

a Touch of Sex

taoist foreplay: shiatsu secrets for love



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and Kris Deva North

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a Touch of Sex

***taoist foreplay:
shiatsu secrets for lovers***

*Mantak Chia
and
Kris Deva North*

Edited by:
Students of the Zen School

You will learn from this book

How you can become a far more effective Lover

however good you are already

How to lay, ignite and fan the fires of passion

and keep them going through all the seasons

Taoist Secrets of Touch

the turn-on power of points

Exercises for strength, length and juice

better grip, increased staying-power

What to look for in a Lover

and how to overcome unlucky stars

Signs of Arousal

know when the right moment comes

Secrets of Sex Magic

and keeping safe from sexual vampires and parasites

Contents

Whole Body Love-Shiatsu	1
Tap before you tap	4
Love-Shiatsu Numerology	6
Hands on: Getting Started	8
Going Down	8
Going Up	24
Up and Down	33
Other Side	45
Down to Heaven	46

The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Whole Body Love-Shiatsu

In this Chapter you will learn to feel

- * areas of arousal**
- * pathways for your hands**
- * secret connections**

Whole Body Love-Shiatsu

When Lovers first touched they invented what we call Love-Shiatsu.

Huang-Ti (2697-2598 BCE) the Yellow Emperor codified the theory behind the therapy. Treatment, he decreed, should vary according to application, whether to stimulate desire, sexual or other healing.

In those days they searched for immortality as the logical extension of perfect health. The Yellow Emperor is said to have attained it by having sex with 1200 wives and concubines. The Queen Mother of the West likewise but with numbers unrecorded.

The Emperor and his female advisor Su Nu are credited with creating the 'Su Nu Ching', a dialogue of sexual practice with such exchanges as:

Huang Ti: 'And what is the method of nine shallow and one deep?'

Su Nu: 'That means to thrust nine times shallow and then one deep, in time with the breath. Too shallow may not yield the greatest pleasure, too deep may be injurious.'

Later Taoist sex manuals continued the tradition of treating both genders as equal, but as Dynasties came and went, mixed fortunes followed for the practices.

Nowadays we like one-to-one relationships and are perhaps sceptical of immortality. But that isn't to say we can't enjoy the secrets that kept the Yellow Emperor going and the Queen Mother coming.

And Lovers have always touched.



It starts with a look, a gaze in
each other's eyes

Then Mind follows Eye
and Hand follows Mind



Prepare your Lover

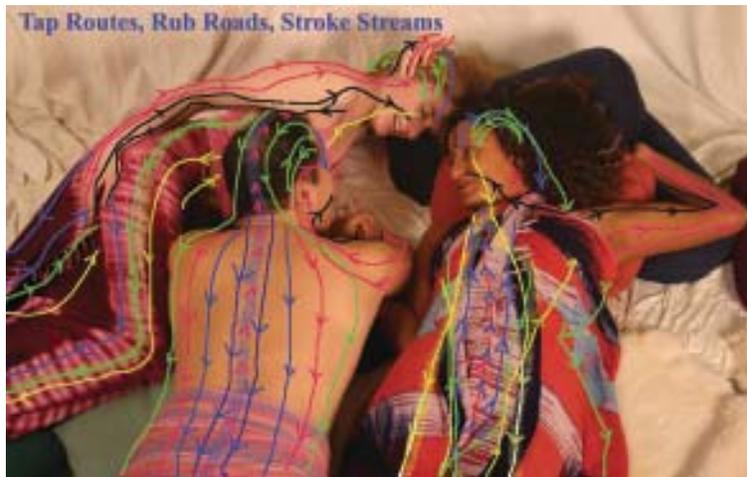
by first lightly tapping or patting up and down the body.

You don't have to follow exactly the lines pictured - they are just there to give you an idea of the directions of flow in the meridians.

Tapping wakes up the nerves. How do you like to be woken up?

Tap very gently on softer areas such as the belly and face, and not at all on breasts and genitals.

Get feedback from your Lover on how it feels: would they like a drum solo in some places - such as the sacrum and shoulder-blades, or would they prefer tippy-toe tap?



From Tapping to Rubbing, not too hard, not too soft.

The nerves are awake, ready to be coaxed into action.

Follow the meridian routes more or less, just to let them know you will be back. Still avoid the genitals, for now.

And when you have tapped and rubbed, its time to tease: long languorous strokes along the channels. brushing close by your lover's sex, using your hands to hint at what's ahead.

IF YOU'VE MADE THE TIME - TAKE YOUR TIME

Secrets of Foreplay
Pat before petting, Tap before tugging
Start with clothes on: they'll come off by themselves



Taoists see sex as the servant, not the master.

If the products of our pleasure are not being deployed to start new life, they say, we can internalise the intense energy, all the hormones and nutrients, to improve our own lives.

From foreplay to climax a Taoist controls and harvests the abundance of reproductive power otherwise wasted in unmindful intercourse: yang having the power to repopulate a continent in a single ejaculation, yin with eggs to generate hundreds of lives.

They taught the Emperors, their wives and concubines, to recycle this potent life force and harmonize their cycles of pleasure through a process known as Inner Alchemy.

Love-Shiatsu Numerology

FIRST for a good start
ease your way down



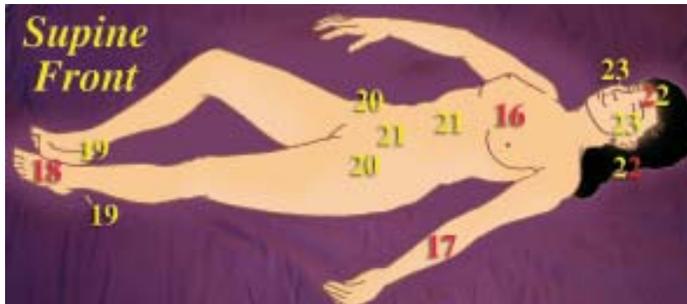
Here are some numbers to guide you around the erotic landscape.

You will see from the following pages where you can place your hands, fingers and thumbs to lay and light the fires.

The sequence and points of connection help you find your own way - no need to get too technical about it!

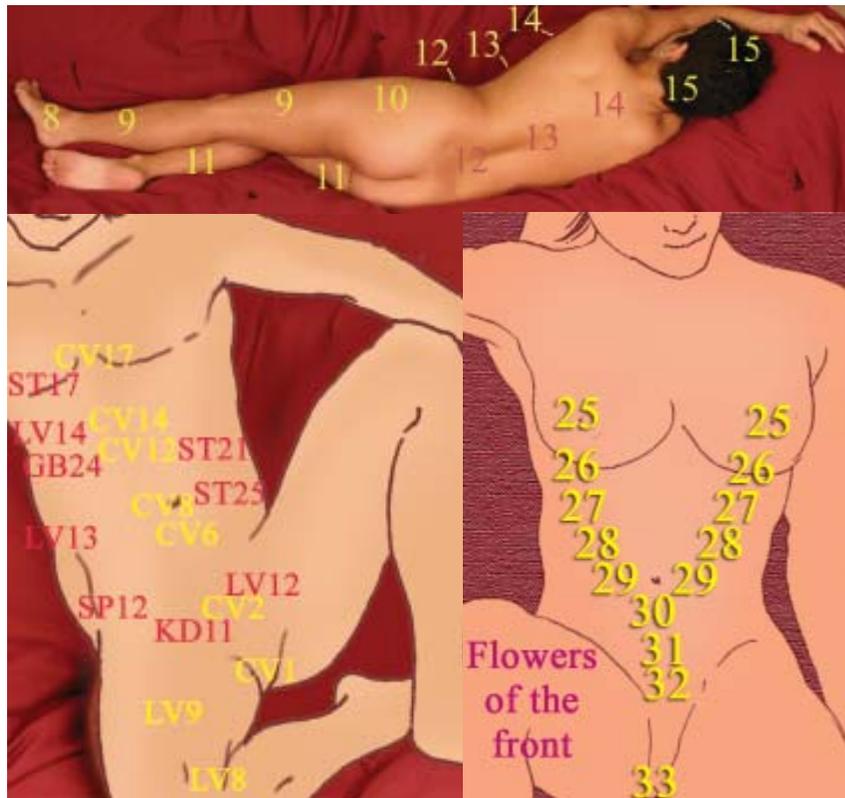
Be creative, enjoy your pleasures.

SECOND make your way
up the side



THIRD
wander
up &
down the
front

FOURTH after the front, turn your attention and loving caresses to the other side



FIFTH then teasingly down to heaven

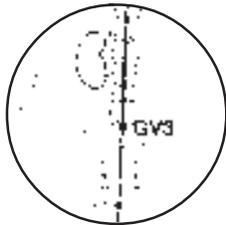
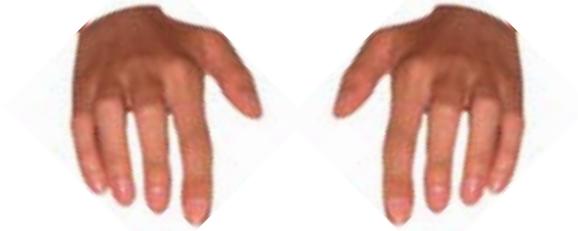
You don't even need to know the names and locations of the points. By following the simple hand-by-hand routine illustrated in the next pages you will connect all the arousal points and give your partner a wonderful sensual experience.

Remember, if you are doing it with sensitivity, care and love, you are doing it right. It is a really good idea to ask your partner how it feels.

Hands on: Getting Started

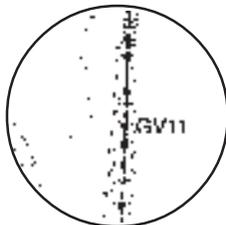
FIRST going down

a good brisk hand-rub before you touch will energise your hands.



GV 3, A powerful arousal point for both sexes, just above the sacrum, at the back of the Sexual centre.

For women helps in regulating menstruation and on men to overcome impotence.

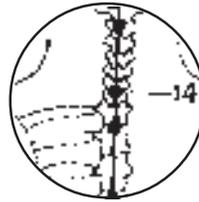
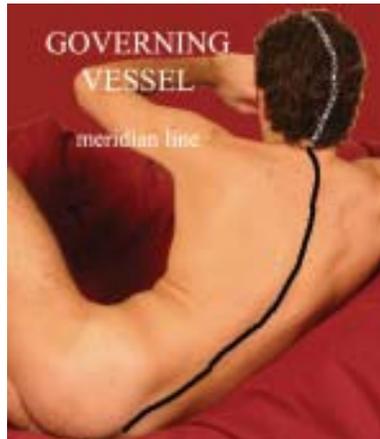


GV11, centre of the Fire of Love, back of the Heart, between the shoulder-blades.

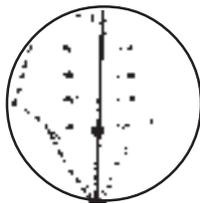
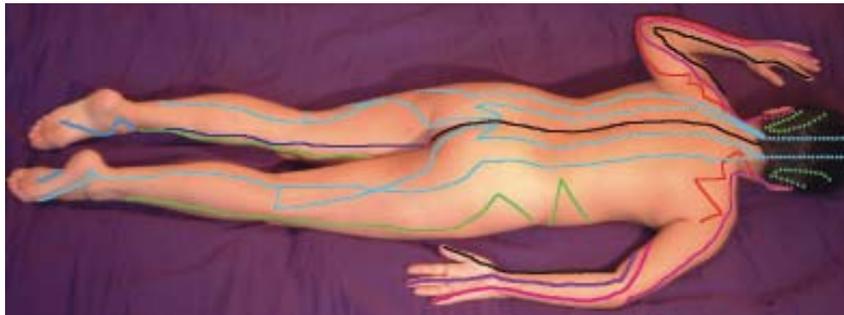
Your hands alight blending the Heart Love with Sexual Desire,
harmonising Fire and Water, Yin and Yang.



*Shiatsu Secret : Let your hands be still, resting on your Lover.
Feel the warmth. Close your eyes. Imagine both hands in a pool of
warmth, surrounding and connecting them.*



GV14 sends a warm rush of spinal fluid up to the brain, generating excitement and warming the neck.



GV2 VALLEY OF DELIGHT
arousal point

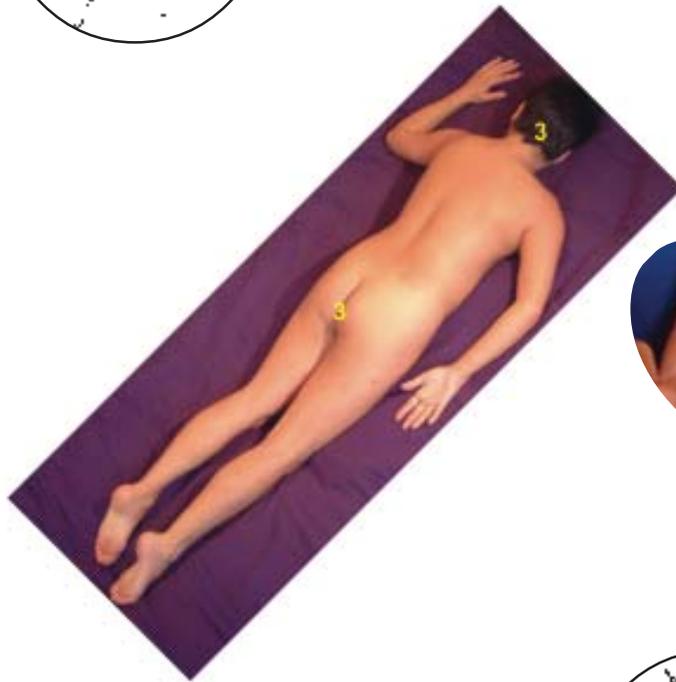
Leaning for Love: the pleasure of giving pleasure. Tease and tantalise. Wandering hands, rippling through meridians, spreading desire, releasing pheromones and hormones.



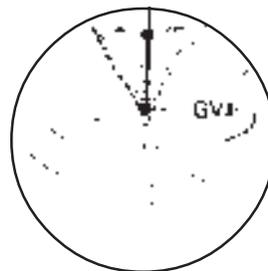
Shiatsu Secret: Imagine the pool of warmth spreading out until it feels like you are touching your Lover in only one place. When it feels like that to you, your Lover too will feel as if you are touching in just one place however far apart your hands.



GV17 JADE PILLOW, where the impulse of passion flows into the brain, loving and rejuvenating and coursing through the cranial ocean to open the mid-eye.



GV1 LASTING STRENGTH
waves of electric pleasure coursing through the sacral bone, the sacred connection with the nerves of love

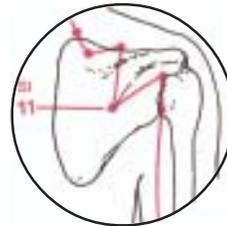


Sliding along the river of love into realms above and below,
connecting the Gate of Heaven with the Door to Earth



Connecting Governing Vessel 1 and 17

*Shiatsu Secret: Move just one hand at a time as you palm your
Lover's body*



SI 11 ease the shoulders
with gentle palm or
focussed finger.



“Secret Instructions of the Jade Chamber” is a Taoist text on harmonizing male (yang) and female (yin) energies for mutual nourishment, yin drawing on yang and yang from yin.

Single, Dual and Multiple Cultivation can be practised, for pleasure, health and longevity, healing, self-realization and, ultimately, experiencing a self beyond the cycle of life and death.

Listen carefully to the breath below and follow its rhythm, hands and heart dance together courting lust.



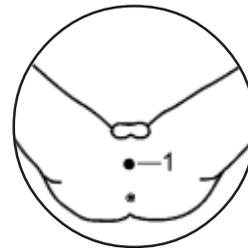
Shiatsu Secret: Each time you move one hand, again imagine the pool of warmth connecting both your hands and the places you are touching on your Lover's body



BL 23 KIDNEY
connector point.

Sexual vitality for
both sexes.

Enhances male
stamina

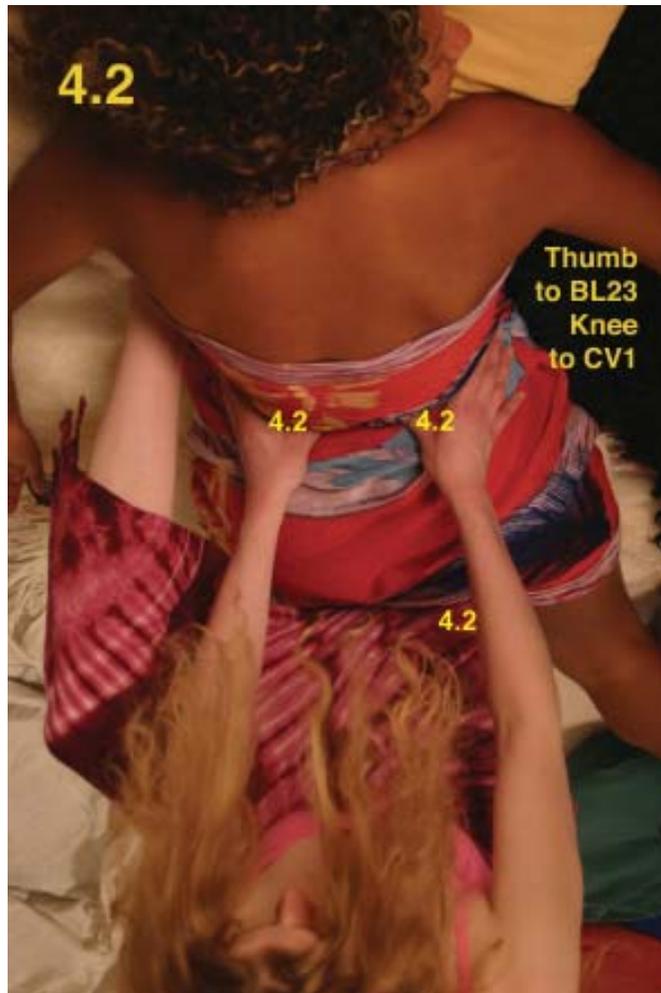


CV 1 Gate of Life
and Death, so
named because the
retention of sexual
energy is said to
prolong life.

CV1 subtle use as
arousal point for
both sexes,
especially good for
prolonging male
orgasm.

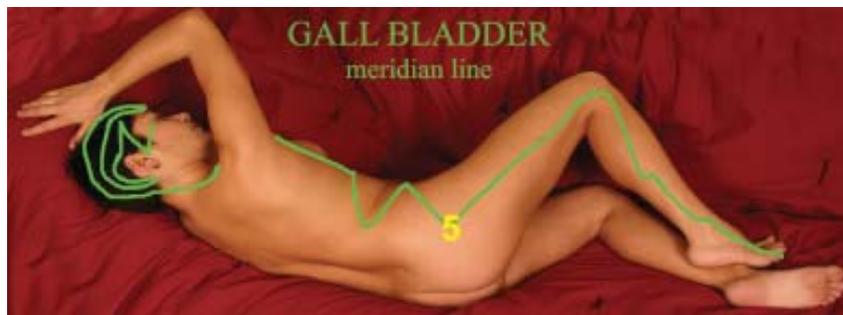
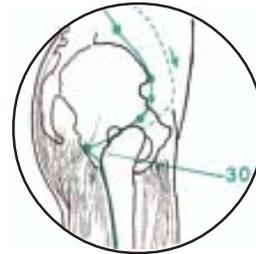
Clinical use helps
with prevention and
relief of prostate
conditions.

Part Receiver's legs with your knee, your thumbs either side of spine. Arousal energy starts to wake up and flow.



Shiatsu Secret: Hold the vision of the the pool of warmth each time you move your hands. Your Lover will feel as if their whole body is being bathed in love and warmth. You are preparing for Passion

GB30 JUMPING CIRCLE
starting point for a beautiful spiral massage
around the buttocks



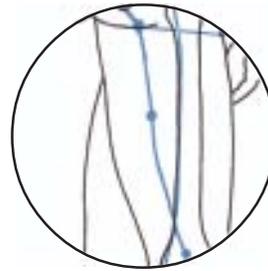
The Chou Dynasty (770 BCE to 222 BCE) had a Taoist doctrine although Taoism was not yet a formal religion.

Women were thought to have an unexhaustable supply of yin essence. A man who ejaculated or used up his yang essence without absorbing enough yin could experience health problems and even death.

Kneel between legs, move hands to buttocks, sending flashes of desire along the sides of the body. Rub cheeks together to stimulate arousal..



More Secrets await discovery in the points of connection. Tune in to your partner's response to your every touch. Don't be afraid to ask: 'How does this feel?' 'Do you like it?' 'Would you like more?'



BL37 warms the whole leg and sends the love-signals both ways

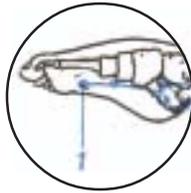
The Ch'in Dynasty (221 BCE to 24 CE) changed from Taoism to the quite different Confucianism, which considered women inferior.

Sex was considered to be for procreation only, otherwise sinful.

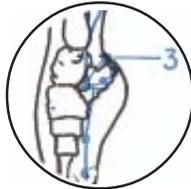
However, religious and magical Taoism peacefully co-existed with behavioural Confucianism until a Taoist resurgence in the Later Han Dynasty (25 CE to 220 CE) saw the rehabilitation of sexual practices and the reappearance of texts attributed to the Yellow Emperor.

Starting the Tease: stay kneeling between the legs. Move hands away from the erogeneous zone but still on the Bladder meridian which carries arousal messages through the whole energy-body, head to toe.





KD1 BUBBLING SPRING
where you keep your feet
on the ground



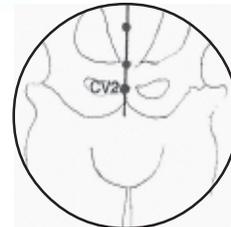
KD3 GREAT STREAM
can be used to either
stimulate or balance
desire in both sexes



BL60 KUNLUN MOUNTAIN
pinching here gives a good idea of the strength of
your partners libido: the stiffer the stronger! Also
a useful point to press during labour.



CV2 the most potent
feminine arousal point
and also quite effective
for men



Reaching the feet a wealth of sexual connections await. Support your Lover's foot on your pubic bone, site of Conception Vessel 2. Feeling the strength of your partner's achilles tendon can give an indication of sex drive.



In the confusion of Three Kingdoms & Six Dynasties (221 CE to 590 CE) conflicts arose between Taoist, Confucian and the newly arriving Buddhist doctrines.

The rise of Buddhism under the Northern Wei (386-534 CE) led to persecution of practitioners of the Old Ways.

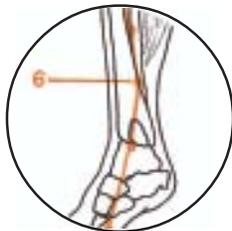
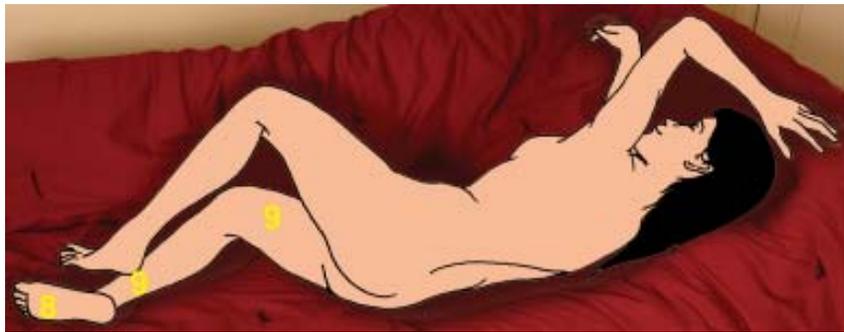
Healing and Sex became politicised.



**SECOND
going up**



LV9 a subtle arousal point, situated on the pleasure-muscles of the inner thigh, the approach to the sexual organs



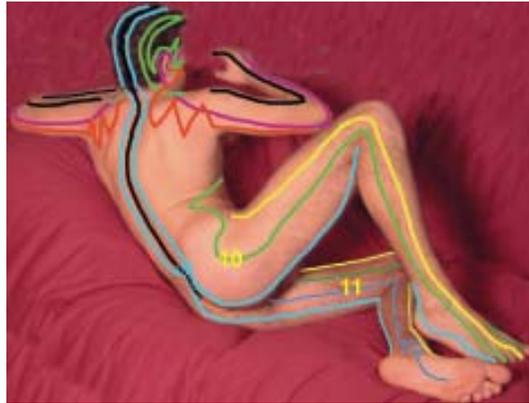
SP 6 MEETING OF 3 YIN versatile point helpful for conditions of impotence, frigidity and premature ejaculation. Other uses include regulating menstruation, control of uterine bleeding, relieving pain of external genitals, treating sterility, seminal emissions, lapse of the uterus, difficult labour.



Cruising palms, aware of the slow soft bolts of desire. Face hides the longing ache inside.



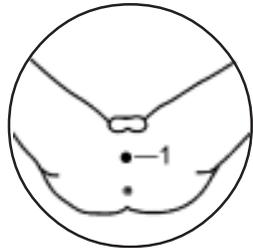
Then in the Sui Dynasty (590 CE to 618 CE) Taoism again became the official religion and sexual literature again flourished. Secrets of the Jade Chamber appeared.



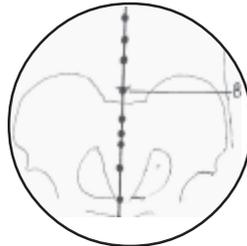
Under the Tang (618 CE to beginning of Sung 960 CE) Taoism became "the Establishment". From later Sung to the present, forms of Taoism evolved integrating some Buddhist and Confucian doctrines.

Move in for more close-contact work straddling your CV1 across your Lover's Liver meridian and your Spleen meridian nestling their Bladder meridian.

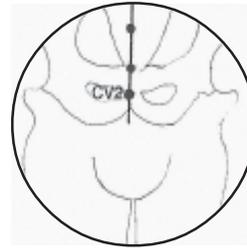




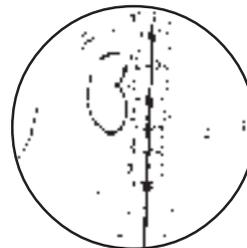
CV 1 Gate of Life and Death, so named because the retention of sexual energy is said to prolong life. CV1 subtle use as arousal point for both sexes, especially good for prolonging male orgasm. Clinical use helps with prevention and relief of prostate conditions.



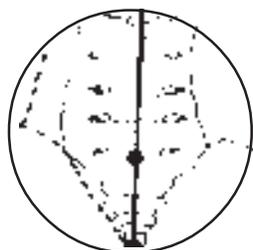
CV 8 SPIRIT'S PALACE GATE
In the centre



CV2 the most potent feminine arousal point and also quite effective for men

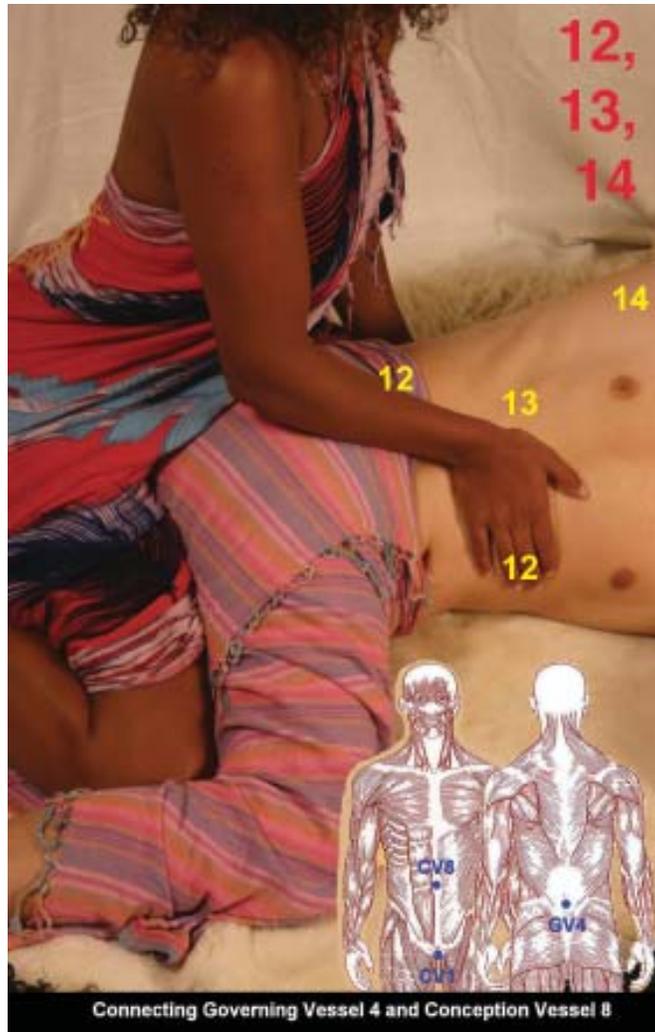


GV 4 MING MEN - DOOR OF LIFE the point where Life enters at the moment of conception. Powerful arousal point, also for male sexual stamina. Useful for relief of post-coital lower back pain.



GV2 VALLEY OF DELIGHT arousal point

Your leg presses against CV1 and GV2 while your Lover's buttock touches your CV2. Stay in position long enough to feel total connection before continuing your seductive upward journey.

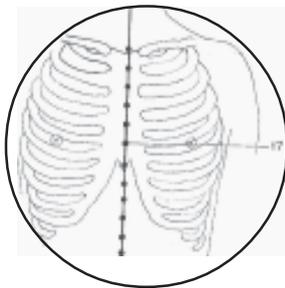
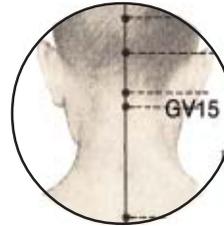


The front-back connection between your hands reveals another secret: the pool of warmth becomes an electric charge

The search for eternal health and infinite pleasure continued. Chinese alchemists sought an Elixir to render their Emperors immortal and perpetually potent.

This external alchemy lost its appeal when it despatched a few courtiers and kings as well as a number of alchemists.

GV15 Calms the mind, sending waves of relaxation through the nervous system, making it receptive to arousal



CV17 CENTRAL ALTAR Also known as the Sea of Tranquility and the point for sharing true love. Connection here calms the mind, balances emotions and calms the spirit of the Heart.

Physicians in the Tang Dynasty (618-906 CE) vivisectioning condemned prisoners described flows of energy through invisible channels which excited certain sensations in different parts of the body, ceasing at the moment of death. If this flow could be sustained...

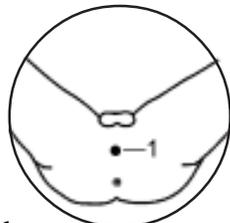
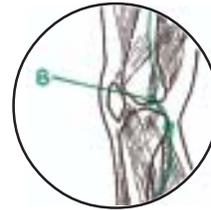
The shiatsu pressure-points for infinite pleasure indefinitely prolonged were passed down through the secret lineages of the Fang-Shi.

Connecting these two points in the centre of the chest and base of the skull sends waves of bliss throughout the whole being, flooding both the physical and the energy bodies.





LV8 regular massage
improves sexual function

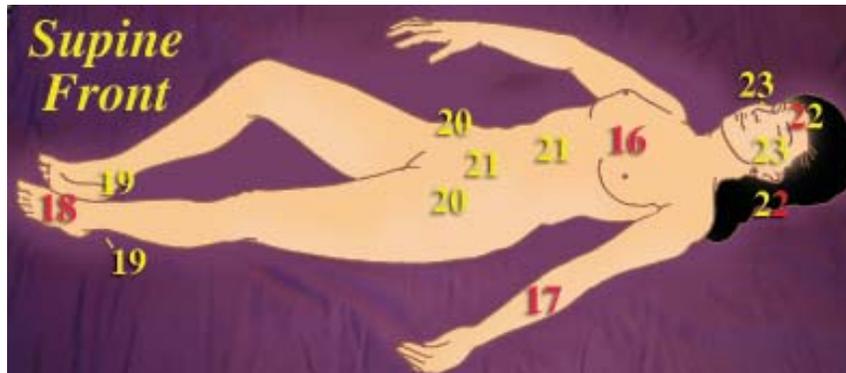


CV 1 Gate of Life and Death, so named because the retention of sexual energy is said to prolong life. CV1 subtle use as arousal point for both sexes, especially good for prolonging male orgasm. Clinical use helps with prevention and relief of prostate conditions.



Stretches tend to disperse Qi so not too many for Love-Shiatsu. A stretch here, however, is well-timed to ease the build-up of sexual tension likely to have arisen from the previous close connections. Time for a breather before heading on down. And even for this, a nice straddle keeps up the interest: CV1 sitting on LV8.

**THIRD
up & down**



Nowadays we are not Emperors and Empresses – are we?
We go to work, we play, we sleep. Our society has different turbulences to cope with. Rather than having our heads cut off for speaking out of turn we are more likely to experience stress in the work-place leading to heart disease and suchlike, but still ingest toxic substances for moments of immortality.
And we still have sex. Our ideal is to have a nice meal, a bottle of wine, frantic sex hoping we come together, then fall asleep or take a shower.

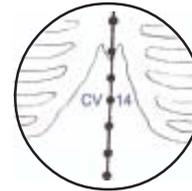


KD1 BUBBLING SPRING

where you keep your feet on the ground, mostly

CV14 GREAT PALACE

Access the Heart Fire of a Lover.
This is the Gateway to the Heart itself,
the Sovereign.

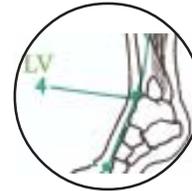


LV 3 GREAT RUSHING

particularly recommended for female sexual
energy

LV 4 MIDDLE BARRIER

recommended for male
sexual energy

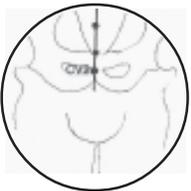


BL60 KUNLUN MOUNTAIN

pinching here gives a good idea of the strength of
your partners libido: the stiffer the stronger! Also
a useful point to press during
labour.

KD3 GREAT STREAM

can be used to either stimulate
or balance desire in both sexes

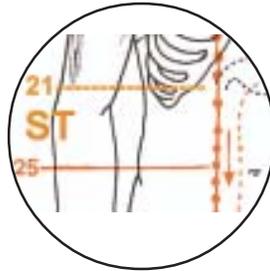


CV2 the most potent feminine

arousal point and also quite effective for men



On reaching the feet, hold KD1 to your CV14 connecting your Lover's Bubbling Spring to your Heart Fire. With one hand you grasp LV3 (on a woman) or LV4 (on a man). With the other fondle BL60 and KD3. And the heel rests on CV2: can this be the Way to heaven?...yes, but just one of many. Hold for long enough to feel it, rhythmically rocking and rubbing.

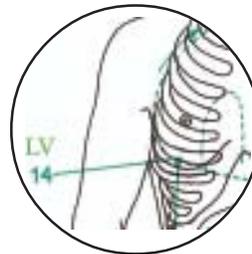


ST21 On the route of the Nine Flowers loving down to Heaven, very comforting: helps digest all the TLC

ST25 Heavenly Axis awakens sensuality and opens the belly to pleasure



LV14 Cyclic Gate just below the underswell of the breast just waiting to be rubbed.



GB24 warms the ribs and softens feelings of anxiety or indecision.



Of course your Lover thinks you are giving them the massage but check out all your own sexy points you are covering with their feet. Holding Bubbling Spring against your belly, rock in a circular rhythm so that you feel it where it matters and they feel it all over. This foot-belly massage can be one of the most sensuous experiences you can share.



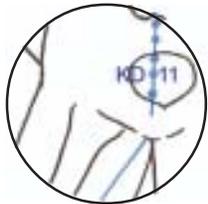
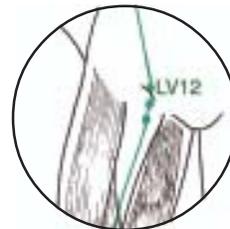
Meanwhile they feel the warmth of your belly, the movement of your muscles under their feet while your slow rocking rhythm vibrates up the legs to the hips, ready for your next move.



SP12 Gently stroking or simply holding this point with a still palm spreads warmth and pleasure across the genital area



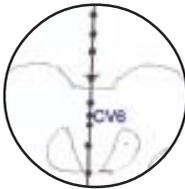
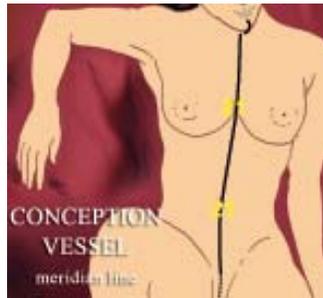
LV12 Increases energy circulation and genital sensitivity.



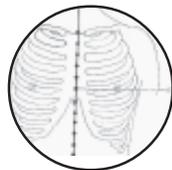
KD11 helps with male arousal difficulties



Hand-stepping up the body of your Beloved, a trio of loving points lurk in both hips waiting for you to find them and wake them.



CV6 Sea of Qi Male sexual energy-centre and also to connect with the essence of the feminine, related to the feminine reproductive cycle. Clinical use of this point helps with menstrual difficulties.

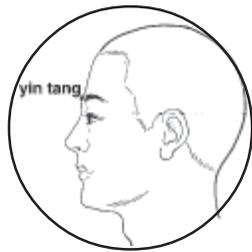


CV17 CENTRAL ALTAR Also known as the Sea of Tranquility and the point for sharing true love. Connection here calms the mind, balances emotions and calms the spirit of the Heart.

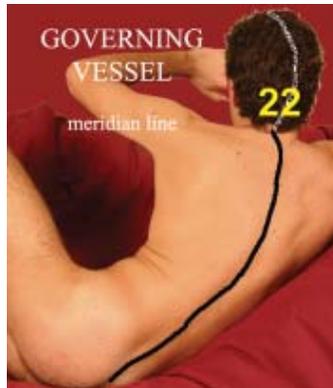
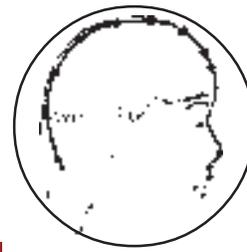
As well as offering a loving touch and lovely points of connection, placing your hands in such a position lets you move easily from one part of the body to another.



Think about where you want to go next, place your hands to keep a connection, and move yourself smoothly to the new position. But remember: hold still until you feel the pool of warmth.



YINTANG
Very special point that opens the Third Eye as a portal to the world of Spirit. When Lovers gaze into each other's eyes, they can see into each other's soul through this gateway.



GV17 JADE PILLOW, where the impulse of passion flows into the brain, loving and rejuvenating and coursing through the cranial ocean to open the mid-eye.

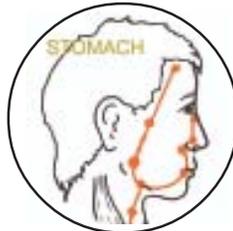
Connecting these two points creates a vortex of energy whirling through the brain. This is a magical connection: the point in the Giver's palm, HP8, is an extension of the Heart chakra and can be used to convey the wave of love which then flows through the energy channels and floods the whole being.



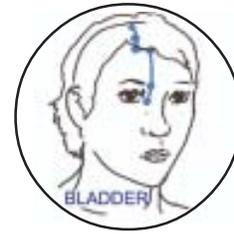
From the comfort of this position you can give the spiralling massage of Love-Shiatsu to many easily reachable parts



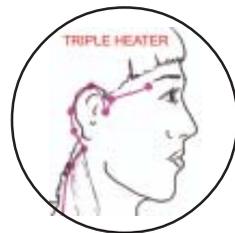
GALLBLADDER



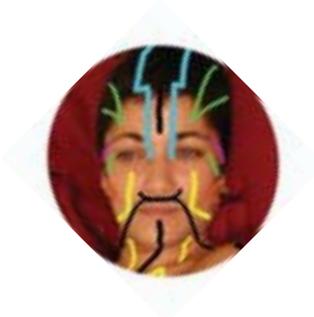
STOMACH



BLADDER



TRIPLE HEATER



SMALL INTESTINE



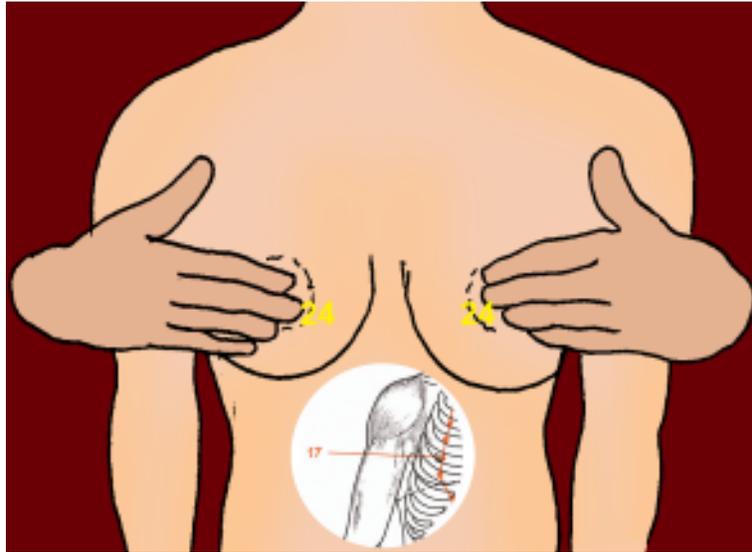
LARGE INTESTINE

Don't be too surprised if by now you find your Lover wanting to respond



Time spent on the Face is seldom wasted. Here bloom the flowers of the Elemental organs: Heart in the tongue which you might leave for later, Spleen in the lips, Lung in the nose, Kidney in the ears and Liver in the eyes.

The Meridians of Stomach, Gallbladder and Bladder begin on the face and Small Intestine, Large Intestine and Triple-Heater end here. And don't you just love your face being stroked?



ST17 Breast Palace - strong feminine arousal point, stimulating nipple/vulva connection while nurturing, soothing and harmonising heart and mind.



FOURTH
up the other side



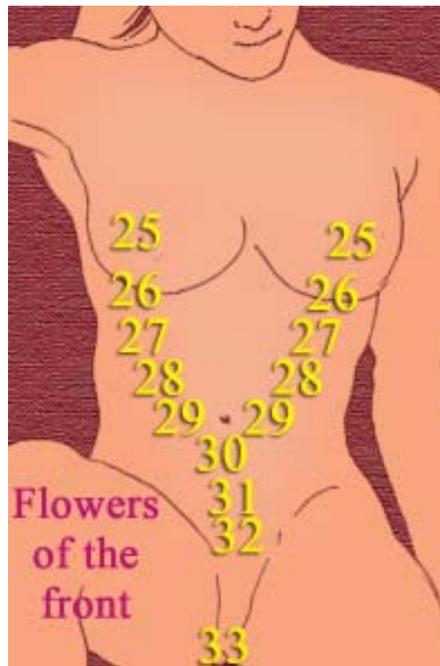
You've done the Back, one Side and the Front of your Lover...just go back and do the other Side, and make it a tease...



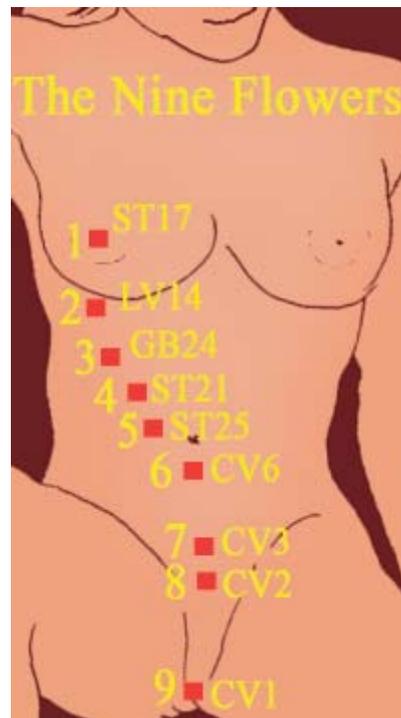
returning, eventually, to ...



**FIFTH
DOWN TO HEAVEN**

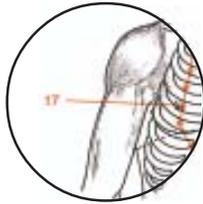


NOW SLOW DOWN
DOWN
DOWN
down

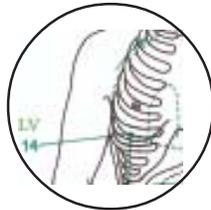




ST17 Breast Palace - strong feminine arousal point, stimulating nipple/vulva connection while nurturing, soothing and harmonising heart and mind.



LV14 Cyclic Gate just below the underswell of the breast just waiting to be rubbed

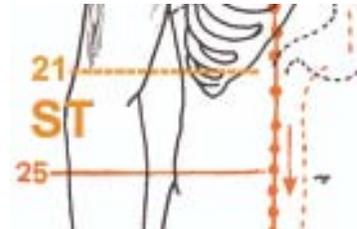




GB24 warms the ribs and softens feelings of anxiety or indecision.

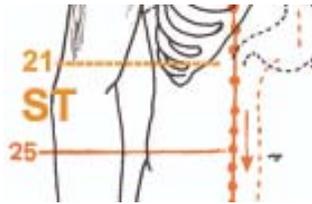


ST21 wandering down to Heaven, digesting all the love

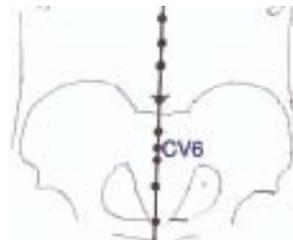


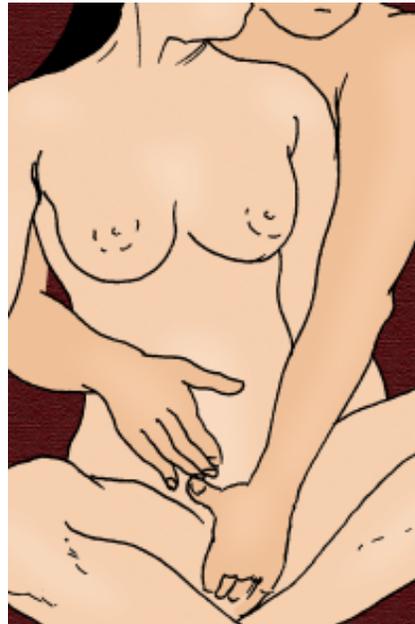
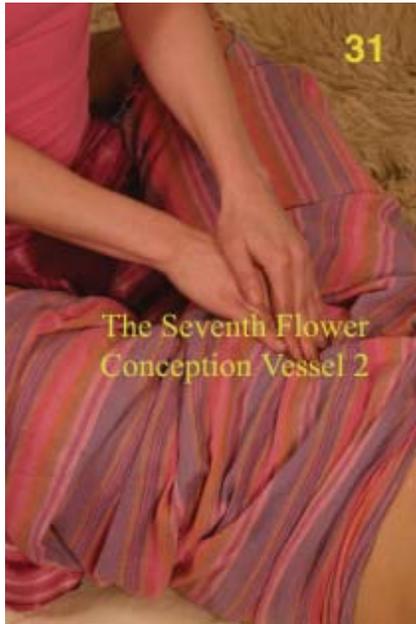


ST25 Heavenly Axis
awakening sensuality
and opening the belly to
pleasure

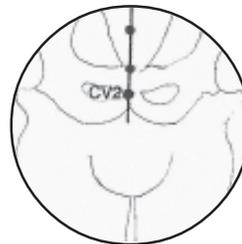


CV6 Sea of Qi Male
sexual energy-centre.
The most potent male
arousal point also
connects with the
essence of the
feminine

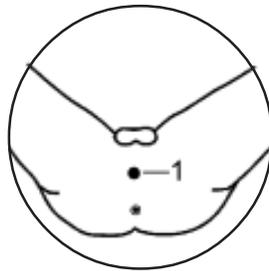




CV2 the most potent feminine arousal point and also quite effective for men



Eighth and Ninth Flowers



CV1 Gate of Life and Death, so named because the retention of sexual energy is said to prolong life, and subtle use as arousal point for both sexes, especially good for prolonging male orgasm.



After exchanging Love-Shiatsu, open to your creativity. Try tongue instead of hand, for instance...

Let the power of points, meridians and elements inspire you!



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Mantak Chia

Mantak Chia is one of the world's leading teachers of Taoist practices. He has taught thousands of students and hundreds of teachers across the world and has written over twenty books, including *Sexual Reflexology*.

Kris Deva North is principal and co-founder of the Zen School of Shiatsu. He integrates Taoist healing traditions with modern life-training techniques.



Kris Deva North

Are you aroused more quickly, your partner more slowly? Knowing the psycho-sensual secrets of shiatsu helps you become a better lover, however good you are already is revealed in this booklet.

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