TAOIST

SEXUAL

SECRETS

Harness Your Qi Energy
for Ecstasy, Vitality
& Transformation

LEE HOLDEN & RACHEL CARLTON ABRAMS, MD
TAOIST SEXUAL SECRETS

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Introduction

Welcome to *Taoist Sexual Secrets: Harness Your Qi Energy for Ecstasy, Vitality, and Transformation*. The practices in this program are intended to help you achieve a fuller, more vibrant expression of your sexual energy. Whether you're single or with a partner, these techniques will deepen your relationships, enhance your overall vitality, and bring a blissful flow into your everyday life. However, their benefits go far beyond sexuality and influence.

In the Taoist tradition, body, mind, and spirit are viewed as inextricably linked. Thus each exercise for cultivating sexual energy also affects your overall energy, immune function, mental clarity, and spiritual awareness. Our bodies, minds, and spirits are all dependent on *qi* ("life force" or "life breath"), which is the basis of all traditional Chinese healing arts and spiritual practices. By learning to move, circulate, and store *qi*, and particularly by focusing on the flow of *qi* from the sexual organs to the rest of the body, the practitioner of these Taoist sexual secrets will not only cultivate more powerful and balanced sexual energy, but will also energize and balance all of the body's systems.

These practices come from the teachings of Mantak Chia, the foremost proponent of Taoist sexual practices in the West, and are grounded in thousands of years of traditional knowledge. The illustrations that follow are referenced in the audio sessions of this program. You'll find them a handy guide to visualizing...
The purpose of the Inner Smile meditation is to nurture the qualities of love and caring within ourselves. When we smile to ourselves in this meditation, we are able to direct our loving attention and qi to our heart and sexual organs and to use this energy for our own pleasure and healing.

As you master these practices, you may find your relationships transformed—and not only your intimate relationships, but your relationship to self and the universe. We wish you the best of luck on your journey!
If you have problems with a particular negative emotion such as anger, sadness, hate, fear, impatience, arrogance, or worry, or if you wish to strengthen positive emotions such as love, joy, courage, openness, calmness, kindness, and generosity, you may find it helpful to work with the chart below. In Taoist practice, each organ is associated with both positive and negative emotions. In addition, each organ has an associated color, animal, element, and season. These attributes can be used for visualization practices to strengthen and support each organ.

<table>
<thead>
<tr>
<th>Yin Organ</th>
<th>Yang Organ</th>
<th>Color</th>
<th>Negative Emotions</th>
<th>Positive Emotions</th>
<th>Animal</th>
<th>Element</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>Large Intestine</td>
<td>White</td>
<td>Sadness, Grief, Sorrow</td>
<td>Courage, Righteousness, Surrender, Letting Go</td>
<td>White Tiger</td>
<td>Metal</td>
<td>Autumn</td>
</tr>
<tr>
<td>Kidney</td>
<td>Bladder</td>
<td>Dark Blue</td>
<td>Fear</td>
<td>Gentleness, Alertness, Stillness</td>
<td>Sea Turtle</td>
<td>Water</td>
<td>Winter</td>
</tr>
<tr>
<td>Liver</td>
<td>Gall Bladder</td>
<td>Bright Green</td>
<td>Anger, Aggression</td>
<td>Kindness, Identity, Self Expansion</td>
<td>Dragon</td>
<td>Wood</td>
<td>Spring</td>
</tr>
<tr>
<td>Heart</td>
<td>Small Intestine</td>
<td>Red</td>
<td>Impatience, Arrogance, Hastiness, Cruelty</td>
<td>Joy, Honor, Spirit, Enthusiasm, Radiance</td>
<td>Pheasant</td>
<td>Fire</td>
<td>Summer</td>
</tr>
<tr>
<td>Spleen</td>
<td>Stomach, Pancreas</td>
<td>Yellow</td>
<td>Worry, Guilt, Pity</td>
<td>Compassion, Fairness, Centering, Music Making</td>
<td>Phoenix</td>
<td>Earth</td>
<td>Indian Summer</td>
</tr>
<tr>
<td>Kidney</td>
<td>Uterus, Ovaries, Clitoris, Testes, Prostate, Penis</td>
<td>Violet</td>
<td>Pain or whatever emotions you need to release</td>
<td>Personal Power, Creativity</td>
<td>—</td>
<td>Water</td>
<td>Winter</td>
</tr>
<tr>
<td>Triple warmer</td>
<td>—</td>
<td>—</td>
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</tr>
</tbody>
</table>
The Three Treasures are stored in the dan tien, the energy reservoirs within the body. Each treasure corresponds to a different quality of energy. The first treasure, jing, is the vital energy of the physical body and is stored in the lower dan tien near the navel. Jing corresponds to sexual energy and carries a quality of tremendous creativity and force. The second treasure, qi, is the animating force between the first treasure, jing (yin), and the third treasure, shen (yang). Qi is located in the middle dan tien near the heart. Qi bridges spirit to matter. Shen, third treasure, is located in the upper dan tien and represents the spiritual quality of energy. This practice is designed to teach you the alchemical processes of transforming jing into qi, qi into shen, and shen back into jing.
FIGURE 5: Female Sexual Anatomy: Side view
This is a side view of a woman’s sexual organs. Notice that the vaginal pleasure zones (the G-spot and AFE zone) are located on the anterior (or belly side) of the vagina.

FIGURE 6: Female Sexual Anatomy: The PC muscle
The PC muscle stretches from the pubic bone to the coccyx, and it surrounds the urethra, vagina, and anus. Strengthening and becoming aware of your PC muscle helps you control the flow of sexual energy (jing qi) during the Orgasmic Upward Draw. Women who exercise their PC muscle are more orgasmic.
FIGURE 7: Female Sexual Anatomy: The full size of the clitoris
The visible clitoris is only a small part of the clitoral anatomy, which extends beneath the small and large lips of the vulva. All aspects of the clitoris are sensitive to touch.

FIGURE 8: Breast Massage
Massaging the breasts is healing to the body and stimulates the flow of qi to all of the glands: pineal, pituitary, thyroid, thymus, adrenals, pancreas, and ovaries.
FIGURE 9: Ovarian Breathing
This illustration shows the path of energy in the Ovarian Breathing practice. Ovarian Breathing is a powerful exercise to minimize menstrual pain and menopausal symptoms, as well as to energize the female body.

FIGURE 10: Male Sexual Anatomy: Side view
The PC muscle, which is important for becoming multi-orgasmic, extends from the pubic bone to the tailbone.
Excessive sexual energy can overheat the head and imbalance the emotions. Venting brings energy down from the head, clears heat, and balances the emotions.

**FIGURE 11: Male Sexual Anatomy: Frontal view**
Another view of the PC muscle, which is actually comprised of a group of muscles.

**FIGURE 12: Venting Practice**
Excessive sexual energy can overheat the head and imbalance the emotions. Venting brings energy down from the head, clears heat, and balances the emotions.
FIGURE 13: The Orgasmic Upward Draw for Couples
The Orgasmic Upward Draw allows couples to give and receive heart energy and sexual energy.

FIGURE 14: Penis Reflexology
Each part of the penis corresponds with another part of a man's body.
FIGURE 15: Vagina Reflexology

Each part of the vagina corresponds with another part of a woman's body.

Acknowledgments

Special thanks to Mantak Chia for his amazing teachings, open heart, and vibrant spirit. To Lisa Holden for all her support, wonderful insights, unconditional love, and sexy, passionate energy. And to Doug Abrams for his unstoppable love and support, brilliant editing of my work and my life, and the sweetness of our shared passion.
Further Resources

Rachel Carlton Abrams is the coauthor of The Multi-Orgasmic Woman (Rodale, 2006) with Mantak Chia and The Multi-Orgasmic Couple (HarperOne, 2002), with Mantak Chia, Douglas Carlton Abrams, and Maneewan Chia. The Multi-Orgasmic Man (HarperOne, 1997) is coauthored by Mantak Chia and Douglas Carlton Abrams, Rachel’s husband.

For information about Rachel Carlton Abrams’ books and accompanying CD, please visit multiorgasmicwoman.com.

Lee Holden’s DVDs are featured on American Public Television. Titles include Qi Gong Flow for Beginners™, Qi Gong for Stress™, Qi Gong for Upper Back and Neck Pain™, Qi Gong for Lower Back Pain™, Qi Gong for Weight Loss™, Qi Gong for Seniors™, Qi Gong for Healthy Joints and Bones™, Qi Gong: The Flow Continues™, and 7 Minutes of Magic.

For information about Lee Holden, please visit pacifichealingarts.com

For information about Lee Holden’s and Rachel Carlton Abrams’ teaching schedules and their healing center, the Santa Cruz Integrative Medicine and Chi Center, visit SantaCruzChiCenter.com or SantaCruzIntegrativeMedicine.net.

About the Authors

Lee Holden is an internationally known television personality and author who has worked closely with Master Mantak Chia for the last 20 years, both as a senior teacher and editor for Healing Tao publications. Lee is an instructor in meditation, t’ai chi, qi gong, and stress management. His book 7 Minutes of Magic has been published in several countries, and his television and 10 DVD programs have reached millions of viewers in the United States, Canada, and Europe. All 10 of Lee’s DVDs are available at ExerciseToHeal.com.

Rachel Carlton Abrams, MD, MHS, ABHM, is board certified in family medicine and holistic and integrative medicine. She is the cofounder, with Lee Holden, of Santa Cruz Integrative Medicine and Chi Center, where she practices. A student of Mantak Chia for 20 years, she has coauthored three books on Taoist sexuality with her husband, Douglas Carlton Abrams. She teaches classes and workshops throughout the United States.