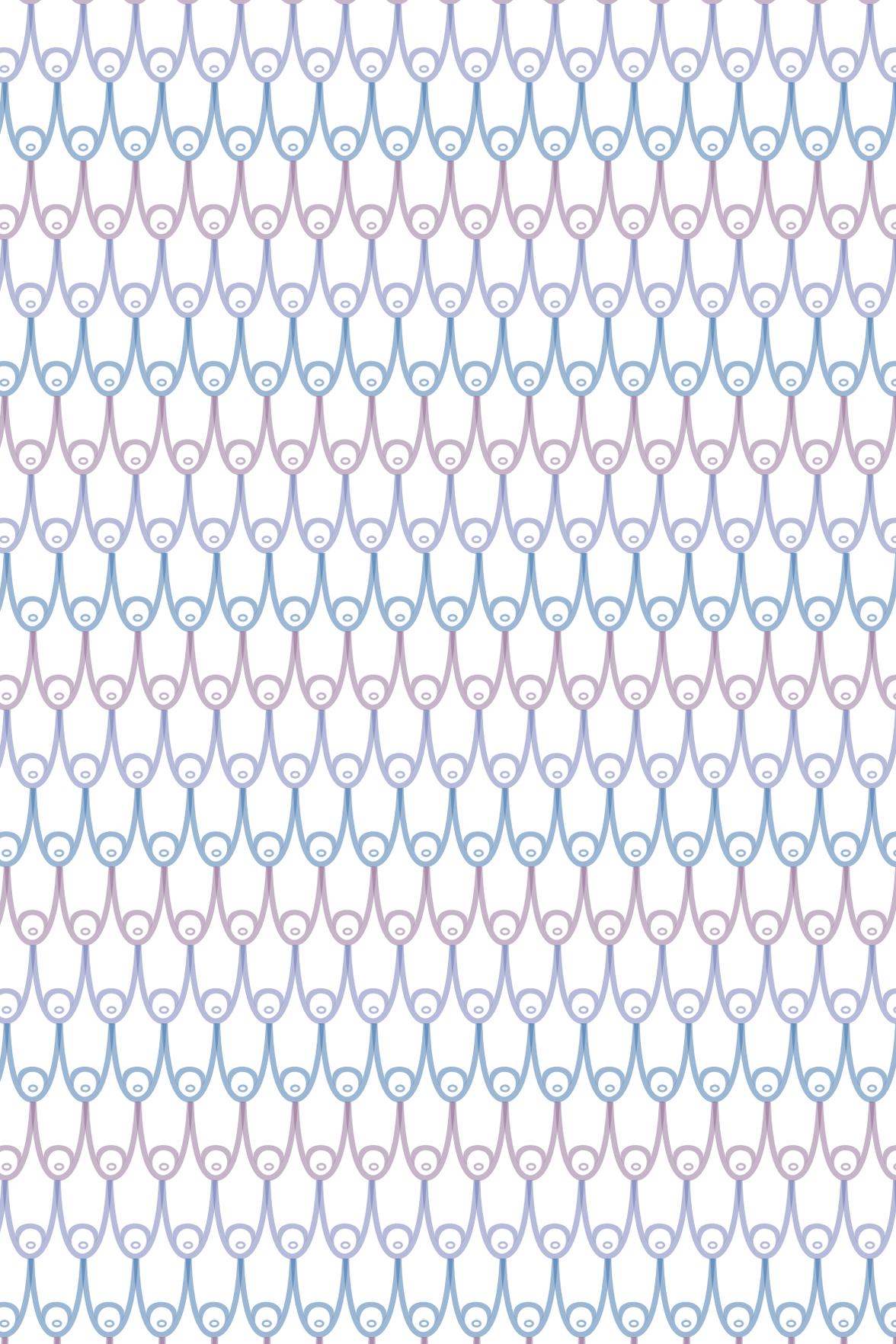


CREATE HEALTH with your SEXUAL ENERGY



The Tao Approach to
Men's Well-Being

IRÉNE ANDERSSON



CREATE HEALTH with your SEXUAL ENERGY

The Tao Approach to
Men's Well-Being



Illustrations: Lisa C. Larsson
Translation: Johan Badh

IRÉNE ANDERSSON

Also by the author:

Create Health with Your Sexual Energy: The Tao Approach to Women's Well-Being, 2020

Create Health with Your Sexual Energy: The Tao Approach to Men's Well-Being

© Iréne Andersson. Procreative AB, Stockholm, 2020.

www.bodycoach.nu

www.pelvicfloorawareness.com

Original title: Mannens Tao: Vägen till lycka, potens och livskraft!

© Iréne Andersson. Stockholm, Sweden 2014.

Publisher: ProCreative AB

The reproduction of the contents of this book, in whole or in part, without the consent of the author, is prohibited by the copyright law. This applies to text as well as illustrations.

The author does not provide any medical advice or prescribe the use of any exercise as a treatment for any disorder, and does not take responsibility for possible injuries while performing these exercises. As always, wrong practice, as well as inaccurate or inadequate exercise, can cause unwanted effects to some people. In case of ailments, pain or insecurity, it is recommended to seek professional help. The exercises are also not intended to cure disease, but are designed to create opportunities for recovery, self-awareness and development.

Tao is spelled Tao according to Wales-Giles, which created a method of transliterating Chinese characters into the Latin alphabet. The method was developed during the 19th century, but is often replaced by the pinyin method, and Tao is then spelled Dao. In this text, the spelling Tao is generally used, except in some Chinese book titles.

Text: Iréne Andersson

Illustrations: Lisa C. Larsson, www.tecknarlisa.com

Layout & cover: Ann-Sofie Hammarström, www.lillablatornet.se

Translation: Johan Badh

ISBN 978-91-981931-5-2 P o D

ISBN 978-91-981931-4-5 E-book/epub

ISBN 978-91-981931-8-3 E-book/pdf

Praise for "Create Health with Your Sexual Energy"

The Taoist alchemical spiritual tradition is closest to my heart. It's been my experience over the last 35 years of personal practice that each of us will never embody our true spirituality without first embracing and making conscious our sexual energy. Every human being who is born on this planet will have to navigate this journey. Some will do it unconsciously with much frustration and pain, and others will be blessed to find a modern Taoist alchemist who can clarify and simplify the terrain in everyday language.

I highly recommend these books written by someone who has taken this journey herself and made it her life's mission to educate women and men about the miraculous creative power of the universe contained in the egg and the sperm. When you put into practice what is contained in this book you will discover radiant health and longevity, a calm balanced emotional body. Ultimately, you will release your fear of death, and discover the eternal peace and bliss of your androgynous Soul.

*Andrew Kenneth Fretwell,
Founder of www.wuji-gong.org worldwide community*

Finally a book for men! Very important information about the man's sexuality, prostate, pelvic floor and more. And I really appreciate the excercises, very useful and effective. Thanks!

Mikael, 35, Data technician

Oh, how I've been looking for a book like this! Many teachings describe the path between the brain and the heart as the longest and most difficult. This book also take you from the root to the heart. A way for the brave!

Stefan, 59, Senior Adviser

CONTENTS

- 9 Preface
- 11 Introduction
- 11 From theory to exercises
- 12 The spine and directions for movement

- 15 TAOISM AND SEXUAL QIGONG**
- 16 Taoism
- 16 Tao, a path in change
- 17 Energy = matter
- 18 Yin and Yang
- 19 Male and female
- 20 Qigong
- 22 What is Qi?
- 22 Meridians
- 23 Qi has three parts
- 24 Sex and spirituality
- 25 Sexuality and our culture
- 26 Sexual energy
- 27 Sexual Qigong
- 27 Sexual alchemy
- 29 Sexual Qigong in theory
- 29 A money pouch
- 30 The three treasures of life energy
- 32 Lower Dan Tian
- 33 Your observational skill

- 35 MALE ANATOMY**
- 36 Male genital anatomy
- 37 Penis
- 38 Urethra
- 38 Bladder
- 38 Scrotum
- 38 Testicles
- 38 Epididymis
- 39 Sperm
- 39 Cowper's glands
- 39 Semen
- 40 Vas deferens
- 40 Prostate
- 40 Seminal vesicles
- 41 Ejaculation
- 41 Perineum
- 41 P-zone
- 42 Pelvic floor muscles
- 42 Anus
- 42 Nipples
- 42 Nerves and brain
- 44 Differences in the brain between men and women

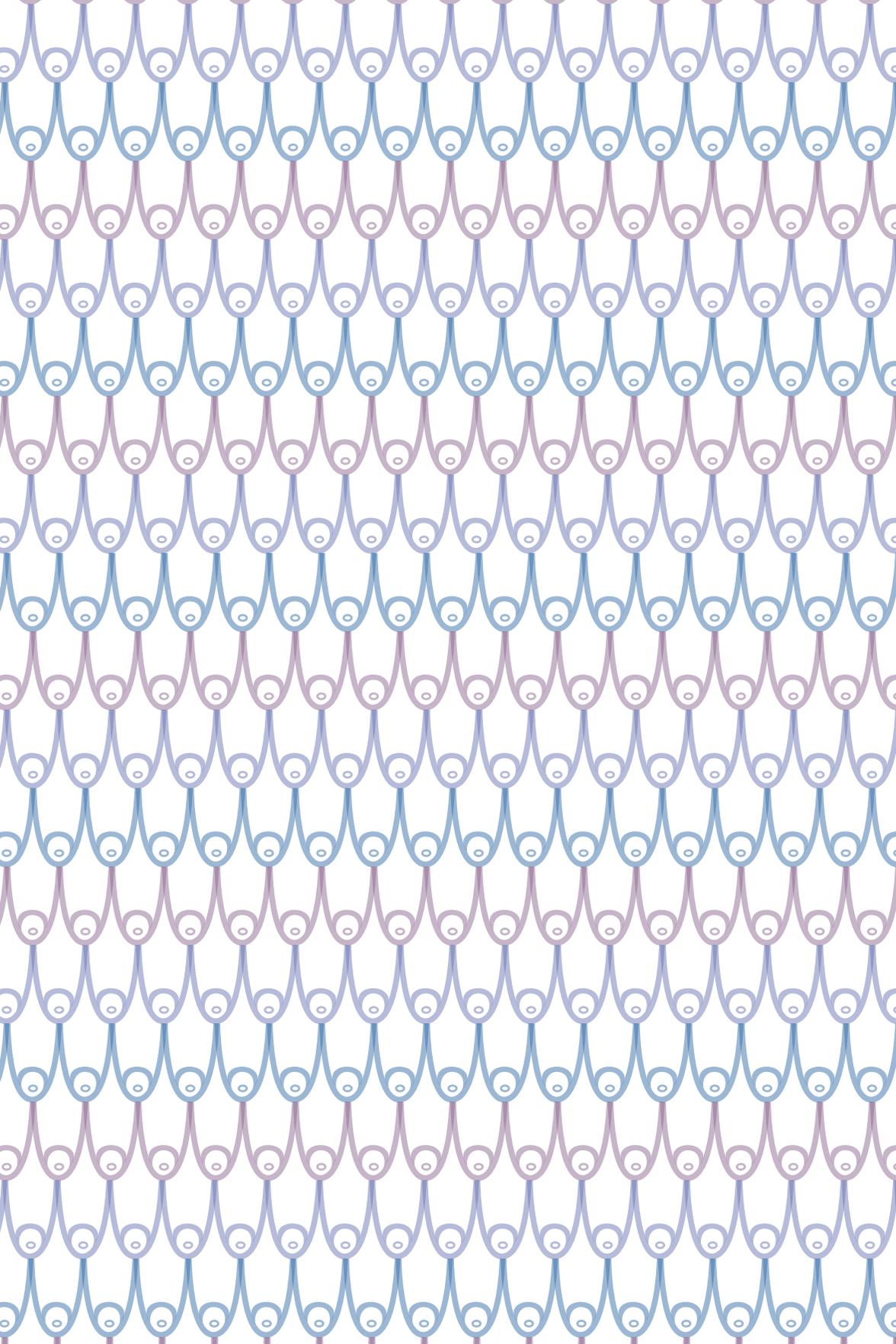
- 47 MALE SEXUALITY**
- 48 Short is sweet
- 49 Orgasm versus ejaculation
- 49 Full body orgasm and multiple orgasms
- 51 Ejaculation according to Tao
- 52 Stopping the ejaculation
- 52 The Million dollar spot
- 53 Premature ejaculation
- 53 Reasons for premature ejaculation
- 54 Treatment for premature ejaculation
- 55 Impotence

55	Masturbation
55	Circumcision
56	The male burden to perform
56	The breath is the bridge to the inside
57	Feelings and sex
58	Sex and heart
59	Exhibitionism and voyeurism
59	Sexual desire
60	To be, not to do
62	Different types of orgasms
62	Orgasm through the P-zone
63	Different orgasmic expressions
64	Become a better lover
64	The power of words
65	Tips from women
67	Female anatomy
68	What happens in the meeting?
71	THE MASCULINE ESSENCE
72	Masculine and feminine
72	The man's yang nature
74	The only way out is in
75	The man needs yin
76	Man's purpose
77	Powerplay
78	Man is activity, woman is stillness
79	Imbalanced interplay
81	Man's liberation
83	THE PATH OF LIFE
84	Life's natural cycles
85	Sexual maturity
85	Young man
86	Contraceptives
86	Sperm quality
87	Testosterone
87	The testosterone decreases

88	Andropause
88	Middle age crisis
89	Prostate awareness
90	Prostatitis and pelvic floor pain
91	Symptoms and treatment:
92	Male incontinence
92	Abdominal fat
92	Ageing and Tao
93	Sex and health
93	Create time for self-reflection

95 EXERCISES

96	Before the exercises
96	Different reactions
96	Emotional reaction
96	NOTE!
97	EXERCISE 1: – Basic positions
99	EXERCISE 2: – Physical warm-up
101	EXERCISE 3: – Finishing up, collecting the energy and yin phase
102	EXERCISE 4: – The tree, exercise for grounding and inner power
105	EXERCISE 5: – The inner smile
110	EXERCISE 6: – The short inner smile
112	EXERCISE 7: – The small circulation
116	EXERCISE 8: – Testicle massage
118	EXERCISE 9: – Charge your life energy
120	EXERCISE 10: – Testicle breathing
124	EXERCISE 11: – Hormone shower
130	EXERCISE 12: – Squeezing exercises
136	EXERCISE 13: – Prostate massage
140	EXERCISE 14: – Withhold your ejaculation
142	EXERCISE 15: – Ceremonies
145	REFERENCES
148	INDEX
152	LIST OF ILLUSTRATIONS
153	THANK YOU!
154	Further information
155	About Iréne Andersson



PREFACE

Ever since “Create Health with Your Sexual Energy: The Tao Approach to Women’s Well-Being” – my book about the female sexuality and the feminine essence – came out, I have often gotten the question: When is the book about men’s sexual well-being coming out? That idea matured over time and you are now holding the result in your hand: a book about the male sexuality and the masculine essence. It is time to create new representations and stretch our imagination further when it comes to the male sexuality. To get to share these uplifting Taoist Qigong-exercises to men have made this endeavor all the more inspiring and satisfying.

It has been exceedingly fascinating to immerse myself in the writing of this book. The principles in Tao are the same for men and women, but since we look different out of a physiological perspective, the training somewhat varies. We think we know quite a lot about what is male and female and how we function, but there is so much that we don’t know about each other. I really recommend all women to read this book as well, and for all men to read the book about women’s sexual well-being. They also compliment each other, as I haven’t wanted to repeat myself too much when it comes to the sexual Qigong theories and different principles. There are many different ways to illuminate the same subject, and new learnings emerge along the way.

The Taoist exercises are rewarding tools which I have been fascinated by for a long time. Since the middle of the 1990s I have been using these exercises to explore and nurture myself. My own exploration constantly elevates my curiosity and strengthens my will to continue to grow as a person and boost my will to share the teachings. Through the years I have guided and educated many women and men, and I never cease to be amazed by the power these exercises hold. My respect for, and faith in, the ability of the body and mind to heal themselves has intensified and I see it as my mission to help make it possible for that power to take place.

The exercises presented here are primarily inspired by different Taoist teachings and by many of my Qigong teachers; Andrew Fretwell, Wang Ting Jun, David Verdesi, Mantak Chia and Yuan Tze. Other sources of inspiration for this book are what I’ve learnt from my work as a body therapist and coach, my experience of yoga, Tantra, shamanic body

dearmoring and Quodoushka, along with my time at different centers in India. I mix the Taoist theory and modern research about the male anatomy and erotic potential with mine and other people's experiences and studies in alternative therapies, as well as conventionally taught medicine.

Furthermore, I have interviewed and conversed with men about their experiences and practice regarding health, sexuality and about being a man today. I have also been trying to figure out what men would like to read in a book about male sexuality. To enrich the book further I have been interviewing some of my male teachers and colleagues.

The intention of this book is not to create a new macho man, who is able to have endless amounts of sex and who is always ready to go. The intention is neither to create a softy who is only empathetic and meditative. In the new times it is not about being either or, but one and the other. Tao wishes to teach a practical way for both men and women to use their life energy and simultaneously deepen their experience of love and freedom of the soul. There is actually only one way; the one that leads to a deeper connection to yourself and an acceptance of who you are. Regardless of your sexual orientation, if you are romantically inclined or have a spiritual discipline, you can appreciate this knowledge and these practices.

Iréne Andersson, Stockholm, 2020

INTRODUCTION

“Create Health with Your Sexual Energy” gives you access to a reliable source of inner power, confidence and self-reflection. A space within is created, through the exercises, where you can lay the foundation for better health and greater awareness about yourself, your body and your life energy. You get to know your essence, your sexuality and how to elevate your potency and ability for sexual pleasure.

One of the teachings within Taoism is that we all have an incredible inherent potential of possibilities that you can unfold, and which helps us to grow and mature. You, just like a car, need maintenance, lubrication and fuel to function extensively and effectively. Then you won't have to do repairs and exchange as many parts. This book contains knowledge and exercises that will help you find this care and your path to a sustainable life. You get to learn how to be more receptive and responsive to your needs, without losing the connection to your own power. By cultivating your sexual energy you create an intimacy with yourself and trust in your intuition and your senses. For men, this process means that you, among other things, learn how to separate the orgasm from the ejaculation and become multi-orgasmic. Through the exercises in this book you train yourself to individually cultivate your sexual capacity and your awareness of yourself as a human being and as a man. A pleasant side effect is also an elevated vitality and health.

Create Health with Your Sexual Energy contains knowledge and exercises that will provide you with tools to cultivate your inherent potential.

From theory to exercises

The book begins with a theory section on Taoism, Qigong, sexual Qigong and what is meant by “sexual energy”. Equally important as learning how to execute a certain technique, is to understand why and the teachings behind it. Following that is a walk-through of the male anatomy and its erotic potential, regarded in Tao as the foundation to explore the male essence. Taoism also calls attention to the body as the instrument

you have at your disposal to explore and develop yourself. The more knowledge and understanding you have about how you function, the better. The last chapter, in regards to theory, deals with the life cycles, prostate awareness and andropause. And last come the exercises specifically designed for men.

The spine and directions for movement

To better understand the text's description of the location of different organs and points, we will go through the spine and directions for movement.

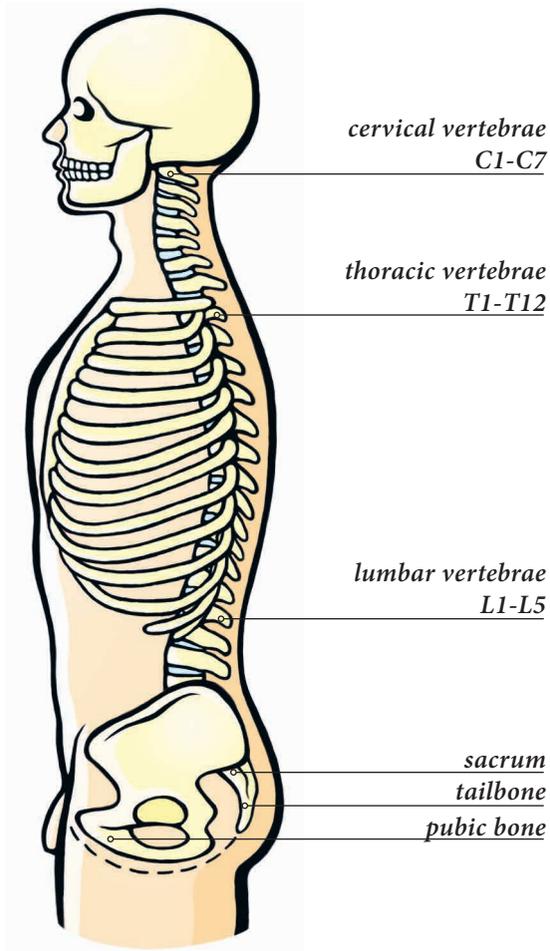
The spine consists of 33 vertebrae, top to bottom:

- 7 neck vertebrae counted from the skull base. They are called cervical vertebrae and termed C1-C7.
- 12 chest vertebrae, each with connected ribs. They are called thoracic vertebrae and termed T1-T12.
- 5 vertebrae in the lower back. They are called lumbar vertebrae and termed L1-L5.
- 5 vertebrae, grown together into the sacrum.
- 4 vertebrae, grown together into the tailbone.
- At the front of the pelvis is the pubic bone.

All movements in the exercises are described in the same way, no matter if you are standing, sitting or laying down.

- Forward intends toward the stomach.
- Backward intends toward the back.
- Down intends toward the feet.
- Up intends toward the head.

The Spine



CREATE HEALTH WITH YOUR SEXUAL ENERGY

The Tao Approach to Men's Well-Being

"The source of both health and pleasure is within you"

This book is about how you can embrace your sexual energy and use this amazing creational power to generate well-being and a healthy body. You will get a deeper understanding of the health benefits of a sexuality that is utilized for well-being and not solely for pleasure. To do this, you go inside yourself, aided by self-empowering practices that guide you towards your deepest loving nature and finding ways to achieve emotional balance. On the way there, you will get to know your masculine essence and extend your capability for sexual pleasure. According to the Tao, sexual energy is also linked to creativity and the ability to fulfill your heart's desires and purpose. The Taoist theory of awareness and cultivation of your life force and sexual energy is the basis for the practices in this book.

I wish you a journey full of pleasure!

YOU WILL LEARN ABOUT:

Taoism and Sexual Qigong
Male Genital Anatomy
Orgasm versus Ejaculation
Various Orgasmic Expressions
Andropause, Testosterone and Prostate
Pelvic Floor Awareness
25 Informative Color Illustrations
15 Taoist Practices



Irene Andersson is an experienced body therapist and body coach with focus on the pelvic floor and sexual health. She has taught Qigong since 1998 and is specialized in the Taoist sexual practice. Her curiosity and passion for personal growth manifested in serious studies with Taoist teachers and lifelong immersion in Tantra, Yoga, meditation and shamanic sexual wisdom. Irene has great faith in our amazing bodies and believes that the source of both health and pleasure comes from within us. www.pelvicfloorawareness.com