

Taoist Sexual Meditation Connecting Love Energy And Spirit

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.
Bagua and Tai Chi - Bruce Frantzis 2021-09-23

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 Shaman - Mantak Chia 2011-01-25

The shamanic roots of Taoist practice • Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching • Includes exercises from the "Wheel of Love" to access the Tao of Ecstasy • Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices--such as ecstatic flight and how to find power animals and spirit guides--on to the indigenous people, they also taught them the wisdom of the Medicine Wheel. From the Taoist Medicine Wheel came the principles of Yin and Yang, the Five Elements, the Eight Forces, the Chinese zodiac, and the I Ching. The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the *Taoist Shaman*, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching, and how it aligns with the Eight Forces of the Pakua. Through illustrated teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel's application to sacred sexuality, they offer exercises from the "Wheel of Love" to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy.

Tao Tantric Arts for Women - Minke de Vos 2016-06-30

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.

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 acupressure 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.

Relaxing Into Your Being - Bruce Kumar Frantzis 2001

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

Taoist Yoga and Sexual Energy - Eric Steven Yudelove 2000

In *100 Days to Better Health, Good Sex & Long Life*, Eric Yudelove provided the foundation course in Taoist practice. Now he takes you to the next level, referred to as "Beginning Internal Alchemy." Gather the energies from the five major internal organs, harmonize them, and change them from negative to positive. It's a process of refining yourself so you can absorb energy from nature and the cosmos, thus becoming a universe in miniature.

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.

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.

Tao of Letting Go - Bruce Frantzis 2009

What is known from the Tao Te Ching, I Ching, and other Taoist texts is almost entirely literary. When Bruce Frantzis studied these texts with his main teacher, Grandmaster Liu Hung Chieh, he was taught their practical application: "This is what they say; this is what they mean; this is how to do them." In the TAO of Letting Go, Frantzis offers a bridge to this pragmatic approach for living a spiritual life. Spirituality is not just an aspiration for which people strive, he says, but a genuine, accomplishable reality. Frantzis shows how to expend maximum effort and yet not use force--the gentle way of the Water method--to enrich personal health and energy systems. The Water tradition continues the work of releasing inner conflicts, a process that begins with the Dissolving Method, passed down by Lao Tse in the Tao Te Ching over 2,500 years ago. The author shows how to completely let go of the blockages that bind and prevent the seeker from reaching full spiritual potential. Short, direct chapters and exercises cover such topics as breathing and awareness; Taoist meditation; fog and depression; modern anxiety; love and compassion; and more.

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.

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.

Taoist Sexual Meditation - Bruce Frantzis 2012

You will learn how to work with chi (energy) during sex, gain an understanding of Taoist ethics and morality, and realize the highest spiritual potential of sex as meditation. Find out how to increase sensitivity, activate your yin and yang meridians, and overcome cultural conditioning. Understand how the Chinese theory of the Five Elements can give insight into your own sexual nature and determine sexual compatibility with potential partners.

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

From the author of "Opening the Energy Gates of Your Body" comes a book that introduces martial arts practitioners to three "internal" arts and their subtle powers. Inner martial arts rely on internal energy for power rather than on muscles or tension. 15 photos.

Opening the Energy Gates of Your Body - Bruce Kumar Frantzis 2006

"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.

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.

Tranquil Sitting - Yin Shih Tzu 2012-09-15

Tranquil Sitting is the Taoist Master Yin Shi Zi's practical guide and inspirational testament to the healing power and spiritual benefits of meditation and Chinese medical Qigong. The book explores the theory and physiological aspects of meditation and offers practical instruction in traditional meditation techniques. It also documents Yin Shi Zi's personal experiences with meditation, his own self-healing which he attributes to his Taoist practice, and his initiation into the Tibetan tantric practice of opening the crown of the head. Thus giving the reader an idea of the long-term process of meditation practice and the deep healing that can result from it. Faithfully translated from the Chinese, this is an influential text that belongs on the bookshelves of everyone with an interest in Taoist practice and meditation.

The Great Stillness - Bruce Kumar Frantzis 2001

This is the second volume of a two-book series that peels away the metaphors and explains the living traditions of Lao Tse's water method of Taoist meditation. The main focus of the book is to explain 'inner dissolving, ' its major mediation technique that helps people overcome deeply bound negative emotions, deepen their spiritual and psychic development, and develop balance and compassion. "The Great Stillness" is one of the few books that discusses the Taoist traditions of sexual chi gung and meditation. It is the only book that includes detailed instructions and illustrations for the moving meditation practice called Circle Walking that was developed in Taoist monasteries over 4000 years ago. This volume advances the breathing lessons taught in volume one: "Relaxing Into Your Being,"

Walking with Elemental Spirits - Taylor Ellwood 2022-05-24

In Walking with Elemental Spirits I share the modern system I've developed for working with elemental spirits that gets you consistent results while helping you build collaborative relationships with the elemental spirits. The elemental spirits can be potent allies to work with and in this book you'll learn how the practical magic skills that you can use to forge strong relationships with the elemental spirits that allow you to work with them as allies. In this book you will also learn the following: The classic Hermetic and Taoist systems of the 5 elements, and my modernized system of elemental magic. How to connect with elemental spirits using evocation portals and experiential embodiment How to do

internal work and health magic with the elemental spirits. How to work with the elemental spirits to get practical results and much more! If

you're ready to learn a new approach to elemental magic, this book will teach you how to work with the elemental spirits and use elemental magic to get results that transform your life.

Taoist Sexual Meditation Connecting Love Energy And Spirit:

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