



## Alchemy of Love

### CONSCIOUS LOVEMAKING

Tao Tantric sacred sexual arts can be cultivated like learning to play a violin and are worthy of an in-depth education as well as tapping into what feels natural.

- Heighten your awareness of the energetic, emotional, and spiritual connection with your lover.
- Develop ways to enhance healing and sexual energy for the partners in your life.
- Learn how to enhance whole body bliss.

#### Stairway to Bliss

See the graph below showing two kinds of lovemaking in relation to pleasure and time. In what can be called "conventional sex," the arousal rises to a peak, followed by compression and explosion. With ejaculation the arousal quickly dives down. Perhaps "when he shoots, he sores." Perhaps the woman's water has not yet become warm. Perhaps her sexual waters are still steaming and longing to move.

The tantric orgasmic graph looks like a staircase to heaven. Waves of orgasmic bliss keep rolling in. Consciously sublimating the energy

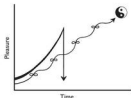


Fig. 6.1. Short-lived sex vs. tantric orgasm

and merging with the Tao, each wave shows a rising of arousal and an exchange of energy, shown as a figure eight. These waves may ripple through the five elements and be expressed through the following natural urges.

**Fire**—Connecting with your hearts and the urge to kiss. The heart is pounding and the blood is pumping and expands into a heart orgasm. Sensitive sex expressed through devotional, adoring, caressing, giving, and receiving love.

**Earth**—Connecting through touch and taste and the urge to massage, stroke, grab and lick. Earthy sex expressed as ravishing, pounding, grinding, and thrusting.

**Metal**—Connecting through breathing and the urge to smell. Breathe each other in and be sensitive to the skin. Breathing speeds up into ecstatic sex.

**Water**—Connecting through the bones and the urge to bite. Vibration expands into spine and brain orgasms. Sensual sex expressed as undulating, erotic movement.

**Wood**—Connecting with the eyes and the urge to move, surge and change positions. Passionate sex expressed as playful, vocal, sweaty, emotional intensity.

Lovemaking may weave through the various qualities of the elements. If you or your lover is predominantly more of one element you might pace with familiar qualities and surprise with other expressions of the elements. All flavors can be expressions of love and are powerful medicine for the body, soul, and spirit.

### *How Can We Grow More Love in Our Lives?*

The ancients have cultivated the intimate arts for centuries. They considered physical health the foundation of a vigorous, enduring, and fulfilling love life. If you are "bear" you often are irritable or emotional. Anger or harsh words can hurt our vulnerable inside and damage trust and responsiveness in lovemaking for a long time.

**Love in good and stormy weather.** How can we cultivate love for each other? Actually our essence is love and it is mainly our emotional and thought patterns that get in the way. Taoists believed that negative emotions are toxic to our bodies, health, and relationships. Instead of suppressing emotions or dumping them on others we can recycle them into vitality. The Inner Smile is an easy way to do this and brings out the best in each other. Listen to your partner with love, look into his or her eyes, hold hands, and honestly express how you feel. "Keep in touch" by communicating and touching with tenderness, even during troubled times. When the storms hit be present for each other.

**Multiply Energy.** Men can have whole body orgasms without ejaculating by practicing "Sexual Kung Fu" or the art of seminal retention, knowing how to pull up and circulate the sexual energy with breathing, mindfulness, and muscle control. Instead of exploding through the genitals, the vibrations rise through the organs, heart, and head, penetrate through the core channel of the woman, and circle back into him, multiplying in energy. The woman also learns how to expand her

experience of a genital orgasm into a whole body orgasm. She will feel full and good for days!

**Soul Orgasm** is possible when you feel orgasmic energy circulating and waving through the body. A fundamental circulation of energy is the Microcosmic Orbit, up the spine, over the crown, and down the front channel in a continuous loop. This balances warm yang energy and cool yin energy. It becomes a way to receive and give energy and also generate love and light.



Fig. 6.2. Linking Microcosmic Orbits, dantians, and chakras

**The Divine Sophia.** This Goddess of Compassion was pictured as a woman with infinitely large breasts from which all humankind suckled wisdom. Embody the qualities of a Goddess of Compassion to raise the frequency of Mother Earth.

**Melting pots.** Sexual energy amplifies our emotional state, so it is very important to transform any excessive "negative" emotions into virtues. The breasts are like melting pots for the virtue energies of the vital organs. The Five Element Breast Massage technique brings out the healing qualities of the organs' energies.

**Cleansing and stimulating.** Breast Massage is a pleasurable way to improve qi circulation and break up stagnation, which can form into cancer. It liberates suppressed emotions, which can accumulate into "disease." Regular practice helps early detection of anything unusual in the breast tissues. Massage makes the body feel loved, which releases growth and antiaging hormones. Breast massage stimulates many coenzyme zones and acupuncture points around the breasts, including points on the Kidney, Spleen, Stomach, Liver, and Pericardium meridians.

**Free up your breasts.** Tight bras can restrict the circulation in the breast area, compress the tissues, and have been linked with breast cancer. Metal also disturbs the qi flow so I suggest removing the underwires in bras. Just make a small hole on the side and pull the wire out.

**Transform blood into qi.** The more we pull up the sexual energy to the breasts, the less we lose through menstruation. When a woman lactates the energy is drawn to the breasts to nurture a child. We can draw it up to nurture our inner child.

## Five Element Breast Massage

### Feminine Meditation for Cultivating Compassion

This massage technique fills the breasts with the healing qualities of the vital organs' energies, clearing out "negative" emotions and fusing the virtue energies of all of the organs into a golden glow of compassion.

### ● Fill the Breasts with Virtue Energy

In this massage we pull sexual energy up to the vital organs and fill the breasts with their virtue energy. The order of the massage follows the creation cycle—the cycle of the seasons—to enhance the growth of virtues and balance all of the five elements. Each of the vital organs is associated with a particular season and a particular elemental energy as illustrated below.

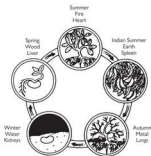


Fig. 4.1. The creation cycle

The basic practice for all of the elements and organs is as follows:

- Pull up the sexual energy to the organ and then massage the high frequency energy/virtue/pure color light of the organ into the breast.
- Massage around the breasts, circling up the inside and down the outside, like a fountain rising from the earth and the Ovarian Palace.

The specific massage techniques offered below characterize the quality of each element and its associated organ.

**Fire element.** Expand the **heart's** love into the breasts with warm outward movements. Smile down with sparkling eyes. Pulse the tongue. Fill the breasts with a rose red or pink glow.

**Earth element.** Swirl saliva and gulp down golden nectar to the spleen to nourish empathy and trust. Breathe up from the earth and pull up the left side of the anus to pump up to the spleen. Pull up sexual energy to the spleen and then up to the breasts. Cup the breasts and shake them. Shimmy the flesh in your breasts to release stress and sticky stagnation. Release anxiety. Vibrate the **spleen's** openness and nurturing qualities into the breasts. Trust that the universe will support you. Feel yellow light expand in the breasts.

**Metal Element.** Pull up to the lungs. Breathe the **lung's** strength, courage and confidence into the breasts by cupping the breasts and moving them in big circles, breathing up and down. Feel your skin breathing. Surrender to the intelligence of the qi. Fill the breasts with a white glow.

**Water Element.** Pull up the back of the perineum/anus to pump up qi to the kidneys. Stroke the gentleness of the **kidneys** around the base of the breasts, lymph nodes around the armpits, ribcage and the Kidney meridian along the sternum. Be gentle with yourself. Fill the breasts with a calm blue light. Relax and slow down.



Fig. 4.2. Drawing the water energy of the kidneys into the breasts

**Wood Element.** Pull up the right side of the perineum/anus to pump up to the liver. Generate the kindness of the **liver** with rolling, kneading circles as if you have 6 petals around each nipple. Fill the breasts with vibrant green light. Check for any lumps or anything unusual in your breasts. Disperse stagnation. Fill the breasts with a green glow.

#### • Fusing Virtue Energy in the Breasts' Cauldrons

- Reverse the direction, stroking down the inside, like a shower of light from the heavens. Smile inside and draw down golden light with an ethereal massage, barely touching the skin.
- Mix the virtues into the golden glow of compassion. Feel like a Goddess of Compassion like Kuan Yin. Imagine being the Divine Sofia with all of humanity suckling wisdom from your breasts.