



SHELLEY HARRISON healing | purpose

Taoist Sexual healing practices

Taoist sexual practices combine our sexuality with our spirituality and energy healing. They are an excellent way to strengthen and heal your:

- First and second chakra which are the foundation and fountain of your spine and entire chakra and energy system,
- Reproductive organs from cysts, fibroids, hormonal imbalances, prolapse, incontinence, trauma and numbness, erectile dysfunction.
- Financial and creative energy.
- Deepen your connection with your own body and essence, and your partner's if you have one,
- And spice up your sex life!

You may wish to undertake learning and practicing regularly what the Taoist masters learned and taught about our sexual health. Think of it as the sexual education you should have had.

Here are the folks I have found who have sufficient expertise and experience with this work.

Mantak Chia

Mantak is Asian (I believe of Chinese lineages). He learned not only these practices, but many other martial arts and chi gong practices from his masters. [You can see the full breadth of his knowledge here.](#)

He has published several [books](#). Some are in depth (too in depth for most of us!) and very technical.

He has also published some simplified versions that focus mostly on the physical sexual practices and not as much on the energy healing aspects.

He teaches at a [retreat centre in Thailand called the Tao Garden.](#)

He also shares [the work on Youtube and through online courses.](#)

Most of the best teachers out there that I have come across trained for many years under Mantak and became teacher trainers under him.

What can be challenging about Mantak, for Westerner anglophones, is his accent, and the level of detail. I've found it helpful to have the teachings synthesized and condensed by some of his Western students.

Here are the ones I follow and have found beneficial:

Minke de Vos

<https://www.taotantrics.com/minke-de-vos.html>

Minke lives in Canada and has been doing and teaching all of the practices including the sexual ones for 30+ years. She taught under Mantak for many years and is an approved teacher. She has slightly more focus on the spiritual side.

She published a [book](#) *Tao Tantric Arts for Women*. There is A LOT in there. It is very detailed. It is the whole system she was taught by Mantak Chia. I find it difficult to learn the practices from a book.

I found the video course she co-taught with Jaitara was very helpful—to have Minke demonstrate the practices and walk me through them. I replay them and practice as I refine my skills and learn. <https://activatingaphrodite.com/> (web page is a bit dated but the content is good). Might be worth the \$200 investment.

Purchasing a jade egg through Minke is less expensive than other sources. You could purchase your Jade Egg (if you choose to work with one) through Kim Anami and get a course with it [here](#).

She has some Youtube videos. Minke on Youtube:

<https://www.youtube.com/@ChantDance/videos>

Sashi Solluna

<https://www.livetantra.com/>

I haven't worked with Sashi yet, but I follow her work. She teaches [retreats with Minke de Vos.](#)

Sashi's work with her partner and other teachers is more tapped into the yogic tradition of Tantra and it looks like they are mentored by a teacher who has more depth in those original tantric paths.

The original spiritual paths of Tantra were not solely focused on sexual practices. They are entire [indigenous spiritual traditions](#).

Strong opinion here...but "tantra" is basically a culturally appropriated word that Westerners use to refer to sexual practices. It has come to be associated with sex, but not with the vast diaspora of original tantric paths, most of which did not include sex as an offering to the gods and goddesses that are revered in those traditions.

Sashi is also an approved Healing Tao instructor under Mantak Chia and has many years of experience and has made this her life's work.

She is more digitally savvy than Minke, so, easier to find online content from.

Self:Cervix

<https://selfcervix.com/pages/about>

Olivia focuses on cervical orgasm. The image of our cervix's connection to more of our nervous system than our other sexual parts is on the linked page above is pretty awesome.

I really like Olivia's gentle approach to re-awakening the vagina and cervix and working from a place of relax, release, re-awaken and open rather than the focus on achieving orgasms.

The cervix's connection to our vagus nerve (which the clitoris and inner walls of the vagina are not) is important to trauma work. The vagus nerve is implicated in stress and trauma. So, in other words, learning to have cervical orgasms is a super highway to discharging stress and trauma residue from your body and resetting your whole nervous system. It is also damn blissful!

For men, understanding your partner's full orgasmic capacity (if she is a woman) is also a great respect to her, as is learning how to go on the journey with her of re-awakening sensation in her cervix if she is choosing to do this.

Kim Anami

<https://kimanami.com/>

Kim is pretty gritty and straight to the point. She does have 30 years of study including with Taoist practices, but her voice is more about the sex, money and pleasure of the 2nd chakra. Her trainings get right to the point and condense the practices into the most useful/most results right away.

She has a podcast that is very informative called Orgasmic Enlightenment. Sometimes she rants too much and I fast forward! I don't share all of her opinions.

I like the interviews she does of "well fucked all-stars" where we get to hear from real people like you and I learning the practices and the results in their lives. I don't always love her gritty language, but I find the essence of what she shares to be true.

I haven't done any of her salons (online courses) yet. Let me know if you do and how it was for you. (Ok...well not the personal details! But do you recommend them?)

She has a podcast and many youtube videos.

She has a course for men too, and talks about men's (lingam bodied) practices and cultivation.

Jaitara Jade

<https://feminineartistry.com/>

Colleague of Minke. They have taught some courses together. I'm not that familiar with Jaitara's work.

For Men:

[Kim Anami has courses for the guys.](#) I'm starting to feel a bit bothered by Kim's harsher approach, but she does know her stuff. You decide.

Solar Bodhidharma of Tantric Life seems very well educated and offers coaching and courses for men. <https://www.tantric-life.com/> His website looks like it's down, so you can try searching for him. He does teach through Live Tantra.

**Minke de Vos has put together a course for men which will teach the basic foundations of the Taoist approach. <https://www.taotantricarths.com/for-men.html>

I believe Patrick Rafferty is one of the coaches on that course, and has been trained in the full system of Mantak Chia's work. [He offers private coaching here](#) including recovery from porn addiction.

There are likely other male teachers out there who teach that I haven't discovered. You might find some on <https://www.livetantra.com/>

Stepho Shambo: <https://tantricacademy.com/>

If you are trying to recover from a pornography addiction, [Mark Chamberlin of Freedom From Fapping](#) offers coaching and mentoring. He does not teach the Taoist sexual healing work for men, but he does know how to do the primary practices and is comfortable speaking with men about sexuality. He does not work with women.

[This is also a great podcast with Tyson Adams](#) a man who recovered from his own porn addiction, which he started at age 10.

He is interviewed by Shashi Solluna on her podcast Live Tantra.

He has been through a Trauma and Somatics certificate program taught by two Level 3 SE practitioners.

He has not done the SE training himself. He calls his work Sexual Alchemy + Men's Work.

@tysonadams__

<https://menstherapy.online/podcasts/look-beyond-porn-heal-tyson-adams/>

<https://menstherapy.online/> These gentlemen don't look SE trained, but many work with both substance and process addictions.

I don't know yet of any queer teachers that are offering the work, but all the practices apply whether you are yoni bodied or lingam bodied.

If you discover other people's work you like, let me know. I'll check them out and add them to this list.

Shelley Harrison **Healing / Purpose** shelleyharrison.ca