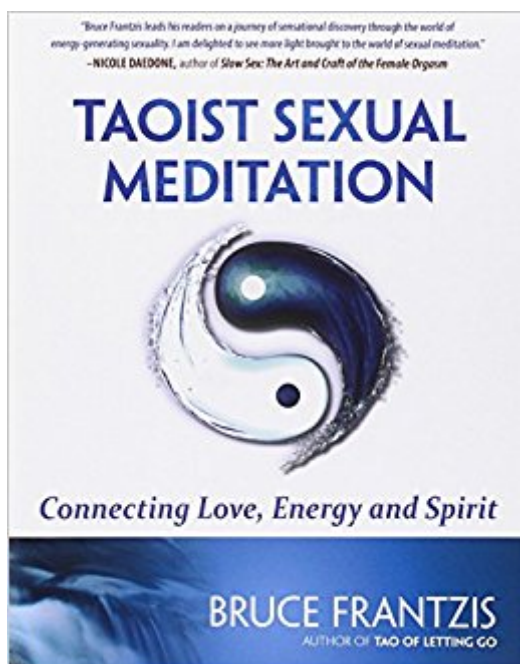


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# Taoist Sexual Meditation: Connecting Love, Energy And Spirit



## 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

"In this finely crafted book, Tao adept Bruce Frantzis provides us with both the theory and practice of Taoist esoteric sexual teachings. Whether it's the sensual or the spiritual aspect of sex that turns you on most, you'll find clear guidance and sound advice in these pages." -Daniel Reid, author of *The Tao of Health, Sex and Longevity*

What if you could become a better lover, increase your pleasure and accelerate your spiritual awakening all in one? This groundbreaking book gives you a way to do just that. Bruce Frantzis guides you through Laozi's inner tradition of Taoism, revealing the secrets of sexual qigong and meditation, toward the ultimate aim of merging with your partner and the Tao. Included are 37 practices with more than 140 detailed illustrations that will help you: Become a more sensitive and effective lover  
Release stress and become more comfortable with sex  
Enjoy multiple, whole-body orgasms  
Use qi and orgasms to heal and revitalize your body  
Learn how the five elements affect your relationships  
Awaken your psychic and spiritual potential

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. These are just some of the great things about the book that i can remember and there is definitely loads of more good things i can mention about the book, but for now i definitely recommend people just buy the book and see for themselves as in my opinion the insights and information you can get from it are worth considerably more money then the price of the book.

I study with bruce and have for well over a decade. the guy really knows what he's talking about, and his lineage is exceptional. ive learned a ton about sexuality from him just making a comment about this and that in a class, so I was very glad he has written an entire book on this topic. for those who are into sex, there's a lot of information in here that is simply not available elsewhere. this is not a book on yogic tantra, its taoist, and there are big differences. for those who are into meditation, this book has a ton of information and practices, whether you apply them in the bedroom or on the zafu. for those who are into energy development, again, lots of great stuff here. this book is for open minded people, some folks might get put off by some of the information. cannot say enough good things about this book. my wife has no idea how much she's benefited, cause she hasn't read it yet, but she has noticed that things are getting better and better in the bedroom. im having the best sex w my wife ever after 17 years of marriage. check it out, it's worth the read if you ask me...

I enjoy many of the practices. I have been doing Taoist, Qi, and Tantra for many years. My only complaint is that it would take years to read and practice it all. A beginner would find it overwhelming. I would prefer something more with less details and more focused on practice. My partner is too overwhelmed with the size to read this. Instead I have to pick a lesson and guide us through it with him not having read the prep qi work.

When I purchased this book I had only heard of Bruce Frantzis on the internet. I was reticent to

make the purchase because of all the "Experts" ready and willing to take someone's money and offer almost nothing in return. It seems that in the internet marketing world, there is no end of people offering dubious wisdom for financial gain. Few of them have much honor beyond their desire to cash in the the wealth of anonymous marketing. Bruce Frantzis, I am pleased to report, is the real thing. This book, encyclopedic in length and content is a rare find. It offers the Taoist theory upon which all the exercises, both mental and physical are based. Having been a student of Tai Chi Chuan for several years, I was most excited to be reminded of what I used to know and instructed in theories and techniques I had never heard of before. In a word, after reading some of the 400 plus pages of this tome, I would love to study personally with Mr. Frantzis.

Amazing book. Bruce is an amazing teacher and writer. One of the best books on the subject.

So far I have only gone through the first 3 chapters. Up until this point I really enjoyed it. Well written, good balance between physical/mental/spiritual content. It is called 'sexual', but it really is Taoist first. If u r into spirituality of Tao, this book is for u.

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