconnection, shame, guilt and judgment around something that is the most powerful creative force that moves through human beings - our sexual energy. With this book, I want to reveal the tantric perspective of what is really possible for each human being in this Life. With this book I want to invite you on a journey that will take us through pleasure beyond pleasure. Tantra teaches us to live fully. When someone chooses the path of Tantra, it means they choose to go all the way. To live Tantra means not to shy away from any of the aspects of our life. To find out about the book tour and a free event exclusive for my Readers please visit www.sofiasundari.com

Ethics 101 - Brian Boone 2017-11-07

"Ethics 101 offers an exciting look into the history of moral principles that dictate human behavior. This easy-to-read guide presents the key concepts of ethics in fun, straightforward lessons and exercises featuring only the most important facts, theories, and ideas. Ethics 101 includes unique, accessible elements such as explanations of the major moral philosophies, including utilitarianism, deontology, virtue ethics, and eastern philosophers including Avicenna, Buddha, and Confucius; and unique profiles of the greatest characters in moral philosophy"--

Sexual Energy Transmutation - Jay Onwukwe 2012-06-21

An intense desire for physical sexual contact, just like any other intense and passionate desire, is potent creative energy seeking expression or outlet. That self-same creative potency projecting as tumultuous sex drive or sexual energy can become Intellectual energy, Money energy, Political energy, Professional energy, Sports energy, Spiritual energy, or whatever type of energy you need at any point in time. Indeed, the creative powers of sex transcend procreation. Unfortunately, many men being unaware unknowingly dissipate, and thus fail to avail themselves of the innate superlative powers of their abundant sex drive; and this is one primary cause of mediocrity. Sex, the carnal root of Man's generation, can be the source of his degeneration, yet holds the key to his regeneration. When properly harnessed, the primordial powers of sex and its creative essences that initiate all earthly existence can be used to achieve anything you want. This book tells you how.

Beyond Tantra - Mieke Wik 2012-06-01

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

Sex, Health, and Long Life - 1999-03-02

The benefits of sexual bliss were not lost on the ancients, who knew well its powers to enhance health, concentration, and peace of mind. These ancient Chinese Taoist texts explain the transformative effects sex can have when properly and wisely practiced, demonstrating Taoism's emphasis on cultivating life's "three treasures"—vitality, energy, and spirit—in all the activities of daily life. The texts are part of the famous Mawangdui finds, Han Dynasty tombs that yielded the richest cache of ancient medical manuscripts ever found in China. The first three texts—Ten Questions, Joining Yin and Yang, and Talk on Supreme Guidance for the World—deal with physical health and sex lore, including diet, exercise, sleep, and techniques of lovemaking. The last two, A Course in Effectiveness and A Course in Guidance, concentrate on the psychological factors of good health and well-being, especially the reduction of stress and cultivation of wholesome social relations.

Facing Mount Kenya - Jomo Kenyatta 1978-12-29

Facing Mount Kenya, first published in 1938, is a monograph on the life

and customs of the Gikuyu people of central Kenya prior to their contact with Europeans. It is unique in anthropological literature for it gives an account of the social institutions and religious rites of an African people, permeated by the emotions that give to customs and observances their meaning. It is characterised by both insight and a tinge of romanticism. The author, proud of his African blood and ways of thought, takes the reader through a thorough and clear picture of Gikuyu life and customs, painting an almost utopian picture of their social norms and the sophisticated codes by which all aspects of the society were governed. This book is one of a kind, capturing and documenting traditions fast disappearing. It is therefore a must-read for all who want to learn about African culture.

Routledge Handbook of Contemporary Vietnam - Jonathan D.

London 2022-07-29

The Routledge Handbook of Contemporary Vietnam is a comprehensive resource exploring social, political, economic, and cultural aspects of Vietnam, one of contemporary Asia's most dynamic but least understood countries. Following an introduction that highlights major changes that have unfolded in Vietnam over the past three decades, the volume is organized into four thematic parts: Politics and Society Economy and Society Social Life and Institutions Cultures in Motion Part I addresses key aspects of Vietnam's politics, from the role of the Communist Party of Vietnam in shaping the country's institutional evolution, to continuity and change in patterns of socio-political organization, political expression, state repression, diplomatic relations, and human rights. Part II assesses the transformation of Vietnam's economy, addressing patterns of economic growth, investment and trade, the role of the state in the economy, and other economic aspects of social life. Parts III and IV examine developments across a variety of social and cultural fields through chapters on themes including welfare, inequality, social policy, urbanization, the environment and society, gender, ethnicity, the family, cuisine, art, mass media, and the politics of remembrance. Featuring 38 essays by leading Vietnam scholars from around the world, this book provides a cutting-edge analysis of Vietnam's transformation and

changing engagement with the world. It is an invaluable interdisciplinary reference work that will be of interest to students and academics of Southeast Asian studies, as well as policymakers, analysts, and anyone wishing to learn more about contemporary Vietnam.

The Tao of Sexology - Stephen Thomas Chang 1986

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.

The Multi-Orgasmic Man - Mantak Chia 2009-03-17

At last, simple physical and psychological techniques that allow men to fulfill their dreams and women's fantasies. Learn to Separate Orgasm and Ejaculation! Enjoy Increased Vitality and Longevity! Become Multi-

Orgasmic Now!

The Taoist Body - Kristofer Schipper 1993

This elegant and lucid introduction to the traditions of Taoism and the masters who transmit them will reward all those interested in China and in religions.

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.

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

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.

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.

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