

Tao Of Health Sex And Longevity

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 Health and Longevity Liu Da 1997-06-01 The Master who brought t'ai chi ch'uan to the West shows how Chinese exercises can lead to along and healthy life -- Offers practical, fully illustrated instructions in breathing and 50 essential t'ai chi ch'uan forms This introduction to the benefits of t'ai chi ch'uan reveals in a reissued edition the powerful Taoist principles that have helped many to attain longer and healthier lives. Master Liu demonstrates various exercises designed to promote good digestion; maintain proper blood pressure; bolster the immune system; and prevent, or even cure, heart disease and cancer. This guide also covers Chinese foods, herbs, and teas.

Chi-gung Daniel Reid 1998

Prime Time Jane Fonda 2011-08-11 Jane Fonda, no. 1 bestselling author, actress and fitness pioneer, is an icon for generations of women. Now you can learn her secrets to living life to the full with this intimate insight into her world. Combining stories from her own life and from the lives of others with new research, Jane Fonda explores how the critical years from 45 and 50, and especially from 60 and beyond, can be the time when you truly become the energetic, loving, fulfilled person you were meant to be. Covering the 11 key ingredients for vital living, Fonda shows you how to enjoy a more insightful, healthy and fully integrated life - one that is profoundly in touch with yourself, your body, mind and spirit, and with your talents, friends and community. Covering health, fitness, sex, love, social growth, and self-understanding, Prime Time offers a vision for successful living and maturing, so you too can ensure that your forties and beyond are your own prime time.

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 Immortal Yang Sen 2014-07-20 In 1927, General Yang Sen invited Li Qingyun to Wanxian, China, to teach about health and longevity. Li Qingyun was reported to be 250 years old at the time, and his visit to Wanxian was big news. In 1970, Yang Sen compiled a book of his and other's accounts of Li Qingyun, titled "An Authentic and True Record of a 250-Year-Old Man," which Stuart Alve Olson started translating into English in 1982. Besides the notion of someone living to 250 years of age, this book goes well beyond the biography of Li Qingyun's life. It has great historical value, especially for Westerners who are unfamiliar with much of Chinese history towards the end of the Qing dynasty. It also explains incredible health therapies and provides information on what is now called Medical Qigong. Much is explained about Daoism on meditation, breathing, qigong exercise, food, sex, and philosophy for Daoist living. Another true gem of this book is the philosophical teachings, as much of this material has never been presented in English. The depth of information provided in this book surpasses any previously published work on Daoist health practices and philosophy. It is rare to come across a text with such abundance of insights and written with such clarity as this material provides. Although "Qigong Teachings of a Taoist Immortal: The Eight Essential Exercises of Master Li Ching-yun" was published in 2002, which includes translations from Yang Sen's book, the entire translation is now finally available. This book belongs in everyone's library who studies or has an interest in Chinese philosophy, qigong regimes, and biographies. A companion DVD-"Li Qingyun's Eight Brocades"-is now available."

The Art and Alchemy of Chinese Tea Daniel Reid 2011-11-15 The fine art of preparing and drinking tea has become a hallmark of Chinese civilization, handed down through the ages in China by monks and martial artists, doctors and hermits, emperors and alchemists. In his latest book, Daniel Reid explores Chinese tea in its manifold varieties, its long and colorful historical development in China, and its refinement as a mainstay of Chinese culture. He describes the principles that lie at the heart of tea culture in China, the potent medicinal properties of Chinese tea, and how to cultivate Cha Dao, the Daoist way of tea, in daily life. A central section of the book explores for the first time the alchemy of Chinese tea, an esoteric aspect of Chinese tea culture that remains unexplored by modern science but was known and cultivated in ancient China. Jin Dan, the 'golden elixir of life' is the elusive essence that resides dormant within tea (as in some other plants and minerals) and can be extracted, activated and transferred to the human system to protect health, prolong life, and enhance mental performance. The author looks at how and why this works, and explains the chemical transformations that take place as well as explaining the energetic transfer that takes place when tea is prepared by a Master. Illustrated with many photographs, by Christan Janzen, the book contains detailed descriptions of many Chinese tea varieties, especially the High Mountain Oolong Tea of Taiwan, which is considered by many to be the pinnacle of perfection in both the art and alchemy of Chinese tea. The book also contains entertaining tea anecdotes from the author's 'Tea Tidings' bulletin, and a useful glossary of Chinese tea terms. Tea lovers, as well as those with an interest in tea culture, the Dao, and Chinese history and culture, will find this book an absorbing and revelatory read.

The Tao of Pooh Benjamin Hoff 1998

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.

Harnessing the Power of the Universe Daniel P. Reid 1998 A leading authority on the topic introduces the theory and practice of "chi-gung"--which literally means "energy work"--the ancient Chinese healing system.

Breath James Nestor 2020-05-21 THE PHENOMENAL INTERNATIONAL BESTSELLER - OVER 2 MILLION COPIES SOLD WORLDWIDE AS HEARD ON STEVEN BARTLETT'S DIARY OF A CEO 'The groundbreaking book that caused a revolution. For fitness people, parents, CEOs, managers, and everyone else, you'll never breathe the same again' Steven Bartlett ____ There is nothing more essential to our health and wellbeing than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. In *Breath*, journalist James Nestor travels the world to discover the hidden science behind ancient breathing practices to figure out what went wrong and how to fix it. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can: - improve our exercise techniques - restore healthy sleep patterns and minimise snoring - halt allergies, asthma and even autoimmune disease Drawing on thousands of years of ancient wisdom and cutting-edge studies, *Breath* is full of revelations, turning what we thought we knew about our most basic biological function on its head. You will never breathe the same again. ____ 'Who would have thought something as simple as changing the way we breathe

could be so revolutionary for our health, from snoring to allergies to immunity?' Dr Rangan Chatterjee

The Grape Cure Johanna Brandt 2020-08-31 This classic is still making its mark over 80 years since its debut. Author Johanna Brandt shares a personal journey of living with cancer and her discovery of how the beneficial properties of grapes cured her disease by refreshing and purifying cell structures. The virtues of naturopathy are extolled, and readers are encouraged to detoxify their bodies and prevent disease (namely cancer) through a combination of fasting and a diet of grapes.

Semen Retention Miracle Joseph Peterson 2020-11-17 Unleash the power inside your own body to transform your life Semen Retention is a centuries-old practice that allows you to harness your body's vital energy and redirect it to any area of your life. From achieving the perfect body to outstanding results in business and creative endeavours, semen retention can turbocharge your success. Now modern science is backing up this ancient practice and showing how it can: Increase productivity & motivation Pack on muscle mass Boost focus & self-confidence Attract people to you Increase your energy levels Strengthen your immune system Sharpen your memory Semen Retention Miracle is the definitive book on how to utilise this power to achieve your goals. You will discover: The science behind semen retention What the ancient texts say about it How to implement it into your life Essential tips for staying the course And much much more Take charge of your life today by learning how to use the unstoppable force that dwells within you.

The Tao of Detox Daniel Reid 2006-10-25 A practical guide to preventing and treating the toxic assault on our bodies • Shows how the practices of periodic detox and "rational retox" can counteract the toxic nature of our modern lifestyles, diets, and environment • Provides ancient Chinese methods and remedies that help the body repair itself • Includes detoxification techniques, formulas, and exercises that work within 10 days Despite the wonders of modern medicine, the state of human health throughout the world is eroding at an alarming rate. The long-term accumulation of toxins and acid waste in our bodies--both from the chemically contaminated air we breathe and water we drink as well as the toxins we ingest in the form of low quality food, preservatives, and additives--damages our organs, corrodes our joints and arteries, enervates our nervous system, and inhibits our immune system. Chronic pain and fatigue, hypertension and heart failure, cancer, diabetes, arthritis, indigestion, insomnia, and even acne, are all caused by the long-term accumulation of toxins in our bodies. In *The Tao of Detox* Daniel Reid combines traditional Eastern practices and the latest of modern Western thinking to offer detoxification methods that can repair in as little as seven to ten days much of the long-term damage done. He provides breathing exercises, massage techniques, and soft exercises such as yoga and tai chi that help the body to heal itself. He also explains the importance of "rational retoxification," which allows the careful reintroduction of less healthy substances, and offers ways to counteract those toxins we can't--or don't want to--avoid, including alcohol and tobacco. Reid explains that, just as we care for our cars with regular tune-ups, by practicing periodic detox as well as "rational retox," we can enjoy long and healthy lives and still be able to "eat, drink, and be merry."

Chi Kung for Prostate Health and Sexual Vigor Mantak Chia 2013-11-02 A guide to restoring men's sexual health and function to maintain a flourishing sex life well into old age • Includes fully illustrated instructions for exercises to clear energetic blockages of the male reproduction organs, restore function, reduce prostate enlargement, and prevent prostate gland cancer • Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the need for surgery in early stages of prostate disease Age need not be a death sentence for men's sexual health and vitality. Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform sexual energy and prostate gland massages and detail stretching exercises and the practice of chi weight lifting--attaching weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

Taoist Bedroom Secrets Master Chian Zettnersan 2002 Offers instructions with detailed illustrations on chi exercises that can be beneficial to intimate couples, focusing on the "jade stem" and the "jade gate," and explaining pressure points, Taoist breathing, dietary tips, and other related topics.

The Tao of Sex Yasuyori Tanba 1970

Complete Book of Chinese Health Daniel Reid 1994-12-05 Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are: • Key concepts of Chinese medical theory • Dozens of illustrated T'ai Chi and Chee-gung exercises • The Chinese approach to healing common ailments • Authentic secrets of Taoist sexual yoga • Therapeutic food recipes and herbal tonics • Alternative treatments for diseases such as AIDS and cancer • Resource listings: teachers, schools, centers, stores, and mail-order suppliers

Shake Your Soul-Song! Devi Ward 2012-11-05 We live in a culture that teaches us to both fear and ignore our sexuality, and repress our sensuality. Women are largely uneducated about their full pleasure-potential, and are discouraged from exploring their own unique style of healthy sensual expression. *Shake Your Soul-Song* presents the idea of using pleasure as a path to self-empowerment and soul connection. By using the methodology of *The 4 Principles of Self-Pleasure*, each woman will more deeply understand her relationship to *The 4 Forms of Pleasure*, and how to use them for accessing more of her personal & spiritual potential. Each of *The 4 Principles of Self-Pleasure* uses practical and fun tools designed to effectively connect, heal, awaken, & transform every woman's heart, body, mind & soul. *Shake Your Soul-Song* includes authentic and soulful insight into: * Creating a New "Pleasure Paradigm" with *The 4 Principles of Self-Pleasure* * *The 4 Forms of Pleasure* and how to use them for accessing more of your personal potential * The difference between sensuality & sexuality * Gratification vs. Pleasure * How cultivating conscious sense-uality can help you experience more presence, passion & connection in all areas of your life * How the Walt Disney Syndrome keeps us disempowered as women & contributes to relational dysfunction between partners * Ancient, powerful tools for transforming your life-experience on a cellular level * *The Secret to Sensual Sovereignty* * The 11 different orgasms for women, what they are and how to activate them for more passion, pleasure, and soul expression. Includes an effective and enjoyable 'Pleasure Program' for cultivating the ultimate pleasure potential in your everyday life. Also includes a special bonus exercise for cultivating sensual intimacy with your partner Find out more at www.femininemergence.com

The Way of the Tao, Living an Authentic Life Dennis M. Waller 2012-04-30 A treatise and interpretation of Lao Tzu's *Tao Te Ching* by Dennis M Waller. The Tao is an ancient philosophy of living in the natural world. It shows the way of how to get back to being your Authentic Self, your Spiritual Self. The Tao has the power to help you reclaim your life from the temporal ego identity that is imprisoning you. With the Tao you can discover your Authentic Identity by getting back to the being-ness and oneness of living in the Divine Consciousness. Through discovering these truths we can become the creators of the universe instead of the passive observers we have been. We can learn to live life in the infinity of the now verses living in the clutches of the Ego. The Tao shows us how to grow detached from the ego identity by becoming in direct contact with our true intent and motives that was meant for us. When we do, we begin to see ourselves as we truly are. It is being authentic that we become reconnected to the divine source. What is the Way of the Tao? It is the way things are in their own natural progression of life and death. The way of intelligent design as shown in nature, this is the way of the Tao. It is the way without dogmas, formalities or religion. To live in the Tao is to live in peace and harmony. The Tao gives you the knowledge of being one with the higher realm of divine consciousness and to experience the innerconnectiveness to all living things. It is to have the awareness of being in this world while knowing that you are not part of it because you are more than all of this. You are one and 10,000 things at the same moment. You are the song that the bird sings, the breeze blowing through the trees, the fish swimming in a brook, the warmth of the sun shining from above, the coolness of the earth below your feet, you are life and death, all at once and not at all. There is no separation in the Divine Oneness. The Tao contains the power to liberate you from the ego-imposed prison of the dualistic world. Living in the Tao

can bring a deep inner peace and a reconnection to the divine source. The wisdom of the Tao is in a practical sense, a way to live life with the clarity of knowing the universal truth. When you are living in the Tao, you will see resistance and opposition fade away. Conflict and stress will become distant memories. The issues of life become irrelevant or will simply disappear once you start living your authentic self with the Tao. The Tao shows how to transcend all those insurmountable obstacles that the ego has created. There is another level of existence that is the real, true, genuine substance of who you are. This is the authentic self. The authentic self is the real you that can be found at your absolute core. It is the part of you not defined by your job, function, nationality, religion, race or role in life. It is the composite of all your skills, talents and wisdom. It is all of the things that are uniquely yours and need expression, rather than what you believe you are supposed to be and do. The choice we need to make is whether to trust in our own nature, to be of a pure heart and mind or to live in a world where we are trying to control everything. We have seen that going against our nature provides no comfort or satisfaction for our souls. For authentic satisfaction, for true peace, we must learn to realize who we are and where we came from. The truth is all around us. You can hear the voice of god in the laughter of children at play and in the songs of the birds. You can see God in all his glory throughout all of nature. It is all around us to see and experience. Remember you are part of this universe and here to experience it. Be your Authentic Self and be one with it all. To live in the Tao and live your purpose is to live life to the fullest.

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 Tao of Sexology Stephen Thomas Chang 1986

Second Spring Maoshing Ni 2009-04-07 THE CHINESE REFER TO A WOMAN'S MIDLIFE transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary Second Spring™ program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health -- and initiate your own new season of vitality starting at age thirty-five, through premenopause, menopause, and beyond. Dr. Mao -- Yahoo!'s favorite natural health expert and author of the bestselling *Secrets of Longevity* -- offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they're not the same for everyone!). His safe, natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, Second Spring allows you to target your concerns right away. At the end you'll find handy, at-a-glance lists addressing women's most common ailments. Second Spring, inspired by Dr. Mao's own mother's remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible.

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.

The Tao Of Detox Daniel Reid 2016-09-08 It is time we recognised the direct correlation between the external pollution of the environment and the internal pollution of the body. The toxins in the air, in the water and in our food inevitably make their way into the human body, but until we take drastic measures to clean up our planet, we have to detoxify the human system from the inside. Combining the best of ancient eastern and the latest of modern western thinking, THE TAO OF DETOX offers a solution to restoring and preserving your good health through detox. If you want to fight chronic disease, live longer, lose weight or just feel the benefits of good health with glowing skin and masses of energy, Daniel Reid's rational and scientific advice will tell you how. Highly practical, THE TAO OF DETOX shows the way to enjoy immediate wellbeing and the promise of a longer, ailment-free life - and all without sacrificing the enjoyment of life's pleasures.

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.

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.

Shots from the Hip Daniel Reid 2020-02-28 *Shots From the Hip* is the memoir of Daniel Reid, a world-renowned expert on consciousness, holistic medicine and living life to the full. It recounts a life lived footloose and free, unbound by convention and driven by a quest for new experiences on roads less traveled. From the sex, drugs, and rock & roll scene of Late Sixties America to the opium dens, bars, and bordellos of far-flung Asian outposts, the author recounts his outlandish escapades in a rollicking narrative told with flair and candor. But that's just the tip of the iceberg. *Shots From the Hip* is also an in-depth commentary on life itself, and a deliberation on death drawn from the author's own close encounters. Reid, who calls himself a "Sinopath," felt a link with China early in life, compelling him to cultivate his taste for all things Chinese, from poetry and philosophy to food and women. His sinologisms entice the reader with tasty treats from the gourmet feast of traditional Chinese life. There is also a love story running through these pages, a tender tribute to the redemptive power of a woman's love for a man in the extremes of adversity. For readers with an appetite for the exotic and bizarre, the author offers a generous banquet of vicarious experience, while for those interested in loftier ideas, he shares new insights about ancient spiritual questions and the enduring mysteries of the mind. Reid's explanations of alternate ways to understand reality, drawn from Eastern teachings, may provide readers with new perspectives on their own lives.

A Complete Guide to Chi-Gung Daniel Reid 2000-03-07 Chi-gung, which literally means "energy work," is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, chi-gung works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of chi-gung can be practiced by anyone, regardless of age or physical fitness.

Guarding the Three Treasures Daniel P. Reid 1993 'The body is the temple of life. Energy is the force of life. Spirit is the governor of life. If one of them goes off balance, all three are damaged. When the spirit takes command, the body naturally follows it, and this arrangement benefits all Three Treasures. When the body leads the way, the spirit goes along, and this harms all Three Treasures' - Wen-tzu Classic (first century BC) Inspired by the enthusiastic response to the TAO OF HEALTH, SEX AND LONGEVITY, GUARDING THE THREE TREASURES is a companion volume which can be read independently as an introduction to the philosophy and practice of Taoist health care. Bestselling author Dan Reid acquaints the reader with the three treasures of Taoist medicine - essence, energy and spirit. The Way of Tao is the way of harmony with nature, a dynamic balance of yin and yang. Maintaining this balance in your own mind and body will strengthen your immune system and build up your general health. Whereas Western medicine attempts to fix the affected body part or organ when something goes wrong, Chinese medicine takes a holistic and preventative approach and lets you take charge, through diet and exercises, of your mental and physical wellbeing. GUARDING THE THREE TREASURES will steer you onto the 'Great Highway' of health, longevity and spiritual discovery.

Life Alignment: Heal Your Life & Discover Your True Purpose Philippa Lubbock Author 2012-06-21 Philippa Lubbock tells the wonderful story of how one of today's foremost healers, Dr Jeff Levin, came to understand that he was being given a special message - and the gift of practising and teaching this extraordinarily powerful new vibrational healing method. In the course of her account she explains how the healing system works. The mind controls the body, with the result that self-limiting beliefs and repressed feelings are the real root cause of illness. The corollary of this is that everything we need to heal is actually within us. Life Alignment works with the individual's higher consciousness - which is accessed through muscle testing and dowsing - to ascertain the root causes of the disease. Then, with the help of Dr Levin's powerful Life Alignment Vortex Cards, the healing process happens - rapidly and with incredible ease. Here are heart-warming and astonishing stories of how ordinary people lucky enough to have discovered Life Alignment have been instantly healed - from a range of physical and mental problems. Philippa's own story demonstrates the extraordinary power of the Life Alignment Vortex Cards which are just one aspect of this miraculous new system of healing: ' - I visited a blood microscopist in Devon, to carry out an experiment using my own blood. Placing 3 Vortex cards on my body changed my blood cells from unhealthy to healthy in minutes. Normally this kind of transformation takes a minimum of 3 months and a strict diet to change previously unhealthy misshapen cells, which we all have, to healthy, round cells.' Life Alignment will genuinely change your life.

Taoist Sexual Meditation Bruce Frantzis 2021-09-22

100 Days to Better Health, Good Sex, & Long Life Eric Yudelove 1997 Offers a complete course in Taoist health, sexual rejuvenation and longevity practices, based on the Chinese philosophy of Taoist yoga.

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 with Form, Energy, and Light Tenzin Wangyal 2002-04-24 A Buddhist manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and capable. In the shamanic worldview of Tibet, the five elements of earth, water, fire, air, and space are accessed through the raw powers of nature and through non-physical beings associated with the natural world. The Tibetan tantric view recognizes the elements as five kinds of energy in the body and balances them with a program of yogic movements, breathing exercises, and visualizations. In Dzogchen teachings, the elements are understood to be the radiance of being, and are accessed through pure awareness. Healing with Form, Energy, and Light offers the reader healing meditations and yogic practices on each of these levels. Tenzin Rinpoche's purpose is to strengthen our connection to the sacred aspect of the natural world and to present a guide that explains why certain practices are necessary and in what situations practices are effective or a hindrance. And the world too is transformed from dead matter and blind processes into a sacred landscape filled with an infinite variety of living forces and beings. "The secrets freely given in this volume can help us lay sound foundations for whatever yogic practice we may adopt. Tenzin Rinpoche has rendered all a great service." —Yoga Studies

Li Qingyun Stuart Alve Olson 2016-08-21 This book provides a succinct organization of materials and advice Li Qingyun provided on the subject for attaining health and longevity. Stuart Alve Olson's *The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun* is a large book covering many aspects of Li's teachings and life, and since it is a direct translation of Yang Sen's Chinese edition, it can be more challenging to navigate the teachings. Stuart's purpose in translating *The Immortal* was to present that work as Yang Sen intended, and he didn't provide any personal in-depth commentary and instructions to clarify the teachings. This book then fills in the gaps regarding Li Qingyun's advice and instructions for attaining health and longevity. The first chapter, *The Fundamentals of Longevity*, starts out with basic, but unique, regimes on acquiring longevity. The second chapter, *Foods and Herbs for Longevity*, covers more clearly the herbs Li Qingyun and Yang Sen recommended for improving health and life span. The third chapter, *Sex and Longevity*, explains what Li Qingyun meant by the sexual practices of Refining the Rosy Clouds. The fourth chapter, *The Eight Diagrams Elemental Exercises*, more popularly called Eight Brocades, includes a detailed look at these exercises. The fifth chapter, *Embryonic Breathing and Longevity*, delves into Li's teachings on Opening the Three Passes and Embryonic Breathing Qigong methods named after the two primary images from the Book of Changes (Yi Jing)-Qian (Creativity of Heaven) and Kun (Receptivity of Earth). The sixth chapter, *The Six Qi*, is about the practice of the Six Healing Sounds used for both the cure and prevention of illness and disease, and as a meditation practice. The seventh chapter, *Calming the Mind*, is about regulating the mind and calming the spirit, the very roots of maintaining good health and acquiring longevity. These seven chapters provide a clear path for improving health and attaining longevity. You may not incorporate all of them into your daily practice, but you'll find numerous little regimes and insights that can prove most useful in your daily life. The intention of this book is not to convince you to take on all the practices, even though that would be quite effective, but to select those elements you find useful and appropriate to your life and schedule.

The Essence of Chi-Gung Daniel P. Reid 2012-07-10 The beneficial health effects of daily chi-gung practice have long been known in China, but in the West, chi-gung is becoming increasingly used for general well-being and to complement conventional medical treatment. The Essence of Chi-Gung is an easy-to-use workbook that teaches the fundamentals of chi-gung practice and provides a safe, basic daily regimen that can be adapted for people of all ages and physical abilities. The view in Chinese medicine is that good health is maintained by circulating and increasing chi, the vital life energy that we are all born with. In chi-gung practice, slow, rhythmic breathing is synchronized with body movements, in a way which is beneficial to both the nervous and immune systems and to overall health. This manual includes over fifty step-by-step illustrations of the warm-up exercises and movement forms.

The Tao of Health, Sex, and Longevity Daniel P. Reid 1998

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.

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.

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