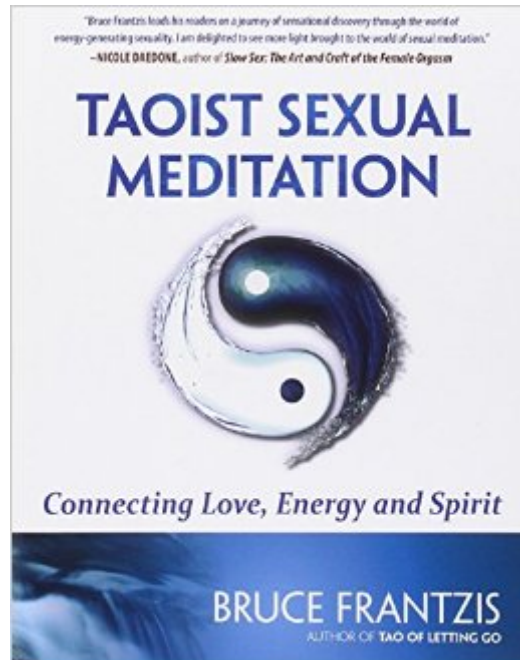


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# Taoist Sexual Meditation: Connecting Love, Energy And Spirit



## Synopsis

"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 Lover's 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 potential of sex as meditation. Find out how to increase sensitivity, activate your yin and yang meridians, and overcome cultural conditioning. Understand how the Chinese theory of the Five Elements can give insight into your own sexual nature and determine sexual compatibility with potential partners. An accelerated path for internal development, sexual meditation has rarely been shared outside Eastern monasteries. Encouraged by his teachers to bring these authentic practices to the West, Frantzis presents Taoist Sexual Meditation as a profound spiritual path that can heal and calm the turbulence of mind, allowing it to open to the infinite potential of the Tao.

## Book Information

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## Customer Reviews

I ordered this book recently, it arrived yesterday, and I have spent much of today reading different sections of it. I want to start by saying that this is my favorite BF/EA book ever! I own and have read many books on Taoism, particularly translations by Thomas Cleary and books by Daniel Reid. I've read a number of other books on Taoist subjects, including many by Bruce Frantzis and his Energy Arts company. I've gleaned things from every BF book I've ever read, but my largest critique or issue with them has always been that they tend to be very technique-heavy and theory-light.

Depending who you are and what your preferences may be, that can be either a good thing or a bad thing. I've always viewed BF as being farthest on the "practical doing" side of the continuum, and Dr. Yang Jwing-Ming as being the furthest on the "theory" side, though obviously both men can do both. This book is quite sizable, coming in at around 400 pages or so total. It has a number of "practice" sections in it, though I've skipped over those so far. However, and what I like about it so much, is that it contains and explains much more theory than many of his other books. His previous book on "Bagua and Tai Chi" had quite a bit more theory in it as well. Mr. Frantzis, if your reading this, I heartily approve of your writing books with more theory/description in them and hope this trend continues. While delving more into theory and explanation, this book remains eminently readable and straightforward to follow, something that I can't say about some other taoist books out there. So what kind of material is in this book? Well, a lot, and much of it need not tie into sex per se, though that is one method of accessing or working with such subtle energies.

This book is a joy to read and is also packed with in depth content at over 400 pages. The amount of information that the author includes is outstanding. Having himself studied real taoism for decades, the act of bringing this knowledge to the West is a real treasure. The information in the book is very organised and contains a lot of information that is universally useful to all kinds of

practice and taoism as whole. The sex aspect of taoism is not just some thing that is completely separate from everything else but rather because the practices are based on taoism itself just learning about the sex aspect can enhance your overall understanding of taoist practices and theory, which the author goes into in depth. The book's practices and the overall context of everything ties back to taoism and all its practices as everything one does in whatever solo practices of qigong and meditation that they do can be integrated and used in sexual qigong or sexual meditation. Most books or nearly all books on sex to do with spirituality are dealing with sexual qigong but this book actually goes into sexual meditation used as a complete spiritual path to seeing our true nature and eventually becoming one with Tao (just as in solo cultivation/meditation methods). The author mentions in the book that setting up live sexual training is more difficult in the West due to Western attitudes and beliefs on the topic of sex which differs from the Taoist's understanding. This the author explains thoroughly in the first section of the book. The book also excels at answering many questions people may have about sex in regards to spirituality, energy and cultivation from the perspective of one or multiple views in taoism.

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