What's the main benefit of Taoist sexual energy practice? Is a different kind of orgasm really possible?

There are many levels to answering this question. Simplest answer is to divide the topic into three: medical sexology, bedroom arts, and spiritual practice.

Overall, Taoist sexual practice - movement qigong + internal meditative methods - offers the possibility to sexually rejuvenate the physical body to be more youthful and healthy. The premise is that sperm and ovary are "seed" essences that control hormone and blood quality, and that these can be energetically managed:

1) loss or waste of sexual energy is reduced. This results in medical healing of male erectile dysfunction and premature ejaculation, and female PMS, frigidity, cold womb syndrome, to name just a few.

2) better circulation of sexual energy is achieved internally (solo practice) or in exchange with partner (dual cultivation). This results in longer sexual staying power for the male and deeper love-making exchange between lovers. It reduces sexual frustration and unwanted horniness and allows masturbators to capture health benefits from their own seed.
3) higher quality orgasm will result. This may be felt as improved genital orgasm, multiple orgasm, vital organ-specific energetic orgasm, whole-body orgasm, or spiritual orgasm.

Whether you are single or coupled, young or old, sick or healthy, celibate or available, gay or straight, total newbie or energetically sophisticated - Taoist sexual practice can be customized to serve your core needs and refine your sexual energy.

I just got a new girl friend. I want to super charge my sex with her. Which Tao courses should I get?

Whoa, slow down. The process of "super-charging" one's sex life is not as simple as swallowing a pill or taking a single weekend course. That might be the hype for selling a California-style Tantra course. You might have fun, but how lasting will the results be?

Taoist sex is a long term PROCESS of cultivating a new energetic level of skill in yourself, ideally supported by both lovers. Sexuality is incredibly complex, and its power penetrates deep into the roots of your body, mind, and soul. Do you really think a single weekend or a simple technique will grant you mastery over all those deep levels of Self?

I recommend you start with Qigong Fundamentals 1 & 2 course, as that will give you the core skills for managing any type of energy, including sexual energy. (www.healingdao.com/ckf1.html#ckfs) What are those core skills, and how will they help your relationship?

The Inner Smile cultivates an open heart and a space of neutral acceptance so you and your lover have a safe space to meet each other - free of power struggle, arguments, etc. which often sabotage joyful celebration of sexual love.

The Five Animals/Six Healing Sounds will help you release fears and old emotional patterns that are the main culprit in dysfunctional sexual relationships. You will get in touch with the "inner movers and shakers" - the Body Gods - that control your
personality and sexuality. You will feel more energized and sexually available to communicate energetically with your lover.

The Microcosmic Orbit will give you a practical method for balancing the core yin-yang flow of chi in your body. Once you start to ramp up sexual power with Taoist Secrets of Sex, you need a safe and balanced pathway to circulate that boost of jing chi or sexual energy. The orbit pathway up the spine or front channel is not the only safe pathway, but it is a key path you want to have open before you start tinkering with changing your sexual psyche around.

If you want your girlfriend to grow together with you in these skills, get a course in your neighbourhood as it has a lot more material for women, a high level female adept, on women's practices. She goes into the Jade Egg, ovarian breathing, breast massage, and many deep psychological and spiritual issues for women. It's important for a guy to involve his lady in the practices if at all possible - you will both progress much faster.

If you are not feeling sexually pressured by your relationship or by your own need to more quickly manage your sexual energy, then I would study the Tao home study courses in their recommended sequence. You would take Qigong Fundamentals 3 & 4 (www.healingtaousa.com/ckf3.html) to learn more about internal chi breathing and deep rooting of your tendon and bone marrow. This is where your blood and sexual hormones are CREATED, so awareness and mastery of this practice will eventually lead to a much higher level of the fusion.

Fusion practice will give you some mastery over your emotions and the 8 deep extraordinary channels (the orbit teaches you the first two, so this is six more channels of psychic power). Your sexuality is largely controlled by your feelings. So Fusion will further amplify and refine your sexual skill, and give you a vessel or pearl to begin capturing the sexual power of your lover and putting it to spiritual work.

You can use the Sexual Vitality Qigong DVD as a stand alone practice, to build up your kidney chi, which generates sexual energy in the body. You could do this without learning anything else, not even the Qigong Fundamentals. And it will likely benefit your sexual life by building up your physical sexual stamina. But the result will be more physical, and not extend as deeply into the cultivation of an energy body and or any real skill of understanding or control over what happens during sexual exchange.

How can cultivating sex, the lowest level of desire, contribute to my highest spiritual desire - to become a Sage?
The question reveals a judgment against the sexual aspect of the self, which is essentially your body. "Sexual wisdom" is the MOST essential prerequisite to achieving Sagehood in my opinion. Why?

First, just ask yourself the question: where do my sexual desires come from? I have spent decades exploring this question, and my answer is simple. Sexual desire IS soul desire. It is just that we don't understand the relationship between our soul and our sexuality, and so we mis-use and confuse our desire with the person to whom we are attracted.

Our volatile male-female bodily sexual desires are only a reflection of the polar split between the male and female halves of our soul. We embody the split between Heaven as formless spirit and Earth as embodied matter by incarnating as sexually split men and women. It is nature's wisdom to create such a creatively polarized playing field.

But here is the closely guarded secret of Taoist alchemists: sexual desire, including both sexual fluids and sexual energy, is the alchemical elixir that can heal our soul.

If we know how to tap our sexual volatility, we can quickly transform ourselves spiritually. Taoist sexual practice with a partner (dual cultivation) OR solo meditative inner sexual alchemy both use tangible sexual essence to "capture" and crystallize the invisible essence of our soul.

This union of our sexual and spiritual selves births a "third self" – an androgynous, bisexual Inner Sage. When I say "bi-sexual", I am NOT talking about sexual lifestyle preference. This Sage is able to convert our immortal Original Nature, made from primordial or non-dual energy, into polarized soul and sexual energy at will.

So the Sage is not controlled by unconscious sexual drive, s/he manifests sexuality consciously. Our Inner Sage is able to embody non-dual energy (yuan chi) while present in a sexually polarized male or female body. And at the same time, s/he simultaneously expresses our unique individual will.

The true sage integrates the apparent "lowest" polarity with the "highest" non-duality. Achieving non-duality does NOT mean being non-polar, i.e becoming sexless. Non-
dual means you've embraced both sides - male and female - of your soul, and brought them into equilibrium.

Duality implies a sexual split between the male and female sides of the soul. Most people are split, they only can identify with a male or female identity. Polarity is the lawful celebration of the coexistence of male and female within an integrated androgynous being. You can be androgynous, but still CHOOSE to go deeply into either your male or female aspect for learning purposes.

Sexuality is actually the most complex area of Taoist cultivation. Few modern Chinese writers have dared to venture into this area beyond simple rehashing of ancient methods of preserving and sharing sexual essence.

Because modern Western sexual culture is so different from ancient China, the Tao methods need to be re-examined for cultural factors. Integrating the male-female dynamic into the path of cultivating immortal consciousness is a key aspect of my spiritual mission in this life.

For a cultural perspective, I suggest you read the paper I presented at an international conference of top Daoist (Taoist) and Tantric scholars. It shares some of my experiences in this field over three decades and points out the differences and similarities between the Tao and Tantric paths.

**Quest for Spiritual Orgasm: Daoist and Tantric Sexual Cultivation in the West**

www.healingtaousa.com/cgi-bin/articles.pl?rm=mode2&articleid=35

**How does Jade Egg practice benefit women sexually?**

image: Jade eggs have a high vibration.

The Chinese have always valued jade more than gold because of its balanced yin-yang energy. Jade eggs are preferable because they are sturdy, smooth and non-porous.
Originally Egg Exercises were used for improving health, both physically and spiritually. The Jade Egg "sexercises" provide more power to the Chi Muscle to lift the sexual energy inward and upward, where it can be circulated to the other vital organs and help to balance the monthly flow of blood and daily cycle of hormones. Suitable for both younger women, those recovering from childbirth, and those dealing with menopause or later. It is absolutely the safest and fastest method for women to re-tonify a vagina stretched loose by childbirth.

The womb of a female is the most powerful center of gravity in her body. Unfortunately, the womb tends to concentrate unprocessed (often negative) sexual and emotional energy. The egg "sex-ercises" can help to move that stuck energy and help you to own the inner space of your womb, which is the core power of the divine feminine.

We recently found a new mine with much higher grade deep green jade eggs. The price has thus gone up - but it is important to have a quality vibration inside the most sensitive part of one's body. We now also include a lovely silk bag for protecting and transporting the egg. This is an intimate, elegant, health-enhancing, and sexy gift to give yourself, a lover, or a friend.

**Can women stop their period completely and is it permanent? Can the methods alleviate hot flashes?**

Yes, dedicated female practitioners can completely stop their menses. But most choose to only reduce the amount of blood lost each month, so they retain their fertility and female features. Stopping it completely might have side effects of reducing breast size and increasing facial and bodily hair growth. Many women have slowed their period by de-toxifying their blood of physical, emotional, and sexual toxins (possibly absorbed from male lovers). This reduces the woman's biological burden of replacing so much lost blood each month. This frees women from cramps, PMS or lesser levels of fatigue and irritability. That saved energy can then be spent on building a healthier body or living a more creative life.

I know of one female Healing Tao Senior instructor who stopped her period completely, then restarted it, then stopped it again. It is not quick, as this is a deep biological program.

Many women have used the Tao Sexology methods to reduce or completely eliminate hot flashes. It is the best natural method I have heard of for this purpose. In many cases the results are very quick. Once the sexual chi begins circulating in a harmonious pattern, the blood, glands, and hormones return to balance and the problem is solved.

**A Chinese martial artist told me that sexual practices are dangerous. What's the truth?**
I have taught many thousands of Western students these sexual methods without any negative side effects. That is because I properly prepare my students with Qigong Fundamentals 1&2 (at a minimum).

I've experimented with the best and safest way to teach Westerners to ground their sexual energy, using body-centered qigong to achieve sufficient grounding before using stimulated sexual energy to expand the Energy Body. In general, I train adepts to use "non-stimulated" sexual energy during their training as it is much cooler and easier to control.

Your Chinese martial artist friend is also right but he ignored a key point. Sexual practices are more dangerous for CHINESE people. What makes them dangerous is the degree of cultural sexual repression. In China, the collective or group "face" is very influential, and so people must suppress their individual sexual desires in order to fit in with their society. So when a Chinese person begins to unleash those suppressed sexual and psychic forces using qigong, there is a greater possibility of that chi being expressed in a way that is considered "crazy" in Chinese society. But that "crazy: behavior might be considered "normal" individual variation in the West.

Please remember that in China, even though things have loosened up considerably in recent years, even pornography on the books carries the death penalty. The Chinese govt. in 2009 clamped down with threat of heavy fines on search engines for displaying sexual content. The Chinese live in a very different world than us. The govt. campaign against Falun gong fundamentalist-style qigong resulted in all qigong being suppressed and a general climate of fear. The pressure to conform in Chinese society is much greater than in the West.

Westerners need not be so concerned about sexual qigong training; there is more danger of "over-expression" of the individual will in the West, and corresponding lack of respect for the collective. We are proud of expressing who we "are" individually,
and that includes sexual expression. So there is very little to "un-suppress" except our own excesses. Mostly we need to learn how to channel in more healthy and constructive ways the sexual energy that is available to us. And that is exactly what the Taoist model empowers.

All that being said, if you attempt to prematurely FORCE sexual energy without having the proper skill or background training in Qigong Fundamentals (or its equivalent), then you can get health problems. If the sexual energy is driven into the wrong channel or forced to mix with unconscious negative emotional patterns, then those negative patterns will be amplified and it will be very, very uncomfortable.

You could get insomnia, mysterious disease patterns that doctors cannot treat, general anxiety, etc. But in all cases of these symptoms I have treated, it is always the case that the person had little or no energetic training in qigong and tried to force the sexual energy.

I'm using the Million Dollar Point (perineum) as described in the book to stop my sperm loss, but am feeling congestion afterwards. How do I solve that?

image: Chinese talisman for fertilizing a man's phallus.

My suggestion to you stop using the Million Dollar Point. Don't press up on the perineum. I recommend that NO ONE use it at any time for the very reason you have cited. The method is too external and creates negative side effects. Yes, I know it's in the book, but I've improved my understanding since then.

it is one of many sexual techniques that I have updated in my Healing Love/Tao Secrets of Sex homestudy course, based on my teaching thousands of students over many decades. There are better ways to recycle the sexual energy than stopping it
physically with your finger. If you cannot master those sexual energy methods, which teach you the best way to recirculate the powerful jing essence hidden within your sperm, then it is useless for you to stop ejaculation with your finger on the Million Dollar Point.

After you stop the sperm from moving with your finger pressing the Million Dollar Point, what next? You HAVE to move that stopped sexual energy up to higher centers in the body to relieve the congestion, and hopefully recycle it to achieve full body orgasm.

But here's the point: If you have the skill to move that sexual energy, then you don't need the Million Dollar Point. If you DON''T have the skill to move that energy after blocking it with your finger, then you should NOT be using the Million Dollar Point as it will just create congestion in the area of your sexual organs.

What's the Taoist view of homosexuality? Are your courses useful for gay and lesbians?

photo: holding the solar pearl.

Taoist sexual practice can involve cultivating a "pearl" to hold your sexual-spiritual essence. This pearl is essentially androgynous, holding both male and female qualities in equilibrium. It is best we follow the example of the Sun, and radiate love to all Beings, regardless of their sexual orientation.

Every person, regardless of their sexual orientation, must balance their inner male and inner female. So the methods taught in my courses are universally applicable, regardless of sexual orientation. I have two gay sisters and had many gay male friends and students, and am well aware of the politics and dynamics of that
community. All of my course materials are sensitive to differences in sexual orientation and energetic nature. Men can be very yin and women can be very yang. Tao is about balance and unfolding one’s essential self and its virtues, about accepting what is and working with refining that to its highest level. Judgments about others’ sexual orientation I view as disguised self-judgments and fears. Love knows no sexual boundary, at the physical or the soul level.

Everyone has sexual energy that they need to manage and balance. The Taoist sexual energy work is largely internal and solo in the beginning. Many male gays have told me Taoist methods of recycling sexual energy have liberated them from compulsory horniness and dumping randomly of their sexual impulse.

Likewise, everyone can achieve enlightenment and immortality regardless of their sexual orientation. One of the Taoist eight immortals appears to be androgynous, i.e. half male and half female. Many Taoist monks I've met in China have a very androgynous appearance.

If I have a vasectomy, will it affect my ability to practice Taoist circulation of sperm energy?
Answer: Having a vasectomy will not affect your learning the Taoist sexual practices. The energy pathways bypass the physical pathways. The sperm does not need to physically travel up your tubes in order to be circulated. So the question of having a vasectomy or not should be wholly related to contraceptive issues.

**Can Tao practices be used to help couples with fertility challenges?**

These Tao methods are extremely effective in healing what is known as "cold womb syndrome" in the female and "weak sperm" in the male.

Sometimes the problem can be cleared up just by both partners studying the Qigong Fundamentals 1 & 2: Inner Smile, 6 Healing Sounds, Open Chi Flow in the Orbit. In any case, I would definitely learn those practices.

I would at the same time get the Sexual Vitality Qigong DVD and the Healing Love home study audio courses as followup for when you've finished the Qigong Fundamentals. That will educate you as to how your sexual energy really functions and teach you how to build it up and protect it. Most infertility is simply a result of stressful lifestyle, and can be healed energetically.

You can further speed up the process by either getting CNT (Chi Nei Tsang) treatments or by learning CNT and practicing on yourself and your partner. This opens up blocked energy in the abdominal area that is often the cause of fertility problems.

If you want additional support with fertility retreats and fertility books aligned with these Tao practices, I can recommend several. Randine Lewis, (MD and licensed acupuncturist) and her daughter Theresa (in acupuncture school) are both students of the Healing Tao and offer retreats in Asheville, North Carolina (where I live. Randine has authored two excellent books and can be accessed through [www.TheFertileSoul.com](http://www.TheFertileSoul.com)
Michael Winn makes an offering to the White Ruler God of Flower Mountain (Huashan)

China 2009 Dream Trip. last minute signups welcome.

To our collective sexual-spiritual bliss,

Michael Winn

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"Who takes Heaven as his ancestor, Virtue as his home, the Tao as his door, and who becomes change -- is a Sage." -- Chuang Tzu, Inner Chapters

"The Tao is very close, but everyone looks far away. Life is very simple, but everyone seeks difficulty."
-- Taoist Sage, 200 B.C

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