

Taoist Sex Secrets

The Enlightened Sex Manual David Deida 2011 The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. David Deida was trained for decades in the art of spiritual and sexual awakening. Now he presents the ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. In paperback for the first time, *The Enlightened Sex Manual* teaches you how to transform simple "skin friction" into the depths and embodiment of ecstasy, how to develop sexual abilities as gifts of heart rapture and bodily surrender, how to achieve the principal types of orgasm - and all their varieties - and much more.

Taoist Secrets of Love Mantak Chia 1984 entered here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

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.

Sexual Energy Ecstasy David Alan Ramsdale 1993 *A Joy of Sex for the New Age*, this treasury of Eastern and Western sexual secrets will help couples enjoy the best physical and spiritual relationship possible. Contains Tantric and Taoist techniques of sacred sexuality, guided meditation passages, and tasteful drawings by Allan Parker.

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.

Secrets of Dragon Gate Steven Liu 2011-03-03 From simple breathing exercises that make you feel healthier and more alive to advanced sexual yoga, *The Secrets of Dragon Gate* is the key to your unique path to health, wealth, and spiritual fulfillment. The Dragon Gate School is known for its singular combination of sexual yoga and dream yoga practices; mystical divination methods for choosing a wise and fruitful path; Chi-gung and martial arts practices for health and longevity; and profound philosophy, based on the I Ching (Book of Changes) and the five elements, that provides a deep insight into the nature of reality. Incorporate the mysterious and ancient wisdom of the Dragon Gate School of Taoism into your daily life, and

find answers to the question of how to live a long, prosperous, and happy life.

The Multi-Orgasmic Woman Mantak Chia 2006-08-08 A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential. Reprint. 20,000 first printing.

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.

Taoism and Ikigai Michael Luck 2020-10-24 If You're Ready to Live Life to the Fullest & Stay True to Your Nature & Purpose, then Keep Reading! Taoism is a way of life, rather than a dogmatic philosophy. This is the reason why so many followers swear by it. Taoism encourages its followers to rely on instincts and senses. It makes them question or reject formal learning, political laws, or social customs if they don't align with one's values. Taoism believes that for people to live a full life, they must have little government interference. Hence, why Taoists reject the idea of a centralized government. This is because they believe we are all part of "the way" - a supreme life force that lives in all things. When we adhere to societal restrictions, we're hampering "the way" toward the life we deserve. When there are roadblocks toward "the way", it creates suffering for mankind. When you allow your nature to take over, you achieve balance and true happiness. Sounds like there's something about Taoism after all! So, how can you get started on this way of life? All you need to do is grab a copy of "Taoism for Beginners" by renowned Taoist practitioner Michael Luck. This guide allows you to uncover the secrets of Taoism and Taoist philosophy the easy way! Over the course of this life-changing guide, Taoist enthusiasts like you will: Take control of your health and wellbeing by learning Taoist-based principles on stress and diet Read about inspiring success stories about Taoist leadership and change how you lead your team for good Heal your mind, body, and soul with the help of Taoist meditations and feel uplifted and fulfilled Achieve true inner peace and change your life for the better using ancient Taoist Tai Chi teachings Improve your sex life and last longer in bed by uncovering ancient Taoist secrets for better sexual performance And so much more! Want to Learn the Secrets to a Long, Happy, Fulfilled Life? Then Keep Reading! Do you want to live a life that aligns with your values? Are you looking for motivation and courage to pursue all your passions? Would you like to get paid for things you're actually good at instead of struggling to learn how to make a living? You came to the right place! With all the noise of the modern world, more and more people fall victim to depression and anxiety. Studies show that most young adults have their first existential crisis as early as 25 years old. Why? Because we struggle to find our purpose. Purpose is what drives humans to wake up every morning. Without purpose, we lose motivation and meaning. Whether it's striving to be great at your job or having financial stability, everyone can benefit from having purpose. Introducing "Ikigai" by renowned life coach Michael Luck. Ikigai is a Japanese concept that allows what you're good at and what you love doing to intersect. Through best practices, you will cultivate a life you'll be proud of! In this eye-opening book, readers like you will learn the Japanese art of finding purpose... and all the happiness and meaning it brings! Throughout this comprehensive guide, you will: Learn the crucial steps in finding what your purpose or calling is Live to the fullest without sacrificing earning potential by realigning your strengths Find out how you can harness the power of ikigai to help your business succeed Nourish your mind, body, and soul by learning the best practices and diets And so much more!

Secret Sexual Positions Kenneth Ray Stubbs 1997-09 "More than 100 erotic illustrations grace this step-by-step guide to the ancient secrets of sexual pleasure." This new, lavishly illustrated guidebook by the bestselling author of "Erotic Massage" takes readers on a unique tour of sexual practices

throughout the ages. Drawing on a rich variety of cultures and eras, "Secret Sexual Positions" provides the methods that can open us to forgotten or undiscovered sensations and feelings, leading to a more profound and pleasurable sexuality. The book's magnificent illustrations depict the lovemaking of both ancient and modern lovers, and invite the reader to experience a new dimension of bodily and mental pleasure. Using sexual wisdom from sources as diverse as the Kama Sutra, the Song of Songs, and the Ishimpo, "Secret Sexual Positions" provides an unprecedented journey through the sexuality of the ages--all made easy and available to the couples of today.

Taoist Bedroom Secrets Master Chian Zettner 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.

Taoism for Beginners Michael Luck 2020-10-05 If You're Ready to Live Life to the Fullest & Stay True to Your Nature & Purpose, then Keep Reading! Taoism is a way of life, rather than a dogmatic philosophy. This is the reason why so many followers swear by it. Taoism encourages its followers to rely on instincts and senses. It makes them question or reject formal learning, political laws, or social customs if they don't align with one's values. Taoism believes that for people to live a full life, they must have little government interference. Hence, why Taoists reject the idea of a centralized government. This is because they believe we are all part of "the way" - a supreme life force that lives in all things. When we adhere to societal restrictions, we're hampering "the way" toward the life we deserve. When there are roadblocks toward "the way", it creates suffering for mankind. When you allow your nature to take over, you achieve balance and true happiness. Sounds like there's something about Taoism after all! So, how can you get started on this way of life? All you need to do is grab a copy of "Taoism for Beginners" by renowned Taoist practitioner Michael Luck. This guide allows you to uncover the secrets of Taoism and Taoist philosophy the easy way! Over the course of this life-changing guide, Taoist enthusiasts like you will: Take control of your health and wellbeing by learning Taoist-based principles on stress and diet Read about inspiring success stories about Taoist leadership and change how you lead your team for good Heal your mind, body, and soul with the help of Taoist meditations and feel uplifted and fulfilled Achieve true inner peace and change your life for the better using ancient Taoist Tai Chi teachings Improve your sex life and last longer in bed by uncovering ancient Taoist secrets for better sexual performance And so much more! Taoism may be an ancient philosophy, but its sage teachings are still very much applicable today. With the help of "Taoism for Beginners", you can easily understand and adapt "the way" even when you're not an expert! So, start embracing a better life! Scroll up, Click on "Buy Now with 1-Click", and Find Your Way Toward a Better Life Today!

The Yin-Yang Butterfly Valentin Chu 1997-02 Steeped in 5000 years of Chinese lore, this book tells the tales of Chinese emperors and courtesans, their erotic sexual customs and little-known ways of lovemaking, which have been erased from the memory of modern China and are virtually unknown to the West. It explores the links made by Chinese Taoists among sex, health and longevity and the battle for the elixir of life. And it ties the result of ancient Taoist practices to contemporary research findings in sexology.

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!

White Tigress Green Dragon Hsi Lai 2015-09-09 The modern perspective on sexuality is almost exclusively focused on procreational and recreational sex. Little attention has been given to the ancient Asian perspectives on the more profound restorative and transformative (spiritual) benefits of sexuality. This challenging material will definitely bring about a rethinking of sexual purpose and conduct. "White Tigress" refers to a female who follows the natural workings and forces of her sexuality to achieve beauty, youthfulness, longevity, and immortality. Her sexual practices

all derive from teachings passed down through various consorts and female Taoist nuns and immortaleses. "Green Dragon" refers to the male surrogate sexual partners of a White Tigress, who provide her with heightened sexual energy and passion. A Green Dragon can also be a co-cultivator in a Tigress's practice, helping her engage in the deeper transformational practices so that they both can achieve restoration and illumination of body and spirit. The White Tigress and Green Dragon sexual-spiritual practices and philosophy revitalize sexual passion and compassion, demonstrating that there is much to learn about sexual energy and how it can greatly benefit the body and mind.

Inner Alchemy Astrology Mantak Chia 2013-07-01 Strengthen the qualities in your Taoist astrological chart with Inner Alchemy techniques and Universal Healing Tao exercises • Describes how to interpret your Taoist astrology birth chart and discover the unique combination of Five Elements underlying your personality, health, and destiny • Reveals how to strengthen your birth chi with Inner Alchemy techniques and Universal Healing Tao exercises • Explains how to calculate your wealth phase, organ health, and luck cycles Each of us is born with a unique combination of heavenly and earthly energies dictated by the stars overhead and the season on Earth at the moment you take your first breath. Known in Taoist astrology as the Four Pillars of Destiny, this "birth chi" can be calculated using the year, month, day, and time of your birth. Master Mantak Chia and astrologer Christine Harkness-Giles reveal how to interpret your birth chi and strengthen weaknesses within your astrological energies. They explain how each of us is ruled by one of the Five Elements--Wood, Fire, Earth, Metal, and Water--in a Yin or Yang state. For each Element and Yin or Yang combination, the authors describe personality traits, ideal career paths, and emotional and health issues. They reveal how to discover your levels of success, wealth, and power; how your astrological strengths will manifest; and how to understand your relationships with partners, friends, and family. They also explain how to use your chart to calculate your organ health and annual luck cycles. The authors show how to use Inner Alchemy techniques, such as color therapy and feng shui, and Universal Healing Tao exercises, such as the Healing Sounds and Chi Kung, to harmonize and strengthen the inborn imbalances and weaknesses in your chart. This hands-on method of astrology allows you to take control of your health and destiny by connecting your personal energy with the energies of the cosmos.

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 Multi-Orgasmic Couple Mantak Chia 2009-03-17 The bestselling authors of *The Multi-Orgasmic Man* show you and your partner how to: Experience intense multiple whole-body orgasms Pleasure each other profoundly Use sexuality for health and healing Deepen your love and spiritual relationship Couples will discover simple step-by-step techniques for a level of sexual pleasure, intimacy, and healing they may not have known was possible. This fully illustrated guide will inspire couples to make love all night-and make love last a lifetime.

Taoist Sexual Meditation Bruce Frantzis 2021-09-22

Sex Again Jill Blakeway 2013-01-01 Despite what you see on movies and TV, Americans have less sex than people in any other country. One in three women, of all ages, reports a lack of interest in sex, and more than 40 million Americans in relationships are having no sex at all. But rather than feeling complacent about it, most couples would like to have that interest back. The desire for desire is a feeling few women forget—or abandon. Combining Eastern wisdom and techniques with a Western medical perspective, Jill Blakeway—called a “fertility goddess” by The New York Times for her bestseller, *Making Babies*—shows women how to revive their libidos and rekindle their sex lives. Assessments and quizzes help the reader place herself and her partner on the scale of yin and yang. Jill then shows how to keep these opposites—passive/active, accepting/initiating, cool/hot—in correct balance. Specific meditations and breathing techniques help unblock qi (pronounced chee), the essential energy that flows through the body. There are chapters on specific elements of love-making: massage, kissing, positions, orgasms—having them, holding them, making them last. And finally, “Sex in Six,” a six-week program of reclaiming an active, satisfying, and possibly better-than-ever-before sex life. The book is full of case studies, fun “Do It Now” suggestions, and “He Said” boxes written by the author’s husband and medical partner, Noah Rubinstein. It addresses common sexual dysfunctions, healthy hormones, and herbal remedies. *Sex Again* provides a path to balance and emotional wisdom—individually and as a couple.

Sexual Secrets Nik Douglas 1989 "Sexual Secrets" is the definitive and all-encompassing guide to sex and mysticism. No book of this magnitude has ever appeared on the subject. The distillation of more than two thousand years of practical techniques for enhancing sexual awareness and achieving the transcendental experience of unity, "Sexual Secrets" explores the path of love and mysticism, making accessible for the first time the sexual mysteries of the East.

Immortal Sisters Thomas Cleary 1996-11-11 *Immortal Sisters* presents life stories and teachings of distinguished female Taoist adepts who lived from the third to twelfth centuries. Among them is the poet and mystic Sun Bu-er, who passed into folklore as one of the famous Seven Immortals and appears as a character in countless popular novels of China. These accomplished women, renowned in their own day and in history, represent a uniquely female heritage of spiritual mastery. Through poems, stories, teachings, and commentaries, *Immortal Sisters* sheds light on the spiritual methods taught and practiced by these women and illustrates the importance of the feminine in Taoism.

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.

Taoist secrets of love Mantak Chia 1986

Sexual Secrets Nik Douglas 1979

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.

Divine Sex Caroline Aldred 2000 *Divine Sex* shows the reader how to heighten sexual awareness, increase intensity, and bring a new dimension to sex and sexuality. In words and images, it reveals the lovemaking rituals, positions, and closely held Tantric secrets that will enhance sexual awareness and performance. Beautifully illustrated with color photographs, diagrams, and erotic artwork, *Divine Sex* shows how sexuality, once awoken and nurtured, can bring unlimited physical and emotional pleasure.

The Tao of Sexology Stephen Thomas Chang 1986

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.

Barefoot Doctor's Handbook for Modern Lovers Stephen Russell 2000-01-01 In the Far East barefoot doctors were experts in Taoist healing, martial arts and magic. Here, a modern barefoot doctor unlocks the Taoist secrets of amazing and mutually fulfilling sex, shedding light on such topics as building sexual confidence and turning the whole body into an erogenous zone.

The Tao & the Tree of Life Eric Yudelove 1996-06 Learn the amazing links between the ancient Tao and the Kabbalistic Tree of Life, and how you can use this information for better health, incredible bliss, and the development of magical abilities, when you read *The Tao & the Tree of Life* by Eric

Steven Yudelove. In this incredible book, you will discover the awe-inspiring secrets of the Taoist Masters and let these once-hidden techniques enrich and empower your life in ways you may never have thought possible. The Tao & the Tree of Life does something no other book has ever done. It provides a common structure, so you can better understand the similarities between the Kabalistic and Taoistic philosophies and techniques. This structure is that of the Shamanic Universe. Within this context, you will learn the concepts, philosophy, and practical work of Taoist Internal Alchemy. For the first time ever you will find revealed: ·The fascinating parallels between the Hebrew and Western traditions of Kaballah and Taoist Internal Alchemy ·The most basic to the highest esoteric formulas of Taoist Internal Alchemy, clearly explained in a Western context ·Long-lost sexual and alchemical secrets hidden in the important Kabalistic texts, the Zohar, and the Sepher Yetzirah With an exclusive forward by Mantak Chia, you are going to find that The Tao & the Tree of Life is one of the most important books you will ever read. First, it provides the keys to unifying the innermost secret concepts and techniques of East and West. Second, it shows how you can apply this to your spiritual and sexual practices. If you want to be able to master the secret techniques of both Kabbalism and Taoism, you must get The Tao & the Tree of Life.

Buddhism and Taoism for Beginners Michael Luck 2020-10-06 If You Want to Practice a Life Free from Self-Serving Desires & Achieve True Happiness, then Keep Reading! Are you constantly searching for the true meaning of happiness? Does it feel like no matter what you do, you're still stuck in a cynical, mundane loop? Do you wish there was a way to live life to the fullest without having to worry about unimportant things? You're in luck! "Buddhism for Beginners" by renowned Buddhist practitioner Michael Luck is now available for you! This comprehensive guide to Tibetan Buddhism and Buddhist philosophy is all you need to get your life together. Buddhism has been sweeping the world for generations. Its internal and external peace-centered philosophy does not focus on a supreme being. Rather, it is getting to know yourself better by learning the inner workings of your mind. Buddhism preaches experiential knowledge instead of dogmatic views. Buddha himself famously said, "Don't believe anything I say unless it matches with your experience." With all these in mind, it's easy to see why people want to get on the Buddhism train. And if you want to properly practice Buddhism, just grab a copy of "Buddhism for Beginners"! Over the course of this life-changing guide, beginners like you will: Unlock the 7 benefits of learning and applying Buddhist principles to your daily life Unearth the MOST IMPORTANT teaching of Buddhism for a fulfilling existence Learn about what TRUE happiness is from an unbiased Buddhist viewpoint And so much more! If You're Ready to Live Life to the Fullest & Stay True to Your Nature & Purpose, then Keep Reading! Taoism is a way of life, rather than a dogmatic philosophy. This is the reason why so many followers swear by it. Taoism encourages its followers to rely on instincts and senses. It makes them question or reject formal learning, political laws, or social customs if they don't align with one's values. Taoism believes that for people to live a full life, they must have little government interference. Hence, why Taoists reject the idea of a centralized government. This is because they believe we are all part of "the way" - a supreme life force that lives in all things. When we adhere to societal restrictions, we're hampering "the way" toward the life we deserve. When there are roadblocks toward "the way", it creates suffering for mankind. When you allow your nature to take over, you achieve balance and true happiness. Sounds like there's something about Taoism after all! So, how can you get started on this way of life? All you need to do is grab a copy of "Taoism for Beginners" by renowned Taoist practitioner Michael Luck. This guide allows you to uncover the secrets of Taoism and Taoist philosophy the easy way! Over the course of this life-changing guide, Taoist enthusiasts like you will: Take control of your health and wellbeing by learning Taoist-based principles on stress and diet Read about inspiring success stories about Taoist leadership and change how you lead your team for good Heal your mind, body, and soul with the help of Taoist meditations and feel uplifted and fulfilled Achieve true inner peace and change your life for the better using ancient Taoist Tai Chi teachings Improve your sex life and last longer in bed by uncovering ancient Taoist secrets for better sexual performance And so much more!
Sexual Secrets: Twentieth Anniversary Edition Nik Douglas 1999-12-01 • The #1 guide to sex and mysticism, redesigned in full color for the new

millennium. • More than 600 illustrations of the erotic sentiment, 199 in full color. • More than 1 million copies sold with translations in 19 languages. • Combines the wisdom of the great Eastern sages with images from the West to present a celebration of creative sexuality. *Sexual Secrets* is the definitive guide to sex and mysticism, revealing the wisdom of the sages of India, Nepal, Tibet, China, and Japan whose teachings on sexuality unveil how physical love can be the pathway to spiritual liberation. Containing more than 600 illustrations--the most comprehensive collection of images expressing the erotic sentiment--and with more than one million copies sold in more than 19 languages, *Sexual Secrets* unlocks for everyone the experience of ecstasy once sealed in the ancient texts and art of the East. In celebration of its 20th year in print, *Sexual Secrets* has been completely revised and redesigned and includes 199 color illustrations to complement Penny Slinger's unsurpassed black-and-white illustrations, which evoke all the major cultures of the East. Working from contemporary models and from ancient pieces originally commissioned by kings and emperors, Slinger blends images of the West with the sentiments of the East to further enhance the experience of the text and to help in the transmission of the secrets--a celebration of creative sexuality.

Asian Secrets of Sexual Ecstasy Gilly Smith 2000-06 Practical and sensitive, this guide demystifies ancient sexual secrets and offers step-by-step techniques to better sex and heightened sensuality.

The Multi-Orgasmic Woman Mantak Chia 2010-02-23 Intensify your sex life The coauthor of *The Multi-Orgasmic Man* and coauthors of *The Multi-Orgasmic Couple* show you how to: Orgasm anytime you want Orgasm as many times as you want Experience intense multiple whole-body orgasms Use sexuality for health and healing You will discover simple step-by-step techniques for a level of sexual pleasure and healing you may not have known was possible. This fully illustrated guide will teach women of all ages how to harness sexual energy in a way that nourishes and enriches the body, mind, and soul.

The Tao of Seduction Lin Liao Yi 2007-11 'The Tao of Seduction' consists of two texts on ancient Taoist sexual alchemy, discovered while excavating the Mawangdui archaeological site in Hunan province.

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.

Stay Woke Justin Michael Williams 2020-02-11 A simple, no-nonsense guide to change your life and take hold of your dreams "I have a confession," writes author Justin Michael Williams. "This is not really a meditation book." Yes, Williams is going to teach you everything you need to know about meditation—but if you came looking for a typical book on mindfulness, you're in the wrong place. *Stay Woke* is FOR THE PEOPLE. All people, of all

backgrounds deserve to have access to the information they need to change their lives. And if you grew up in struggle—overcoming homophobia, anxiety, sexism, depression, poverty, toxic masculinity, racism, or trauma—you need a different type of meditation . . . one that doesn't pretend the struggle doesn't exist. Now, Williams introduces Freedom Meditation—a distinct approach that addresses disillusionment, social justice, overwhelm, and shame; strengthens intuition; cuts through self-sabotaging programming; and empowers you to make better decisions. Whether you've tried meditation but it never sticks, or you've heard about it but never gave it a shot, this 10-step guide will cut through the noise and teach you how to create a daily meditation ritual that fits in with your messy, modern life. Stay Woke is a book that breaks barriers and encourages people of all identities, colors, shapes, ages, and economic backgrounds to claim their innate and limitless potential.

Erotic Chinese Massage Wang-puh Wei 2015-08-04 This book helps to strengthen bonds of affection and to discover the secrets of the sexual massage of the ancient Chinese Taoists. You will discover and better get to know the most erotic places on your partner's body, their erogenous zones, and the tricks that awaken their desire and predispose them to pleasure. Chinese erotic massage reunites traditional knowledge of a millennial culture and puts within your reach all the techniques to enjoy a better sex life. You will learn: • To discover with your fingers the most sensitive parts of the body through the techniques of acupuncture that favor the flow of internal energy • The most appropriate massage for every occasion to obtain the best results • How to apply the appropriate amount of pressure during a massage • And so much more! Learn to let the energy flow through the interior of your body, quiet your mind, and feed the spirit through the caresses. Communicate with your partner and understand your desires without necessarily expressing them out loud; little by little, your sexual life will open itself to a new world full of possibilities!

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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