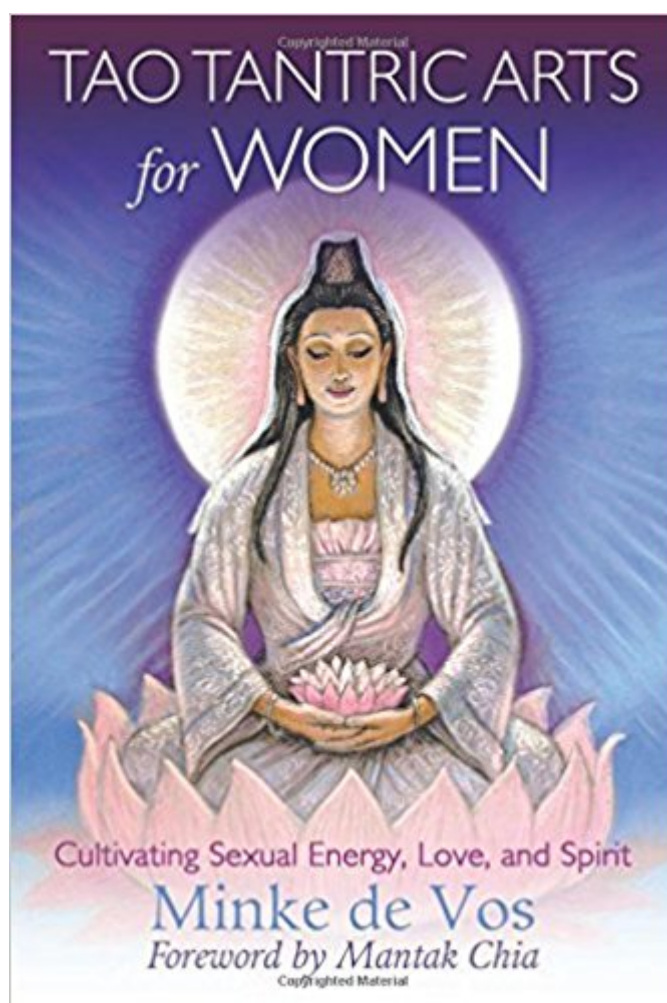


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# Tao Tantric Arts For Women: Cultivating Sexual Energy, Love, And Spirit



## Synopsis

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life. Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido. Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing. Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential. Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

## Book Information

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## Customer Reviews

“This book is a treasure chest of practices that are difficult to find anywhere else. Minke guides you step by step through the arts of awakening sex, love, and spirit!” (Shashi Solluna, founder of Tao Tantric Arts)

“I thoroughly enjoyed all of the exercises, diagrams, and easy to read guidance through the Divine Feminine. Now I feel closer to my body and see it as a mere reflection of inner beauty. Every woman on a path of empowerment and transformation will appreciate this dynamic book. There are also partner practices for conscious energy exchange and intimacy building. It is very important to harmonize our bodies and relationships.” (The Life Connection)

“Minke de Vos has written an inspiring masterpiece . . . offers essential keys to reclaim our feminine powers. A must-read.” (Margot Anand, author of The Art of Sexual Ecstasy)

“. . . loaded with inspiring and uplifting information that every woman should know!” (Christiane Northrup, M.D., author of Goddesses Never Age)

Minke de Vos, MMQ, is a senior Universal Healing Tao instructor and medical Qigong master therapist. Known internationally as one of the top teachers of self-healing and sacred sexuality, she has been practicing Qigong for over 30 years and is the founder of Silent Ground retreats, Feminine Treasures workshops, and Tao Tantric Arts classes. She lives in Vancouver, British Columbia.

I feel every woman on a path of healing and empowerment should have this book. It is easy to read, with digestible, practical practices. I can tell this handbook will be with me for a lifetime. Thank you, thank you for this contribution to my awakening.

love the book

Well written comprehensive manual. A must read for mature women.

A remarkable and unique book, filled with information that you won't find anywhere else! If you are looking for a great source book on Tantric practices and/or female sexual energy cultivation, this book is a must have. It has been beautifully illustrated by the author, and is presented in a way that makes the information very accessible for the novice and/or for those who have been working with these practices for years. It is sure to become a classic in this field!

Beutifull book

I have read the early version of this book, and Minke has been a teacher of mine for many years. She has a depth of knowledge and understanding about Taoism and Tantra that is unparalleled. For anyone who wants to know about the Jade Egg or the Taoist tradition and how to experience sexual energy and love in very creative and powerful ways, this is an amazingly detailed book.

This book unintentionally demonstrates, once again, Taoism's fundamental misunderstanding of the nature of Masculinity and Femininity: that Masculinity can be understood as "Yang" and Femininity as "Yin". It's a conceptual misunderstanding that is so common and widespread, so blindly accepted as received wisdom, that it is taken for granted as a fact and adhered to even when personal experience clearly contradicts it. There's a specific sequence in this book that is characteristic of the resulting confusion. Because it's a confusion . . . it's also confusing to identify and discuss. Typically, it's just glossed over. But let's look at it systematically, step-by-step . . . and see the problem for what it is. On pages 24 and 25, there's a chart proposing to show two columns of characteristics: one column of "Yin" characteristics that are said to be "Feminine" . . . and a second column of "Yang" characteristics that are "Masculine". The Yin/Feminine column explicitly contains the 2 characteristics of "Fullness" and "Radiant". Is that clear (?) HERE the author is clearly saying that these 2 characteristics are Feminine. But then on page 25, she continues that: "The chart also shows what the masculine and feminine thrive on in our relationships. Often yin craves yang: the deep dark part of our feminine self longs for fullness, color, radiance". Is THAT clear (?) NOW she is saying that the Feminine/Yin craves its Masculine OPPOSITE . . . and gives fullness and radiance as examples of that Masculine opposite. But that simply contradicts the characteristics chart -- as we've just seen. Look at it for yourself. She's confused and she's confusing in her explanation. The

fact of the matter is that her personal, intuitive experience, as expressed in the second quote, is correct: the experience of Masculinity IS associated with Fullness and Radiance. But in the chart, she's blindly accepted the prevailing Yin/Yang categorizations of the various characteristics. This happens time and time again in Tantric literature -- in David Deida, for example. So what's the correct understanding of Masculinity and Femininity (?) It's the relationship between Unity and Multiplicity. Translated into Taoist terms, Masculinity would be the Full, Radiant Unity of "WuJi" from which the Feminine Multiplicity of Yin and Yang processes unfolds . . .

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