

Tantra TAO



the

The Secrets of Sexual Ecstasy

GILLY SMITH

DISCOVER THE POWER OF BLISS

5000 years ago, the Indian Tantrics and the Chinese Taoists discovered the power of sexuality to be the elixir of life. Good health, long life and a balanced society, they believed, were only possible when the full potential of human sexuality was realized, and the flow of sexual electricity in the body was stirred into a vital force through manipulation, massage and breathing. Practical and sensitive, *Tantra and the Tao* demystifies these ancient sexual secrets, and takes you from East to West to meet the modern day Tantric and Taoist teachers whose step-by-step guides to better sex and a heightened sexuality will open the door to a world of sensual pleasure which will change your life forever.

Sexual secrets from *Tantra and the Tao* include:

- How to prolong lovemaking to ensure mutual satisfaction
- How to go beyond orgasm
- How to use meditation to explore your sexuality
- How to use massage to break down barriers to intimacy
- How sexuality in its full power can affect every area of your life.



ROBINSON

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Sexual Repression v Sex Education



*Learn to yield and be soft
If you want to survive.
Learn to bow
And you will stand in your
full height.
Learn to empty yourself
and be filled by the Tao
the way a valley empties itself
into a river.*

*Use up all you are
And then you can be made new.
Learn to have nothing
and you will have everything . . .
. . . So the ancient ones say
'Bend and you will rule'
Is this a lie? You'll find it is true.
Be true to yourself, and all will go
well with you.*

The Tao Te Ching, Ch. 22 (translated by Jay Ramsay)

In ancient China, female masturbation was actively encouraged, particularly in polygamous households, and ingenious sex toys such as the double-headed dildo gave hours of amusement for the average family. Since those days, life has changed immeasurably, and our attitude to sex has become prurient and crass. Sex education in Britain and Europe has been sadly lacking for the last 2,000 years. The Western idea of sexual guidance is a manual filled with the kind of techniques which should put the enquiring sexual initiate off for life. It tends to be boys who study them, absorbing the emphasis on performance, while the girls are reading up about their right to orgasm in women's magazines. Sex as an art form or spiritual discipline didn't really make it into print.