



The Alchemy of Sexual Energy: Connecting to the Universe from Within

By Mantak Chia

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The Alchemy of Sexual Energy: Connecting to the Universe from Within By Mantak Chia

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.

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Editorial Review

Review

"The major insight offered by this book . . . concerns the fact that our certainties and experiences are predetermined to a profound degree by the language and habits that we learn in youth and accept as defining our world as we grow older. Drawing on Daoist wisdom and practice, Chia introduces the reader to new ways of managing understanding, well-being, and aspiration and invites the discovery of new physical and spiritual possibilities. (*Reg Little, New Dawn, No. 121, Jul/Aug 2010*)

From the Back Cover

HEALTH / SEXUALITY

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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 the 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.

MANTAK CHIA, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and the author of 35 books, including *Sexual Reflexology*, *Healing Love Through the Tao*, and the bestselling *The Multi-Orgasmic Man*.

About the Author

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