

# **Holding Yin Embracing Yang Three Taoist Classics On Meditation Breath Regulation Sexual Yoga And The Circulation Of Internal Energy**

**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.

**Zen Shiatsu** Shizuto Masunaga 1977 An advanced, comprehensive book incorporating meditative psychology, massage and adjusting techniques into a holistic approach to health.

**Being Taoist** 2015-03-03 A beautifully clear and accessible explanation of how to live a Taoist life—with an overview of Taoist philosophy—by a renowned Taoist master Taoism isn't a spiritual extracurricular activity, it's an integral practice for living all of life to the fullest. Taoist living rests on four pillars—the public, the domestic, the private, and the spirit lives. Not only do Taoists strive to live these four aspects fully and in a balanced way, they also believe there is an outlook and an art to each of them. Here, modern Taoist adept Eva Wong is your guide to living well according to the wisdom of this ancient system. Drawing from ancient Taoist texts, she explains in simple terms the Taoist masters' approach to the four aspects of life, asking readers to reflect on the balance of their own lives and demonstrating how that balance is the secret infusing your life with health, harmony,

and deep satisfaction.

**Daoism in the Twentieth Century** David A Palmer 2012-03 An interdisciplinary group of scholars explores the social history and anthropology of Daoism from the late nineteenth century to the present, focusing on the evolution of traditional forms of practice and community, as well as modern reforms and reinventions.

Essays investigate ritual specialists, body cultivation and meditation traditions, monasticism, new religious movements, state-sponsored institutionalization, and transnational networks"--  
Publisher's Web site.

**Shadows of the Prophet** Douglas S. Farrer 2009-06-05 This is the first in-depth study of the Malay martial art, silat, and the first ethnographic account of the Haqqani Islamic Sufi Order. Drawing on 12 years of research and practice, the author provides a major contribution to the study of Malay culture.

American Book Publishing Record 2003

**Relaxing Into Your Being** Bruce Kumar Frantzis 2001 Reader's ed. published: Fairfax, Calif.: Clarity Press, 1998.

**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.

**Daoism, Meditation, and the Wonders of Serenity** Stephen Eskildsen 2015-11-04 An overview of Daoist texts on passive meditation from the Latter Han through Tang periods. Stephen Eskildsen offers an overview of Daoist religious texts from the Latter Han (25–220) through Tang (618–907) periods, exploring passive meditation methods and their anticipated effects. These methods entailed observing the processes that unfold spontaneously within mind and body, rather than actively manipulating them by means common in medieval Daoist religion such as visualization, invocations, and the swallowing of breath or saliva. Through the resulting deep serenity, it was claimed, one could attain profound insights, experience visions, feel surges of vital force, overcome thirst and hunger, be cured of ailments, ascend the heavens, and gain eternal life. While the texts discussed follow the legacy of Warring States period Daoism such as the Laozi to a significant degree, they also draw upon medieval immortality methods and Buddhism. An understanding of the passive meditation literature provides important insights into the subsequent development of Neidan, or Internal Alchemy, meditation that emerged from the Song period onward. Stephen Eskildsen is North Callahan Distinguished Professor of Religion at

the University of Tennessee at Chattanooga and the author of *Asceticism in Early Taoist Religion and The Teachings and Practices of the Early Quanzhen Taoist Masters*, both also published by SUNY Press.

**The British National Bibliography** Arthur James Wells 2005  
**Chinese Traditional Herbal Medicine** Michael Tierra This *Materia Medica and Herbal Reference* has been organized and developed to make Chinese herbology accessible to the Western reader or practitioner. The book also includes extensive use of Chinese herbal formulae and specific treatment of disease conditions. There are a number of useful index listings including Latin name, Chinese name, Chinese herbal formulae and a general index.

Daoist Internal Mastery Liping Wang 2019 This book translates Master Wang's original practice instructions and discourses given during training seminars. His system of internal alchemy goes back to two ancient Daoist texts: the 13th-century *Lingbao bifa*, linked to the immortals Zhongli Quan and L Dongbin; and the 17th-century *Taiyi jinhua zongzhi* (*Secret of the Golden Flower*), also connected to L . Together they are known as the *Lingbao tong zhineng neigong shu* (*Arts of Internal Mastery, Wisdom, and Potential, Based on Numinous Treasure*). The texts outline the concoction of a golden elixir through the dual cultivation of inner nature and life-destiny. This book follows the classics and presents all different kinds of techniques--including walking, pacing, sleeping, circulating the five phases, absorbing tree energy, and capturing planetary essences--in a systematic format and with a great amount of instructional detail. It contains a wealth of information invaluable to anyone interested in genuine Daoist cultivation and elucidates numerous rather obscure concepts to contextualize each practice.

□□□ Fabrizio Pregadio 2009 "*Awakening to Reality*" ("*Wuzhen pian*") is one of the most important and best-known Taoist alchemical texts. Written in the eleventh century, it describes in a

poetical form, and in a typically cryptic and allusive language, several facets of Neidan, or Internal Alchemy. This book contains a translation of the first part of the text, consisting of sixteen poems, which provide a concise but comprehensive exposition of Neidan. In addition to notes that intend to clarify the meaning of the more obscure points, the book also contains selections from Liu Yiming's commentary, dating from the late 18th century, which is distinguished by the use of a lucid and plain language. Table of Contents Preface, vii Introduction, 1 Translation, 21 Selections from Liu Yiming's Commentary, 75 Textual Notes, 89 Glossary of Chinese Characters, 95 Works Quoted, 101

Inside Zhan Zhuang Mark Cohen 2013-02 For the first time in print, the mysterious transformation process of Standing Meditation is revealed. Filled with tips and tricks to help get more out of training than most practitioners ever thought possible, this book contains a number of concepts and techniques presented for the first time in English. Drawing upon his 7th generation lineage in Chinese Medicine and using straightforward and simple language, Mr. Cohen fills in the missing pieces of the puzzle formerly absent in Zhan Zhuang literature. These include such elements as special masterpoints to relax and release large sections of the body, methods which rapidly create whole-body linkage for any posture; techniques for working with light in the higher energy centers, mechanisms to correct many crucial health problems and special training to develop truly effective martial power. A fast track for beginners. Highly recommended for seasoned practitioners. Take your Zhan Zhuang and Tai Chi to the next level.

**The Literati Path to Immortality: The Alchemical Teachings of Lu Xixing** Ilia Mozias 2020 "The Literati Path explores the life and teachings of the Ming author and alchemist Lu Xixing (1520-1601). It begins by examining his biography, religious community, alchemical doctrine, and methods of practice. Lu was special in that he embodied the literati tradition of self-

cultivation, engaging in the alchemical arts without ever leaving his habitual life. He did not abandon his family, was never ordained, and had no connection to Daoist or other institutions. He learned internal alchemy from books and through spirit-writing seances where he met Lü Dongbin and other immortals. Next, the work expounds the cosmological doctrines at the foundation of internal alchemy, including those found in the Yijing and the Cantong qi, and outlines the universal ebb and flow of yin and yang as the basis of the immortal elixir. It moves on to describe just how the practice serves to overcome destiny, modeling techniques on biological gestation and creating a new being deep within. It explains major alchemical concepts as applied by Lu Xixing and systematically describes his path to immortality, all the while questioning the validity of his reputation as a sexual alchemist. Shedding fascinating new light on the religious life of Ming literati and providing a first access to a unique take on internal alchemy in late imperial China, *The Literati Path to Immortality* is a must for anyone interested in traditional Chinese religion and culture!"--

Encyclopedia of Couple and Family Therapy Jay Lebow

2019-10-08 This authoritative reference assembles prominent international experts from psychology, social work, and counseling to summarize the current state of couple and family therapy knowledge in a clear A-Z format. Its sweeping range of entries covers major concepts, theories, models, approaches, intervention strategies, and prominent contributors associated with couple and family therapy. The Encyclopedia provides family and couple context for treating varied problems and disorders, understanding special client populations, and approaching emerging issues in the field, consolidating this wide array of knowledge into a useful resource for clinicians and therapists across clinical settings, theoretical orientations, and specialties. A sampling of topics included in the Encyclopedia: Acceptance versus behavior change in couple and family therapy

Collaborative and dialogic therapy with couples and families  
Integrative treatment for infidelity Live supervision in couple and family therapy Postmodern approaches in the use of genograms  
Split alliance in couple and family therapy Transgender couples and families  
The first comprehensive reference work of its kind, the Encyclopedia of Couple and Family Therapy incorporates seven decades of innovative developments in the fields of couple and family therapy into one convenient resource. It is a definitive reference for therapists, psychologists, psychiatrists, social workers, and counselors, whether couple and family therapy is their main field or one of many modalities used in practice.

**Taoist Meditation** Isabelle Robinet 1993-01-01 Isabelle Robinet's Taoist Meditation is the first and only scholarly study to discuss the ancient Mao-shan Taoist tradition of visionary meditation while, at the same time, helping to clarify the little understood relationship among the early Taoist classics, the Buddhist tradition, and the later Taoist religion. Most importantly, Taoist Meditation is a pioneering study that fully and accurately describes the unique visionary cosmology, bodily symbolism, astral journeys, internal alchemy, meditational techniques, and ritual practices of the Mao-shan or Shang-chi'ing (Great Purity) movement--one of the most important foundational traditions making up the overall Taoist religion. This English version of Robinet's work is more than a simple translation. Taoist Meditation presents a significantly expanded edition of the original French text which includes up-to-date bibliographies of Robinet's work and other Western scholarship on Taoism, additional illustrations, and a newly compiled list of textual citations.

**The Harvard Medical School Guide to Tai Chi** Peter M. Wayne, PhD 2013-04-09 A longtime teacher and Harvard researcher presents the latest science on the benefits of T'ai Chi as well as a practical daily program for practitioners of all ages  
Conventional medical science on the Chinese art of T'ai Chi now

shows what T'ai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that T'ai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how T'ai Chi actually works. Dr. Peter M. Wayne, a longtime T'ai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes:

- The basic program, illustrated by more than 50 photographs
- Practical tips for integrating T'ai Chi into everyday activities
- An introduction to the traditional principles of T'ai Chi
- Up-to-date summaries of the research on the health benefits of T'ai Chi
- How T'ai Chi can enhance work productivity, creativity, and sports performance
- And much more

**Listen to Your Body** Bisong Guo 2001-09-30 Listen to Your Body shows how you can promote health and natural well-being by modifying everyday actions to improve the flow of qi (the universal principle of energy). Breathing, eating, drinking, resting, washing, and many other small but vital actions--if carried out in the right way--can result in profound changes in body function. To give readers an understanding of the body's own natural medicine, the authors provide a clear explanation of the foundations of Traditional Chinese Medicine (TCM) with reference to qi and its flow through the body's meridians, the balance of yin and yang, and the body's energy centers. Readers will learn how to "tune in" to the signals the body transmits to warn of impending health problems; numerous case histories illustrate how this highly developed information system of the body works. Later chapters address the art of relaxation, bringing



together the TCM approach to health with recent scientific studies. Finally the authors describe in detail how to apply the natural medicine of the body to daily life. They discuss illness prevention and provide specific guidance for the management of a range of health disorders. Exercises and simple routines are given, together with the basis for their therapeutic effect.

**The Subtle Energy Body** Maureen Lockhart 2010-09-23 A

global study of the psychospiritual body and its central role in the esoteric and spiritual traditions of the world • Explains the nature, purpose, and functions of the subtle body • Explores the role of the subtle body in such traditions as Alchemy, Ayurveda, Tantra, Qi Gong, and Yoga • Shows how the various layers of the subtle body provide a map for various levels of consciousness

Ancient traditions of both the East and West have long maintained that the human being is a complex of material and nonmaterial systems, or energy bodies. The “subtle body” is an energetic, psychospiritual entity of several layers of increasing subtlety and metaphysical significance through which the aspirant seeks knowledge of the self and the nature of God. In many traditions, the component parts of the subtle body serve as a map of the different levels of consciousness. The practices and disciplines that evolved from an awareness and understanding of the subtle body, and how the material and nonmaterial work together, form a coherent system of psychospiritual transformation that is central to numerous and extremely diverse spiritual practices—including those of the Gnostics, Sufis, Native Americans, Vedic seers, Chinese, and Greeks. The subtle body plays an essential part in more recent traditions such as Anthroposophy and Gurdjieff’s Fourth Way and the cutting-edge science of Ervin Laszlo’s research into the Akashic field. But the benefits of understanding the role of the subtle energy body are not confined solely to the spiritual plane. The energetic bodies provide a coherent system of life-affirming principles and practices for the diagnosis and treatment of the whole person that

is not only part of many traditional healing systems, such as Acupuncture and Ayurveda, but also is forming the basis for a synthesis of traditional and contemporary healing practices that could lay the foundation for the medicine of the future.

Marcel Duchamp and the Art of Life Jacquelynn Baas 2019-11-19

A groundbreaking reading of Duchamp's work as informed by Asian "esoterism," energetic spiritual practices identifying creative energy with the erotic impulse. Considered by many to be the most important artist of the twentieth century, the object of intensive critical scrutiny and extensive theorizing, Marcel Duchamp remains an enigma. He may be the most intellectual artist of all time; and yet, toward the end of his life, he said, "If you wish, my art would be that of living: each second, each breath is a work which is inscribed nowhere, which is neither visual or cerebral." In *Marcel Duchamp and the Art of Life*, Jacquelynn Baas offers a groundbreaking new reading of Duchamp, arguing in particular that his work may have been informed by Asian "esoterism," energetic spiritual practices that identify creative energy with the erotic impulse. Duchamp drew on a wide range of sources for his art, from science and mathematics to alchemy. Largely overlooked, until now, have been Asian spiritual practices, including Indo-Tibetan tantra. Baas presents evidence that Duchamp's version of artistic realization was grounded in a western interpretation of Asian mind training and body energetics designed to transform erotic energy into mental and spiritual liberation. She offers close readings of many Duchamp works, beginning and ending with his final work, the mysterious, shockingly explicit *Étant donnés: 1° la chute d'eau 2° le gaz d'éclairage*, (Given: 1. The Waterfall, 2. The Illuminating Gas). Generously illustrated, with many images in color, *Marcel Duchamp and the Art of Life* speculates that Duchamp viewed art making as part of an esoteric continuum grounded in Eros. It asks us to unlearn what we think we know, about both art and life, in order to be open to experience.

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.

**Major Aspects of Chinese Religion and Philosophy** Chun Shan 2012-06-26 The book addresses academically the major aspects of Chinese religion and philosophy, designated as the doctrine of being internal sage and external king. The perspective applied is the integration between western and Chinese scholarship and English readers may gain an easy and interesting access to Chinese intellectual tradition, distinctive itself in a harmony between being holy and secular in any mundane human

being to the western tradition of “Give to Caesar what is Caesar’s, and to God what is God’s”. By this contrast the intellectual charms and spiritual merits of Chinese tradition will be better appreciated, hence conducive to the much anticipated dialogues between western and eastern civilizations at this globalized yet conflicted world.

**Primordial Breath** Michael Wurmbrand 1987-07 An ancient Chinese way of attempting to prolong life through breath control.

*Tales of the Dancing Dragon* Eva Wong 2007-11-13 Here, Taoist practitioner Eva Wong offers a colorful treatment of the history and evolution of Taoism, told through traditional teaching tales. These tales, which Wong first heard as a child growing up in Hong Kong, are gleaned from the local storytellers and the uncensored chronicles known as yeshi—the wild history of China, not monitored by the official imperial scholars and historians. The stories are by turns mysterious and intriguing, passionate and violent, and they are peppered with colorful characters, including hermits, politicians, social activists, revolutionaries, scholars, scientists, and mystics. Arranged chronologically from prehistory through the early twentieth century, these stories introduce the schools in the Taoist lineages, and capture the defeats and victories of Taoism, its periods of decadence and decay, and its renewal, maturation, and spiritual triumph. Wong puts these stories into context, and shows that Taoism is a dynamic spiritual tradition, constantly changing—and being influenced by—history.

**How to Win** Eva Wong 2020-06-02 Potent advice on how to think and act strategically in business, politics, and relationships--drawn from classic Chinese military and political expertise. The ancient strategies of war and politics have much to offer us in navigating the complicated challenges we face today--and to help us wisely and effectively meet our business, political, and relational goals. Here, eminent Chinese scholar and Taoist teacher Eva Wong unpacks the wisdom of *The Thirty-Six Strategies*, a collection of advice encoded in sayings, steeped in

Chinese history and culture. She explores strategies attributed to renowned military philosophers such as Sun Tzu and Zhuge Liang (aka "The Sleeping Dragon"), along with other less-known advisors, that were implemented during three of the most chaotic eras of Chinese history--the Spring and Autumn Period, the Warring States Period, and the Three Kingdoms. Covering three categories of strategy--proactive, reactive, and desperate--Wong expertly connects the words of ancient military philosophers with timeless advice, as useful today as it was in the Tang dynasty (618-906) when this collection was originally gathered. In Chinese military philosophy and political theory, the thirty-six strategies are considered "yin" or "shadow" in nature, meaning that they operate best in darkness and concealment. As Wong writes, "Desperate times call for desperate measures, and since the thirty-six strategies rose out of times of war and conflict, it is inevitable that they were used to win wars, triumph over opponents, take advantage of situations, and survive when defeat is imminent."

**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.

*The Tao of Fertility* Daoshing Ni 2009-10-13 An esteemed doctor who has helped countless women achieve their dream of having a child offers his program for enhancing fertility through traditional Chinese medicine (TCM). Dr. Daoshing Ni, descended from more than 70 generations of Taoist masters, has achieved renown among high-tech infertility specialists, TCM practitioners, and his many devoted patients. The Tao of Fertility is the first book combining a practical plan for conceiving using TCM with empowering Taoist principles that can carry you through pregnancy, childbirth, and beyond. Structured according to a woman's journey to conception, The Tao of Fertility includes: A questionnaire assessing fertility potential A 28-day fertility enhancement program Simple meditations and acupressure points to improve reproductive circulation and relaxation Guidelines for mapping your fertility using Chinese methods of diagnosis Information on how herbs and acupuncture can increase fertility Eating plans for pregnancy, postpartum, and while breast-feeding. and much more Enriched by moving stories of women who became pregnant using TCM, this is a compassionate, comprehensive handbook.

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.

**Taoist Yoga** Pi Ch'en Chao 1973-08 This classic text is a comprehensive course in Taoist yoga with instructions by ancient and enlightened masters. Written in a question and answer format, "Taoist Yoga" provides complete instruction and training in a particular type of spiritual alchemy that allows us to achieve the divine state of immortality. This work is the forerunner of many more modern books on the subject, and describes the Taoist methods of stopping the generative force. Instead of only being discharged to procreate off-spring, this vital force can be retained in the body for purification and transmutation into positive vitality, so the spirit can be restored to its original primal state. It teaches us how to handle our sexual energy differently in order to enhance our spiritual growth. The teachings contained herein have been preserved for the last 47 centuries, and although these ancient texts address the male student, both men and women alike can benefit from the techniques of transforming sexual energy into heightened spiritual consciousness. Even if we fail to reach the ultimate goal of immortality, we can enjoy longevity, health and spiritual growth in the present life.

**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.

**The Neurology of Religion** Alasdair Coles 2019-11-07 Examines what can be learnt about the brain mechanisms underlying religious practice from studying people with neurological disorders.

**A History of Chinese Science and Technology** Yongxiang Lu 2014-10-10 A History of Chinese Science and Technology (Volumes 1, 2 & 3) presents 44 individual lectures, beginning with Ancient Chinese Science and Technology in the Process of Human Civilizations and an Overview of Chinese Science and Technology, and continuing with in-depth discussions of several issues in the History of Science and the Needham Puzzle, interspersed with topics on Astronomy, Arithmetic, Agriculture and Medicine, The Four Great Inventions, and various technological areas closely related to clothing, food, shelter and transportation. This book is the most authoritative work on the history of Chinese Science and Technology. It is the Winner of the China Book Award, the Shanghai Book Award (1st prize), and the Classical China International Publishing Project (GAPP, General Administration of Press and Publication of China) and offers an essential resource for academic researchers and non-experts alike. It originated with a series of 44 lectures presented to top Chinese leaders, which



received very positive feedback. Written by top Chinese scholars in their respective fields from the Institute for the History of Natural Sciences, Chinese Academy of Sciences and many other respected Chinese organizations, the book is intended for scientists, researchers and postgraduate students working in the history of science, philosophy of science and technology, and related disciplines. Yongxiang Lu is a professor, former president and member of the Chinese Academy of Sciences (CAS) and Chinese Academy of Engineering (CAE), and Vice Chairman of the National Congress of China.

**Qigong Meditation** Jwing-Ming Yang 2003 This book presents the foundation theoretical theory for the two most popular methods of meditation, Small Circulation and Grand Circulation.

**Tibetan Yoga and Secret Doctrines, Or, Seven Books of Wisdom of the Great Path, According to the Late Lāma Kazi Dawa-Samdup's English Rendering** Walter Yeeling Evans-Wentz 2000 Focusing on the principal meditations used by Hindu and Tibetan gurus and philosophers, this companion volume to "Tibetan Book of the Dead" contains seven authentic Tibetan yoga texts, each accompanied by introductory notes and commentary. Includes photos and reproductions of yoga paintings and manuscripts. 9 halftones.

Yoga Mircea Eliade 1969 In this landmark book the renowned scholar of religion Mircea Eliade lays the groundwork for a Western understanding of Yoga, exploring how its guiding principle, that of freedom, involves remaining in the world without letting oneself be exhausted by such "conditionings" as time and history. Drawing on years of study and experience in India, Eliade provides a comprehensive survey of Yoga in theory and practice from its earliest foreshadowings in the Vedas through the twentieth century. The subjects discussed include Patañjali, author of the Yoga-sutras; yogic techniques, such as concentration "on a Single Point," postures, and respiratory discipline; and Yoga in relation to Brahmanism, Buddhism,

Tantrism, Oriental alchemy, mystical erotism, and shamanism.

**Sexual Energy and Yoga** Elisabeth Haich 1991-04 The purpose of this book is to introduce the concept of transmuting the physical, emotional, mental and psychic energies people normally disperse in sexual activity. This process assists in uniting with the higher Self or God. Topics include: The Creative Primal Serpent; Sexual Energy in Its False & True Light; The Magical Powers of Suggestion; Hypnosis; Mediumship; The Urge For Unity & Its Corruptions ; The Sun Creator & Destroyer of Life; The Magic Flower; "The Transformation of sexual energy into spiritual, divine, creative power, is the resurrection from death to eternal life".

Cultivating the Civil and Mastering the Martial Andrew Townsend 2016-01-01 This book is a complete guide for anyone who practices taijiquan. The content covers the full range of taijiquan and includes chapters on the philosophical and theoretical foundations of the art, the fundamental principles of taijiquan, techniques for cultivating and circulating the qi, detailed explanations of individual postures, pushing hands and martial applications, weapons forms, and practicing taijiquan as a method for spiritual cultivation. Unlike many books on this subject that are limited to a single family style of taijiquan, this book includes coverage of four major family styles: Chen, Yang, Wu, and Sun. Written by an author with over twenty-five years of experience in the art of taijiquan and more than ten years of experience teaching taijiquan and qigong, *Cultivating the Civil and Mastering the Martial - The Yin and Yang of Taijiquan* is comprehensive in its coverage and precise in the detailed descriptions and more than five hundred photographs and illustrations.

*Nourishing the Essence of Life* Eva Wong 2004-03-02 The teachings of Taoism, China's great wisdom tradition, apply to every aspect of life, from the physical to the spiritual—and include instruction on everything from lifestyle (a life of simplicity and moderation is best) to the work of inner alchemy that is said

to lead to longevity and immortality. Here, Eva Wong presents and explains three classic texts on understanding the Tao in the macrocosm of the universe and the microcosm of the body that provide an excellent overview of the three traditional levels of the Taoist teachings—Outer, Inner, and Secret. The Outer teachings are concerned with understanding the Tao as manifested in nature and society. They are easily accessible to the layperson and consist of the Taoist philosophy of nature and humanity, advice on daily living, and a brief introduction to the beginning stages of Taoist meditation. The Inner teachings familiarize the practitioner with the energetic structure of the human body and introduce methods of stilling the mind and cultivating internal energy for health and longevity. The Secret teachings describe the highest level of internal-chemical transformations within the body and mind for attaining immortality.

*Harmonizing Yin and Yang* Eva Wong 1997-08-12 To age with the sun and moon and be renewed by spring and summer, to conserve the seeds of growth in autumn and winter and to be nourished by the eternal breath of the Tao—these are the goals of the Taoist alchemists, the masters of the arts of health, longevity, and immortality. This book is a translation of a concise Taoist alchemical manual known as the Dragon-Tiger Classic, along with its two most important commentaries. The classic, written in ancient times by an unknown author and published during the fifteenth century BCE, is regarded by contemporary Taoist practitioners as the most complete guide to spiritual transformation. It covers the three forms of Taoist practice: • External alchemy, concerned with the ingestion of minerals, herbs, and other substances to attain health, longevity, and immortality • Sexual alchemy, in which the practitioner uses the energy of a sexual partner to cultivate his or her own energy • Internal alchemy, the practice of meditation, calisthenics, and yogic postures to cultivate mind and body An extensive introduction by the translator and the inclusion of two

commentaries by traditional Chinese authors aid the reader in understanding this concise, symbolic text.

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