



Tao Tantric Arts for Women: Cultivating Sexual Energy, Love, and Spirit

By Minke De Vos

Inner Traditions Bear and Company, United States, 2016.
Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book. 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 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. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Minke de Vos's detailed guide...



READ ONLINE
[2.96 MB]

Reviews

This is the best pdf i actually have read till now. It typically fails to charge too much. Your life period will probably be transform the instant you total reading this publication.

-- **Dr. Don Morissette V**

This publication will not be simple to get started on looking at but quite entertaining to learn. It generally fails to cost an excessive amount of. You will not feel monotony at anytime of your time (that's what catalogues are for about if you ask me).

-- **Bettie Gutmann**