

# WHITE TIGRESS

*Sexual Secrets of China's  
Female Consorts & Taoists*

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*If you cannot face directly into your sexuality,  
You will never discover your true spirituality.  
Your Earthly Spirit leads to discovering your Heavenly Spirit.  
Look at what created you to discover what will immortalize [heal] you.*

—White Tigress Manual



Within medical circles and alternative and natural health sciences, stories have circulated about how healthy semen is for revitalizing the complexion, how oral sex promotes weight-loss, how increasing sexual vitality promotes overall good health and well-being, and how ancient Asian sexual techniques can produce powerful spiritual experiences. Are these just rumors, or are they based on fact?

Actually there is more fact than fiction concerning these claims. The Hebrew University did studies on semen and found it contained high levels of micronutrients and proteins that are *par excellence* for the skin. The *Physician's Desk Reference* lists semen as one of the best cures for a sore throat, calling it the "sperm gargle." Increased frequency of performing oral sex creates a greater production of saliva, and the micronutrients in saliva are well known in medical circles for breaking down fat cells. Western medicine has in the last 25 years come to recognize that the sexual health of a person directly relates to his or her physical and mental health. We now see this in the widespread use of viagra for men and estrogen supplements for women. Likewise, because of the fast growing popularity of sexual tantric teachings in the West many people are finding a link between their spiritual and sexual selves.

But all of these things are not discoveries, rather rediscoveries of what was known long ago and practiced. The ancient White Tigress teachings developed within the Chinese consort and female Taoist cultures, later sprouting off into the traditions of Japanese geishas, and surviving through a long lineage of spiritual-sexual consorts to present times.

Despite all the studies done by Masters and Johnson, and the Kinsey Report, Western society still has much to learn and accept about sexuality. We still don the garb of the Victorian age; we still have not pulled ourselves from the burden of thinking things of the flesh are evil; and even more so, we have not yet come to understand the meaning of love in connection with sexuality, the meaning of spiritual sexuality, nor the meaning of love and sex. One of the simplest reasons for this lack of knowledge is found in the English language itself, as there exists only one word for love whereas most other languages have multiple terms defining degrees and types of love. English more often than not classifies sexual emotion and behavior in terms of either love or lust.

Sexuality has three important functions—*procreation, recreation, and transformation*. The majority of people use sexuality for one or both of the first two functions, but few are those who engage in the transformational aspects, and it is within this function of sexuality we find the practices and teachings of the White Tigress.

### ***The Basis of White Tigress Teachings***

This article is a brief overview of the practices and philosophy of the White Tigress, an ancient Chinese sexual tradition propagated and maintained through a long stream of consorts and female Taoists. These practices were originally influenced by the teachings of the Western Royal Mother (appearing sometime during China's mythical period prior to 2700 B.C.E) and tantric teachings stemming from India during the T'ang dynasty (618 to 905 C.E.). The unique aspect of the White

Tigress is their claim that women have their own unique process for acquiring the spiritual and physical goals of Taoism, namely restoring youthfulness and attaining immortality (longevity).

The theory they maintain is that males are *yang* by nature (physically strong, active, and express their sexual functions externally) and so need to exercise tranquility and retention of sexual energy to achieve youthfulness and immortality. Women, on the other hand, are *yin* by nature (physically weaker, more passive, and express their sexual functions internally) and so need to exercise activity and expression of sexual energy to achieve the goals of youthfulness and immortality. The long-guarded secrets of these traditions have been veiled, and even considered illegal, by the longstanding male dominated rule in China's history. But through a very long line of female (and male) adherents these traditions have survived to the present day.

The physical goal of the White Tigress is to first recreate the sexual responses in her body that were initially developed during adolescence, which would aid the development of her physical restoration. Since the majority of our first libidinal developments occur within oral activities (production of saliva, suckling breast milk, developing the oratory functions, and forming of teeth), the White Tigress equally finds the development of youthfulness and immortality within the activities of oral functions.

The White Tigress engages in two primary oral acts: In the first act, *Congearing the Dragon's Jade*, she makes use of male semen to restore her skin and hair. In the second act, which is of greater importance than the first, she focuses on the absorption of male sexual energy, referred to as *Absorbing the Dragon's Breath*, for developing a heightened state of hypersensitivity during intense oral sexual stimulation of the male penis (*Jade Stem* in the Chinese). Absorption is the ability to mentally and physically induce the energy of the male orgasm into herself, whereby she then uses that masculine (*yang*) energy to both fortify and enhance her own feminine (*yin*) energy—the transformational use of sexual activity.

It is the practice of *Absorbing the Dragon's Breath* that leads to the spiritual achievement of Illumination—the experience of seeing numerous, small, lantern-like lights swaying gently inside the head. The White Tigress needs to experience this illumination nine separate times in order to produce sufficient energy to create her *Spiritual Fetus*, or in more practical terms to realize her spiritual potential.

Creating this spiritual fetus is like undergoing the metamorphosis from mortality to immortality, or like going from blindness to sight. In every sense it is like a spiritual pregnancy whereupon she gives birth to the spiritual fetus within herself, much like a caterpillar shedding its cocoon and emerging as a butterfly.

The White Tigress, however, must put forth a great effort in her practices to experience Illumination. It is no easy task, and few can achieve it. But even if the ultimate goal is not reached great health and restoration of youthfulness is possible by all who apply themselves diligently, so no one should assume the journey is fruitless if the ultimate goal is not attained.

Many readers may not at first agree with or fully understand the methods of the White Tigress,

but it is an undeniable fact that sexual energy is the reason we are born and it is the reason we age and die. White Tigresses clearly understood that procreational and recreational acts of sexual intercourse were damaging to their bodies and health, but they also discovered that oral sex, when focused on transformational experiences, restored their bodies and health, as well as provided spiritual experiences. In terms of the White Tigress teachings it is said:

***With sexual intercourse, the female creates a material child.  
With oral sex her childlike affinities are recreated.***

The full meaning of this verse is very extensive, but it expresses the idea that with oral sex a female can create a *brainchild*, recreate her youthfulness, or form a spiritual child within herself. To understand this better, attempt to recall the feelings and intensity of that one special kiss that absolutely took your breath away, made your whole body alive with sensation, your mind was only in that one moment, and nothing else outside of this experience existed. Now, magnify that experience by ten-fold and you will get a sense of what a White Tigress experiences when she enters the state of *Absorbing the Dragon's Breath*.

In order to practice and achieve her goals a White Tigress made frequent use of what she calls a "Green Dragon," select men whom she would orally seduce for the purposes of acquiring their semen and sexual energy. The White Tigress understood that the intensity and excitement experienced through the seduction of new and unfamiliar males far exceeded the energy derived from routinely having sex with just one male. Therefore, in verse the *White Tigress Manual* states:

***"One hurried and passionate clandestine encounter with a stranger outside the home is more beneficial than a hundred quiet and relaxed engagements at home with one's mate."***

Therefore, the White Tigress would orally seduce men of her choosing wherever and whenever possible in order to ensure her acquiring large quantities of semen, increase her production of saliva, make the oral activity more intense and passionate, and enhance her experiences for absorption of male sexual energy.

Within the *White Tigress Manual*, and in Japanese Geisha documents as well, it says:

***With each act of intensely performing oral sex and congealing of semen she increases her life span by seven days.***

***With those experiences where she enters deep contemplation of absorbing male sexual energy, she increases her life span by twenty-eight days.***

***With each act of engaging in sexual intercourse her life span is decreased by seven days.***

From these types of age-old wisdoms the White Tigress draws her practices and philosophy. In present times we might be shocked or befuddled by such practices, deeming them as perverse or even dangerous. There is no argument about how some individuals might turn these teachings

into a sexual perversion, especially those not spiritually inclined. Likewise, in consideration of AIDS and STDs the practices could be considered dangerous as well. In answer to these concerns one should consider the primary goal of the White Tigress, which is spiritual advancement and not sexual satisfaction. Sexuality is a vehicle, not the goal. It must also be stated that the White Tigress, even in antiquity, was very selective about the men with whom she engaged sexually. In present times this must also be a high concern for all women. But we must also note in the same instance that the vast majority of people are sexually safe and if common sense is applied the dangers of such practices are minuscule. It must also be noted that of all the sexual acts a person is capable of performing, oral sex is by far the safest, especially when semen is never ingested.

White Tigrisses have for centuries made full use of the protective qualities of saliva and cucumber juice, as both contain high levels of antibacterial properties. The cucumber juice also serves as an astringent. Aside from the practices themselves maintaining cautions they were also designed to develop the female's internal energy of *qi*, which in the end is a means for strengthening the immune system as well. Therefore, if we take all these safeguards into consideration, we see that the White Tigress is not engaging in her sexual practices haphazardly or without caution. In actuality she applies more preventative health measures than the average sexually active woman.

### ***White Tigress Massage***

From the continual need for new Green Dragons, White Tigrisses developed a most unique and effective form of massage, blending health and healing aspects with specialized erotic stimulations. These specialized massage techniques created a very heightened sense of sexual energy in males. In turn this would provide the White Tigress with easier and more frequent opportunities of acquiring semen and male sexual energy. The massage method applied three very effective stimulating and healing elements:

*Chin Sung* (Relaxing the Muscles and Joints), kneading and opening blood flow through the joints and muscles of the body,

*Qi Ch'u* (Qi Stimulation), to enhance a person's energy level by stimulating the qi meridians and specific cavities of the body.

*Ching Hsing* (Activating Sexual Energy), stimulating specific erogenous zones and qi cavities that stimulate sexual energy.

White Tigrisses have throughout their history held the view that massage, on a primal level, is sexual because it involves the act of allowing one person to intimately touch another person. Through massage, the White Tigress was allowed into the sphere of what her client would normally protect. Whether or not massage is purely for the purpose of healing it still affects the consciousness sexually. According to the White Tigress, men especially need and desire some sort of sexual activity in connection with massage. The act of being touched on bare skin implies to all his sensory functions that this is sex and hence the biological and emotional need to ejaculate. Indeed,

White Tigresses, when engaged in massage, deemed it uncompassionate and a waste of positive energy to not address and satisfy these needs.

But the White Tigress practices are not exclusively sexual either. They also train themselves in traditional martial arts and qigong methods designed specifically for women. These include:

- *White Tigress Kung Fu*
- *Willow Waist exercises*
- *Healing White Tigress exercises*
- *Eight Immortal Single Sword-play*
- *Dragon-Tiger Double Sword-Play*
- *White Tigress Fan Dance*

There is a very well balanced protocol and demeanor within a White Tigress's life. Great attention is paid not only to sexuality, but dietary, herbal usage, hygiene, exercise, appearance, and behavior. Outwardly, she may appear submissive, but inwardly she is focused and self-controlled. Interestingly enough, White Tigresses learned long ago to use their full femininity to empower themselves, rather than attempting to discard it. Curiously, it is odd that in such male dominated societies of China and Japan it was the consorts and geishas who held such incredible power and influence over men. Indeed, for men to even climb the social and power ladders of those societies they relied heavily upon the expert advice of these women, for they knew men better than men knew themselves.

### ***The History of White Tigress Teachings***

Considering what Tigresses try to achieve in their practices, it would be somewhat remiss not to give a brief outline of the history of their teachings. Where and how such teachings developed is as important as the teachings themselves, for within history many secrets and important fundamentals of the practices can be found.

The origin of the White Tigress teachings appear to have been derived from instructions given to the Yellow Emperor (Huang Ti, circa 2500 B.C.E.) through three female attendants of the Western Royal Mother, who in Chinese mythical history is supposedly the matriarch of Chinese civilization. Her three female attendants—Plain Girl, Multihued Girl, and Mysterious Girl—each provided sexual instructions to the Yellow Emperor so that he might regain his health and attain immortality. The Western Royal Mother herself reportedly attained immortality through gathering and absorbing the sexual essences of twelve hundred males. From the *White Tigress Manual* there is the following descriptive quote of the Western Royal Mother as given by Mysterious Girl to the Yellow Emperor:



*Western Royal Mother obtained immortality through restoring her feminine energy. Her energy became so strong that when she lured a man's Jade Stem [penis] near her mouth, with even one union he would fall exhausted, while her face glowed radiantly with his essence upon it. She no longer had need for any type of cosmetics. She could absorb the essence of a hundred men without causing herself any exhaustion, as her body was like that of a young girl full of vitality and stamina. The spiritual mother had no use for husbands. Loving men the way they wished to be loved and knowing the secret of yin convergence [the secret of immortality] made her an immortal.*

From the teachings of the Western Royal Mother there then developed numerous sexual arts that found their way into the culture of consorts, concubines, and Taoism. Many of these original teachings, however, came to just pay attention on the male achievement of immortality, per the instructions given to the Yellow Emperor. As China developed into a very patriarchal society, men attempted to shield the practices of the Western Royal Mother from falling into women's hands. For example, in the bedchamber text *The Precious Secrets for the Jade Room*, we find the following admonishment to all men:

*Master Ch'ung Ho said, "If a man is competent in cultivating his yang essence, he should not let a woman know of his art. If she comes to know of it, there will be no benefit for him and he may even become ill. This is the meaning of the old proverb: 'A dangerous weapon should not be lent to others. For if later they decide to use it, even if you roll up your sleeves [to fight], you cannot win.'"*

*Also, Peng Tsu said: "If a man seeks to gain great benefit from the sexual act, he should do so with a woman who is ignorant of this art."*

*Master Ch'ung Ho said: "It's not only male sexual energy that can be cultivated, the female can cultivate hers as well. Western Royal Mother is a female who obtained immortality by replenishing her yin forces with the yang. Every time she engaged in sex with a man, he fell ill [the scare tactic], but her own face would be so smooth and glowing that she had no use for facial powders or rouge. She nourished herself on milk and played the five-stringed lute [allusions to semen and the five parts of the penis], and while she did so her heart was harmonious, her thoughts composed, and she was without extraneous desires. Western Royal Mother had no husband and enjoyed having sex with*

*men of all ages. Her secrets, however, must not be revealed, lest other women want to imitate her methods.”*

Because of this male perspective, the teachings of the Western Royal Mother were never popularly disseminated in China, especially during the Chou dynasty (1122 B.C.E.—255 B.C.E) as the moralist Confucians dominated social culture and philosophy. The teachings given to the Yellow Emperor from the Plain Girl were, however, widespread as they contained arts that enhanced a *man's* health and progress toward immortality. The teachings that benefited women were maintained and transmitted primarily in secrecy through small clusters of consorts and female Taoists who maintained the sexual practices for purposes of achieving restoration of youthfulness and immortality.

The most popular Taoist sect that helped preserve the teachings of the White Tigress is credited to the *Cheng-I Chen Jen* (Right Unity of Realized Persons), formed (Yuan dynasty, circa 1200 C.E.) from the resurgence of the older Celestial Masters of Dragon and Tiger Mountain sect created by the earlier Han dynasty Taoist priest Chang Tao Ling (died 178 C.E., considered the first Taoist pope of sorts). From records within the White Tigress lineage, there appears to have been a great deal of support of their practices from the Cheng-I Chen Jen sect headquartered at the Heavenly Vault Monastery near Taihu Lake and Soochow Province, especially during the Ch'ing dynasty (1644 C.E. up to the time of Mao Tse Tung's communist takeover of China).

### ***White Tigress and Green Dragon***

One of the more important developments and events of the teachings occurred during the Ming dynasty (1368 to 1628 C.E.). In the book *The Imperial Jade Tablet of Life* the diagram on the following page appeared. This diagram is an alchemical depiction of the White Tigress and Green Dragon fusing their sexual and spiritual essences. The White Tigress interpretation of the text within the diagram has been rendered literally as:

*“The Green Dragon [boy] whitens the face [with semen] of the girl [White Tigress] as he sits [bestrides] above her. The green-robed girl [being imbued with the essence of youthfulness] sits astride [legs closed] the dragon [the penis]. Lead [sexual energy] and mercury [vital energy] are then fused together [transmutation] within the cauldron [the spirit]. At once the gate [of aging and death process] is locked [restoration and preservation are ensured] from within [her spirit].”*

The *White Tigress Manual* also points out that the diagram had been altered by traditional Taoists to reflect the male point of view that it was just a depiction of the harmonious enjoining of yin and yang harmony (sexual intercourse), and likewise not to reveal the teachings of Western Royal Mother to female adherents. The *Manual* states that the boy's right hand originally held an erect Jade Stem (penis) and the woman enticed him by having her Red Lotus (tongue) extended.



The present lineages of the White Tigress date back to 1748. The name “White Tigress” is a borrowed Chinese term indicating a female with a hairless vagina who had long, black, straight hair on her head. Historically, the former lineages were usually named after the teacher and their place of residence. In this case, the 1748 *White Tigress Manual* had “Chin Hua’s Tigresses of Nanjing” inserted in the title. With each succeeding teacher and lineage the name would change. For reasons of clarity, however, it was decided to group these teachings under one common name, and so “White Tigress” was considered the most appropriate, as all past lineages regarded the secret meaning of this name as the symbolic ideal for its adherents. Even though current lineages can be traced to that date, they were obviously developed from other lineages under different names, or possibly no names at all, from much earlier times.



### **Conclusion**

A White Tigress never views her sexual activity and practices as immoral, as she ultimately treads a path of *compassion, giving, and tolerance*. Her role is as serious and pious as any other spiritual or religious participant. Her moral inclinations have more to do with exercising compassion and charity towards others than with following moral precepts of conduct. She seeks selflessness within her sexuality, vowing only to maintain secrecy, earnestness, and honesty.

The typical spiritual paths created by men, it may be said, center on *wisdom, retention, and indifference*. If we look closely at any religion or philosophy we can see these two streams of “compassion” and “wisdom” leading from them. Paths of wisdom normally require the *guarding*

and *retaining* of sexual energies, and being *indifferent* to the world. Paths of compassion, on the other hand, speak of *nourishing*, *giving*, and exercising *tolerance* towards all living beings. A White Tigress without question selected the path of compassion through nourishing, giving, and tolerance.

### **About the Author**

Hsi Lai has been a practicing Taoist for over twenty-five years, studying Chinese language, philosophy, and healing arts with many Taoist teachers. He is the author of *The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters* (Destiny Books, 2001) and *The Sexual Teachings of the Jade Dragon: Taoist Methods for Male Sexual Revitalization* (Destiny Books, 2002). Hsi Lai teaches and lectures throughout the world on Taoist related subjects, and is presently living in the San Francisco Bay Area. If you wish to contact him you may do so by visiting the White Tigress Society website at [www.taotraditions.com](http://www.taotraditions.com) or e-mailing him at [hsilai@taotraditions.com](mailto:hsilai@taotraditions.com).