

Feminine body*mind*spirit process
By Saida Désilets, PhD

“Sex is not a technique, a certain orgasm or partner, sex is your innate inner vitality. Sex chi/energy creates new life in the form of babies and the same chi/energy also creates vitality and radiance within you. It is important to remember that you are born with this energy. It is your birthright. It is within each and every one of you to fully enjoy and cultivate this ecstatic chi/energy.”¹

On the conscious journey to discovering our innate bliss we come to a realization that sex is not separate from our emotions, our thoughts and our spirit. Is a woman's body/mind/spirit affected by conscious cultivation of sexual energy? How does sexual energy cultivation impact a woman's health and lifestyle? What are the Taoist sexual practices that create the union of body/mind/spirit through enhancing orgasmic energy? What is an awakened woman? Is this a possibility for all women? And why would women choose to access their innate bliss?

Is a woman's body/mind/spirit affected by conscious cultivation of sexual energy? Sexual energy cultivation is not a commonly known practice. Most women do not understand their own physiology let alone their unique sexual fingerprint, to initiate cultivation of their sexual energy. When a woman does become aware of how her body works and views it as precious and sacred, interesting changes start to occur. A reexamination of preconceived thoughts and ideas about sex

¹ Introduction, Emergence of the Sensual woman by Saida E. Desilets

and pleasure takes place. This may lead to discovering that the physical body cannot be separated from the emotions, the mind and the spirit. This discovery of 'wholeness' often leads to great changes in a woman's life. The understanding of Taoist practices can empower a woman to move through these changes with a degree of ease and gracefulness.

"This entire system is based on the premise of deep respect for self and all of life."² Sacred things are treated with great love and respect and thus having this perception a woman comes into contact with any feelings of self-abuse or repression. Often when a woman first experiences conscious touch the common response is to feel negative emotion(s). Some get angry, some become afraid, some feel deep sadness, and others experience anxiety or stress or a myriad of emotions. Thus an understanding of emotional energy and how to transform it becomes a vital part of a woman's healing.

"You need to know how to transform negative energy into positive energy and good feelings."³ Using simple Taoist techniques any one can learn to transform the negative emotions into positive and life-enhancing energy. When a woman is aware of her ability to transform the negative she is empowered to care for herself in new and revitalizing ways. Through connecting more intimately with her emotions her link between her mind and her body is reestablished. Utilizing this mind power can further enhance her sexual and life experiences.

² Page 7, chapter 1, Emergence of the sensual woman, by Saida E. Desilets

³ Page 31, Healing love through the Tao, by Mantak Chia & Maneewan Chia

“The inner smile is a beautiful practice of smiling inwardly to oneself. It is designed so to create a mind-body connection to the internal organs and to chi.” Another connection that occurs through conscious cultivation of sexual energy is the development of awareness through the mind. When a woman starts to explore herself sexually she begins to realize whatever she thinks or believes has a direct impact on her sexual pleasure. If she believes that sex is bad or sex is this or that, then sex will become what she believes it to be. The opposite beliefs also hold true: seeing sex as beautiful, energizing and life enhancing. Hence learning to cultivate a peaceful mind and utilizing the power of the intellect to direct energy is another tool to creating more pleasure during and after sex.

“The Taoist sages noted that through inner alchemy, women ... can transform this energy (*aroused sexual*) into a power which fills certain reservoirs in their bodies, eventually enabling them to reach the ultimate spiritual accomplishment.”⁴ Many would argue that sex is not spiritual, yet in the Taoist perspective the sexual energy is viewed as the ‘rocket fuel’ to enlightenment. Learning to cultivate sexual energy naturally leads to feeling more connected to all of life. This connection to all of life is a form of Taoist spiritual understanding. Developing this spiritual connection through sexual cultivation frees a woman to experience pleasure even when she is not engaged in obvious sexual activities.

⁴ Page 130, *Healing love through the Tao*, by Mantak Chia & Maneewan Chia

This form of freedom is priceless. Cultivation of sexual energy really is a cultivation of the WHOLE self: body/emotion-mind/spirit.

How does sexual energy cultivation impact a woman's health and lifestyle? "If this sexual energy is continually permitted to pour outward, she loses 30 to 40 percent of her life-force energy. However; there is a way to transform this energy into vital energy..."⁵ Ancient Taoists were scientists, exploring the human body and how its energy systems work. Such exploration led to many practices, including sexual energy cultivation as it was found that sexual energy was the only energy naturally available to the body that would multiply itself. Hence if a woman begins to practice Taoist techniques, very quickly she will notice changes in her body/mind/spirit. She will have more energy and vitality through conserving her energy as well as she will have more potential to experience expanded orgasms or full body pleasure. She will also gain awareness of imbalances and be able to self-regulate and self-correct these issues.

"Men who never noticed me before now find me intoxicating. They can just sense how orgasmic I am, without me saying a word or acting any particular way."⁶

Women who cultivate their sexual energy will notice that their magnetism increases tremendously. They literally emanate vitality and refined sexual energy. The core of the practice is not to have better orgasms, but to develop the energy of compassion. This compassionate, open, loving presence of a woman

⁵ Page 27-28, Healing love through the Tao, by Mantak Chia & Maneewan Chia

⁶ Page 1, Expanded Orgasm, by Patricia Taylor, Ph.D.

lends to her feeling more succulent and she is perceived as such. Another factor to changing lifestyle is in choosing a partner. A practicing woman no longer needs a partner, thus has more freedom to choose more carefully with whom she wishes to exchange energy. Furthermore, her sexual energy becomes harmonized and balanced and much easier to access than before.

What are the Taoist sexual practices that create the union of body/mind/spirit through enhancing orgasmic energy? After the foundational practices which create an open, harmonious body/mind/spirit, a woman can choose to pursue sexual energy cultivation through several daily activities. The techniques used are breast massage, ovarian breathing, upward draw and jade egg exercises.

“By stopping menstruation with the Deer Exercise, the woman triggers the body’s inner intelligence or instinct to redirect the blood to nourish and strengthen the sexual glands.”⁷ Breast massage, traditionally called ‘Deer exercise’, done daily changes the hormones of the practitioner. By stimulating the breasts and simultaneously squeezing the vagina, a woman activates the natural production of estrogen. “The fact that estrogen is produced naturally is very important. The body knows what amount of estrogen it needs at any given time.”⁸

“Then the more inward the orgasm, and the more you can bring it upward, the more you will heal and revitalize as the Ching CHI (sexual energy) travels

⁷ Page 102, the Tao of Sexology, by Dr. Stephen T. Chang

⁸ Page 102, the Tao of Sexology, by Dr. Stephen T. Chang

through the channel...”⁹ Another daily practice of ovarian breathing combined with the upward draw tremendously enhances a woman’s orgasmic response as well as healing her body. Ovarian breathing collects (un-aroused sexual) energy from the ovaries, unused eggs and sexual hormones and redirects it up from the ovaries up to the brain. Similarly, the upward draw collects aroused sexual energy from the genitals and redirects it up to the brain. Both techniques circulate this vital energy throughout the micro-cosmic orbit (loop created by 2 channels) and into the rest of the body, thus bring a balance of hot and cool energy and vitality to a woman.

“As time went on, the secret of this practice (jade egg) remained in the Royal Palace and was taught only to the queen and concubines. Many who mastered the technique experienced very good health, remaining young and bountiful...”¹⁰

The jade egg is a small piece of jade carved into the shape of an egg with a hole drilled through the middle of it to accommodate a string. The egg is used internally both to strengthen the vagina and pelvic floor muscles as well as activate the dormant vaginal wall tissue. A woman who does not normally have vaginal orgasm will start to experience vaginal orgasm through the increased tone, suppleness and activation of her vagina. The egg enables a woman to increase the dexterity of her vagina, thus further increasing her orgasmic range and pleasure as well as being able to more fully pleasure her male partner.

⁹ page 85, Healing love through the Tao, by Mantak Chia & Maneewan Chia

¹⁰ page 180, Healing love through the Tao, by Mantak Chia & Maneewan Chia

Taoist sexual practices combined with the foundational techniques create a wonderful and sensual way to fully awaken a woman.

What is an awakened woman? In a competitive world where softness is scorned, it may not be a common occurrence to find an awakened woman. This is a woman who loves her body and who enjoys her sexual energy to the fullest. She is free in her emotions, has a peaceful, receptive mind and a spirit full of love. Radiating a youthful, healthy, succulent energy, she allows herself to enjoy being alive and aroused by life and is aware enough to do so in ways that are harmonious with her environment.

Is this a possibility for all women? “Every woman can have a passionate and deeply satisfying sex life.”¹¹ All women have the potential to live a very alive and succulent life. It is a matter of first knowing that this option exists and then to follow through with simple ways to make the necessary changes that lend to such a lifestyle. Taoists cultivate deep relationship with their body. The very practice enables them to attain deep level of intimacy with themselves. This depth of intimacy is accessible to all who endeavor to practice. Whoever chooses to self-cultivate reaps the rewards of self-love and acceptance, of greater vitality and health as well as greater access to orgasmic chi. All it takes is the choice to dedicate a period of time towards oneself.

¹¹ page 24, the multi-orgasmic couple, by mantak chia, maneewan chia, Douglas Abrams and Rachel Carlton Abrams, M.D.

“It is difficult for us (*women*) to make our personal well-being a priority in any sphere of our life and particularly when it is something as self-focused as our own pleasure.”¹² For women to actually take time for themselves is fairly rare, yet this is the very ingredient necessary if they are to experience their fuller potential as orgasmic beings. The biggest stumbling block tends to be the commitment to oneself, to viewing oneself as worthy of such attention and time. Once this is in place, however, then the women start to realize that not only are they feeling better, they have more energy to give to the rest of their lives. When the rewards of self-cultivation surpass the daily hustle and bustle, a woman is on her way to living a higher quality of life.

Why would women choose to access their innate bliss? Bliss or orgasmic energy has a profound healing affect on those who experience it. “According to the Taoists, it is essential for us to feel the arousal of our sexual energy and orgasm as often as possible – ideally, every day.”¹³ Cultivation of sexual energy is seen as a normal and life-enhancing activity. Instead of avoiding, repressing or wishfully desiring sexual energy a woman is free to remember her birthright and embark on a journey of loving and honoring herself. In essence, such a lifestyle

¹² page 25, the multi-orgasmic couple, by mantak chia, maneewan chia, Douglas Abrams and Rachel Carlton Abrams, M.D.

¹³ page 128, the multi-orgasmic couple, by mantak chia, maneewan chia, Douglas Abrams and Rachel Carlton Abrams, M.D.

would prove to create happier, more functional women. The sense of sisterhood, of openness, of abundance returns to the woman who invests in herself.

“When developing ones sexual abilities and prowess (cultivation of the life force), one also needs to look at developing ones consciousness (awareness & alignment to the core).”¹⁴ Sexual energy cultivation is not just about better sex, it is about living a higher quality of life. It is about reclaiming the ‘true fountain of youth’ and consciously cultivating it so to experience oneself as a ‘whole’ and orgasmic being. A woman who lives this path gifts everyone she meets with her newly found grace, beauty, love and vitality.

¹⁴ page 3, chapter 9, Emergence of the sensual woman, by Saida E. Desilets