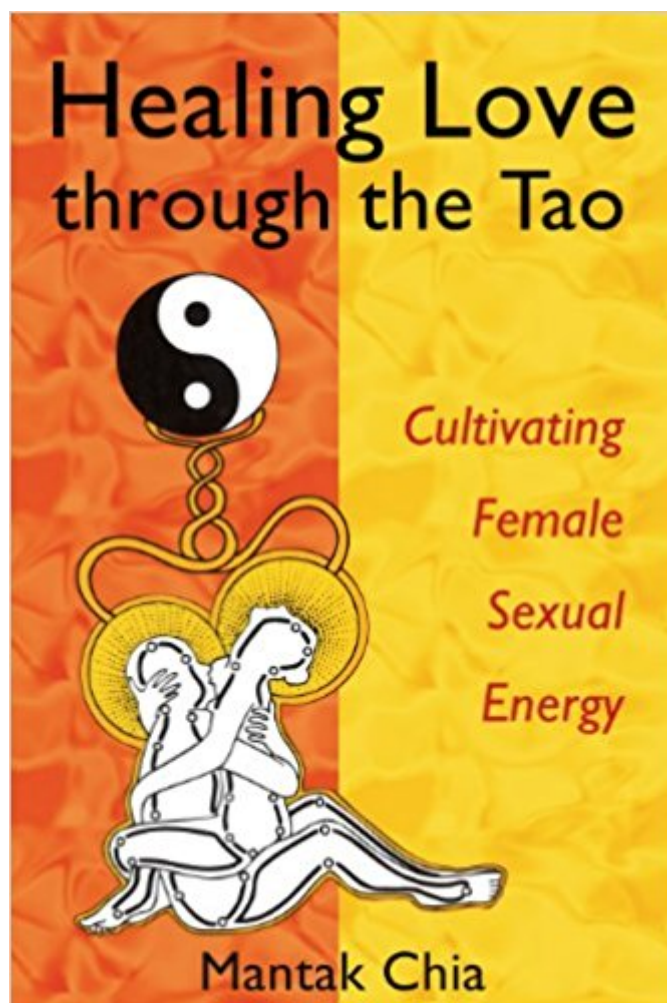


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# Healing Love Through The Tao: Cultivating Female Sexual Energy



## 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

". . . reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power. In addition, it teaches the practice of total body

orgasm. . . . This is the first book to make this ancient knowledge available to the West." (Branches of Light, Issue 27, Fall-Winter-Spring 2005-2006)

**SEXUALITY / RELATIONSHIPS** Healing Love through the Tao reveals the traditional Taoist practices that enable women to cultivate and enhance their sexual energy by transforming it into creative power, healing power, and spiritual power. For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret to only a small number of people, sworn to silence, in the royal courts and esoteric circles of China. Healing Love through the Tao 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 women continually lose this energy through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how to use it 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. MANTAK CHIA, a student of several Taoist masters, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world and tours the United States annually, giving workshops and lectures. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort and the Universal Healing Tao training center in Chiang Mai, northern Thailand. He is the author of twenty-five books, including the bestselling *The Multi-Orgasmic Woman and Sexual Reflexology*.

It says 'Mantak' is the author however I think his wife wrote or closely edited this book. The personality of this book is precious. I think it is the best book they produced and it is one of the first written if not published a little later. If you are into martial arts, this information can be very meaningful to begin to comprise a rare and viable path. It can be easily misunderstood from western conventional thinking. It's like learning to unfathom the art to make good tea now that you appreciate good coffee. The formulas are within oneself, so it is a good usable guide to discover the language and thinking processes or mindset for developing one's own "Formulas". It briefly touches upon the deleterious karmic consequences of tantric yoga mal- practice, however that is a whole'nother'world and if you are truly seeking an alternative way, this book could be a catalyst to

helping you to finding your destiny.. Who knows, with this knowledge base, you might win the first marathon that you ever run!

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>

Very useful if you feel drained after sex and want to remedy that. Also learned that sex isn't about frequency as much as it is about quality...I've actually stopped having sex as much, but I'm not sure if it's because of the book or because my marriage is falling apart.

Outstanding good book. Good purchase as described.

Wow. Should have read this one in my twenties

a must read...its the SECRETS OF SEX..!!

An absolute must have for anyone interested in diving deeper into who We Truly Are. It's amazing that these Teachings are so readily available to Us. Thank You Grandmaster Mantak Chia! All LOVE.

I just received this today and began reading, very interesting and a topic I am greatly appreciative to be learning about. Every woman should embark on this journey it is our divine birth right.

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