



# Taoist Yoga and Sexual Energy: Transforming Your Body, Mind, and Spirit

*Eric Yudelove*

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When most people think of the term yoga, they think of the body-stretching techniques from India. But there are many different forms of yoga, including techniques practiced in secret by the Taoist masters in the Far East. Some of the most important, yet previously secret techniques of Taoist Alchemy and Sexual Kung Fu are revealed for the first time by Taoist Master Eric Steven Yudelove in *Taoist Yoga and Sexual Energy*.

This is not just a book, it is an entire, fourteen-week course in alchemy, healing, and magick. Perhaps the most important part of this is learning how to manipulate the body's mysterious energies. In order to do this you will learn many breathing techniques, including hair breathing, reverse breathing, bone marrow breathing, and several more. You'll learn the amazing secrets of Chi Gung, including standing, sitting, lying, and moving forms.

In the West, most people think of sounds as merely being music or, when put together in words, a way to communicate. But here you will learn that there are six special healing sounds. Each is associated with a body organ (or, more accurately, the functioning of that organ which may involve other part of the body) and five of them are associated with a color and element. If you don't know, the Taoist elements are different from the Western elements and consist of earth, fire, water, wood, and metal.

These healing sounds are very simple. They are: S-s-s-s-s-s-s, Ch-u-w-a-a-y, Sh-h-h-h-h-h, H-a-w-w-w-w, Wh-o-o-o-o and H-e-e-e-e. The proper way to use them for healing yourself is clearly explained in *Taoist Yoga and Sexual Energy*.

As the title of the book shows, this book is also about working with the sexual energy. You will learn breathing techniques, visualizations, and massage methods that will allow you and your partner to experience bliss beyond your wildest imagination!

Now is the time for you to investigate improving your life. This book can lead the way.

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