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The Sexual Teachings of the Jade Dragon: Taoist Methods for Male Sexual Revitalization

By Hsi Lai



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The Sexual Teachings of the Jade Dragon: Taoist Methods for Male Sexual Revitalization By Hsi Lai

Reveals how the sexual practices of the Taoist Jade Dragon can help men achieve "immortality" through the enhancement of their sexual prowess.

- A companion guide to *The Sexual Teachings of the White Tigress* that focuses on the male side of White Tigress sexual practices.
- Reveals the nine Jade Dragon exercises and other Taoist techniques for achieving the elixir of immortality.
- Offers physical and spiritual solutions for the sexual issues facing men.

Hsi Lai continues the work he began in *The Sexual Teachings of the White Tigress* by exploring more fully the male role in Taoist sexual transformation. As with those of the White Tigress, the techniques of the Jade Dragon are part of a disciplined sexual and spiritual practice. The goal for the Jade Dragon is health, longevity, and immortality through external and internal regimens for the enhancement and accumulation of the Three Treasures of Taoism--*ching* (sexual and physical energy), *qi* (breath and vital energy) and shen (spiritual and mental energy).

The author presents the nine Jade Dragon exercises that strengthen erections, enlarge the penis, increase semen quantity and quality, prevent premature ejaculations, and enhance sexual energy. He also details herbal remedies for revitalization that address both physical and spiritual sexual components, as well as ancient Taoist breathing and meditative practices and sexual stimulation techniques that amplify sexual intensity in order to create the elixir of immortality. Concluding with the importance of the interactions between and interdependence of White Tigresses and Jade Dragons, Hsi Lai shows the reader how these ancient Taoist secrets can be incorporated into a contemporary lifestyle.



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