
The Tao Of Health Sex And Longevity A Modern Practical Guide To Ancient Way Daniel P Reid

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Emotional Intuition for Peak
Performance Tao Longevity
The benefits of sexual bliss were

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not lost on the ancients, who knew well its powers to enhance health, concentration, and peace of mind. These ancient Chinese Taoist texts explain the transformative effects sex can have when properly and wisely practiced, demonstrating Taoism's emphasis on cultivating life's "three treasures"—vitality, energy, and spirit—in all the activities of daily life. The texts are part of the famous Mawangdui finds, Han Dynasty tombs that yielded the richest cache of ancient medical manuscripts ever found in China. The first three texts—Ten Questions, Joining Yin and

Yang, and Talk on Supreme Guidance for the World—deal with physical health and sex lore, including diet, exercise, sleep, and techniques of lovemaking. The last two, A Course in Effectiveness and A Course in Guidance, concentrate on the psychological factors of good health and well-being, especially the reduction of stress and cultivation of wholesome social relations.

The Tao of Love and Sex Shambhala Publications Make the most of your lovemaking with this bestselling guide to erotic massage. Massage is a simple way for couples to awaken their desire and bring

more intimacy and passion to their love life. The Tao of Sexual Massage shows how to master the techniques that will make your touch both tender and titillating. *Semen Retention Miracle* Shambhala Publications 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.

The Tao of Health, Sex, and Longevity Destiny Books

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.

The Tao of Sex Simon and Schuster

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.

A Complete Guide to Chi-Gung Oxford University

Press

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. Thai Stick Destiny Books This book has been set as 14-week course of 15 minutes-a-day programme (100 days). If you embark on this programme with faith and zeal removing all unnecessary doubts in your mind, this will certainly help you in an unbelievable manner. This book teaches you the art of authentic Taoist exercises developed

in ancient China. Chi kung originally refers to practitioners of breathing exercises, just like yoga. In Chinese Chi means energy and kung is a system of training or study. Actually Chi Kung is just a part of Taoist yoga. In the west they are called Energy Exercises. Undoubtedly there is something very fascinating about these concepts and their implementations. One automatically feel rejuvenated.

The Tao of Sexology
Simon and Schuster
This Book Describes

The Loving And Extraordinary Structure Of A Harmonious Sexuality, Which Guarantees Health And Longevity For Both Men And Women.

Complete Book of Chinese Health The Tao of Health, Sex, and Longevity

'The body is the temple of life. Energy is the force of life. Spirit is the governor of life. If one of them goes off balance, all three are damaged. When the spirit takes command, the body naturally follows it, and this arrangement benefits all Three Treasures. When the

body leads the way, the spirit goes along, and this harms all Three Treasures' - Wen-tzu Classic (first century BC) Inspired by the enthusiastic response to the TAO OF HEALTH, SEX AND LONGEVITY, GUARDING THE THREE TREASURES is a companion volume which can be read independently as an introduction to the philosophy and practice of Taoist health care.

Bestselling author Dan Reid acquaints the reader with the three treasures of Taoist medicine - essence, energy and spirit. The Way of Tao is the way of

harmony with nature, a dynamic balance of yin and yang. Maintaining this balance in your own mind and body will strengthen your immune system and build up your general health. Whereas Western medicine attempts to fix the affected body part or organ when something goes wrong, Chinese medicine takes a holistic and preventative approach and lets you take charge, through diet and exercises, of your mental and physical wellbeing. GUARDING THE THREE TREASURES will steer you onto the 'Great Highway' of health,

longevity and spiritual discovery.
Chi-gung Simon and Schuster
Chi-gung, which literally means "energy work," is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, chi-gung works with the energy found in all living things to help rid

the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of chi-gung can be practiced by anyone, regardless of age or physical fitness.

Taoist Foreplay

Routledge

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 daily life • Explains the world-class artists and and herbal supplements. cognitive science athletes reach peak Chi Kung for Prostate behind the development performance--and how Health and Sexual of expert skills and how you, too, can harness Vigor Llewellyn the teachings of ancient this “lifestyle Worldwide Eastern sages align technology” to make Reveals a structured with these scientific your actions effortless, mind-body system for findings • Offers enjoy intelligent cultivating effortless practices for cultivating spontaneity, and reach action and intelligent physical and mental optimal performance at spontaneity for peak intelligence, fasting the a peak level. Drawing performance • Details the mind, and harnessing on modern cognitive 4 fundamental habits creativity to achieve science, Gregory and routines that are your desires Integrating explains dual process essential for developing the wisdom of the theory, which divides peak performance and ancient sages with mental activity into two explains how to modern science, Jason spheres: cold cognition, incorporate them into Gregory explains how analogous with rational

thought, and hot cognition, based on emotional intuition--a theory anticipated by ancient Eastern thought, especially the teachings of the Chinese sages. The author explains that peak performance is impossible to achieve by relying solely on cold cognition as it cuts you off from the energy reserves necessary to excel. He shows how the athletic concept of being “in the zone” is based on practices that have become energized by hot cognition and thus instinctive. Outlining a structured training system that blends hot and cold cognition, the author identifies four fundamental habits and routines that lay the foundation for a healthy embodied mind and mindful body and thus are essential for developing peak performance and success. He explains how these training methods are practical applications of ancient wisdom from Zen and Taoist traditions, such as wu-wei, as well as how they are supported by recent medical research. Building on the four fundamentals, he offers practices for cultivating physical and mental intelligence, fasting the mind, and harnessing creativity to achieve your desires. Gregory explains how, with regular practice, we can use the four

fundamentals to create masterpiece days. And, as the masterpiece days compound, you build an unstoppable momentum where success is inevitable.

Create Health with Your Sexual Energy Simon and Schuster

Unleash the power inside your own body to transform your life Semen Retention is a centuries-old practice that allows you to harness your body's vital energy and redirect it to any area of your life. From achieving the perfect body to outstanding results in

business and creative endeavours, semen retention can turbocharge your success. Now modern science is backing up this ancient practice and showing how it can: Increase productivity & motivation Pack on muscle mass Boost focus & self-confidence Attract people to you Increase your energy levels Strengthen your immune system Sharpen your memory Semen Retention Miracle is the definitive book on how to utilise this power to achieve your goals. You will discover: The science behind semen retention

What the ancient texts say about it How to implement it into your life Essential tips for staying the course And much much more Take charge of your life today by learning how to use the unstoppable force that dwells within you.

The Sexual Teachings of the White Tigress

Simon and Schuster 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.

Sexual Reflexology
Carroll & Brown Pub Limited

Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote

good health, longevity, and spiritual awareness using these traditional techniques. Included are:

- Key concepts of Chinese medical theory
- Dozens of illustrated T'ai Chi and Chee-gung exercises
- The Chinese approach to healing common ailments
- Authentic secrets of Taoist sexual yoga
- Therapeutic food recipes and herbal tonics
- Alternative treatments for diseases such as AIDS and

cancer • Resource listings: teachers, schools, centers, stores, and mail-order suppliers

Taoist Sexual Meditation
Simon and Schuster
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*. 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.

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

respected herbal education websites: recipes, rituals, practices, and personal stories to help you live a more sexually fulfilled and vital life. Plants are the great healers of the earth, and their capacity to support healthy sexuality is just as powerful. This beautifully written and illustrated book brings you into a relationship with herbs for sexual fulfillment and empowerment. Drawing on her own knowledge of herbalism and sacred

sensuality, along with intimate stories from students who implemented her teachings, Kimberly Gallagher guides you on a personal journey of growth aided by the aphrodisiac properties and sensual uses of healing herbs and flowers such as damiana, cacao, and rose. Kimberly is an author and co-founder of LearningHerbs, a widely respected herbal education website. In *Aphrodisiac*, you'll find thoughtful, soulful rituals

and dozens of recipes for putting the herbs to use, such as Autumn Blush Cordial, Rose Massage Oil, and Cardamom Chocolate Mousse Torte. You'll read user-friendly and well-researched monographs that teach you everything you need to know about every featured herb. And you'll find a wide range of practices for inviting erotic energy flow into your life--including creating an inviting environment, nourishing your body, and simply

slowing down so there's time to savor pleasure. When people are sensually alive and sexually fulfilled, they are more confident, creative, and joyful. They are also more likely to share their unique personal gifts with the world. Aphrodisiac is an essential resource for anyone wishing to live a more vibrant life.

The Tao of Sexual
Massage Workman
Publishing Company
In her books, Irene
Andersson, describes
how you can gain

access to your inner
resources, and thereby
live a richer and more
joyful life where
yourself take
responsibility for your
own sexuality and
pleasure. Your desire
belongs to you and how
you are with your
sexuality affects both
health and well-being.
Sex in China Shambhala
Publications
Higher consciousness and
sexual sublimation
(diverting sexual energy to
the brain) are inextricably
linked in most of the

world ' s meditation methods.
So where does seminal
retention fit in? Seminal
retention techniques can be
used by male practitioners
who want to continue sexual
relations without the
deleterious effects linked to
ejaculating. While best
meditation practices dictate
renouncing ejaculation and
sexual relations, seminal
retention techniques do
provide a compromise for
males not able or not willing
to give up sex. In the East,
people have always known
about the connection
between higher
consciousness and what
goes on below the waist.

Seminal Retention and Higher Consciousness: The Sexology of Kundalini explores this connection, and its sexological implications. First, there 's a limited amount of semen in the male body. Neither you, nor I, can change this; it 's a biological fact. Second, although you can 't replenish what 's been lost, you can conserve what 's left. Today, it 's understandable that young, vital individuals working on kundalini activation techniques want to maintain a normal sex life. Formerly, the only way to avoid the deleterious physiological effects linked to ejaculation was to avoid sex altogether after activating kundalini. That is not acceptable to this generation: The sex drive is too powerful to simply put it on the back burner in favor of abstinence or abstention. Today 's seekers want instant gratification, free license to ejaculate at will, at the same time, they pursue higher consciousness. Fortunately, there is a way to reconcile the two, a series of seminal retention techniques I discovered after activating kundalini. But before revealing these secret techniques, let 's examine some of the effects various authorities on kundalini had to deal with. First, Gopi Krishna writing in 1977: " At the present time, we can say, that perhaps twice a week to once in two weeks would be a safe measure for indulgence in the sexual act. This is of absolute importance for those who would like to awaken the Serpent Power. " On one occasion, after months of abstention, I prematurely had a contact with my wife. The next moment, because the energy did not come up to feed the brain, I seemed to sink into a pit of horror

and terror, so much so that I thought that if nothing happened to save me from this terrible situation, I would die. “ People realize these mistakes when they are sixty or seventy years old. There have been many cases in which men of advanced age have repented the folly of their youth. ”

Second, before I mastered retention techniques, I discovered first hand how much the brain needs the elixir and I wrote about it in *Deciphering the Golden Flower One Secret at a Time*: “ My head is imploding and the elixir is being summoned to my brain for life support. I curl up in a fetal position. To no avail, my nerves are like an electrical fire searing the very conduits that enclose them and there isn ’ t enough elixir to cool them. Certainly, if I try to lead a normal sex life, I ’ ll simply exhaust my resources. I can feel the elixir waning and, as Gopi Krishna put it, ‘ a tongue of golden flame searching my stomach for food. ’ ” I learned the hard way, but you don ’ t have to. Not if you take the time to master the techniques discussed in this book. Yes, I suffered bouts of physical pain, like the ones described above, that led me to seek and ultimately find techniques that not only allowed me to continue sexual relations, but also allowed me and my partners to experiment with new pleasures. In ancient times, sex relations and higher consciousness were a no-no. Today, seekers want both. And they can have them...within reason. The biology hasn ’ t changed; Kundalini still needs the energy. But, if you can control the energy as it surges up the spine into the brain and not allow it to flow out, you can navigate the tricky waters between

sublimation and ejaculation. the history of sexual practices and ideas in China, but most have ended the discussion with ancient China and have not continued up to the present time. Fang Fu Ruan first surveys the ancient assumptions and beliefs, then carries the story to present-day China with brief descriptions of homosexuality, lesbianism, transvestism, transsexualism, and prostitution, and ends with a chapter on changing attitudes toward sex in China today. Dr. Ruan is well qualified to give such an overview. Until he left China in the 1980s, he was a leader in attempting to change the repressive attitudes of the government toward human sexuality. He wrote a best selling book on sex in China, and had written to and corresponded with a number of people in China who considered him as confidant and advisor about their sex problems. A physician and medical historian, Dr. Ruan's doctoral dissertation was a study of the history of sex in China.