TANTRIC TAOIST
Tips and Formulas
By Kris Deva North

Ten Tips on Taoist Tantra

Eight Formulas for Women

Five Formulas for Men

The Tao of Tantra

Recommended further reading

TEN TIPS ON TAOIST TANTRA

Knowing the psycho-sensual secrets of touch helps you become a better lover, however good you are already. Ancient Taoists believed that to understand the business of Life you need to examine the business of where Life starts and where Life ends... the business of the bedchamber. Combining the study of sex with medicine they discovered certain pressure points stimulate and sustain sexual desire. Taoist Tantra can help you can become a more effective Lover. You can please your partner and please yourself. The act itself is natural. You know what to do. It is the moments leading up to the act which make it more or less pleasurable. Using the secrets of these points makes for longer and more pleasurable sexual encounters. Peak moments can be prolonged beyond bliss, into ecstasy.

Like cooking a Chinese meal, preparation is the key.
Tip 1 Prepare your space

Set things out to please all the senses, dress in loose light clothing, soft
fabrics of red, pink and purple: sarongs don’t get in the way, they let you reach all the
love-points, and come off easily. Candlelight and soft music yes, phones no: off or
silent, rings on mute. Fragrances of roses, musk and ylang ylang. _Aphrodisiac tibits
to tantalise taste buds: Chocolate, Strawberries and Bananas or Cucumbers dipped
in Clove Honey, Mangos, Peaches, Plums and Cherries. Try using each other as a
plate. If you like salads: celery, mushrooms, red peppers, spinach, tomatoes and
watercress. And to drink? Try Mead, a mildly alcoholic bevvy made from honey. In
Anglo-Saxon England newly-weds retired for a moon-month to a flowery bower to
live on nothing but Love and Mead: thus the word “honeymoon” - honag monath.

Make your bower beautiful, enticing, a place for pleasure. Feng shui your love
life: Make space around your love-nest, the mat on which you will create your palms
of pleasure. If using a bed let it be firm: flaccidity is no help inside or out. Have a
picture of your beloved in the southwest corner and a green plant in the East.

Tip 2 Prepare your Partner

Dedicate your practice to Great Spirit of the Tao and Mother Earth, who gave
us pleasure as a key to open the gate to Bliss, on the path to Ecstasy. Start with a
look, a gaze in each other’s eyes. Mind follows Eye and Hand follows Mind.

Your body is a landscape of hills and valleys, woodland glades, caves of
delight, pastures of pleasure, stirred by breezes of bliss, fed by rivers of desire,
watered by clouds and rain of ecstasy. Nature has gifted us with eyes to see these
wonders, ears to hear the sounds of love, noses to scent the fragrance of passion,
tongues to taste the fruits of desire, lips to kiss, and hands to touch.

Prepare your Lover by first lightly tapping or patting up and down the body.
Tapping wakes up the nerves. How do you like to be woken up? Tap very gently on
softer areas such as the belly and face, and not at all on breasts and genitals. Ask
your Lover how it feels: would they like a drum solo in some places - such as the
sacrum and shoulder blades, or would they prefer tippy-toe tap? And when you have
tapped and rubbed, its time to tease: long languorous strokes the length of the whole
body, brushing close by your lover’s sex, using your hands to hint at what’s ahead.

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**Tip 3 Prepare your Self**

Allow your Lover to watch and to copy as you massage yourself in a very specific way, holding each other’s gaze the whole time. Sit facing each other, not touching, cross-legged if comfortable or in chairs if not. Begin the self-massage of the Nine Flowers by placing the tips of your fingers on your nipples and gently moving the skin over the flesh in a spiralling movement, for nine long slow breaths. Move your hands down so the tips of your fingers can feel your ribs and the length of your fingers feel the soft underswell of the breast, and do the spiralling massage for eighteen breaths. Move your fingers down to the edge of your ribs and spiral-massage for twenty-seven breaths. Then move from there to midway between ribs and navel, and massage for thirty-six breaths. Bring both hands together just below the navel, and gently circulate the skin over the flesh for forty-five breaths. Then midway between navel and pubic bone and massage for fifty-four breaths. And then just above the pubic bone for sixty-three. Massage the sex for seventy-two. Finally, then perineum, between anus and genitals, for eighty-one. Then rest and lie side by side, still not touching.

**Tip 4 Prepare Each Other**

Sit behind your partner, front touching back, partner’s legs inside yours. Repeat the whole of the Nine Flowers massage, but this time with you doing the spiral massage on lover’s points, slowly and gently moving your finger-tips in a circular caress, moving the skin over the flesh, gently, softly, rubbing, for the same number of breaths as when you massaged yourself. Move downwards from breasts to just below, then to the edge of the ribs, then midway between ribs and navel. Below the navel, use both your hands together on each point: just below navel, midway between navel and pubic bone, just above pubic bone, then sex, then perineum between genitals and anus. Rest for a while and change places. Guide your partner to move and massage with sensitivity down your front in the same way. Rest again, lying down with your sides touching. Rest is therapy. Rest renews energy.
Tip 5 Building Arousal

Sitting back-to-back, feeling your buttocks touching, you each place one hand on your heart and the other on your sex and begin gently swaying back and forth, very slowly, not too far, and timing it with your breath. Once you are into a nice easy rhythm you each begin massaging your breasts and your sex. As arousal builds you may find swaying turns into rocking and rocking becomes thrusting. The art here is to keep your rhythm in harmony. Whichever of you feels yourself starting to get carried away, slow down until the other catches up. Slow down by taking long deep breaths, and changing from to-and-fro rocking to a circular movement, rotating your waists in time together. When approaching the peak, slow down before your point of no return - this takes practice, so until you have had the practice slow down sooner rather than later. Or just let the explosion happen and start again from the beginning next time. Then lie and rest together a while. To rest is always important: it is like the space between each breath, between each heart-beat, between each thought, the space in which that moment is alive.

Tip 6 Intensifying Arousal

Sit facing each other, cross-legged if comfortable otherwise in chairs, with knees touching. Begin with one hand on your heart, the other on your sex, and sway back and forth, looking into each other’s eyes. Lean back on the in-breath, forward on the out. Time your breath, so you breathe in as partner breathes out. In this way, you sway forward as partner sways back and vice versa. Once you are moving in harmony, begin to massage your breasts and sex. As arousal intensifies, swaying turns into rocking and rocking becomes thrusting. Each shift your gaze from the eyes to your partner’s sex, watching each other’s hands vibrating in the sex-massage. Each move your other hand from your heart to grasp your partner’s shoulder. Approaching the peak, slow down, keep in harmony together, feel the arousal come and go in waves. Slow the thrusting into rocking and the rocking into swaying. Slow into stillness.
Tip 7 The Tantric Connection

Woman moves on to man’s lap. Man does not have to be erect to start. As you move together through the tantric connection penetration happens. Place the hands: His right hand on Her back, between Her shoulder blades; His left hand supporting Her at the sacrum. His middle finger can connect in the groove above her anus - how far up or down that groove is a matter for choice. Her left hand goes between His shoulder blades, Her right on His sacrum. It will make for a wonderful energy-connection if the centres of your palms touch the spine between the shoulder-blades.

In this position (yab-yum, or maithuna, in the tantric classics) his pubic bone fits just below hers for maximum stimulation. Energy-centres or chakras are aligned: navel, solar plexus and heart. Gaze into each other’s left eye, and seal your lips together. Breathe each other’s breath as you sway back and forth, and when you can do that OK, connect your tongues. In this way you are connected at every level, body, mind and soul. Let the swaying turn to rocking and the rocking to thrusting. Thrust towards climax.

Tip 8 Climax

As climax approaches, both close your eyes and move your upper hand from between the shoulders to the base of the skull, the Jade Pillow. If you want to slow down the process, slow thrusting to swaying, disconnect your mouths and breathe the outside air in long deep breaths. After a short rest, staying in position with your bodies connected, you can resume and repeat for as often as you like. When ready, continue on to orgasm.

As the lightning-bolt contractions begin to shudder through the very core of your being, clench your teeth and your perineum and bring the sensation in all its intensity right up to the top of your head, to a point between your skull and scalp, and hold your breath, and hold the orgasm in your crown. Imagine a sunburst of light, and sit in that light, and bathe in that light, and let that light flood your being. Let go your mind. Be still.
Tip 9 Withdrawal

Let the light flow down like liquid sunshine, over your skin, under your skin, and down through your centre. Let it rest there, pulsing. Stay in yab yum until you are both back in the mundane dimension, heartbeat and breath-rate back to normal. Gaze into each other’s right eye. Stroking each other about the face and neck and shoulders, begin a slow, tender disconnection. Lower your hands to your partner’s sides. Linger a few moments before gently separating and resume sitting facing each other.

Tip 10 Farewell

In the Taoist philosophy all human sex is sacred in the union of Yang, the force of Heaven, with Yin, the power of Earth. As you have just honoured the union of Yin and Yang, now with grace and care you honour the separation and return to the mundane. As you sit facing each other, have your knees touching as when you began. Place your right hand palm up on your partner’s left knee, and your left hand palm down on your partner’s right hand. Feel the connection between you. Allow it to fade. Gently let go the physical connection and draw a little way apart. Sit in your own space for a while, eyes closed, aware of every sensation in every cell of your being. Savor this moment and thank Great Spirit of the Tao and Mother Earth, who gave us pleasure as a key to open the gate to Bliss, on the path to Ecstasy. When ready, open your eyes and thank each other for what you have shared. Until you join again.
EIGHT FORMULAS for WOMEN

Trawling through the translated classics yields a catch of multiple formulas for the Yin Practice, mostly gathered under the ‘Precepts on the True Path of Women’s Practice’ and all offering more or less similar advice. "Women lose energy more through menstruation and childbirth than through orgasm. With mindful recycling of the Qi through the Small Heavenly Cycle there is minimal energy loss during sexual practice." Important here to understand that regular practice of the orbit makes the difference, not just during sexual practice. Sexual practices include Solo and Dual Cultivation and Jade Egg work. "When tranquility surpasses activity, she enjoys good fortune, but when activity surpasses tranquillity there is disaster."

Early Practice: Calm the Heart, still the mind Circulate Qi up the back and down the front

Later Practice: Refining Spirit. When the orbit is established, circulate down through the Three Crucibles of Breast, Navel and Womb.

Daily Practice: “Running water does not stagnate” Breast massage is vital for maintaining youth and vigour through your whole being. Daily massage of the ovaries sustains Qi-flow in the reproductive area

Sexual Practice: As the orgasm builds downwards, clench the pubococcygeal muscle and exercise the intention of drawing the orgasm from the perineum up to the crown. Hold the orgasm in the crown and feel the sensation through the whole being. Let go the mind.

Pre-menstrual practice: Ovarian breathing, massage Navel, Heart, Breasts

Post-menstrual practice: Seal the ‘Gate of the Fountain’ with the heel, massage ovaries, then Navel, then Heart then Womb. Swallow down the saliva.

Before Pregnancy and after Childbirth: Massage both sides of the waist, the shoulders, abdomen and Navel

Menopausal practice: Massage Breasts, Heart, Navel, Womb.

"Men require 9 years to attain enlightenment, women only 3."
FIVE FORMULAS FOR MEN

Much has been written and more discussed about how often a male Taoist practitioner should ejaculate.

The basic idea is that sex is for procreation. We all agree. Confucius and St Paul thought this was it's only purpose. In practice we all disagree, even those paying lip service to the theory.

Taoists say that if you are not having sex to create new life, then use that immense energy to enhance your own life, by recycling the Qi within, thus depleting your life-force more slowly, and gaining the benefits of a longer and healthier life. Plus longer and more pleasurable sexual encounters, of course.

Different teachers teach different ways of doing so. While some declare non-ejaculation injurious, others condemn ejaculating too fast in too much haste. Another says that with the right partner no harm will come even if not following the formulas. And others forbid having any kind of sex after washing your hair, a long journey, eating, or when tired, excited, angry, drunk or constipated so, nowadays, not very often, hey?

But how often? That’s the rub. Searching the translated classics uncovers four different recommendations.

**Formula 1, numbers:** Ejaculate 2 or 3 times in every 10 sexual encounters, regardless of age or season.

**Formula 2, season:** Every 3 days in Spring, every 15 days in Summer and Autumn, not at all in Winter. A relationship also has its seasons.

**Formula 3, age and strength:** Teens and twenties, twice a day for the strong, once for the weak. Thirties: strong once a day, weak every other day. Forties: strong 1:3 once in three days, weak once in four days 1:4. Fifties: strong 1:5, weak 1:10. Sixties: strong 1:10, weak 1:20. Seventies: strong 1:30, weak 0, not at all.

**Formula 4, age:** Teens and twenties 1:4 days. Thirties 1:8. Forties 1:16. Fifties 1:21. Sixties+ 1:30 - once a month. With the additional advice that men whose Qi is exceptionally strong must not repress themselves too long!
If in a partnership, you would be a wise Taoist to put the needs of your partner first. Our practices are intended to enhance our lives, not make us slaves to formulas.

There is another formula I have not seen written anywhere, which checks out with the Fang Shi (Masters of the Formula) who have no texts, only the oral transmission: after recycling three times in one sexual encounter you can go on to full release without energy-loss. Check it out.

Although the formulas are based on Taoist Tantric practice here is a useful little tip from the Hindu classics: when you have passed the point of no return you can still stop, by visualising the god Hanuman swinging from a tree. Hanuman of course is the curly-tailed monkey god.

And if you are new to this and wondering what you are supposed to do when not ejaculating:

Recycle the energy through the Small Heavenly Cycle (microcosmic orbit) and

Keep grounded with Chi Kung (qigong).

Most of the calls I get are from chaps in distress trying to go too long without ejaculating, or simply practicing non-ejaculation without recycling.

A male practitioner can maintain sexual health and energy throughout later life by practicing prostate massage after ejaculation. This keeps the prostate – it’s the gland that does the squirting – supple and prevents deposit of the calcified salts, which can lead to stagnation.

**Formula 5 for all ages:** allow the energies to settle after ejaculation. With the tip of the middle finger just on the lip of genital side of the anus, apply gentle pressure and massage 81 times in a circular fashion.

Daily genital massage, testicles and penis, is beneficial for keeping the energy flowing and building sexual power. Testicle tapping and squeezing, rolling the penis between the palms, tugging the tackle are all good. Be careful not to do too much too soon, and to be gentle with yourself.
The TAO OF TANTRA

Is it disgusting, boring, worthy and dangerous, or can Tantra offer self-realisation by having a good time?

The Tao is the One, the source (1); Tantra is to expand and to liberate (2). Both see the world "not as a vale of tears, of sorrow or of suffering, but of subjective and objective beauty, a world of reality, neither an illusion nor an evil...the path is smooth and straight". The aim is enlightenment: Union with the Divine (3), the means, sexual ecstasy. The practices are lofty and profound, sacred and profane, barring nothing except harming another. (4)

While the Tao is Harmony, Tantra "challenges practitioners immediately to see all things and all experiences as intrinsically pure and innately perfect.... including situations meant to shock, repulse or terrify ... heart and mind will be illuminated"(5). Courting the disapproval of society, Tantra bashes down boundaries, barriers and taboos, prescribing "forbidden acts"(6), opening windows to spiritual independence, creating opportunities for grasping the moment, shoving you along the "short path" to ultimate peace, the indescribable experience of subtle clear light.

Flavoured by its roots, Hindu ritual is based on surrender (6), eating forbidden meat and drinking forbidden alcohol. Women practitioners (personifying the goddess Shakti) are seated either Right or Left of their male (Shiva) partners in the tantric circle. In the Right-Hand Ritual members enjoy sex with their own partner, in the Left-Hand Ritual with others, of any or no caste and regardless of sexual appeal. Rituals culminate in orgasm, with Shiva ejaculating in ecstatic surrender to the power of Shakti, the divine.

The mechanistic nature of the rituals and unofficial use of drugs help participants overcome apprehension, inhibitions and aversion to such practices as breaking caste taboos, ingrained over lifetimes in the Hindu consciousness. Liberation from conditioning of caste, taboo and convention leads to a freedom from fear possibly comparable with that of a committed Christian or Jew discovering that sin has been abolished.

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For many this is enlightenment enough. Others continue to surrender: possessions, dwelling, family, becoming Saddhu, beyond ritual. Beyond the beyond, the Aghora sect live tantra "at the Left Hand of God" (7), frequenting cremation-grounds, eating human flesh and excrement, having sex with the dead, surrendering all attachment to shorten their chosen path by many incarnations.

For the male and female Buddhist, with their "inner experience of dissatisfaction with this existence"(8), the focus is bliss rather than sexual ecstasy. The Right-Hand path means practising alone or "Single Cultivation"; Left-Hand or "Dual Cultivation" is with a partner, preferably a member of the same tantric family: teacher, pupil, co-practitioner (5). A man should not surrender semen, in fact if he "spills it, this is considered a great fault.... a very grave mistake"(9). The reward for correct practice is enlightenment in just one lifetime.

"Addicted to sin and anger"(3), we in the West yearn for ecstasy yet pollute the practice of pleasure with demons of Shame, Guilt, and Fear of punishment (10). A Western guru diverts such "demons" by encouraging an attitude of Reverence or describing practices as Sacred, but labels as "shame-muscles" parts of the body, which might otherwise be described as pleasure-zones. Judaeo-Christian patriarchal conditioning influences western tantra towards the socially approved ideal of the faithful couple. Carefully drawn boundaries and use of psychotherapy and counselling help groups and individuals meet fears and inhibitions arising from repression or sexual wounding earlier in life. This approach suits seekers who might otherwise not take even a first step on the tantric path. Enlightenment here could mean freedom from sexual trauma.

Indian classics advise setting aside twelve years yogic preparation of the physical and energy-body, Taoists (11) recommend Tai Chi and Qigong to open and clear energy channels (3). Western tantrics, wanting immediate enlightenment, now, at the weekend workshop, might find certain practices overload the nervous system, with painful and sometimes dangerous long-term side effects.

Is Tantra something more than disgusting, boring, worthy and dangerous? Stoned and inebriated, fearful of the great fault, the grave mistake, plagued by guru-demons of shame and guilt, we seek the true spirit of tantra, the path of ecstasy. Can we attain self-realisation by having a good time?

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"Secret Instructions of the Jade Chamber" is a Taoist text on harmonising male (yang) and female (yin) energies. Sin is not recognised, nor any concept of right and wrong beyond individual conscience. With "...all things and all experiences intrinsically pure and innately perfect..." it is unnecessary to create difficult and painful processes. Pain and difficulties arise only from our responses to experiences.

Taoist Tantra is mutual nourishment, yin drawing on yang and yang from yin. Single, Dual and Multiple Cultivation can be practised, for pleasure, health and longevity, healing, self-realisation and, ultimately, experiencing a self beyond the cycle of life and death: Re-Union with the Tao, the universal Source. As above, so below: each of us a microcosm, two heavenly cycles fusing in the moment of sexual climax.

Taoist methodology begins with the familiar: the physical and the formulaic. In progressing from novice to adept, the practitioner learns to transcend form and formula. There is no ‘sacred’ focus, all human sex being sacred in the union of Yang, the force of Heaven, with Yin, the power of Earth.

Sex is seen as the servant, not the master. Practitioners learn to control and harvest the abundance of reproductive power, otherwise wasted in unmindful intercourse: yang having the power to repopulate a continent in a single ejaculation, yin with eggs to generate hundreds of lives. If the products of our pleasure are not being deployed to start new life, say the Taoists, we can internalise the intense energy, all the hormones and nutrients, to improve our own lives.

Repression of the natural urges is considered unhealthy. In the words of Mantak Chia, a modern Taoist Master, "Sex is natural. The human being has a powerful sex drive - and you cannot keep the pingpong balls under water. Sometime, somewhere, they pop back up, maybe as disease, maybe as emotional problems, causing energy blockages, leading to illness. The Tao is the way of recycling, not repression."

Men and women redirect orgasmic energy through the Microcosmic Orbit (Small Heavenly Cycle), for good health and long life, with the additional benefit for women of controllable and painless menstruation. Practitioners enjoy increased vigour, improved stamina and enhanced sensation through "whole-body-orgasm". Harmonising male and female peaks and valleys of arousal and orgasm without energy-loss enables longer and more pleasurable sexual encounters.
Woman loses energy more through menstruation and childbirth than orgasm. For man, it is vital to open the Orbit otherwise non-ejaculatory orgasm can cause aching, congestion, wet dreams or headaches. Retention and recycling is important but Taoists also make recommendations for seminal release related to the age of the practitioner and season e.g. rarely in Winter, a time for conservation, more frequently in Spring - and the springtime of a relationship, with its urgent need for surrender to the goddess. However, Secret Instructions of the Jade Chamber contra-indicates practice when in the grip of emotional extremes and unbridled passion, then adding that because you may become ill from it, you may also be cured by it! Other contra-indications include practising when drunk, too soon after a meal, and when constipated.

Mantak Chia speaks of the spiritual power: "You can either pray 100,000 hours, or you can consciously guide the sexual energy in the Microcosmic Orbit"

The Tao is the way of harmony, Tantra expands and liberates. Without gender discrimination, rules, hierarchy or clergy, requiring no conversion or belief system, offering guidance rather than dogma, the Tao of Tantra is a short sweet path to spiritual independence, or your own conception of self-realisation or enlightenment. These words of the Dalai Lama capture the essence: "if the meditator applies certain meditative techniques it is possible to create opportunities for grasping the moment and consciously generating the experience of subtle clear light...during the time of death, of deep sleep, and sexual climax."(9) If His Holiness were a woman, he might have included the moment of childbirth!
RECOMMENDED FURTHER READING

**A Touch of Sex - Shiatsu Secrets for Lovers revealed**

Master of the Zen School Kris Deva North and the Taoist Master Mantak Chia combine their years of teaching and depth of knowledge and experience to create a compelling journey through the secret ‘erotic pressure points’ of Chinese Medicine.

‘A Touch of Sex: Shiatsu Secrets for Love’ reveals the secrets of Taoist Foreplay, from it’s origins at the Court of the legendary Yellow Emperor through 4,000 years of sexual history to it’s relevance for modern lovers: combining loving touch with healing power.

"Sexual practices have been studied for centuries in both East and West," says Chia. "Chinese and Japanese traditions combined the study of sex with medicine: certain pressure-points and meridians were found to stimulate and sustain sexual desire. Using the secrets of these points and channels makes for longer and more pleasurable sexual encounters. Peak moments can be prolonged beyond bliss, into ecstasy. Like cooking a Chinese meal, preparation is the key."

"Yes, you can become a far more effective Lover," adds North. "Woman, man, straight, gay and bi, you can please your partner and please yourself. The act itself is natural. You know what to do. It is the moments leading up to the act which make it more or less pleasurable for your partner. Women fear insensitivity. Men fear inability to perform. Both fear rejection. Knowing the psycho-sensual secrets of certain pressure points helps you become a better lover, however good you are already. Are you aroused more quickly, your partner more slowly? It’s quite usual for the man to climax first. Woman comes to the boil more slowly but simmers longer. He’s done in, she ready for more. "

Based on the form of a conventional shiatsu treatment, the text and pictures give detailed guidance, showing precisely where to place the hands - and other body-parts - to stimulate and sustain arousal.

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Many of the pressure points from shiatsu healing massage are shown with their more arcane applications, sometimes with passing reference to the clinical use, for example: "Conception Vessel 1, known as the Gate of Life and Death, so named because the retention of sexual energy is said to prolong life, has subtle use as arousal point for both sexes, especially good for prolonging male orgasm. Clinical use is said to be able help with prevention and relief of symptoms of some prostate conditions."

Self-shiatsu is well covered, with exercises for men and women to keep themselves at the peak of sexual fitness, and the women’s practice of using the famous Chinese Drilled Jade Egg is described in detail. A chapter on what to look for in a lover, from astrological compatibility to physical attributes as indicators of sexual performance, is followed by advice on coping with sex-vampires and energy-parasites. It is Mantak Chia’s twenty-first book, and the first by Kris Deva North. The book shows a profound knowledge of the subject, which it conveys with a light touch and hundreds of colour photographs.

*A Touch of Sex* is available in paperback and as an on-line digital download at [http://www.healing-tao.co.uk/acatalog/Tao_and_Zen_Shopping_Mantak_Chia_Books_11.html](http://www.healing-tao.co.uk/acatalog/Tao_and_Zen_Shopping_Mantak_Chia_Books_11.html)

For info and training on managing sexual energy see: [http://www.healing-tao.co.uk/ht_healinglove.htm](http://www.healing-tao.co.uk/ht_healinglove.htm)

### Tao of Tantra References

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