

# TAOIST SEXUAL SECRETS

Harness Your Qi Energy  
for Ecstasy, Vitality  
& Transformation

LEE HOLDEN & RACHEL CARLTON ABRAMS, MD

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## Contents

Introduction.....	7
<i>Figure 1: The Inner Smile</i> .....	9
<i>Figure 2: The Organs and Their Qualities</i> .....	10
<i>Figure 3: The Microcosmic Orbit</i> .....	12
<i>Figure 4: The Three Treasures</i> .....	13
<i>Figure 5: Female Sexual Anatomy: Side view</i> .....	14
<i>Figure 6: Female Sexual Anatomy: The PC muscle</i> .....	15
<i>Figure 7: Female Sexual Anatomy: The full size of the clitoris</i> .....	16
<i>Figure 8: Breast Massage</i> .....	17
<i>Figure 9: Ovarian Breathing</i> .....	18
<i>Figure 10: Male Sexual Anatomy: Side view</i> .....	19
<i>Figure 11: Male Sexual Anatomy: Frontal view</i> .....	20
<i>Figure 12: Venting Practice</i> .....	21
<i>Figure 13: The Orgasmic Upward Draw for Couples</i> .....	22
<i>Figure 14: Penis Reflexology</i> .....	23
<i>Figure 15: Vagina Reflexology</i> .....	24
Acknowledgments.....	25
Further Resources.....	26
About the Authors.....	27

## Introduction

Welcome to *Taoist Sexual Secrets: Harness Your Qi Energy for Ecstasy, Vitality, and Transformation*. The practices in this program are intended to help you achieve a fuller, more vibrant expression of your sexual energy. Whether you're single or with a partner, these techniques will deepen your relationships, enhance your overall vitality, and bring a blissful flow into your everyday life. However, their benefits go far beyond sexuality and influence everything from emotional balance to higher consciousness.

In the Taoist tradition, body, mind, and spirit are viewed as inextricably linked. Thus each exercise for cultivating sexual energy also affects your overall energy, immune function, mental clarity, and spiritual awareness. Our bodies, minds, and spirits are all dependent on *qi* ("life force" or "life breath"), which is the basis of all traditional Chinese healing arts and spiritual practices. By learning to move, circulate, and store qi, and particularly by focusing on the flow of qi from the sexual organs to the rest of the body, the practitioner of these Taoist sexual secrets will not only cultivate more powerful and balanced sexual energy, but will also energize and balance all of the body's systems.

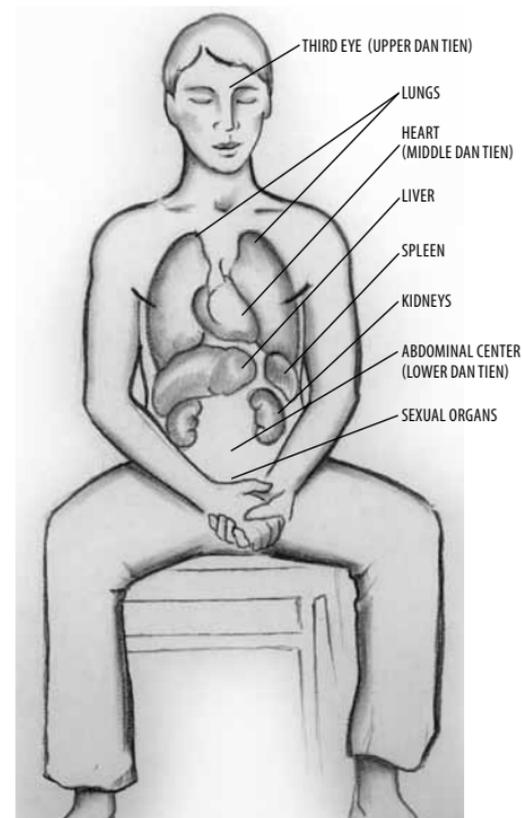
These practices come from the teachings of Mantak Chia, the foremost proponent of Taoist sexual practices in the West, and are grounded in thousands of years of traditional knowledge. The illustrations that follow are referenced in the audio sessions of this program. You'll find them a handy guide to visualizing

the flow of energy in the key practices and to understanding the male and female sexual anatomy as they relate to the cultivation of qi.

As you master these practices, you may find your relationships transformed—and not only your intimate relationships, but your relationship to self and the universe. We wish you the best of luck on your journey!

**FIGURE 1:**  
*The Inner Smile*

The purpose of the Inner Smile meditation is to nurture the qualities of love and caring within ourselves. When we smile to ourselves in this meditation, we are able to direct our loving attention and qi to our heart and sexual organs and to use this energy for our own pleasure and healing.



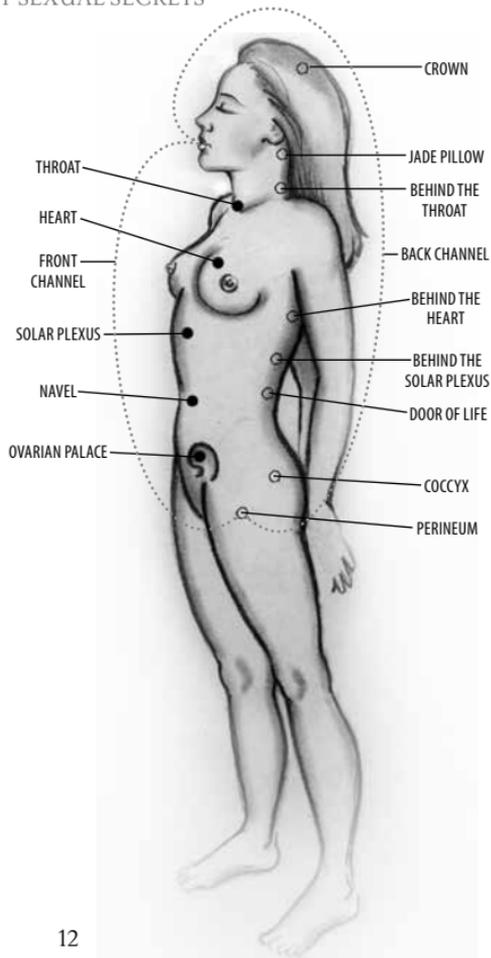
**FIGURE 2: *The Organs and Their Qualities***

If you have problems with a particular negative emotion such as anger, sadness, hate, fear, impatience, arrogance, or worry, or if you wish to strengthen positive emotions such as love, joy, courage, openness, calmness, kindness, and generosity, you may find it helpful to work with the chart below. In Taoist practice, each organ is associated with both positive and negative emotions. In addition, each organ has an associated color, animal, element, and season. These attributes can be used for visualization practices to strengthen and support each organ.

YIN ORGAN	YANG ORGAN	COLOR	NEGATIVE EMOTIONS	POSITIVE EMOTIONS	ANIMAL	ELEMENT	SEASON
LUNG	LARGE INTESTINE	WHITE	SADNESS, GRIEF, SORROW	COURAGE, RIGHTEOUSNESS, SURRENDER, LETTING GO	WHITE TIGER	METAL	AUTUMN
KIDNEY	BLADDER	DARK BLUE	FEAR	GENTLENESS, ALERTNESS, STILLNESS	SEA TURTLE	WATER	WINTER
LIVER	GALL BLADDER	BRIGHT GREEN	ANGER, AGGRESSION	KINDNESS, IDENTITY, SELF EXPANSION	DRAGON	WOOD	SPRING
HEART	SMALL INTESTINE	RED	IMPATIENCE, ARROGANCE, HASTINESS, CRUELTY	JOY, HONOR, SPIRIT, ENTHUSIASM, RADIANCE	PHEASANT	FIRE	SUMMER
SPLEEN	STOMACH, PANCREAS	YELLOW	WORRY, GUILT, PITY	COMPASSION, FAIRNESS, CENTERING, MUSIC MAKING	PHOENIX	EARTH	INDIAN SUMMER
KIDNEY	UTERUS, OVARIES, CLITORIS, TESTES, PROSTATE, PENIS	VIOLET	PAIN OR WHATEVER EMOTIONS YOU NEED TO RELEASE	PERSONAL POWER, CREATIVITY	—	WATER	WINTER
TRIPLE WARMER	—	—	—	—	—	—	—

**FIGURE 3:**  
*The Microcosmic Orbit*

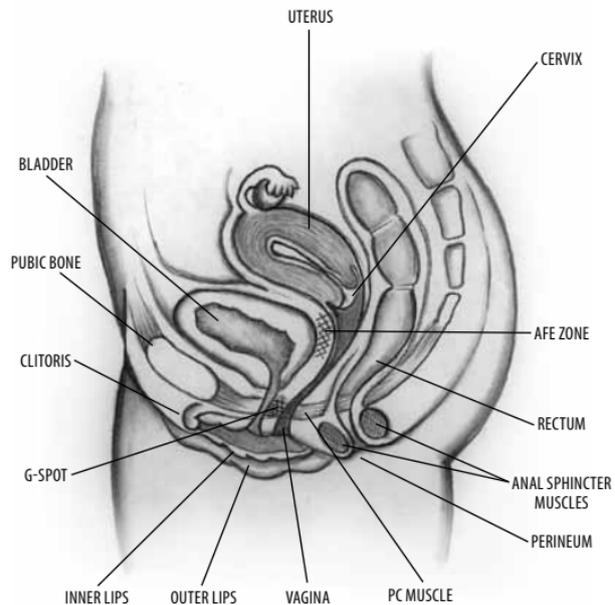
This practice is designed to prepare and move energy through the meridian the Taoists call the Microcosmic Orbit. In this practice, energy moves up the spine, over the top of the head, and descends down the front of the body. The back of this pathway is called the “governing channel” and directs *yang* energy. The front of the body is called the “functional channel” and carries *yin* energy. By circulating energy through this meridian, the practitioner recycles internal energy, raises its vibration, and creates internal balance.



TREASURE	BODY	LOCATION	ENERGY	PERCEPTION
JING	PHYSICAL	LOWER DAN TIEN (NAVEL)	SEXUAL	KINESTHETIC
QI	MIND/EMOTIONS	MIDDLE DAN TIEN (HEART)	MENTAL, EMOTIONAL	EMPATHETIC
SHEN	SPIRIT	UPPER DAN TIEN (MID-EYE AREA)	SPIRITUAL	INTUITIVE

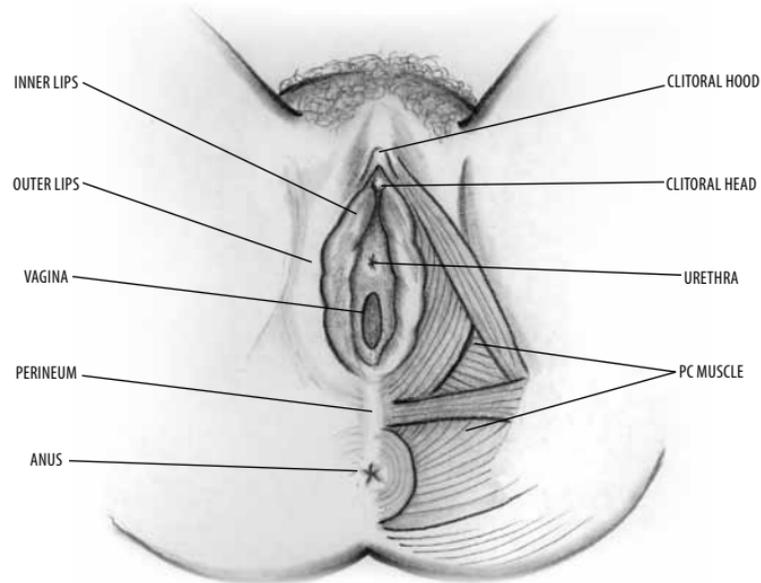
**FIGURE 4:** *The Three Treasures*

The Three Treasures are stored in the *dan tiens*, the energy reservoirs within the body. Each treasure corresponds to a different quality of energy. The first treasure, *jing*, is the vital energy of the physical body and is stored in the lower dan tien near the navel. *Jing* corresponds to sexual energy and carries a quality of tremendous creativity and force. The second treasure, *qi*, is the animating force between the first treasure, *jing* (*yin*), and the third treasure, *shen* (*yang*). *Qi* is located in the middle dan tien near the heart. *Qi* bridges spirit to matter. *Shen*, the third treasure, is located in the upper dan tien and represents the spiritual quality of energy. This practice is designed to teach you the alchemical processes of transforming *jing* into *qi*, *qi* into *shen*, and *shen* back into *jing*.



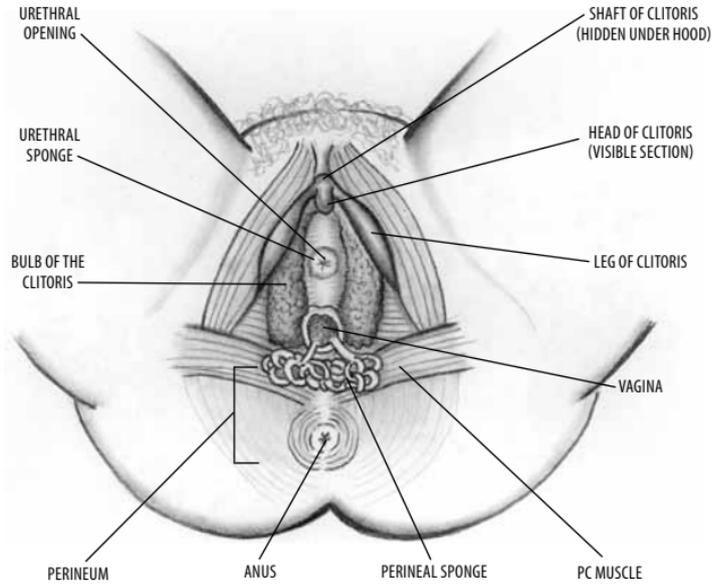
**FIGURE 5: *Female Sexual Anatomy: Side view***

This is a side view of a woman's sexual organs. Notice that the vaginal pleasure zones (the G-spot and AFE zone) are located on the anterior (or belly side) of the vagina.



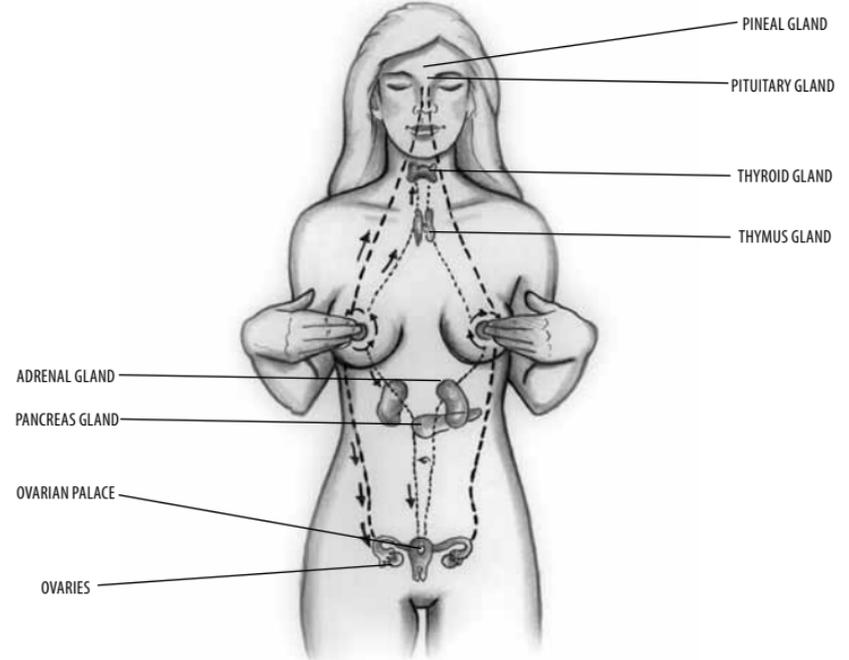
**FIGURE 6: *Female Sexual Anatomy: The PC muscle***

The PC muscle stretches from the pubic bone to the coccyx, and it surrounds the urethra, vagina, and anus. Strengthening and becoming aware of your PC muscle helps you control the flow of sexual energy (jing qi) during the Orgasmic Upward Draw. Women who exercise their PC muscle are more orgasmic.



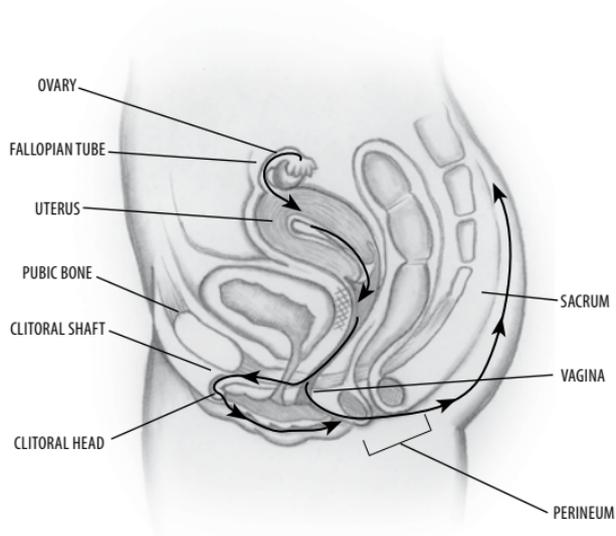
**FIGURE 7: Female Sexual Anatomy: The full size of the clitoris**

The visible clitoris is only a small part of the clitoral anatomy, which extends beneath the small and large lips of the vulva. All aspects of the clitoris are sensitive to touch.



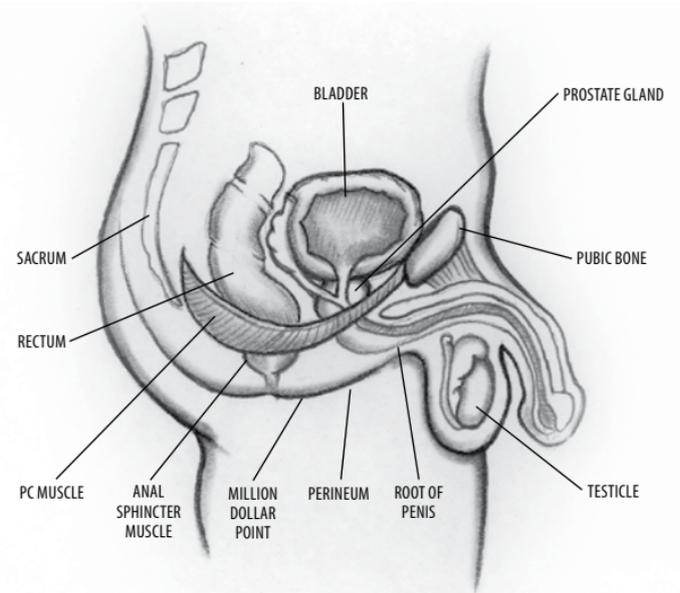
**FIGURE 8: Breast Massage**

Massaging the breasts is healing to the body and stimulates the flow of qi to all of the glands: pineal, pituitary, thyroid, thymus, adrenals, pancreas, and ovaries.



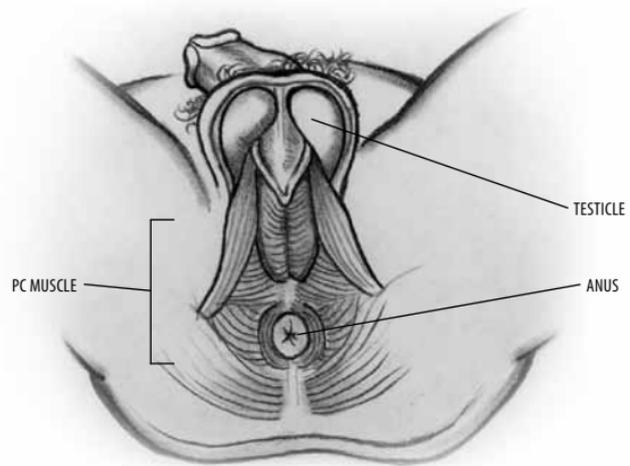
**FIGURE 9: *Ovarian Breathing***

This illustration shows the path of energy in the Ovarian Breathing practice. Ovarian Breathing is a powerful exercise to minimize menstrual pain and menopausal symptoms, as well as to energize the female body.



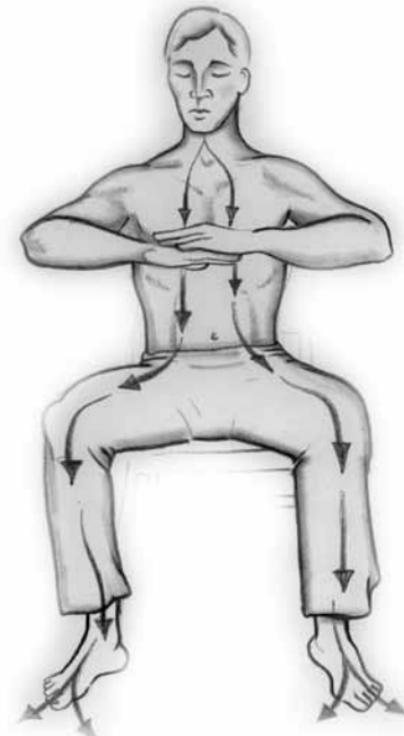
**FIGURE 10: *Male Sexual Anatomy: Side view***

The PC muscle, which is important for becoming multi-orgasmic, extends from the pubic bone to the tailbone.



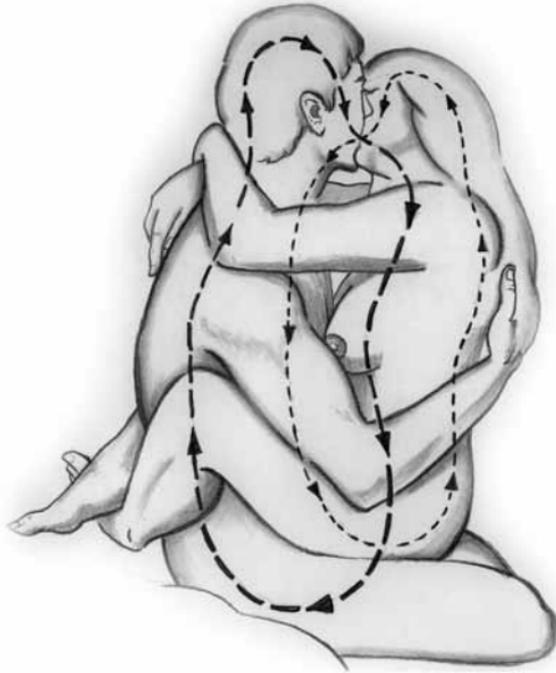
**FIGURE 11: *Male Sexual Anatomy: Frontal view***

Another view of the PC muscle, which is actually comprised of a group of muscles.



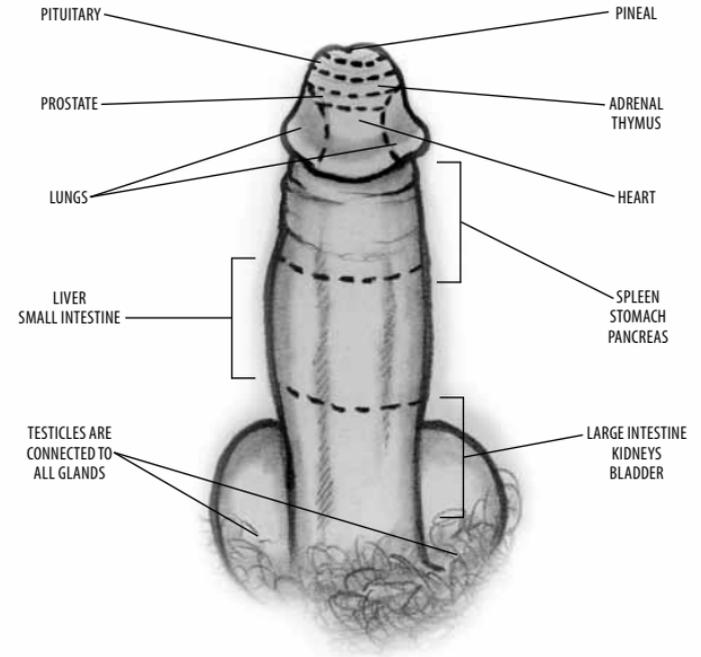
**FIGURE 12: *Venting Practice***

Excessive sexual energy can overheat the head and imbalance the emotions. Venting brings energy down from the head, clears heat, and balances the emotions.



**FIGURE 13:** *The Orgasmic Upward Draw for Couples*

The Orgasmic Upward Draw allows couples to give and receive heart energy and sexual energy.



**FIGURE 14:** *Penis Reflexology*

Each part of the penis corresponds with another part of a man's body.

### Acknowledgments

Special thanks to Mantak Chia for his amazing teachings, open heart, and vibrant spirit. To Lisa Holden for all her support, wonderful insights, unconditional love, and sexy, passionate energy. And to Douglas Carlton Abrams for his unstoppable love and support, brilliant editing of my work and my life, and the sweetness of our shared passion.

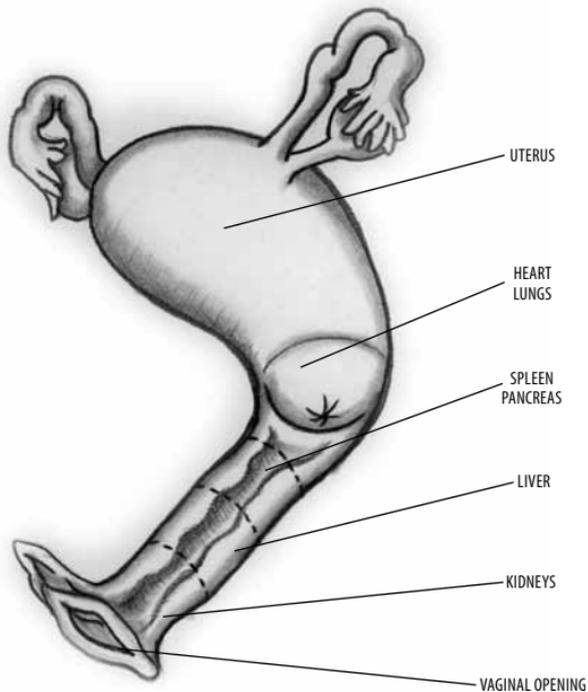


FIGURE 15: *Vagina Reflexology*

Each part of the vagina corresponds with another part of a woman's body.

## Further Resources

**Lee Holden's** DVDs are featured on American Public Television.

Titles include *Qi Gong Flow for Beginners™*, *Qi Gong for Stress™*, *Qi Gong for Upper Back and Neck Pain™*, *Qi Gong for Lower Back Pain™*, *Qi Gong for Weight Loss™*, *Qi Gong for Seniors™*, *Qi Gong for Healthy Joints and Bones™*, *Qi Gong: The Flow Continues™*, and *7 Minutes of Magic*.

For information about Lee Holden, please visit [leeholden.com](http://leeholden.com)

**Rachel Carlton Abrams** is the coauthor of *The Multi-Orgasmic Woman* with Mantak Chia and *The Multi-Orgasmic Couple* with Mantak Chia, Douglas Carlton Abrams, and Maneewan Chia. *The Multi-Orgasmic Man* is coauthored by Mantak Chia and Douglas Carlton Abrams, Rachel's husband.

For information about Rachel Carlton Abrams' books and accompanying CD, please visit [multiorgasmicwoman.com](http://multiorgasmicwoman.com).

For information about Lee Holden's and Rachel Carlton Abrams' teaching schedules and their healing center, the Santa Cruz Integrative Medicine and Chi Center, visit [SantaCruzChiCenter.com](http://SantaCruzChiCenter.com) or [SantaCruzIntegrativeMedicine.net](http://SantaCruzIntegrativeMedicine.net).

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