



Sexual Reflexology



Activating the Taoist Points of Love

Mantak Chia, coauthor of *The Multi-Orgasmic Man*
and William U. Wei

Sexual Reflexology Activating The Taoist Points Of Love

R Sanford



Sexual Reflexology Activating The Taoist Points Of Love:

Sexual Reflexology Mantak Chia, William U. Wei, 2003-05-22 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 Foreplay Mantak Chia, Kris Deva North, 2010-07-13 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

Basic Practices of the Universal Healing Tao Mantak Chia, William U. Wei, 2013-04-05 A comprehensive reference guide to the foundational Taoist practices taught by Master Mantak Chia Organized by level and chi kung system for quick reference during practice or teaching Includes 220 exercises from more than 20 of Master Chia s practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Chi Self Massage Cosmic Detox and Iron Shirt Chi Kung Covers all of the basic exercises in the Universal Tao s first 6 levels of instruction Organized progressively by level and system for quick reference during practice or teaching this illustrated guide covers all of the foundational exercises in the Universal Healing Tao s first 6 levels of instruction Keyed to the corresponding

book for each complete practice such as Healing Light of the Tao and Chi Self Massage this guide includes 220 exercises from more than 20 of Master Mantak Chia's practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Iron Shirt Chi Kung Wisdom Chi Kung Tao Yin Chi Nei Tsang Cosmic Detox Bone Marrow Nei Kung Cosmic Healing Tendon Nei Kung and Karsai Nei Kung Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao this book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia's teachings enabling you to purify transform regenerate and transcend not only your own energy but the energy around you as well Taoist Astral Healing Mantak Chia, Dirk Oelibrandt, 2004-04-12 While Taoism centers on creating physical health that is deeply rooted in the earth's energies individuals also require energies from the stars and planets to continue to grow and to develop their full soul potential as addressed by this step by step program The Light of Sex Maria de Naglowska, 2011-04-11 The first English translation of Maria de Naglowska's essential treatise on the spiritually transformative power of sex *La lumi re du sexe* Reveals mystic sexual practices for growth of the soul and enlightenment Explains the inner workings of the sex magic rituals of *La confr rie de la Fl che d Or* The Brotherhood of the Golden Arrow the notorious occult order of 1930s Paris Translated from the original French with an Introduction and Notes by Donald Traxler Features elegant French flaps Never before available in English The Light of Sex expounds the tenets of the revolutionary religious system conceived by Maria de Naglowska Russian mystic occultist esoteric high priestess rumored lover of Julius Evola and self styled Satanic Woman of 1930s Paris Centered on what she called the Third Term of the Trinity in which the Holy Spirit of the classic Christian trinity is recognized as the divine feminine her practices aim to bring about a reconciliation of the light and dark forces in nature through the union of the masculine and feminine Revealing the spiritually transformative power of sex she shows how through mystic sexual practices and veneration of the feminine spirit growth of the soul regeneration of the world and enlightenment of humankind can be achieved This mystic treatise and guide to the sexually charged rituals that were a cause c l bre in 1930s Paris was required reading for those seeking to be initiated into Naglowska's magical group *La confr rie de la Fl che d Or* The Brotherhood of the Golden Arrow It reveals Naglowska to be a powerful visionary whose psychic powers were legendary and an important figure in the continuing evolution of the Western Mystery tradition The Taoist Soul Body Mantak Chia, 2007-11-15 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 *Siaow 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

Enlightened Sexuality Marcus Balane,2008-10 This book explores the relationship of sexuality and spiritual enlightenment The author reveals the powerful role enlightened sexuality plays in emotional physical and spiritual growth and health He further reveals how sexual enlightenment can unlock amazing spiritual and physical powers hidden within elevating both individuals and couples to new levels of enlightenment This book is a must for both couples and individuals alike

The Multi-Orgasmic Woman Mantak Chia,Rachel Carlton Abrams,2006-08-08 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

Healing Light of the Tao Mantak Chia,2008-05-27 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

Tan Tien Chi Kung Mantak Chia,2004-09 Tan Tien Chi Kung is the art of cultivating chi in the lower abdomen the tan tien

Known as the Ocean of Chi this lower abdominal area holds the key to opening the body to the free and continuous movement of chi Included are exercises to develop chi for increased vitality and the mind body balance essential for spiritual growth and well being

Taoist Shaman Mantak Chia,Kris Deva North,2011-01-25 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

Life Pulse Massage Mantak Chia,Aisha Sieburth,2015-08-15 A fully illustrated guide to abdominal massage for improved cardiovascular health organ detoxification and enhanced vital energy Includes fully illustrated massage instructions to open restricted blood vessels direct blood flow for healing balancing blood pressure and detoxifying organs Details specific massage treatments for many common ailments such as lower back pain sciatica asthma headaches and reproductive issues Explains the ancient art of reading pulses to diagnose organ health Reveals how blood acts as the vehicle for our vital energy Blood and chi often flow side by side throughout the body the blood acting as the vehicle for our vital energy Areas of slow or congested circulation lead to blockages in the flow of vital energy and toxin accumulation in the body The practice of Life Pulse Massage allows these blockages to be cleared revitalizing cardiovascular function detoxifying the organs and restoring the flow of blood and chi throughout the body In this fully illustrated guide to Life Pulse Massage Master Mantak Chia details abdominal massage practices to open restricted blood vessels direct blood flow to specific areas for healing release arterial tension to rebalance high or low blood pressure and detoxify individual organs and body systems such as the liver lungs lymph nodes and colon He shows how to clear and activate the master pulses of the navel and aorta and synchronize these master pulses with the 52 pulses of the whole body for optimum circulation and energy balance He explains the ancient art of reading pulses to diagnose organ health as well as how to recognize internal health states through the unique positions and shapes of the navel Detailing specific Life Pulse

Massage treatments for many common ailments such as lower back pain sciatica asthma headaches and reproductive issues Master Chia shows how liberating the flow of blood and chi can prevent illness before it takes hold revitalize the organs and set the stage for optimum health **Reflexology Today** Doreen E. Bayly,1984-05 Stimulating the body's healing forces through massage of the reflex areas of the feet helps to increase blood circulation and relax tension in the nervous system and can do much to retard the ageing process Ailments that respond to reflexology include glaucoma migraine liver disease cataracts asthma neuritis shingles herpes zoster arthritis and sinus trouble **Eros Ascending** John Maxwell Taylor,2011-07-05 FINALIST USA Best Books 2010 Awards Spirituality Self Help Relationships The quest for lasting love is one of life's essential pursuits in some ways the most essential But it's also a quest that's impossible to separate from spiritual and sexual needs In Eros Ascending author John Maxwell Taylor offers a wide ranging study of sexual dysfunction in society and explains how healthy sexuality can be an entryway to universal love and higher consciousness Based on Taylor's twenty three year experience with Taoist practices the book presents an engaging analysis of love relationships and sexuality from spiritual romantic and sexual perspectives Taylor melds essential ideas by Jung Gurdjieff and Taoist Master Mantak Chia with science biology spiritual tradition and current popular culture to shed new light on this eternal yet misunderstood subject Not just for couples the book is equally useful for single people who want to understand the methods for learning to love yourself in preparation for a fulfilling long term relationship Taylor draws on his eclectic background as a successful playwright composer actor and musician in this persuasive plan for converting ordinary sexual energy into food for the soul

The Tao of Immortality Mantak Chia,William U. Wei,2018-02-20 A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy Explains each of the nine levels of Inner Alchemy and their more than 240 formulas Explores the Four Healing Arts for transformation of the emotional body physical body energy body and spiritual body Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system Master Mantak Chia and William U Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master Yi Eng more than 60 years ago Beginning with the basic principles called the Five Enlightenments the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas including simplified versions of the Microcosmic Orbit the Inner Smile Sexual Alchemy exercises for men and women Fusion of the Five Elements practices Kan and Li Alchemy the Sealing of the Five Senses and Star and Galaxy Alchemy They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy Living Tao practices for transformation of your emotional body Chi Nei Tsang practices for transformation of the physical body Cosmic Healing practices for transformation of the energy body and Immortal Tao practices for transformation of the spiritual body all aimed toward the survival of consciousness in a self aware

vessel They also offer simplified versions of the other core practices such as Iron Shirt Chi Kung Bone Marrow Nei Kung and Wisdom Chi Kung to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy Master Chia and William U Wei show how these exercises were designed to increase longevity providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death *Karsai Nei Tsang* Mantak Chia, 2011-07-08 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

Golden Elixir Chi Kung Mantak Chia, 2004-01-23 Techniques for preparing and using the Golden Elixir to achieve optimum health and spiritual vitality Includes practical exercises and postures to produce regenerative effects in one's own saliva Reveals how combining saliva with the hormonal fluids released during sexual practices creates the Elixir of Immortality Golden Elixir is the fountain or water of life It is the combination of saliva hormonal fluids and external essences that when mixed together become the Elixir of Immortality Saliva has long been considered by Taoists as a key component for optimum health Some Taoist texts recommend swallowing the saliva up to 1 000 times a day to promote physical healing Thousands of years ago Taoists became aware of changes in the taste and consistency of saliva that accompanied meditative practices They learned that by combining saliva with the hormonal fluids and essences released during sexual activities a powerful elixir is formed Taoists believe that this Golden Elixir is not only a physical healing agent but also is a major

transformative agent in preparing for higher spiritual work Golden Elixir Chi Kung contains twelve postures that develop and utilize the healing power of saliva Ten of these involve gathering energy and forces through the body's hair which acts as a negative energy filter and can also be used to store surplus positive energy Taoists regard the hair as antennae extending out into nature and the universe By utilizing the practices in this book readers can develop self healing abilities and establish a better connection to the universe as a whole

Craniosacral Chi Kung Mantak Chia, Joyce Thom, 2016-01-22 Craniosacral therapy and Chi Kung practices to harmonize emotions release chronic tensions and optimize the flow of energy Provides illustrated instructions for movement exercises breathwork self massage and emotional intelligence meditations to free the flow of energy in the body Reveals clear parallels between the craniosacral rhythm and the flow of chi Explains how to release energetic blockages and emotional and physiological knots activate the energetic pumps of the 3 tan tiens and tap in to the Cosmic Flow Exploring the connections between Western craniosacral therapy and Chi Kung Taoist master Mantak Chia and craniosacral instructor Joyce Thom detail movement exercises breathwork practices self massage techniques and focused meditations from Taoist and other wisdom traditions to release and harmonize the flow of energy in the body and optimize our potential for physical emotional and spiritual well being The authors link the craniosacral rhythm the gentle flow of cerebrospinal fluid from the head cranium to the tailbone sacrum and the flow of chi throughout the body circulated by the pumps of the three tan tiens They explain how these subtle energetic flows indicate the harmony or disharmony of the whole person and are greatly affected by physical traumas chronic tensions and unresolved emotions For example the psoas muscle known in Taoism as the muscle of the Soul connects the spine to the legs and is the first muscle to contract when anger or fear triggers our fight or flight response Often a storehouse of subconscious stressors this muscle's sensitivity is connected to many common ailments like back pain Providing step by step illustrated exercise instructions the authors explain how to identify and unwind energetic blockages and emotional and physiological knots They explore emotional intelligence exercises for tuning in to our hearts so we can listen to our bodies messages and learn to relieve related emotional burdens They also reveal how to activate the cranial respiratory cardiac and sacral pumps of the three tan tiens to optimize the body's energetic flow and explain how when our energy is flowing freely we can enter the Cosmic Flow a state of calm well being and extraordinary creativity where we find ourselves truly at one with the universe

Cosmic Fusion Mantak Chia, 2007-08-27 A guide to the advanced practice of Inner Alchemy which brings the physical body into balance with the energy body Presents the second level of Inner Alchemy practices that use the eight forces of the pakua bagwa to collect gather and condense chi in the body Explains how to balance negative emotional energy with positive energy to detoxify nourish and integrate the physical and the energy body with the forces of nature Shows how to collect and channel the greater energies of the stars and planets to create unity between what is above and below Cosmic Fusion is an advanced level of Inner Alchemy that teaches how to bring the physical body into balance with the energy body a necessary

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In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sexual Reflexology Activating The Taoist Points Of Love**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Sexual Reflexology Activating The Taoist Points Of Love Introduction

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