

# Tao Sexual Guide

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.

**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.

*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.

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.

**Basic Practices of the Universal Healing Tao** Mantak Chia 2013-04-05 A comprehensive reference guide to the foundational Taoist practices taught by Master Mantak Chia • Organized by level and chi kung system for quick reference during practice or teaching • Includes 220 exercises from more than 20 of Master Chia's practice systems, including the Inner Smile, the Six Healing Sounds, the Microcosmic Orbit, Chi Self-Massage, Cosmic Detox, and Iron Shirt Chi Kung • Covers all of the basic exercises in the Universal Tao's first 6 levels of instruction Organized progressively by level and system for quick reference during practice or teaching, this illustrated guide covers all of the foundational exercises in the Universal Healing Tao's first 6 levels of instruction. Keyed to the corresponding book for each complete practice, such as Healing Light of the Tao and Chi Self-Massage, this guide includes 220 exercises from more than 20 of Master Mantak Chia's practice systems, including the Inner Smile, the Six Healing Sounds, the Microcosmic Orbit, Iron Shirt Chi Kung, Wisdom Chi Kung, Tao Yin, Chi Nei Tsang, Cosmic Detox, Bone Marrow Nei Kung, Cosmic Healing, Tendon Nei Kung, and Karsai Nei Kung. Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao, this book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia's teachings, enabling you to purify, transform, regenerate, and transcend not only your own energy but the energy around you as well.

**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.

*Tao Tantric Arts for Women* Minke de Vos 2016-07-01 Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

**The Tao of Sexual Massage** Stephen Russell 2003 With all-new color line drawings, a new cover, and fresh, four-color photos, this elegant guide explains how to combine the erotic, ancient Oriental art of lovemaking with modern massage techniques to enhance sexual experiences. Full color.

**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

**Holding Yin, Embracing Yang** Eva Wong 2005-06-14 In Holding Yin, Embracing Yang, Eva Wong presents translations of three key texts containing the highest teachings of the Eastern and Western schools of Taoist internal alchemy—the discipline of cultivating health, longevity, and immortality by transforming the energetic structures of body and mind. The texts are primarily concerned with meditation, breathing practices, and

sexual yoga with a partner—all as means for developing within ourselves the same life-giving energy that sustains and nourishes the universe. The texts in this collection offer a clear view of the physical, mental, and spiritual methods of Taoist practice, showing why they are important and how these methods all can work together in the cultivation of mental peace, radiant health, and longevity. This collection will provide inspiration and the essential foundation necessary to begin Taoist practice under the guidance of a teacher. The three classics translated here are: *Treatise on the Mysterious Orifice* by Xuanweilun (sixteenth century), *Discussion on the Cavity of the Tao* by Daojiaotan (nineteenth century), and *Secret Teachings on the Three Wheels* by Sanjubizhi (nineteenth century). Included is an introduction in which Wong discusses the various schools of internal alchemy, as well as their main practices.

**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!

**Blue Dragon, White Tiger** Chang Sen Feng 2012-11-01 Dating from the Tang dynasty, this unusual tantric guide documents a sexual tantra that is thought to have been practiced by kings for several dynasties. The ancient text, translated into English for the first time, carefully describes the methods of this sexual internal alchemy practice in beautiful poetry and prose, with explanatory commentaries.

*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.

**Taoism** Eva Wong 2011-03-08 The great depth and diversity of Taoist spirituality is introduced in a single, accessible manual Millions of readers have come to the philosophy of Taoism thanks to the classics *Tao Te Ching* and the *I Ching*, or through the practices of t'ai chi and feng-shui, but the Tao is less known for its unique traditions of meditation, physical training, magical practice and internal alchemy. Eva Wong, a leading Taoist practitioner and translator, provides a solid introduction to the Way. All of Taoism's most important texts, figures, and events are covered, as well as its extraordinarily rich history and remarkable variety of practice. Sections include: • The History of Taoism traces the development of the tradition from the shamans of prehistoric China through the classical period (including the teachings of the famous sage Lao-tzu), the beginnings of Taoism as a religion, the rise of mystical and alchemical Taoism, and the synthesis of Taoism, Buddhism, and Confucianism. • Systems of Taoism explores magical sects, divination practices, devotional ceremonies, internal alchemy, and the way of right action. • Taoist Practices discusses meditation, techniques of cultivating the body, and rites of purification, ceremony, and talismanic magic. This roadmap to the spiritual landscape of Taoism not only introduces the important events in the history of Taoism, the sages who wrote the Taoist texts, and the various schools of Taoist thinking, but also gives readers a feel for what it means to practice Taoism today. A comprehensive bibliography for further study completes this valuable reference work.

**The Tao of Intimacy and Ecstasy** Solala Towler 2014-06-01 "Harmony is the essence of a lasting and loving relationship," teaches Solala Towler, "and no teaching offers us greater insight into the path of harmony than the Tao." For anyone seeking to build greater connection, intimacy, and sexual fulfillment in their relationship, Towler presents *The Tao of Intimacy and Ecstasy*—an essential guide to a natural and joyous way of love. Filled with timeless practices and guidance for both individuals and couples, this elegant book explores: Timeless Taoist wisdom adapted for the complexity of modern relationships The art of clear, respectful, and authentic communication How to use the principle of yin/yang to create harmony within your relationship as well as within yourself Attuning sexual energy between partners for happy and sensual lovemaking, spiritual cultivation, and better health Chi gong (qigong) exercises, tai chi principles, and meditations to balance your subtle energies and align your spirit with that of your partner Does building a lasting relationship always require hard work and effort—or can you instead follow the natural flow of love, desire, and spiritual connection between you and your partner? With *The Tao of Intimacy and Ecstasy*, Solala Towler offers a practical and inspiring guide to traveling the "watercourse way" with your partner—one that gives you both the space to grow, explore, and discover the richness of your sacred union.

*Taoist Sexual Meditation* Bruce Frantzis 2021-09-22

**Healing Love through the Tao** Mantak Chia 2005-07-15 A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.

**The 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.

Daoist Sexual Arts Stuart Olson 2015-03-15 The subject of Daoist sexual teachings and practices has often been confusing to Western readers. This confusion is a result of how Daoism has intrinsically bound sexuality with spirituality and internal alchemy, making the language of its literature difficult to grasp by Western readers. In *Daoist Sexual Arts*, Stuart Alve Olson demystifies this specialized language through his insightful instructional notes and comments, culled from his many years of intense study and practice of Daoist arts. This book presents two of the most important texts of Daoist restorative and transformative sexual alchemy teachings (The Immortalese He Xiang on the Correct Course for Female Practice and The Immortal Zhang Sanfeng's Summary on Gathering the True Root-Power), augmented with excerpts and insights from a variety of Daoist schools, all of which makes this book a valuable source guide for anyone interested in Daoist health, longevity, sexual-spiritual philosophy, and internal alchemy teachings. This work pays great attention to issues concerning sexual health and practices for women, as well as delving into methods for couples and advice for men. In the end, this book is about bringing harmony, not only in sexual partnerships, but for the individual as well. Those who practice sexual arts from any tradition will find this book both informative and enlightening.

*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.

Tantra and the Tao Gilly Smith 1996-01-01 A guide to better sex and more intimate relationships, this book is about discovering the sexual electricity that will transform mind, body and soul.

The Shambhala Guide to Taoism Eva Wong 1997 A complete guide to the history, philosophy and practice of an ancient Chinese spiritual tradition.

**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.

*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.

**Barefoot Doctor's Handbook for Modern Lovers** Barefoot Doctor 2017 Barefoot Doctor's Handbook for Modern Lovers is the third of a trilogy of handbooks dealing with the 'eternal' triumvirate that appears to make the material world go round, namely Power, Money and Sex (PMS). Handbook for Modern Lovers provides a Wayward guide to help you discover new depths of sexual love within yourself. I have come (fairly) clean in this book about my own sexuality in the hope that modern lovers the world over will be inspired to do likewise, as I believe that bringing things out into the open is good for people's health and will be helpful in reducing general tension levels on the planet at this time. Sex as an expression of anything other than love is like food without nutritional value. It fills the gap for an instant, then you're hungry again. Sex as an expression of love nourishes you in a cumulative way, each encounter building your sense of self-value, increasing your capacity to love yourself and others. Not that there's anything intrinsically wrong (or right) with loveless sex. Fast food is sometimes the expedient choice. Fast sex can be exhilarating. But just as your digestive organs find it hard to make much use of mass-market burgers, your soul finds it hard to make sense of loveless sexual encounters. You don't need to be in a long-term relationship to express love when you have sex. You can express love with a complete stranger as easily as you can express no love with a long-term partner. That part's entirely up to you.

*The Taoist Soul Body* Mantak Chia 2007-11-15 A guide to the practice of the Lesser Kan and Li that gives birth to the soul body and the immortal spirit body • Shows how to awaken higher consciousness through practices in total darkness that stimulate the release of DMT by the pineal gland • Shows how to transform sexual energy into life-force energy to feed the soul body The Lesser Enlightenment of Kan and Li practice combines the compassion of the heart energies (yang/fire) with sexual energies originating in the kidneys (yin/water) to form and feed the soul or energy body. Practice of the Chinese formula Siaow Kan Li (yin and yang mixed) uses darkness technology to literally "steam" the sexual energy (jing) into life-force energy (chi) by re-versing the location of yin and yang power. This inversion places the heat of the bodily fire from the heart center beneath the coolness of the bodily water of the sexual energy of the perineum, thereby activating the liberation of transformed sexual energy. Darkness technology has been a key element of Taoist practice--and of all Inner Alchemy traditions--throughout the ages. A total darkness environment stimulates the pineal gland to release DMT into the brain. The darkness actualizes successively higher states of consciousness, correlating with the accumulation of psychedelic chemicals in the brain. In the darkness, mind and soul begin to wander freely in the vast realms of psychic and spiritual experience. Death is no longer to be feared

because life beyond the physical body is known through direct experience. The birth of the soul is not a metaphor. It is an actual process of converting energy into a subtle body. Developing the soul body is the preparation for the growth of the immortal spirit body in the practice of the Greater Enlightenment of Kan and Li.

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

[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.

[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.

**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.

**Barefoot Doctor's Handbook for Modern Lovers** Stephen Russell 2001-08-14 Blending Eastern practices like breathing, meditation, and energy work with modern knowledge about physiology, this guide yields a new approach to sexual nirvana. Russell prescribes dozens of moves ranging from the erotic to the exotic and shows readers how to make sex the best it can be. Illustrations.

**Tao Tantric Arts for Women** Minke de Vos 2016-06-30 Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality—receptive, soft, sensitive, intuitive, and creative—rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

*Revive Your Sex Drive: The Yang Man's Guide to Increased Sexual Energy, Confidence, & Power*

*The Tao of Sexology* Stephen Thomas Chang 1986

**Sex and the Perfect Lover** Mabel Iam 2006-10-24 Your dreams of sexual pleasure are about to come true. No age, time, place, or body constraints can prevent you from becoming the lover you desire to be. A bestseller around the world, Sex and the Perfect Lover has become the definitive guide to improving your sexual experience. Inside, discover how to: Learn and develop sexual magnetism Become an irresistible, fascinating, unforgettable lover Overcome sexual blocks and inhibitions Achieve multiple orgasms Stimulate a woman's G-spot Practice Kama Sutra techniques with the help of amazing illustrations and personal tips from the author Make your relationship sacred and feel inner divinity while making love Find and attract your soul mate This book will become your eternal companion and trusted adviser -- all of your needs and doubts about eroticism will be eased by Iam's tried-and-true advice. From your first kiss to sexual ecstasy, Mabel Iam guides you along the path to an intense pleasure that only love and sex can bring.

**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 Tantric Yoga* Satyama Ratna Lasby 2021-05-06 The Tao of Tantric Yoga is the response to people wanting to know more about the tantric and yogic paths. It is for the tens of thousands of people working on themselves, who sense that there is something MORE to life. Appealing to women and men wishing for how-to's, experimental ways and alternative thinking about sexuality, retaining energy for creative endeavours, the secrets of feminine ways, and alternative ways to make love. This book is about real love. The longing behind it all. Perhaps you have grown so comfortable with your relationship that you are now wondering how to be as free and erotic as you used to be, or how to approach the topic of open relationships. Perhaps you have been single for a long time, so romantic love may not truly exist for you, but tantra can, and so can self-love by following a yogic lifestyle. This unique personal and helpful way of explaining things offers ways in which we can know ourselves so well that, with practice, our lives will change. Evolution is happening Now. We can become people with wisdom and compassion, communicating well, asking for what we want and getting it, and understanding that life is what we are creating for ourselves moment to moment. The number of people who practice yoga and meditation has grown immensely. While yoga itself is 6,000 years old, it was re-popularized several times and now millions of people are partaking in practices of all sorts, from kundalini to yin. Tantric Yoga awakens us to a deeper understanding of our bodies, and how the body is connected to the expression and experience of the emotions, and the magnitude that comes with chakra purification. The Tao of Tantric Yoga's author Satyama Ratna Lasby is inspired and reveals some of her erotic time spent in the ashram of Osho Rajneesh, the enlightened spiritual leader known for his radical approach to life and sex. He eloquently paved the way for unconventional and intelligent relating using neo-tantric meditations for wisdom and in-the-moment living. Osho spoke about tantra and its spiritual relationship to sex, likely a few years too soon. Growing pains in tantric practices are highlighted in communities like Koh Phangan where tourists abound (looking for sex though maybe not ready to admit it), tantra teachers are born too quickly, and many "scandals" happen due to karma, desires unfulfilled, lack of communication, or differences in conditioning. There is more authentic curiosity than ever before from those wanting peak experiences in life and in their sexuality. The Tao of Tantric Yoga explains how body and mind are necessary for the awareness of healing, which includes sexual healing, where most carry wounds and fears which are covered by human behaviour and speech. Once healing has taken place, pleasure can occur, and once pleasure is experienced, there is no end to the heightened states possible through ritualizing sacred practices either with yourself or another, or simply by practicing and experimenting with consciousness and meditation. There are many ways to do this; some are described, step by step so that you can try them in their life. Tantric rituals are also given in detail,

as are tantric sexual positions and the alignment of the chakras via yoga and sexual practice. The book is also an exploration what makes certain types of communities sustainable through their choice in spiritual practices, also in their choice of how to deal with conflicts that arise in relationships where love and sexuality are involved. The community of Tamera in Portugal is highlighted for its communication and conscious care of others via truthful and fully transparent paths. Behind all practices may be the doorway to how we live now, in a radically shifting paradigm that includes a look at how COVID is affecting us and how we can care globally through yoga.

**The Way of Good Sex** Colin Willby 2011

**The Tao of Male Sex Appeal** Jim Cabeceiras 2004-07 'The Tao of Male Sex Appeal' is the first book to explain in simple terms why and how women are attracted to men. Based on a twenty year study of highly successful dominant men, Jim Carrera and Sean Marsh observed and documented the instinctive behavior in men that women are attracted to. The common denominators of dominant male behavior are given to you in a simple, step by step format in this book, along with the role of personality and language and why they are secondary for a man's success with women. Whether you are shy or outgoing by nature, or just simply average in appearance, the principles of dominant behavior, if applied, will make you more desirable by women who typically would not give you a second look. The 'Tao of Male Sex Appeal' is the foundation for any man on the road to success and dominance in life as well as love.

**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.

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