



## Healing Love Through the Tao: Cultivating Female Sexual Energy (2nd Revised edition)

By Mantak Chia

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Healing Love Through the Tao: Cultivating Female Sexual Energy (2nd Revised edition), Mantak Chia, 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.



**READ ONLINE**  
[ 2.11 MB ]

### Reviews

*An exceptional pdf and the typeface utilized was fascinating to read through. It can be written in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.*

**-- Prof. Arlie Bogan**

*It is in a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

**-- Dr. Barney Robel Jr.**