



The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters

Hsi Lai

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- Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy.
- The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women.
- Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago.
- Provides Western medical correlations to substantiate White Tigress practices.

White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved.

The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of *ching* (sexual energy), *chi* (vital energy), and *shen* (consciousness)--the Three Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

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Jean Spence:

The feeling that you get from The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters is the more deep you searching the information that hide inside words the more you get interested in reading it. It does not mean that this book is hard to understand but The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters giving you thrill feeling of reading. The author conveys their point in a number of way that can be understood by means of anyone who read the idea because the author of this book is well-known enough. This specific book also makes your vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We advise you for having this specific The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters instantly.

Cherry Simard:

The guide with title The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters has a lot of information that you can find out it. You can get a lot of advantage after read this book. This book exist new expertise the information that exist in this book represented the condition of the world now. That is important to yo7u to find out how the improvement of the world. This kind of book will bring you within new era of the internationalization. You can read the e-book on your smart phone, so you can read it anywhere you want.

Harold Morris:

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