



Beyond Tantra: Healing Through Taoist Sacred Sex

By Mieke Wik, Stephan Wik

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Provides Westerners with a step-by-step, tastefully illustrated, practical introduction to the ancient Chinese art of sexual dual cultivation.

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Beyond Tantra: Healing Through Taoist Sacred Sex By Mieke Wik, Stephan Wik Bibliography

- Sales Rank: #2605037 in Books
- Published on: 2005-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .54" w x 6.00" l, .56 pounds
- Binding: Paperback
- 144 pages

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Editorial Review

Review

Review in the Library Journal Amid the bewildering bounty of Tantra- and Taoist-based sex books, 'Beyond Tantra' stands out as an engagingly simple, friendly, and motivating resource for Westerners. The Wiks are a European couple who turned to Eastern spirituality to reawaken their love life and direct energy toward healing physical problems. First they explain the differences between Tantra and Taoist schools and sources, the disciplines' relationship to Western medicine, and how their own research and practice of Taoist-based "Dual Cultivation" - a couple's conscious use of sexual energy for health and spiritual development - affected their lives. The remainder of the book walks readers through a series of exercises that includes an explanation of the approach, historical references and background, personal stories from the Wiks, and a hands-on presentation of technique: goals, time needed, components/supplies, and description. Sidebars offer sample dialogs and sporadic drawings of an older couple illustrate difficult-to-describe concepts. A concluding chapter reviews related Taoist disciplines. What's not to like? An excellent "Taoist Sex 101" for wary beginners; recommended for all public libraries. - Martha Cornog, Philadelphia

About the Author

Stephan Wik is a Swedish/American musician, acupuncture student and IT professional. He has worked extensively in the field of ecological and sustainable living for the last thirty years. He and his Flemish wife Mieke, a reflexologist and Reiki master, have been married for 27 years and have four grown children. Using Taoist and Tantric Sexual healing and transformation techniques they worked together many years ago to heal Mieke from a serious illness. This encouraged them to research and practically test many of the techniques that, in the West, are now grouped under the heading 'Sacred Sexuality'.

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