

Connect with your healing power within

More than 30 years ago I attended the very first Healing Tao workshop. I felt like being on a spiritual path, but had so many health issues. I practiced Yoga for years, but it didn't improve my immune system or my general health. I was looking for answers, how to move in my life. I didn't expect working with my sexual energy will be the key to becoming well again. A big input was doing the "Energy Egg" exercise as well!

Massaging the breasts and the lower abdomen and connecting with an intimate smile inwardly changed the chemistry within my body. After the sexual energy massage comes the yin phase (meditation), which is when the healing actually takes place. It was so easy to sit in silence and just observe what the massage created. My mind was quiet effortlessly.

8 minutes practice per day can shift our vitality

I am not someone who does an exercise, because it is good for me. I do need a motivation and these female Tao practice holds their promise. I had premenstrual symptoms and pain during the menstruation, before I learnt these ancient daoist exercises.

After experiencing my first Tao workshop 34 years ago, I began doing the exercises I remembered regularly, just a few minutes every day.

When my next menstrual cycle came, the symptoms were already much less. I was amazed from the outcome and within 3 months they disappeared completely. Minimum effort and great result.

And now being beyond the menopause feels like the best time in my life.

Running this Tao Shop & to encourage Women to start the energy egg exercise is really a passion :) And only the BEST quality of stone is just the right gemstone.

With much warmth, Gabrielle



FEBRUARY 2016

WWW.TAOMOTION.CO.NZ