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*It is very similar to the process of vajroli that you could find in the Bihar's school or Mantak Chia's sexual cultivation school. However, in Taoist Yoga it is something that happens spontaneously in deep meditation as a result of the stillness of the mind and body and the accumulation of generative force in accord with the cycles of the moon.*

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*Whilst some sources claim it was not part of the Celestial Masters school (Bokenkamp 1999: 84), it is known that some Taoist sects at this time introduced ritualised communal sexual practices ...*

### **The Sexual Teachings of the Jade Dragon: Taoist Methods ...**

*He also details ancient Taoist breathing and meditative practices and sexual stimulation techniques that allow men to amplify their sexual intensity in order to create the elixir of immortality. These teachings, which have been handed down in a continuous tradition for close to 3,000 years, are as vital to the sexual health of men today as when they were first revealed.*

### **Taoist Sexual Practices - The Spiritual Life**

*Taoist Sexual Secrets: Harness Your Qi Energy for Ecstasy, Vitality, and Transformation – Audio CD set. Sounds True, 2010. Hsi Lai. The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters. Destiny Books, 2001. Needham, Joseph. Science and Civilization in China, 5:2. Cambridge: Cambridge University, 1983.*

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*Taoist sexual practices (traditional Chinese: 房中術; simplified Chinese: 房中术; pinyin: fángzhōngshù; lit. 'arts of the bedchamber') are the ways Taoists may practice sexual activity.These practices are also known as "joining energy" or "the joining of the essences". Practitioners believe that by performing these sexual arts, one can stay in good health, and attain longevity or ...*

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*All other Taoist classics, such as Yu-Fang Mi Chue (Secrets in the Jade Chamber), San Feng Tan Chue (The Healing Techniques of Master Chang San-Feng), Ching Cheng Mi Chao (The Sacred Records of Mt. Ching-Cheng), Kung Tung Mi Tien (The Sacred Manuscripts of Mt. Kung-Tung), Shuan Wei Hsing Yin (The Sacred Seal in the Heart), and Yi Hsing Fang (Medicine in the Heart), shared similar histories.*

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#### **4 Ways to Become a Taoist - wikiHow**

*6/5/2021 · Taoism is an ancient Chinese philosophy that is sometimes classified as a religion. But unlike most religions, modern philosophical Taoism does not require any specific form of belief or initiation. Becoming a Taoist can be as simple as reading Taoist texts to become familiar with Taoist beliefs.*

#### **The Taoist Diet | Healthy Tao Diet | Taosexperience**

*The Modern Taoist diet, in contrast to the modern western diet is: Low Fat. High Energy. Vitamin and mineral enriched. Easy for the body to digest. Unrefined and processed. This means daily western items like bread and milk, which we think are perfectly healthy are considered almost toxic to strict Taoists. Instead rice and soya milk is used as ...*

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*1/11/2015 · Taoism and Chinese Religion. This book is a translation of *Le Taoisme et les Religions Chinoises*, which was posthumously published in France in 1971. It is the first English translation of most of the seminal works on Chinese religion of the great sinologist Henri Maspero. Maspero (1883-1945) was the first Western scholar to study the vast and ...*

### **Mantak Chia - Inner Traditions**

*For over 2,500 years the words of the *Tao Te Ching*, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Taoist masters Mantak Chia and Tao Huang analyze Lao-tzu's teachings line by line, and offer practical illustrations that clarify the true meaning and purpose of this classic text.*

### **Tao Te Ching: "Doorway of the Mysterious Female ... is ...**

*Stephen Mitchell. The "Tao Te Ching" (pronounced *Dao De Jing*), literally, "The Book of the Way and its Virtue," is one of the major source texts in Chinese Taoism. It was probably compiled in the 6th-5th c. B.C.E., as a collection of teachings, for the most part passed down from a much older, oral tradition.*

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*Becomes known as Lao-Tzu, founder of Taoism. After this incident with the Chinese disciples, Bo-Yang became also known as Lao-Tzu, and was accessible for nearly 200 years, and trained hundreds of Chinese disciples in Tantric Yoga practices, wherein semen and sexual energies are conserved and sublimated into spiritual energies.*

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