

# THE TAOIST ART OF LOVE

## PART 1

In order to help all men who want to fulfill their lives through eroticism and spiritualised sexuality, we will next present some points and advices from the Taoist art of love.

At first impression, the Taoist art of love seems to be a completely different method from the Western points of view on sexuality and erotic techniques.

The technique and the practice of the art of love have formed, during centuries, the fundamental principle of sexual intercourse in China.

It is important to know that the technique we call here "coitus rezervatus" has been practiced for more than 2000 years without hurting the human sanity and health in any way.

The essential principles of this art - control over [ejaculation](#), the importance of the controlled female [orgasm](#), the understanding of the fact that male orgasm is not the same thing at all with ejaculation - are being presented in every serious works on sexuality today.

**What do Ancient Taoist Texts Say? And what do Modern Sex - Specialists Say?**

Motto: *"While some fall because of the earth, others, intelligent people, raise with the help of the earth."*

## KULARNAVA TANTRA

By taking some information from the ancient eastern tradition, modern sexology confirms certain essential aspects on human sexuality. Americans and Frenchmen have published two reports called "THE HITE RAPPORT" and "THE PLENITUDE PROGRAMME".

Both studies sustain that the main error that most people make because of ignorance and habit is to think that ORGASM AND EJACULATION (WITH ITS FEMININE ANALOGUE) ARE THE SAME THING. There is nothing more false than that! There can be experienced several [orgasms](#) without ejaculation (discharge).

Sexology has also made some steps forward in the case of couple harmony. Taking into account the factors that disturb more or less the harmony of a couple (for example the short period of an erotic game), Swedish sex - specialists described a special way of approach called [KARESSA](#).

It was time for the state of erotic fulfillment of a couple to appear. They said that making the intercourse longer would cause a fusion and an emotional growing-up of the lovers. As for practice, the Swedish doctors insisted upon making the foreplay longer so that the woman should be more prepared and awoken for the intercourse.

It also has to develop on as long intervals as possible, making the ejaculation (discharge) moment come later by approaching some static positions at the peak of pleasure.

Western statistics show that the average period of time when a man reaches his ejaculatory orgasm is about 5-10 minutes.

And that period has reduced in the last time because of the nervous stress,

inappropriate food and especially because of the smoking, the coffee, and the alcohol that diminish a man's virility. In case of women the things are different.

The statistics have shown that a woman needs in average at least half an hour in order to get the orgasm. You can see that it is hard for a woman to experience a state of deep satisfaction and erotic fulfillment when the man is not prepared.

This is the main cause of women's irritability and irascibility. This situation can be improved only through changing the whole point of view on sexuality. Have you ever thought what was the reason why medical special research shows that 90% from women do not experience the intense pleasure of the orgasm?

A Taoist philosopher, WOU-HIEN, said very clearly:

*"The masculine belongs to the Yang.*

*Yang's particular thing is that it can be easily aroused,*

*But it gives up very quickly, almost instantly.*

*The feminine belongs to the Yin.*

*Yin's particular thing is that it is slow, even hard to arouse,*

*But it is also hard enough to be stopped after awakening."*

TAO is a wisdom that has been taught for thousands of years. The fundamental idea of the Taoist philosophy is that the energy that penetrates everything and the vital ardour are the source of life. In the universal structure of things and phenomena, the human being is a tiny little creature that cannot hope for harmony or happy life unless it lives in equilibrium with this subtle, [macrocosm](#) source of Life and Power.

TAO is the infinite energy of nature. The one who wants to practice TAO has to be really relaxed, or in other words, open and natural, in order to be able to be in perfect resonance with this infinite energy. The Taoist art of love has been structured on the principles of this philosophy, without artifice, prudent and filled with power and flexibility.

The ancient Taoist texts recommend frequent interruptions during sexual intercourse

in order to prolong indefinitely its duration. It gives the woman the possibility to feel and control her orgasm, and the man the possibility to learn to control himself and his discharge, little by little, finishing by suppressing it completely.

The most amazing conclusion that sex - specialists, Masters and Johnson have reached to is that the man does not need to ejaculate at all when he makes love, except for the moment when he wants children. This is extremely important, especially when he is more than 50 years old.

The Taoist specialists say that, *"The man should cultivate the art of delaying his ejaculation indefinitely to perfection until his lover has reached a number of orgasms high enough to satisfy her. He doesn't have to leave his semen (sperm) to waste foolishly through ejaculation."*

Taoists teach us that the male orgasm and ejaculation is not the same thing. Only ignorance can make us think that ejaculation is the peak of pleasure. After it the man is tired, sleepy, his eyes become heavy, they are strangely thirsty and his limbs are numbed. During ejaculation he experiences a short state of happiness and after that there are several days of exhaustion.

But if the man reduces and controls completely the ejaculation, he will feel his body a lot stronger and his mind refreshed, his hearing a lot finer and his sight more penetrating. If he refuses the short sensation that ejaculation gives him, his pleasure and his love for a woman increase constantly.

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### PART 2

The intercourse without [ejaculation](#) represents the euphorically disappearing of tensions. It is capable of repeating itself during time and it's not explosive like ejaculation. This is a pleasure that fulfills not through violence, but through a state of profound quietness, an amazing and voluptuous, sensual and infinitely prolonged fusion, and a euphoria that lies beyond bodies and feelings.

There is a feeling of telepathically union with a gigantic Whole and not a sensation of waste, exhaustion and separation, like in the case of ejaculation. It is a sentiment of strong relation with the Universe. Thus you feel the other on a lot of levels and it is not a selfish, individual spasm that seldom excludes the other one.

Once controlling ejaculation, the man can not only keep his vital essence, but has also a lot of advantages. First of all he will never let his lover unsatisfied because he can make love as often as he needs and he is also able to prolong the erotic act as long as he wants.

Second of all, each of the two will be able to enjoy the other's essence (the man - the woman's Yin essence (-) and the woman - the man's Yang essence (+)). Thus, both of them will be able to experience an unbelievable, full and spiritualising inner peace that could never be equalized by that of other couples, which make love in a common and inferior way, discharging their potential through ejaculation and losing of control.

Once freed of the sexual and emotional tensions and inhibitions, you will find yourself completely changed in a relationship, because of your perfect control over your sexual energies.

For many men sexuality has remained at a childish level and for them it is nothing more than food. It is an attempt to take love from the outside and a childish desire to be permanently satisfied. That is where jealousy and envy come from. These two break up a lot of couples. Many of them waste whole years in search for love proofs and they lose every chance to get what they are looking for.

Sexuality that is not spiritually integrated is a permanent rush for something outside the self, a search for self-security. Uncertainty can create negative feelings like jealousy or guilt and we often do not even realize that.

It is easy to notice that the life of lot of couples becomes boring, monotonous and unhappy after a number of years spent together. One of the reasons is that men lose their vitality through ejaculation when they make love.

Thus, they lose their especial Yang energy. Nature is generous and giving but after years of repeated discharge there can be noticed easily a diminution of their sexual appetite. If the couple does not discover spontaneously the way to turn sexual energy into affective, pure, refined energy, their relation is in danger to become a shadow of what it has once been.

This energy that can turn into a true love is repeatedly lost through ejaculation. At a certain moment a man can be indifferent or even against his lover when he subconsciously realizes that he loses his powerful energies that could really make him happy, through ejaculation.

Then there can be a crisis because there is also a very strong emotional connection between lovers that has been created during years of sexual intercourses and vital discharges. Part of the sexual energy hasn't disappeared and has sustained this

emotional connection and he couldn't understand how the relation still exists and he is bored and tired.

The diminution of the lust between regular lovers is often due to the diminution of the opposite energies or of the sexual energy.

The man has to amplify the Yang energy and the woman has to amplify the Yin energy in order to increase the attraction between them. Certain couples obtain this thing temporary by spending separate holidays, or by sleeping in separate beds.

The sexual [continence](#) in a couple makes the two lovers know happiness and discover the unlimited erotic happiness. The [transmuting](#) practice and the sexual energy [sublimation](#) will lead to the elimination of a major brake-up cause, the sexual and emotional fulfillment.

It can also solve a problem met seldom in a marriage: the lack of energy to solve certain things. The stress of both parents and the one of the modern fathers who wants to participate in their children's education can destroy a lot of couples. They have never enough time for making love, if one of them is asleep or exhausted.

By using techniques of waking up, amplifying and controlling the sexual energy both the husband and the wife can go back to their day-by-day life with new-refreshed vigour and able to see all the beauty around them.

When the energy is free to circulate through the whole body even the most boring thing becomes interesting and alive again. Sexual energy is the thing that keeps the body, the mind and the spirit together. As long as it is not integrated harmoniously into your lives you will feel unfulfilled.

Tao teaches us that there is infinite pleasure and a gigantic energetic potential in every human being. The vicious dependency upon sex, as emotional food, can be easily overcome. We can get to this by keeping the seminal fluid inside and by transmuting it into subtle energy. Thus you can experience a state of full happiness even more after the sexual intercourse.

The intelligent man can understand that the source of happiness is inside him. When the sexual energy is completely controlled and [sublimated](#) to the superior levels of the human being he can even reach the state of cosmic ecstasy, of bliss.



### **THE THREE PRINCIPLES**

There are three essential principles that can be found in the Taoist art of love. They are the fruit of an experience that has been accumulated over thousands of years:

- 1.** The man must totally suppress his tendency or desire to ejaculate, by experiencing madly the passion and the erotic pleasure and not letting himself be controlled by it.
- 2.** Ejaculation is exhausting and it is not the peak of the supreme erotic ecstasy, being assimilated with an enormous loss of sexual potential, subtle energy and vital fluids that will lead to exhaustion and sadness sooner or later.
- 3.** There is a special interest on the feminine [orgasm](#), multiple, ample and controlled.

These three principles are the basis of the secret art of loving that belonged to the

ancient Chinese. The Taoists consider the sexual harmony leads automatically to a subtle union of the couple, harmonious with the infinite nature benefic energies.

Thus, it opens unbelievable possibilities to access the superior, invisible existence levels. The union between a man and a woman makes a blissful Whole in miniature that corresponds the [Macrocosm](#) Whole and the Supreme Divine Spirit.