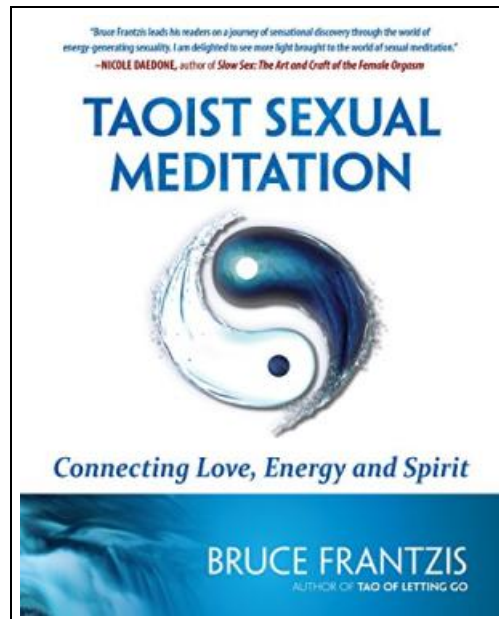


Taoist Sexual Meditation: Connecting Love, Energy and Spirit



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Reviews

An exceptional ebook and also the typeface applied was intriguing to read through. I have got read and i also am sure that i am going to likely to go through yet again once more in the foreseeable future. I discovered this pdf from my dad and i advised this ebook to find out. (Dr. Raven Ledner)

TAOIST SEXUAL MEDITATION: CONNECTING LOVE, ENERGY AND SPIRIT



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North Atlantic Books. Paperback. Condition: New. 488 pages. Dimensions: 9.2in. x 7.3in. x 1.2in. Bruce Frantzis leads his readers on a journey of sensational discovery through the world of energy-generating sexuality. I am delighted to see more light brought to the world of sexual meditation. -Nicole Daedone, author of *Slow Sex: The Art and Craft of the Female Orgasm* Taoist Sexual Meditation will inspire you to give and receive sexual pleasure in both ordinary and extraordinary ways. Using the powerful, time honored Taoist concepts and techniques provided, you'll master skills to gain more sensation, intimacy and delight for yourself and your partner. I highly recommend this book to anyone seeking greater satisfaction and joy in their lovemaking. -Patricia Taylor, PhD, author of *Expanded Orgasm: Soar to Ecstasy at Your Lovers Every Touch* Since the first waves of Eastern philosophy traveled across the sea, Westerners have been intrigued by ancient traditions such as tantra, yoga, tai chi, and martial arts. Although some aspects of Taoist sexual practices have appeared in print, until now there has been no comprehensive book on Taoist sexual meditation. The Water method of Taoist sexual meditation, as was taught by Laozi, author of the *Tao Te Ching*, shows us how to use dissolving meditation to relax and let go. This foundation practice ultimately gets us out of our head and into our body and the universe. Sex expands into the world of spirit, enabling us to resolve and clear energetic, emotional, and karmic blockages. With sexual meditation it is possible to access more than four times the energy of solo meditative practices. This abundance of energy can then be directed to healing and to conscious evolution. You will learn how to work with chi (energy) during sex, gain an understanding of Taoist ethics and morality, and realize the highest spiritual...



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