

## **Traditional Oriental Medicine**

A comprehensive system of modalities which includes Herbal Medicine, Acupuncture, Massage, Meditation and Exercise.

Chinese philosophers and healers have studied and practiced human sexuality to enhance relationships, vitality, and restore health of the body, mind and spirit. It is very important to note that this philosophy confirms not only an anatomical or physiological difference between man and woman, but also an energetic one.

The feminine energy or 'Yin' is always receiving or "being and opening" the energy of the spirit. The male energy, or 'Yang', is the proactive of the two and is giving and doing. With this responsibility, the man is required to perfect his power of retention. The sexual energy of man is like a fire. Quick to get hot, quick to boil, ultimately to explode. The female sexual energy, like water, heats up and boils slowly but staying warm longer.

The Chinese texts 'Classics of the Plain Girl' and 'Counsels of a Simple Girl' are conversations between the legendary Yellow Emperor and his female advisor, Su Nu. She shares with the Emperor the secret methods of lovemaking called the 'Sex Recipes of the Plain Girl' and therapeutic lovemaking, called the 'Discourse of the Plain Girl'. In these books, the Plain Girl declares that "Woman is superior to man in the way that water is superior to fire. People who are experts in the art of love are like excellent cooks who know how to blend the

different flavors with a tasty meal. Those who know the art of Yin and Yang can blend the pleasures of the senses, but those who do not know it will have an unexpected death, without ever having enjoyed the art of lovemaking”.

The human body has the innate ability to heal itself. It is just a matter of triggering the right mechanisms. Specific points of the body, different breathing techniques and unique postures, channel energy to create balance. Therapeutic lovemaking allows energy to flow freely within the body. Using specific positions in lovemaking helps the energy to be concentrated in specific organs, and at orgasm, the energy is released in this healing way. By using these unique positions, sexual performance will be enhanced and more satisfying to both partners. Sexual problems as well as other health-related issues can also be resolved.

### **Sexual Positions; Therapeutic Lovemaking**

When referring to the ancient texts you will find that many sexual positions are named after animals. Taoist masters believed that by imitating the movements of the animals, humans would be more in tune with nature and bring balance to heaven and earth. Here are just a few of the many positions as described in classical texts.

#### **1. Mandarin Duck<sup>1</sup>**

This position is beneficial for man who has problems sustaining erection and has difficulties with sexual performance. This also improves the concentration of the man's semen. For the

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<sup>1</sup> All 'sexual position' illustrations are originals and by Kady Hoffman/2004

woman this position benefits her sexual organs; uterus and ovaries. The position can relieve the symptoms of Premenstrual Syndrome. From the Chinese Medicine point of view it benefits the woman's Yin and strengthens the Jing (essence) of the man.

