

## Taoist Foreplay Love Meridians And Pressure Points

A step-by-step guide to the Taoist fasting practice of Pi Gu • Explains how you do not stop eating with this fasting practice • 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 allows 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 of solitary retreat in pursuit of enlightenment, the practice centers on a simple diet of fruits, teas, nuts, and eggs paired with specific techniques and chi kung exercises. During the pi gu state, the need for food decreases yet the body's energy levels actually increase as the body gathers chi not from food but from chi kung and the "golden elixir" produced by the pi gu chewing practices. The chi gathered 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. Unlike normal eating makes the body's cells more sensitive, accelerating the elimination of toxins. The stomach reduces in size, flattens 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 describe the corresponding chi kung energy exercises. They also explain the use of pi gu during darkness retreats to enhance spiritual growth and increase mental powers and wisdom.

A guide to restoring women's reproductive health and maintaining sexual desire • Includes fully illustrated instructions for Chi Kung exercises to clear energetic blockages, tone the female reproductive organs, prevent uterine cancer, and restore sexual vitality • Shows how to strengthen the pelvic floor with chi weight lifting and how to perform breast and female genital massage • Offers guidance supporting your practice with dietary advice, restorative cleanses, and herbal remedies In this fully illustrated guide, Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to balance hormones, offset abnormal cell growth, prevent uterine cancer, and restore sexual vigor to the female reproductive system. With step-by-step instructions, they provide techniques to open the energetic pathways connected to the female reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform breast and female genital massage to circulate chi and sexual energy. They detail the practice of chi weight lifting--advanced Kegel-type exercises using a jade egg--to stimulate age-delaying hormones and strengthen the pelvic floor. To maximize the benefits of the exercises, the authors offer dietary guidance, restorative cleanses, and herbal remedies to further support female reproductive healing and maintenance of sexual desire.

Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of the universe for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to the sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy. We must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy through the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into a refined 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 to the universe, the more our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. When we 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 energy of the Tao, life ceases to be a struggle.

The Six Healing Sounds that keep the vital organs in optimal condition • Presents vocalizations and accompanying postures that release 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 frequency to vibrate each organ in optimal condition. To accompany these Six Healing Sounds, six postures were developed to activate the acupuncture meridians and 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 Six Healing Sounds and their accompanying postures redistribute this excess heat to the cooler regions of the body, thus 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.

Pi Gu Chi Kung

Taoist Secrets of Love

Muscle, Tendon, and Meridian Massage

Eso

Effortless Pain Relief

The Multi-Orgasmic Woman

Lingam Massage

Sex and the Perfect Lover

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.

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 acupuncture 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 acupuncture 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.

At last, simple physical and psychological techniques that allow men to fulfill their dreams and women's fantasies. Learn to Separate Orgasm and Ejaculation! Enjoy Increased Vitality and Longevity! Become Multi-Orgasmic Now!

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.

The Ancient Chinese Way to Ecstasy

Love Meridians and Pressure Points

The Six Healing Sounds

The Alchemy of Sexual Energy

A Handbook of Simple Exercises and Techniques

Energy Movement Exercises for Sexual Vitality

Just F\*ck Me! - What Women Want Men to Know about Taking Control in the Bedroom - Revised Edition W/ Censored Cover

Sexual Reflexology

**Your dreams of sexual pleasure are about to come true. No age, time, place, or body constraints can prevent you from becoming the lover you desire to be. A bestseller around the world, Sex and the Perfect Lover has become the definitive guide to improving your sexual experience. Inside, discover how to: Learn and develop sexual magnetism Become an irresistible, fascinating, unforgettable lover Overcome sexual blocks and inhibitions Achieve multiple orgasms Stimulate a woman's G-spot Practice Kama Sutra techniques with the help of amazing illustrations and personal tips from the author Make your relationship sacred and feel inner divinity while making love Find and attract your soul mate This book will become your eternal companion and trusted adviser -- all of your needs and doubts about eroticism will be eased by Iam's tried-and-true advice. From your first kiss to sexual ecstasy, Mabel Iam guides you along the path to an intense pleasure that only love and sex can bring.**

**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.**

**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.**

**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.

**Activating the Taoist Points of Love**

**Bringing Out the Best in People**

**Reveal and Release the Sacred Feminine Within**

**Tai Chi Fa Jin**

**Chi Kung for Women's Health and Sexual Vitality**

**The Sexual Teachings of the White Tigress**

**The Multi-Orgasmic Couple**

**Your Personal Program for Five-Element Nutrition**

*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.*

*Through years of research and clinical work, Doctors Alan and Donna Brauer have developed an amazing technique which will revolutionise readers sex lives, exploring the mental and emotional as well as physical aspects.*

*A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies • Provides emotional healing by releasing traumatic memories stored in the yoni • Includes exercises that use sexual energy to cleanse and stimulate the chakras*

*• Empowers women to draw strength and radiant vitality from the restored connection to their innermost core "Yoni" is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves.*

*The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a "private part" hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.*

*A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity • Empowers men to expand and deepen their experience of arousal and sensuality • Demonstrates how deep relaxation is important to a strong and lasting erection • Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual "performance" have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation.*

**Sex Mudras**

*Master the Timeless Techniques of Tantra, Tao, and the Kama Sutra to Take Lovemaking to New Heights*

*Beyond Tantra*

*The Tao of Love and Sex*

*Awakening Male Sexual Energy*

*The Eight Immortal Healers*

*Chi Nei Ching*

*Taoist Secrets of Eating for Balance*

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

*Taoist Foreplay Love Meridians and Pressure Points* Destiny Books

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.

Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system • Shows how Chi Massage employs one's own internal energy to promote rejuvenation • Presents Chi Massage techniques for every organ and bodily system • Provides a daily practice routine that requires only 5 to 10 minutes to complete The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Massage, internal energy, or Chi, is manipulated to strengthen and rejuvenate the sense organs--eyes, ears, nose, tongue, teeth, and skin--and the internal organs. The Taoist techniques in this practice are more than 5,000 years old and, until very recently, were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method. In Chi Self-Massage Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system. By practicing the exercises outlined and following the daily routine that requires only 5 to 10 minutes to complete, readers can strengthen their senses--most notably vision, hearing, and taste--detoxify their internal organs and glands, help control negative emotions, relieve stress and constipation, and improve their complexion, teeth and gums, and overall stamina.

*Cultivating Male Sexual Energy*

*Tao, Tantra, and the Kama Sutra*

*Opening and Sealing the Energy Body*

*Sexual Secrets Every Couple Should Know*

*Sexual Secrets Every Man Should Know*

*Fusion of the Five Elements*

*Healing Love through the Tao*

*Foundational Practices to Awaken Chi Energy*

*Provides Westerners with a step-by-step, tastefully illustrated, practical introduction to the ancient Chinese art of sexual dual cultivation.*

*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.*

*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.*

*Explains how to use your Taoist astrology birth chart as a personal nutritional guide for health, longevity, and organ energy balance • Explores how to help balance your birth chi through your eating habits as well as explaining how foods address your five-element energetic profile • Provides detailed food lists based on ancient Taoist wisdom that reveal their effect on the Yin, Yang, and five-element energies • Shows how your five-element energies outline your life and influence success in relationships and at work We are each born with a unique combination of heavenly and earthly energies defined by the five elements and dictated by the universe at the moment you take your first breath. This "birth chi" can be calculated using the year, month, day, and time of your birth, and it reveals your personal profile of health and emotional strengths and weaknesses as well as the energy cycles you will encounter throughout your life. In this Inner Alchemy astrology nutrition guide, Master Mantak Chia and Christine Harkness-Giles explore how to strengthen your birth chi through your eating habits, revealing which foods will address imbalances in your five-element organ energy profile. The authors explain which organs are connected with each element--fire, earth, metal, water, and wood--and provide detailed food lists based on ancient*

*Taoist wisdom that reveal the energetic temperature, flavor, and organ related to many common foods and superfoods. They emphasize the importance of local, seasonal, and fresh foods and of yin-yang balance for health. The authors illustrate the five elements' characteristics through sample profiles for celebrities such as Paul McCartney and Meryl Streep, along with Taoist nutritional recommendations based on their charts. The authors also explore how your Inner Alchemy astrology profile determines your life and relationships and explain how Inner Alchemy practices and five-element nutrition can improve all aspects of your life. By eating in line with your personal five-element energetic profile, as part of ancient Inner Alchemy techniques, you can improve health and longevity and strengthen connections with your loved ones and the energies of the cosmos.*

*A Guide to Self-Healing from Chronic Pain*

*Healing Light of the Tao*

*How You and Your Lover Can Give Each Other Hours of Extended Sexual Orgasm*

*The Multi-Orgasmic Man*

*Connecting to the Universe from Within*

*The Taoist Way of Rejuvenation*

*Taoist Wisdom for Radiant Health*

*Therapeutic Massage for the Sexual Organs*

The classic bestseller on performance management is updated to reflect changes in today's working environment. When an employer needs to know how to gain maximum performance from employees, renowned behavioral psychologist--Aubrey Daniels is the man to consult. What has made Daniels the man with the answers? His ability to apply scientifically based behavioral stimuli to the workplace while making it fun at the same time. Now Daniels updates his ground-breaking book with the latest and best motivational methods, perfected at such companies as Xerox, 3M, and Kodak. All-new material shows how to: create effective recognition and rewards systems in line with today's employees want; Stimulate innovations and creativity in new and exciting ways; overcome problems associated with poorly educated workers; motivate young employees from the minute they join the workforce.

Tantric massage is a great way to provide erotic pleasure and sexual healing for you and your partner. Yoni (Vagina) and Lingam (Penis) are two of the oldest types of Tantric massage techniques in the world. This basic guide will give you an introduction to simple and easy to learn techniques that you can start using right away. Includes graphic and explicit detail of sexually stimulating massage. Do not read if you are uncomfortable with sexual massage techniques.

A guide to the relaxing and healing skills of massage, the ancient Japanese art of shiatsu and reflexology. With step-by-step instructions, the book guides the reader through the complete working sequence for each skill and provides detailed descriptions of appropriate strokes for each part of the body. The book also explains what the body can tell you and shows how massage can be used to soothe, to invigorate, to relieve aches and tensions and to help in difficult circumstances, from work to leisure, from pregnancy to old age. Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

*The Book of Massage*

*Advanced Techniques for Discharging Chi Energy*

*Taoist Foreplay*

*Karsai Nei Tsang*

*Secrets of the Female Taoist Masters*

*Easy to Learn Sexual Massage*

*Taoist Sex Secrets*

*Tantra*

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.

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.

The G-spot, the powerhouse of female orgasm, is often veiled in mystery and confusion - many believing it to be nothing more than urban legend! With wit and panache, sex educator and bestselling writer Violet blue introduces readers to G-spot play. Beginning with an anatomical guide and incorporating suggestions for couple-play, positions, toys and safer sex, this guide will lead readers to thrilling new sensations and earth-shaking, bed-breaking, gale-force climaxes! Any girl can unleash her own orgasmic superpower with *The Smart Girl's Guide to the G-spot*.

A revolutionary prescription for getting to the source of pain--and curing it--"Effortless Pain Relief" is a highly accessible, proven mind-body program.

*The Smart Girl's Guide to the G-Spot*

*How Any Woman Can Experience Ultimate Pleasure and Dramatically Enhance Her Health and Happiness*

*Chi Kung for Prostate Health and Sexual Vigor*

*Fusion of the Eight Psychic Channels*

*The Stress Management Handbook*

*Cultivating Female Sexual Energy*

*Taoist Techniques for Balancing Chi*

*Inner Alchemy Energy Fasting*

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 Toiràn, 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 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.

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.

THIS IS A NEWLY UPDATED VERSION OF THE UNDERGROUND CLASSIC! "You're the Man... Act Like One!" Look, I know you're not a mind reader, so I'm going to be blunt... The majority of women like to be fucked. And I mean really fucked. Yes, the media has lied to you. Sure, there are some women who want to lie on their backs, look into your eyes, and gently rock back and forth, but most of us want you to channel the power of the Sun through your penis and give us a good, solid pounding. Act like you want it, for God's sake! In this book, I'm going to lay out exactly what the majority of women want and show you exactly how to give it to them. I've got a

section just for you and one for your female partner, so you can feel 100% comfortable letting loose on her vagina in the way she's secretly craving. Some of the topics we'll cover... The Alpha Male - It's more than just being an ex-fratboy douchebag, who thinks he's still on the high school football team. I'll clue you in. Dirty Talk - Trust me, she wants it. If she didn't, she'd fuck a mime. Speaking of, did you know Marcel Marceau was divorced three times? Enough said. Role Playing - How she really feels about pretending to be the babysitter, a whore, and a student looking for a little "extra credit." I'll take you through her top Alpha Male fantasies...including one so controversial, I can't even mention it here. The Art of Being Assertive - Sack up and take control! What to do...and what not to do. Sexual Communication - Both you and your partner have needs and good communication, both verbal and non-verbal, is crucial when it comes to getting them on the table. I'll show you how to communicate "Alpha Male Style." You'll learn what to say...and how to say it. Now that I've got you all hyped up and extremely aware of the need to please your woman, let's make that happen! What are you waiting for? Buy the book already! Eve Kingsley is a feminist writer based in San Francisco. She teaches couples how to push the boundaries of their sexual relationships to create new levels of honesty, intimacy, and trust.

Chi Self-Massage

The Complete Step-by-step Guide to Eastern and Western Techniques

A Simple and Straightforward Guide to Yoni and Lingam Massage

Awakening Female Sexual Energy

The Yoni Egg

The Art of Conscious Loving

Yoni Massage

Healing Through Taoist Sacred Sex

- Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy.
- The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women.
- Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago.
- Provides Western medical correlations to substantiate White Tigress practices. White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. The Sexual Teachings of the White Tigress presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of ching (sexual energy), chi (vital energy), and shen (consciousness)--the Three Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

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.

Sacred gestures of the hands and body to energize the sexual organs, increase libido, enhance pleasure, and improve overall health

- Includes exercises for men and women to tone the genitals, improve endurance, and reach orgasm without ejaculation
- Details shared exercises for couples to harmonize male and female energies
- Explains how these exercises can treat sexual problems caused by tobacco, psychotropic drugs, and alcohol Mudras have been used for thousands of years in Hinduism and Buddhism to channel the movement of energy in the body for physical enhancement and spiritual enrichment. These sacred gestures of the hands and body create a tangible link between body and mind, conscious and unconscious, and can be used to strengthen and invigorate specific organs or bodily systems. Exploring the mudras of sexual vitality, Serge Villecroix illustrates energy movement exercises for men and women to tone the genitals, increase libido, improve endurance, and enhance pleasure. He reveals mudras for men to reach orgasm without ejaculation and details shared exercises for couples to harmonize male and female

energies. He explains how these exercises can treat sexual dysfunction, such as impotence, as well as overcome sexual problems caused by tobacco, psychotropic drugs, alcohol, and other substances. Providing a complete guide to the sex mudras, Villecroix shows how strengthening your sexual energies also improves cardiac and respiratory health and overall vitality. A guide to the practice of Inner Alchemy, which allows you to control the energies of your inner universe to better connect with energies of the outer universe • Teaches the essential first-level meditations in Taoist practice, also known as Fusion of the Five Forces, for self-healing and emotional and spiritual development • Shows step-by-step how to remove negative emotions from the organs in which they are lodged by neutralizing and transforming the negativity back into positive energy • Includes basic and advanced-level meditations Fusion of the Five Elements is the necessary first step in the Taoist practice of Inner Alchemy, in which one learns to control the generation and flow of emotional, mental, and physical energies within the body. It is a series of meditations designed to locate and dissolve negative energies trapped inside the body by making a connection between the five outer senses (experienced through the ears, eyes, nose, mouth, and tongue) and the five major negative emotions (anger, hate, worry, sadness, and fear). When the body is cleared of negative energy, universal chi energy flows freely and productively, nourishing both body and soul. The practice is divided into two parts. The first works with controlling the forces of the five elements on the five major organs of the body by learning the elements' effects upon each other and how to balance and utilize these energies properly. The advanced Fusion exercises then show how to channel the greater energies of the stars and planets to strengthen internal weaknesses and crystallize positive energy. By "fusing" all the different kinds of energy together, a harmonious whole is created--the key to manifesting an Immortal existence.

Meditations for Transforming Negative Emotions

Sextasy