

Taoism

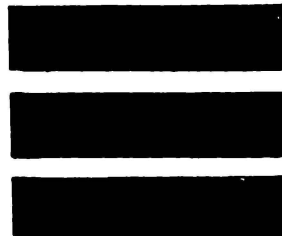
By walking with God one will fully master one's human condition. One will overcome the attacks of illness, stress, sorrow, and cruelty; one will progress evolutionally; and one will incarnate the everlasting forces of life and harmony. To walk with God one has to follow the principles of the Eight Pillars of Taoism. This complete system of life is comprised of eight disciplines of personal cultivation. They are as follows:

1. The Tao of Philosophy
2. The Tao of Revitalization
3. The Tao of Balanced Diet

4. **The Tao of Forgotten Food Diet**
5. **The Tao of Healing Art**
6. **The Tao of Sex Wisdom**
7. **The Tao of Mastery**
8. **The Tao of Success**

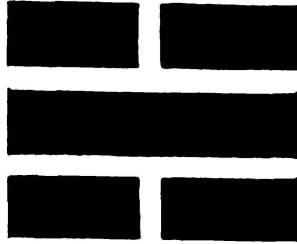
The focus of this book is necessarily then upon the Tao of Sex Wisdom, but it must be seen in its larger context before it may be properly understood. Before we begin examining the principles of Taoist Sexology in detail, I will attempt to summarize the Eight Pillars of Taoism.

The Tao of Philosophy



The Tao of Philosophy discloses the logic underlying the way life unfolds and the purpose of destiny. It is a collection of guidelines to be used by the individual as well as the collectivity for attaining success and spiritual elevation. Based on the spiritual discovery of hidden but ever-permeating and reliable laws of this universe, the Tao of Philosophy provides detailed information on the proper and successful ways of handling the machinery of government, promoting social harmony, and fostering individual well-being.

The Tao of Revitalization



The Tao of Revitalization, a system of Internal Exercises, directs the innate healing power to specific internal organs and glands and incarnates nature's everlasting energy to its fullest.

The Internal Exercises are the very opposite of "external exercises", or swimming, boxing, wrestling, jogging, tennis, kung-fu, weight lifting, karate, etc. While external exercises may produce an attractive outer figure, they often do so by depleting the energy of the internal organs. That causes not only any number of illnesses, but also premature aging. Internal Exercises, on the other hand, are designed to energize the entire body, balance the energy level, and promote more effective internal organ functions.

The first category of Internal Exercises includes those designed to correct sitting, reclining, walking, and working postures. These different exercises were designed in accordance with the physical laws of nature to suit every individual's healing needs. These exercises are the Five Animal Exercises, Eight Directional Exercises, Twelve Zodiac Exercises, and Twelve Nerve Exercises. Also included are the basic exercises known as the Deer Exercise, the Crane Exercise, and the Turtle Exercise.

The second category is called Meridian Meditation, also known as Trip-Around-the-World Meditation, or simply Taoist Contemplation. A tremendous healing art, the Meridian Meditation is used to adjust, balance, and elevate the energy level in the body. By meditating on the pathways of energy in the body, anatomically known as the meridians, a person is able to feel the energy flow along these pathways and balance the energies within the body. The mind, body, and spirit are completely integrated, and the individual is completely enlivened.

Acupuncture and acupressure techniques, which originated from Meridian Meditation, are used to help others, whereas Meridian Meditation is used to heal oneself.

The third category of Internal Exercises is Cosmic Breathing or Energy Breathing. Through this technique, energy can be absorbed through the acupuncture points which lie atop the meridians which traverse the body. Energy Breathing is a vital step in self-healing and in forming an indivisible link with

the energy permeating the universe.

For a complete study of the Internal Exercises, please refer to my books entitled, *The Complete System of Self-Healing: Internal Exercises* and *The Great Tao*.

The Tao of Balanced Diet



Internal Exercises alone are not enough. Our diets are extremely important. There are two levels of diet in Taoism: regular food diet and forgotten food diet. The Tao of Balanced Diet pertains to regular foods. The Tao of Forgotten Food Diet pertains to herbs.

In order to balance our diets, we must study the nutritive value of various foods, the proper acid-alkaline and energy balance, and the correct preparation of meals. In Taoist nutrition, people must learn how the various energy levels of food, the five tastes of food, and the vitamin, protein and mineral content of food affect our bodies.

The acid-alkaline balance of our food is very important. Foods that are pH-balanced will not corrupt quickly, and the eater will be able to extract the maximum amount of nutrition available from those foods. If the food we eat is not pH-balanced, it becomes corrupt as soon as it enters the digestive tract. The body, instead of benefiting from the nutrients in the food, absorbs the poisons resulting from the corruption. (If one ever goes to the back door of any restaurant, one will find food corrupting in garbage cans. Not long ago, this food was served to customers. So the only thing separating the front and back of the restaurant is a wall and a few hours' time.) We would not purposely eat garbage because we know we will become sick from ingesting its poisons. Yet, we do eat garbage everytime we eat without a thought for pH balance. (A telltale sign of food corruption in the stomach is bad breath.)

The Taoist method of regular food preparation also includes practical ways of removing unwanted chemicals, parasites, and saturated fats, all of which are capable of harming our bodies and causing illnesses.

For a complete study of the Tao of Balanced Diet, please refer to *The Tao of Healing Diet: Secrets of a Thin Body*.

The Tao of Forgotten Food Diet



We rely on our regular diet for enjoyment and satisfaction; we take pleasure in the appearance, smell, and taste of our daily meals. But regular foods do not provide enough nutrients to maintain a continuous state of health. They must be supplemented by stronger foods, or herbal foods, which constitute the second level of diet.

Herbs have many properties that modern science has yet to discover. The Academy of Sciences currently estimates that there are approximately one million plant varieties in the world. As yet, only an insignificant portion has been examined by modern means of analysis.

Over the ages, Taoists thoroughly studied the healing composition of herbs. Several thousand years ago, surgeons used an herb tea as an anesthetic. It lasted for six hours without side effects. (Surgery was very popular at that time. The surgeons would remove the organs of the patient, wash them in herbal solutions, and reorganize them inside the body. This practice eventually died out as these doctors came to realize that it was an inefficient and incomplete treatment for illnesses and that the final answer lay in the prevention of illness. They realized that any illness, including tumors, was the result of a particular lifestyle. Constant surgery could not prevent the recurrence of tumors, whereas a change in lifestyle could prevent the recurrence of tumors.)

The food we buy in the supermarket is the weakest food available. The selection there is very limited if one considers the varieties of food actually

available in the world. God created leaves, branches, trunks, and roots for our consumption, but they were completely overlooked by most people. These foods are herbs, which are called “forgotten foods” by Taoists. Herbs are forgotten foods because they have been eliminated from our diets through a process of selection which, over the course of thousands of years, has rejected foods that were unappealing to the eyes, nose, or mouth. And as man learned to cultivate his own food, he naturally chose to cultivate only those foods that appealed to his senses.

As the saying goes, we are what we eat. If we eat stronger foods, we become stronger ourselves. If we eat better foods, our health improves. But, if we eat weak foods, we become more vulnerable to diseases. When we compare a magnolia tree to a bunch of celery, we will see that the tree is much stronger than the little clump of celery. Investigating further, we will find that the tree is of greater medicinal value than the celery. The various properties of the magnolia tree build up the stomach tissues and strengthen the female sexual organs. Ginseng is another example of a strong food. It grows in cold and harsh mountainous regions, yet it can survive for more than a 1,000 years. Imagine what such great vitality could do for your body. (Please use discretion when ingesting ginseng; it must be balanced with other herbs, since it produces strong side effects as well as benefits.) In sharp contrast, a carrot grows only in temperate climates and its lifespan is about three months. If you do not unearth it within three months, it will decay and disappear. Herbs give everlasting strength, whereas regular foods give only temporary strength.

The foods we commonly eat and love are also eaten and loved by the germs in our bodies. They utilize this food (organic or junk) to maintain their lives just as we do. Fortunately, herbs do not nourish germs and human beings equally. Human beings, exercising their will power, are able to ingest sometimes distasteful herbs. Germs, not being blessed with will power, are simply repelled by herbs. When human blood is permeated with herbal nutrients, the germs in the body will starve to death, and the human body will be naturally cleansed and purified. The cleansing and purifying qualities that allow herbs to last for years without rotting are the greatest benefits to be gained from herbal diets.

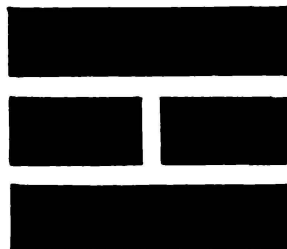
The Tao of Healing Art



Like the Tao of Revitalization, the Tao of Healing Art adjusts, balances, and elevates vital energy. Unlike the Tao of Revitalization, which is primarily a means for self-healing, the Tao of Healing Art is utilized for healing others.

The Tao of Healing Art is also called Tui-Na. It is basically a form of massage which follows the body's energy pathways, anatomically known as meridians, to regulate the body's vital functions. By using the sixteen different handling or manipulating techniques of Tui-Na, one can also reposition disarranged internal organs. In conjunction with these techniques, which were designed to adapt to various parts of the body, appropriate mediums can also be used. These can be any of the five fundamental elements: earth, metal, water, wood, or fire. Acupuncture needles (used to channel energy into the body) and moxibustion are two of the best known metal and fire mediums in the West. Acupuncture and moxibustion are derivations of Tui-Na principles and methods.

The Tao of Sex Wisdom



This is the subject of this book, the purpose of which is to explain clearly the complete theory and practice of Taoist Sexology. The use of sex and sexual energy for improving health, harmonizing relationships, and increasing spiritual realization is taught.