

Sexual Secrets
Every Couple Should Know

THE

How Couples Can

MULTI-

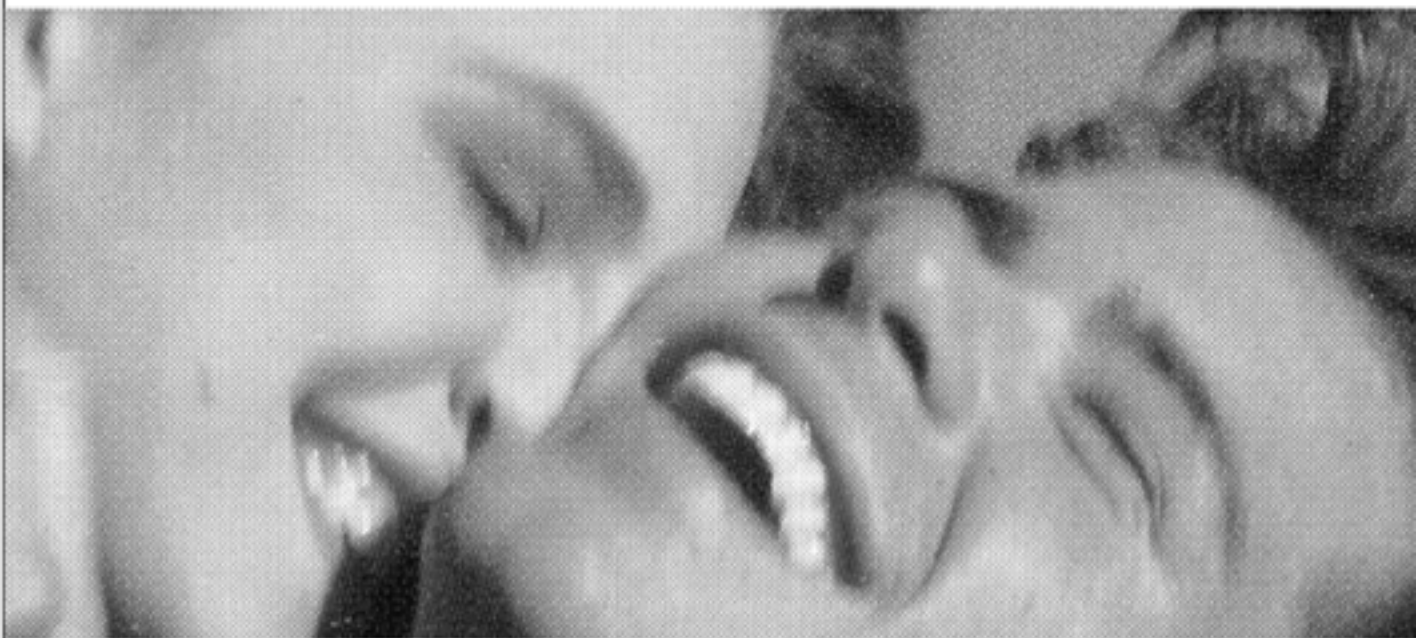
Dramatically Enhance

ORGASMIC

Their Pleasure, Intimacy,

COUPLE

and Health



Mantak Chia and Maneewan Chia

Douglas Abrams and Rachel Carlton Abrams, M.D.

THE

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[Warning: These are powerful practices...](#)

[This position, which the missionaries made famous...](#)

[Many men find that this is the easiest position...](#)

[Preface xi](#)

[Introduction xiii](#)

PART ONE

Solo: Multiplying and Expanding Your Orgasms 1

CHAPTER ONE

Fireworks: Multiple Orgasms for Men 3

Orgasm and Ejaculation 4

Understanding Your Orgasm 7

Multiplying Your Orgasm 8

Learning to Control Ejaculation 14

From Genital Orgasms to Whole-Body Orgasms 21

CHAPTER TWO

The Pool of Desire: Multiple Orgasms for Women 23

Desire Is the Energy of Life 24

Building Desire: Exploring Your Erotic Potential 26

Knowing Your Body 29

Pleasuring Yourself 34

Cultivating Your Orgasmic Potential 38

Your Sex Muscle 41

Becoming Multi-Orgasmic 46

Nine Steps to Multiple Orgasms for Any Woman 48

Missing the Big Bang: Overcoming Anorgasmia 58

CHAPTER THREE

**Better than Chocolate, Better than Coffee:
Expanding Your Orgasms and Your Energy 65**

Your Energy 67

Cultivating Your Energy 68

Sexual Energy 71

Generating, Transforming, and Storing Sexual Energy 72

Orgasmic Upward Draw 77

Understanding the Power of Your Sexual Energy 88

PART TWO

**Duo: Sharing Passion, Healing, and Intimacy
with Your Partner 91**

CHAPTER FOUR

Pleasuring Each Other 93

Fire and Water 94

Men Are from Yang, Women Are from Yin 94

Arousal: Boiling Water and Igniting a Flame 96

Harmonizing Your Desires 96

Learning the Circuits of the Body 98

Body Parts 101

Tongue Kung Fu: Oral Sex on Women 116

Mouth Kung Fu: Oral Sex on Men 116

Shallow and Deep 120

Finding a Rhythm That Works for Both of You 120

Depth, Direction, and Speed 122

Real Screwing 122

Getting Really Hot 124

CHAPTER FIVE

Sexual Healing 127

The Fountain of Youth 128

When Sparks Fly: Sexual Energy Healing 129

Mapping Your Genitals 130

Healing Positions 136

Circulating Sexual Energy 144

Multi-Orgasmic Quickies and Marathons 147

Coming and Going 149

Strengthening Your Sex Organs 150

Safer Sex and Sexual Health 152

The Power to Hurt and to Heal 154

CHAPTER SIX

Making Real Love 155

Cultivating Self-Love 156

Cultivating Love for Each Other 159

Staying in Touch 160

Love Lies Within 161

Power and Compassion 163

CHAPTER SEVEN

Sexing the Spirit 165

Morning Prayer 166

Union: Soul-Mating and Soul Orgasms 167

Universal Love 171

[Transforming Sexual Energy into Spiritual Energy](#) 172

[Compassion and the Virtues of Our Spiritual Life](#) 172

[Cultivating Compassion](#) 173

[Revealing Ourselves](#) 175

CHAPTER EIGHT

Making Love for a Lifetime 177

The Waxing and Waning of Desire 178

Harmonizing Different Desires 179

Being Sexual Without Doing It 180

Lifelong Lovemaking 182

Love Just Gets Better and Better 184

Sexual Health for Older Women 185

Sexual Health for Older Men 187

Sexual Health for Older Couples 191

Maintaining the Charge 192

Avoid Increasing Sexual Stakes 194

The Real Secret of Sexuality 194

Sharing Secrets 195

[Notes](#) 197

Resources 201

[About the Authors](#)

[Credits](#)

[About the Publisher](#)

[Front Cover](#)

[Copyright](#)

WARNING: *These are powerful practices.* The techniques given in this book can profoundly improve your health as well as your sexuality. However, we do not give any diagnoses or suggestions for medication. If you have a medical condition, a medical doctor should be consulted. People who have high blood pressure, heart disease, or a generally weak condition should proceed slowly in the practice. If you have questions about or difficulty with the practice, you should contact a Universal Tao instructor in your area (see Resources: Universal Tao Books and Instructors).

Practice makes pleasure. Because this book is based on a three-thousand-year tradition of actual sexual experience, the authors are well aware of the effort that is involved—pleasurable as it may be—in changing your sex life. Learning sexual secrets is one thing, but using them is quite another. The techniques in this book have been tested and refined by countless lovers over thousands of years in the laboratory of real life. We have tried to present them in as clear and simple a way as possible, but the only way to benefit from them is to really use them.



This position, which the missionaries made famous, is extremely good for harmonizing, since similar body parts are touching

Many men find that this is the easiest position in which to have multiple orgasms. In this position, the man can relax his pelvic muscles and pay close attention to his arousal rate



PREFACE

It may help to know a little about the authors to better understand the book and the many benefits of multi-orgasmic lovemaking. Let us begin by explaining how we came to write this book with Mantak and Maneewan Chia, since we never set out to write a sex book.

We stumbled across Taoist sexuality while Rachel was entering medical school and Doug was studying and working ten-hour days. We were amazed not only at the far more pleasurable and profound lovemaking we experienced but also at the increased energy we had for our work and our lives as a whole.

Taoist sexuality, also called the “Arts of the Bedchamber,” is a three-thousand-year-old tradition that has long known about male multiple orgasms and many other secrets of sexual satisfaction. It was developed to help couples experience more pleasurable and more healing lovemaking. With all the shame and misinformation that most of us grow up with about our sexuality, the Taoist Arts of the Bedchamber were a revelation.

We shared the existing books on Taoist sexuality with our friends, who said the practice sounded wonderful but they didn’t know how or where to begin. Unfortunately, there was no simple step-by-step book that showed ordinary men and women like us how to become multi-orgasmic and how to experience the physically healing, emotionally intimate, and spiritually profound aspects of lovemaking. Finally, after many requests from friends, we agreed to try and write such a book.

After extensive reading and research, it was clear that Mantak and Maneewan Chia were the most authentic and practical teachers of this tradition. Mantak Chia had studied for many years with Taoist masters, learning the sexual wisdom that he distilled into a unique system he called “Healing Love.” Its benefits are greater healing and love as well as greater pleasuring and passion. He has taught thousands of people around the world, has trained hundreds of teachers, and is respected as the world’s leading teacher of Taoist sexuality, as well as powerful Taoist practices such as tai chi, chi kung, and others.

The Taoists masters, we quickly learned, were themselves physicians who studied sexual response with precision and insight. We were interested in

Taoist sexuality, also called the “Arts of the Bedchamber,” is a three-thousand-year-old tradition that has long known about male multiple orgasms and many other secrets of sexual satisfaction.

concrete benefits that people could experience in their own bedroom, as were they. We wanted to join the Taoist understanding and techniques, which have been refined over several thousand years, with the latest in scientific research.

We decided to write a book primarily for men, which was eventually called *The Multi-Orgasmic Man*, because much of the power of Healing Love depends on the man's ability to cultivate his sexuality and ideally to become multi-orgasmic. The book struck a chord and has been read by hundreds of thousands of readers around the world in more than ten languages.

While we were discussing the first book with readers around the country, we were continually asked when we would write a book for couples that would help women as well as men to incorporate Healing Love into their lives. Finally, several years and countless drafts later, we offer *The Multi-Orgasmic Couple*. We hope we have done justice to this rich tradition, presenting modern readers with the sexual wisdom we so desperately need in these days of carnal confusion.

This book has benefited from the expertise, wisdom, and skill of many people, who we would like to thank and acknowledge: the Universal Tao instructors who teach these practices around the world and who contributed to this book, including Michael Winn, Marcia Kerwit, and B. J. Santerre; the Eastern and Western sexologists whose research made this book possible, including Felice Dunas, Beverly Whipple, and Theresa Crenshaw; the extraordinary publishing team at HarperSanFrancisco, including John Loudon, Terri Leonard, Lisa Zuniga, Priscilla Stuckey, Karen Stough, Joseph Rutt, Joan Olson, Steve Kennedy, Kris Ashley, Calla Devlin, Margery Buchanan, Laura Beers, Jim Warner, Kathi Goldmark, Sam Barry, and Steve Hanselman; the readers, friends, and advisors who improved the manuscript, including Megory Anderson and Heather Kuiper; and our agent, Heide Lange, who has all three qualities—expertise, wisdom, and skill—in equal and extraordinary measure.

Finally, we would like to thank the readers, both men and women, of *The Multi-Orgasmic Man*, who have told us how the Arts of the Bedchamber have transformed their sexuality. We hope you and your partner (or future partner) find the joy and satisfaction that we have in this extremely powerful and profound practice of Healing Love.

Douglas Carlton Abrams
 Rachel Carlton Abrams
 Santa Cruz, California
 April 17, 2000

Shocking as it is for most people to hear, both women *and men* can have multiple orgasms. In this book, both you and your partner will learn how to experience multiple whole-body orgasms. However, this is just the beginning of the sexual knowledge that we present. When you and your partner are both multi-orgasmic, you will each experience far greater individual pleasure. You will also be able to harmonize your sexual needs and to reach ever more fulfilling levels of intimacy and ecstasy together.

Multiple Orgasms for All Men

Few people know that men can have multiple orgasms. While this fact has been known for several thousand years in the East and has been confirmed in the West by Alfred Kinsey and other sex researchers since the 1940s,¹ it still remains a surprise to most men and women.

In our earlier book, *The Multi-Orgasmic Man*, we reviewed the most recent scientific evidence and presented ancient techniques for helping men become multi-orgasmic. We tried to give men a manual for a healthier and more satisfying experience of male sexuality. In this new book, we have tried to give couples a guidebook, or what the Taoists called “a pillow book,” to deepen both partners’ ability to experience pleasure, health, and intimacy.

Male multiple orgasms have been confirmed by Alfred Kinsey and other sex researchers since the 1940s.

Multiple Orgasms for All Women

While the fact that women can have multiple orgasms is well known, more than 50 percent of women have never had multiple orgasms or are not regularly multiply orgasmic. In this book, we will show all women how they can become consistently multi-orgasmic, and for those who are already multi-orgasmic we will show them how to expand and intensify their orgasms.

Harmonizing Sexual Desire

Lovemaking in which both partners are multi-orgasmic allows couples to reach many peaks of orgasmic pleasure together. Equally important, it allows

Multi-orgasmic lovemaking allows men and women to harmonize their often different sexual rhythms and desires.

men and women to harmonize their often different sexual rhythms and desires so that they can have a deeply satisfying and profoundly intimate love life.

But sensual pleasure, as exquisite and enjoyable as it can be, is only the beginning.

Physical Health, Emotional Intimacy, and Spiritual Growth

This book draws on thousands of years of sexual knowledge to show couples how sexual energy can be used to cultivate all other aspects of their relationship, including their physical health, emotional intimacy, and even spiritual growth. In the modern world, we have torn ourselves apart: we have separated our genitals from the rest of our body and our body from our spirit. In this book we show couples how to put the pieces together again for a level of health, intimacy, and spiritual union that many may never have known was possible.

The Loss of Sexual Wisdom

We live in a time of great sexual freedom but also great sexual confusion.

In the modern world, we have lost most of our sexual wisdom. We live in a time of great sexual freedom but also great sexual confusion. Sexuality is everywhere used to titillate us, but there remains an enormous amount of shame. Many readers may feel embarrassed about simply picking up a book on sexuality (*multiple orgasms*, no less!) in the bookstore. This is understandable since most of our churches, synagogues, mosques, and temples view sex through a narrow lens of fear and moralism. Most of us are left feeling profoundly anxious if not downright ashamed of our sexual needs and desires.

Even people with “healthy” attitudes toward sex still find it difficult to talk with their partner about what they want sexually. We may have little problem telling our partner where to rub our shoulders, but most of us are much more reticent to tell our partner where to rub our “privates.” A major part of overcoming the shame that restricts our sexuality is learning that it is natural and discovering a more holistic and healthier view of human sexuality.

Discovering Sexual Wisdom

In this book, we present the sexual wisdom of the Taoist (pronounced *DOW-ist*) tradition. Originally, the Taoists were a group of seekers in ancient China (around 500 B.C.E.) who were devoted to understanding health and spirituality. In this book, we will call the Taoist sexual tradition “Healing Love” since lovemaking was seen as a powerful way to heal ourselves and each other. It was also called “Sexual Kung Fu.” *Kung Fu* simply means “practice,” so *Sexual Kung Fu* simply means “sexual practice.” (Rest assured, you will *not* be breaking any bricks with your forehead or karate-chopping each other in bed.)

Sex Is About Health

The Taoists were doctors and were concerned with the body’s overall well-being as much as with its sexual pleasure. For the Taoist then and now, sex is about health, not morality.

The Taoists deeply investigated the healing power of lovemaking. In addition to giving their patients pills, Taoist doctors would often prescribe making love in various positions to help cure different illnesses.

Taoist sexuality—or, as we will call it in this book, Healing Love—began as an important branch of Chinese medicine, and an active sex life was understood to be an essential part of health and longevity. In studies of older adults, modern medicine has recently confirmed that sex is in fact vital for our long-term health.

Among the early Taoists, sex was a serious science to be studied and understood like any other branch of medicine. In this way, the Taoists were like proto-sexologists, early Masters and Johnsons, you might say. Just as we study nutrition to prepare healthy food and study cooking to prepare delicious food, one was expected to study sexuality to make it both healthful and more enjoyable.

For the Taoists, sex is about health, not morality.

Sexual Harmony and Love for a Lifetime

The Taoists saw sexual harmony as essential for marital satisfaction. Indeed, this was one of the prime motivations in the development of the bedroom arts. They knew, like any modern-day couples’ therapist, if there are problems in the bedroom the whole relationship suffers. Sexual harmony, however, is not always easy to achieve. Partners often have very different sexual needs. While

not all women or all men are identical, it was understood that women's sexual arousal and sexual response often differ dramatically from men's.

The Taoists referred to these differences as the result of male and female sexual energy (which they called *yang* and *yin*). We will explain to couples how these energies influence our sexuality and how to use this understanding to satisfy both partners' needs.

It is worth mentioning that while the Taoists were primarily concerned with harmonizing male and female sexuality, the practices are equally valuable for gay and lesbian couples. For the Taoists, all people have masculine (*yang*) and feminine (*yin*) energy, and they knew it is essential for couples—straight, gay, or lesbian—to harmonize the differences that exist between the partners. In addition, the practices for pleasure, healing, emotional intimacy, and spiritual relationship are equally powerful and important for gay and lesbian couples.

A New Sexual Evolution

While many of the Taoist practices for sexual fulfillment and physical health are now over two thousand years old, they remain extremely effective today. Over the past twenty years, since these long-secret Arts of the Bedchamber have started to be introduced to modern couples, there has been a quiet but profound sexual evolution in bedrooms and in relationships around the world. We hope the sexual arts and sexual science that we present in this book will help your relationship as they have helped the thousands of others who have practiced them.

Before you and your partner can explore the heights of Healing Love, it is important for each partner to cultivate his or her own sexual potential. In Part 1, "Solo: Multiplying and Expanding Your Orgasms," we first discuss how both men and women can become multi-orgasmic. Then, in chapter 3, we discuss how couples can expand their sexual energy to experience whole-body orgasms. The ability to circulate energy in your body will be important for the practices introduced in Part 2, "Duo: Sharing Passion, Healing, and Intimacy with Your Partner.

Sexing the Spirit

In this chapter you will discover:

- The Importance of Your Sexuality for Your Spiritual Growth and Spiritual Life
- Energizing Morning Prayer Lovemaking
- Soul-Mating and Soul Orgasms
- How to Make Your Sexual Energy Most Powerful and Nourishing
- How to Transform Sexual Energy into Spiritual Energy
- Cultivating the Highest Form of Life Energy
- The Profound Connection Between Your Relationship and the World

Sexuality and spirituality are inextricably linked for Taoists.

Sexuality and spirituality are inextricably linked for Taoists. For this reason sexuality is seen as an essential part of the spiritual path. In the West, we have torn ourselves in two: a fleshy, sinful body and an immaterial, saintly soul. For the Taoists this separation is artificial. Indeed, Taoist sexuality allows us to experience an embodied, palpable spirituality. The soul itself is said to reside at the navel in the abdomen, and it is believed that high levels of orgasmic energy allow the soul to emerge. You probably didn't hear *that* in Sunday school.

For Taoists, sexual energy is sacred. Whenever we are aroused, whenever we are having sex, we are in communion with the divine, or universal, energy. But most people do not know how to use this energy to cultivate their spiritual life.

Sadly, most of the world's religious systems regard sex as negative or even evil and therefore try to suppress it. Even when they do not suppress it, religious traditions generally consider sex as a distraction or a hindrance along the spiritual path. Most people have been taught that they have to deny their sexuality to grow spiritually. According to the Tao, this is misguided. Sexual energy makes up approximately a quarter of our total life force. People who deny sexual energy lose access to this vital source of energy and vitality for their life *and* their spiritual growth.

Sexual energy makes up approximately a quarter of our total life force. People who deny sexual energy lose access to this vital source of energy and vitality for their life *and* their spiritual growth.

Morning Prayer

The Taoists developed a simple way to cultivate this vital life energy each morning, and they saw it as so essential to their spiritual as well as their physical well-being that they called it "Morning Prayer."

We tend to think of sex as a nighttime activity and relegate our love life to the moments before we go to bed. The Taoists knew this is often not an ideal time for lovemaking because we are often exhausted from the day and our bodies long for sleep as much as for sex. While Healing Love at night before bed can be very energizing and allow us to sleep more soundly and wake more refreshed, the Taoists thought that morning lovemaking is equally if not more important for starting the day off right.

Even brief lovemaking in the morning was considered to be extremely energizing because it allows us to greet the day and its inevitable frustrations with a lighthearted and joyous spirit. Try it, and you will find that it is better than caffeine. But remember, it is essential that the man avoid ejaculating, or he will lose much of his energy.

Exercise 25**MORNING PRAYER**

1. Make love however you find arousing and satisfying.
2. As you approach orgasm or after you have had one or more orgasms, circulate the energy throughout your body with the Orgasmic Upward Draw.
3. Circulate the energy down to your navel with the Inner Smile.
4. Continue lovemaking and circulating the energy until you are sexually satisfied and physically energized.

When you are not able to practice Morning Prayer, you can always begin your day by circulating your own energy through the Inner Smile and the Orgasmic Upward Draw. Eventually you will be able to feel an energizing, even orgasmic, wave of energy anytime and anywhere. Now *that* could really improve your commute. Once you have learned to circulate energy in your own body, you are ready for soul-mating.

Union: Soul-Mating and Soul Orgasms

In Exercise 19: The Orgasmic Upward Draw During Lovemaking, in chapter 5, you learned to circulate energy in your own body during lovemaking. In Soul-Mating you actually exchange energy with your partner. This experience is profoundly intimate and can lead to a feeling of union and oneness that is difficult to describe and profound to experience.

When both partners experience the intense energy exchange of Soul-Mating, they are able to feel orgasmic pleasure for many hours and to feel deeply connected to their partner even when they are apart. This is what the Taoists call a Soul Orgasm.

Because Healing Love teaches couples to circulate energy to each other beyond simple physical touch, they are able to feel this electrical connection even when they are not touching or are not together. When both partners are feeling highly orgasmic, their souls begin to emerge and can join together above their heads. Once joined beyond their physical bodies, they are able to maintain this union long after lovemaking.

Couples are able to feel orgasmic pleasure for many hours and to feel deeply connected to their partners even when they are apart.

Finding the Way

Helpful Hints for Soul-Mating

- **FACE-TO-FACE:** For this exercise, as in the Orgasmic Upward Draw During Lovemaking, it is best to be in a face-to-face position with most of your bodies in contact. If the woman is much lighter she should be on top; otherwise, it doesn't matter which partner is on top. The sitting position is one of the best for exchanging sexual energy.
 - **SEND HEALING LOVE WITH YOUR EYES:** It is very helpful when you are exchanging energy to look into each other's eyes. Through your eyes, you can send each other healing and loving energy. Remember to keep your genitals connected and hearts open at all times.
 - **TOUCHING TONGUES TO CLOSE THE CIRCUIT:** When you touch tongues, you will be closing the circuit between your bodies.
 - **DRAWING YOUR SOULS OUT:** You want to make sure that you have enough sexual energy to circulate and exchange. Wait until both of you are highly aroused but before the man is on the verge of ejaculating. If either or both of you are multi-orgasmic, you can enjoy several orgasms before soul-mating.
-



Soul-mating allows couples to give and receive sexual energy.

Exercise 26**SOUL-MATING****EXCHANGING SEXUAL ENERGY AND HAVING SOUL ORGASMS**

1. **STOP:** When the two of you are highly aroused, draw back slightly so that the tip of the man's penis remains inside the entrance to the woman's vagina. This will allow both partners to cool down.
2. **EXHALE AND THEN CONTRACT:** Each partner should exhale and then contract your PC muscle. Make sure that the woman's contraction does not push the man over the edge. Often it is helpful for the man to contract first and for the woman to follow.
3. **PUMP:** Pump the energy back to the sacrum and up the spine to the crown of the head by contracting your PC muscle and anus.
4. **SMILE:** Rest and smile to the sexual organ, and let the energy continue rising up to your head.
5. **SPIRAL:** Spiral the energy in your head by rolling your eyes from side to side.
6. **THRUST:** Continue to make love, stopping to circulate the energy.
7. **EXCHANGE:** When you are ready to exchange energy, the woman should send her partner cool yin energy from her vagina and absorb hot yang energy from his penis. At the same time, the man should send his partner his hot yang energy from his penis and absorb his partner's cool yin energy from her vagina.
8. **CIRCULATE:** Draw your partner's energy back to your spine and up to the crown of your head (contracting your PC muscle if necessary).
9. **TOUCH TONGUES:** Let the energy descend down the front of your head to your tongue. Touch your tongues together, which will close the circuit and allow the energy to be exchanged through your mouths as well as through your genitals.
10. **LOVE:** Bring the energy down to your heart, and exchange the healing love energy directly through your chests.
11. **STORE:** Smile as you focus on your navel and bring the energy down to your abdomen.
12. **JOIN:** Instead of leaving it in your navel as you did in the Orgasmic Upward Draw, you will keep the energy circulating around your Microcosmic Orbit and exchange it with your partner three, six, or nine times. Finally, imagine this refined, orgasmic, sexual-spiritual energy joining above your head with the energy of your partner. You can picture the image of your partner and you in sexual union above your head. This will allow your soul to unite with your partner's.

Universal Love

The Healing Love practice allows people to circulate their sexual energy and learn to multiply and expand their orgasms and their energy. In the previous chapters, you have learned how pleasurable, how healing, and how emotionally intimate this can be. You have learned how to generate sexual energy and how to transform it into physically and emotionally healing energy.

You may never have thought (or been taught) that so much joy and such profound power lay waiting in your sexual organs. Still, for the Taoists there was more. This sexual energy that you have learned to cultivate can be transformed into spiritual energy that allows you to transform yourself and your relationship—not only with your partner but also with the world.

The passion and compassion that you develop with your partner through Healing Love can profoundly affect your relationship to your partner and to others in your life. According to the Taoists, this love and ecstasy that we feel in our most intimate relationship is simply a taste of the Universal Love and the blissful oneness with the Original Force of the Universe that we can experience as we grow spiritually.

Unlike many spiritual traditions, the Tao does not valorize the spiritual benefits of Healing Love over the sexual, healing, or emotional benefits. Indeed, they are all simultaneous and complementary. We have organized the book with the spiritual practice at the end because in our bodies there is a continuum of energy from the most palpable, which is sexual energy (*ching chi*), to the most subtle, which is spiritual energy (*shen*).

There is also a natural progression from our sexual life to our emotional life to our spiritual life. If we are not able to cultivate our sexual life or our emotional life before we embark on a spiritual path, we will find that our spiritual progress is often undermined by our suppressed sexual desires and emotional needs. This is the unfortunate reason that so many spiritual leaders are found to have secret sexual lives that they have forbidden for their followers. They have not yet learned to integrate their sexual and emotional lives. The Tao sees that all of us are human, even our leaders, and that we cannot escape from the fact that we are embodied creatures with physical as well as spiritual needs.

If we are not able to cultivate our sexual life or our emotional life before we embark on a spiritual path, we will find that our spiritual progress is often undermined by our suppressed sexual desires and emotional needs.

Transforming Sexual Energy into Spiritual Energy

Sexual energy can be turned into spiritual energy by circulating the energy through your body along the Microcosmic Orbit that you learned about in chapter 3 and that you used to cultivate your sexual energy in prior chapters. Taoists said that circulating sexual energy through the body nine times (their sacred number) transforms it into spiritual energy. In addition, this refines the energy and makes it easier for your body to store and assimilate.

Equally important to creating spiritual energy is love. Remember, for Taoists, love is much more than an ephemeral feeling or mental construct. It is a bodily energy that is centered at the heart. When sexual energy (from your genitals) and loving and compassionate energy (from your heart) are combined, the energy becomes stable and nourishing. This energy will allow you, your relationship to your partner, and your relationship to the world to deepen and grow spiritually.

When sexual energy and loving energy are combined, the energy becomes stable and nourishing.

Compassion and the Virtues of Our Spiritual Life

The quality of our energy (chi) is just as important as the quantity. While the practices in this book will allow you to expand the energy in your life manifold, it is essential that this energy be positive rather than negative. The way to expand our positive energy is through cultivating our emotional and spiritual qualities, or what the Taoists called the Virtues. We discussed this briefly in the last chapter, on cultivating the positive emotions in our romantic relationship. In this section, we will expand on this discussion and explain the importance of cultivating these positive qualities in our life and relationships overall.

The Taoists believed that we are all born with the virtues of love, gentleness, kindness, respect, honesty, fairness, justice, and righteousness. These are actually the positive qualities of our emotions, and, characteristically for the embodied perspective of the Taoists, these qualities are all connected with the bodily organs. When we are expressing these virtues our life force energy (chi) flows smoothly and efficiently. If we neglect to cultivate these virtues, however, we run the risk of channeling our additional sexual energy directly into our negative emotions, exacerbating any negative or neurotic tendency we may have. (Keep in mind that we usually exude the emotional energies that are most prevalent within us.)

While we are born virtuous, emotions such as fear, anger, cruelty, impatience, worry, sadness, and grief are inevitable as we grow up. These emo-

tions, if left to fester, can damage our health and weaken our immune system. Modern medicine now acknowledges that the presence of negative emotions like anger and fear can wear down the body's immune system before any clinical evidence of disease appears. These emotions can also pollute our individual relationships and our overall relationship with the world.

Some spiritual traditions urge us to get rid of these negative emotions and negative energy. Just as the Taoist practice does not suppress sexuality and sexual energy, it does not try to suppress these negative emotions and this negative energy. Negative emotions are a natural and inevitable part of being human, like day and night, hot and cold, or black and white. We can no more escape this emotional garbage than we can escape creating actual garbage. For Taoists, it is all energy. Their solution was to recycle these negative emotions and this negative energy into positive emotions and positive or virtuous energy. There is valuable energy in our negative emotions, just as there is great energy in our recycled garbage. For Taoists, nothing is wasted.

In the last chapter, you learned how to recycle and cultivate your negative emotions and negative energy into positive emotions and positive energy. By transforming hate into love, sadness and depression into courage, worry into openness, fear into gentleness, and anger into kindness, we literally detoxify our body, our emotions, and our spirit.

By transforming hate into love, sadness and depression into courage, worry into openness, fear into gentleness, and anger into kindness, we literally detoxify our body, our emotions, and our spirit.

Cultivating Compassion

For the Taoists, compassion is the highest expression of human emotion and virtuous energy. Compassion is not a single virtue but the culmination of all virtues, expressed at any given moment as a blend of fairness, kindness, gentleness, honesty, respect, courage, and love. When a person is compassionate he or she has the power to express any or all of these virtues at the appropriate moment.

It should be pointed out that compassion is often misunderstood to be based on sympathy. According to the Tao, sympathy is a weakness individuals show when they are easily affected by the emotions of others. Compassion is more closely related to empathy, which is a superior state that can acknowledge the emotional outpourings of others without being thrown off balance by them. The difference between empathy and compassion, however, is that compassion is not seen as an emotion or a feeling but as a higher state of consciousness that naturally radiates the best human qualities. In short, the Taoists regarded compassion as the finest form of life energy.

With compassion, one can love unconditionally and thereby accept the world on its own terms without suffering.

Before we can truly open our heart and the rest of ourselves to our partner and to others in our life, we must make sure that we transform the negative emotions that we carry and cultivate compassion for ourselves, our partner, and others in our life. As you cultivate self-love and love for your partner, you can also take this love into the rest of your life. With compassion, one can love unconditionally and thereby accept the world on its own terms without suffering.

As you do “The Compassion Cycle” exercise below, remember to relax and breathe. Relaxing and breathing deeply will allow your body to open and make it easier for you to circulate and join the energies in your body. (For the location of your organs, see illustration on p. 162.)

Exercise 27

THE COMPASSION CYCLE

1. **YOUR HEART:** Start by focusing on your heart. Smile to your heart, and let it feel soft and loving. With your mind, spiral this energy of love in your heart.
2. **YOUR KIDNEYS:** Now move your awareness to your kidneys (on your back opposite your navel on both sides of the spine). Smile to them, and let a feeling of gentleness rise up to your heart. Spiral this energy in your heart so that it blends with the energy of love already there.
3. **YOUR LIVER:** Now move your awareness to your liver (on your right-hand side under your rib cage). Smile to it, and let the feeling of kindness rise up to your heart. Spiral this energy in your heart so that it blends with the rest of the energy there.
4. **YOUR HEART AGAIN:** Now become aware of your heart again. Smile to it, and this time feel love, joy, and happiness. Spiral this energy in your heart so that it blends with the rest of the energy there.
5. **YOUR SPLEEN:** Now move your awareness to your spleen (on your left-hand side under your rib cage). Smile to it and let the feeling of openness and fairness rise up to your heart. Spiral this energy in your heart so that it blends with the rest of the energy.
6. **YOUR LUNGS:** Finally, move your awareness to your lungs. Smile to them, and let the feelings of courage and righteousness flow to your heart. Spiral this energy in your heart so that it blends with the rest of the energy and together becomes compassion energy.

Revealing Ourselves

For the Taoists, the microcosm (our body, our relationship) is inextricably linked to the macrocosm (the planet, the rest of humanity). As we heal and transform ourselves and our most intimate relationship, we heal and transform all our relationships and the world as a whole.

In *The Multi-Orgasmic Man*, we explained that the more pleasure we give, the more pleasure we receive. The more we heal, the more we are healed. In *The Multi-Orgasmic Couple*, we have tried to show that the more we open ourselves up physically, emotionally, and spiritually to our partner, the more pleasurable and profound our lovemaking and our relationship will be. The more we reveal ourselves, the more joy and love we can share with each other and with the world.

Multiple orgasms are part of an unfolding process of “becoming one” with each other and with the world. According to the Tao and even according to modern physics, the world is continually pulsating. When we orgasm, we harmonize not only with our partner but also with the world and its pulsations. It is for this reason that sexuality is seen as so vital to our physical, emotional, *and* spiritual health. The more we open ourselves and become one with our partner, the more we open ourselves and become one with the world. In the next chapter, we will discuss how to maintain this pleasure and love, this joy and harmony, for a lifetime in our most intimate relationship.

The more we open ourselves up physically, emotionally, and spiritually to our partner, the more pleasurable and profound our lovemaking and our relationship will be. The more we reveal ourselves, the more joy and love we can share with each other and with the world.

INTRODUCTION

1. Alfred Kinsey was the first to report that men could experience multiple orgasms. For more on Kinsey's pioneering research see chapter 1 below or see his classic work: Alfred C. Kinsey, Wardell B. Pomeroy, and Clyde E. Martin, *Sexual Behavior in the Human Male* (Philadelphia: W. B. Saunders, 1948), pp. 158–59. William Hartman and Marilyn Fithian were the first to document male multiple orgasms in the laboratory. See Hartman and Fithian's *Any Man Can: The Multiple Orgasmic Technique for Every Loving Man* (New York: St. Martin's Press, 1984) or our *The Multi-Orgasmic Man* (San Francisco: HarperSanFrancisco, 1996) for more detail on male multiple orgasms.

CHAPTER ONE

1. According to the thirteenth edition of *Smith's General Urology*, orgasm includes “involuntary rhythmic contractions of the anal sphincter, hyperventilation [increased breathing rate], tachycardia [increased heart rate], and elevation of blood pressure.” See *Smith's General Urology*, 13th ed., ed. Emil A. Tanagho and Jack W. McAninch (Norwalk, CT: Appleton and Lange, 1992), p. 710.

2. Alfred C. Kinsey, Wardell B. Pomeroy, and Clyde E. Martin, *Sexual Behavior in the Human Male* (Philadelphia: W. B. Saunders, 1948), pp. 158–59.

3. Kinsey et al., *Human Male*, pp. 158–59.

4. Herant A. Katchadourian, *Fundamentals of Human Sexuality*, 4th ed. (New York: Holt, Rinehart and Winston, 1985), p. 292.

5. William Hartman and Marilyn Fithian, *Any Man Can: The Multiple Orgasmic Technique for Every Loving Man* (New York: St. Martin's Press, 1984), p. 157; Marion Dunn and Jan Trost, “Male Multiple Orgasms: A Descriptive Study,” *Archives of Sexual Behavior* 18, no. 5 (1989): 382.

6. Female ejaculation has been demonstrated in the laboratory over the past twenty years, since the publication of the landmark book that popularized its existence: *The G Spot and Other Recent Discoveries About Human Sexuality*, by Alice Kahn Ladas, Beverly Whipple, and John D. Perry (New York: Dell, 1983). The Taoists have long described a woman having three waters (the first water is lubrication, the second water is orgasm, and the third water is ejaculation). Generally ejaculation is experienced as a copious amount of fluid, although some women do actually experience a spray of liquid.

CHAPTER TWO

1. P. Blumstein and P. Schwartz (1983), quoted in Julia R. Heiman, Ph.D., and Joseph LoPiccolo, Ph.D., *Becoming Orgasmic: A Sexual and Personal Growth Program for Women* (New York: Simon & Schuster, 1992), pp. 223–25.

2. The G spot is named after Dr. Ernst Gräfenberg, the first modern physician to describe it.

3. Some sex researchers compare the G spot to the male prostate gland, since they derive from the same embryonic tissue and both are made up of glands and ducts, swell when they are stimulated, and produce secretions. While female ejaculation is rare, the release of fluid from the urethra with orgasm is a natural part of some women's sexual response.

4. Beverly Whipple, William E. Hartman, and Marilyn A. Fithian, "Orgasm," in *Human Sexuality: An Encyclopedia*, ed. Vern L. Bullough and Bonnie Bullough (New York: Garland Publishing, 1994), p. 432.
5. William Masters and Virginia Johnson, *Human Sexual Response* (Boston: Little, Brown, 1966).
6. Beverly Whipple, Gina Ogden, and Barry R. Komisaruk, "Physiological correlates of imagery induced orgasms in women," *Archives of Sexual Behavior*, 21, no. 2 (1992): 121–133.
7. Having a glass of wine, a beer, or one drink a day has some health benefits and is unlikely to be harmful unless there is some history of alcohol abuse in yourself or your family. However, alcohol can impair sexual response, and we would not suggest using it routinely to get you in the mood.
8. Beverly Whipple, quoted in Anne Vachone, "Multiple Orgasms: Why One Orgasm is Never Enough: Cosmo's Guide to Making Orgasms Happen and Happen and Happen," *Cosmopolitan*, July 1998, p. 156.
9. Arnold Kegel was the physician who first recommended these exercises, in 1948, to strengthen the vaginal muscles and as a treatment for incontinence.
10. Carol Anderson Darling, Jay Kenneth Davidson Sr., and Donna A. Jennings, "The Female Sexual Response Revisited: Understanding the Multi-Orgasmic Experience in Women," *Archives of Sexual Behavior* 20, no. 6 (1991): 529.
11. Julia Heiman and Joseph LoPiccolo, *Becoming Orgasmic: A Sexual and Personal Growth Program for Women*, rev. ed. (New York: Prentice-Hall, 1988), p. 27.
12. Darling et al., "Female Sexual Response Revisited," p. 529.
13. Quoted in Susan Bakos, "Just When You Thought You Knew All There Was to Know About Orgasm," *Cosmopolitan*, August 1996, p. 148.
14. Alan P. Brauer and Donna J. Brauer, *The ESO Ecstasy Program: Better, Safer Sexual Intimacy and Extended Orgasmic Response* (New York: Warner Books, 1990), pp. 103–9.
15. Brauer and Brauer, *ESO Ecstasy Program*, p. 70.
16. Joy Davidson, "You Always Have Orgasms . . . Then Suddenly You Don't," *Cosmopolitan*, December 1996, 90.
17. Some IUDs release progesterone into the uterus and may have some small effect on sex drive. IUDs are available without hormonal components.
18. The IUD, though it does not increase the risk of sexually transmitted diseases, can cause a much more severe infection if you do contract one. An infection of the uterus and fallopian tubes (pelvic inflammatory disease) can cause scarring, which may compromise future fertility.
19. Linda DeVillers, as quoted in "Sexual Satisfaction Guaranteed," *Redbook*, November 1996, p. 74.

CHAPTER THREE

1. Felice Dunas, *Passion Play* (New York: Riverhead Books), p. 53.

CHAPTER FOUR

1. See Theresa Crenshaw's excellent book, *The Alchemy of Love and Lust: How Our Sex Hormones Influence Our Relationships* (New York: Simon & Schuster, 1997).
2. Crenshaw, *Alchemy of Love and Lust*, p. 96.
3. Crenshaw, *Alchemy of Love and Lust*, p. 122.

4. Robert T. Michael, John H. Gagnon, Edward O. Laumann, and Gina Kolata, *Sex in America* (Boston: Little, Brown, 1994), pp. 158–65.

5. P. Blumstein and P. Schwartz, quoted in *Becoming Orgasmic: A Sexual and Personal Growth Program for Women*, by Julia R. Heiman, Ph.D., and Joseph LoPiccolo, Ph.D. (New York: Simon & Schuster, 1992), pp. 223–25.

CHAPTER FIVE

1. Susan Crain Bakos, “Just When You Thought You Knew All There Was to Know About Orgasm,” *Cosmopolitan*, August 1996, p. 148.

2. While it was not clear from the study whether the men were ejaculating each time, we assume they probably were. This study suggests that ejaculatory sex is still better than no sex. From a Taoist perspective, the sex would have been even healthier and more healing had they minimized ejaculation. *British Medical Journal*, December 20, 1997, vol. 315, no. 7123, p. 1641; “Sex and Death: Are They Related? Findings from the Caerphilly Cohort Study.” George Davey Smith; Stephen Frankel; John Yarnell.

3. Theresa L. Crenshaw, M.D., *The Alchemy of Love and Lust: How Our Sex Hormones Influence Our Relationships* (New York: Simon & Schuster, 1997), pp. 4–5.

4. Daniel P. Reid, *The Tao of Health, Sex, and Longevity: A Modern Practical Guide to the Ancient Way* (New York: Simon & Schuster, 1989), p. 290.

CHAPTER SIX

1. Theresa L. Crenshaw, M.D., *The Alchemy of Love and Lust: How Our Sex Hormones Influence Our Relationships* (New York: Simon & Schuster, 1997), p. 95.

CHAPTER EIGHT

1. *Consumer Reports* survey, reported in Herant A. Katchadourian, *Fundamentals of Human Sexuality*, 4th ed. (New York: Holt, Rinehart and Winston, 1985), p. 385.

2. For a full description of our different sexual stages and the latest hormonal research, we strongly recommend the excellent work of Theresa Crenshaw, particularly “Sexual Stages,” in *Alchemy of Love and Lust*, pp. 18–52.

3. Reported in the *Los Angeles Times*, June 4, 1995.

4. As we have said previously, testosterone is primarily responsible for active female libido, but supplemental estrogen plays an important role in augmenting sexual interest and improving orgasmic ability.

5. Increased desire in 90 percent of women, sensitivity in 50 percent of women, orgasm frequency in 30 percent of women, and orgasm intensity in 40 percent of women. See Maida Taylor, M.D., M.P.H., “Sex, Drugs, and Growing Old: Sexual Dysfunction in Perimenopause, Menopause, and Post-Menopause: Physiology, Psychology, and Pharmacology” (paper presented at Current Issues in Women’s Health Conference, Sacramento, CA, 1999).

6. Recent studies call into question the benefits of hormone replacement therapy for reducing heart disease, particularly in the first two years of therapy. Because the field of hormone replacement therapy is rapidly evolving, we suggest that you consult your physician for the most current information.

7. Unfortunately, oral testosterone decreases your good cholesterol (HDL) and increases your bad cholesterol (LDL). In addition, there are no long-term studies that show that it improves sex drive after more than three months. There is also some question about its effect on breast cancer. Topical forms of testosterone, which do not affect cholesterol

levels, will soon become available. If you are interested in testosterone replacement therapy, please discuss the current available options with your physician.

8. Phytoestrogens and natural progesterones do not increase bone density and are not as effective as hormone replacement therapy in relieving menopausal symptoms.

9. Marion Dunn and Jan Trost, "Male Multiple Orgasms: A Descriptive Study," *Archives of Sexual Behavior* 18, no. 5 (1989): 385.

10. Masters and Johnson, *Human Sexual Inadequacy*, quoted in Jolan Chang, *The Tao of Love and Sex: The Ancient Chinese Way of Ecstasy* (New York: Dutton, 1977), p. 21.

11. Crenshaw, *Alchemy of Love and Lust*, p. 282.

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Cover design: Laura Beers

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Print edition first published in 2000 by HarperCollins Publishers, Inc.