

“Physiology and Sexual function of women”

“Nature of Water ... water may occur as a single translucent droplet, a fresh cleansing rain promoting new life in spring, a cool clear stream, a river overflowing its banks, a tidal wave overwhelming all that lies in its path, or as an entire ocean, deep, dark, and secretive.”¹

“Woman has a limitless amount of Yin-essence, provided that she is in tune with nature”²

Taoist sexology celebrates women’s complex sexual responses and diverse orgasmic expressions including female ejaculation. What is female ejaculation? Why is it considered an honored expression of female sexual response? Can all women experience female ejaculation? What are the benefits and possible problems with the release of amrita (ejaculation)? And how does this fit into Taoist sexual qi gong?

What is the western medical understanding of female ejaculation? In western research there are two distinctive opinions about what female ejaculation is and where it’s produced. Some research clearly states that the ejaculate comes from the kidneys via the bladder: “... expelled fluid is an altered form of urine ... lose the appearance and smell of urine due to the secretion of the hormone aldosterone...”³ While other research focuses more on the prostate resembling tissue in the female body as the producer of ejaculate: “Female ejaculation comes from up to 30 or more tiny glands embedded in the urethral sponge, the

¹ Page 176, Nourishing Destiny, The inner tradition of Chinese medicine, by Lonny S. Jarrett

² Page 234, Sexual Secrets, the alchemy of ecstasy by Nik Douglas & Penny Slinger

³ Dr. G. Shubach, <http://www.dorctorg.com/5experiment.htm>

tube of spongy erectile tissue that surrounds the urethra.”⁴ Both of these findings are important to show that the ejaculate is indeed not urine. The issue of obvious location contradiction is resolved when the Taoist understanding of female sexual energy is applied to the research.

What is the Taoist sexology explanation for female ejaculation? Female ejaculation as explained in Taoist sexology involves the concept of the three sacred waters. The first water is depicted as coming from the stimulation of the first gate aka the clitoris. This activates the para-urethral ducts, which empty into the urethra, and skene’s glands, which have their own openings on either side of the urethral opening.

Simulation of the second gate, the G-spot or G-crest, located on the upper wall of the vagina, releases the second water. Often when women have this area massaged the common sensation that of a full bladder, which would make sense as the kidney’s are producing ejaculate through the release of aldosterone during arousal.

The last water is connected to the stimulation of the third gate or epicenter, which located on the front-top side of the cervix. Western research has not yet mapped this out, yet speculation is that the vaginal walls, cervix and uterus (all which produce different discharges throughout a woman’s cycle) are the source of the third water. When the cervix & epicenter are stimulated a very deep orgasm occurs and the third waters are produced and released. “However, female ejaculation from the vagina/uterus requires a powerful (Level-6 or -7) orgasm, as we have experienced, to squeeze out the fluid stored in the porosities of the vaginal lining and uterine wall.”⁵ Perhaps the fact that many women never get to

⁴ Rebecca Chalker, <http://womenshealth.about.com/library/weekly/aa120500a.htm>

⁵ Newman Kunti Lin, Ph.D., PE. <http://www.actionlove.com/extra/ejaculate.htm>

this stage of arousal is in part why no western research can be found on this third water that Taoists are so fond of.

Why is a woman's juices considered an honored expression of female sexual response? "According to Taoist teachings, every part of the body is holy;"⁶ Unlike western society's clinical perspective on sexuality, Taoists view sexual energy as an essential part of daily life, to be consciously cultivated for better health and vitality. A woman is seen as the expression of YIN energy and her juices are pure YIN essence. This YIN essence is very healing to the body: "... when the Yin energy increases, negative ion is generated. Together these stimulate the parasympathetic nervous system, resulting in decreased blood pressure, slower heartbeat and breathing, ..." ⁷. To a person who has excessive YANG energy, this YIN essence will serve to rebalance and harmonize them. Thus a reverence for the power of a woman's juices as a perfect elixir for healing and harmonizing the body is part of a Taoist's perspective.

How does western medicine interpret what the Taoist call 'healing elixir'? "The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!"⁸ It is well known that alkalinity counters the detrimental effect of being over acidified. Thus the three waters or YIN essence of the Taoist healing elixir is understood through western terminology for its alkaline properties. "Chemically the fluid is very similar to the fluid from the male prostate."⁹ "The prostate secretes a liquid that contains a number of enzymes, citric acid and calcium. This fluid is added to the semen during ejaculation and since it is alkaline..."¹⁰ Thus ingesting an alkaline fluid which is also rich with hormones is seen as a powerful rejuvenating

⁶ Page 151, The Tao of Sexology – The book of infinite wisdom by Dr. Stephen T. Chang

⁷ Page 197, The Tao of Sexology – The book of infinite wisdom by Dr. Stephen T. Chang

⁸ Theodore A. Baroody, N.D., D.C., Ph.D, <http://www.naturalhealthschool.com/acid-alkaline.html>

⁹ Paul, <http://www.themarriagebed.com/fe.shtml>

¹⁰ Peter Faletra, <http://www.newton.dep.anl.gov/askasci/zoo00/zoo00061.htm>

elixir by Taoist practitioners.

Is female ejaculation something all women can experience and enjoy? If we look at the physiology of a woman's sexual anatomy we see that all women have the same parts: womb, ovaries, vaginal canal, labia, clitoris, urethral sponge, para-urethral glands, skene's gland, and so forth. Therefore the actual physiological function of producing ejaculate/elixir is definitely within the capability of each woman. However, not all women experience this form of sexual expression. In most women their glands are not very developed or activated due to lack of stimulation and use as well as lack of higher levels of orgasm. Some women may experience the release of the first and/or the second waters or urethral ejaculation; however, the third water or vaginal ejaculation is not as commonly experienced due to many factors. "Thus, the vaginal ejaculation requires a powerful PC muscle, a powerful multi-cycle orgasm, a high level of testosterone, and an optimal level of estrogen."¹¹ Through specific Taoist exercises, a woman can build her pelvic floor, vaginal strength and hormonal health, all of which are needed for the creation and release of all three waters or ejaculates.

What are the benefits and possible problems with the release of amrita (ejaculation)? From the western perspective, the first and second waters or urethral ejaculates, can occur with or without orgasm. Forced ejaculation or urinary incontinence both have depleting effects on a woman's energy. However, in Taoist sexology, orgasm is part of the release. Techniques are used to increase the levels of chi (energy) and due to cultivation practices orgasm becomes part of the experience of releasing the 3 waters. Non-forced or surrender/orgasmic ejaculation have energizing effects on the body. The benefits of experiencing multiple levels of orgasm are numerous: "Enhance your libido... relieve tension ... regulates appetite ... help your heart..."¹² The actual release of fluid is not essential to receive all the benefits, yet when the release of especially

¹¹ Newman Kunti Lin, Ph.D., PE. <http://www.actionlove.com/extra/ejaculate.htm>

¹² Dr. Ruth Westheimer, <http://www.eroscillator.com/orgasms/index.php>

the third water occurs, a very power sexual healing and spiritual connection is experienced.

What are the possible problems with female ejaculation? From Western perspective, some ejaculation could be urinary incontinence. This does not mean that release of urine is actually bad in of itself, but the psychological issues of 'peeing during sex' are numerous and widespread. Thus as prevention of or reversal of incontinence, women could explore exercises to increase the tone and strength of the pelvic floor muscles. Those who ejaculate regularly, however, do have strong pelvic floor muscles, so the theory of stress incontinence would not apply with these women.

"... due to the secretion of the hormone aldosterone during sensual/sexual arousal, causing the re-absorption of sodium and the excretion of potassium by the kidneys."¹³ Another possible setback to the release of female ejaculate is the loss of potassium that is rectified by simply eating a banana. Exhaustion due to 'forcing' the ejaculation is problematic and is remedied by making sure that there is no goal to ejaculate. Energizing ejaculation is cultivated through letting go, surrendering and building the levels of orgasm in the body. Also of great importance is the concern of dehydration. Staying fully hydrated is maintained through drinking plenty of water afterwards.

How does this fit into Taoist sexual qi gong? Taoists have long recognized the potency of sexual energy and the healing qualities of sexual fluids. "Just as negative emotions deplete our life force, thereby reducing sexual creative energy, cultivating good virtue increases sexual creative energy."¹⁴ Taoists also

¹³ THE G-"CREST" AND FEMALE EJACULATION ©1997
by Gary Schubach Ed.D.,A.C.S, <http://www.doctorg.com/female-woman-orgasm/g-spot-female-orgasms-6.htm>, Normal Renal Function, pg. 88, in Smith's General Urology. Norwalk, Connecticut: Appleton & Lange, 1995

¹⁴ Page 33, Healing love through the Tao – cultivating female sexual energy by mantak chia and maneewan chia

recognize that cultivating a positive attitude along with orgasm increases vitality, libido and creativity. Female ejaculation is simply seen as a natural function of the awakened feminine essence. It is by no means a goal for the practitioner, but a result of harmonized hormones, powerful pelvic muscles and acceptance of release of fluids as natural expressions of the body. Simply understanding the true nature of female ejaculation allows for greater pleasure and relaxation during sexual exchange.

“Women have the capacity for virtually inexhaustible sexual pleasure, far greater than the capacity of men.”¹⁵ As western research serves to increase understanding of the physiological expressions of female sexuality, Taoist sexology practices serve to enhance the hormones and increase the health of the sexual organs. A combination of both viewpoints combined with practical application will lead a woman to tap into her inexhaustible (YIN) sexual potential, regardless of her choice to release her sacred waters or not.

¹⁵ Page 130, Healing love through the Tao – cultivating female sexual energy by mantak chia and maneewan chia