



## The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters

By Hsi Lai

Download now

Read Online →

### The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai

- Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy.
- The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women.
- Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago.
- Provides Western medical correlations to substantiate White Tigress practices.

White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved.

The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of *ching* (sexual energy), *chi* (vital energy), and *shen* (consciousness)--the Three Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

↓ [Download The Sexual Teachings of the White Tigress: Secrets ...pdf](#)

 [Read Online The Sexual Teachings of the White Tigress: Secre ...pdf](#)

# The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters

By Hsi Lai

## The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai

- Reveals how the sexual practices of the White Tigress can preserve and restore a woman's physical youthfulness and mental energy.
- The first modern guide to White Tigress techniques, the only sexual teachings exclusively for women.
- Reveals for the first time in English the hidden teachings of immortal Hsi Wang Mu, a White Tigress from 3,000 years ago.
- Provides Western medical correlations to substantiate White Tigress practices.

White Tigress women undertake disciplined sexual and spiritual practices to maintain their beauty and youthfulness, realize their full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved.

The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of *ching* (sexual energy), *chi* (vital energy), and *shen* (consciousness)--the Three Treasures of Taoism--the secret to unlocking eternal youthfulness and immortality.

## The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai Bibliography

- Sales Rank: #167275 in Books
- Brand: Brand: CSA Press
- Published on: 2001-09-15
- Released on: 2001-08-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .80" w x 5.88" l, .68 pounds
- Binding: Paperback
- 320 pages

 [Download The Sexual Teachings of the White Tigress: Secrets ...pdf](#)

 [Read Online The Sexual Teachings of the White Tigress: Secre ...pdf](#)

## Download and Read Free Online The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai

---

### Editorial Review

From Library Journal

Taoist researcher and lecturer Hsi Lai (which means "Westerner" and is quite possibly a pseudonym) claims to summarize the contents of a 1748 manual for "White Tigresses," an ancient, secret Taoist-Tantra tradition of women who undertake disciplined sexual and spiritual practices to retain youth and beauty, realize feminine potential, and become "immortal" able to retain consciousness after death. In this tradition, a woman rejuvenates herself physically and spiritually by absorbing energies and essences from sexual stimulation and from fellatio of many men. The exercises, practices, and quotations from the manual are fascinating, if likely to appeal to relatively few. Hsi Lai reports that the manual also includes the full texts of several lost Taoist sex manuals (documented in other Chinese sexology works). Fortunately, he plans to publish further books based on the 1748 manual. Unfortunately, his attempted justifications of White Tigress practices in terms of modern biology and medicine are questionable and not backed up by references. This volume supplements the many male- and couple-oriented Taoist and Tantra sexuality works already on the market and is recommended for academic collections in Asian studies, sexology, anthropology, and the occult. Martha Cornog, Philadelphia  
Copyright 2001 Reed Business Information, Inc.

### Review

"With this wonderful record of White Tigress teachings compiled by Hsi Lai, we are assured that our philosophy and knowledge will not pass into oblivion . . . the teachings will now find a new fertile ground in which to grow." (*Madame Lin*)

"Fascinating and mind-expanding, *Sexual Teachings* offers readers a unique perspective on sexuality, spirituality, health, and the meaning of life." (*Spirit of Change, March/April 2002*)

". . . one of the first books detailing how to become a 'White Tigress' and have incredible sex, while becoming more spiritual." (*Diane Wilde, SHE magazine, 06/03*)

From the Back Cover

SEXUALITY / TAOISM

With this wonderful record of White Tigress teachings compiled by Hsi Lai, we are assured that our philosophy and knowledge will not pass into oblivion . . . the teachings will now find a new fertile ground in which to grow.

--Madame Lin

When the Tigress crouches before the Dragon, the Dragon is lured into the Tigress's mouth. The Tigress's red lotus seizes the Dragon's precious pearl and the Tigress leaps away with its prey.

--The White Tigress Manual

A White Tigress is a woman who undertakes disciplined sexual and spiritual practices to maintain her beauty and youthfulness, realize her full feminine potential, and achieve immortality. Revealed here for the first time in English are the secrets of the White Tigress initiates that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them so they will be forever

preserved.

The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoist adepts. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain techniques for absorbing male sexual energy, intensifying orgasms, restoring beauty, re-creating youthful sexual energy, and enlivening the sexual organs. The teachings of the White Tigress lead to the Taoist sexual and spiritual refinement of *ching* (sexual energy), *qi* (vital energy), and *shen* (consciousness)--the Three Treasures of Taoism--the secrets to unlocking eternal youthfulness and immortality.

HSI LAI has been a practicing Taoist for over twenty-five years, studying Chinese language, healing arts, and philosophy with many notable teachers. He lectures throughout the world on Taoism and the practices of Taoist sex. He began his research into White Tigress techniques in 1986 under the guidance of one of the few living White Tigress teachers in Taipei, Taiwan.

## **Users Review**

### **From reader reviews:**

#### **Marjorie Ingram:**

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each book has different aim or even goal; it means that guide has different type. Some people experience enjoy to spend their time to read a book. These are reading whatever they have because their hobby is definitely reading a book. What about the person who don't like reading a book? Sometime, man or woman feel need book whenever they found difficult problem or even exercise. Well, probably you will need this *The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters*.

#### **Kelly Cohn:**

Book is written, printed, or highlighted for everything. You can realize everything you want by a guide. Book has a different type. As we know that book is important thing to bring us around the world. Next to that you can your reading expertise was fluently. A e-book *The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters* will make you to end up being smarter. You can feel considerably more confidence if you can know about anything. But some of you think in which open or reading a new book make you bored. It is not necessarily make you fun. Why they could be thought like that? Have you trying to find best book or appropriate book with you?

#### **Cherry Simard:**

As people who live in the particular modest era should be up-date about what going on or information even knowledge to make all of them keep up with the era and that is always change and move forward. Some of you maybe will certainly update themselves by reading books. It is a good choice in your case but the problems coming to you is you don't know what kind you should start with. This *The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters* is our recommendation so you keep up with the

world. Why, since this book serves what you want and wish in this era.

**James Fitzpatrick:**

This book untitled The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters to be one of several books that best seller in this year, here is because when you read this e-book you can get a lot of benefit onto it. You will easily to buy that book in the book retail outlet or you can order it by means of online. The publisher on this book sells the e-book too. It makes you quicker to read this book, since you can read this book in your Touch screen phone. So there is no reason for your requirements to past this reserve from your list.

**Download and Read Online The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai**  
**#57ONZTJYD6A**

## **Read The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai for online ebook**

The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai books to read online.

### **Online The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai ebook PDF download**

**The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai Doc**

**The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai Mobipocket**

**The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai EPub**

**57ONZTJYD6A: The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters By Hsi Lai**