

# TAO TANTRA





## PRACTICE: HONEY POT

- Brings health and vitality to, and sensitizes your sexual organs
- Removes negative beliefs, shame and guilt from the sexual organs
- Strengthens the sexual organ-brain connection

- Oldest sex manual in the world → Yellow Emperor Huang-Ti
- Wu Yi Shamanic Qigong healers
- The sexual practices of Taoist Tantra are known as 'The Joining of the Essences'

## ROOTS OF TAOIST SEXUAL PRACTICES



# KEY TERMS

Principal energy, is produced by sexual organs: in women, it is the energy of the ovaries, in men, that of the sperm.

## JING

Biological, emotional and spiritual meaning

Leaking out with outward orgasm for men and with menstrual bleeding for women

## QI

Jing is converted into life-force energy for the organs.

## SHEN

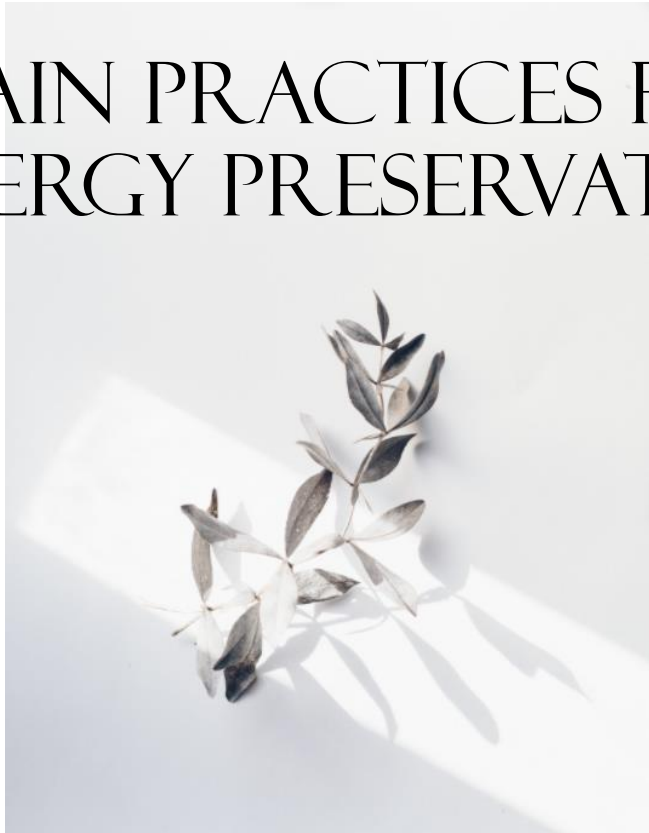
Qi becomes transformed into spiritual energy.



PRACTICE:  
THE NEST

**Let the breath be your guide through the  
discovery of your sacred chalice**

# MAIN PRACTICES FOR ENERGY PRESERVATION



**Ovarian/Testicles Breathing**

**Orgasmic Upward Draw / Big Draw**

# THE CULTIVATION OF ENERGY

Conservation

Transformation

Balancing



inner  camp

THANK YOU