

Sexual Energy and Beauty

Did you turn to this chapter first? If so I'm not surprised, because our human race has been fascinated by sex since the days of Adam and Eve, and we probably always will be. There is an eternal dance in this universe of the female and male energies, yin and yang, darkness and light and negative and positive electro-magnetic poles. In the science of physics, opposite poles attract, and why are we not surprised?

The ancient arts of Taoist practice and Indian Tantra have long recognized that sexual energy is one of the most powerful aspects of the energies of creation and regeneration that circulate in our bodies. They developed practices to consciously cultivate and charge their bodies up with greater amounts of sexual energy than average people ever do. Sages who have done these practices have reputedly sometimes lived past 200 years old, stayed free of disease and enjoyed a life of inner wisdom and joy. This was possible because they retained more of their precious sexual energy instead of constantly dispersing this "elixir of immortality". (They also avoided television sitcom reruns and didn't eat fast food.)

You may be turned off by the thought of living in a monastery or cave and avoiding the pleasures of everyday life so you can look and feel younger like those sages. The good news is that you don't have to! If you're not ready for the monastery you can spend a few minutes each day in your current lifestyle doing some simple rejuvenation exercises, and go a long way toward slowing down the clock and feeling marvelous. One of the easiest and quickest practices for this purpose is often called the Tibetan Rites of Rejuvenation, or Kaya Kalpa. I do these most every day myself, and I've provided them for you in section XXX on pages XXX.

If you are in an intimate relationship, the art of Tantra reveals how to elevate the sharing of sexual energy into much more of a transcendent, deeply loving and consciousness-raising activity. This would be light years beyond the quickie grunt, roll over and fall asleep sex so many people have had to settle for! If you are not currently in a relationship and want to be, charging up your own body with more abundant sexual energy is the fastest way to become magnetic to the "right" guys and gals you want to meet, and repel the losers you want to avoid. A decent treatment of Tantra is beyond the scope of this present book, so I've presented a list of recommended books on the subject in the Appendix XXXX.

So what is this connection between sexual energy and beauty? It's not hard to see. Nature has traditionally designed our bodies so that our faces and bodies are at a peak of beauty and sexiness when we are at peak reproductive ages. That is why the youthful, well shaped female body has become a major symbol of exploitation by marketing companies. The very physical characteristics that men and women prize in each other – such as the female hourglass figure and men with strong jaws, broad shoulders and strong arms – have been correlated by biologists with higher reproductive competence.

It is not hard to see, however, that many people who exhibit these very attractive and sexy bodily shapes often rapidly lose them after they have successfully attracted a mate and had children. You know – the voluptuous, but slender young woman who swoons for the chiseled, buff guy and have great wedding pictures. Fast forward 10 years and the pictures often look quite different!

According to the Taoist sexual teachings, a major reason for the fattening of America would not just be lack of exercise and too much fast food. It would also lie in too much dispersion of our precious sexual energy without enough focus on building and enhancing it. If they only taught us how to do that in high school, I'm sure the quality of our lives would be much better, and we would live in a much healthier and saner society.

Wait, there's hope! There is a new and refreshing trend among many contemporary men and women to have a new burst of vitality and motivation toward fitness in their 50's, 60's and beyond. Gail Sheehy called this tendency in women "post menopausal zest" in her excellent book New Passages¹.

Okay, here's a quick self-assessment test. When you are alone stand in front of a mirror without makeup. Without being cruel or overly critical to yourself, take a good look at the following areas:

1. Your eyes – do they look bright and alive or dull, unhappy or unhealthy?
2. Your overall face – do you see more radiance, healthy coloration and youthful muscle tone, or more pasty coloration and saggingness?
3. Your overall body – We are not all meant to look like models with some homogenized standard of beauty. Bearing that in mind that your normal body shape may be heavier or thinner than average, do you see a fairly healthy tone for your age or a lot of excess flab and loose muscle tone?

I know, that may have been a hard exercise to do. But it is valuable, for the more of the positive traits you see, the better you are conserving and circulating your sexual energies. Dull eyes, pasty sagging facial muscle and too much flab are symptoms of dissipated sexual energy and a toxic body. If that is what you see more of don't despair. I have good news for you – you are alive and kicking and can choose today to start taking better care of your precious body. And one of the most direct and gratifying ways to do that is to start building up your sexual energy.

If you need even more inspiration to do that, also consider how your sexual energy helps keep you healthy and prevent disease. According to Taoist teachings, our 7 major glands are the energy centers of our bodies. The major glands, from bottom to top, are the sexual reproductive organs², adrenals, pancreas, thymus, thyroid, pituitary and pineal glands.

Here's a chart of the functions of each major gland and its correspondence to the system of Chakras.

(insert chakra – gland chart)

The ancient Taoists believed that all of these glands were inter-connected by internal vessels. Therefore if one gland became weakened or diseased all the other ones would also lose energy and vitality in an attempt to shore up the weak one. Remarkably, this view has been validated by modern molecular biology.³

Being the lowest and most primal glands in the body, our sexual glands are like the roots of a tree. In the same way that having healthy roots are necessary for a healthy fruiting tree, our overall glandular system can only be healthy and vibrant when our sexual organs have adequate energy levels and vitality. We cannot have a healthy body without healthy, happy glands. BTW, I don't use the words "happy glands" just as a metaphor. According to both traditional Chinese and Indian medicines, much of our emotional experiences, both positive and negative, are associated with our glands and organs, and are NOT just all in our heads!

So many plagues of modern civilization are directly or indirectly due to having weak sexual root energies. The local ones include sexual dysfunction, infertility, hemorrhoids, painful intercourse, constipation, varicose veins, hernias, cervical and testicular cancer and many forms of menstrual difficulties. Whole body issues related to weak root energies include many forms of mental and emotional imbalances, insomnia, heart disease, chronically tight shoulders, migraines, asthma, vision problems, chronic fatigue, back pain, diabetes, obesity and even stroke. On the other hand, the people

usually considered to be the most beautiful usually have stronger root energies and instinctively know how to circulate it throughout their bodies.

So why have I included this information in this book? Simply because cultivation and circulation of your sexual energy is a major aspect of Inner Beauty.

¹ Sheehy, Gail New Passages XXXX

² These include the testicles and prostate in men, and ovaries, uterus and mammary glands in women

³ See Chapter XX in the Appendix for some of the science behind these discoveries