

Taoist Sexual Meditation Connecting Love Energy And Spirit

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 Siao 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. Reveals techniques for achieving spiritual immortality through an in-depth exploration of Lao-tzu's Tao Te Ching • Includes practices and meditations for living in harmony with the Tao (universal essence) and Te (kind action) • Reveals the integration of heavenly and human power in the mystic field within us • Presents Tao Huang's English translation of the Tao Te Ching from the original Chinese Mawangdui text unearthed in 1973 For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Lao-tzu, whose name means “the ancient child,” wrote these brief but essential verses that have both confounded and conferred blessings on humankind. Now Taoist masters Mantak Chia and Tao Huang guide readers through the origins of this philosophy, the meaning

behind its 5,000 pictographs, and the way of living that generations have followed. While the text of the Tao Te Ching has been passed down in literary form for generations, the essence of the text can be understood only through heart awakening--a true integration of body and mind--made possible with the insights and exercises in this book. The authors analyze Lao-tzu's teachings, line by line, and offer meditations, interpretations, and practical illustrations that clarify the true meaning and purpose of this classic text. "Bruce Frantzis demystifies the fundamental principles of chi gung and provides a comprehensive exercise program with detailed illustrations to increase life energy, improve health, boost sports performance, and combat stress and aging."--Provided by Publisher.

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.

Stay Woke

Secrets of the Female Taoist Masters

Realizing the Promise of Spiritual Union

The Sexual Teachings of the White Tigress

The Secret Teachings of the Tao Te Ching

A Modern Practical Guide to the Ancient Way

Connecting Love, Energy and Spirit

Meditation for Modern Living

Taoist Sexual Meditation Connecting Love, Energy and Spirit Taoist

Yoga and Sexual Energy Transforming Your Body, Mind, and Spirit
Llewellyn Worldwide

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 techniques that can quiet your mind so you can discover your true self in the wisdom of the heart • Teaches that the Tao is the flow of nature, the effortless middle path of self-discovery • Shows how to quiet the monkey mind (the ego) and listen within for your inner voice • Fosters a connection to the Tao through diet, exercise, livelihood, and sexuality Taoists say that we must learn to observe with the mind and think with the heart. In the West we get caught up in the “monkey mind” of our ego. We think we can control our individual destinies by swimming upstream against the current, but we are mistaken. When we learn to quiet the monkey mind with meditation practices, we are able to go beyond the linear thinking of the upper brain and connect to the multidimensional thinking of supreme consciousness in the heart center. In Living in the Tao, Master Mantak Chia and William Wei present techniques to help us learn to move beyond the limits of time and space to connect with the universal truth within--without striving. Living in the Tao is effortless. Just as a small seed grows into a mighty tree with a little water and a little sunshine every day, a few minutes of Taoist practice each day can transform your life into one of peace and joy.

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.

How to Work with Elemental Spirits and get Consistent Results
Use Your Body's Atomic Energy to Create the Relationship You Desire

Qigong for Lifelong Health

Transforming Your Body, Mind, and Spirit

Living in the Tao

Greatest Kan and Li

The Taoist Soul Body

Taoist Sexual Meditation

An illustrated guide to follow the path to the Immortal Tao • Reveals the 9 inner alchemy formulas for the Sealing of the Five Senses practice, including strengthening the senses and activating the Thrusting Channels • Explores how abuse of the senses leads to energy loss and degradation, for example, listening too much hurts the mind • Explains how to transmute warm chi into energy for the immortal spirit body, created through mastery of the three Kan and Li practices In ancient times, the Sealing of the Five Senses involved both Taoist Inner Alchemy and physical sealing of the sensory organs to prepare the master for extended periods of astral travel and meditation, during which he would remain completely motionless for years at a time. In modern times, physical sealing of the senses with wax is no longer required; however, in order to accumulate profound energy and gather cosmic light for the immortal spirit body one must stop the energy losses that occur through the senses. In this guide to energetic sealing of the senses, Master Mantak Chia and William Wei reveal the 9 inner alchemy formulas for the Sealing of the Five Senses practice, including strengthening the senses, connecting the senses to the organs, activating the Thrusting Channels, and harnessing the energies of the Big Dipper and the North Star. They explain how to stop energy losses through the five senses and transmute warm chi into energy for the immortal spirit body. The authors explore the importance of proper diet and eating habits in this practice, providing striking examples of World War II concentration camp survivors who were able to obtain energy from chewing water. Revealing the benefits of Sealing the Five Senses for non-Immortals, the authors explain how abuse of the senses leads to energy loss and degradation, for example, listening too much hurts the mind and crying too much harms your blood. They show how sealing the senses allows one to create the Crystal Room cauldron, where fire and water energy can couple to generate a superior essence used to achieve greater awareness and “steam” all the body’s major organ systems. An advanced practice for those who have mastered the three Kan and Li practices, the Sealing of the Five Senses is the final step on the Taoist path to Immortality.

This highly illustrated guide to Tantric and Taoist practices shows how to heighten awareness, increase sexual intensity and bring about spiritual enrichment. Adding a new dimension to sex and sexuality as currently perceived in the West, it demonstrates how to use the vital energy resources within us to achieve undreamed levels of ecstasy. It reveals the mental preparation, individual exercises, love-making rituals, healing positions and appropriate occasions previously known only to a few, and makes all this information accessible to the widest possible audience.

A guide to the foundational practice of "smiling to the organs" to promote deep relaxation and internal health • Presents exercises that dissolve the physical and mental tensions that can cause energy blockages and unhealthy chi flow • Shows how to recognize illness at its inception on the organ level and how to balance the emotions to heal it The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that can lead to illness. In Taoism negative emotions--anger, sadness, depression, fear, and worry--are seen as low-grade energy that causes chronic disease and steals our major life force by creating energy blockages. Master Mantak Chia shows that the internal awareness produced by the simple yet powerful Inner Smile meditation practice flushes the organs of poisonous negative energy that may be blocking chi energy flow in order to nourish the entire body. Just as a genuine outer smile transmits positive energy and has the power to warm and heal, an inner smile produces a high grade of energy that promotes powerful internal healing, deep relaxation, happiness, and longevity. Smiling to the organs and thanking them for the work they do helps to reawaken the intelligence of the body, which, once activated, can dissipate emotional imbalances and inner disharmony before serious illness manifests.

ented here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

Ancient Taoist Practices for Health, Wealth, and the Art of Sexual Yoga

A Meditation Guide for the Rest of Us

Opening the Energy Gates of Your Body

Practices from the Wheel of Life

Qi Cultivation Principles and Exercises

Body Awareness, Moving Meditation & Sexual Chi Gung

Tao Tantric Arts for Women

Combat Secrets of Ba Gua, Tai Chi, and Hsing-I

"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.

A fully illustrated guide to the most advanced Kan and Li practice to birth the immortal spirit body and unite with the Tao • Explains how to establish the cauldron at the Heart Center to collect cosmic light, activate the Cranial and Sacral Pumps, and align the Three Triangle Forces • Details how to merge energy at the Heart Center to birth the immortal spirit body, allowing you to draw limitless energy from the Cosmos • Discusses the proper Pi Gu diet and herbs to use with Kan and Li practice • Reveals how to expel the three Worms, or “Death Bringers,” that can imbalance the three Tan Tiens, leading to misdirection in your sexual, material, and spiritual goals After mastering the Inner Alchemy practices of Lesser Kan and Li and Greater Kan and Li, the advanced student is now ready for the refinement of the soul and spirit made possible through the practice of the Greatest Kan and Li. With full-color illustrated instructions, Master Mantak Chia and Andrew Jan explain how to establish the cauldron at the Heart Center to collect cosmic light, activate the Cranial and Sacral Pumps, and align the Three Triangle Forces. They detail how merging energy at the Heart Center then leads to the birth of the immortal spirit body, uniting you with the Tao and allowing you to draw limitless energy and power from the Cosmos. The authors explain the proper Pi Gu diet and herbs to use in conjunction with Kan and Li practice and provide warm-up exercises, such as meditations to expel the three Worms, or “Death Bringers,” that can imbalance the three Tan Tiens, leading to misdirection in your sexual, material, and spiritual goals. Revealing the ancient path of Inner Alchemy used for millennia by Taoist masters to create the “Pill of Immortality,” the authors show that the unitive state of oneness with the Tao made possible through Kan and Li practice represents true immortality by allowing past and future, Heaven and Earth, to become one.

Beginning with an overview of both bagua and tai chi and their origins in Chinese culture, a noted black belt offers comprehensive advice on how to incorporate these practices into daily Western life. Original.

A no-nonsense guide to establishing a personal meditation practice, changing your life, and taking hold of your dreams. **CONFESSIO**N: This is not really a meditation book. Yes, you ’ re going to learn everything you need to know about meditation, but if you came looking for a typical guide to mindfulness, you ’ re in the wrong place. We are modern people in a high-tech world. We have first world problems and long to-do lists. And if you grew up in struggle—overcoming homophobia, sexism, trauma, shame, depression, poverty, toxic masculinity, racism, or social injustice—you need a different type of meditation ... one that doesn ’ t pretend the struggle doesn ’ t exist. Here you will discover: How to actually find stillness when your mind is going crazy Why most guided meditations get boring after a while

What nobody tells you about “setting intentions” and the scientific process to manifesting Four hidden habits that sabotage your growth—and how to move past them Proven techniques to overcome anxiety, stress, and trouble sleeping Daily rituals that cement and enrich your practice How to use mindfulness to take action toward the causes you believe in and get sh!t done Whether you ’ ve tried meditation but it never sticks, or you ’ ve heard about it but never gave it a shot, Justin Michael Williams guides you step by step in creating a custom meditation ritual that fits in with your busy (and sometimes messy!) modern life. With free downloadable audio meditations every step of the way, *Stay Woke* gives people of all genders, identities, colors, religions, ages, and economic backgrounds the tools to stop wasting time, overcome self-doubt, and wake up to the lives we were really born to live.

Advanced Practices for Becoming a Taoist Immortal

Exploring the Potential of Chi, Martial Arts, Meditation and the I Ching

Dragon and Tiger Medical Qigong

A Practical Guide to Lovemaking Secrets of the East and West

Relaxing Into Your Being

Connecting to the Universe from Within

The Taoist Guide to Health, Longevity, and Immortality

Taoist Yoga and Sexual Energy

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.

Shares tantric secrets for deepening relationships, intimacy,

and passion, and discusses harmony, communication, and healing

Details and ancient Chinese practice that uses simple movements

to accomplish the same chi balancing as acupuncture, with the

aim of strengthening immunity, recovering from stress and

illness and improving mental relaxation, in a book with 150 step-

by-step illustrations of the movements. By the author of Tao of

Letting Go. Original.

A guide to Taoist exercises to return to the Wu Wei state of

mind and create the immortal spirit body • Includes illustrated

instructions to connect astral energy with the energies of

animals, children, and plants to grow the immortal fetus, or

spirit body • Provides warm-up exercises and a complete daily

Kan and Li routine • Explores how these advanced formulas are used for astral flight and realization of the Wu Wei state
Building on the Lesser Kan and Li formulas for the development of the soul body, this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body. Used by Taoist masters for thousands of years, these exercises are for advanced students of Taoist Inner Alchemy and mark the beginning of the path to immortality. Master Mantak Chia and Andrew Jan reveal how to use Taoist inner alchemy to harness the energies of Sun, Moon, Earth, North Star, and Big Dipper and transform them to feed the soul body and begin development of the immortal spirit body. They explain how to reverse yin and yang power through energetic work at the solar plexus, thereby activating the liberation of transformed sexual energy. They explore how to open the heart center and how to connect astral energy with the energies of animals, children, and plants to grow the immortal fetus, or spirit body. The authors provide warm-up exercises, including the Inner Smile and Fusion practices, and outline a complete daily Kan and Li routine for mental and physical health, longevity, astral flight, and realization of the Wu Wei state.

Walking with Elemental Spirits

Sexual Reflexology

Secrets of Dragon Gate

The Tao of Health, Sex, and Longevity

Cultivating Female Sexual Energy

The Practice of Greater Kan and Li

Tao, Tantra, and the Kama Sutra

Taoist Secrets of Love

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy • Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force • The sequel to the classic Awaken Healing Energy Through the Tao In 1983, Mantak Chia introduced the “Microcosmic Orbit” to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the spine. The Microcosmic Orbit showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. Healing Light of the Tao presents the more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced

meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality.

Reader's ed. published: Fairfax, Calif.: Clarity Press, 1998.

In *Walking with Elemental Spirits* I share the modern system I've developed for working with elemental spirits that gets you consistent results while helping you build collaborative relationships with the elemental spirits. The elemental spirits can be potent allies to work with and in this book you'll learn how the practical magic skills that you can use to forge strong relationships with the elemental spirits that allow you to work with them as allies. In this book you will also learn the following: The classic Hermetic and Taoist systems of the 5 elements, and my modernized system of elemental magic. How to connect with elemental spirits using evocation portals and experiential embodiment How to do internal work and health magic with the elemental spirits. How to work with the elemental spirits to get practical results and much more! If you're ready to learn a new approach to elemental magic, this book will teach you how to work with the elemental spirits and use elemental magic to get results that transform your life.

The shamanic roots of Taoist practice • Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching • Includes exercises from the "Wheel of Love" to access the Tao of Ecstasy • Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices--such as ecstatic flight and how to find power animals and spirit guides--on to the indigenous people, they also taught them the wisdom of the Medicine Wheel. From the Taoist Medicine Wheel came the principles of Yin and Yang, the Five Elements, the Eight Forces, the Chinese zodiac, and the I Ching. The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the *Taoist Shaman*, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching, and how it aligns with the Eight Forces of the Pakua. Through illustrated teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel's application to sacred sexuality, they offer exercises from the "Wheel of Love" to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy.

Tantra

The Tao of Intimacy and Ecstasy

Tao of Letting Go

The Alchemy of Sexual Energy

Divine Sex

Dragon and Tiger Medical Qigong, Volume 2

Sealing of the Five Senses

Harnessing the Power of Kan and Li

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. This is the second volume of a two-book series that peels away the metaphors and explains the living traditions of Lao Tse's water method of Taoist meditation. The main focus of the book is to explain 'inner dissolving,' its major mediation technique that helps people overcome deeply bound negative emotions, deepen their spiritual and psychic development, and develop balance and compassion. "The Great Stillness" is one of the few books that discusses the Taoist traditions of sexual chi gung and meditation. It is the only book that includes detailed instructions and illustrations for the moving meditation

practice called Circle Walking that was developed in Taoist monasteries over 4000 years ago. This volume advances the breathing lessons taught in volume one: "Relaxing Into Your Being,"

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

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

Cultivating Sexual Energy, Love, and Spirit

Develop Health and Energy in 7 Simple Movements

Gathering the Cosmic Light

Taoist Shaman

Increasing Chi through the Cultivation of Joy

Sex and the Perfect Lover

The Inner Smile

Bagua and Tai Chi

Outlines a program based on ancient Taoist techniques for releasing tension, fear, anger, and pain, in a guide by an energy arts practitioner that demonstrates how to enable positive change without force by releasing blocks to one's spiritual resources. Original.

• 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.

How to connect with universal energy for inner peace, happiness, and individual and

global healing • How to transform the energy around us into positive loving energy • How to perform the World Link meditation to unite with global consciousness • How to fuse the observing mind, the conscious mind, and the mind of awareness Western science now recognizes the three “minds” associated with the three tan tiens of Taoism: the observing mind centered in the brain, the conscious mind centered in the heart, and the mind of awareness centered in the lower abdomen. By unifying the three minds--what in Chinese is called Yi--we can transform the energy around us into positive loving energy and be empowered to manifest our goals and dreams. This can lead to a more balanced, less negative way of life and offers a way to gain inner peace, wholeness, and happiness as well as the ability to heal yourself and others. In The Healing Energy of Shared Consciousness, Master Mantak Chia shows how to fuse the three minds and form the Protective Sacred Circle of Fire, which creates a seal around us allowing in only good energy and intentions. He explains step-by-step how to perform the World Link meditation to connect with global and universal energy for inner peace, happiness, and healing. Accessible even for those who have never worked with the Universal Healing Tao, this practice offers a way to unite people all over the world in a form of shared consciousness that amplifies collective loving energy to benefit the world.

Provides step-by-step lessons in qi techniques for self-healing, martial arts, and spiritual development, and instructs on such topics as maintaining awareness, developing hyper-coordination, and working with the protective energy.

Foundational Practices to Awaken Chi Energy

Cultivating Male Sexual Energy

Quantum Love

The Great Stillness

The Tantric & Taoist Arts of Conscious Loving

Sexual Energy Ecstasy

Love Meridians and Pressure Points

Demonstrates and explores the difference between the internal and external martial arts, explaining how the manipulation and development of chi can reduce stress, heal disease, and balance the emotions
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 Lam's tried-and-true advice. From your first kiss to sexual ecstasy, Mabel Lam guides you along the path to an intense pleasure that only love and sex can bring.

Falling in love is a thrilling, transcendent experience . . . but what about staying in love? Once the intense excitement of a new relationship starts to fade, you may think your only options are to somehow recapture that early magic or settle for a less than fulfilling love life. Now love, sex, and relationship expert Laura Berman, Ph.D., taps the latest scientific and metaphysical research to offer an inspiring alternative: a higher level of love beckoning you to move forward, not backward. Using the essential truth we 've learned from the study of quantum physics—the fact that at our molecular core, each of us is simply a vessel of energy—Dr. Berman explains how you can use what 's happening in your inner world to create a level of passion, connection, and bliss in your relationship that you 've never imagined possible. Drawing on her clinical practice and case studies as well as her personal journey, she guides you

to: • Plot your unique energetic frequency of love with her Quantum Lovemap • Work consciously with the energy of your body, heart, and mind • Make four key commitments designed to raise your energetic profile • Bring your frequency into harmony with your partner ' s so that you can grow together • Learn how to have Quantum Sex (which is every bit as good as it sounds) Quantum Love is the best possible experience of love, and it ' s available to absolutely everyone, whether you ' re seeking a mate, in a relationship that ' s struggling, or just finding that love has turned lackluster through the stresses of life. You can ' t go back to the honeymoon phase, but there is something so much better within your reach. Quantum Love lets you reach new heights of intimacy as you gain a fuller sense of purpose in life and love.

Learn the Taoist secrets of slow, sensual sex, massage and sexual healing.

Power of Internal Martial Arts

Activating the Taoist Points of Love

Healing Love through the Tao

Healing Light of the Tao

A Taoist Approach to Entering the Universal Mind

The Book of Infinite Wisdom

Taoist Foreplay

The Effortless Path of Self-Discovery

Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of The Multi-Orgasmic Man. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in Sexual Reflexology Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

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.

Techniques for Creating the Immortal Self

The Jade Emperor's Mind Seal Classic

The Tao of Sexology

The Healing Energy of Shared Consciousness

The Art of Conscious Loving