

The Sexual Teachings Of The White Tigreb Hsi Lai

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 Tigrisses and Jade Dragons, Hsi Lai shows the reader how these ancient Taoist secrets can be incorporated into a contemporary lifestyle.

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.

Celebrated Cases of Judge Dee - Robert Hans van Gulik 1976-01-01

Tells of a celebrated seventh-century Chinese magistrate's investigation of a double murder among traveling merchants, the fatal poisoning of a bride on her wedding night, and a murder in a small town

White Tiger, Green Dragon - Simone Marnier 2000-10

White Tiger, Green Dragon follows the spiritual, erotic and psychic evolution of Tu Ming, a Taoist monk in Old China. Tu is apprenticed in sequence to five female adepts in the discipline known as the "dual cultivation," a kind of tantra yoga in which sexual techniques replicate states of spiritual progress. This practice culminates in the creation of a spiritual embryo at the moment of enlightenment. The five masters who instruct Tu run the gamut of Chinese folklore characters, including the gentle pillow girl, Mei Cha, the doughty herb gatherer, Su Ba, and Lekshe Tsogyel, an acrobatic aristocrat from Tibet. Tu advances not only

in his practice, but also in his understanding of life and love as he falls under the spell of five unforgettable women unequalled in religious literature. In the exciting conclusion, he experiences an epiphany that redefines what it means to attain the highest knowledge.

Architects of Buddhist Leisure - Justin Thomas McDaniel 2017-04-01

Buddhism, often described as an austere religion that condemns desire, promotes denial, and idealizes the contemplative life, actually has a thriving leisure culture in Asia. Creative religious improvisations designed by Buddhists have been produced both within and outside of monasteries across the region—in Nepal, Japan, Korea, Macau, Hong Kong, Singapore, Laos, Thailand, and Vietnam. Justin McDaniel looks at the growth of Asia's culture of Buddhist leisure—what he calls "socially disengaged Buddhism"—through a study of architects responsible for monuments, museums, amusement parks, and other sites. In conversation with noted theorists of material and visual culture and anthropologists of art, McDaniel argues that such sites highlight the importance of public, leisure, and spectacle culture from a Buddhist perspective and illustrate how "secular" and "religious," "public" and "private," are in many ways false binaries. Moreover, places like Lek Wiriyaphan's Sanctuary of Truth in Thailand, Suối Tiên Amusement Park in Saigon, and Shi Fa Zhao's multilevel museum/ritual space/tea house in Singapore reflect a growing Buddhist ecumenism built through repetitive affective encounters instead of didactic sermons and sectarian developments. They present different Buddhist traditions, images, and aesthetic expressions as united but not uniform, collected but not concise: Together they form a gathering, not a movement. Despite the ingenuity of lay and ordained visionaries like Wiriyaphan and Zhao and their colleagues Kenzo Tange, Chan-soo Park, Tadao Ando, and others discussed in this book, creators of Buddhist leisure sites often face problems along the way. Parks and museums are complex adaptive systems that are changed and influenced by budgets, available materials, local and global economic conditions, and visitors. Architects must often compromise and settle at local optima, and no matter what they intend, their buildings will develop lives of their own. Provocative and theoretically innovative, *Architects of Buddhist Leisure* asks readers to question the very category of "religious" architecture. It challenges current methodological approaches in religious studies and speaks to a broad audience interested in modern art, architecture, religion, anthropology, and material culture. An electronic version of this book is freely available thanks to the support of libraries working with Knowledge Unlatched, a collaborative initiative designed to make high-quality books open access for the public good. The open-access version of this book is licensed under Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International (CC BY-NC-ND 4.0), which means that the work may be freely downloaded and shared for non-commercial purposes, provided credit is given to the author. Derivative works and commercial uses require permission from the publisher.

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.

War and Popular Culture - Chang-tai Hung 2023-11-10

This is the first comprehensive study of popular culture in twentieth-century China, and of its political impact during the Sino-Japanese War of 1937-1945 (known in China as "The War of Resistance against Japan"). Chang-tai Hung shows in compelling detail how Chinese resisters used a variety of popular cultural

forms—especially dramas, cartoons, and newspapers—to reach out to the rural audience and galvanize support for the war cause. While the Nationalists used popular culture as a patriotic tool, the Communists refashioned it into a socialist propaganda instrument, creating lively symbols of peasant heroes and joyful images of village life under their rule. In the end, Hung argues, the Communists' use of popular culture contributed to their victory in revolution.

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.

Shifting Shape, Shaping Text - Steven Heine 1999-12-01

According to the fox koan, the second case in the Wu-men kuan koan collection, Zen master Pai-chang encounters a fox who claims to be a former abbot punished through endless reincarnations for denying the efficacy of karmic causality. In the end he is liberated by Pai-chang's turning word, which asserts the inexorability of cause-and-effect. Most traditional interpretations of the koan focus on the philosophical issue of causality in relation to earlier Buddhist doctrines, such as dependent origination and emptiness. Dogen, the founder of the Japanese Soto school, devoted two fascicles of the Shobogenzo exclusively to the fox koan. One fascicle supports a paradoxical view of causality and non-causality, the two being "two sides of the same coin"; the second strongly attacks this interpretation and defends a literal reading that asserts causality and denies non-causality. Dogen's apparent change of heart on this topic has inspired scholars of the recent Critical Buddhist methodology to evaluate the merits and weaknesses in Zen's attitude toward ethical issues and social affairs. *Shifting Shape, Shaping Text* examines the fox koan in relation to philosophical and institutional issues facing the Ch'an/Zen tradition in both Sung China and medieval and contemporary Japan. Steven Heine integrates his own philological analysis of the koan, textual analysis of koan collections and related literary genres in T'ang and Sung China, folklore studies, recent discourse theory, Dogen studies, and research on monastic codes and institutional history to craft an original and compelling work. More specifically, he illuminates a fascinating dimension of the entire Ch'an/Zen tradition as he carefully lays out the philosophical issues in the koan concerning causality/karma and enlightenment, the ethical issues contained therein, the bearing that certain interpretations of causality had on the creation of monastic codes and institutional security in China, the relation between Zen and folk religion as revealed by the koan, and the issue of possible antinomianism in Zen, especially as grappled with by later thinkers such as Dogen and contemporary representatives of Critical Buddhism. Finally he applies theories of "high" and "low" religion and contemporary discourse and in the process rethinks the theories and their applicability across cultures. Far-reaching yet rigorous, *Shifting Shape, Shaping Text* will not only attract the interest of Ch'an/Zen specialists, but also those studying folklore, popular religion, and issues concerning the nature of discourse and the relation between "high" and "low" religions.

Tales of Times Now Past - Marian Ury 1979

After Confucius - Paul R. Goldin 2017-04-01

After Confucius is a collection of eight studies of Chinese philosophy from the time of Confucius to the formation of the empire in the second and third centuries B.C.E. As detailed in a masterful introduction, each essay serves as a concrete example of "thick description"—an approach invented by philosopher Gilbert Ryle—which aims to reveal the logic that informs an observable exchange among members of a

community or society. To grasp the significance of such exchanges, it is necessary to investigate the networks of meaning on which they rely. Paul R. Goldin argues that the character of ancient Chinese philosophy can be appreciated only if we recognize the cultural codes underlying the circulation of ideas in that world. Thick description is the best preliminary method to determine how Chinese thinkers conceived of their own enterprise. Who were the ancient Chinese philosophers? What was their intended audience? What were they arguing about? How did they respond to earlier thinkers, and to each other? Why did those in power wish to hear from them, and what did they claim to offer in return for patronage? Goldin addresses these questions as he looks at several topics, including rhetorical conventions of Chinese philosophical literature; the value of recently excavated manuscripts for the interpretation of the more familiar, received literature; and the duty of translators to convey the world of concerns of the original texts. Each of the cases investigated in this wide-ranging volume exemplifies the central conviction behind Goldin's plea for thick description: We do not do justice to classical Chinese philosophy unless we engage squarely the complex and ancient culture that engendered it. An electronic version of this book is freely available thanks to the support of libraries working with Knowledge Unlatched, a collaborative initiative designed to make high-quality books open access for the public good. The open-access version of this book is licensed under Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International (CC BY-NC-ND 4.0), which means that the work may be freely downloaded and shared for non-commercial purposes, provided credit is given to the author. Derivative works and commercial uses require permission from the publisher.

Elasmobranch Biodiversity, Conservation and Management - Sarah L. Fowler 2002

The Darwin Elasmobranch Biodiversity Conservation and Management project in Sabah held a three-day international seminar that included a one-day workshop in order to highlight freshwater and coastal elasmobranch conservation issues in the region and worldwide, to disseminate the result of the project to other Malaysian states and countries, and to raise awareness of the importance of considering aspects of elasmobranch biodiversity in the context of nature conservation, commercial fisheries management, and for subsistence fishing communities. These proceedings contain numerous peer-reviewed papers originally presented at the seminar, which cover a wide range of topics, with particular reference to species from freshwater and estuarine habitats. The workshop served to develop recommendations concerning the future prospects of elasmobranch fisheries, biodiversity, conservation and management. This paper records those conclusions, which highlight the importance of elasmobranchs as top marine predators and keystone species, noting that permanent damage to shark and ray populations are likely to have serious and unexpected negative consequences for commercial and subsistence yields of other important fish stocks.

Sun-Face Buddha - Ma-tsu 1992

A translation of the primary materials on the life and teachings of Ma-Tsu (709-788), the successor to the great sixth patriarch and the greatest Ch'an master in history, Hui-Neng (638-713). The book should be invaluable to all who wish to study the development of the Zen thought and philosophy over the course of history.

Pacing the Void - Edward H. Schafer 2005

In the author's own words, this work attempts to recreate, for the 20th-century reader, the sky and the apparitions that ornament it as they were conceived, imagined, and reacted to by the men of T'ang-dynasty China—that is, to suggest what the medieval Chinese . . . thought they saw in the night sky, and how they treated those magic lights in their active lives, their private commitments, and their literary fabrications. Inevitably, this enterprise meant the exploration of the borderlands where science, faith, tradition, invention, and fantasy overlap. Armed with the new awareness that this fascinating work provides, we can better understand the great legacy of art and literature of this greatest period of cultural flowering in Chinese history.

Lieh-tzu - 2001-12-11

The *Lieh-tzu* is a collection of stories and philosophical musings of a sage of the same name who lived around the fourth century BCE. Lieh-tzu's teachings range from the origin and purpose of life, the Taoist view of reality, and the nature of enlightenment to the training of the body and mind, communication, and the importance of personal freedom. This distinctive translation presents Lieh-tzu as a friendly, intimate

companion speaking directly to the reader in a contemporary voice about matters relevant to our everyday lives.

Ways of Thinking of Eastern Peoples - Hajime Nakamura 1981-05-01

"There is hardly any book equal to Ways of Thinking of Eastern Peoples in terms of its thorough and systematic presentation of the intricate thought patterns of Asian peoples. The book not only is an essential reference for the student of Asian culture, but also for students of philosophy, religion, anthropology, and art, as it is an excellent source for aiding the student in gaining a deeper understanding of each facet of Oriental thought." --Isshi Yamada, Northwestern University "The clearest discussion and analysis of these complex subjects that I have found. My advanced undergraduate students find this work to be 'stimulating', 'challenging' and comprehensible.' The organization of the text enhances the usefulness of this volume, but it is the high quality of the scholarship that makes Ways of Thinking a most valuable addition to Asian studies and to the academic training of upper division students." --Ann B. Radwan, University of North Florida "I find Ways of thinking a most provocative source for exploring with my students certain basic themes in Eastern religion and culture. Used carefully, it is a most stimulating and effective source for tapping Eastern 'ways' at a fundamental level of inquiry." --Wilbur M. Fridell, University of California, Santa Barbara

Teachings of the Tao - Eva Wong 1996-12-17

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

of Taoist immortals, magicians, and sorcerers; ethical tracts; chants and rituals; and teachings on meditation and methods of longevity.

Zhipan's Account of the History of Buddhism in China - Thomas Jülch 2019-04-09

With his carefully annotated translation of Fozu tongji, juan 34-38, Thomas Jülch enables an indepth understanding of a key text of Chinese Buddhist historiography.

The Red Spears, 1916-1949 - Hsuan-chi Tai 1981-01-01

Before Tai Hsüan-chih's work on the Red Spear Society, the subject was a little understood movement that seemed of only passing interest to scholars of China—intriguing for its peculiar beliefs and rituals, perhaps, but hardly of central importance to modern Chinese history. Today, however, thanks in no small measure to the pioneering work of Professor Tai, the Red Spears have gained a secure niche in scholarship on modern China. Their numbers (reaching perhaps some three million participants at the height of the movement) and enduring (lasting intermittently for several decades) should stand as reason enough for the recent scholarly attention. But the Red Spears have generated interest for other reasons as well. As research has developed into the history both of China's traditional rural rebellions and of her Communist revolution has developed over the past few years, the Red Spears have assumed increasing significance. A movement which bore marked similarities to earlier Chinese uprisings (most notably the Boxers), the Red Spears nevertheless operated in a later period of history (right through the middle of the twentieth century) which brought them in direct contact with Communist revolutionaries. An analysis of the Red Spears thus becomes important both for what it can tell us about longstanding patterns of rural rebellion in China, and for what it suggests about the nature of Chinese revolution.

The Culture of Love in China and Europe - Paolo Santangelo 2020

The Culture of Love in China and Europe offers a cautiously comparative survey of the cults of love developed in the history of ideas and literary production in China and Europe between the 12th and early 19th century.

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