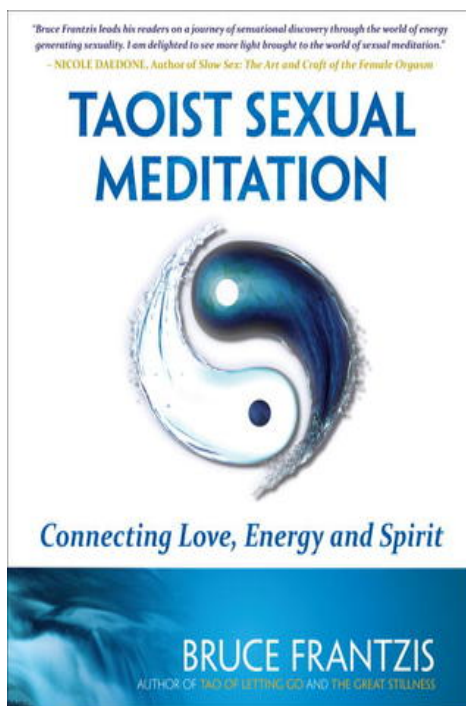


Download ebook Taoist Sexual Meditation: Connecting Love, Energy and Spirit

By Bruce Frantzis



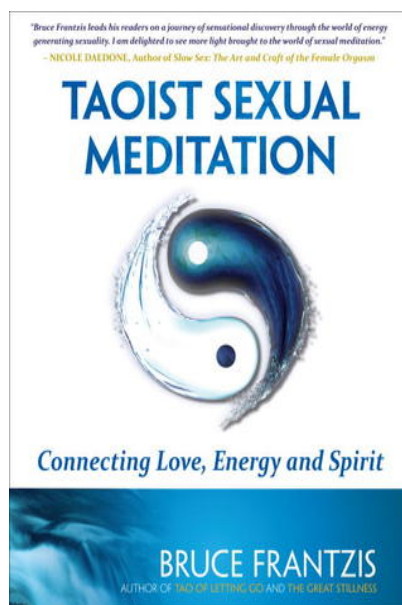
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Books Descriptions

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. Yet 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 Lao Tse, author of the Tao de 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

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