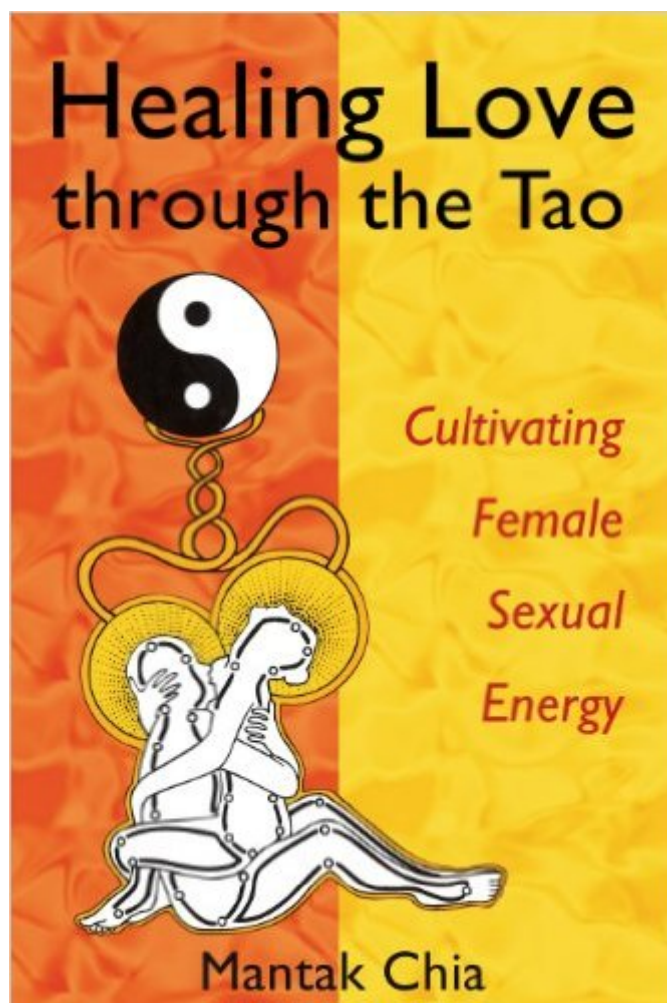


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# Healing Love Through The Tao: Cultivating Female Sexual Energy



## Synopsis

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.

## Book Information

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## Customer Reviews

A spiritual view and method of sexual practice. As a woman who was raped in the past, I wanted to be able to look at sex from a different perspective other than someone's lust. This book doesn't deal

with the subject of rape (one should visit a councilor for that), but rather reveals practices and methods for healing and rejuvenating the body through work with herself and also a loving sexual partner. A celibate woman may also benefit from these exercises. Breathing exercise and explicit diagrams are also used. This is esoteric knowledge which for centuries was secret in China. It's a wealth of fabulous knowledge and very helpful. There is a companion book for men as well. Oh, to find a partner trained in this method!

This book goes far beyond any other book I have ever read about female sexuality, and believe me I've read plenty of them over the years. It encourages you to go beyond thinking about sex per se and to use your sexual life force to begin functioning sexually on a much higher level, beyond anything you might even have considered possible. These procedures are designed to give you complete mastery over your body's physical responses. Some can be difficult in the beginning but practice makes them easier. For example, he shows you step-by-step how to channel sexual energy so that instead of having a physical climax, you can spiral that very energy throughout your body, one location at a time. This has the effect of revitalizing all your organs, glands, and nerves in each location as the energy passes through it. Those familiar with the macrocosmic orbit will recognize the procedure. Once you develop this ability, you will be able to experience greater and more fulfilling physical climaxes that are not localized but involve your entire body. Ultimately it's designed to enable you and your partner to experience a complete physical and spiritual union as well as a union with God or the universe or the higher power or whatever you want to call it. Since it can be difficult to do the steps he describes while holding the book in your hand and reading the instructions, I recommend taping yourself reading the instructions out loud at an un-hurried pace and then using the tape instead of the book to guide you through the exercises. This is a challenging book but completely rewarding if you actually start putting the steps into practice. I had some resistance in the beginning to going and trying some of them. It was much easier to just keep reading. But when I pushed through and followed his instructions for a few things, I was really impressed and inspired by the way they made me feel. The first time I sat down and actually did the entire ovarian breathing process - and believe me, I did NOT do it perfectly - I felt an awakening in my body that was profound and inspiring. I've been practicing raja, hatha, and swara yoga for a while, so I guess I was ready, but I feel that this book can benefit anyone with even the slightest inclination to try some of the methods he provides, and just a little bit of practice will go a long way. This book isn't for everyone. It's not a bunch of intellectual exercises, but it does involve your mind as well as your body and your spirit. It provides very practical physical steps that you can do by

yourself, and later with your partner. If you think you're going to simply read it and have it change your life, you could be disappointed. To get the most out of this book you will have to apply yourself. But even if you simply read it, it can open your mind to what is possible. The rewards will probably be on a scale with how much effort you put into it. The male counterpart to this book is called Taoist Secrets of Love: Cultivating Male Sexual Energy. <http://www..com/Taoist-Secrets-Love-Cultivating-Sexual/dp/0943358191>

I have been working with this book for a little under a month, and am very happy with the progress I've been making. I totally understand other reviewers' concerns that a subject and method this complex should be taught in person; however, as a person who has been working gently with meditation, yoga, kundalini energy and related methods for roughly ten years, I feel that this book is an appropriate self-teaching tool for myself and others like me. Moving energy through the body often isn't an easy thing, even for someone experienced with energy/body work. It's something that should be described in detail, as this book does without becoming pedantic. I particularly am appreciative of the recommendation that the reader master one section before moving to the next. I'm still working on the Microcosmic Orbit (Chapter 4), and have not yet progressed to Ovarian Breathing. I would like to go faster, and am at times frustrated, but failure with other methods has shown me that a time-tested and contemplative method such as this one is just the right way for me to go. This method is working for me, and has worked for countless people since it was first written in 1986. Not only am I experiencing an improvement in the intimate areas of my life, I also am having a much easier time sending energy to a particular spot in my body and sensing energy in others. This is very important to me, as I am currently working toward Reiki II training. The most wonderful thing of all: this book aims to empower people to enrich the private, sensual moments in their lives, but the benefits of what this author illustrates extend far beyond intimate encounters and into the realm of everyday life. This is wholly expansive and utilitarian material, for the serious seeker of a higher energy and a higher life potential.

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