
The Alchemy Of Sexual Energy Connecting To The Universe From Within

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The Alchemy of Sexual Energy

Destiny Books

What are the sexual problems faced by most Asian women? How do you choose and wear a condom? Why do I feel the urge to masturbate even though I have regular sex with my wife? The answers to these and many other questions on love and sex are found within the pages of this new book. Presented as a series of articles

interspersed with Questions and Answers on related topics, Dr Martha Tara Lee draws on her experience in this field to educate and inform readers. Written in a straight-forward manner, and no topic is taboo and readers can seek explanations to many "personal" problems and clear any doubts they may have. About the Author Martha Tara Lee is Founder and Clinical Sexologist of Eros Coaching in Singapore. She provides sexuality and intimacy coaching for individuals and couples, conducts sexual education

workshops and speaks at public events in Asia. She holds a Doctorate in Human Sexuality from the Institute for Advanced Study of Human Sexuality as well as certificates in practical counselling, life coaching and sex therapy.

The Multi-Orgasmic Woman Glorian Publishing

Chances are that you've heard of Tantra and Taoist sexual practices. Now, as a result of studying the inner mysteries of alchemy, Donald Tyson presents a Western system of sacred sexuality in *Sexual Alchemy*. Here you will learn how to have erotic relationships with loving

spirits. That means the methods presented here can function as a Western alternative to Eastern sexual practices. They also can be used by a solitary person and need not depend upon the participation of a partner. The first part of this book presents a history of sex with spirits. It also goes into the secrets of Eastern internal alchemy and how the books of Western alchemy often made secretive references to sexual magick. You will also learn how to create a physical representation of the spirit you are going to use as a partner. The second part of the book includes the practices and techniques which the author found to be effective from other sources or developed himself. This includes techniques of diet, exercise, breathwork, banishings, purifications, and finally, an invocation ritual to summon the spirit who is going to be your lover! Then you will learn the previously hidden secrets of having sex with a spirit lover. You'll learn how to prepare and recognize the signs that this is an actual

occurrence and not simply a fantasy. And then, when you have accomplished your ritualized mating, you will learn how to collect and use the resulting, highly charged fluids for magical purposes. Everything we are, everything we have, is a gift from the Divine. Doesn't it make sense that we use all of our abilities to honor the source from which they came? That means we can even make use of our sensual natures to honor the Gods. If you want to follow a system based on western traditions, this book can be your guide.

Taoist Secrets of Love Simon and Schuster

Unleash the power inside your own body to transform your life Semen Retention is a centuries-old practice that allows you to harness your body's vital energy and redirect it to any area of your life. From achieving the perfect body to outstanding results in business and creative endeavours, semen retention can turbocharge your success. Now modern science is backing up this ancient practice and showing how it can: Increase productivity & motivation Pack on muscle mass Boost focus & self-confidence Attract people to you Increase your energy levels Strengthen your

immune system Sharpen your memory Semen Retention Miracle is the definitive book on how to utilise this power to achieve your goals. You will discover: The science behind semen retention What the ancient texts say about it How to implement it into your life Essential tips for staying the course And much much more Take charge of your life today by learning how to use the unstoppable force that dwells within you.

The Multi-Orgasmic Couple Simon and Schuster

- Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy.
- The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women.
- Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago.
- Provides Western medical correlations to substantiate White Tigress practices. White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize

their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. The Sexual Teachings of the White Tigress presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of ching (sexual energy), chi (vital energy), and shen (consciousness)--the Three Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

Golden Elixir Chi Kung Destinyhow to open the heart center
Books
A guide to Taoist exercises to return to the Wu Wei state of mind and create the immortal spirit body • Includes illustrated instructions to connect astral energy with the energies of animals, children, and plants to grow the immortal fetus, or spirit body
• Provides warm-up exercises and a complete daily Kan and Li routine • Explores how these advanced formulas are used for astral flight and realization of the Wu Wei state
Building on the Lesser Kan and Li formulas for the development of the soul body, this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body. Used by Taoist masters for thousands of years, these exercises are for advanced students of Taoist Inner Alchemy and mark the beginning of the path to immortality. Master Mantak Chia and Andrew Jan reveal how to use Taoist inner alchemy to harness the energies of Sun, Moon, Earth, North Star, and Big Dipper and transform them to feed the soul body and begin development of the immortal spirit body. They explain how to reverse yin and yang power through energetic work at the solar plexus, thereby activating the liberation of transformed sexual energy. They explore

and how to connect astral energy with the energies of animals, children, and plants to grow the immortal fetus, or spirit body. The authors provide warm-up exercises, including the Inner Smile and Fusion practices, and outline a complete daily Kan and Li routine for mental and physical health, longevity, astral flight, and realization of the Wu Wei state.

The Sexual Teachings of the White Tigress Llewellyn Worldwide

A step-by-step guide to the Taoist fasting practice of Pi Gu • Explains how you do not stop eating with this fasting practice and details the simple pi gu diet • Illustrates the chewing and chi kung practices to accompany pi gu, for natural chi energy production • Reveals how Pi Gu Chi Kung activates the body 's natural healing abilities, accelerates the elimination of toxins, reduces appetite and cravings, and enables you to draw energies from the Earth and Universe Pi gu is an ancient Taoist method of fasting for spiritual and healing purposes. Unlike traditional fasting, you do not need to stop eating when practicing pi gu. Used by ancient Taoist masters during their months or years

of solitary retreat in pursuit of enlightenment, the practice centers on a simple diet of fruits, teas, nuts, and eggs paired with special chewing techniques and chi kung exercises. During the pi gu state, the need for food decreases yet the body's energy levels actually increase. The body gathers chi not from food but from chi kung and the "golden elixir" produced by the pi gu chewing practices. The chi produced through pi gu charges your internal organs, activating the body's natural healing abilities and enabling you to draw energies from the Earth and Universe. In the pi gu state the body automatically balances itself, the mind is more relaxed, and sleep improves. The pause in normal eating makes the body's cells more sensitive, accelerating the elimination of toxins. The stomach reduces in size, flattening the belly, eliminating cravings, decreasing appetite, and naturally producing weight loss. The body's meridians stay open, making it easier to attune to meditation, chi kung, and energies from the cosmos. Providing a step-by-step guide to Pi Gu Chi Kung, Master Mantak Chia and coauthor Christine

Harkness-Giles explain the pi gu diet, provide immortality tea recipes, detail the pi gu chewing exercises, and illustrate the corresponding chi kung energy exercises. They also explain the use of pi gu during darkness retreats to enhance spiritual awareness and increase mental powers and wisdom. Fusion of the Five Elements Harper Collins
Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down

the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The Alchemy of Sexual Energy builds upon Microcosmic Orbit practices discussed in Healing Light of the Tao. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle. Carnal Alchemy Glorian Publishing
HARNESS THE MOST POWERFUL ENERGIES YOU HAVE EVER EXPERIENCED Unlock the powerful energies raised during the sex act and use them to manifest your deepest desires. During the sex act, your attention becomes focused into a "laser beam" of concentration. This power of concentrated thought is the

foundation of all magical systems. Sex Magic's "secret" is that it's a tremendously powerful and easily learned way to consciously direct sexual energy and accomplish material and personal goals. Male and female energies are often entirely different and it would be folly to deny this; but experience shows that female magicians can be particularly successful in using and developing Sex Magic. Consequently, this book is aimed at both male and female readers unlike more traditional teachings written for men. Of all secret lore, Sex Magic has been reputed through the centuries to be the most dangerous. Today we know that this attitude was largely a reflection of the hostility held towards the flesh held by repressive religions. If we learn one thing from the shamanic cultures, it is the strong emphasis upon the role of the body in magic. Mind and Body are two facets of the One Thing in which Will, Imagination and Gnostic Trance are the three pillars of success. Contrary to the principles of Eastern Tantra, Western Sex Magic emphasizes the importance of actual orgasm, both male and female. Orgasm is the moment when the walls between consciousness and subconsciousness are sundered and direct access to the deeper levels of the psyche become possible, freeing up possible

paranormal powers. Orgasm itself is sufficient to achieve gnostic trance provided that control is maintained and one does not simply lose consciousness, as most people do at the moment of ecstasy. Secrets Western Sex Magic teaches one of the oldest disciplines of this secret lore. It is a complete system of Sex Magic, in theory and practice - with exercises to develop related abilities for visualization, concentration, breath control, psychic energy arousal and flow along with full instructions on the projection of sexual energies for healing and manifestation, their use in Sigil Magic and the charging of Amulets & Talismans, Group Ritual, and the assumption of god-forms when working as a priestly couple, and the divine " Chymical Marriage " of ultimate union. This book is also an introduction to the entire field of practical magic, using our natural interest and involvement in sexual pleasure to illustrate and develop magical abilities and techniques. Sexual Secrets Simon and Schuster The bestselling authors of The Multi-Orgasmic Man show you and your partner how to: Experience intense multiple whole-body orgasms Pleasure each other profoundly Use sexuality for health and healing Deepen your love and spiritual relationship Couples will

discover simple step-by-step techniques for a level of sexual pleasure, intimacy, and healing they may not have known was possible. This fully illustrated guide will inspire couples to make love all night-and make love last a lifetime. The Inner Smile Everest Media LLC Please note: This is a companion version & not the original book. Sample Book Insights: #1 The five elements play a major role in Taoist practices. They are symbolized as water, wood, fire, earth, and metal or air. When we make contact with these forces and learn to integrate them within our own energy field, we become connected to the entire universe. #2 The universe is a spinning system. Everything around us spins, and we must establish ourselves in the universe and make contact with it. We must have our own spin to create our own identity, and be able to make contact with it. #3 The Microcosmic Orbit is the circulation of a baby before it is born, and after it is born. It gets food and oxygen from its mother via the placenta, and its blood flows through the umbilical cord to the placenta. #4 Taoist teachings often refer to the Three Treasures of Heaven, Earth, and Man. Cosmic Chi Kung opens up all the possibilities of the Three Treasures. It cultivates self-awareness and develops your personal soul pattern. Chi Kung for Prostate Health and Sexual Vigor Simon and Schuster Techniques for preparing and using the Golden Elixir to

achieve optimum health and spiritual vitality • Includes practical exercises and postures to produce regenerative effects in one ' s own saliva • Reveals how combining saliva with the hormonal fluids released during sexual practices creates the Elixir of Immortality Golden Elixir is the fountain or water of life. It is the combination of saliva, hormonal fluids, and external essences that when mixed together become the Elixir of Immortality. Saliva has long been considered by Taoists as a key component for optimum health. Some Taoist texts recommend swallowing the saliva up to 1,000 times a day to promote physical healing. Thousands of years ago Taoists became aware of changes in the taste and consistency of saliva that accompanied meditative practices. They learned that by combining saliva with the hormonal fluids and essences released during sexual activities a powerful elixir is formed. Taoists believe that this Golden Elixir is not only a physical healing agent, but also is a major transformative agent in preparing for higher spiritual work. Golden Elixir Chi Kung contains twelve postures that develop and utilize the healing power of saliva. Ten of these involve gathering energy and forces through the body ' s hair, which acts as a negative-energy filter and can also be used to store surplus positive

energy. Taoists regard the hair as antennae extending out into nature and the universe. By utilizing the practices in this book, readers can develop self-healing abilities and establish a better connection to the universe as a whole.

Summary of Mantak Chia's The Alchemy of Sexual Energy Simon and Schuster

BDSM sexuality as a powerful tool for self-transformation and the realization of magical and spiritual aims • Details how to combine the 6 major types of S&M stimulation with sexual stimulation for magical and transformative purposes • Explores sado-magical workings from both submissive and dominant perspectives • Traces the roots of the BDSM tradition from ancient pagan and shamanic rituals to historical figures such as the Marquis de Sade, Aleister Crowley, and Anton LaVey Sex magic allows us to tap in to the most abundant power source available: sexual energy.

Magicians, shamans, and fakirs throughout history have used physical stimulation and ritual to harness sexual energy, unlock inner states of consciousness, and activate the ability to influence their surroundings. While pleasure is often the focus of this stimulation, pain is just as effective, if not more so. Combining both pleasure and pain, the sado-masochistic practice of Carnal Alchemy offers a powerful tool for self-transformation and the realization of magical and spiritual aims. Authors Stephen and Crystal Dawn Flowers

explain the sado-magical workings of Carnal Alchemy from both the perspective of the submissive partner as well as the dominant. They detail the 6 major techniques of sadomasochistic stimulation--bondage, flagellation, piercing, penetration, clamping, and heat/cold--and how they can be combined with sexual stimulation for magical purposes. They trace the roots of the BDSM tradition in ancient pagan rites of passage, in indigenous shamanic rituals, and through historical figures who used this form of sexuality in their magic and philosophy, from the Marquis de Sade to more modern exemplars such as Aleister Crowley, Ernst Schertel, and Anton LaVey. This guide also covers specialized furniture and tools and the decor of " the Chamber " to trigger states of consciousness in which the Sado-Magician can effectively express his or her will.

Sexual Secrets: Twentieth Anniversary Edition Simon and Schuster

Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to

be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The Alchemy of Sexual Energy builds upon Microcosmic Orbit practices discussed in Healing Light of the Tao. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle. Taoist Yoga and Sexual Energy Marshall Cavendish International Asia Pte Ltd "Love is the highest religion..." - Samael Aun Weor The first of seventy books written by the founder of the modern Gnostic

Movement, The Perfect Matrimony contains a complete introduction to the profound and beautiful mystical knowledge from which all the world's great religions have blossomed. First published in 1950, this book contains the first public revelation of the esoteric teachings of Alchemy, Tantra, Kabbalah, and the mysteries of the Mayans, Aztecs, Egyptians, Tibetans, Eleusians, Essenes, and hundreds more. Herein one discovers the Doctrine of the Synthesis: the universal Laws and steps of the Path to Absolute Self-knowledge. Anyone who longs to know the mysteries of life and death through their own experience, to taste and touch the superior worlds, to know the truth directly, personally, will find the keys to those experiences here. " We have written this book with broad clarity; we have unveiled what was veiled. Now, whosoever wants to realize the Self in depth can rightly do so. Behold, here is the guide, here is the complete teaching. In this book we have lifted the veil of the Christic Mysteries. We have explained what the Christ-principle is. We have invited all human beings to follow the Path of the Perfect

Matrimony in order to attain Christification." - Samael Aun Weor. Topics include: Love; The Son of Man; The Great Battle; The Abyss; The Sphere of Lilith; The Sphere of Nahemah; Normal Sexuality; Suprasexuality; The Seven Churches; Happiness, Music, Dance & the Kiss; GAIO; Direct Knowledge; The Education of Children; Sexual Forces and Ritual; The Gnostic Church; The Two Marys; ; The Seven Fundamental Centers of Man; Sex; The Absolute Death of Satan; Adultery; The Root of Pain; Celibacy; The Awakening of Consciousness; Fascination; Remembering Oneself; The Four States of Consciousness; Dreams and Visions; Consciousness, Subconsciousness, Supraconsciousness, Clairvoyant Consciousness; Memory; Objective Clairvoyance; Consciousness, Subconsciousness and Supraconsciousness; The Six Fundamental Dimensions; Initiation; The Guardian of the Threshold; The Ordeals of Fire, Air, Water and Earth; The Initiations of Minor Mysteries; The Initiations of Major Mysteries; The Laboratory of the Third Logos; Chac Mool; Serpentine Civilizations; The

Exoteric and Esoteric Circles; The Chakras and the Plexuses; The Problem of Internal Illumination; The Vehicles of Fire; Patience and Tenacity; Conscious Faith; Religions and Schools; Charity; etc

Sexual Energy Transmutation

Glorian Publishing

A step-by-step guide to raising kundalini and embodying the dynamic, sexual force, that is the Power of Sekhem. Sex is the most potent force in the universe. A primal power. And sacred sexuality is a gateway to the divine. Something that the ancient Egyptians recognised instinctively. In *The Magical Sexual Practices of Ancient Egypt*, bestselling author, Judy Hall, offers the reader powerful sexual magic for the present day. It reveals sexual secrets hidden for millennia. This jealously guarded secret doctrine is now available to everyone. The system activates your creative erotic potential. Kindling the inner and outer mystic marriages, it is a joining of souls with the divine. Through a cosmic orgasm that is literally mind-blowing, the process generates the power to manifest and integrate expanded consciousness into the everyday world. The system can be used to attract a twin-flame or make a sacred marriage with an existing partner. The practice can also be worked alone to invoke an integration with your highest Self. Crystals support the practice throughout. Accompaniment to Judy Hall's new novel, *The Alchemy of the Night*.
Healing Love through the

Tao Simon and Schuster
A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm 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. Sexual Alchemy Destiny Books
A guide to the practice of the Lesser Kan and Li that gives birth to the soul body and the immortal spirit body • Shows how to awaken higher consciousness through practices in total darkness that stimulate the release of DMT by the pineal gland • Shows how to transform sexual energy into life-force energy to feed the soul body The Lesser Enlightenment of Kan and Li practice combines the compassion of the heart energies (yang/fire) with sexual energies originating in the kidneys (yin/water) to form and feed the soul or energy body. Practice of the Chinese formula Siaow Kan Li (yin and yang mixed) uses darkness technology to literally “ steam ” the sexual energy (jing) into life-force energy (chi) by re-versing the location of yin and yang power. This inversion places the heat of the bodily fire from the heart center beneath the coolness of the bodily water of the sexual

energy of the perineum, thereby activating the liberation of transformed sexual energy. Darkness technology has been a key element of Taoist practice--and of all Inner Alchemy traditions--throughout the ages. A total darkness environment stimulates the pineal gland to release DMT into the brain. The darkness actualizes successively higher states of consciousness, correlating with the accumulation of psychedelic chemicals in the brain. In the darkness, mind and soul begin to wander freely in the vast realms of psychic and spiritual experience. Death is no longer to be feared because life beyond the physical body is known through direct experience. The birth of the soul is not a metaphor. It is an actual process of converting energy into a subtle body. Developing the soul body is the preparation for the growth of the immortal spirit body in the practice of the Greater Enlightenment of Kan and Li.

Iron Shirt Chi Kung Simon and Schuster

Strengthen the qualities in your Taoist astrological chart with Inner Alchemy techniques and Universal Healing Tao exercises • Describes how to interpret your Taoist astrology birth chart and discover the unique combination of Five Elements underlying your

personality, health, and destiny • Reveals how to strengthen your birth chi with Inner Alchemy techniques and Universal Healing Tao exercises • Explains how to calculate your wealth phase, organ health, and luck cycles Each of us is born with a unique combination of heavenly and earthly energies dictated by the stars overhead and the season on Earth at the moment you take your first breath. Known in Taoist astrology as the Four Pillars of Destiny, this “ birth chi ” can be calculated using the year, month, day, and time of your birth. Master Mantak Chia and astrologer Christine Harkness-Giles reveal how to interpret your birth chi and strengthen weaknesses within your astrological energies. They explain how each of us is ruled by one of the Five Elements--Wood, Fire, Earth, Metal, and Water--in a Yin or Yang state. For each Element and Yin or Yang combination, the authors describe personality traits, ideal career paths, and emotional and health issues. They reveal how to discover your levels of success, wealth, and power; how your astrological strengths will manifest; and how to understand your relationships

with partners, friends, and family. They also explain how to use your chart to calculate your organ health and annual luck cycles. The authors show how to use Inner Alchemy techniques, such as color therapy and feng shui, and Universal Healing Tao exercises, such as the Healing Sounds and Chi Kung, to harmonize and strengthen the inborn imbalances and weaknesses in your chart. This hands-on method of astrology allows you to take control of your health and destiny by connecting your personal energy with the energies of the cosmos.

Inner Alchemy Astrology Destiny Books

Each of us was created through sex, and every day we are influenced by sex. Our hormones influence us continually, in our thinking, feeling, and body. Therefore, it is simple logic to recognize that a saint or holy person is a result of a upright, pure sexual life, while a criminal or a liar is the result of a degenerated, impure sexual life. The sexual energy of a saint fills their heart, mind, and body with pure thoughts, pure emotions, and vitalizing energy. The sexual energy of a criminal fills their heart, mind, and body with degenerated thoughts, emotions, and energy. Therefore, if we want a better life, we simply need to

learn how to use our sexual energy in a better way. We can do so by understanding the connections between three sciences: sexology, endocrinology, and criminology. Sexology studies love, the most powerful force in human life. It inspires our greatest acts, sustains us in difficult times, gives us hope, inspiration, and purpose. But more than that, love is the power that turns the common person into a superhuman. The sexual energy — which fuels the love of a couple and creates children — is also the wellspring of the love expressed by the greatest human beings, such as Jesus, Buddha, Joan of Arc, etc. While it is well known that serious spiritual seekers preserve their sexual energy for spiritual purposes, science has largely ignored why. The preservation of the sexual energy (called chastity, tantra, alchemy, karezza, coitus interruptus) supercharges the endocrine system and the brain. On the other hand, the worst human beings are always sexual degenerates whose bodies and minds are decayed. Endocrinology studies the active agent of sex: our endocrine system, the incredible power of hormones. The hormones not only push us towards sexual activity, they also power the pineal and pituitary glands, which facilitate our ability to imagine, to “ see ” with our “ mind ’ s

eye. ” The hormones influence the brain and the heart: when a person is in love, the hormones inspire that love, and raise the quality of life to the highest, while also filling the mind with beautiful visions of the beloved. When a person is afflicted by lust, the hormones saturate the brain and heart with lustful desire and degenerated, selfish fantasies. For the suprasexual, the hormones are the vitalizing influence that regenerates the brain and heart, and empowers visions, clairvoyance, conscious dreams, and spiritual powers. For the infrasexual, the hormones — being corrupted by desire, lust, anger, and pride — cloud the mind, degenerate the emotions into selfishness, and hypnotize the consciousness with paranoia, hallucinations, obsessions, fantasies of wealth and power, motivating the person towards crime, violence, rape, etc. This is criminology: the science that examines how desire, expressed through mental images, is the basis of crime. If we want to guide our life towards higher level, or if we want to help those who suffer — such as criminals, the mentally ill, the paranoids, or the depressed — then we need to understand how to use the sexual energy in a restorative and regenerating way. The Tao of Immortality John Hunt Publishing A comprehensive guide to the core practices of the Universal

Healing Tao System and the advanced esoteric practices of Inner Alchemy • Explains each of the nine levels of Inner Alchemy and their more than 240 formulas • Explores the Four Healing Arts for transformation of the emotional body, physical body, energy body, and spiritual body • Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life • Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system, Master Mantak Chia and William U. Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master, Yi Eng, more than 60 years ago. Beginning with the basic principles called the Five Enlightenments, the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas, including simplified versions of the Microcosmic Orbit, the Inner Smile, Sexual Alchemy exercises for men and women, Fusion of the Five Elements practices, Kan and Li Alchemy, the Sealing of the Five Senses, and Star and Galaxy Alchemy. They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy--Living Tao practices for

transformation of your emotional body, Chi Nei Tsang practices for transformation of the physical body, Cosmic Healing practices for transformation of the energy body, and Immortal Tao practices for transformation of the spiritual body--all aimed toward the survival of consciousness in a self-aware vessel. They also offer simplified versions of the other core practices, such as Iron Shirt Chi Kung, Bone Marrow Nei Kung, and Wisdom Chi Kung, to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life. Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy, Master Chia and William U. Wei show how these exercises were designed to increase longevity, providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death.