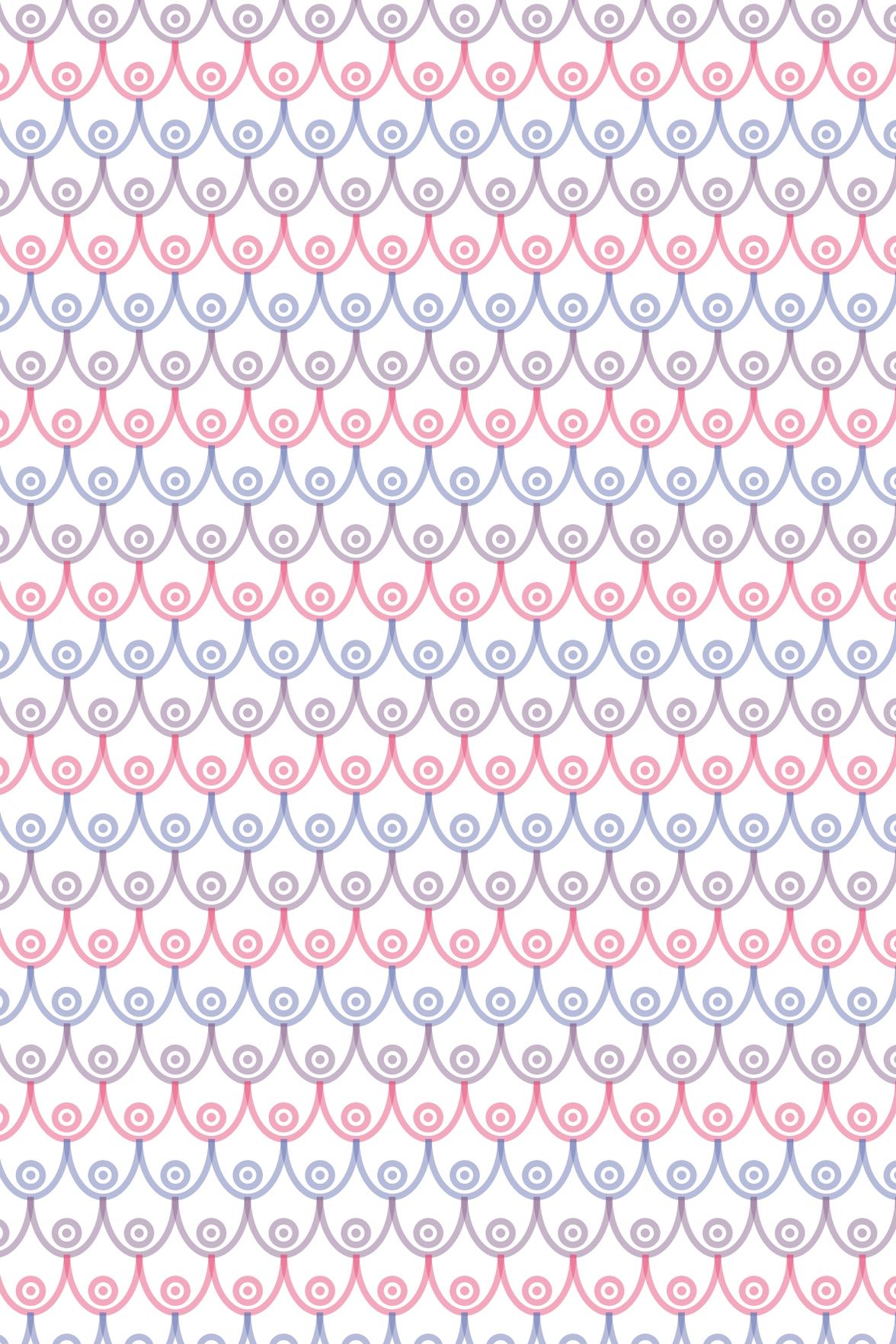


CREATE HEALTH with your SEXUAL ENERGY



The Tao Approach to
Women's Well-Being

IRÉNE ANDERSSON



CREATE HEALTH with your SEXUAL ENERGY

The Tao Approach to
Women'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 Men's Well-Being, 2020

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

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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.

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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

Thank you for this wonderful book! I find myself in a constant rush of happiness and a wonderful awakening. I enjoy the power of my natural abilities. Your book opened me to my feelings and has opened new doors...where the hinges have flown away!

Monica, 54, Teacher

I really like this book, it is very soft and beautiful. I read it every now and then, and it makes me happy every time, because of all the details, references and new approaches you present in an educational and easily understandable way. You make what can be difficult and complex to grasp accessible to everyone.

Ann, 36, Musician

FORWORD

by Deborah Sundahl
June, 2020

Recent discoveries in Neuroscience have ushered in a new era of how to view our health, how we approach our health and how we maintain our health, including our approach to disease. We now know that our emotions affect changes in the very molecules of our body, which in turn cause changes to our health. The state of our internal environment from the food we eat, the physical movements we make each day, the emotions we feel and the thoughts we think can actually turn gene markers on and off. The control of our health is in our own hands on a daily basis.

Rather than depend on external sources to interpret our health and produce products to care for our bodies, this new approach to health relies on our internal resources. To help us pivot from outward reliance to inner reserves, Irene Andersson translated from Swedish her modern health and sexuality manual for women which uses the framework of Taoist theory. The energetic use of sexuality is the key component for Taoism's very personal approach to understanding at a deeper level one's health, and how to maintain its balance, and therefore its integrity, over one's lifetime.

To do this, Irene guides you inside your body (not outside) through practices that access the wisdom of the body, like finding ways to recognize and connect with your body's emotional inner balance system. You learn correct and important female genital anatomy that is rarely taught to us in the western world, and you discover these truths in your very own lovely vulva, such as the new science on the female prostate. Orgasm and the sexual fluids secreted by the erotic body have fascinating health benefits, including the new discovery of female ejaculation.

If that isn't enough, Irene shares her painstaking research and her unique, practical approach to making friends with our pelvic floor. Through hands-on practices, we learn in our own body what it means to bring back into our awareness this foundation of our physical, emotional, and spiritual center of the body. The pelvic floor muscles' natural state of being is a creative wellspring and a fount intuitive reasoning - a veritable

bowl of self-confidence and happiness when aligned. Irene Andersson's unique approach of inner awareness to understand pelvic floor pain and repair equilibrium to its muscles and nerves offers a fresh and empowering alternative to restoring pelvic floor wellness versus employing outer intervention.

Sexual energy is the rocket fuel for building the cornerstones of inner generated health. Fortunately, the past 50 years have seen major changes in lifting sexuality out of its cultural taboo, religious shame state and banishment from every corner of life. Rescued only recently by psychology and sexology scientists, and advocated by sex therapists, counselors and educators, we know now that 90% of sexuality problems are not medical issues but only a lack of access to sexuality information and resources, support and validation, and skill-building.

While porn today has far too great an influence on our high school and college dating behavior, and adult lovemaking beds, individuals who can look under the covers of the dominate society have discovered a beautiful world of adult sex education and its supporting sexology science and psychology framework. It is this very influential world of which I refer and to which Irene Andersson has added another groundbreaking sexuality book.

Create Health with Your Sexual Energy: A Taoist Approach to Women's Well-Being shows us how to treat our body and understand our body as a biological and not mechanical mechanism, and in the doing create amazing health benefits, along with a deeper understanding of a sexuality that is utilized for health and well-being and not solely for pleasure.

Deborah Sundahl,

Author, Female Ejaculation and The G-Spot,

Seminar Speaker and Workshop Teacher

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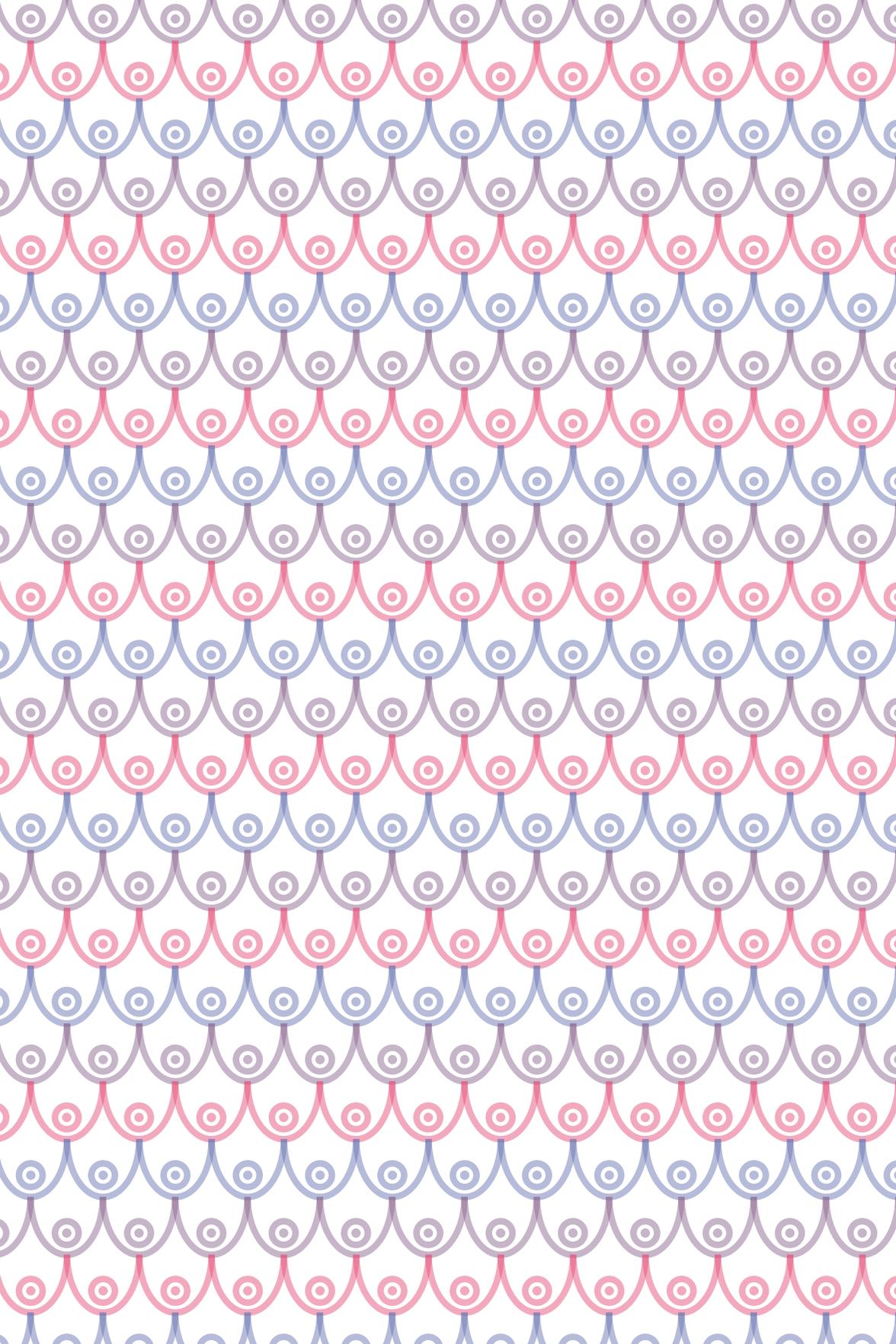
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PREFACE

Besides a never-ending interest and curiosity about the human consciousness, my driving forces for writing this book have been several. Taoism is an incredibly inspiring wisdom and the power of the Taoist practices have been constantly repeated. That I also got to meet Taoist masters who had abilities far beyond the ordinary, and far from what I had previously imagined, has increased my belief in what is possible. This has also strengthened my own dedication to go deeper into the practice and exploration of myself. Moreover, I have experienced the magic of healing in my own body several times. Through the knowledge of Taoism, I also had previous mystical experiences and connections in my body explained.

Over the years I have perceived quite a bit of confusion regarding the woman's erogenous zones and erotic flows. Therefore, it became part of my mission to shed light on this, not the least because Tao points out the importance of understanding our body as a way to understand ourselves. Imagine that it was not until the mid 1990s that the size of the clitoris became widely known and that many still do not accept the fact that a woman can ejaculate. This together with dogma and disinterest has contributed to the disinformation. And this in turn is fascinating in itself, because as we know, we, as human beings, are all interested in sex. But now the time has come for the woman's sex and erogenous potential to rise into our shared consciousness and stretch our imaginations.

I have for a long time been fascinated by these fruitful Taoist tools and exercises for women. Since the mid 1990's I have used these exercises to explore and nurture myself. My own exploration has continually increased my curiosity and at the same time strengthened my desire to continue to grow as a human being, and it has also increased my desire to share my knowledge. Over the years I have guided many women and I never cease to be surprised by the power of the exercises. My respect and confidence in the self-healing abilities of the body and mind have been empowered and I perceive it to be my task to help create space for that power to grow. To be able to share these uplifting Taoist exercises with sexual Qigong for women has made it all the more inspiring and satisfying.

The exercises presented here are primarily inspired by various Taoist teachings and by my many Qigong teachers; Andrew Fretwell, David Verdesi, Mantak Chia and Wang Ting Jun. Other sources of inspiration for this book are the things 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 in different centers in India. I mix Taoist theory and modern research regarding the female anatomy and erotic potential, with mine and others people's experiences and studies in alternative therapies as well as conventionally taught medicine.

With my books, "Create Health with Your Sexual Energy", for both women's and men's well-being", I hope to contribute to more acceptance, understanding and peace between the sexes. With greater balance of the masculine and feminine inside of us we can create more balance outside of us in our relationships and therefore in the world. My wish is to encourage women to love their bodies, reclaim their ability to orgasm and pleasure and to recapture the power of their wombs and realize their true dreams.

In this English version some improvements and refinements have been done from the Swedish original.

Irene Andersson, Stockholm 2020

INTRODUCTION

This book, on womens well-being, gives you access to a reliable place of recovery, joy and development; a space within yourself where you can lay the foundation for better health. You will gain a greater awareness of yourself, your body and your sexual energy. You will also get to know your feminine essence and increase your ability of sexual pleasure.

Create Health with Your Sexual Energy *contains knowledge and exercises that help you find the path to your naturalness and highest potential.*

One of the teachings of Taoism is that we all have an amazing inherent potential inside of us that can be trained and which helps us grow. However, even if the seed of a plant contains the entire code of the flower, it also needs care, good conditions and nutrition to fully blossom. This book contains knowledge and practices that help you find the path to your naturalness and highest potential. By cultivating your sexual energy, you will learn how to create intimacy with yourself and develop integrity and confidence in your feelings and intuition. For women, this process means that you learn to reclaim your right to your body, your birthright to feel pleasure, orgasm and self-love. Through the exercises in this book you train yourself to cultivate your sexual capacity as well as your awareness of yourself as a human being and a woman. A pleasant side effect is also an elevated vitality, health and well-being.

From theory to exercises

This book begins with a section on Taoist theory, Qigong, sexual Qigong and what is meant by sexual energy. Then follows a description of important concepts and principles. It is equally important to learn how to perform a certain technique as it is to understand the teachings behind it. Then follows a review of the female anatomy and her erotic flows, since it is regarded as a basis for exploring the female essence, according to the Tao. Taoism also emphasizes the body as the instrument you have at your disposal

in the exploration and development of yourself. The more knowledge and understanding you have about how you work the better. The final chapter of theory is about life cycles, menopause and stress. Finally comes the practices especially created for women.

The spine and directions for movement

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

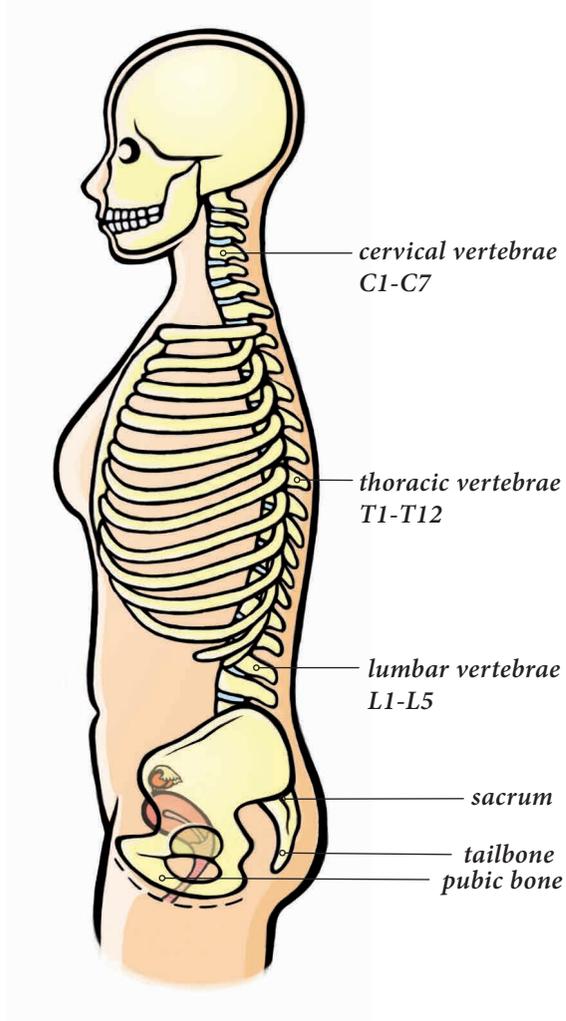
The spine consists of 33 vertebrae, top to bottom:

- ✿ 7 neck vertebrae counted from the top of the skull base. They are called cervical vertebrae and are termed C1-C7.
- ✿ 12 chest vertebrae, each with connected ribs. They are called thoracic vertebrae and are termed T1-T12.
- ✿ 5 vertebrae in the lower back. They are called lumbar vertebrae and are 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 movement 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 Women's Well-Being

"The source to 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 accessing the wisdom of the body and finding ways to achieve emotional balance. On the way there, you will get to know your feminine essence and learn important female genital anatomy and the sexual fluids of the body, including female ejaculation. 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

Female Genital Anatomy

Female Prostate

Orgasm and Ejaculation

Pelvic Floor Awareness

Menopause and Hormones

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