

tao of health longevity pdf

Taoist sexual practices (simplified Chinese: 房事; traditional Chinese: 房事; pinyin: fángshì), literally "the bedroom arts", are the ways Taoists may practice sexual activity. These practices are also known as "Joining Energy" or "The Joining of the Essences". Practitioners believe that by performing these sexual arts, one can stay in good health, and attain longevity or ...

Taoist sexual practices - Wikipedia

De (德; "power; virtue; integrity") is the term generally used to refer to proper adherence to the Tao; De is the active living or cultivation of the way. Particular things (things with names) that manifest from the Tao have their own inner nature that they follow, in accordance with the Tao, and the following of this inner nature is De.

Tao - Wikipedia

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