

## Taoist Foreplay Love Meridians And Pressure Points

Idiot's Guides: Kama Sutra is a fun and insightful guide to the ancient arts of the Kama Sutra, as well as many more contemporary methods and techniques for modern lovemaking. Readers will learn from hundreds of beautiful, full color photos that illustrate not only the traditional movements of the Kama Sutra, but also many of the most contemporary methods for taking lovemaking from tedious to intoxicating! The author takes readers from the roots of the ancient arts of the Kama Sutra through essential warm-ups like aphrodisiacs, erotic massage, and how to turn a lover on through the senses. Other sizzling sections cover orgasms, the G-spot, erogenous zones, and more. Through beautiful, how-to photos readers will learn the fundamental movements of the traditional Kama Sutra (as well as a few more), the oral pleasures, toys and fetishes, and much more. Finally, readers will learn how to keep the fire ignited not only in the bedroom, but in their relationships, and how The Kama Sutra is not just about making love, it's about connecting with and cherishing a lover every day.

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

Fully illustrated guide to massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain • Explains the hammering massage technique of Tok Sen, which sends vibrational energy deep into the fascia and muscles • Details how to use the 10 Thai energy meridians known as Sen Sib and the 12 muscle-tendon meridians of Chinese acupuncture in massage • Explains Meridian Detox Therapy and Gua Sha, which clears blood stagnation, promotes metabolism, and can prevent and treat acute illness Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. The authors explore the 10 Thai energy meridians known as Sen Sib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden hammer to send vibrational energy deep into the fascia and muscles along the Sen Sib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure than a massage therapist's fingers. The authors also explain Meridian Detox Therapy, which includes cupping, skin massage, and Gua Sha--the scraping of different parts of the body to clear blood stagnation, promote metabolism, and treat acute illness. The final book in the Chi Nei Tsang series, Chi Nei Ching offers advanced massage techniques to work with the energy meridians for optimum health.

Experience the erotic and tantalizing pleasures of tantra. In Ecstatic Sex, Tantric partners and longtime teachers of the Tantric approach to life and love, Ma Ananda Sarita and Swami Anand Geho, present an eye-opening course in the sexual aspects of Tantra. Exploring everything from basic sexual anatomy and opening your chakras to self-pleasuring, foreplay, creative positions, and orgasm, this book will teach you—whether you are single or married—to enhance the pleasure, sensuality, and satisfaction of your every sexual experience.

An illustrated guide to releasing emotional and physical blockages in the pelvic area through massage • Presents step-by-step instructions for sexual organ massages for women and men • Explains techniques to release knots, unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow • Effective for impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido as well as back pain, sciatica, and hormone imbalance Our sexual organs play a major role in our physical and emotional health. Many emotional traumas and stresses are stored in the pelvic region in the form of tension in the muscles, ligaments, and tendons and imbalances in the meridians and organs, resulting in an accumulation of toxins and energetic knots and tangles. Freeing the jing chi of the sexual organs--a powerful source of healing energy--Karsai Nei Tsang helps to resolve physical and emotional blockages in the pelvic area through massage, meridian clearing, and detoxification. Illustrating complete sexual organ massages for women and for men, this book guides you through the techniques of Karsai Nei Tsang--including necessary detox preparations and the underlying Chi Nei Tsang principles--and shows you how to release knots and tight muscles (including the hip, buttock, and thigh muscles), unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow to the pelvic area. Addressing common problems associated with our sexual organs, this practice can be used to treat impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido. It is also effective in alleviating back pain and sciatica, improving the body's alignment, strengthening the pelvic floor, balancing the hormones, and increasing general vitality.

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

In this eye-opening, indispensable handbook, Caroline Aldred, the bestselling author of Divine Sex and an esteemed yoga master and Tantric-sex coach, reveals how to transform intimate relationships into mutually rewarding unions in which both partners achieve true ecstasy. Combining the time-honored positions, techniques, and philosophy of the ancient Tantric erotic arts with Western knowledge of anatomy and physiology, Aldred shows how to expand your sexual, emotional, and spiritual consciousness and bring love into every area of your life. Discover: • The differences between male and female sexual responses—and how to maximize each • How to become a skillful, effective lover—enhancing lovemaking skills through regular sexual workouts • How making love can be a path to spiritual enlightenment • How to maintain sexual vitality through every stage of your life • Plus: the male G-spot...the 9 levels of female orgasm...fantasy and erotica...rituals to promote conception...and much more Lavishly illustrated throughout with subtle but explicit photographs and detailed anatomical drawings, Sextasy offers a practical, easy-to-follow approach to lovemaking. A book that honors sex as the sacred and deeply fulfilling practice it can be, this is an invaluable resource for anyone searching for pleasure, joy, fulfillment, connection, and ecstasy in their everyday lives.

Contrary to popular belief, the most frequent causes of neuromuscular, joint, or skeletal pain can be traced to your lifestyle: unconscious habits that involve the way you breathe, stand, and

move and the way you store physical and emotional stress in your tissues. Given this fact, if you suffer from chronic pain, or treat people suffering from chronic pain, you may need to consider replacing expensive, often inefficient pain treatment with self-help methods for reversing the way physical, mental, and emotional stresses affect your muscles, joints, and bones. Effortless Pain Relief presents a unique mind-body program for overcoming chronic pain, developed by acclaimed alternative health-care practitioner Dr. Ingrid Bacci. In Effortless Pain Relief, you'll find a simple explanation of how stress creates chronic pain, along with clear, simple, and powerful self-help techniques for reducing and even eliminating pain. The guiding principle in this program for self-healing from chronic pain is to develop greater awareness of your body and sensitivity to it. You can change your lifestyle habits -- and eliminate your pain -- by adopting body awareness techniques that eliminate tension. Chapter by chapter, Effortless Pain Relief shows you how to release deep physical, mental, and emotional stresses through simple breathing techniques, to reduce consciously the effort and tension in your muscles, and to master and eliminate stressful emotions like fear and anger by learning to control the physical tensions that these feelings create. Dr. Bacci also guides you in a process that will allow you to let go of mental and emotional attitudes that unconsciously create stress and physical pain. She shows you how to release emotional conflicts that contribute to pain and teaches you how to conquer the fear of physical pain -- which can actually trigger pain. Dr. Bacci cites numerous case studies from the thousands of patients she has helped during the past fifteen years. She also tells the extraordinary story of her own complete recovery from three years of being bedridden and crippled from a severe case of the chronic pain syndrome fibromyalgia. The curative techniques through which she healed herself, and with which she has helped her thousands of clients achieve freedom from pain, are now available for everyone in Effortless Pain Relief. Dr. Bacci's groundbreaking, accessible program offers deceptively simple yet profoundly effective ways to leave pain behind, enhance your vitality, and find an effortless route to a pain-free life.

A guide to the seemingly effortless yet explosively powerful martial art techniques of Fa Jin • Explains how to collect energy within and discharge it for self-defense as well as healing • Explores how to counter the natural instinct to resist force with force and develop yielding softness through the 13 Original Movements of Tai Chi • Illustrates routines for the partner practice of "Push Hands" (Tui Shou) Fa Jin, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through solo Tai Chi practice and the internal martial arts of Taoism. Fa Jin enables adepts to harness the energy of yin, yang, and the earth in the lower tan tien and discharge it as an extremely close-range yet explosively powerful blow in self-defense and partner practice as well as in healing techniques. Integrating the teachings of many Taoist masters, including Chang San-Feng, the creator of Tai Chi; Wang Tsung-Yueh, the legendary 19th-century master; Bruce Lee, the actor and martial artist who made the "one-inch punch" technique famous; and the Magus of Java, a living master able to discharge energy in the form of electric shocks, this book explores the history, philosophy, internal exercises, and physical practices of Fa Jin. Drawing on Iron Shirt Chi Kung and Tan Tien Chi Kung techniques, Master Mantak Chia and Andrew Jan reveal the secrets to collecting yin and yang in the lower tan tien and discharging the energy in a seemingly effortless yet explosive blow. Illustrating several routines of the Tai Chi partner practice of "Push Hands" (Tui Shou), they explain how to apply Fa Jin techniques by "listening" to your opponent's intentions and countering the natural instinct to resist force with force through yielding softness and redirection. The authors also detail how to prepare for this advanced practice through stretching, meditation, breathing, relaxation, and energetic exercises.

Taoist Foreplay Love Meridians and Pressure Points Destiny Books

• Includes practices for cleansing the blood of toxins, relieving pain, using sexual energy for healing, and other tools for the treatment and prevention of disease • Explains the unique healing potential of chi kung color therapy and how to harness universal and earthly elemental energies in healing • By Mantak Chia, coauthor of The Multi-Orgasmic Man Taoists believe in an underlying unity that permeates the universe and intimately binds all things. Taoist Cosmic Healing presents chi kung techniques that develop and strengthen awareness of the forces and energetic principles of the universe and the earthly six directions, allowing the reader to draw upon these forces for healing themselves and others. Taoist Cosmic Healing teaches the reader how to use the major acupuncture points in the hands to activate, open, and balance the chi meridians throughout the body. This practice allows the student to detoxify and rejuvenate the major organ systems and, when combined with specific body positions and the chi kung stance, to heal others. Through Mantak Chia's profound understanding of the ancient esoteric science of guiding chi energy, students can learn how to harness the astral energies of specific stars. Master Chia also explains the important role that compassion and positive energy play in enhancing one's ability to heal. He presents for the first time in the West the details of chi kung color therapy and how it can activate and strengthen the immune system.

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.

Chi Nei Tsang is a Taoist visceral manipulation body-work and massage which emphasizes moving chi energy to the abdominal organs. Developed by Taoist Master Mantak Chia as part of his Healing Tao System, it works on internal dysfunctions and energy blocks using the breathing exercises of chi-kung, therapeutic manipulations, and meditation. Students learn how to recycle negative energy, recognize personal patterns of tension, and use simple manipulations to restore vitality to parts of the body.

How women can dramatically increase their sexual desire and pleasure as well as their general vitality Following the past success of *The Multi-Orgasmic Man* and *The Multi-Orgasmic Couple*, this book combines the profound sexual wisdom of the orient with the best of Western medical research to show women how they can feel more desire, experience greater energy and attain more orgasms. Women in general have difficulty accepting and cultivating the fullness of their desire. *The Multi-Orgasmic Woman* sets desire in the context of overall health, energy and spirituality; explores the development of sexual sensitivity; offers helpful advice on relationships and the formation of 'good libido habits'; and shows every woman how she can develop her own personalised sexual satisfaction plan.

Forty-five fully illustrated Tao Yin exercises are introduced in a guide that explains the history behind the practice of the exercise system and its connections to other complementary Chinese exercise forms. Original.

An introduction to the ancient Kung Fu practice designed to unify physical, mental, and spiritual health • Describes the unique Iron Shirt air-packing techniques that protect vital organs from injuries • Explains the rooting practice exercises necessary to stabilize and center oneself • Includes guidelines for building an Iron Shirt Chi Kung daily practice Long before the advent of firearms, Iron Shirt Chi Kung, a form of Kung Fu, built powerful bodies able to withstand hand-to-hand combat. Even then, however, martial use was only one aspect of Iron Shirt Chi Kung, and today its other aspects remain vitally significant for anyone seeking better health, a sound mind, and spiritual growth. In *Iron Shirt Chi Kung* Master Mantak Chia introduces this ancient practice that strengthens the internal organs, establishes roots to the earth's energy, and unifies physical, mental, and spiritual health. Through a unique system of breathing exercises, he demonstrates how to permanently pack concentrated air into the connective tissues (the fasciae) surrounding vital organs, making them nearly impervious to injuries--a great benefit to athletes and other performers. He shows readers how once they root themselves in the earth they can direct its gravitational and healing power throughout their bone structure. Additionally, Master Chia presents postural forms, muscle-tendon meridians, and guidelines for developing a daily practice routine. After becoming rooted and responsive, practitioners of Iron Shirt Chi Kung can then focus on higher spiritual work.

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.

Bestselling spiritual author of *The Soul Searcher's Handbook*, Emma Mildon—the “goddess-messenger-girlfriend who may just lead you to your inner guru” (Katie Silcox, *New York Times* bestselling author)—provides a fascinating, fun, and inspiring exploration of female divinity throughout history, myth, and religion to help women understand, embody, and celebrate their inner goddess. *Evolution of Goddess* is a practical introduction to the goddess realm, digging up the histories of long-forgotten myths of goddesses of love, war, death, the sun, the moon, and more. With this clear-eyed and spirited book, you can finally become familiarized with goddesses from a wide range of cultures throughout history, including the mermaids of the Atlantic, the empresses of ancient Egypt, the wise women of the Middle Ages, right up to the modern-day goddesses who walk amongst us today as humble light workers, educating and inspiring. Through a goddess assessment, you'll uncover your own goddess archetype and be given rituals, meditations, and exercises to tap and embolden your own feminine superpowers. Imbue your life with healing, invigorating goddess energy, and discover ways to harness your new empowerment to improve the world. Now is the time to reconnect with the strength and holistic spirituality of our ancestors—to trace the evolution of the Goddess.

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.

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.

A step-by-step guide to the Taoist fasting practice of Pi Gu • Explains how you do not stop eating with this fasting practice and details the simple pi gu diet • Illustrates the chewing and chi kung practices to accompany pi gu, for natural chi energy production • Reveals how Pi Gu Chi Kung activates the body's natural healing abilities, accelerates the elimination of toxins, reduces appetite and cravings, and enables you to draw energies from the Earth and Universe Pi gu is an ancient Taoist method of fasting for spiritual and healing purposes. Unlike traditional fasting, you do not need to stop eating when practicing pi gu. Used by ancient Taoist masters during their months or years of solitary retreat in pursuit of enlightenment, the practice centers on a simple diet of fruits, teas, nuts, and eggs paired with special chewing techniques and chi kung exercises. During the pi gu state, the need for food decreases yet the body's energy levels actually increase. The body gathers chi not from food but from chi kung and the "golden elixir" produced by the pi gu chewing practices. The chi produced through pi gu charges your internal organs, activating the body's natural healing abilities and enabling you to draw energies from the Earth and Universe. In the pi gu state the body automatically balances itself, the mind is more relaxed, and sleep improves. The pause in normal eating makes the body's cells more sensitive, accelerating the elimination of toxins. The stomach reduces in size, flattening the belly, eliminating cravings, decreasing appetite, and naturally producing weight loss. The body's meridians stay open, making it easier to attune to meditation, chi kung, and energies from the cosmos. Providing a step-by-step guide to Pi Gu Chi Kung, Master Mantak Chia and coauthor Christine Harkness-Giles explain the pi gu diet, provide immortality tea recipes, detail the pi gu chewing exercises, and illustrate the corresponding chi kung energy exercises. They also explain the use of pi gu during darkness retreats to enhance spiritual awareness and increase mental powers and wisdom. Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

Explores the deep, internal work necessary for the effective practice of tai chi • Reveals the Taoist principles that gave birth to the Yang-style tai chi forms • Shows how tai chi can circulate powerful healing energies through the body Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning of the twentieth century, tai chi was considered a secret practice that was passed down only within a closely knit structure of family and loyal disciples. Despite its widespread growth in popularity as a martial art and health exercise, many of its underlying internal practices remain unknown. The Inner Structure of Tai Chi explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring.

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

Advanced Inner Alchemy exercises that promote the free flow of energy throughout the body in preparation for the Practice of the Immortal Tao • Explains how to open the Great Bridge Channel and the Great Regulator Channel • Includes exercises to strengthen and wrap the spinal cord with energy • Reveals how to create a thicker aura to protect the body and receive the higher frequencies of the Universal Force The Fusion of the Eight Psychic Channels practice builds upon the Fusion of the Five Elements and Cosmic Fusion practices and is the final step in preparation for the Practice of the Immortal Tao. Master Mantak Chia shows how to open the Great Bridge Channel and the Great Regulator Channel--the last of the eight psychic channels that connect the twelve organ meridians and enable energy to flow from one meridian to another. By opening these psychic channels in conjunction with the Microcosmic Orbit, practitioners can balance and regulate the energy flow throughout the body to protect all the body's centers. Master



Chia also illustrates the Spinal Cord Microcosmic Orbit practice, which strengthens and wraps the spinal cord with energy, and the practice of Sealing the Aura, which creates a thicker aura to protect the body and facilitate the reception of higher frequencies of the Universal Force. Mastery of the practices in this book enables the creation of the energy body needed to receive the larger Universal Force vibrations accessible through the Practice of the Immortal Tao.

The Six Healing Sounds that keep the vital organs in optimal condition • Presents vocalizations and accompanying postures that dissolve the tensions at the root of unhealthy chi flow and organ malfunction • Shows how to release excess heat trapped around the organs and redistribute it to cooler regions of the body to bring balance, health, and calmness to the entire system Thousands of years ago Taoist masters discovered that a healthy organ vibrates at a particular frequency. They found six sounds with the correct frequencies to keep each organ in optimal condition. To accompany these Six Healing Sounds, six postures were developed to activate the acupuncture meridians, or energy channels, of the corresponding organs. In The Six Healing Sounds Master Mantak Chia explains how the pressures of modern life can cause excess heat to become trapped around the organs, causing energy blockages and sickness. He shows readers how the vibrations of the Six Healing Sounds and their accompanying postures redistribute this excess heat to the cooler regions of the body, thereby stimulating and balancing chi energy and restoring the vital organs. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.

Unleash a happier, more fulfilling sex life with this full-color guide to inventive, sensual and adventurous intimacy and 101 new sex positions. Nothing spices up your sex life faster than a new position. Open to any page in this book and discover exciting new thrills you can try tonight. From the Semi-Lotus, Swan, and Sweet Music to the Rock and Roll, Cobra and Whirlwind, the positions emphasize the fun, adventure and enjoyment of experimenting with previously unexplored pleasures. Over 300 photos illustrating positions of all types and at all levels of difficulty: •Woman on Top •Standing •From Behind •Sitting •Oral on Her •Man on Top •Oral on Him •Tantric Pleasure •G-Spot Stimulation •Side by Side

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.

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.

How to achieve perfect vision naturally through proven eye-training methods • Explains how vision problems are related to imbalances in the internal organs • Provides Taoist and Ayurvedic practices for harmonizing the liver and kidneys, the organs directly associated with eye problems In the West, problems with eyesight are treated separately from overall health, usually with prescription glasses or contact lenses. But Eastern systems of holistic healing view the eyes as mirrors of physical health. Eye problems reflect problems with the internal organs, most specifically the liver and kidneys. The Art of Cosmic Vision offers Taoist healing sound exercises for strengthening the liver and kidneys as well as seven internal Chi Kung exercises and Dao-Yin self-massage practices for toning the organ meridians. It also provides extensive dietary recommendations, including a complete Ayurvedic analysis of the three main nutritional body types. The wide variety of eye-strengthening exercises in The Art of Cosmic Vision includes the Egyptian Black Dot technique, the Taoist Long Swing technique, the Tai Chi Rocker Eye technique, and relaxing Yoga Eye Palming techniques. Rather than viewing the ciliary muscle within the eye

as the only muscle responsible for focus, these exercises improve focus by training all of the muscles surrounding the eyes. With attention to improved diet, physical exercise, and these proven eye-training techniques, readers can restore their vision to vibrant health.

Like men, women also can ejaculate, enhancing and intensifying their sexual pleasure. In an open, positive style, Deborah Sundahl presents information about female ejaculation including scientific findings, anatomical illustrations, historical accounts, a chapter on how men can help their female partners to ejaculate, and women's and men's experiences collected during the past two decades.

As agony aunts and long-term partners, Anne Hooper and Phillip Hodson are more than aware that men and women see sex differently. In 'How to Make Love to a Woman' they discuss the fundamental differences in men and women's expectations of sex, and how these differences can be reconciled to both partner's satisfaction. Beautifully designed and illustrated throughout with photographs and line drawings, this unique book helps men understand women and women understand themselves.

Sexual desire is one of the most powerful forces in our lives. When repressed or expressed inappropriately, it can create problems-but when celebrated in a loving relationship, it can take you to the heights of sexual ecstasy and emotional fulfillment. "Sex and the Perfect Lover is a guide for those who wish to strengthen sexual relationships and discover a source of power, pleasure, and intimacy like no other. Explore the magic and power of sacred sexuality through philosophies and practices both ancient and modern:

-Visualization and other magical techniques to increase your sex appeal -Techniques for overcoming sexual blocks and inhibitions -Instructions for how men and women can achieve multiple orgasms, and how to find and stimulate a woman's G-Spot -Illustrations and descriptions of the positions of the Kama Sutra for increased intimacy and sexual pleasure -Techniques for a perfect first time with your lover -Tips for rekindling the flames of passion in an existing relationship -How to find your twin soul and the seven golden rules for creating loving relationships

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.

Reveals the practices and rituals of the yoni egg for physical, emotional, sexual, and spiritual growth and healing • Explains how to use a yoni egg at different stages of life to access inner beauty and wisdom, improve your sex life, prevent urinary incontinence and other women's concerns, prepare for and recover from childbirth, release emotional trauma, boost confidence, and enhance vital energies • Reveals the properties and benefits of 12 different stone eggs along with guidelines for choosing the egg that will work best for you • Includes contributions from Taoist and tantric master teachers, including Mantak Chia, Minke de Vos, Aisha Sieburth, Jutta Kellen-Shepherd, Sarina Stone, Shashi Solluna, and Jose Toirà, as well as testimonials from women of all ages Used for thousands of years throughout Asia, including by the royal concubines of the Chinese emperors, yoni eggs are egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within. In this full-color step-by-step guide, Lilou Macé details the techniques and rituals of yoni egg practice, aiming to dispel fears and reservations about its use and reveal its profound benefits for body, mind, and spirit. She explains how the yoni is not merely a body part, but the portal to greater wisdom and self-knowledge--your temple of the sacred feminine. Providing an anatomical guide to the yoni, she shows how it contains reflexology points and energy meridians that can be worked with through different placements of the yoni egg. She offers detailed instructions for yoni egg exercises, including how to use a yoni egg for the first time, and explores how these techniques can help you have more intense orgasms, prevent urinary incontinence and other women's health issues, prepare for and recover from childbirth, release trauma and negative emotions trapped within your body, boost your confidence and femininity, and unlock access to your inner source of creativity and wisdom. The author explores the properties and healing benefits of 12 different gemstone eggs, from the well-known jade egg to lesser-known eggs such as amethyst, obsidian, and green aventurine, along with guidelines for choosing the stone type and egg size that will work best for you. Concluding with rituals for initiating yourself into the power of your yoni and for releasing the sacred feminine within, the author shows how each of us has the power to heal, to be kind to ourselves, and to reveal our own inner beauty and wisdom.

A detailed guide to restoring the eight foundational areas of health • Explains how each of legendary Taoist masters known as the Eight Immortals has a specific area of health as the focus of his or her teachings • Offers practices, techniques and guidelines for each of the Eight Immortal Healer teachings, including the important roles of oxygen and water in the body, nutrition, detoxification, exercise, energy work, emotional pollution, and spiritual hygiene The Eight Immortals are a group of legendary ancient Taoist masters, each associated with a specific area of health or a powerful healing technique. These eight disciplines can bestow vibrant health and well-being and provide the antidote to the stresses, ailments, degenerative diseases, and toxins of modern life. In this guide to the healing practices of the Eight Immortals, Master Mantak Chia and Johnathon Dao share the legends of each Immortal teacher and detail the many ways to apply their wisdom through nutrition, exercises, supplements, detoxification methods, spiritual practices, and energy work. They explain how the first Immortal, born during the 8th century AD, is associated with oxygen, considered in the Taoist healing perspective as the body's primary nutrient. They discuss how oxygen deficiency is the main culprit in cancer and virus and provide a number of oxygen therapies including the use of hydrogen peroxide and deep breathing to stimulate the metabolism and immune system. The second Immortal Healer centers on water, and the authors explain how chronic dehydration can lead to a host of ailments and offer advice for rehydrating. The other teachings of the Immortal Healers include Nutrition, with guidance on supplements, superfoods, toxic foods, and daily meals;

Detoxification, with detailed guidelines for cleansing the body's organs and glands; Avoiding environmental poisons, with advice on vaccines, dental amalgam fillings, sunscreen, chemotherapy, fluoride, and pesticides; Exercise, with step-by-step instructions for Inner Alchemy practices, yoga, and breathing techniques; Maintenance of the energy body, through acupuncture, chi kung healing, magnet therapy, and photon sound beams; and Emotional pollution and spiritual hygiene, with a wealth of practices for balancing the emotional body and staying connected to Source, including forgiveness, meditation, and karmic yoga. By following these Eight Immortal Healers, you can take control of your health, remove the root causes of the chronic ailments that inhibit well-being and longevity, and choose to live life to the fullest in happiness and radiant health.

An innovative guide provides an alternative approach to relieving the body of stress by focusing on the mind, body, and spirit, and includes such methods as breath work, yoga, meditation, visualization, imagery, and more.

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.

ABOUT THE BOOK:-----The present book describes the mysteries, i.e. the hidden Astrological secrets of love, friendship and marriage and when the effects would fructify. The importance of love, friendship and marriage in life can never be o

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