

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

By Mantak Chia

Download now

Read Online ➔

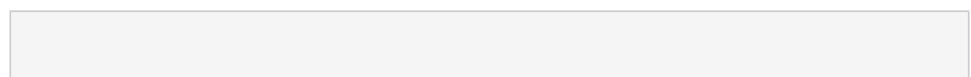
The Alchemy of Sexual Energy: Connecting to the Universe from Within By Mantak Chia

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.



 [**Download** The Alchemy of Sexual Energy: Connecting to the Un ...pdf](#)

 [**Read Online** The Alchemy of Sexual Energy: Connecting to the ...pdf](#)

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

By Mantak Chia

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.

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

- Sales Rank: #647189 in Books
- Brand: New Age
- Published on: 2009-12-23
- Released on: 2009-12-23
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .30" w x 6.00" l, .31 pounds
- Binding: Paperback
- 224 pages

 **[Download](#)** [The Alchemy of Sexual Energy: Connecting to the Un ...pdf](#)

 **[Read Online](#)** [The Alchemy of Sexual Energy: Connecting to the ...pdf](#)

Download and Read Free Online The Alchemy of Sexual Energy: Connecting to the Universe from Within By Mantak Chia

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

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* shows how to transform this sexual energy into internal healing energy, building upon the 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 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

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*.

Users Review

From reader reviews:

Eric Langley:

What do you think of book? It is just for students as they are still students or the item for all people in the

world, what best subject for that? Simply you can be answered for that question above. Every person has different personality and hobby for each and every other. Don't to be obligated someone or something that they don't would like do that. You must know how great as well as important the book The Alchemy of Sexual Energy: Connecting to the Universe from Within. All type of book can you see on many resources. You can look for the internet solutions or other social media.

Sandra Alexander:

The event that you get from The Alchemy of Sexual Energy: Connecting to the Universe from Within is the more deep you looking the information that hide into the words the more you get serious about reading it. It doesn't mean that this book is hard to recognise but The Alchemy of Sexual Energy: Connecting to the Universe from Within giving you enjoyment feeling of reading. The copy writer conveys their point in particular way that can be understood by anyone who read the idea because the author of this guide is well-known enough. This kind of book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having this particular The Alchemy of Sexual Energy: Connecting to the Universe from Within instantly.

Catherine Estey:

Hey guys, do you wishes to finds a new book you just read? May be the book with the title The Alchemy of Sexual Energy: Connecting to the Universe from Within suitable to you? The book was written by popular writer in this era. Typically the book untitled The Alchemy of Sexual Energy: Connecting to the Universe from Within is the main of several books this everyone read now. This specific book was inspired a number of people in the world. When you read this book you will enter the new dimensions that you ever know prior to. The author explained their idea in the simple way, consequently all of people can easily to understand the core of this guide. This book will give you a large amount of information about this world now. To help you see the represented of the world on this book.

Shelly Sampson:

The book The Alchemy of Sexual Energy: Connecting to the Universe from Within will bring one to the new experience of reading a new book. The author style to spell out the idea is very unique. When you try to find new book to see, this book very suited to you. The book The Alchemy of Sexual Energy: Connecting to the Universe from Within is much recommended to you you just read. You can also get the e-book from your official web site, so you can easier to read the book.

**Download and Read Online The Alchemy of Sexual Energy:
Connecting to the Universe from Within By Mantak Chia
#FTWX0CH7PGE**

Read The Alchemy of Sexual Energy: Connecting to the Universe from Within By Mantak Chia for online ebook

The Alchemy of Sexual Energy: Connecting to the Universe from Within By Mantak Chia Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Alchemy of Sexual Energy: Connecting to the Universe from Within By Mantak Chia books to read online.

Online The Alchemy of Sexual Energy: Connecting to the Universe from Within By Mantak Chia ebook PDF download

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

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

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

FTWX0CH7PGE: The Alchemy of Sexual Energy: Connecting to the Universe from Within By Mantak Chia