



# Sexual Reflexology: Activating the Taoist Points of Love

By Mantak Chia, William U. Wei

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**Sexual Reflexology: Activating the Taoist Points of Love** By Mantak Chia, William U. Wei

Moves reflexology beyond the realm of foot massage and into the realm of sexuality.

- Offers acupressure methods to build intimacy and heighten sexual pleasure.
- Helps couples find their sexual energy potential and physical compatibility.
- Provides techniques to perform time-tested Taoist sexual-spiritual exercises.
- By Mantak Chia, coauthor of *The Multi-Orgasmic Man*.

The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing.

Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

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## **Editorial Review**

### Review

"[Chia] provides a unique opportunity for couples to practice sexual intimacy as an act of healing."  
(*Branches of Light, Spring-Summer-Fall 2005*)

"Mantak Chia and William U. Wei note early in the book that Daoists regard the use of sexual energy not as a moral but as a health issue. They explore and explain the yin and yang of the sexes that leaves so many confused and dismayed. . . . It goes into great depth about physiological aspects of reflexology, sexual exercise, and general compatibility, and details a range of practices and postures that address the health and general well-being of sexual partners." (*Reg Little, New Dawn, No. 116, Sep/Oct 2009*)

"Explicit illustrations, insightful text and titillating techniques from 14th-century Chinese texts bring innovative fitness possibilities into the bedchamber." (*Nexus, March/April 2004*)

"With the high incidence of perversion, abuse, and exploitation in our time, it is refreshing to see sexuality being celebrated and brought forward as a healing element." (*Claus Sproll, Liliopoh the spirit in life, Issue 37 Vol. 9, Fall 2004*)

### From the Back Cover SEXUALITY / TAOISM

The Taoists have written and taught on the subject of sexual energy for the last five thousand years, observing that nature is full of creative, life-giving sexual energy. By combining the classic Taoist sexual texts with modern reflexology theory, Mantak Chia, coauthor of *The Multi-Orgasmic Man*, presents a way for any individual or couple to better understand their sexual energy and to cultivate that energy for health and well being through sexual reflexology.

Reflexology is based on the premise that all our organs have reflex points on other parts of the body. It is most often associated with massage of the hands and feet. Yet the most powerful reflex points are on the sexual organs. *Sexual Reflexology* shows how to use the sexual reflex points in lovemaking, allowing sexual intercourse to become a form of ecstatic acupressure. In this way the entire body provides the sexual organs with energy and in return the entire body is stimulated with healing energy.

This book demonstrates and discusses a variety of Healing Love practices that cultivate sexual energy in order to bring vitality into one's life and relationships. The authors describe diagnostic techniques to reveal compatibility between male and female partners and also present specific exercises that correct sexual imbalances and weaknesses. By using the fifteen sexual healing positions, specific health issues can be addressed during lovemaking, such as improving circulation and reducing digestive problems. The authors also present specific hand positions for drawing sexual energy into the brain while performing the Healing Love practices, as well as postures that strengthen the senses and organs, and exercises that enable men and women to maintain their vital essence and enhance the life force in their bodies. They also share postures from the ancient Taoist text *The Classic of the Arcane Maid* and techniques from the *Art of the Bedchamber* practiced in fourteenth-century China.

Following the practices presented in *Sexual Reflexology* will not only strengthen the sexual organs through

exercise and massage, it will also enhance sexual pleasure by creating a more vigorous and healthy body that is more responsive to intense emotions and spiritual energy. Sexual reflexology allows sexual energy to provide nourishment for the totality of ourselves--our body, our mind, and our spirit.

A student of several Taoist masters, MANTAK CHIA developed the Universal Tao System in 1979 and has taught tens of thousands of students from all over the world. He tours the United States annually, giving workshops and lectures. He is the director of the Universal Tao Center located in northern Thailand and is the author of twenty-five books on Taoist practices. WILLIAM U. WEI is a senior instructor of the Universal Tao who has taught with Mantak Chia in over thirty countries. He is also the author of *Living in the Tao*.

#### About the Author

A student of several Taoist masters, Mantak Chia founded the Healing Tao System in North America in 1979 and developed it worldwide as European Tao Yoga and Universal Healing Tao. He has taught and certified tens of thousands of students and instructors from all over the world and tours the United States annually, giving workshops and lectures. He is the director of the Tao Garden Health Spa and Resort training center in northern Thailand and the author of twenty-five books, including the bestselling *The Multi-Orgasmic Man*. William U. Wei began his studies with Mantak Chia in the early 1980s and is a Senior Instructor of the Universal Tao who has taught with Mantak Chia in over 30 countries. He is also the author of *Living in the Tao*.

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