

THE

TAO

OF

SEXOLOGY

THE BOOK

OF

INFINITE WISDOM

BY DR. STEPHEN T. CHANG

TAO PUBLISHING

Copyright © 1986 by Stephen T. Chang

Published by Tao Publishing
2700 Ocean Avenue
San Francisco, California 94132

No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording, nor may it be stored in a retrieval system, transmitted, or otherwise copied for public or private use—other than for fair use—without the written permission of the publisher.

Typesetting by Diana Clardy at H. S. Dakin Company, San Francisco

FIRST PRINTING, 1986
SECOND PRINTING, 1986
THIRD PRINTING, 1987
FOURTH PRINTING, 1988
FIFTH PRINTING, 1991

Printed in the United States of America

Library of Congress Cataloging in Publication Data

Chang, Stephen Thomas
The Tao of Sexology

Includes index.

1. Sex customs—China 2. Sex instruction.
3. Taoism. 4. Hygiene, Sexual. I. Title.
[DNLM: 1. Medicine, Oriental Traditional.
2. Sex manuals. HQ 31 C4575t]
HQ18.C6C47 1985 613.9'6 85-12518
ISBN 0-942196-03-1

ACKNOWLEDGEMENTS

The author gratefully acknowledges the support and help of:

Kate Leffler
John Lindseth
Fay Mongraw
Eugene Schwartz
Mick Winter
and
Foundation of Tao

ABOUT THE AUTHOR

Dr. Stephen T. Chang is an internationally well-known scholar. His grandmother was a master-physician, while her father was both personal physician to Empress Tse-Shi and the first Chinese ambassador to the United Kingdom. Dr. Chang has been trained in both Chinese and Western medicine, and in addition to his medical doctor degree, he holds doctor degrees in philosophy and theology. He also holds two law degrees. He lectures worldwide on various aspects of Taoism, and he is the author of the following books:

The Complete Book of Acupuncture

The Great Tao

The Complete System of Self-Healing: Internal Exercises

Tao of Healing Diet: Secrets of a Thin Body

The Tao of Sexology

The Forgotten Food Diet—Herbology and Health, and

The Tao of Management.

Several books—university and hospital textbooks—have been translated into ten languages. Dr. Chang is now chairman of the Foundation of Tao.

TABLE OF CONTENTS

PREFACE.....	11
PART I LIVING LONGER, HAPPIER, HEALTHIER, AND WISER	
1. AN OVERVIEW	17
2. TAOISM.....	21
The Tao of Philosophy	22
The Tao of Revitalization	22
The Tao of Balanced Diet.....	24
The Tao of Forgotten Food Diet	25
The Tao of Healing Art.....	26
The Tao of Sex Wisdom	27
The Tao of Mastery.....	28
The Tao of Success	29
3. IMMORTALIZATION.....	31
4. EVOLUTION.....	35
6. LONGEVITY: PREVENTION OF AGING.....	45
The Human Battery.....	45
Rebirth.....	49
The Anus: An Indicator of Age	49
Cleaning the Anus.....	51
The Use of Sunlight	52
PART II KNOWLEDGE, TECHNIQUE, AND PERFORMANCE	
7. THE MALE.....	55
The Penis: How to Change Its Size and Shape	55
Prostate Gland Massage.....	60
Ejaculation	63

The Million-Dollar Point.....	64
(Injaculation vs. Ejaculation, Prolongation of Arousal, Longevity)	
The Deer Exercise for Men.....	69
(Rejuvenation and Increased Arousal Period)	
Instructions for the Deer Exercise	71
Determination of Male Physical Problems	76
Male Masturbation and Reflexology	80
Rhythm Theory	84
Impotence.....	86
Circumcision	86
8. THE FEMALE	89
The Breasts.....	89
The Vagina.....	91
Care of the Vagina	94
Orgasm in Women: The Nine Levels	95
Female Masturbation and Reflexology.....	99
The Deer Exercise for Women	101
(Healing and Rejuvenation)	
Instructions for the Deer Exercise	103
Menstruation	107
Female Problems.....	110
Frigidity.....	111
PART III TEAM OF TEAMS	
9. MAN AND WOMAN TOGETHER.....	115
The Holdbacks: Superior Orgasm.....	115
Advanced Superior Orgasm.....	119
The Healing Effects of Holdbacks on Men	121
Sets of Nine.....	123
Healing Positions	125
The Eight Healing Positions for Men	125
The Seven Healing Positions for Women.....	133
General Healing Positions.....	141
Other Healing Positions	147
Helping Lower Back Pain.....	149
Times of Day Affecting Healing	150
Morning and Evening Prayers	151
Golden Rules of Marriage.....	160
Golden Rules of the Family	161
10. THE OTHER HIGHLIGHTS.....	163

Choosing a Partner	163
Facial Analysis: Determining the Sexual Organs	164
The Forbiddens	171
Eugenics	174
Choosing the Sex of a Child.....	176
The Theory Behind Sex Selection	177

PART IV INFINITE WISDOMS

11. THE SUPPLEMENTS	181
Advanced Deer Exercise.....	181
Affairs	186
Bathing	188
Body Odor.....	190
Celibacy	190
Comments on Birth Control Methods	192
Determination of Prostate Problems	193
Diet.....	194
Drugs.....	196
Ejaculation	196
Energy	197
Fantasies	198
Fertility	198
The Five Abilities.....	199
The Five Virtues of the Penis.....	200
The Five Virtues of the Rectum.....	201
Foreplay	205
Heart Problems.....	205
Hiatal Hernia	207
Homosexuality	207
Hormones	208
Intelligence.....	208
Male Afterplay	209
Oral Sex.....	210
Sadomasochism.....	210
The Seven Seeds	210
The Spoon Exercise	211
Statistical Research	212
Venereal Diseases	213
12. CONCLUSION	217
INDEX	218

An Important Note To The Reader

This book was written only to introduce the ancient sex wisdom of Taoism as a gesture of goodwill. Since certain exercises, special techniques, and teachings which are introduced may be new to certain societies, since human beings are complicated and delicate in constitution, and since every individual is different, please consult your physician before you try any of the contents of this book, for your own protection.

The author and the publisher specifically disclaim liability for any loss or risk incurred by the use or application of any of the contents of this book.

PREFACE

Like the breath of life, sex is vital to the continuation of human beings. Some books explain instances of this fact. As a natural euphoriant, sex is vital to humanity's mental well-being. Other books help people find happiness through sex. Unknown to most people, sex is vital to mankind's spiritual elevation. Many Taoist classics, such as *Su Nu Ching* by the Yellow Emperor, explain the hidden, higher purpose of reproduction and joy-making, called the Tao of Sex Wisdom.

Su Nu Ching, or *Classic of the White Madam*, is the basic book of Taoist Sexology. It contains secrets which help humanity enjoy life, love life, and benefit from life. Specifically, it provides methods which heighten, intensify, and prolong lovemaking to strengthen the bond of love between a couple, so that the nucleus of the family may be strengthened. Methods which improve

progeny intelligence, beauty, wisdom, health, and morality are provided, in addition to methods which improve and unify the physical, mental, and spiritual aspects of the individual. In the past, many of these promises were fulfilled for those who used Taoist Sexology methods.

For thousands of years, political, philosophical, and religious cliques monopolized the key to decoding the book's classical calligraphic text. Severe restriction of readership prevented many from reading, understanding, or interpreting the book. Therefore, satisfactory translations of the book were difficult to find, and many widely shared sexology teachings were distorted, incomplete, and unreliable. All other Taoist classics, such as *Yu-Fang Mi Chue (Secrets in the Jade Chamber)*, *San Feng Tan Chue (The Healing Techniques of Master Chang San-Feng)*, *Ching Cheng Mi Chao (The Sacred Records of Mt. Ching-Cheng)*, *Kung Tung Mi Tien (The Sacred Manuscripts of Mt. Kung-Tung)*, *Shuan Wei Hsing Yin (The Sacred Seal in the Heart)*, and *Yi Hsing Fang (Medicine in the Heart)*, shared similar histories. It was a shame that these much-needed philosophical treasures were buried under such selfishness and incompetence.

For thirty years, I have been trying to tear away the secrecy and distortion surrounding the Tao of Sex Wisdom in my research and lectures, by fully and accurately disclosing the teachings, clarifying abstruse areas, and supplying scientific information to further comprehension.

At first glance, the subject of sex seems to be uncomplicated. In truth, it is of monumental importance to the health and happiness of the individual, society, and nation.

Long in coming out, this book deserves serious consideration, because sex is a subject of wide and deep implications. The considerations are as follows:

- 1) A book on the Tao of Sex Wisdom should be useful to a reader for the rest of his or her life. As experience accumulates, a greater understanding of the teachings results, and continued analysis is encouraged.
- 2) The teachings should be clear and logical and scientifically substantiated.
- 3) Sexual complexes and problems should be resolved as the sexual act becomes a means of spiritual and mental elevation, as the relationship between the physical, mental, and spiritual aspects of the body is made clear. Morality must be lifted to a new height.
- 4) Appropriate terms must be selected to further the reader's understanding of Taoist theories. For example, the words "peak" and

Preface

“valley”, which I have used to describe the types of orgasms for thirty years, are replaced by the words “ordinary” and “superior” (reasons for this are found in the text).

5) A proper balance of practical experiences and theories should be provided to make learning and understanding exciting, because no theory in this book should ever be empty.

Sex, a function that is generally unavoidable, must be made into a source of happiness, not pain. Happiness is healing, joy, and longevity; correct sex yields infinite happiness. Pain is incurable disease, depression, and death; incorrect sex yields infinite pain. Correct sex spreads happiness among individuals, their progeny, and society. Incorrect sex—that is, sex used as a weapon against others, as a license for promiscuity, or as an immoral profit generator—causes social decay. The ultimate purpose of this book is to point out a pathway of righteousness.

The information contained in this book is sacred, and great misfortune will follow those who abuse this information or purposely alter the true teachings.

The tracks of knowledge and wisdom that end at physical, mental, and spiritual elevation lead the individual through extraordinary territories of experience. Upon embarking on this journey, the reader will immediately see the horizons of his or her health, happiness, and success stretch into infinity.

Dr. Stephen T. Chang

Part I

**Living Longer,
Happier,
Healthier,
and Wiser**

An Overview

Taoism is the oldest science of life. The ancients, undistracted by the various forms of entertainment (television, video, etc.) that barrage modern society, focused their energies on researching and improving ways of meeting human needs. One group, the ancient Taoists, developed a complete, detailed, and scientific system of knowledge which comprises many principles of food preparation, exercise, healing, sexology, etc. This system is called Taoism. Although Taoism is the most ancient system of knowledge recorded on earth—preceding even the traditions of Mesopotamia, Ancient Egypt, India, Greece, and so forth—it is praised for surpassing modern knowledge by many in the forefront of modern research and learning.

The Tao of Sexology—sex taught and practiced in accordance with the principles of Taoism—is a part of the living philosophy of Taoism.

From the observation of the reproductive process, Taoists discovered that the sexual glands were endowed with God's power to create and God's intelligence to organize life. They knew that God was life, that He was the life force that animated all living things, that He was the motor of creative processes, and that He was the intelligence responsible for life engineering and cellular self-repair. They also knew that the sexual glands could be used as a source of life force for their own bodies. These realizations caused Taoists to create a complete system of methods and techniques, called the Tao of Sexology. With that, Taoists hoped to elevate self-healing to its fullest potential, to energize the whole body, to defy time. By following the Tao of Sexology, mankind will eventually incarnate God's nature to its fullest.

In Taoism the sexual organs and glands, where energy and life power are concentrated and generated, are referred to as the "stove". This term underscores our dependence on sexual energy. We depend on the sexual gland to support our mental and physical functions as we depend on the stove to cook food. Without a stove, nothing can be cooked or eaten, and life will end. Likewise, life will end when nonfunctional sexual glands cause the mental and physical aspects of the body to become nonfunctional.

The importance of the sexual glands as the motor of rejuvenation can not be over-emphasized. The sexual glands produce hormones, the "fire" which help rejuvenate cells and tissues. If the sexual glands function improperly, cell/tissue regeneration and mental/physical performance fall. When the mental and physical aspects of the body become tired, depressed, or negative, more problems or diseases are created. Then the aging process begins. All of these problems can be prevented or corrected by properly functioning sexual organs.

When the machinery of rejuvenation is activated through the practice of Taoist Sexology, aging can be prevented. And when aging is prevented, death is prevented. The age-old search for the fountain of youth may end here, for Taoists believe that immortality can be attained by transforming the physical body through continuous rejuvenation.

Not only is the Tao of Sexology a fountain of youth, but it also is a refreshing solution that reconciles the common dilemma between responsiveness to one's sexual desires and devotion to one's spiritual aspirations. On one hand, some social influences promote the release of sexual instincts at the animalistic level only. On the other hand, many religions stifle or denounce sexual activity to promote spirituality. Release of sexual desires results in many problems, such as venereal diseases. Stifling of sexual desires leaves people unsatisfied, for they are not bodiless spirits as long as they live on earth. Neither approach

satisfies people's needs, because human beings have both physical instincts and spiritual aspirations. Taoism eliminates this dilemma by allowing the sexual instincts to serve a spiritual purpose. The Tao of Sexology techniques provide a direct, tangible experience of God. By sharing true love, giving true love, and receiving true love, two people learn to understand the nature of God. To experience love is to experience God.

(The specific techniques involve acupuncture points and nerve reflexology. They allow the couple to merge their energy at the level of their respective organs and awaken their intuitive and spiritual centers.)

Why should we want to experience God? If we have always been blind, we can not fully understand the meaning of light. Likewise, without experiencing God, we can not fully understand the meaning of God. God is life. God is everywhere. He is not limited by space or time. And He has everlasting life. If we can understand God's nature, we can "walk" with Him and finally become like Him.

Unfortunately, many people think sex is dirty or sinful. Because they were not taught about the relationship between sex and spirituality, they were cut off from a vital means of experiencing and understanding God. Hence, many must find other ways of getting closer to God. But in the course of their search, many will develop sexual complexes, which frustrate their spiritual aspirations. True Taoist methods, like those of the Tao of Sexology, help us look within ourselves for Godliness, while securing our independence from man-made temples, priests, rituals, etc. Unlike certain religions, which rely upon faith and prayer as the only means of helping the followers, Taoism places great emphasis upon active practice. To Taoists, knowledge and self-discipline are sufficient for mastering the methods of direct communication with God.

After having attended many of my lectures, many clinical and behavioral sexologists came up to me and said such things as, "You covered in the first five minutes of your lecture what I had just spent six years studying at the university. The rest of what you discussed was never even mentioned in my courses—and it's the most helpful information of all."

Gynecologists also attended my lectures and courses. They told me that they finally knew how to help their patients, advise them, and give them tools to help them repair their organs and help their bodies function properly again. Before, all they could do was operate on them.

After having done some of the exercises taught in my sexology courses, others told me that they finally understood what it was to enjoy not just sex, but life itself. They said that they had received a lifetime of benefits from what they had learned. I told them that if they kept practicing what they had learned, things would get even better. Because the information, tested and used for

6,000 years, would help anyone lead a longer, happier, healthier, and wiser life.

The ancient Taoists were not ethereal, abstract philosophers. They were very practical, scientific people. If a technique did not work, they discarded it. If a better one was developed, they used it. They did not promise their students that great benefits awaited them after death; great benefits were immediately reaped upon utilization of Taoist techniques.

To speak of Taoism only as a theory is incorrect. Taoism has been variously defined as an ancient science or philosophy. While any of these terms may apply, Taoism is essentially a means for attaining longevity, health, mental and spiritual well-being, and immortality—or everlasting life.

Besides Tao of Sexology, there are seven other disciplines which promote personal cultivation. Altogether there are Eight Pillars of Taoism.



Figure 1. The *Pa-Kua*, or Symbol of Taoism

Taoism

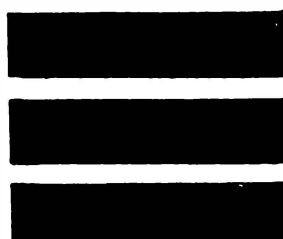
By walking with God one will fully master one's human condition. One will overcome the attacks of illness, stress, sorrow, and cruelty; one will progress evolutionally; and one will incarnate the everlasting forces of life and harmony. To walk with God one has to follow the principles of the Eight Pillars of Taoism. This complete system of life is comprised of eight disciplines of personal cultivation. They are as follows:

- 1. The Tao of Philosophy**
- 2. The Tao of Revitalization**
- 3. The Tao of Balanced Diet**

4. **The Tao of Forgotten Food Diet**
5. **The Tao of Healing Art**
6. **The Tao of Sex Wisdom**
7. **The Tao of Mastery**
8. **The Tao of Success**

The focus of this book is necessarily then upon the **Tao of Sex Wisdom**, but it must be seen in its larger context before it may be properly understood. Before we begin examining the principles of **Taoist Sexology** in detail, I will attempt to summarize the **Eight Pillars of Taoism**.

The Tao of Philosophy



The **Tao of Philosophy** discloses the logic underlying the way life unfolds and the purpose of destiny. It is a collection of guidelines to be used by the individual as well as the collectivity for attaining success and spiritual elevation. Based on the spiritual discovery of hidden but ever-permeating and reliable laws of this universe, the **Tao of Philosophy** provides detailed information on the proper and successful ways of handling the machinery of government, promoting social harmony, and fostering individual well-being.

The Tao of Revitalization



The Tao of Revitalization, a system of Internal Exercises, directs the innate healing power to specific internal organs and glands and incarnates nature's everlasting energy to its fullest.

The Internal Exercises are the very opposite of "external exercises", or swimming, boxing, wrestling, jogging, tennis, kung-fu, weight lifting, karate, etc. While external exercises may produce an attractive outer figure, they often do so by depleting the energy of the internal organs. That causes not only any number of illnesses, but also premature aging. Internal Exercises, on the other hand, are designed to energize the entire body, balance the energy level, and promote more effective internal organ functions.

The first category of Internal Exercises includes those designed to correct sitting, reclining, walking, and working postures. These different exercises were designed in accordance with the physical laws of nature to suit every individual's healing needs. These exercises are the Five Animal Exercises, Eight Directional Exercises, Twelve Zodiac Exercises, and Twelve Nerve Exercises. Also included are the basic exercises known as the Deer Exercise, the Crane Exercise, and the Turtle Exercise.

The second category is called Meridian Meditation, also known as Trip-Around-the-World Meditation, or simply Taoist Contemplation. A tremendous healing art, the Meridian Meditation is used to adjust, balance, and elevate the energy level in the body. By meditating on the pathways of energy in the body, anatomically known as the meridians, a person is able to feel the energy flow along these pathways and balance the energies within the body. The mind, body, and spirit are completely integrated, and the individual is completely enlivened.

Acupuncture and acupressure techniques, which originated from Meridian Meditation, are used to help others, whereas Meridian Meditation is used to heal oneself.

The third category of Internal Exercises is Cosmic Breathing or Energy Breathing. Through this technique, energy can be absorbed through the acupuncture points which lie atop the meridians which traverse the body. Energy Breathing is a vital step in self-healing and in forming an indivisible link with

the energy permeating the universe.

For a complete study of the Internal Exercises, please refer to my books entitled, *The Complete System of Self-Healing: Internal Exercises* and *The Great Tao*.

The Tao of Balanced Diet



Internal Exercises alone are not enough. Our diets are extremely important. There are two levels of diet in Taoism: regular food diet and forgotten food diet. The Tao of Balanced Diet pertains to regular foods. The Tao of Forgotten Food Diet pertains to herbs.

In order to balance our diets, we must study the nutritive value of various foods, the proper acid-alkaline and energy balance, and the correct preparation of meals. In Taoist nutrition, people must learn how the various energy levels of food, the five tastes of food, and the vitamin, protein and mineral content of food affect our bodies.

The acid-alkaline balance of our food is very important. Foods that are pH-balanced will not corrupt quickly, and the eater will be able to extract the maximum amount of nutrition available from those foods. If the food we eat is not pH-balanced, it becomes corrupt as soon as it enters the digestive tract. The body, instead of benefiting from the nutrients in the food, absorbs the poisons resulting from the corruption. (If one ever goes to the back door of any restaurant, one will find food corrupting in garbage cans. Not long ago, this food was served to customers. So the only thing separating the front and back of the restaurant is a wall and a few hours' time.) We would not purposely eat garbage because we know we will become sick from ingesting its poisons. Yet, we do eat garbage everytime we eat without a thought for pH balance. (A telltale sign of food corruption in the stomach is bad breath.)

The Taoist method of regular food preparation also includes practical ways of removing unwanted chemicals, parasites, and saturated fats, all of which are capable of harming our bodies and causing illnesses.

For a complete study of the Tao of Balanced Diet, please refer to *The Tao of Healing Diet: Secrets of a Thin Body*.

The Tao of Forgotten Food Diet



We rely on our regular diet for enjoyment and satisfaction; we take pleasure in the appearance, smell, and taste of our daily meals. But regular foods do not provide enough nutrients to maintain a continuous state of health. They must be supplemented by stronger foods, or herbal foods, which constitute the second level of diet.

Herbs have many properties that modern science has yet to discover. The Academy of Sciences currently estimates that there are approximately one million plant varieties in the world. As yet, only an insignificant portion has been examined by modern means of analysis.

Over the ages, Taoists thoroughly studied the healing composition of herbs. Several thousand years ago, surgeons used an herb tea as an anesthetic. It lasted for six hours without side effects. (Surgery was very popular at that time. The surgeons would remove the organs of the patient, wash them in herbal solutions, and reorganize them inside the body. This practice eventually died out as these doctors came to realize that it was an inefficient and incomplete treatment for illnesses and that the final answer lay in the prevention of illness. They realized that any illness, including tumors, was the result of a particular lifestyle. Constant surgery could not prevent the recurrence of tumors, whereas a change in lifestyle could prevent the recurrence of tumors.)

The food we buy in the supermarket is the weakest food available. The selection there is very limited if one considers the varieties of food actually

available in the world. God created leaves, branches, trunks, and roots for our consumption, but they were completely overlooked by most people. These foods are herbs, which are called “forgotten foods” by Taoists. Herbs are forgotten foods because they have been eliminated from our diets through a process of selection which, over the course of thousands of years, has rejected foods that were unappealing to the eyes, nose, or mouth. And as man learned to cultivate his own food, he naturally chose to cultivate only those foods that appealed to his senses.

As the saying goes, we are what we eat. If we eat stronger foods, we become stronger ourselves. If we eat better foods, our health improves. But, if we eat weak foods, we become more vulnerable to diseases. When we compare a magnolia tree to a bunch of celery, we will see that the tree is much stronger than the little clump of celery. Investigating further, we will find that the tree is of greater medicinal value than the celery. The various properties of the magnolia tree build up the stomach tissues and strengthen the female sexual organs. Ginseng is another example of a strong food. It grows in cold and harsh mountainous regions, yet it can survive for more than a 1,000 years. Imagine what such great vitality could do for your body. (Please use discretion when ingesting ginseng; it must be balanced with other herbs, since it produces strong side effects as well as benefits.) In sharp contrast, a carrot grows only in temperate climates and its lifespan is about three months. If you do not unearth it within three months, it will decay and disappear. Herbs give everlasting strength, whereas regular foods give only temporary strength.

The foods we commonly eat and love are also eaten and loved by the germs in our bodies. They utilize this food (organic or junk) to maintain their lives just as we do. Fortunately, herbs do not nourish germs and human beings equally. Human beings, exercising their will power, are able to ingest sometimes distasteful herbs. Germs, not being blessed with will power, are simply repelled by herbs. When human blood is permeated with herbal nutrients, the germs in the body will starve to death, and the human body will be naturally cleansed and purified. The cleansing and purifying qualities that allow herbs to last for years without rotting are the greatest benefits to be gained from herbal diets.

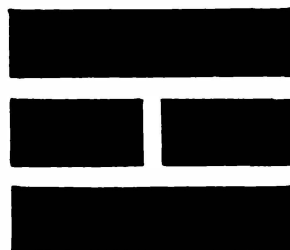
The Tao of Healing Art



Like the Tao of Revitalization, the Tao of Healing Art adjusts, balances, and elevates vital energy. Unlike the Tao of Revitalization, which is primarily a means for self-healing, the Tao of Healing Art is utilized for healing others.

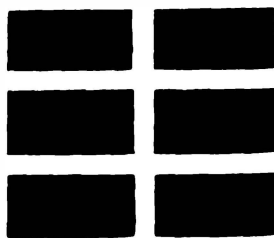
The Tao of Healing Art is also called Tui-Na. It is basically a form of massage which follows the body's energy pathways, anatomically known as meridians, to regulate the body's vital functions. By using the sixteen different handling or manipulating techniques of Tui-Na, one can also reposition disarranged internal organs. In conjunction with these techniques, which were designed to adapt to various parts of the body, appropriate mediums can also be used. These can be any of the five fundamental elements: earth, metal, water, wood, or fire. Acupuncture needles (used to channel energy into the body) and moxibustion are two of the best known metal and fire mediums in the West. Acupuncture and moxibustion are derivations of Tui-Na principles and methods.

The Tao of Sex Wisdom



This is the subject of this book, the purpose of which is to explain clearly the complete theory and practice of Taoist Sexology. The use of sex and sexual energy for improving health, harmonizing relationships, and increasing spiritual realization is taught.

The Tao of Mastery



The Tao of Mastery provides us with little-known tools to help us gain insight into ourselves and others, bend surrounding energies to our nature and purpose, and become masters of ourselves.

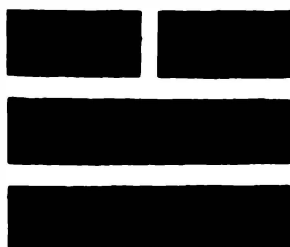
In order to facilitate personal and working relationships and reduce stress, the Ancient Taoists developed a collection of different methods:

1. **PERSONOLOGY** reveals the current abilities, attitudes, personal traits, and health conditions of an individual. Instinctive anticipation of forthcoming events is reflected in some of the 108 locations of the face, constituting a recognizable warning system.
2. **FINGERPRINT SYSTEM** reveals the inherited part of personality and health tendencies. Fingerprints are also changing delineations of our naturally developing personal and professional potentials and are warning signals of our inherited weaknesses, which we must be aware of.
3. **TAOIST NUMEROLOGY** gives precise insights into our life patterns and circumstances.
4. **NORTH STAR ASTROLOGICAL SYSTEM**—more comprehensive and scientific than Western astrology—reveals our destinies and financial prospects; describes the physical, mental, and spiritual attributes of our spouse and children; and unveils all other facets of our lives.
5. **DIRECTIONOLOGY** is the study of the surrounding physical laws of nature, especially those of electromagnetism. A complete knowledge of such forces allows us to orient ourselves and our belongings in ways compatible with the electromagnetic influences, in order to live in harmony with the laws of nature and facilitate obtainment of goals. On

the collective level, it can be used to reduce in-fighting and promote the “chemistry” or cooperation between workers. It is used in modern Japan to organize working groups as well as coordinate the various departments of a company. In the west, the awareness of these influences is reflected in conversations about the “ambience” or the “morale” at working places.

6. **SYMBOLOLOGY** deals with forms and symbols related to the laws underlying natural events. It can be used to condition, for instance, weather changes, business trends, self-defeating habits, etc.

The Tao of Success



The Tao of Success discloses the precise mechanics of life’s greatest events and the forces which shape all events. The ancient Taoists discovered analytical methods to study these forces, identified recognizable patterns of change, and systematized strategies of success to deal with these patterns. The Tao of Success helps you adjust your everyday actions in accordance with the universal law, to make every aspect of life more pleasant.

A clear and powerful instrument of Taoist wisdom, the Tao of Success is divided into three parts:

1. The study of symbols and signs which represent the endless changes which occur throughout the universe. These phenomena are governed by exact laws defined by physics, chemistry, biology, geometry, algebra, and other branches of mathematics.
2. The Tao of Change, or the study of social philosophy and transactional psychology, as represented by the sixty-four hexagrams. Each hex-

gram is composed of six lines, each of which represents a developing stage in individual or group transactions. Recognition of a certain pattern allows one to develop successful, detailed, and accurate strategies against the causes of adversity. The Tao of Change is invaluable to those who wish to develop wealth, power, familial relations, social position, and foresight fully.

3. The actual practice of forecasting events, known as the Space and Time I-Ching System. This system is based on the principle of cyclicalness—that is, everything that has happened is going to happen again, and everything that is going to happen has happened already in some form. Like Albert Einstein, the ancient Taoists understood that time was illusory. Like him, they studied situations in the space-time system. Thus, they arrived at a means for interpreting events occurring within our time concept. This is the key to ‘‘forecasting’’, or seeing into the future.

The Eight Pillars of Taoism cover every aspect of our everyday existence. They were designed to completely satisfy our basic physical needs in a manner that allows us to progress slowly but steadily with an ever-growing confidence in knowing that we shall one day reach our cherished goal of immortality.

Immortalization

What is a Taoist? Anyone who has a desire to live longer, happier, healthier, and wiser is a Taoist. Anyone who seeks and practices something in order to achieve these goals is a good Taoist. And good Taoists have everlasting lives.

As mentioned before, we must experience God to gain everlasting life. We can charge our bodies with energy and function like the perpetual-motion machines dreamed of by many scientists. Perpetual-motion machines do not exist, but perpetual human machines do, because human beings are imbued with God's spirit—the desire to improve themselves and the power to rejuvenate themselves. Since the prerequisites for immortality—the desire to improve and rejuvenate—innately exist within each and everyone of us, all we need is Taoism to refine and guide our efforts. Because Taoism is the only



Figure 2. Figurine of immortality, holding four symbols of longevity. Ch'ing Dynasty.

philosophy that deals with immortality.

Over 6,000 years ago, the ancient Taoists began to study ways to extend longevity. They were not looking for artificial ways, such as injections, implants, etc., to add a few years to life. They knew that materials foreign to human bodies can cause more complications and may ultimately lead to earlier deaths. The ancients sought for *natural*, effective, practical ways to prolong life indefinitely. Their research resulted in methods that help human beings walk with God. To have everlasting life, we have to walk with God.

All the progeny of Adam, listed in the book of Genesis, had a time of birth and a time of death, except for Enoch. Enoch did not die because God chose him, and God chose him because he walked with Him. Without having to commit to monasticism—Enoch was married and had three sons—he was able to eternalize his physical body, simply through spending his days walking with God.

Elijah is another example of mortals whose physical bodies were eternalized. Jesus is still another. His resurrection involved his *physical body*, not his spirit. He could eat, talk, and be touched by others, but his body was not limited by space or time. He could pass through walls and doors. In other words, Jesus possessed a *spiritualized body*. His body became spiritualized at the time of his resurrection.

The Bible, specifically the book of Revelations, tells us that either before or after the coming disaster on earth, 24,000 people will be picked up physically and be spared from death. But, prayers and donations to the church will not guarantee one's inclusion among the 24,000 people. One has to walk with God.

Presently, there are many saints and holy men in India and China who are not limited by space or time. In Chinese historical records, one can find the detailed personal histories of 2,000 Taoists who have been spiritualized.

God gave us life and time on earth to learn and practice the lessons of Godliness, which are necessary for spiritualizing the physical body. The objective of our lessons, then, is immortalization. All must reach that objective. Those who do not learn their lessons well are forced to come back in successive reincarnations to learn and relearn their lessons, in increasingly painful situations. Reincarnation provides physical bodies—physical carriers in which lessons are learned—for those who need to learn their lessons, and sex and reproduction support reincarnation through succeeding generations. Sex is inevitably and undeniably a part of the process of immortalization.

With the appearance of Jesus, immortality assumed unprecedented importance in the West. In the Old Testament, except for a few references to Enoch and Elijah, immortality was not mentioned. Jesus may have acquired an interest in immortality during his travels to India and China. His travels

occurred after his childhood and before his return to a public life with the apostles. During his preachings, he made many philosophical statements concerning elevated planes of existence: *a person must be reborn to enter the Kingdom of God*, and so on.

(Unfortunately, Jesus never described the practical ways of attaining immortality; he discussed only philosophy. It is doubtful that his disciples learned anything practical from him, since he was with them for only three years and, in that time, was preoccupied with healing and preaching. His disciples were also preoccupied with healing and preaching.)

Coincidentally, rebirth also plays an important role in the attainment of immortality in Taoist teachings. According to Taoism, birth is associated with the sexual glands. But, obviously, no one could go back to his or her mother's womb to be reborn. Taoists define rebirth as the use of sexual glands to rejuvenate bodily cells and tissues to transform or spiritualize the body. This process will be explained later in the chapter on the Seven Glands Theory.

The Kingdom of God is said to be for spiritualized individuals. This teaching of Jesus is one of many that coincides with Taoist teachings. If one reads the Bible with the insight of Taoist knowledge, one will find many instances of coincidence, and many expressions in the Bible, which could appear rather vague or mysterious otherwise, will be clarified.

Evolution

There are four kingdoms in the universe: the Vegetable Kingdom, the Animal Kingdom, the Human Kingdom, and the Divine Kingdom.

1. Members of the Vegetable Kingdom have only physical bodies and senses. Bacteria are included in this group. Their only purpose is to reproduce. They possess no creativity and are incapable of intentionally benefit other organisms in any way.
2. Members of the Animal Kingdom have emotional, willful minds—mental bodies—in addition to physical bodies. A dog, for instance, has a mind that is capable of responding to its owner's commands; therefore, it

is trainable. But, one can not expect more from animals, since they lack spiritual bodies. Animals always live and reproduce in accordance with a certain timetable. They mechanically follow universal laws; they do not have the desire or the drive to progress beyond their present conditions; and they do not possess the creative abilities associated with this desire. They lack this desire because they lack a spiritual body.

3. The members of the Human Kingdom possess, along with a physical and mental body, a spiritual body. Where there is spirit, there is hope and creativity. Because the spirit is not limited by space or time and the body is, a sense of incompleteness arises, as well as a desire to excel beyond the present physical condition. Hopes that are beyond space and time imbue man with the urge and ability to create. Hoping his creations will somehow make his physical presence last as long as his spiritual presence, man creates religion, science, music and art, erects monuments of many materials and even builds empires. But his accomplishments never give him enough satisfaction; at the root of all his travails, man desires to be immortal. (Religions partially satisfy the need for immortality, but they focus on life after death.) So, unsatisfied desires still fill the hearts of men and women with frustration and pain. Taoists understood the true meaning of man's desire for immortality. They knew that man desired evolutionary progress, or entrance into the Kingdom of God, the goal of evolution. So they devised methods for walking with God, spiritualizing the body, and lifting man into the fourth kingdom as he lives on earth.

4. The fourth kingdom, the Divine Kingdom, or the Kingdom of God, can be reached. In this kingdom, the human body is spiritualized. When you are a spiritualized being, you can not be limited by space or time. An immortal experiences complete satisfaction, peace, and happiness, since he or she is in unity with God and the universe. The Tao of Sexology is the bridge to the fourth kingdom, and the Seven Glands Theory is the foundation of the Tao of Sexology.

The Seven Glands: the Immune System

The ancient Taoists understood that the human body could not exist unless there was a continuous supply of energy coming into the tissues and organs. They realized that health was maintained when the energy within the body was balanced and that disease occurred when there was energy depletion or weakness.

Energy is a dynamic force, in constant flux, which circulates throughout the body. Many people plausibly substitute the word *life* for the word *energy* since the essential difference between the two words is so subtle that it eludes all but the semanticist. Each term is vital to developing an accurate understanding of the energy theory as it applies to the body.

For all practical purposes, it can be stated that life is an *indication* of energy

within the body. All that comes to mind on hearing the word *life*—breathing, talking, sleeping, eating, even the ability to read, think, and hear—all these can be achieved only because of the energy within the body. This invariably applies to those functions or activities that are not conspicuously perceptible; for example, the metabolic processes within each single cell could not be accomplished without energy to sustain those functions. Energy is the basis for the apparent solid structures of the body and all that pertains to its anatomy as well. For what is a solid structure such as a bone, except a mass of living cells? All forms and activities of life, both anatomical and physiological, are supported by, and simultaneously deplete, the energy within the body.

We receive much of the energy we need from the food we eat and the air we breathe. However, the body, much like an expensive automobile, must be finely tuned if it is to run properly and utilize this energy to the maximum.

Throughout the centuries, Taoists understood that the body's Seven Glands were the energy centers responsible for regulating the flow of energy within the various systems of the body. These Seven Glands, in descending order within the body, are as follows:

1. The pineal gland, which directly affects the other glands through its secretions and allows one to communicate on the spiritual level. Intuition and conscience are also associated with this gland, which is also called the House of Spirit.

2. The pituitary gland, which governs memory, wisdom intelligence, and thought, is also called the House of Intelligence.

3. The thyroid gland, which maintains the metabolism of the cells in the body, governs growth. It is also associated with the respiratory system. It is called the House of Growth.

4. The thymus gland, which governs the the heart and circulatory system, is also called the House of Heart.

5. The pancreas gland, which helps maintain control over digestion, blood sugar levels, and body temperature, is also called House of Transcendence.

6. The adrenal glands, which support the functions of the kidneys, bones, bone marrow, and spine, may also be called the House of Water.

7. The sexual glands—the prostate and testes in the male and the

ovaries, uterus, vagina, and breasts in the female—are responsible for hormone secretions, sexual energy and response, and reproduction. It is also called the House of Essence.

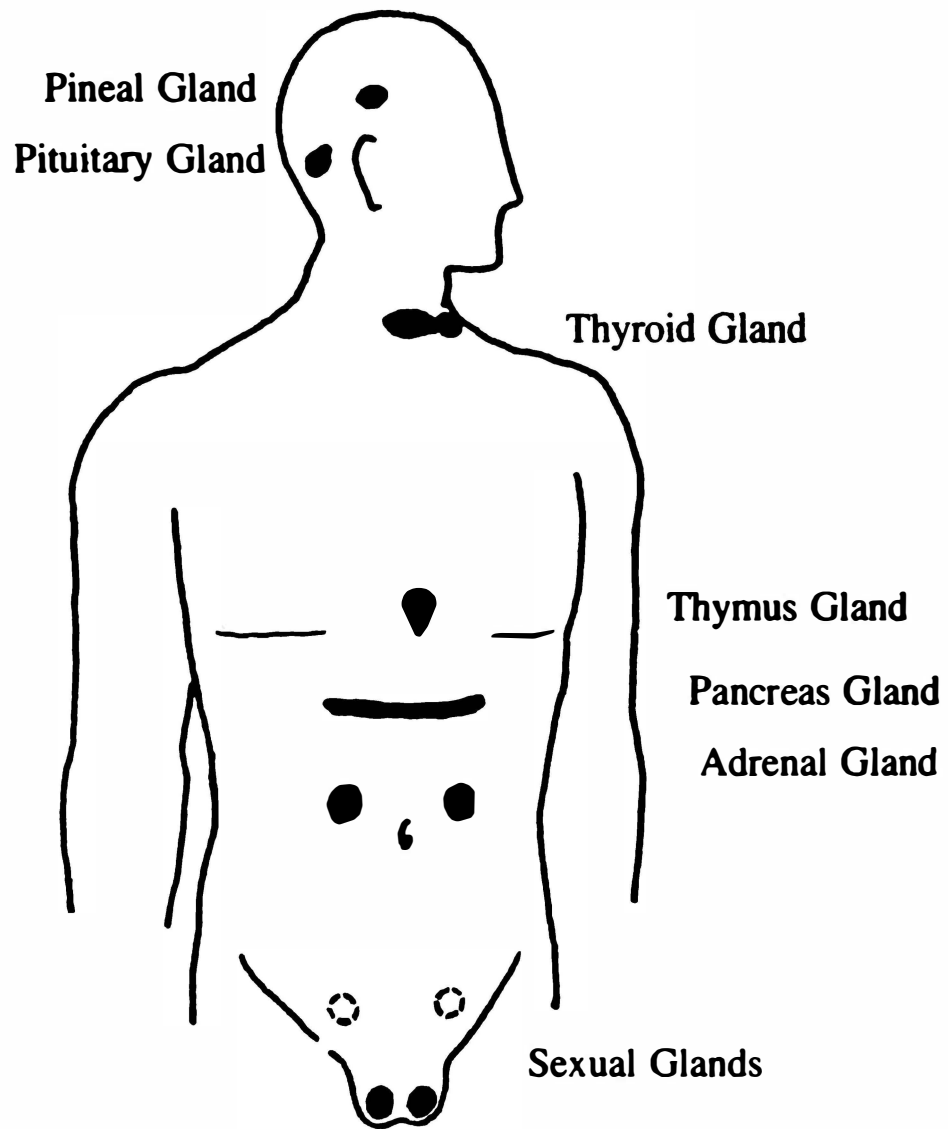


Figure 3. Schematic Location of the Seven Glands

These Seven Glands may be visualized as vessels which are attached to one another by a series of tubes (in reality, these are blood vessels). Each vessel

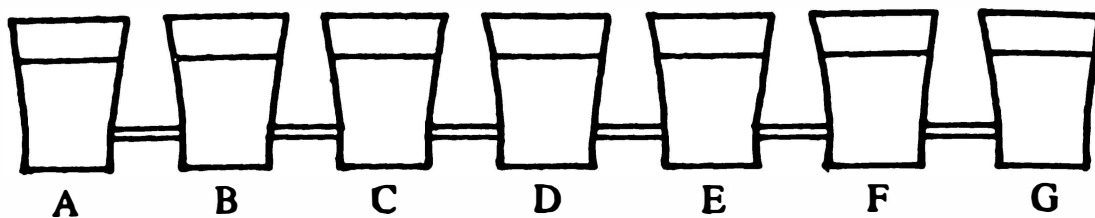


Figure 4. Equilibrium Among Vessels

(gland) is dependent upon all the others for its supply of liquid (energy). If Vessel A (the sexual glands) is supplied with liquid, this fluid will slowly disperse through the tubes (blood vessels) to the remaining six vessels. Similarly, if Vessel C (the pancreas) were to be drained excessively of its fluid through a leakage of some kind, each of the other vessels would give up a portion of its supply to reestablish an equilibrium within the system.

This is similar to the way energy flows within our bodies. A state of weakness or susceptibility to disease arises when one system, or in this case one gland, is deprived of energy for some reason. Our task becomes then one of not only reestablishing the balanced flow of energy to overcome this weakness, but of also stimulating the flow of energy, so that we raise the level of energy within our body to its maximum.

Balancing and raising the energy to its proper level through the Seven Glands system is the Taoist way of strengthening the immune system. Through increasing the energy to strengthen the immune system, we can then reverse our existing weakness and heal ourselves, as well as utilize the higher order of energy to open up our spiritual centers and prevent aging.

Dr. Alexis Carrel, a Nobel prize winner, stated that the glands system was a "wheel of life". If the wheel of life turns smoothly, problems will not arise or interfere with the cellular processes, which are perpetual. Dr. Carrel, from his extensive experimentations, found that every cell was originally immortal. Human beings are therefore originally immortal. Human beings die only because their cellular processes are hindered by poisonings, illnesses, etc. A properly functioning glands system is the key to perpetually functioning cells and immortality.

We need to understand that the Seven Glands support each other in ascending order. If the first six glands are not filled to their capacity, then the seventh gland or House of Spirit will not be filled either. We may quickly realize that if one were to surgically remove one of the glandular systems, a permanent depletion or lack of equilibrium would be created inside the body.

The sexual glands form the base of the glandular complex. This is why,

within the Taoist system of healing, all available routes are explored before surgery (hysterectomy or prostatectomy) is performed, especially if it involves the sexual glands, as these comprise the basic foundation which supports all of the other glands.

- Whether a gland is or is not removed, it is very important to practice the Internal Exercises to provide a continued supply of energy to the body to prevent the person from becoming weakened even further.

The modern term for the Seven Glands is *endocrines*. The endocrines form what is called the endocrine system. Endocrinology is a relatively new branch in medical science, and much remains to be discovered by modern scientists. Yet, the ancients have already furnished us with a great deal of information about the structure, nature, and purpose of the endocrine system and the immune system.

Figure 5. Following page: rubbing of engraving of Taoist longevity symbol, composed of seven calligraphic characters, which represent seven ascending energy centers. Ch'ing Dynasty.

河洛七實文壽星圖碑

壽星圖云道通天地

借彼無極但一而厚引

道通天地員壽子

子孫孫如松

栢七茂董

子右醇自

今伊始歲

其有

翰林范檢討

房務貴題

龍門四山住持僧入昔棟

通

七

三

五

九

一

十

二

八

四

六

七

三

一



源 宋高十
董 宗三國律
劉 高桂錫石

丁巳年菊月

Part II

Knowledge, Technique, and Performance

Longevity: Prevention of Aging

The Human Battery

When the cells and tissues of our bodies are healthy and capable of regenerating, we will not age or die. When the capacity for regeneration is hindered, the body is diseased. To prevent diseases, one must protect the immune system. A Taoist aphorism succinctly states that immunity is a natural gift of life:

*When one does not incur small diseases,
one will not incur moderate diseases.*

*When one does not incur moderate diseases,
one will not incur serious diseases.
When one incurs no serious diseases,
one will never die.*

In other words, if one keeps the resistance of one's body high, one will not be affected by germs or viruses. A body that is healthy can resist every possible kind of disease, but one that is weak or lacks resistance can be brought down by one little germ. To prevent death, one need only prevent the small diseases.

The approach to healing taken by medical science can be likened to the classical approach to warfare: it finds the germs and kills them, and it locates the diseased organs and chops them off. That is why we have antibiotics and other medicines.

Taoists take another approach. Instead of studying death and disease, they study life and health and the methods for maintaining them. The ancient Taoists knew that there were millions of different germs and viruses and that it was pointless to try to develop ways to kill them all. They realized that the only sensible approach was to keep the body healthy so that it could resist all of its intruders. This approach saves the potential disease sufferer from having to suffer from a disease while he or she waits for cures to be found. It also saves Taoists from the tedious task of researching every disease-causing agent on earth. Certainly Taoists know how to heal. It is necessary that they do. But their major concern is to prevent disease, to prevent their students from ever contracting a disease in the first place.

Since Taoists were not preoccupied with curing every little disease, they were able to invest their time and energy in devising a very detailed and complete method of disease prevention—a method that is thousands of years of old, yet very modern by today's standards. This method prevents energy loss, the primary cause of weakness in the body and its susceptibility to disease-causing agents.

The human body is like an electric battery: it needs energy to function. At its functional best, it needs a maximum amount of energy. If the level of energy within a person's body falls below full capacity to 70%, that person will feel miserable. When the energy level falls to the 50% mark, that person will be hospitalized. When the energy level falls to the 20% mark, he or she will be under intensive care. If a person has 0% energy, that person is dead.

If you were to attend a wake to pay your last respects to an acquaintance, you will find no changes in the dead person's form—the face, the arms, the legs, the body, everything remains intact and unchanged. The only difference between the corpse and the living being is the amount of energy present in the body. A living being has a fully charged "battery"; a dead person, a com-

pletely depleted "battery".

Energy depletion occurs every second of the day. As soon as you open your eyes in the morning, you begin to deplete your energy. This happens particularly when you concentrate on looking at something and even more so when you concentrate on looking at a moving object. All of our ordinary daily activities will deplete our batteries somewhat. These include watching television, talking, daydreaming, walking, eating, thinking, and worrying. Unhealthy sex practices are a very important cause of wasted vital energy. Anger and other negative emotions also deplete an enormous amount of energy.

A simple exercise, done in one minute, will demonstrate how much energy is lost through the eyes:

- 1) Hold your right arm at your side.
- 2) Ask someone to try to pull up your arm while you resist as much as you can.
- 3) Relax your arm and concentrate on the second hand of a watch while it travels around the watch for one minute.
- 4) Repeat Step 1 and have someone try to lift your arm again while you resist. From your weaker resistance in the second trial, you can easily determine the amount of energy emitted from the body through your eyes. To give people an idea of the magnitude of energy loss, tests were done, and these tests demonstrated that energy lost in one minute was recovered only after twenty long minutes!

Kirlian photography provides further proof of energy loss. Kirlian photography, done with high voltage equipment, captures the image of energy emission from the body and enables the naked eye to see how the body loses energy. Energy, like colored flames, is seen to shoot out of the fingers. One will also see changes in the brilliance and height of the flames as changes in the energy level occurs. For example, the brilliance and height of the flames decreases when a person touches an object with relatively lower energy levels. Thus, vital energy is proven to be governed by physical laws: it flows from areas of higher pressure to areas of lower pressure. So, whenever you touch a person who has less energy than you, *your* energy will be depleted.

Experiments done with Kirlian photography on cigarette smoking showed that cigarette smoking depletes energy drastically. After just ten minutes of cigarette smoking, no flames of energy could be found in the Kirlian photograph of the smoker. Kirlian photographs taken of a chain of hand-holding

people also revealed startling facts. If a person at one end of a chain smoked, the energy level of the person at the opposite end of the chain fell. Similar results were obtained with drugs and alcohol.

Any kind of energy loss, like disease, causes aging. Without energy, cells and tissues stop regenerating and shrivel and die. To prevent energy loss, the human “battery” must be recharged.

Under normal circumstances, the “battery” should be recharged by ingestion of food and restful sleeping. Unfortunately, some people are unable to satisfy one or both requirements. If this is the case, Taoist methods can help (the methods for proper eating belong in another subject area and will not be discussed here.)

Normally, the human “battery” recharges itself every night when you sleep. After the day’s activities, thoughts, and concentrations have depleted most of your energy, you will feel drowsy and fall asleep, so that your body can recharge itself. Sleep relaxes the meridional points of entry and exit and allows the energy of the universe to enter all the acupuncture points, travel through all the meridians, and reach and recharge every cell in your body. The next morning when you awaken, your battery is recharged and your energy level is high again. Like the battery and generator in your car, the human battery recharges automatically—if everything is functioning as it should be. If everything functions excellently, everything takes care of itself and you do not have to do anything. But, when you do not sleep well, the natural processes are blocked. For example, if insomnia, due to worries or constant thoughts, prevents you from getting the sound sleep you need, your battery will not be properly recharged.

In order to get a good night’s sleep, you must let go of all the problems and worries of the day. Tell yourself that you will deal with them tomorrow and that what you really need is relaxation and rest. This may be the reason why Jesus instructed us to avoid carrying our anger with us past sunset. We must let everything go and sleep.

Sometimes energy gained from food and sleep are not enough to compensate for the stress, tension, and anxiety incurred from certain lifestyles. Sometimes blockages in your “battery” may prevent it from being recharged. In that case, recharging the irreplaceable battery must be done through a process called “rebirth”.

Sex usually depletes your battery, if the methods recommended by Taoism are ignored. Because sex causes a great deal of tension—and tension closes up the meridional points of entry and exit—the body’s ability to receive energy is blocked. Moreover, a person with a very low energy level will drain a great deal of energy from the partner. In fact, a person will lose energy even if that person and his or her partner have the same energy level. This is why many

people suffer from post-coital depression after sex.

To counteract the aging effects of sex, one must be “reborn”. Rebirth is the continuous elevation of energy levels through exercise of the sexual organs. This is the other purpose of the sexual organs. Not only do they contribute to the creation of a child, but they also contribute to the rebirth of the individual.

Rebirth

Taoists refer to the sexual glands as the “stove”. A “stove” is where “fire”, or sexual energy, is generated. Without a stove, fire can not be generated or utilized properly. Then no one will be able to cook anything, or support life. Many of the vital functions of the body depend on sexual energy. The terms *stove* and *fire*, ancient alchemical terms from the days when this information was kept very secret, describe a part of the process of rebirth.

Another ancient alchemical term is *water*. *Water* represents all the secretions from the kidneys, bladder, adrenals, lymphatic system, and sexual organs (hormones or sexual fluids). This term also represents the organs and glands from which these secretions are derived.

Taoist teachings state that one must be born of *water* and *spirit*. Interestingly, Jesus said the same thing: “Verily, Verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.” Your sexual organs and your urinary organs are considered to be “sister organs” in Taoism. They are linked because both are related to the water element, both share similar openings and anatomical areas, and both have reciprocal effects upon each other—that is, both either strengthen or weaken each other in a never-ending cycle.

Detailed explanations of the above material, constituting an enormous subject area in Taoism, will be given here and in later chapters.

The Anus: an Indicator of Age

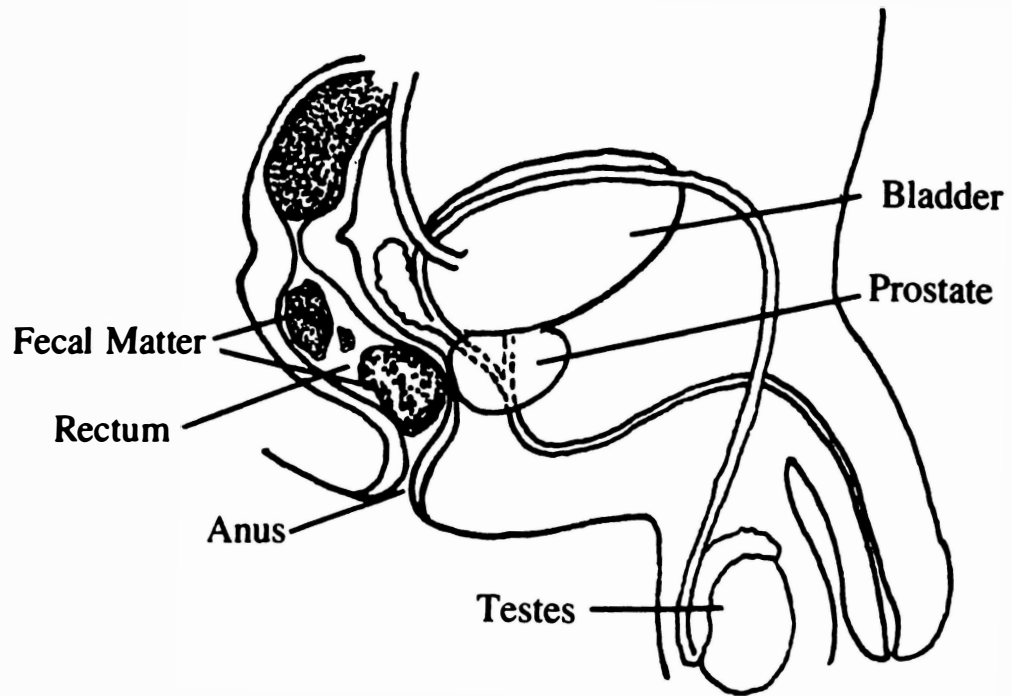


Figure 6. Fecal Matter in the Rectum

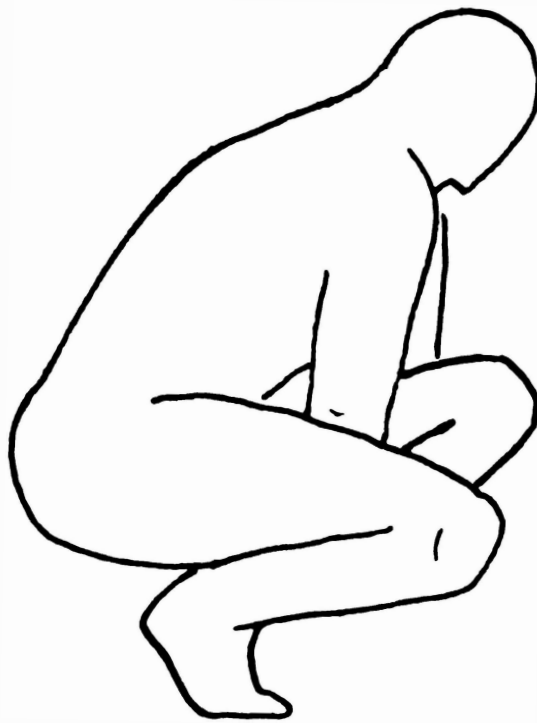


Figure 7. Squatting Position

Your chronological age, the number of years you have lived, may be one indicator of your age, but your biological age is your *actual* age, because it reflects your body's health and indicates the extent of morphological change. A prime indicator of biological age is the condition of the anus, that is, the tightness of the anal sphincter muscles. The anal sphincter muscles belong to the same energy unit as the sexual glands. When the sexual glands are strong, the anal muscles are also strong. When the sexual glands are weak, the anal muscles are also weak. An example of the former relationship is the difficulty involved in inserting something as thin as a thermometer into the anus of an infant. The tightness of infantile anuses persists until the need to defecate causes the anus to loosen. Otherwise, it remains tightly closed. In adults the anal muscles are much weaker. The anus can become so loose and flaccid that many people will have difficulty controlling their wastes when they are releasing intestinal gases. This condition is an indication of old age. In addition, if a stroke or heart attack has made a person unhealthy, that person will not be able to control his or her bowel movements. Often they can not hold wastes at all. The older a person is, biologically speaking, the looser the anus becomes.

The anus can be used not only to *measure* biological age, but also to *change* biological age. It is possible to lower biological age through the practice of Deer Exercise, which is discussed later in this book. The Deer Exercise makes use of muscular motions to exercise the sexual glands internally to revitalize them.

Cleaning the Anus

This is very important. Due to its proximity to the vagina or the prostate, an unclean rectum can cause infections or cancers in these two areas. The anus, always moist and dirty because of the presence of secretions and wastes, provides an ideal environment for germ proliferation. The inside of the rectum remains very dirty after a bowel movement—a piece of waste usually remains in the rectum, near the prostate gland. Toilet paper alone can not clean the area sufficiently, because wiping the outside surface around the anus does not remove the toxic wastes hidden inside the rectum. If left uncleaned, these remaining toxins gradually alter the vitality of the surrounding tissues. Even-

tually, infections, hemorrhoids, or other abnormalities or degenerative processes will form or begin. According to scientific studies, about one fourth of all cancers in men originate in the prostate or rectum.

Many prostate cancers develop in the half of the prostate facing the rectum. Because only thin tissues separate the prostate from the rectum, toxins can easily penetrate into the prostate and cause rectum cancers. (See illustration 6.) Therefore, the side of the prostate that is closest to the rectum, and therefore most susceptible to constant exposure to toxins from the wastes in the rectum, is most susceptible to cancer.

Most people neglect the rectum because they feel it is too dirty to touch. In truth, nothing is dirtier than keeping any part of the body dirty. For longevity's sake, you should not neglect any part of your body or it will become your Achilles' heel.

One way of cleaning the rectum involves the use of thin, square layers of sterilized cotton (cut these out from a roll). Wrap a layer around the index finger and wet it with lukewarm water or oil-based or water soluble cream (never use regular soap). Then penetrate the rectum with the finger and clean the walls of the rectum with a rotating motion of the finger. (A man should reach into the rectum to the level of the prostate gland. This is approximately two inches inside the rectum. The prostate's curvature can be felt with the finger at this point. It is located toward the front of the body, and it possesses the curvature of a small lemon.) To facilitate the finger's penetration, use a squatting position and relax your anal muscles. One or two repetitions are sufficient for cleaning the area. Be gentle but thorough. If a piece of excrement remains in the rectum, use two fingers to extract it. Also, do not forget to clean the outside of the anus with a moistened cotton ball or moistened toilet paper. Finally, dry the area afterward with toilet paper.

In women, this method will prevent many potential infections from occurring in the rectum and spreading to the vagina. Additionally, it will prevent the spread of many germs from the woman to the man during intercourse.

If sterilized cotton is not available, wet toilet paper should be used instead. It is advisable to clean the rectum after every bowel movement. If this is inconvenient, a thorough cleaning of the anal area should be done at least once every day.

The Use of Sunlight

Sunlight has excellent germicidal qualities, and exposure to the sun will help keep the anal and vaginal areas healthy and free of germs. It is also excellent for the treatment of hemorrhoids.

I call vaginal infections and hemorrhoids “diseases of laziness” because they result from neglect of these areas. Regular washing and exposure to sunlight will prevent these problems or help heal them if they already exist.

One technique, known as the Sun Worship Exercise, gives this area full exposure to sunlight. Instead of bowing toward the sun as you might expect from the name, you should bow so that the anus faces the sun.

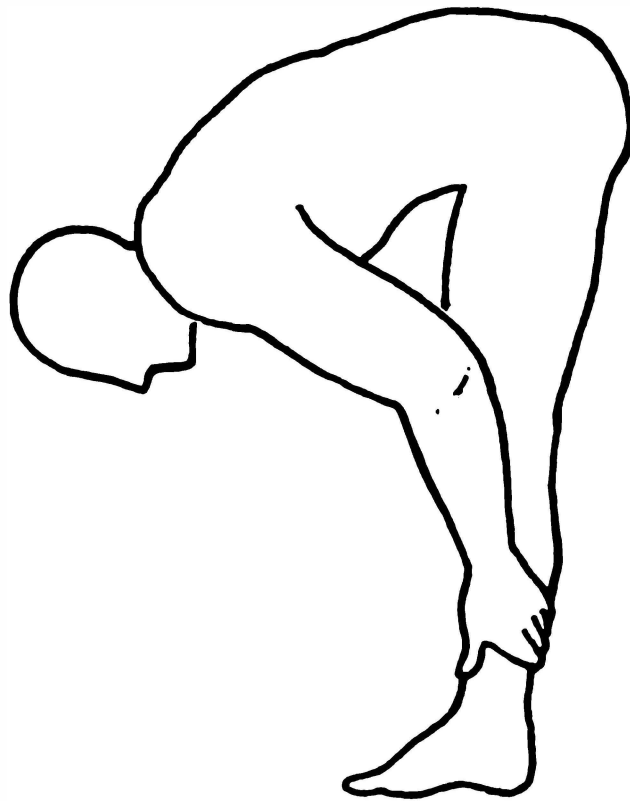


Figure 8. Sun Worship Exercise

- 1) Turn your body so that your back is toward the sun.
- 2) Lean over so that the sunlight comes into the opening. (This exercise needs to be done without clothing for best results.)
- 3) Feel the warmth penetrate into the tissues.

Note: This exercise may also be done lying down, but make sure that your sexual openings and anus are bathed in the sunlight.

The mouth and the anus are two very important openings at each end of the digestive tract. They perform equally important functions, ingestion and excretion. Unfortunately, some people treat them unequally. They often brush their teeth, floss their teeth, and rinse their mouths three or more times a day, while completely disregarding their anuses. Continued neglect results in serious problems of the anus and sexual organs. If the excretory or sexual organs ever recover after serious medical care, they will not remain healthy if they are still neglected. Continued neglect will bring about fatal results.

An argument against rectum cleaning is that the rectum has self-cleaning abilities, like the self-cleaning ovens. This argument, however valid, is inconclusive. Even the best of self-cleaning systems are subject to wavering health conditions and, when corroded by fast-penetrating filth and toxins, will break down. Ebbing health conditions or exhaustion can lower the efficiency of the self-cleaning function, exposing the excretory and sexual organs to the corrosive properties of the toxins. Once damage is done by the toxins, correcting the problem will be a million times harder, as the damage done is often fatal. Rectum cleaning is not a matter to be taken lightly.

The Male

The Penis: Size and Shape and How to Change Them

The size and shape of the penis, although determined at birth, can be improved upon. The male body may stop growing at the age of 30, but the penis continues to grow. Through scientific study, we know that the penis grows until a man dies. The older the man is, the bigger his penis becomes. It continues to grow in length and diameter, encouraged by the shaking and squeezing done after urination to extract the last few remaining drops of urine.

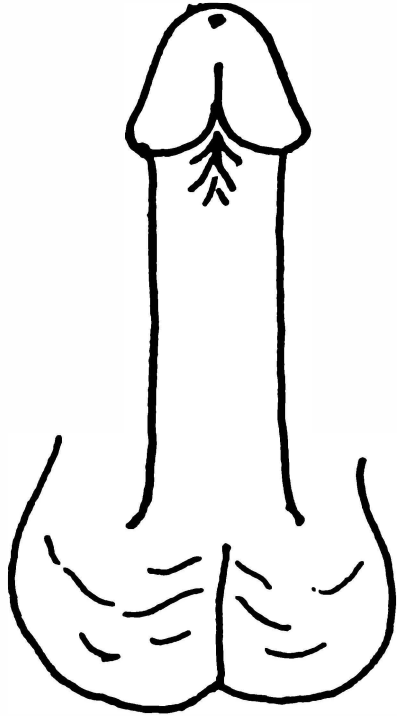


Figure 9a.

Penis: mushroom shape (when erect)

The best penile shape is considered to be the “mushroom” shape. The so called “mushroom” penis has structures that are best suited for satisfying a woman, namely a large head and a narrow shaft. The large head contributes to its desirability, because it provides the greatest amount of stimulation and it massages the sides of the vagina and G point thoroughly and efficiently.

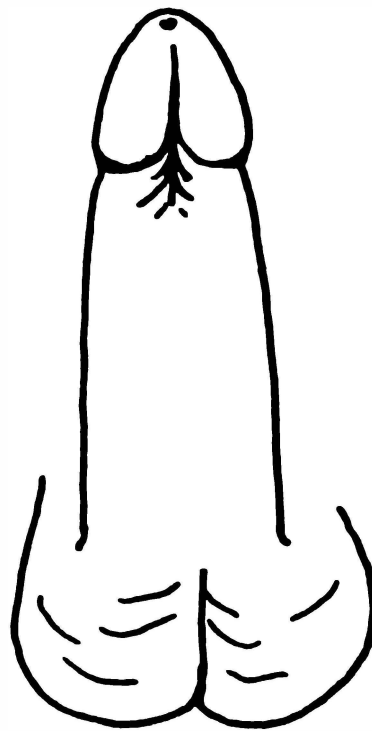


Figure 9b.

Penis: pencil shape (when erect)

Consequently, the pleasure experienced by the woman will be greatly enhanced and she will reach her full orgasmic potential easily.

The least desirable penis shape is considered to be the triangular or pencil shape, with a small pointed head and a wide shaft. It is much harder to satisfy a woman with a pencil-shaped penis. But you need not despair if you have this type of penis, because it is possible to change the shape. There are three exercises for this:

- 1) As if milking it, squeeze the penis out toward the head. In this manner, the blood is forced into the head of the penis, thereby stretching it. Gradually, over a period of time, the head will become bigger and bigger until it acquires a mushroom shape.

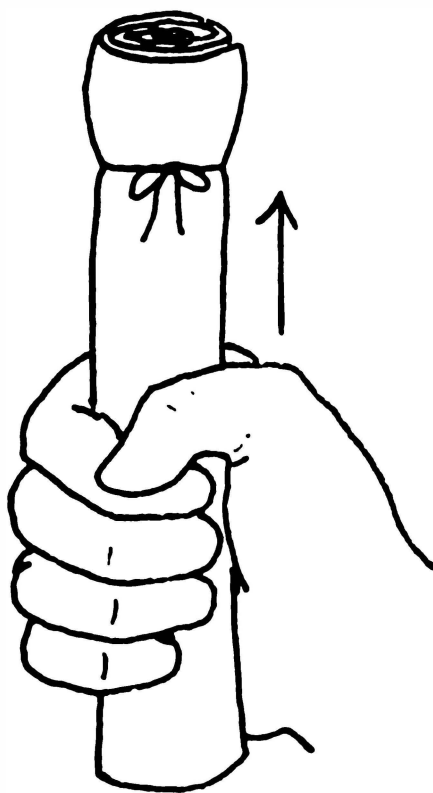


Figure 10. Milking the Penis

- 2) Squeeze the shaft of the penis until it becomes very hard, like a rock. Repeated squeezing in this manner will produce increasingly firmer erections.

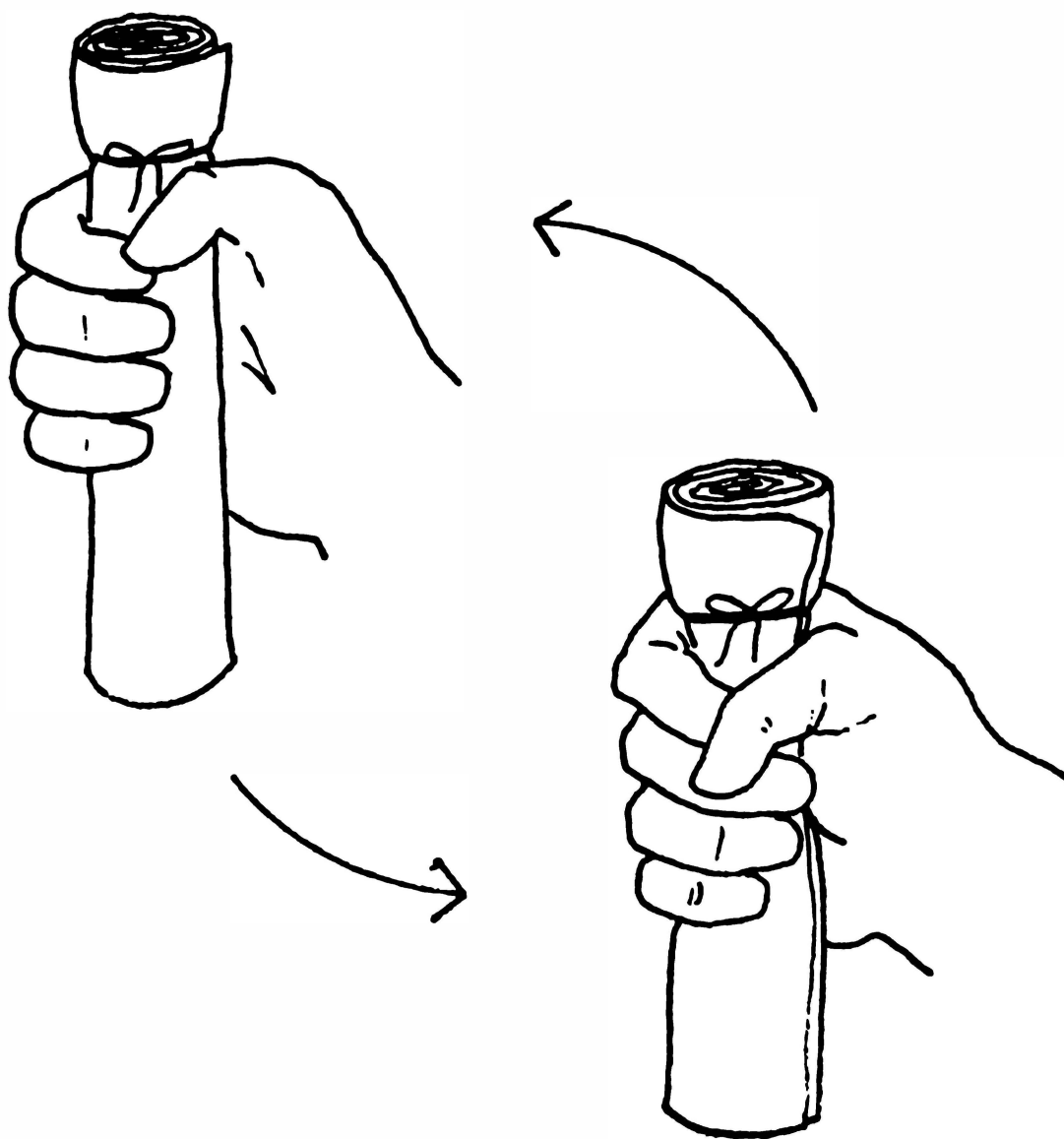


Figure 11. Squeezing the Penis

3) After doing each of the above exercises for several minutes, sit in a chair with your feet on the floor and your thighs spread apart. Hold your penis at the base and flop it from side to side so that it alternately slaps each thigh. Do this firmly, but not to the point that you are painfully jerking it from side to side. This will strengthen the head of the penis, increase its size, and improve its shape—giving it more of a mushroom shape. This exercise will also desensitize the penis.

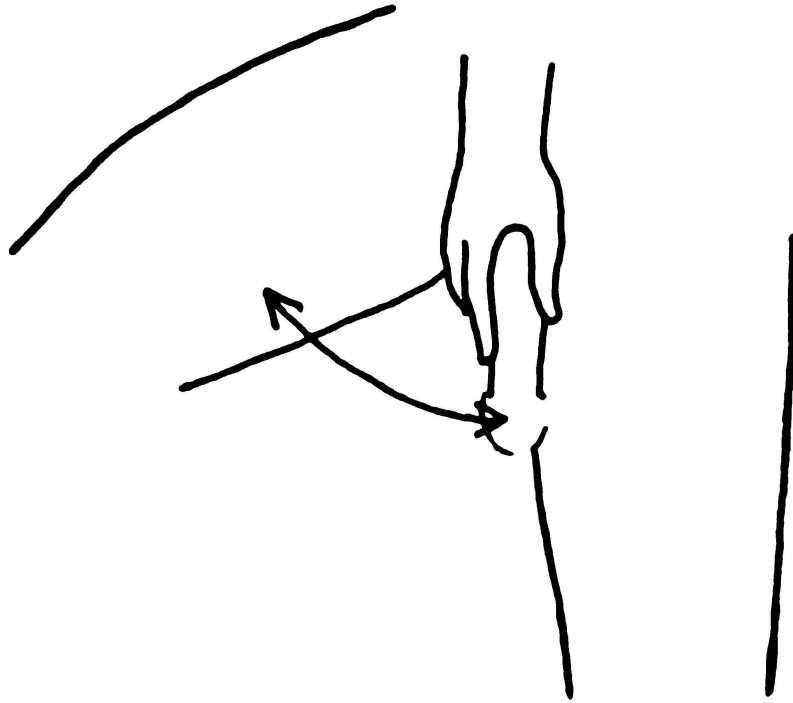


Figure 12. Desensitization Exercise

You may wonder why anyone would want to desensitize his penis, when most men are interested in becoming more sensitive sexually. Desensitization does not necessarily reduce sexual pleasure. On the contrary, as you will learn, desensitization helps prevent ejaculation, so that you will be able to experience orgasms far more powerful than you have had before. This can only happen if you are able to completely control your ejaculations and transform them into “injaculations” (this will be explained later). Furthermore, numbing the nerve endings in the head of the penis enables the man to make love for longer periods of time, which results in greater satisfaction for both partners. As you begin to practice the many techniques and exercises given in this book, you will find your sexual glands and organs becoming ever stronger. The healthier your sexual apparatus becomes, the more magnified your vitality and abilities become, and the more biologically youthful you become. Like a young boy, you may be able to ejaculate at the drop of a hat. (But do not be misled. The objective of Taoist Sexology is not to promote energy loss through ejaculations.) This reversal in the biological age of your sexual glands and organs will

couple the abilities of youth with the wisdom of maturity.

Almost all men want to have bigger penises, no matter how large their penises already are. Such concern and worry are unfortunate and unnecessary, because the size matters very little, if any, in terms of satisfying a woman. The shape is much more important. The exercises I have given here will give the penis a more desirable shape.

Speaking of size, men are often ashamed when they compare the size of their unerect penises with those of other men. Seldom is there any need for concern, for many men with larger unerect penises experience little change in size during the transition from unerect to erect states, whereas other men with smaller unerect penises experience drastic changes in size during the transition from unerect to erect states.

The size of the penis is important for only two reasons: 1) the psychological effect on the man who thinks his penis is too small and 2) its compatibility with the size of his partner's vagina. It is more important that the penis be compatible with its counterpart.

Prostate Massage

There is another technique that can be used to care for the anal area, in addition to the Deer Exercise and careful washing of the anus. This technique is the Prostate Massage.

You can massage your prostate by simply inserting your finger into the anus and reaching back and up toward the navel until you feel the prostate gland. (See figure 13.) Use a bit of lubricant, preferably made with natural ingredients, to facilitate finger insertion. Then simply rub back and forth on the prostate, applying as much pressure as you can without causing pain.

NOTE: When choosing a lubricant, be sure to choose one which does not contain the following ingredients:

FD & C Blue #1
P-hydroxyanisole
Triethanolamine (TEA)
Diethanolamine (DEA)

Iron Oxide
Lead Acetate
Toluene
Dibutyl phthalate

Acetone
EDTA
PVP
BHT
BNPD

Coal tar
Phenol
Sodium Saccharin
Sodium Carrageenan

These ingredients are well-known cancer-causing agents. Absorption through anal tissues is extremely fast, so more caution must be exercised when reading labels.

These ingredients appear frequently in many products, such as skin cleansers, body or hand lotions, soaps, facial creams and lotions, shampoos, shaving creams, make-up, tanning lotions, etc. Repeated absorption of these ingredients through the skin is very dangerous.

Furthermore, saturated fats—such as petrolatum, mineral oil, cocoa butter, coconut oil, spermaceti, lard, lanolin, other animal fats, and so on—are very bad for the prostate gland. If these accumulate in the prostate, cancer may result. Also absorption of these fats through any part of the body can increase weight. Moreover, a coating of saturated fats on the skin can block its breathing function and dry out its natural cellular fluids, causing premature aging. (For further information, please refer to *The Great Tao*, Chapter 4.)

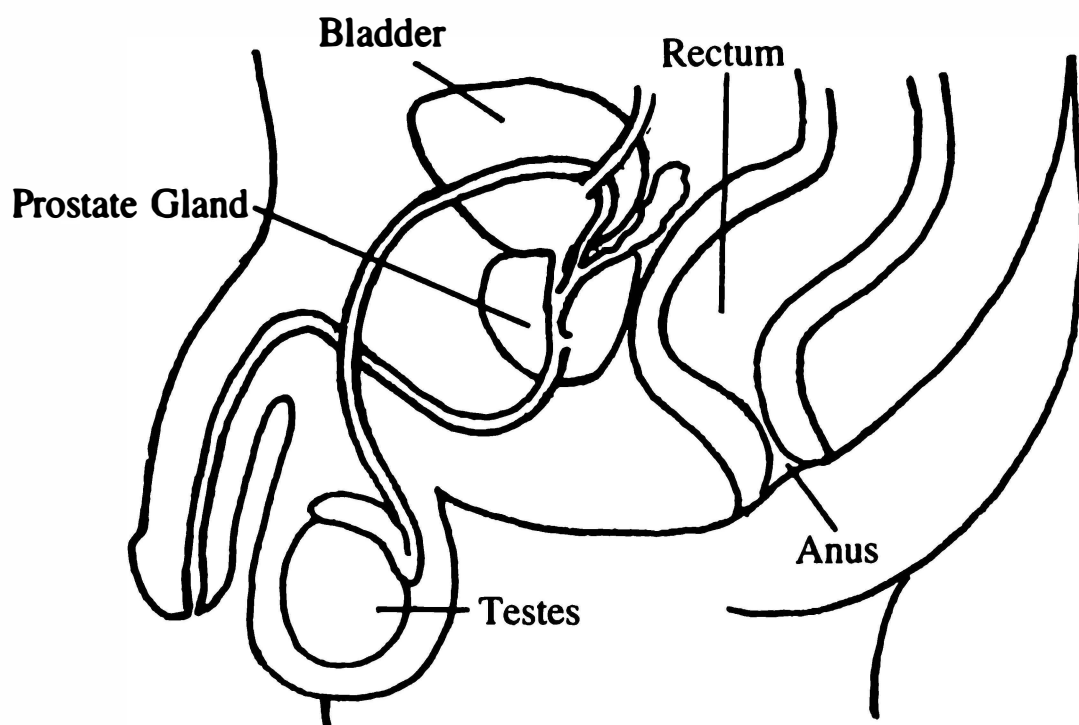


Figure 13. Side View of Male Genitals

This massage can be made even more pleasurable if your partner is willing to do the massage for you. You need not concern yourself about germ transmission if the hands are clean.

There was a time when doctors would massage their patients' prostates regularly to cure or prevent problems. Nowadays most doctors only *check* the prostate during an examination, and if they find a problem, they prefer to cut it out. But you need not go to a doctor for a preventive prostate massage. You can do it yourself or have your partner do it for you, and you will save, in addition to time and money, your health. Also, doctors are not known for their gentleness when it comes to prostate massage. When you do it yourself, you can be very gentle and you can make this treatment pleasurable as well as healthful.

Some people have a psychological block against examining or massaging their prostates. They think the area is "dirty". There is nothing dirty about your body. It should be cared for. The only thing that might be considered dirty is disease, and you can help prevent disease by regularly caring for your entire body, including your anus and your prostate.

Many heterosexual men are troubled by prostate massages because they think there is something "homosexual" about the practice, particularly if they enjoy it. They might feel differently about it if they knew that neglect ultimately results in prostate cancer. Most homosexual men, particularly the "passive" partners who use their rectums for intercourse, typically do not develop prostate disorders, regardless of their age. These men are inadvertently receiving prostate massages regularly. On the other hand, the male homosexual who plays an "aggressive" role encounters the same prostate problems as heterosexual men. Is it not preferable to let some beliefs fall aside rather than let cancer develop in the prostate? Besides, inserting a finger into the anus has never turned anyone into a homosexual!

It is important that men examine themselves often by checking the condition of their prostates. You can determine the condition of the prostate by feeling for changes in size and resilience. Check this as often as possible, at least weekly, and you will be able to establish a standard for yourself. By doing so, you will be able to detect any changes in the size and flexibility of your prostate.

A very hard, enlarged, or painful prostate is an indication of a disorder that could lead to cancer or some other major problem. However, prostate disorders do not develop overnight, and regular diagnosis and massage can prevent any potential problems.

Medical science today accepts that it is normal for men over the age of fifty to experience problems with their prostates. Although prostate problems may be common, they are not normal occurrences. They are *abnormal* occurrences.

There is no need for any man to have prostate problems. If he regularly examines and massages the prostate and practices the Deer Exercise, he might never have a prostate problem.

Ejaculation

The prostate gland has a specific function, namely semen ejaculation. Ejaculation is a complex process. When the penis is stimulated, the prostate swells with secretions. After the prostate gland swells to its maximum capacity, it undergoes a rapid series of contractions until it shrinks to its normal size. These contractions squeeze the secretions from the prostate, through the urethra, into the penis, and then out the tip of the penis. And every time the prostate contracts and relaxes, it draws sperm from the seminal vesicle. It is possible for a man to experience up to twenty-one contractions. Since ejaculation is a function of the prostate gland, someone with prostate problems may experience as little as five contractions, or in some cases only one contraction. Because orgasms are composed of these contractions, problems of the prostate will affect orgasm.

In a man, the sexual glands consist of the prostate and the testicles. The penis itself is not considered to be part of the sexual glands, since it does not produce anything. It is simply a tube or channel through which the glandular secretions can pass, an instrument to be used by the sexual glands for procreation. The testicles produce sperms (the capsules of life) and hormones, and the prostate produces the nutrient-, hormone-, and energy-rich seminal fluid. The secretions produced in the prostate contain nutrients, hormones, and vital energy. These secretions constitute the semen, which is the substance that serves as the carrier of sperm.

When the average male ejaculates, he loses about one tablespoon of semen. According to scientific research, the nutritional value of this amount of semen is equal to that of two pieces of New York steak, ten eggs, six oranges, and two lemons combined. That includes proteins, vitamins, minerals, amino acids, everything.

The semen also contains a great deal of vital energy; therefore, an ejaculation also represents a great deal of lost vital energy. This is demonstrated by the exhaustion felt by the man after ejaculation. Ejaculation is often called ‘‘com-

ing”. The precise word for it should be “going”, because everything—the erection, vital energy, millions of live sperms, hormones, nutrients, even a little of the man’s personality—goes away. It is a great sacrifice for the man, spiritually, mentally, and physically.

After ejaculation, all of the Seven Glands are depleted, particularly the sexual glands. According to Taoism, if you go in this direction—moving the energy down through the Seven Glands and out of the body through ejaculation—you are moving in the direction of the human being, and all human beings eventually die. In contrast, by going in the other direction—moving the energy upward through the Seven Glands in the body—you can live an immortal life, a Divine life. For this reason, the ancient Taoists searched and uncovered a way for a man to have even more enjoyable orgasms without ejaculation, to retain and utilize his own vital energy.

If a man is able to “injaculate”, as explained next, he will retain this precious vital energy and maintain his erection. This facilitates his taking the woman up through the nine levels of a complete Taoist orgasm. (What is commonly considered as an orgasm in a woman is actually only an indication of the fourth level of a nine-level sequence. This will be explained in detail later.)

The Million-Dollar Point: Injaculation Vs. Ejaculation, Prolongation of Arousal, and Longevity

In Taoist Sexology, the man has his orgasm *without* ejaculating; he “injaculates” instead. By pressing an acupuncture point located halfway between the anus and scrotum, the ejaculation can be reversed into an improved orgasm and the semen is recycled from the full prostate and reabsorbed into the blood. This point is known as the Jen-Mo (Conception Meridian) acupuncture point. When pressed with a finger, this point feels as if there is a small indentation or hole in that location.

When the Jen-Mo point is pressed just prior to an anticipated ejaculation, the energy goes up into the body through the meridians which originate at this point, instead of going out of the body as it does during ordinary ejaculation.

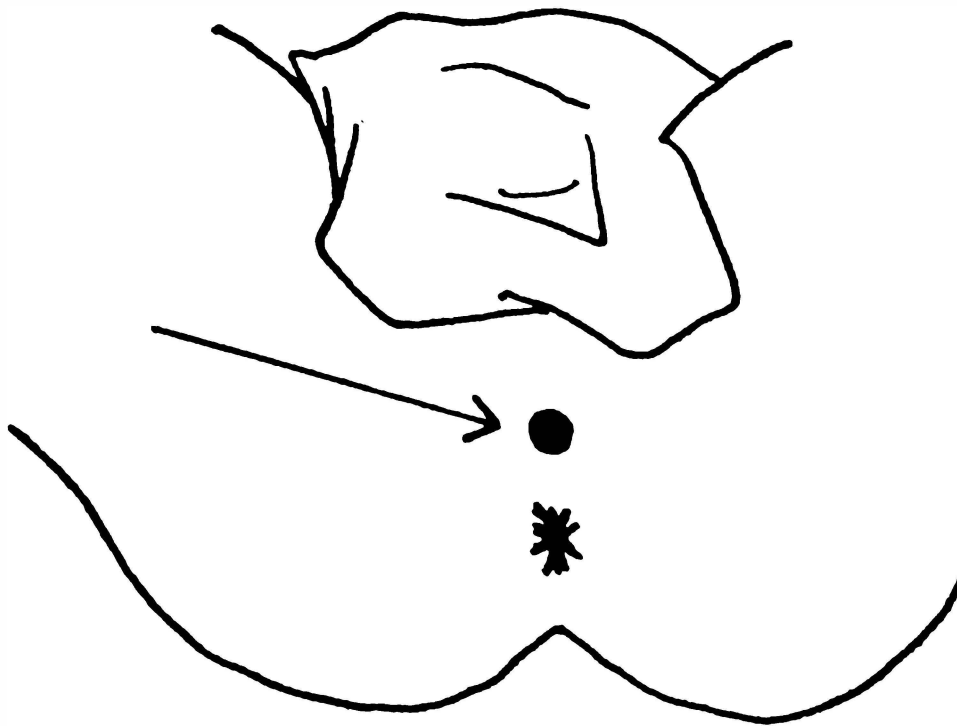


Figure 14. Jen-Mo Acupressure Point

Done in this way, the man still feels the pleasurable sensations which come with the pumping of the prostate, and he still experiences an orgasm. He continues to press this point until the orgasm, or “injaculation”, is complete.

This Jen-Mo point was nicknamed “the Million-Dollar Point” by many of my students. They said they felt like a “million dollars” after they began using this point. Everyone who tried it felt it deserved the name. Other students told me that before learning this method they felt like “lions” before orgasm but took nose dives just after. With “the Million-Dollar Point” there are no more nose dives, just soaring lions! Another important benefit derived from this technique is that the man will dramatically increase his ability to maintain an erection. This will allow him to carry out all the steps described in the section, *Man and Woman Together*.

Pressing the Million-Dollar Point is easy, and with a little practice, you can do it quite discreetly without your partner even knowing it. At the moment just before you are ready to ejaculate, simply reach around behind your buttocks and locate the point. Press it hard enough so that the semen is not allowed to travel out of the prostate and through the urethra.

Some practice might be needed to learn exactly how and where to press. You may wish to practice alone to master the technique. The pressure should be

neither too heavy nor too light. If you press too close toward the scrotum, the semen will enter the bladder and be lost when you urinate. If you press too close toward the anus, ejaculation will not be stopped. In either case, you will lose the benefit of the exercise. To prevent the loss of semen through ejaculation out of the body or into the bladder, the pressure must close the channels right at the base of the prostate gland. Only then is the semen recycled into the blood. See Figure 5 for a better understanding. (While learning this technique, you might press with three fingers just to be safe. Also, do not become discouraged. Much practice might be required for perfect mastery.)

WARNING : If you have a prostate infection, you must see a physician and clear it up before you begin using the Million-Dollar Point. It is perfectly fine to use the anal contraction technique from the Deer Exercise or the Prostate Massage to assist in the healing process. The point may be pressed after the problem is resolved.

After having pressed the point and prevented ejaculation, you could conduct a test to determine whether the semen was absorbed into the blood stream or passed into the bladder. To conduct the test, simply urinate into a glass. Cloudy urine indicates that the semen has passed into the bladder. If you set the glass aside for an hour or two, the semen will settle to the bottom, leaving clear urine at the top.

Men whose diet is very alkaline tend to have bubbly urine. When semen is mixed with their urine, their urine will become even bubblier. During ordinary ejaculation—that is, ejaculation without the Million-Dollar Point—about one third of the semen goes into the bladder.

Taoism is not entirely theoretical. It gives you immediate results. When you press this point, not only will you feel intense pleasure, but you also will begin to experience the joyful blessings of being reborn. Rebirth results when creative energy is being drawn from your sexual glands.

In women, the equivalent of this is achieved by discontinuing the menstrual period by practicing the women's Deer Exercise. When a woman stops bleeding, she will no longer lose great amounts of energy contained in the blood. Cessation of menstruation occurs naturally during menopause, which is in reality a great blessing for women. The Deer Exercise anticipates the reversal of energy loss.

During the first forty years of life, according to actuarial figures, men and women die at about the same rates. This may be because men and women deplete themselves at equivalent rates—that is, men lose energy through ejaculation and women lose energy through menstruation. The statistics change for those in their fifties: the death rate for women becomes 25% lower

than that for men. It is also a fact that many women in their fifties stop bleeding after passing through menopause. It is also a fact that men continue to ejaculate in their fifties. This figure doubles when women are in their sixties (almost all women stop bleeding, whereas men continue to ejaculate). The figure becomes even more dramatic for septuagenarians: the death rate for men becomes 75% higher than that for women. The fact that men continue to ejaculate throughout their lives may be a much over-looked reason why there are so many widows and so few widowers.

Some people may still feel that stopping ejaculation is unnatural, regardless of the arguments against ejaculation. Lurking in their hearts may be a conviction that death is natural and that it should not be tampered with. Ejaculation and death *are* natural at the human level of consciousness. But at the Divine level of consciousness, what may otherwise be considered unnatural may be considered natural and necessary.

According to Taoist teachings, a Divine life exists beyond human life. God gave us a choice between death or an opportunity to achieve Divine, or perpetual, life. If we choose the latter, we must prevent ejaculation or menstruation in accordance with Taoist principles. Whether or not we reach the Divine Kingdom will be determined in part by how we practice the Deer Exercises.

How can such a simple technique have such a profound effect? The answer lies in the semen which is retained in the body.

During ordinary orgasm and ejaculation, the prostate contracts and expands, pumping its secretions out of the body, until it is depleted. Pressing the Million-Dollar Point controls and decreases the rate at which the prostate is emptied. The prostate does not get depleted as quickly, and semen is prevented from entering the penis. Instead, it remains in the prostate where it is absorbed into the blood stream and carried to the rest of the body. The prostate is still emptied, but at a greatly reduced rate. Some prostates are emptied in fractions of a second in regular orgasms. With depression of the Million-Dollar Point, it may take as long as five minutes to empty the prostate. This results in a five-minute long orgasm!

Even more important than the longer and more intense orgasm is the fact that the energy and nutrients of the semen are reserved for the body. Inside the body, the semen is dispersed throughout the Seven Glands to energize them. The semen further benefits the body by providing energy and nutrients to energize the entire body, by lubricating the skin and joints, and by lubricating and coating the nerves to prevent disorders such as multiple sclerosis.

In acupuncture, the Million-Dollar Point is referred to as the Number One Conception Meridian, or Jen-Mo #1. This point is an "energy gate" through which our bodies continuously leak energy to the surroundings. Absti-

nence from sex will not prevent this leakage. Sexual intercourse, in fact, prevents energy leakage. So, when you press this point during sexual intercourse, you not only prevent the loss of semen from the body, but also check the loss of vital energy from your body. Another way of preventing energy loss involves our sitting positions. The Taoist sitting position, one that involves placing the heel of one foot against the Jen-Mo #1, blocks the pathway of energy loss. (The tip of the tongue is another point of energy leakage. In Taoist meditation it is recommended that you curve the tip of your tongue to the roof of your mouth in order to retain the energy in your body.)

The Million-Dollar Point technique is particularly useful to athletes before a game or competition. Many of them like to use sex as a way of relaxing, yet they are concerned about becoming tired before the competition. By using this point they will banish their worries; they will feel great when the time to compete arrives.

It is also useful for a woman to know about the Million-Dollar Point. With it she can help her husband or lover obtain greater satisfaction from intercourse. When someone else presses the point for a man when he reaches orgasm, his pleasure increases incredibly. At that moment the Million-Dollar Point will become a Trillion-Dollar Point. A student of mine told me that she did not say anything about the technique when she was with a new partner. When the time came she would reach over and press the point. She said that her partners were well-impressed with their orgasmic experiences. She also confided that she takes the credit rather than explaining the technique.

If a man suffers from premature ejaculation, pressing the Million-Dollar Point may prevent it from happening, but it will not cure it. Pressing the point will only help the superficial symptoms of premature ejaculation. The underlying cause of premature ejaculation, a weak prostate, must be dealt with in other ways. For complete correction of the problem, Parts 1 and 2 of the Deer Exercise for men are recommended, as they strengthen the prostate. Prostate Massage is also invaluable. Lotus seeds and pumpkin seeds in the diet will also benefit the prostate.

Historical records show that, in the agricultural society of old, peasants have always welcomed newborn family members, as workers were always needed. Being able to conceive many children was considered a blessing. The nobility, on the other hand, had more complex considerations, such as the intelligence of the child, his legitimacy, heritage, status, etc. Their needs were met by the Million-Dollar Point. It was used to avoid unwise, unnecessary, illegal, or untimely pregnancies. (These men believed in "Seed Protection": they did not want their own flesh and blood to suffer because of their lust or mistakes.) The Million-Dollar Point played a very important role in family planning.

Although the Million-Dollar Point is valuable and pleasurable, it will soon

be left behind once the beginner experiences other, more advanced techniques, like the Deer Exercise.

The Deer Exercise for Men: Rejuvenation and Increased Arousal Period

Thousands of years ago, Taoist sages selected three animals which were noted for longevity from the many: the deer, the crane, and the turtle. One of these, the deer, was also noted for its strong sexual and reproductive abilities. The sages minutely observed the behavior that seemed to contribute to the deer's abilities. They saw that the deer exercised its anus when it wiggled its tail. After studying the results of the exercise, the sages immediately adopted the principle and redesigned it for human use. Thus, the Deer Exercise was born. (For more information on the Crane and Turtle Exercises, please refer to *The Great Tao* and *The Complete System of Self Healing: Internal Exercises*.)

The Deer Exercise achieves four important objectives. First of all, it builds up the tissues of the sexual organs. Secondly, it draws energy up through six of the Seven Glands of the body into the pineal gland to elevate spirituality. (There is a hormone pathway that leads from the prostate, connects with the adrenal glands, and continues on to the other glands.) Concurrently, blood circulation in the abdominal area is increased. This rush of blood helps transport the nutrients and energy of the semen to the rest of the body.

When energy is brought up into the pineal gland, a chill or tingling sensation is felt to ascend through the spine to reach the head. It feels a little like an orgasm. If you feel a sensation in the area of the pineal gland, but do not feel the tingling sensation in the middle of your back, do not worry. Your sensitivity will increase with experience. If after some time you still can not sense the progress of energy, certain problems must be taken care of first.

Self-determination is the third benefit derived from the Deer Exercise. If one gland in the Seven Glands system is functioning below par, the energy shooting up the spine will stop there. A weakness is indicated, and special attention should be given to that area. For example, if the thymus gland is functioning poorly, the energy will stop there. The energy will continue to stop there until the thymus gland is healed. When the thymus is again functioning



Figure 15. The Deer

normally, the energy will then move further up along the spine toward the pineal gland. If the energy moves all the way up to your head during the Deer Exercise, it indicates that all the Seven Glands are functioning well and that there is no energy blockage in the body. If you do not feel anything during the Deer Exercise, a blockage is indicated. The movement of energy can be felt by everyone if no dysfunctions are encountered.

The fourth benefit of the Deer Exercise is that it builds up sexual ability and enables the man to prolong sexual intercourse. During *ordinary* intercourse the prostate swells with semen to maximum size before ejaculating. During ejaculation, the prostate shoots out its contents in a series of contractions. Then, sexual intercourse ends. With nothing left to ejaculate, induce contractions, or maintain an erection (energy is lost during ejaculation), the man can not continue to make love. But, if he uses the Deer Exercise to pump semen out of the prostate in small doses, pumping it in the other direction into the other glands and blood vessels, he can prolong intercourse.

Under ordinary circumstances, when the Deer Exercise is not used during intercourse, it will be harmful to interrupt orgasm or prolong intercourse by ordinary means. Under ordinary means, the prostate remains expanded for a long time, unrelieved by the pumping action of ejaculation, until the semen is carried away by the blood stream. But the prostate is somewhat like a rubber band: it must be allowed to snap back to its original form, otherwise continuous extension will bring about a loss of elasticity. When the prostate loses its elasticity, its function is impaired and it is damaged. The Deer Exercise prolongs orgasm and intercourse, but it protects the prostate by relieving it.

The Deer is a physical exercise as well as a mental and spiritual exercise. It improves one's sexual abilities as it builds up the energy reserves within the body. Over time, the mental processes are heightened as well, and the outcome is often a growing feeling of inner tranquility, which is a necessary prerequisite for the unfolding of one's spirituality.

Instructions for the Male Deer Exercise

This exercise may be done standing, sitting, or lying down.

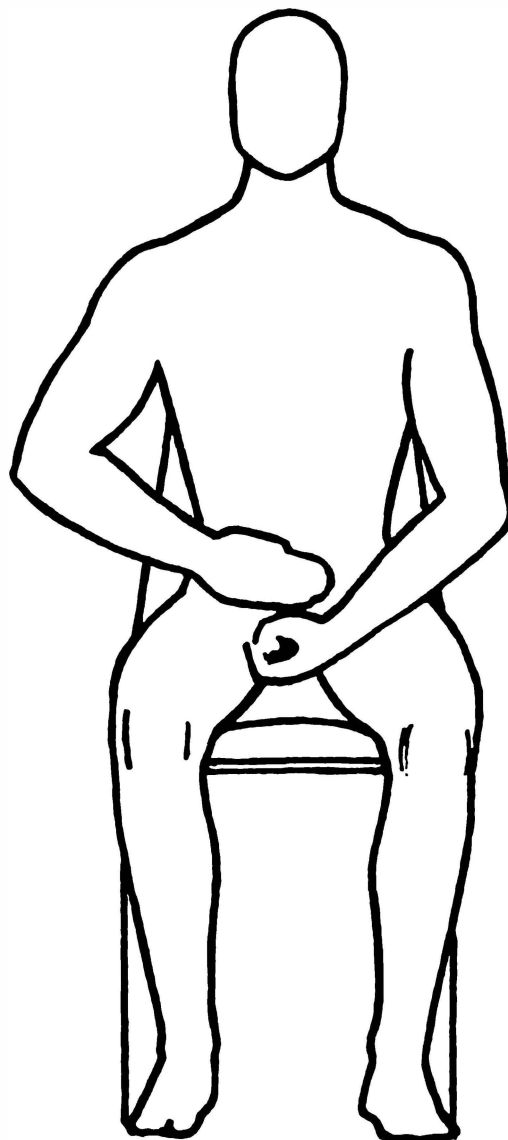


Figure 16. The Male Deer Exercise #1

FIRST STAGE

(The purpose of this stage is to encourage semen production.)

- 1. Rub the palms of your hands together vigorously. This creates heat in your hands by bringing the energy of your body into your hands and palms.**
- 2. With your right hand, cup your testicles so that the palm of your hand**

completely covers them. (This exercise is best done without clothing.) Do not squeeze. Just a slight pressure should be felt, as well as the heat from your hand.

3. Place the palm of your left hand on the area of your pubis, one inch below your navel.

4. With a slight pressure so that a gentle warmth begins to build in the area of your pubis, move your left hand in clockwise or counter-clockwise circles eighty-one times.

5. Rub your hands together vigorously again.

6. Reverse the position of your hands so that your left hand cups your testicles and your right hand is on your pubis. Repeat the circular rubbing in the opposite direction another eighty-one times. Concentrate on what you are doing, and feel the warmth grow. For all Taoist exercises, it is very important—even necessary—that you concentrate on the purpose of the physical motions, for doing so will enhance the results. It will unify the body and mind to bring full power to our purpose. Never try to use the mind to force the natural processes by imagining fires growing in the pubic area, or any other area. This is dangerous.

SECOND STAGE

1. Tighten the muscles around your anus and draw them up and in. When done properly it will feel as if air is being drawn up your rectum, or as if your entire anal area is being drawn in and upward. Tighten as hard as you can and hold as long as you are able to do so comfortably.

2. Stop and relax a moment.

3. Repeat the anal contractions. Do this as many times as you can without feeling discomfort.

As you do the second stage of the exercise, you should concentrate on feeling a tingling sensation (similar to an electric shock) ascend along the pathway of the Seven Glands. The sensation lasts for fractions of a second and results naturally. Do not try to force this with mental images.

Some teachings suggest that thoughts should be used to help or guide energy flow. Those who make these suggestions misunderstand the

nature of energy.

There are six forms of energy: mechanical energy, heat energy, sound energy, radiant energy, atomic energy, and electrical energy. We emit electrical energy. The electrical energy in man differs drastically from that used to run a house. The electrical current in the average home fluctuates at 60 cycles per second; in men, 49,000,000 cycles per second. The latter figure is about half that of light, which travels at 186,000 miles per second. So when a man starts to think or breathe or etc., the electrical energy will have already reached its destination. Our thoughts, breaths, etc. are too slow to guide the flow of electrical energy.

What occurs at the unconscious level was not meant to be subject to the control of the conscious mind. If the conscious mind interferes with something it was not evolved to control—helping or guiding electrical energy through visualization, thoughts, etc.—it can cause a great deal of damage. Its interference with the natural progress of energy can cause schizophrenia, brain damage, and other problems. Taoists call these calamities “Disintegration into Evil”. Many disintegrations occurred in the past; I saw many cases in the East and West.

The Deer Exercise is extremely safe—provided, that is, it is not supplemented with techniques of other teachings. For show, various incompatible techniques are often thrown together to create spectacular techniques, but the results are often disastrous. Lao-Tse said, “My way is simple and easy.” And true Taoist methods *are* simple and easy.

NOTE A: At first you may find that you are able to hold the anal sphincter muscles tight for only a few seconds. Please persist. After several weeks you will be able to hold the muscles tight for quite a while without experiencing weariness or strain.

NOTE B: To determine whether or not the Deer Exercise is having an effect on the prostate gland, try this test: as you urinate, try to stop the stream of urine entirely through anal muscle contractions. If you are able to do so, then the exercise is effective.

NOTE C: Pressure is being placed on the prostate gland as it is gently massaged by the tightening action of the anal muscles. (The anus can be thought of as a little motor which pumps the prostate gland.) Thus stimulated, the prostate begins to secrete hormones, such as endorphins, etc., to produce a natural high. When the prostate goes into spasms, a small orgasm is experienced. By alternately squeezing and relaxing the anus during the Deer Exercise, a natural high is produced without having to jog ten miles or endure its side-effects.

NOTE D: Do this exercise in the morning upon rising and before retiring at night.

The Deer Exercise can correct many sexual problems, including premature ejaculation, low sexual hormone levels, infections of the testicles, wet dreams, and impotence.

The Deer Exercise is especially effective for treating premature ejaculation, particularly if the man, plagued by this problem, does the exercise *immediately before* making love. If the man relaxes his anus as he thrusts into the vagina and squeezes the anus as he pulls out, his endurance will be greatly improved. The second part of the Deer helps the prostate as it improves sexual intercourse.

Premature ejaculation and semen leakage are commonly thought to be psychological in nature. Wet dreams are regarded as normal by medical science. But from the Taoist point of view, wet dreams are *not* normal. They indicate a weakness of the prostate gland. Premature ejaculation is also an indication of a weak prostate gland.

During intercourse, tension which builds up over a period of about twenty minutes will be absorbed effortlessly by a healthy prostate. A weak prostate will not handle tension as well as a healthy one, and it will immediately release its contents.

The Deer Exercise corrects wet dreams immediately. A police officer who was having three wet dreams nightly once came to me for advice. He could do nothing to prevent the wet dreams from occurring. The doctors he consulted said that there was nothing wrong with him, that the problem was "all in his mind". He was single at the time and they even suggested that finding a wife would solve his problems. When he asked me for advice, I gave him the instructions for the Deer Exercise. The first night he began the Deer Exercise, he had no wet dreams. They never occurred again.

Many, many men corrected premature ejaculation through practicing the Deer Exercise. A couple once came to me for advice. The husband, hoping to satisfy his wife, had completely depleted himself by forcing himself to make love for long periods of time, by trying everything he could to prevent premature ejaculation, and by trying everything he could to get another erection each time he ejaculated prematurely. But both of them were never satisfied. Both of them were angry, unhappy, frustrated, and exhausted. During the many years of consulting psychiatrists and doctors, they were told many things. They were told that the wife was responsible for their unhappiness. Some told her that she should be patient and that she should "turn on" her husband more. Others said that she should turn him on *less*. Another advice was that she should control everything herself and allow him to relax. They

also heard the opposite theory—that she should let him control the lovemaking. Everyone had a different theory, but none of them worked. After two weeks of practicing the Deer Exercise and pressing the Million-Dollar Point, the problem was gone. The husband's prostate was strengthened, his confidence was restored, and his wife was satisfied. It was so simple.

Those likeliest to experience premature ejaculation are those who are young and inexperienced, those who have Type A personalities, those who exercise too much, those who undergo vigorous military training, those who have weak nervous systems, and those who have rapidly swelling prostates.

All of these men have sensitive nerves and sensitive prostates, and the slightest stimuli will trigger rapid swelling and pumping of their prostates. These men must desensitize themselves through exercise (Deer Exercise) and massage (Prostate Massage), which strengthen the prostate. A strong prostate handles stimuli much more effectively, and erections and pleasure are prolonged.

Problems of the prostate can also be *prevented* through practicing the Deer Exercise. Any man who has visited his doctor with a small prostate problem will be familiar with the usual treatment: the doctor inserts his finger into the man's rectum and massages the prostate gland. This method often relieves some of the problems. This massage is accomplished automatically and thoroughly with regular practice of the Deer Exercise. The exercise gives a complete internal massage by flexing the muscles involved.

The Deer Exercise is also good for overall healing, because it builds up the body's immunity against disease-causing agents. Once, I caught a very bad cold and lost my voice just before a speaking engagement. I spent one hour alone in my room doing the *second* part of the Deer Exercise. In one hour, my cold completely disappeared, my voice returned, and I was able to deliver my lecture on schedule.

Determination of Male Physical Problems

According to Taoist Sexology, four types of energy are required for a strong erection. These are:

1. Blood energy.

2. Muscle Energy. (A muscular problem elsewhere can prevent a man from having an erection.)

3. Nerve Energy. (A nervous or mental problem or a distraction can prevent a man from having an erection.)

4. Bone Energy. (Bone cancer or arthritis can prevent a man from having an erection.)

All four types of energy are transmitted from the man to the woman during sexual intercourse.

If a man can not achieve an erection, it is because one or more of these four energies is lacking. (In medical science, the engorgement of the blood vessels in the penis is regarded as the *only* cause of an erection.)

ERECTION CHECK

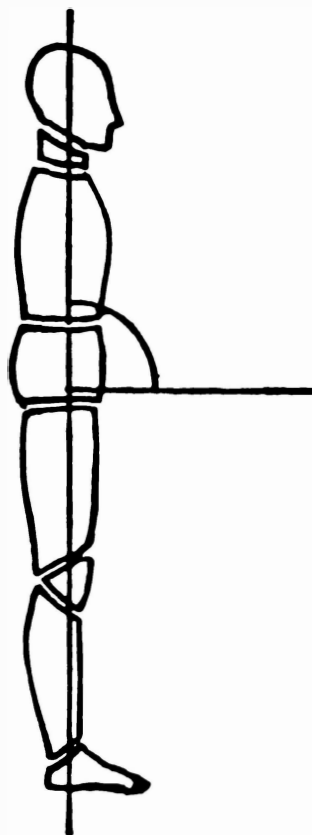


Figure 17. Erection Angle

Scientific research shows that the erection angle varies with age. This erection angle can also be used as a determinator of health or biological age. The erection angle is the angle made by the penis and the torso.

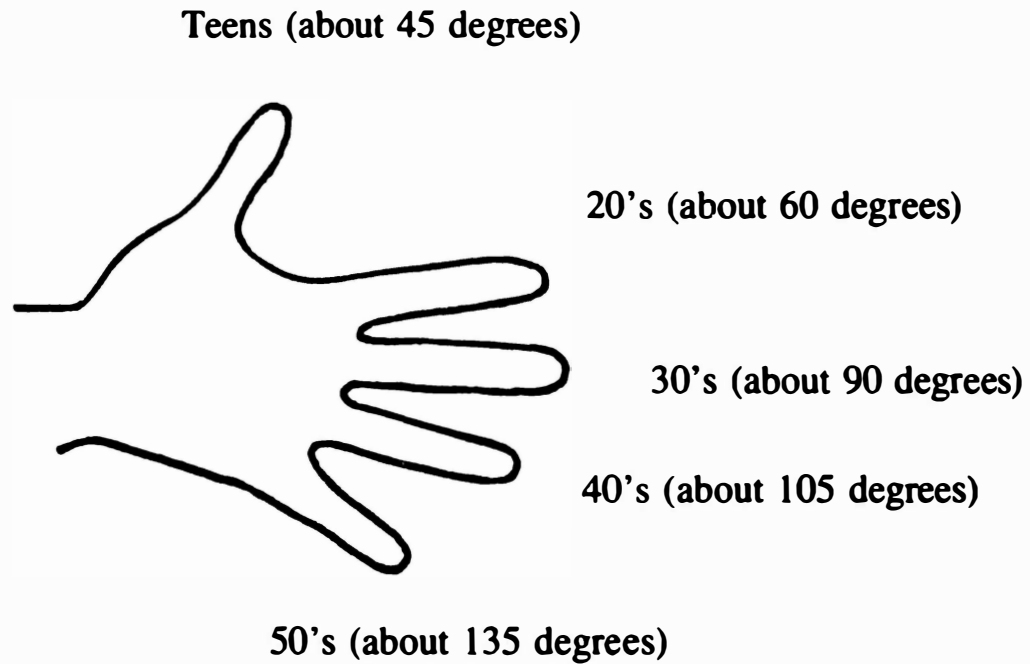


Figure 18. Degrees of Erection

The correlation between age and erection angle is best remembered by looking at your hand. By looking at the fingers, you can also determine the power of the erection.

- 1) A healthy teenage male's erection forms about a 45 degree angle with his torso. The erection is represented by the thumb, which protrudes at a 45 degree angle.
- 2) A healthy male in his twenties has an erection that forms about a 60 degree angle with his torso. The index finger also protrudes at a 60 degree angle.
- 3) A healthy male in his thirties has an erection that forms about a 90 degree angle with his torso. The strength of the erection is represented by the middle finger.

4) A healthy male in his forties has an erection that forms about a 105 degree angle with his torso. The ring finger is a good representation of the erection.

5) A healthy male in his fifties has an erection that forms about a 135 degree angle with his torso. The small finger also forms a 135 degree angle.

Use the above guidelines when determining biological age or health condition. If the angle of the erection is determined to be close to one of the above categories, then the age corresponding to that category will be the biological age. For instance, a forty-year old man who has a 66 degree erection—the erection of some men in their twenties, according to the above guidelines—will be, biologically speaking, about twenty years old. The healthier a man's sexual glands are, the smaller his erection angle will be.

PROSTATE CHECK

The cause of prostate problems can be found through determination of the ejaculation and the semen. Since ejaculation is a function of the prostate gland, any problem with ejaculation points to a problem in the prostate. There are five symptoms to look for:

1. The semen is not shot out as far as it should be. The prostate is functional but weak.
2. An abnormally small amount of semen. About one tablespoon of semen is considered to be normal. Any amount less than this indicates digestive problems, weakness in the stomach and spleen-pancreas, or muscle disorders, which are related to the digestive system, according to Taoism. (Semen that is rather clear is thin in consistency. When the semen is thick in consistency, as it should be, it is opaque. Problems in the digestive system are also the cause of clear semen.)
3. Abnormal semen. Normally, semen smells and tastes like Vitamin B. It should also be rather sweet. If it is too sweet, too much milk was drunk. If it is salty-tasting, disease, especially VD, is indicated. Bitter-tasting semen indicates high levels of toxins in the body. If the semen smells badly the morning after intercourse (the woman will notice a "dead fish"

odor coming from her vagina), a problem in the liver or nervous system of the man is indicated. Bad-smelling semen indicates that the liver is not filtering out the body's poisons properly. (In Taoism, the liver and the nervous system are related.) This condition is especially noticeable in men with foreskins because the skin folds trap a great amount of semen. The next morning after intercourse, the odor will be obvious. This is not to say that men with foreskins are likelier to have this problem, only that foreskins make the problem more apparent when it exists.

4. Dripping semen. During ejaculation, instead of shooting out, the semen drips out of the penis. Young boys with a great deal of vitality can propel their semina with such great force that the semina land six feet away. This vitality is gradually lost as boys grow older; few are able to retain the ability to propel the semen far.

The dribbling during ejaculation indicates problems in the adrenal gland, the kidneys, and the bones (arthritis). That is why the semen of a fifty-year old man with arthritis usually drips out during ejaculation.

5. Impotence, or the inability to retain an erection or reach ejaculation, indicates a weakness in all four erection energies—blood energy, muscle energy, nerve energy, and bone energy—and a lack of vitality in the entire body.

Problems with the prostate must be resolved through proper ingestion of herbs and foods and use of Internal Exercises. If ignored, the man's health will deteriorate. Unfortunately, men are reluctant to discuss these problems.

Male Masturbation and Reflexology

Various western religions and cultures have been condemning a form of masturbation for centuries. This regular way of masturbating involves stimulation of a particular area of the penis until semen is ejaculated. From the Taoist point of view, this way of masturbating is unhealthy since nutrients, energy, and other precious qualities of the semen are lost.

There is another reason why regular masturbation is unhealthful. If you are familiar with Foot Reflexology, you will know that the soles of the feet contain the endings of nerves and meridians and that various points on the feet correlate with various parts of the body. You will also know that by massaging these points, you can bring energy to their related organs. The penis, like the feet, also has reflexology points that are related to organs. (See Figures 19a and 19b.) The heart zone of the penis is most easily stimulated. If a man massages

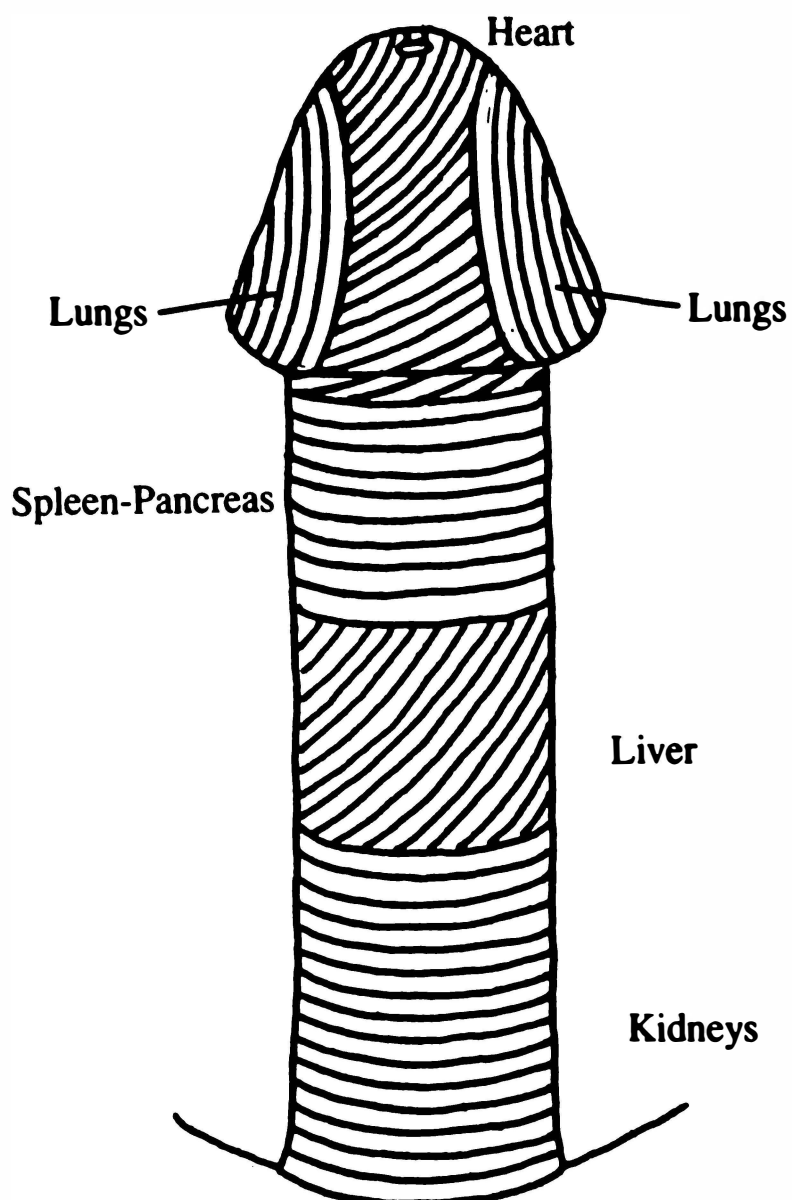


Figure 19a. Reflexology Zones of the Penis (topside)

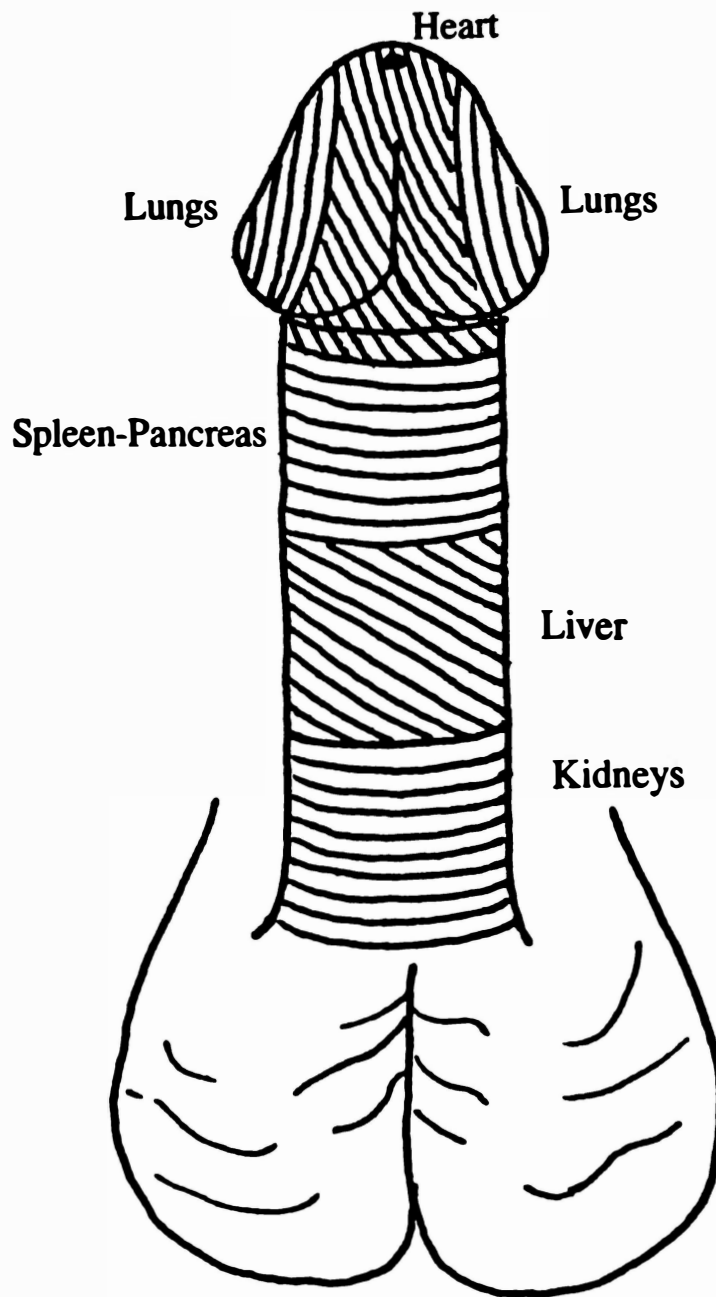


Figure 19b. Reflexology Zones of the Penis (underside)

this area of his penis, he experiences pleasurable sensations and reaches orgasm quickly. During masturbation, this area generally receives the most direct stimulation, to the neglect of the other reflexology zones. One organ (the heart) is over-stimulated while the other organs are over-neglected. This creates an internal imbalance.

The following story, reported by a sex counselor who took my sexology course, illustrates the consequences of internal imbalance. A married couple came to see this counselor after the husband had experienced what he thought was a heart attack. He was sent directly to the hospital where the staff examined him, found nothing wrong with him, and sent him home. The couple was not satisfied. Knowing that this counselor had studied Taoist approaches to health, they visited him to ask him about the possible cause or causes of the problem. The counselor asked them when the "heart attack" had occurred, and they replied that it had occurred at about nine o'clock at night. Next he asked them what they had been doing just before it happened, and they replied with much embarrassment that they had been making love. "How were you making love?" he asked. This was a bit too specific for them and they replied that they were "just making love". When the counselor stressed that it was important for him to know exactly how they were making love, the woman admitted that she had been playing with her husband. "How were you playing with him?" the counselor asked. Finally she admitted that she had "sucked" him. "Which part did you suck?" he insisted. Flustered, the woman replied that she had licked and sucked the head of the penis and that suddenly her husband had had his "heart attack". The counselor said, "All right, don't ever do it again!" He explained to them that by sucking the head of her husband's penis, the woman stimulated his heart and his lungs, and that such stimulation was more than his heart could handle. What they thought was a heart attack was just a rapid speeding up of the heartbeat due to the stimulation she gave him on the reflexology point.

(From the Taoist viewpoint, imbalanced penile stimulation is harmful. you should avoid applying too much stimulation on one part of the penis. You must maintain a balance. Of course, everyone is different, so you will have to experiment to find out what is the right amount of stimulation for you.)

The regular way of masturbating can be harmful for the same reasons. When they masturbate, most men concentrate on one specific spot of the penis—the spot that is most erotogenic. Unknowingly, these men stimulate and over-stimulate only one part of the body through concentrated stimulation of a particular reflexology zone.

So, when a man masturbates, he should give equal attention to the entire penis, head and shaft. By masturbating in a balanced way, he can masturbate as much as he wants without doing harm. Unless he ejaculates.

As already stated, you will lose vital substances and energies when you ejaculate. From the point of view of Taoism, excessive ejaculation is not just harmful, it is disastrous. You can not lose that much and still remain healthy, and you certainly can not lose that much and still increase your lifespan, which is the goal of Taoism.

Unfortunately, masturbation is very easy to do—and overdo. People often do not realize how badly they are depleting their bodies through excessive ejaculation, until it is too late.

Masturbation, then, is not a matter of morality. In fact, it has nothing to do with morality. It is a fact, a scientific fact, that if you engage in excessive masturbation, you may be harming yourself.

You can distinguish those who masturbate excessively from those who do not by the color of their skin, which is generally very pale, often with a yellowish cast. Their eyes are frequently dull due to the depletion of energy. Their thinking is slow, they lack ambition, and they are depressed. All this results from excessive masturbation.

According to old wives' tales, masturbation will lead to blindness, memory loss, and mental problems. According to Taoist teachings, any sexual activity will lead to these problems, when Taoist methods are not used. Sexual depletion affects the pituitary gland, which controls the memory function. The body's circulation and metabolism, both of which affect the feeling of general well-being, are also affected.

If you practice Taoist masturbation—that is, masturbation *without* ejaculation—you can masturbate ten times or one hundred times a day without doing harm. In fact, doing so would benefit your entire body, because your *entire* body is energized uniformly when the entire penis is massaged.

Rhythm Theory

Everything in the universe has its rhythm and cycles, and human beings are no exception. Women have monthly menstrual cycles. And, although it is not very obvious, men also have cycles. According to ancient Taoist texts, men have certain time intervals in which they can ejaculate without doing harm to themselves. The periods of time between these intervals are utilized for replenishing lost vital energy and nutrients. A formula for determining an individual's particular rhythm is:

$$\text{Age} \times .2 = \text{frequency} \\ \text{of ejaculation (in days)}$$

If a man is thirty years old, then his rhythm is 6 days ($30 \times .2 = 6$). So, a thirty-year old man in good health can have an ejaculation every six days without harming himself. A twenty-year old man will be able to ejaculate every four days; a fifty-year old man, every ten days; and so on. Of course, a man will still lose vital energy from ejaculating, but adherence to his ejaculation rhythm will build up his energy reserves again. In other words, he breaks even and his “energy bank account” remains balanced. With excessive, unregulated sex—frequent ejaculations—a man’s energy reserves are soon depleted. If this continues, the man will be living a blank check lifestyle, a lifestyle that will only end in death. By using the above formula, a man can regulate his ejaculations and at least maintain a balanced “account”. He is not going to get any richer, but at least he will not get any poorer.

In between ejaculations, a man can still have intercourse as often as he wants, but he must use the Holdbacks and experience the Superior Orgasm (both will be discussed later) until it is safe to ejaculate again.

So, the Rhythm Theory provides a man with a formula for determining how often he can safely have an ejaculation. Please remember, though, that the goal of Taoism is to acquire and maintain *as much* energy as possible and to lose *as little* energy as possible. Ideally, a man should not ejaculate at all. The practice of the Rhythm Theory is recommended only if you feel you *must* have an ejaculation.

The Rhythm Theory formula only applies to men who are carrying on a “regular” human sex life. For those of you who are following the Taoist philosophy, consciously trying to increase your energy, and making your own body healthier and younger, it is necessary that you determine your own individual rhythm. You can do this by having an ejaculation and then avoiding sex and sex-related thoughts for a number of days. During this experiment, you should avoid your partner(s). To avoid misunderstandings, you should explain to your partner(s) that you are conducting an experiment to determine your personal rhythm. After several days have passed you will probably begin to feel a slight increase in sexual desire. Try to ignore it. As your desire increases over the days, continue to avoid any sexual stimulation. Finally, when you come to the point where you absolutely must have sex, you will know you have reached the peak of your rhythm. The number of days that have passed since your last ejaculation indicates the exact number of days in your own particular rhythm. Then you will know how often you can experience an ejaculation without doing real harm to yourself.

Finding your own precise rhythm by direct experience will also help you determine your true biological age. You can determine this age by using the Rhythm Theory formula in reverse. For instance, if your cycle is four days, your biological age is twenty, regardless of your chronological age. If

$$4 \text{ (Days)} \div .2 = 20 \text{ (Age)}$$

your cycle is sixteen days, your biological age is eighty (because $16 \div .2 = 80$). This is so even if your chronological age is only forty.

Impotence

Impotence, the inability to attain or maintain a satisfactory erection, results from certain serious diseases. In most cases, it is caused by prostate failure. If this condition persists long enough, a man will finally lose sexual interest altogether. According to medical science, men over fifty are likelier to have prostate problems. Also, according to medical science, prostate problems are a part of the normal sequence of events in a man's life. Contrary to popular belief, it is definitely *not* normal for the prostate to fail. According to Taoism, the prostate fails because of misuse.

The prostate gland can be maintained in a healthy and properly functioning state through regular practice of the Deer Exercise, regular application of prostate massages, and proper use of herbs.

Circumcision

Circumcision is the custom of cutting the foreskin of male infants. In the days of the Old Testament, circumcision played an important part in sacrifices to God. Today that function has given way to the maintenance of cleanliness.

In uncircumcised men, it is hard to keep the area under the foreskin clean. The foreskin facilitates the build up of smegma, a cheese-like substance that accumulates and serves as a breeding ground for bacteria. The foreskin also serves as a repository for urine. When these substances build up, strong,

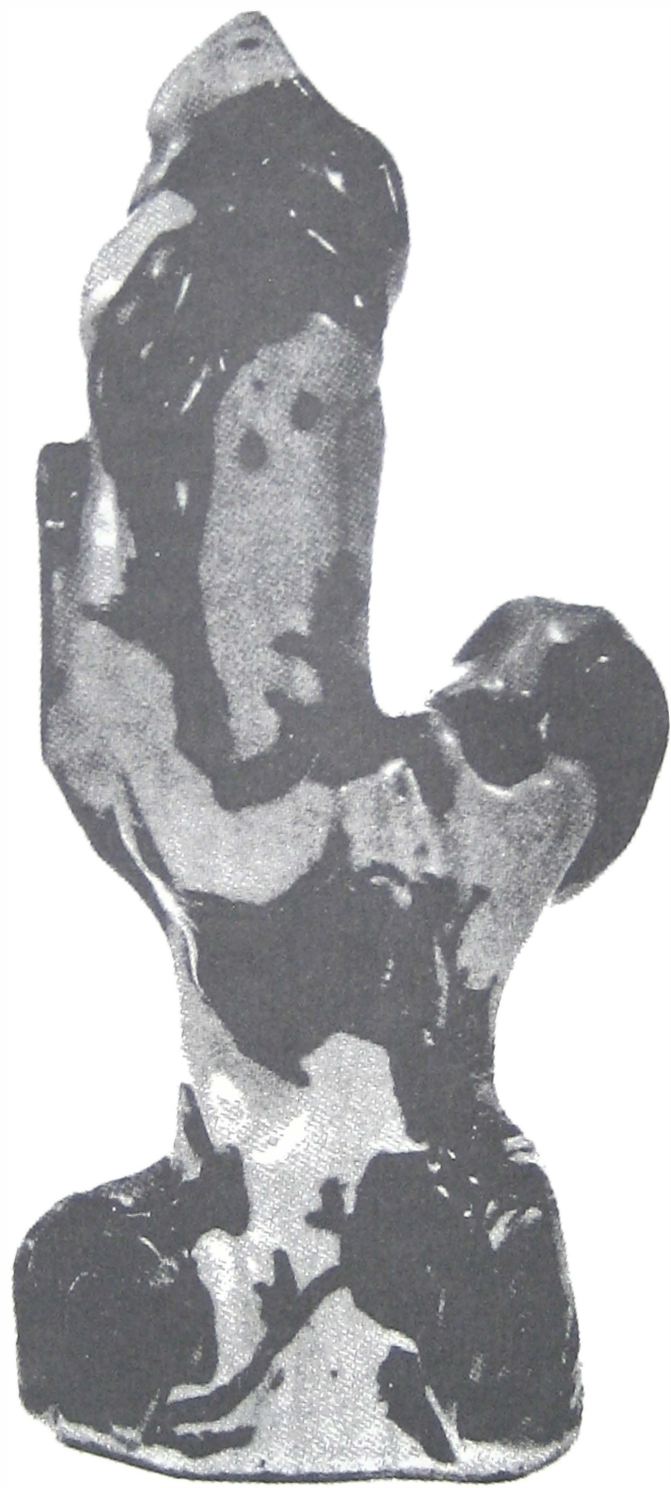
unpleasant odors are produced.

Some theorize that intercourse with an uncircumcised man can increase the chances of uterine cancer. From the Taoist viewpoint, this theory is quite valid. The disease-causing agents in the smegma can infect the uterus and cause a great deal of damage.

There is, however, no need to circumcise a male child. If the child is brought up to take the extra effort to keep this part of his body clean, there will be no problems. Also, continual pulling back of the foreskin during cleaning will keep the foreskin from growing too long over the years, making it easier to keep that part of the penis clean.

Recent studies show that circumcised men tend to suffer either from premature ejaculations or from desensitized penises, which results in the inability to become aroused to the point of orgasm. The latter disorder could be caused by damages to nerve endings, incurred during circumcision. Desensitization could also be a result of over-stimulation of the exposed head by continuous rubbing against underwear. Since any surgical operation, particularly one with a permanent effect, will create an imbalance within the body, it is best to avoid circumcision.

Figure 20. Following page: phallic brush holder representing the Yang principle, balanced by Yin signs. Ming Dynasty.



The Female

The Breasts

In Taoist Sexology, the breasts, along with the vagina, uterus, and ovaries, are regarded as essential parts of the reproductive system. From foreplay to pregnancy to nursing, the breasts are closely tied to the genital system, through nervous impulses, hormones, etc. (This relationship underlies the creation of the Female Deer Exercise.)

The internal organization of the breast is very complex. The delicate intertwinings of numerous capillaries, nerves, lactation glands, lymphatic

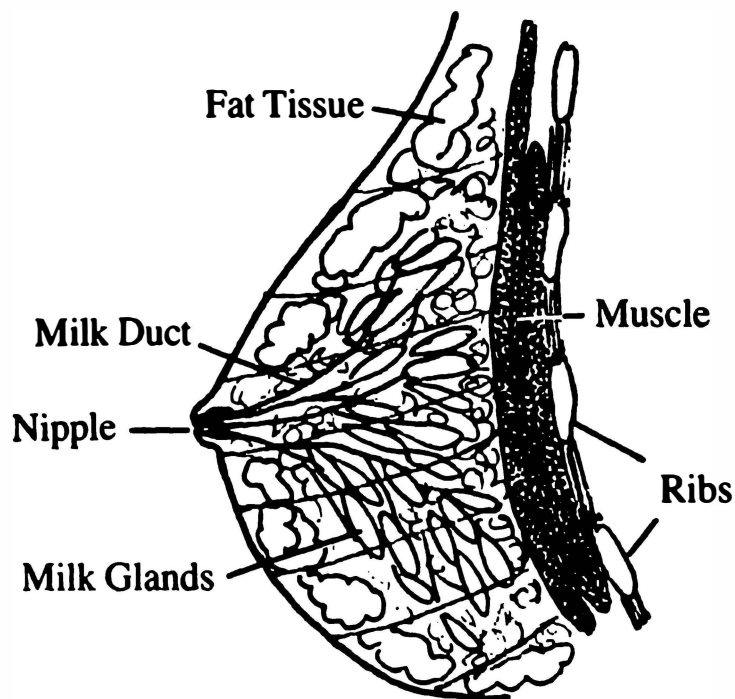


Figure 21. The Breast

vessels, and other delicate structures of the breast are easily damaged by improper handling. Any damage to breast tissue can lead to accumulations and blockages. These can then lead to lumps or, possibly, cancer. (The breast is so delicate that caffeine can cause lumps and cysts to form inside the breast, as was shown in recent studies.) If this should ever happen, the entire female reproductive system would be torn out of balance.

Therefore, the sensitive and easily over-stimulated breasts must never be mishandled by the woman or her sexual partner. A woman's partner should never bite, suck, or pinch the breast. Contact should be limited to a very gentle caress or kiss.

The breast and nipple can, however, accommodate themselves to a limited period of stimulation, that is, nursing. Pregnancy will change the breasts and nipples drastically, so that the mother will be able to tolerate the sucking of the baby. But even the stimulation for which the breast was designed must end after eight to ten months. After eight to ten months of continuous sucking, further sucking will cause blockages to form. Moreover, the growing child's nutritional needs can no longer be met by its mother's milk.

Blockages arising from any of the above causes (or from blockages in

energy flow) can be eliminated by practicing the Female Deer Exercise (to be discussed shortly). The Deer Exercise clears up the channels of blood and energy flow, so that the natural cleaning processes of the body are allowed to proceed unhampered, to eliminate any existing blockages. When the channels of energy are clear, future breast problems are prevented.

The Vagina

The vagina is capable of expanding or contracting in width, but it can not change much in length—maximum expansion in length is only about one inch. Its width, or circumference, changes greatly to allow the head and body of the baby to pass through it during childbirth.

A six inch erect penis is considered to be the perfect size for the average-sized vagina. The average vaginal channel measures four inches from the entrance of the vagina to the entrance of the uterus. If another inch is allowed for expansion and a second inch is allowed for the area at the entrance of the vagina, we come up with a total of six inches—a perfect fit for a six inch penis. The penis, penetrating all the way to the back of the vagina, reaches every sensitive place in the vagina, and its reflexology zones will unite with the reflexology zones of the vagina. So, in terms of reflexology zones, heart will be aligned with heart; lungs, with lungs; and so on. These alignments play important roles in the Healing Positions (to be discussed later).

The perfect penis or vagina is that which matches its counterpart perfectly. This kind of perfection can eliminate many problems. For example, a man with a nine inch penis will cause great problems for a woman with a shallow vagina. But the same man will cause no problems for a woman with a nine inch vagina. A man with a penis shorter than his partner's vagina will not be able to penetrate all the way into her and totally satisfy her. But the same man will satisfy a woman with a shallow vagina completely. Hopefully, this will dispel some myths regarding penis size, because the only matter of importance is the compatibility of the penis and vagina.

When women with shorter vaginas have intercourse with men with longer penises, problems will arise. Men tend to penetrate as far as they can, particularly in the heat of passion or in the midst of an orgasm. The head of the penis will penetrate through the tight ring of the cervical opening and enter the

uterus. Penetration through this ring is a source of great pleasure and excitement for the man, but it is disastrous for the woman. In the Orient, the cervix is called the "second ring", since the opening to the vagina from the outside is called the "first ring". Prostitutes with unusually short vaginas are popular with male clients, but their popularity brings about their early deaths.

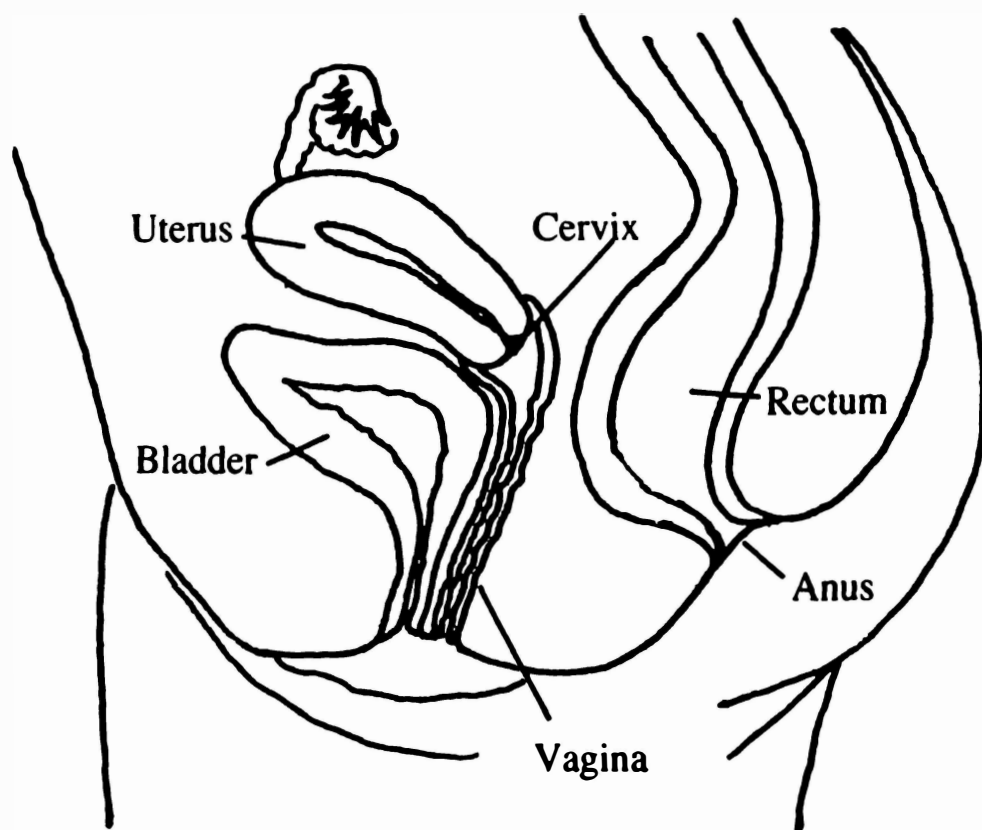


Figure 22.. Side View of the Female Genitals

The uterus is forbidden to penile penetration or, for that matter, any insertion of foreign objects. Hideous diseases can result from such abuse. When the penis enters through the cervical opening, it brings in smegma, urine, bacteria, and other disease-causing agents. Penile penetration also stretches the entrance to the uterus, allowing infectious organisms to enter into the uterus. Even the mere rubbing of the penis against the uterine wall at the entrance can result in inflammation. (The intrauterine device, thought to expel eggs from the uterus by causing the uterus to tremble incessantly, should not be used for the above reasons and for the fact that its spikes jab and irritate the uterine wall.)

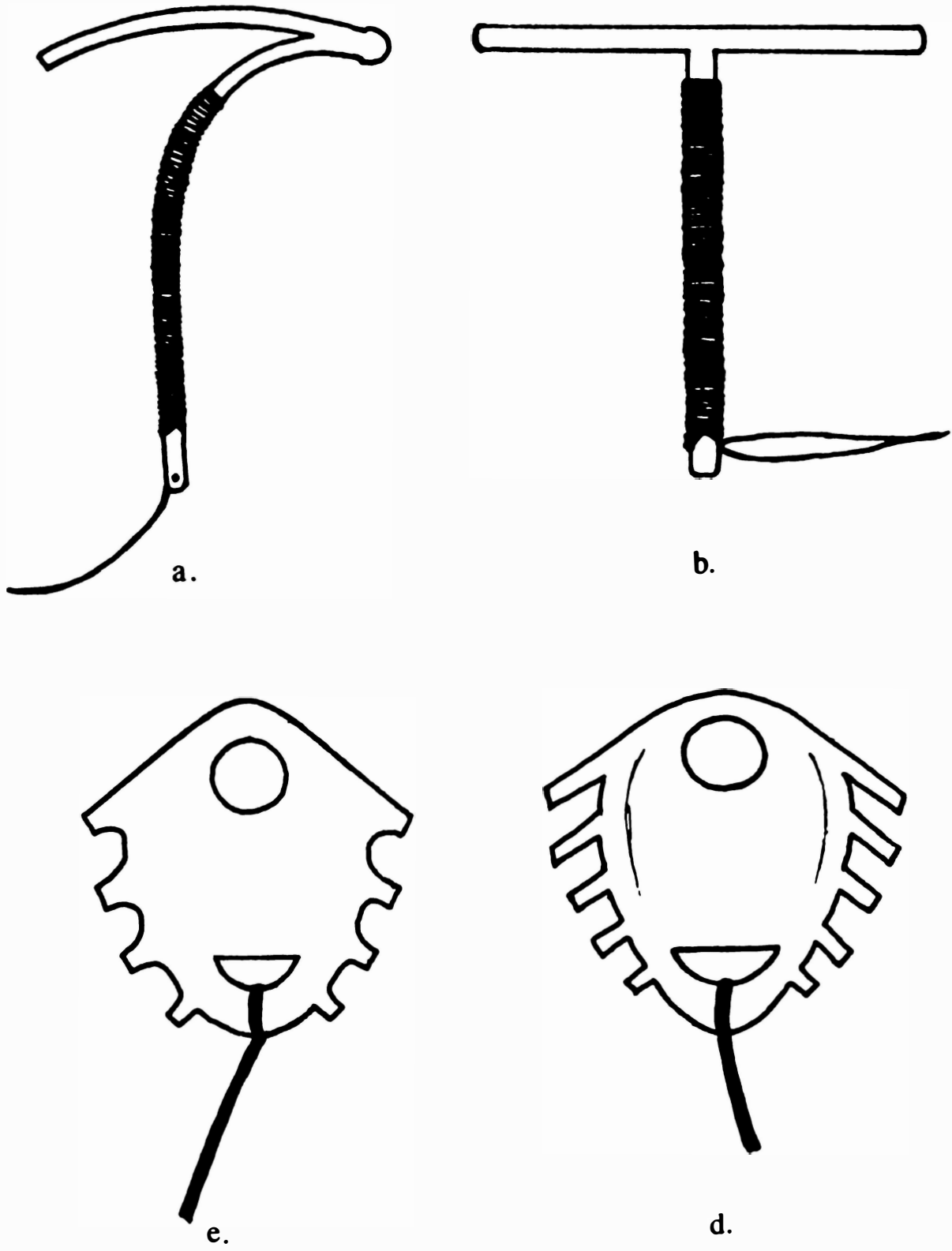


Figure 23a-d. Some IUDs

It is no wonder why “double ring” prostitutes do not live very long, open as they are to infection from so many different sources. Prostitution, an unhealthy occupation to begin with, is especially disastrous for these particular prostitutes.

The deep penetration of the penis into the uterus may also trigger the tilting of the uterus. Tilting of the uterus can create an imbalance in the energy flow of the sexual organs and impair their smooth functioning.

If you are a woman who is married to a man whose penis is too long for your vagina, there is still something you can do. Simply tie a handkerchief around the base of the penis shaft so that the penis is prevented from penetrating any further than desired. Not only will this prevent uterine problems, but it will also constrict the shaft of the penis and help the head grow bigger. A larger head will give greater pleasure not only to the woman, but also to the man. Such a head will enable the man to prolong his erection more easily. (Various devices can be purchased at sexual aid stores to do the same thing, but a handkerchief is cheaper and much more convenient.)

Another way of remedying uterine penetration is to change the position of intercourse so that the woman controls the movement. This can be done most simply with the woman on top of the man, but there are many other positions in which the woman can still control the extent of penetration. She is the best judge of the extent of safe penetration, and she can best adjust her position to limit penile penetration.

If problems of the cervix and uterus already exist because of uterine penetration, the best solution is an antibiotic cream. To apply it, the man simply coats the tip of the penis with the cream before penetration and then penetrates all the way into the damaged areas. Once the cream is applied this way, healing will slowly take place. Never allow the penis to penetrate to that depth again.

Care of the Vagina

Many women today—and apparently many men also—feel that it is not necessary to clean the vagina. They believe that it cleans itself naturally and that it should be left to function on its own. Nothing could be further from the truth. Saying that the vagina needs no cleaning is like saying that the teeth need

no brushing. The vagina, being wet, warm, and dark, provides the perfect breeding ground for germs, and the vagina is well-supplied with germs at all times, particularly after intercourse. Every man passes different types of disease-causing agents to his partner. If the woman is completely healthy, she can fight off whatever is introduced into her. But, when her resistance is down—a condition she will not always be aware of—she might not be able to fight off infection. Then her vagina may become inflamed. Cleaning the vagina can prevent this from happening.

An effective campaign against vaginal infection can be waged by douching several times a week and douching after intercourse. Commercial vaginal douche preparations are of no extra value. A very mild vinegar solution is more than sufficient. Even plain warm water will do. With constant and loving care, the vagina will become healthy, clean, and odorless. For a meager investment of time, extraordinary heights in health and pleasure will be awarded. For extra protection, a high-quality herbal cream may be applied.

Orgasm in Women: The Nine Levels

A woman's orgasm is completely different from a man's. I do not believe that God ever makes mistakes, but if He were capable of them, different orgasms for men and women would be one. Different orgasms are the direct and indirect causes of much of humanity's pain. A man's orgasm can be delineated as a sharp peak; a woman's, a series of upward rising slopes followed by one declining slope. The only path that will lead a couple to sexual compatibility, sexual enjoyment, sexual satisfaction, and unification is the path of understanding—thorough understanding—of these two different orgasms. Acquisition of knowledge is the first step toward understanding male and female orgasms.

To facilitate the study of female orgasms, the female orgasm has been separated into nine steps or stages of experience. In reality, these nine steps are joined together in various degrees of overlap, creating multilevel experiences.

A woman in orgasm can be described as a blooming lotus flower. A woman experiencing a *complete* orgasm—all nine levels of orgasm—undergoes nine stages of blossoming until she finally opens up and surrenders herself to the man who has served her.

Broken line represents what is commonly considered the woman's orgasm

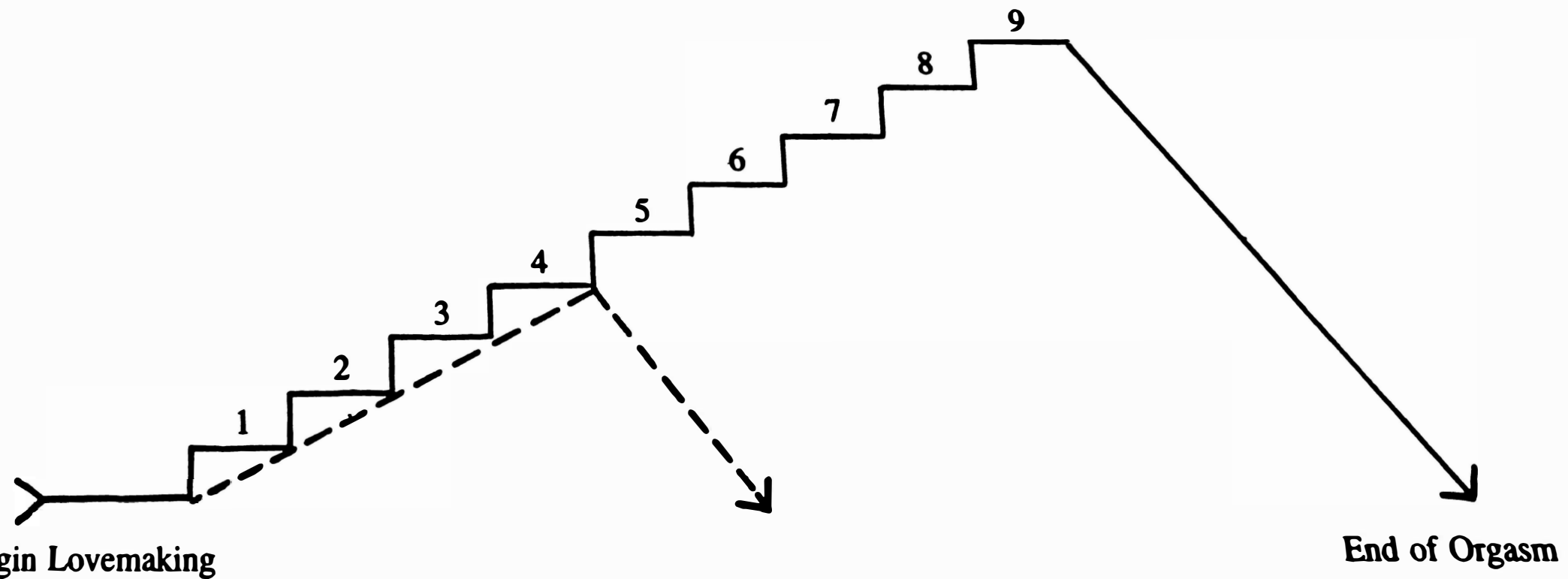


Figure 24. The Nine Levels of a Woman's Orgasm

Each level of orgasm energizes certain parts of the body and evokes a certain observable and predictable response in the woman:

<i>Level</i>	<i>Energized Organ(s)</i>	<i>Observable Response</i>
One	Lungs	The woman sighs, breathes heavily, and salivates.
Two	Heart	The woman, while kissing the man, extends her tongue out to him. According to Su Wen, or Classic of the Internal by the Yellow Emperor, the tongue corresponds to the heart.
Three	Spleen, Pancreas and Stomach	As her muscles become activated, the woman grasps and holds the man tightly.
Four	Kidneys and Bladder	Women experience a series of vaginal spasms at this time and secretions begin to flow.
Five	Bones	The woman's joints loosen and she begins to bite the man.
Six	Liver and Nerves	The woman undulates and gyrates like a snake, trying to wrap her arms and legs around the man.
Seven	Blood	The woman's blood is "boiling", and she is frantically trying to touch the man everywhere.
Eight	Muscles	Her muscles totally relax. She bites even more and grabs the man's nipples.
Nine	The entire body is energized.	She collapses in a "little death" She completely surrenders to the man and is completely opened up.

The secretions a woman produces during orgasm are unlike those of a man. It is a form of odorless, colorless, and opaque mucus, which is of little nutritional value. (The rectum produces the same type of mucus. When a person, man or woman, has a rectal orgasm, the same white mucus is produced.)

Many men, even women, mistake the vaginal spasm at Level Four for a complete orgasm. But as you can see, that is not even half of a complete orgasm. Unfortunately, most sex manuals support the former view, particularly since they are usually written by men. They consider the observable responses at the fourth level as the total orgasm. They assume that women have the same kind of orgasm as men, that women climb up, reach a peak, and then drop (this drop is thought to be slower than that of men). This is untrue.

This false orgasm has been called “coming together” in most sexology books. It has also been described as the perfect happiness or the highest harmony. It has even been praised as the dreamiest territory a couple can reach. But there *are* higher realms of happiness and harmony awaiting those who practice Taoist Sexology.

Once the woman reaches Level Four, it becomes easier for the man to bring her to higher levels of orgasm. Just a little movement can advance her to the next level, the level beyond that, and so on, until she reaches the ninth and complete level of orgasm.

The purpose of Taoist methods that prolong a man’s erection is to advance a woman to the ninth level of orgasm.

If a woman is having trouble with certain organs (kidneys, stomach, etc.), it could well be that an imbalance resulted from her never passing beyond the corresponding orgasmic level in lovemaking. The repeated interruption of orgasm at a certain level creates an energy imbalance in the corresponding organs. Many of my students adjusted their disorders after taking my sexology class and going home and applying the same principles and techniques given here.

Once, I counseled a woman from Washington D.C. who had a terminal kidney problem. One of her kidneys was cut off because it was diseased for a long time. She had only one kidney left and it was beginning to wear out. After obtaining her personal history, I suggested that she attend my next sexology seminar. It was a two-day class and she was not sure she could sit that long. But she did manage to attend, and at the conclusion of the course she came up to me and exclaimed, “Now I have the answer! It’s all my husband’s fault!”

Even with her happy marriage, her three successful sons, and her good career, her life was not perfect. She never experienced a true orgasm—many women never do—and it was simply due to her husband’s mistaken intentions. He would always leave her at Level Four. This was not a case of premature

ejaculation. Actually, it is very common for the man to finish when the woman is at Level Four, because he, as well as many others, believe that this level is the real orgasm.

This woman went home and told her husband what she had learned in the seminar. Because her husband loved her and wanted to help her, he followed the techniques. During intercourse, she was lifted all the way up through the nine levels, became energized as she progressed, and blossomed completely. As a result her one kidney was completely rebuilt and became healthy.

She visited me two years later at my office to show me how healthy she was. She said that since the sexology seminar she had no need for doctors or hospitals and that she led a very active, happy life thereafter.

Before she and her husband practiced Taoist Sexology, no release for sexual energy was found. The energy, instead of flowing naturally, accumulated at her kidneys and created a great imbalance.

It is important to say here that because a woman can only be satisfied by a man, it is the man's obligation and duty to perform this function. Man's role is to serve, and if the woman is not satisfied, it is the man's responsibility. A woman is in the position of opening up and receiving in her orgasmic state. If a man completely pleases his woman, he will receive her unconditional love. This is a fact of life.

Female Masturbation and Reflexology

I have already pointed out the problems that men have with masturbation, that is, the over-stimulation of some areas of the penis and the resulting over-stimulation of the related organs through reflexology. With women the problems are similar. When they masturbate they stimulate the clitoris, ignoring or giving little attention to the vaginal channel itself. In terms of reflexology, the vagina is related to the rest of the body in the same way as the penis, only in reverse order. (See Figure 25.)

As you study the reflexology points of the vagina, you will see that the kidney zone is located at the entrance of the vagina, the liver zone is behind the kidney zone, the spleen-pancreas zone is in the middle of the channel, the lung zone is in the middle, and the heart zone is at the end of the vaginal channel. During normal intercourse, when the penis penetrates all the way into the vagina, there

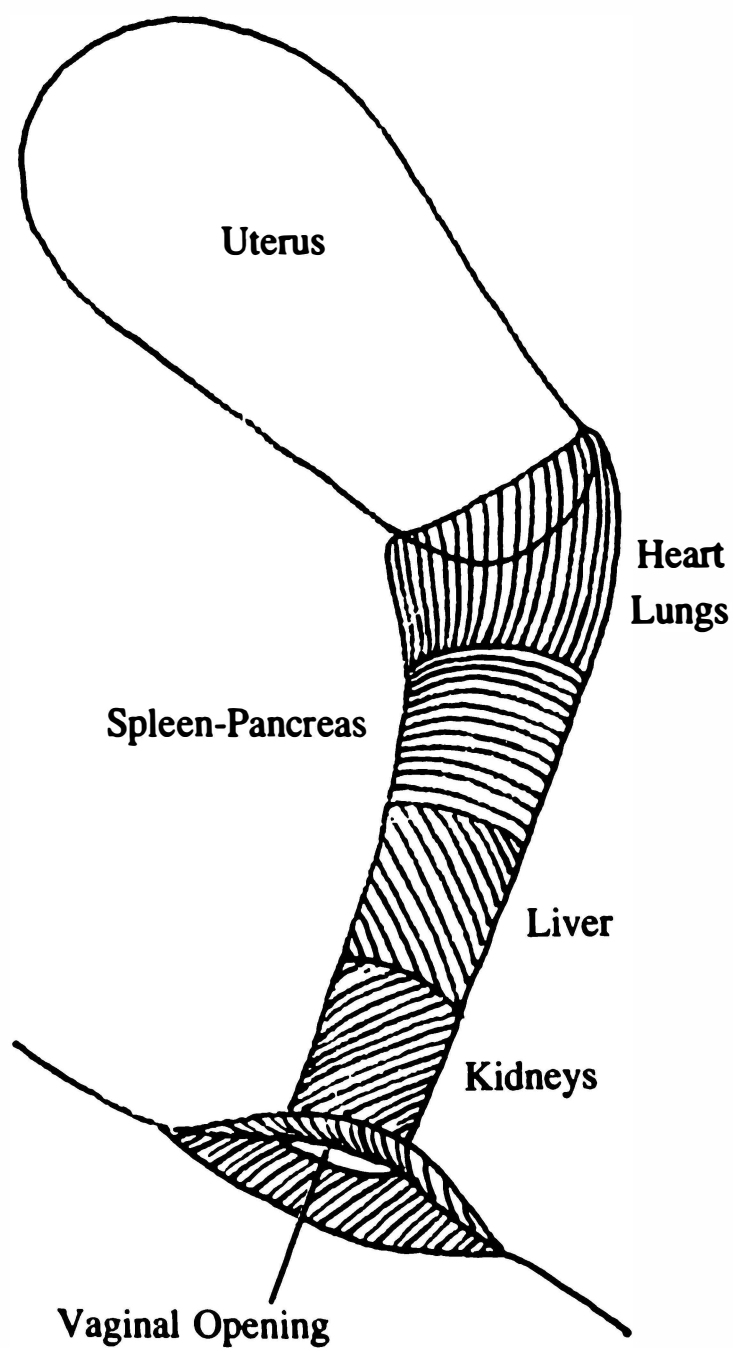


Figure 25. Reflexology Zones of the Vagina

is lung-to-lung contact, heart-to-heart contact, and so on, as the reflexology zones of the penis make contact with the corresponding zones of the vagina. In this way the two partners stimulate each other. This is the ideal, certainly the most pleasurable, form of reflexology. This is how two bodies become one.

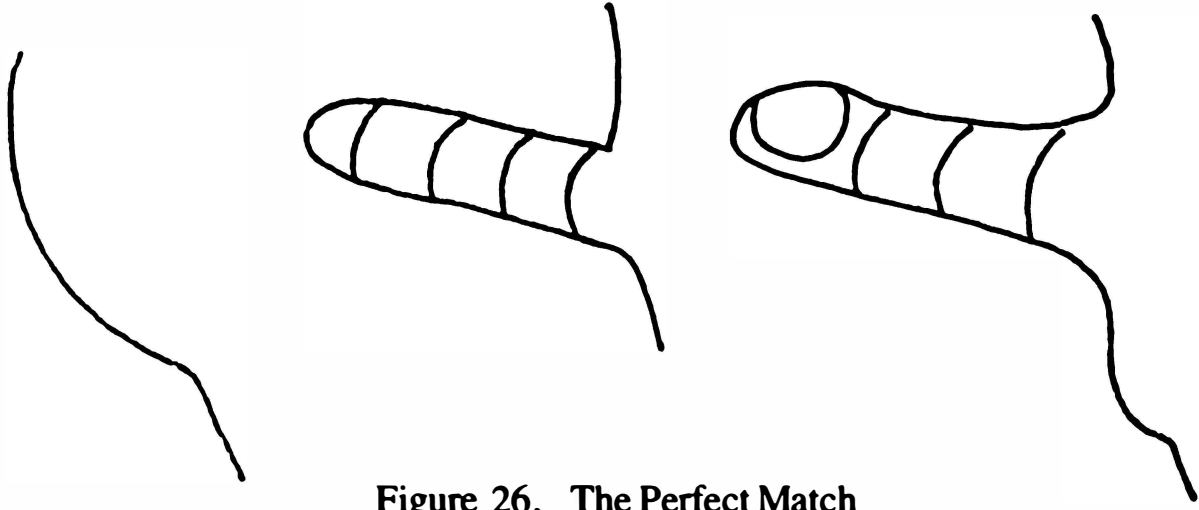


Figure 26. The Perfect Match

If a woman masturbates in an unbalanced way, that is, without stimulating the entire vaginal area evenly, weaknesses in the kidneys and urinary tract, high blood pressure, water retention, irregular menstruation, and many other problems may result. Unfortunately, it is difficult for women to masturbate in a balanced manner. (Women have the advantage during intercourse. They can reach orgasm as often as they want, without fear of losing nutrition or energy like a man, for there is no semen equivalent for them to lose. What is harmful for women is the loss of blood through menstruation, which I will discuss next.)

Many women, when they masturbate by stimulating the clitoris, complain that they feel like urinating. The clitoris is located at the entrance to the vagina, where reflexology zones for the kidneys and bladder are located. When they stimulate the clitoris, they unknowingly stimulate their kidneys and bladder. Lesbian women or women who masturbate excessively tend to develop fluid retention and related weight problems. This is because sexual stimulation, centered around the area of the clitoris, exhausts the over-stimulated kidneys, which then lose their ability to filter the body fluids sufficiently.

The Deer Exercise for Women: Healing and Rejuvenation

Taoist Sexology provides a way for a young, fertile woman to eliminate her

menstrual period in a safe way. If the Deer Exercise, parts one and two, is performed over a period of time, menstruation ceases and countless benefits emerge.

Normally every month, the outer linings of the uterine walls thicken with blood vessels for the anticipated implantation of the fertilized egg. If an egg is fertilized by a sperm, it attaches to the thickened walls and begins to invade the nutrient-rich walls. Absorbing nutrients from the maternal blood, the egg grows continuously until it becomes a fully-developed baby. If fertilization of the egg never occurs, no implantation will take place and the thick lining of blood will be sloughed off, because it is no longer needed. A great deal of blood and nutrients are lost during the monthly sloughings, or menstruation.

The Deer Exercise stops menstruation. Some women are reluctant to stop menstruation because they think it is "unnatural". But there is no need to worry. Cessation of menstruation is actually not a strange event: menstruation stops immediately during menopause, pregnancy, or nursing.

When a woman is pregnant, the body instinctively absorbs the supply of blood and directs all of it to the thriving egg. The blood and energy normally lost during menstruation are then used by the sexual glands in particular to benefit the fetus. After birth, if the mother nurses the newborn, menstruation will not immediately resume, as the blood will be directed to the breasts for conversion to milk.

By stopping menstruation with the Deer Exercise, the woman triggers the body's inner intelligence or instinct to redirect the blood to nourish and strengthen the sexual glands.

WARNING: When a woman's menstrual cycle does stop, pregnancy is not likely to occur during that time. Nevertheless, historical records show that whenever a woman discontinued the Deer Exercise, her menstrual cycle would resume, with the benefit of a prospect for a healthier pregnancy. Also, stopping menstruation had no permanent effects.

The other benefits of the Deer Exercise are numerous and noteworthy. One of them is natural estrogen production. The exercise stimulates the production of the female hormone estrogen and causes it to spread throughout the vagina, uterus, breasts, and ovaries. A surge in estrogen levels can greatly relieve the symptoms of menopause and rejuvenate a woman. An added benefit is that the increase in estrogen results naturally and that the body naturally balances the increased estrogen level with other substances.

The fact that estrogen is produced naturally is very important. The body knows what amount of estrogen it needs at any given time. A doctor

administering man-made estrogen, a drug that is not balanced with the other substances normally occurring within the body, cannot know what exact level of the hormone is needed in the bloodstream. Every hour the hormone level in the blood changes and it would be impossible to follow it. Moreover, man-made estrogen will eventually cause problems by either over- or under-dosing. The body is the best judge of the amount of estrogen to be released, because its sensitive sensors are on the alert every second of the day.

The Deer Exercise also eliminates the problems related to the menstrual period, even in the middle of a period. These problems include emotional ups and downs, water retention, hormone blockages, cramps, and abnormal flow of blood. (A light menstrual flow indicates blockage and body poisoning. If the period suddenly stops—without the influence of the Deer Exercise—disease is indicated.)

The vagina also benefits from the Deer Exercise. It becomes tighter, meatier, and more flexible. So a woman who has had children can greatly benefit from the Deer, as the man's pleasure is increased during intercourse. Childbirth can leave the vagina loose and enlarged, resulting in a great loss of penile sensation for her partner during intercourse. By performing the exercise, a woman can become like a virgin again because the vagina is automatically exercised, energized, and tightened.

(I might mention that there is a technique that women can use during intercourse which is very pleasing to her partner. When the man thrusts, she relaxes the vagina. When he withdraws, she tightens it. This is a wonderful technique, and if a woman is concerned about holding her partner's sexual interest, this, along with a tight, virgin-like vagina almost guarantees it. He will keep his interest because he will know there is no one better.)

Instructions for the Woman's Deer Exercise

As you do the two steps of this exercise, "feel" the fire or energy generate in your sexual glands and feel it rise upward along the spine into the breast and the head. (Never try to use visualization to help the energy rise.) Linking mind and body is a prerequisite for the harmonious and powerful functioning of vital energy. Bringing this energy to the pineal gland in the head is the Divine purpose.



Figure 27. The Female Deer Exercise #1

FIRST STAGE:

1. Sit so that you can press the heel of one foot against the opening of your vagina. You will want a steady and fairly firm pressure against the clitoris. If it is not possible to place your foot in this position, then place a fairly hard, round object such as a baseball against the vaginal opening. (You may experience a pleasant sensation due to the stimulation of the genital area and the subsequent release of sexual energy.)
2. Rub your hands together vigorously. This will create heat in your hands by bringing the energy of your body into your palms and fingers.
3. Place your hands on your breasts so that you feel the heat from your hands enter into the skin.
4. Rub your breasts slowly in outward, circular motions. Your right

hand will turn counter-clockwise; your left, clockwise.

5. Rub in this circular manner for a minimum of thirty-six times or a maximum of 360 times up to two times a day. (Incidentally, it is not necessary to do 360 hand rotations once a woman has succeeded in stopping her period. Less than 100 rotations, twice a day, will suffice to maintain a suspension of menstruation once it has stopped. A woman is the best judge of when she should suspend or resume menstruation. Resumption occurs after cessation of the exercise.)

SECOND STAGE:

This exercise can be done sitting or lying down.

1. First, tighten the muscles of your vagina and anus as if you were trying to close both openings, and then try to draw your rectum upward inside the body, further contracting the anal muscles. When done properly this will feel as if air is being drawn up into your rectum and vagina. Hold these muscles tight for as long as you can comfortably.

2. Relax and repeat the anal and vaginal contractions. Do this as many times as you wish.

NOTE A: You may insert a finger into the vagina when you do the contractions, to determine the strength of your contractions.

NOTE B: The lips of the vagina are sensitive and must be massaged and stimulated during the Deer Exercise. Sitting on the heel of a foot or a ball serves this purpose. Finger pressure also serves this purpose, but if finger pressure is used on the vaginal lips, it is important to rub the lips and press each point shown in Figure 28. Move clockwise from location 1. Or you can have your partner rub the vagina. This is very beneficial because the energy that flows through the hands of the partner flows into the body of the other. (In the man's Deer Exercise, the woman can do the rubbing and holding of the testicles.)

If a woman finds it tiring to use both hands at once to do the breast rubbing, she can use one hand on the opposite breast while the other hand rests. Or, the free hand can be used to stimulate the vaginal opening in place of the heel. Another method is that the man rubs both breasts while the woman rubs or presses her vagina with her hand. As you can see, this is a very flexible exercise which can be adapted to individual preference.

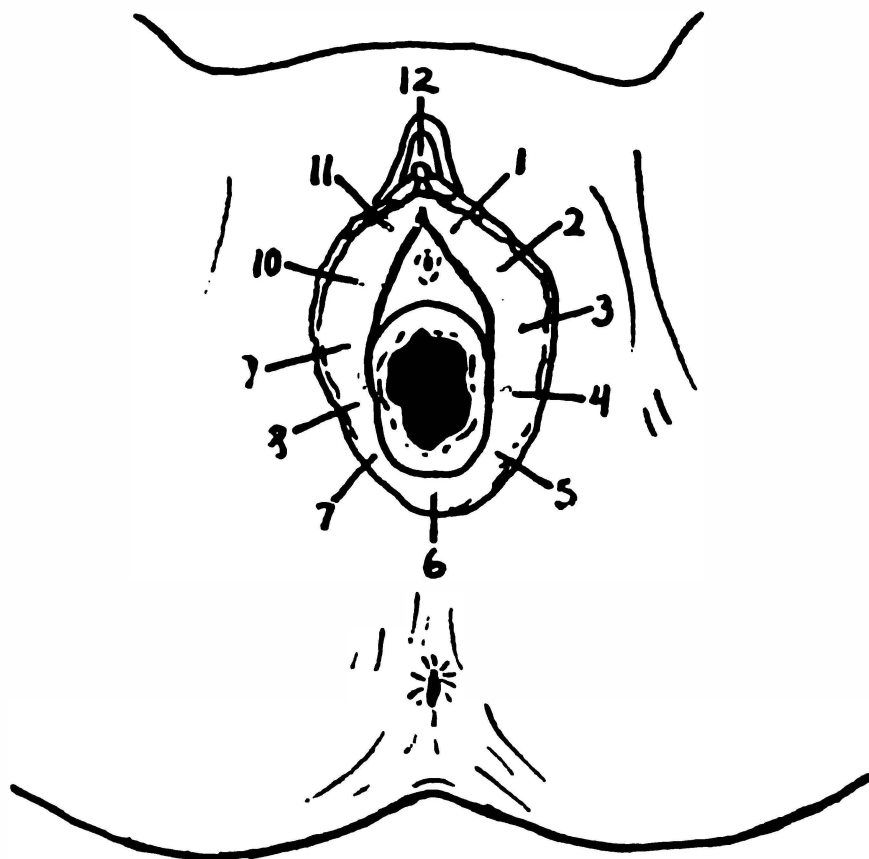
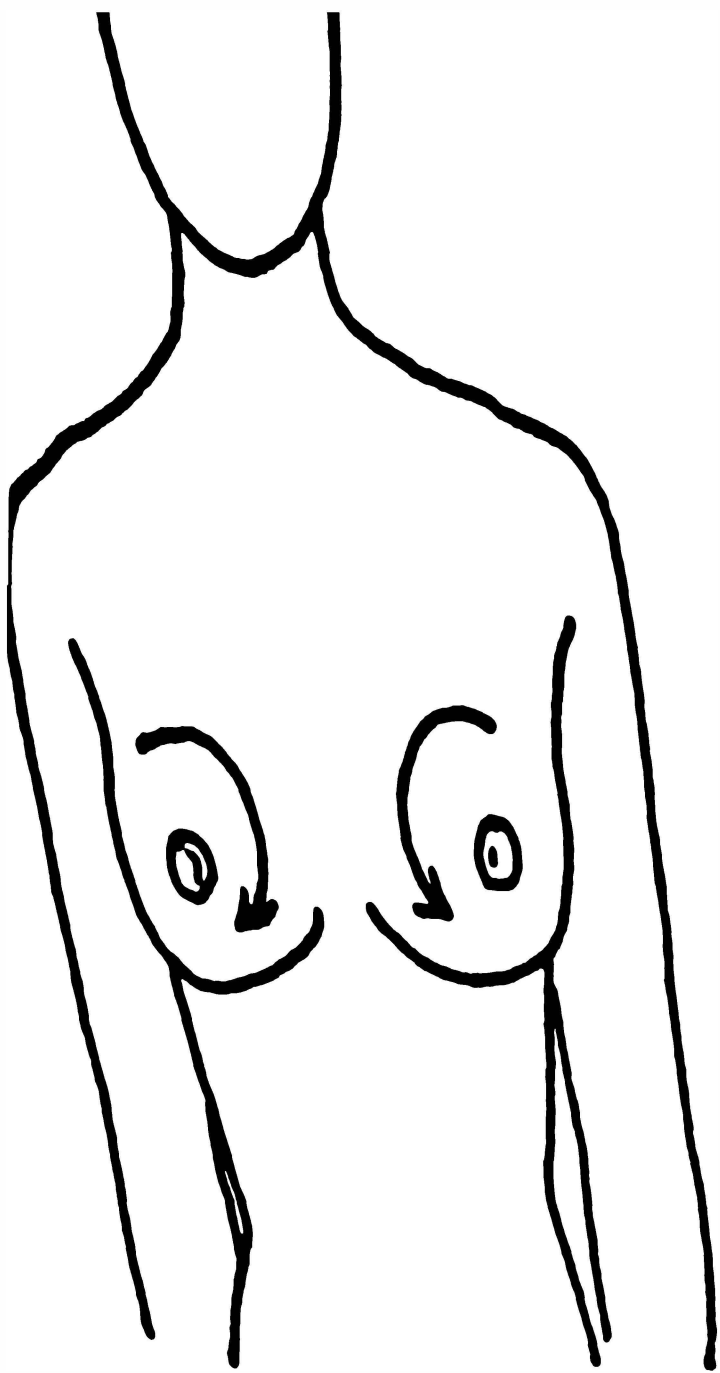


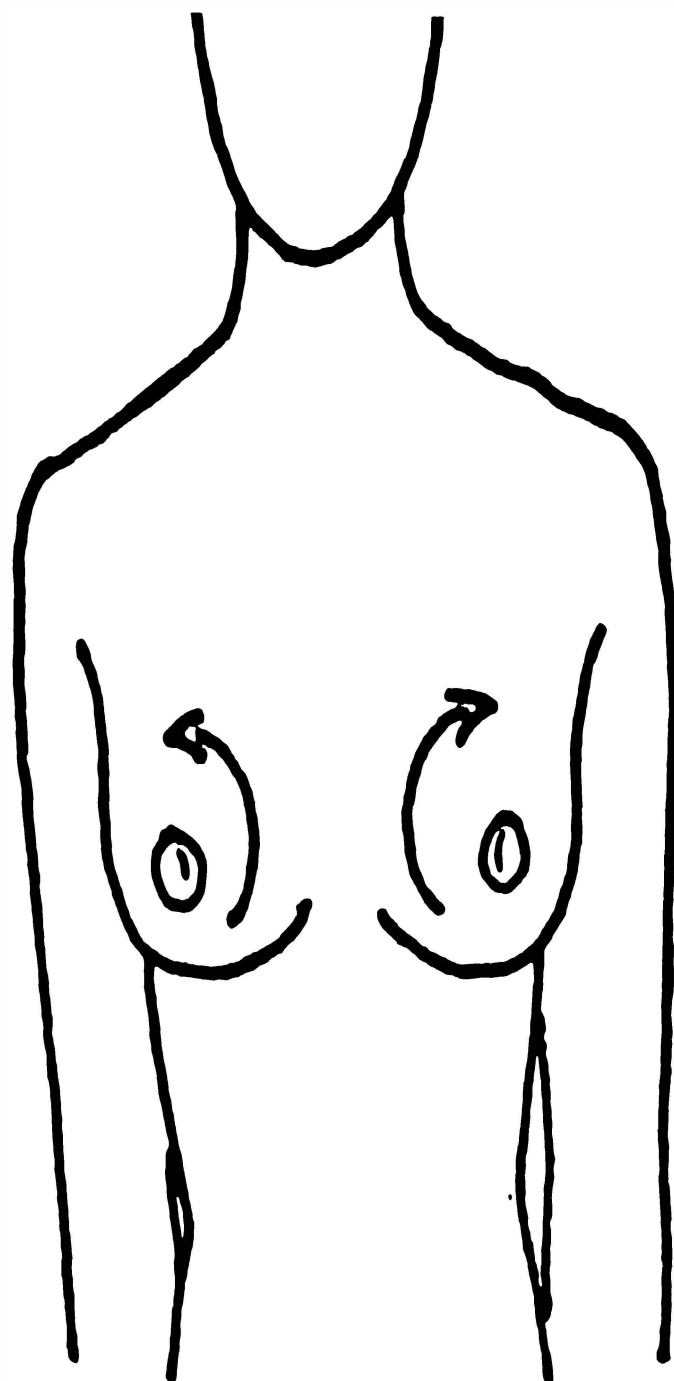
Figure 28. Pressure Points Surrounding the Vagina

The first few anal and vaginal contractions may be hard to do. Eventually, though, you will be able to increase the number of times you can do it as well as the length of time you are able to hold the contractions. When done properly, a pleasant feeling will be felt to travel from the base of the anus through the spinal column to the top of the head. This is caused by the build-up of sexual energy and its movement up through the glandular system to the pineal gland and the top of the head.

The *outward* rubbing of the breasts (as described above) is called "dispersion", and it helps prevent lumps and cancer of the breast. It will also decrease the size of breasts that are too large and flabby. Reversing this direction to an *inward* motion, so that the right hand circles clockwise and the left hand circles counter-clockwise, is called "stimulation" and its effect is to enlarge under-sized breasts.



Stimulation



Dispersion

Figure 29. Deer Exercise: Breast Massage

**Do this exercise in the morning upon rising and at night before retiring.
When you practise the Deer Exercise, try to avoid touching the nipples. A
woman's nipples are very sensitive and easily over-stimulated.**

**If the exercise is done correctly, a woman will notice an increased sensitivity
in her nipples.**

Menstruation

A woman's sexual organ system consists of four inter-related parts: the

vagina, the uterus, the ovaries, and the breasts. Their inter-relationship can be observed during the course of pregnancy, childbirth, and nursing. Menstruation ceases during these events, and the blood that would be lost during menstruation goes to nourish the baby. After the child is born, the blood is converted to milk for nursing. Menstruation resumes only when nursing stops.

So, stimulating the breasts either through nursing or massage, as in the Deer Exercise, actually stimulates all the sexual organs. Most women find this exercise very pleasurable. Many even reach orgasm with it.

The Deer Exercise stops menstruation for the same reason that nursing prevents it. When the Deer Exercise is performed, the body reacts just as if a baby were regularly sucking on the breast; the body rushes blood to the breasts rather than the uterus. Taoists refer to this phenomenon as “turning back the blood” because it reenergizes the entire body, especially the sexual organs.

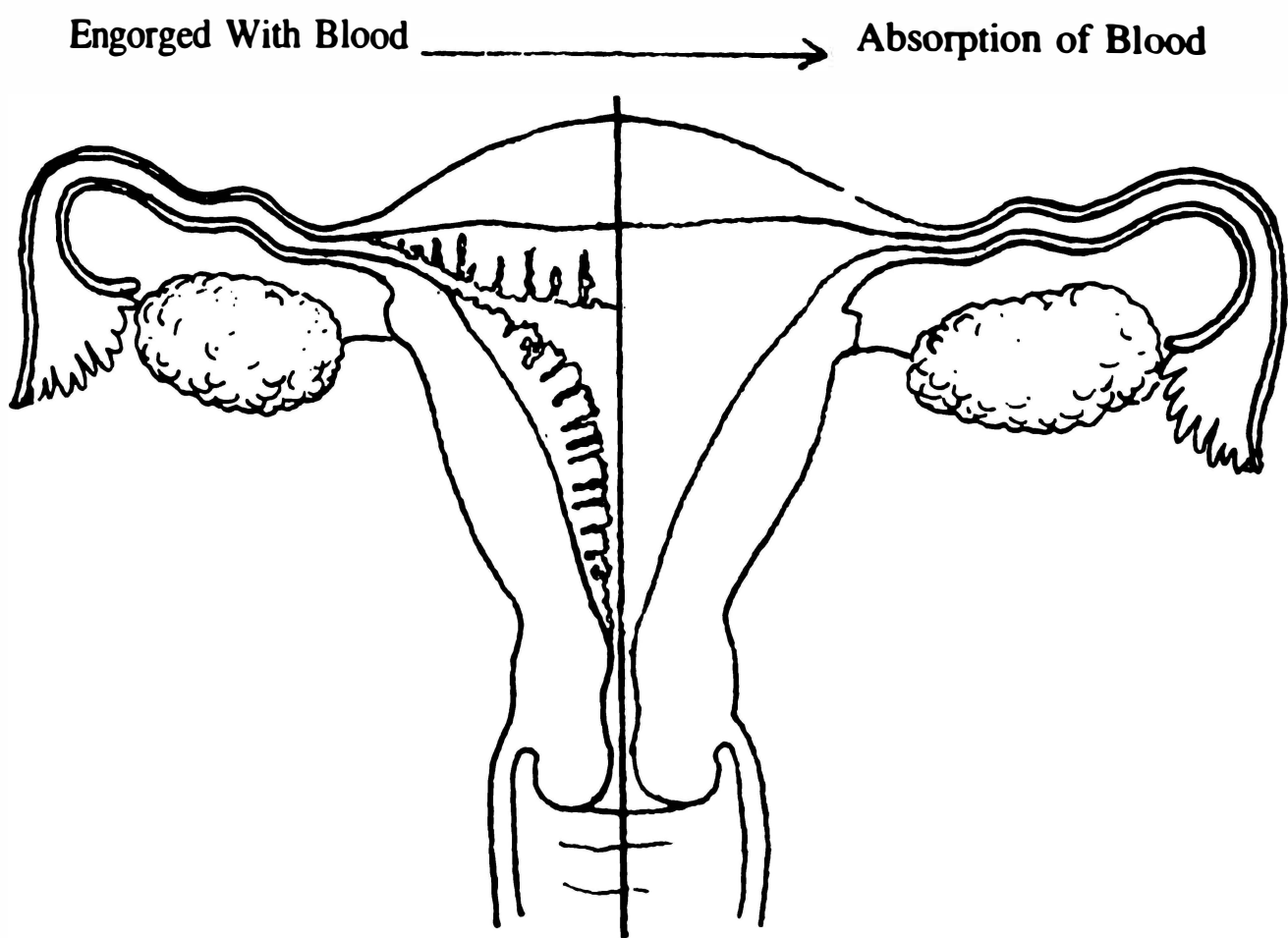


Figure 30. The Uterus : Absorption of Blood.



Figure 31. Strengthening the Female System

For thousands of years, it was effectively used as a technique of family planning. But, it was mainly used for maintaining a youthful countenance. Historical records show that women famous for their beauty consistently use the technique even after giving birth to many children.

The length of time required to stop the menstrual cycle varies with every individual. Most women accomplish this within two weeks to six months, but some require as long as a year. All that can be said is that if you practice the exercise diligently, it will happen.

Women should not perform the Deer during pregnancy. The energy generated by the exercise combined with the accompanying increased stimulation of the sexual glands might induce premature labor. Using the Deer Exercise during the menstrual period is permissible. In fact, women have told me that it brings almost immediate relief from menstrual discomfort.

Doing this exercise will also correct menstrual irregularities. It will eliminate menstrual cramps and strengthen sexual ability. If you do the exercise with more than the recommended minimum of thirty-six hand rotations twice a day—as much as 360 times twice a day—you can stop menstruation totally.

But on one condition. You must not let your thoughts wander onto other matters.

When doing the Deer it is important to concentrate on the Divine purpose, as it is quite easy to become sexually stimulated. If the menstrual period does not stop, practice the Deer more frequently. Work at it a little harder and concentrate on the Divine purpose, even when the body becomes stimulated.

The Deer Exercise will not prolong a woman's fertile period. Menopause will still arrive on schedule at the time specified by the individual's biological clock. However, you will not suffer any of the problems connected with menopause.

The biological aging process will stop at the point where the Deer Exercise begins to work. If you stop your period at age twenty, you will never look older than twenty years of age. So as you can see, the earlier you begin the Deer Exercise, the younger and healthier you will be. (This also applies to men.)

Furthermore, many students used this method to assist family planning. They were extremely satisfied with it because no chemicals, surgery, side-effects, etc. were involved.

To benefit from the Deer, you must be devoted to your purpose. Just saying "I should learn the Deer Exercise" is not enough. You must do it.

Female Problems

From the viewpoint of medical science, there is nothing wrong with the removal of a uterus as a "cure" for certain disorders or with the tying of Fallopian tubes (tubal ligation) as a means of birth control. From the Taoist viewpoint, such actions are almost sinful, since vital parts of the female sexual organ system are damaged. These organs play vital roles throughout a woman's life. If one part of her sexual organ system is missing or nonfunctional, the remaining parts will all be harmed. For example, many women suffer from headaches, nervousness, indigestion, hot flashes, and false "heart attacks" after a hysterectomy. As mentioned before, a woman has a four-part system: the breasts, vagina, ovaries, and uterus. If one part is lost, the whole system is affected. When the entire system collapses, the Seven Glands collapse. When the Seven Glands collapse, the entire body is affected. For these reasons, it would be wise to reverse surgical procedures.

To demonstrate to yourself the consequences of disjointure, try the following experiment. Wrap a rubber band tightly around one finger. When you can not stand the discomfort a second longer, remove the rubber band immediately. Leaving the rubber band on too long can damage the finger severely. From this graphic example, you can infer what the consequences are for Fallopian tube tying or tubal ligation. Every part of the body is connected, and any blockage can cause severe problems.

The Deer Exercise may help alleviate some of the problems resulting from hysterectomy by helping the remaining six glands. It energizes the other six glands and helps compensate for the hormonal imbalance brought about by the loss of the sexual organ. Please do not be misled into thinking that the Deer Exercise will help the body produce a new sexual organ.

Breast lumps are the result of blockages. When the circulatory flow in the breasts is blocked for any reason, the consequences will be the appearance of soreness or lumps in the area. The Deer Exercise eliminates any existing blockages to facilitate energy or blood circulation. In this way, future blockages or breast problems will be prevented.

The Deer Exercise helps in the treatment of fibroid tumors, which cause changes to take place in the uterus. Since the Deer strengthens the uterus, it is very possible that, if you do the exercise faithfully, fibroid tumors will not become a problem for you in the future, because your uterus will be strong and resistant to such an intrusion.

Abortion *always* causes physical damage to a woman. The fertilized egg attaches itself strongly to the uterus and is really part of the woman's body for two or three months. During an abortion, the fetus is torn away from the uterus. Tearing away a fetus that is rooted in the walls of the uterus causes damage to the entire uterus—damage that can lead to cancer in the future. From the Taoist point of view, abortion is unwise and unnecessary.

Tying the Fallopian tubes causes a blockage which interrupts the flow of vital energy in the body. As mentioned before, this is also true for men who have had their vas deferens tied. Every part of a human being's body is interlinked by one circulatory system. If possible, it is better to re-connect the vas deferens in order to remove the blockage.

Frigidity

There is not one absolutely frigid or non-orgasmic woman in the world. Any woman is capable of sexual response under the right circumstances.

The right setting for sex is important. A bath, comfortable and quiet surroundings, a relaxed and peaceful frame of mind, maybe a little massage, followed by gentle foreplay, kissing, and stroking—all contribute to the proper state of mind and receptivity to intercourse.

The right technique is also important. During intercourse, an often repeated mistake is engaging in a frantic race to orgasm. Utilization of a technique, called the Sets of Nine, will bring a woman to a complete orgasm. This technique will be explained shortly.

Part III

Team of Teams

Man and Woman Together

The Holdbacks: Superior Orgasm

The male orgasm is analogous to the summit of a mountain. In trying to climb up to this summit, a man must exert himself physically and emotionally. He must maintain an erection; his prostate must function at 100% capacity; he must pump, sweat, endure tension, anxiety, and stress; and in the end he must lose a big portion of his nutrients, energy, and hormones. Immediately after reaching the summit, the man collapses and falls into a deep abyss of exhaustion and feelings of emptiness, depression, guilt, anger, or hunger. Also, the

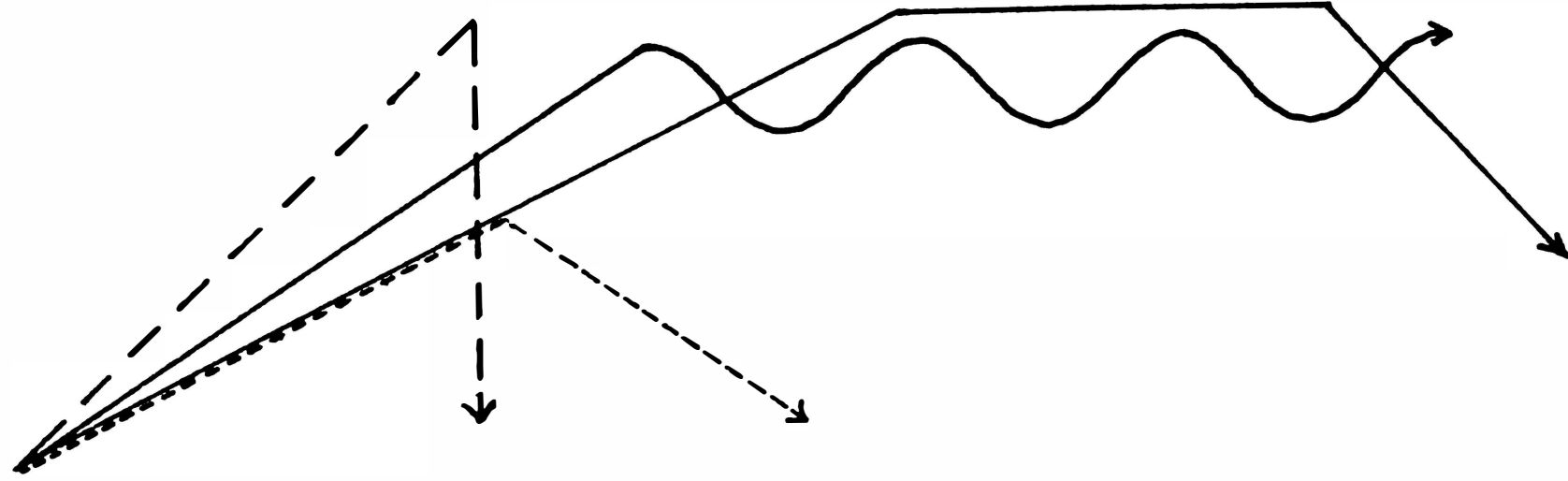
man will suffer from dry eyes and mouth, headaches, frequent urination, nervousness, weakness, and the loss of a huge portion of his youth. Once he ejaculates he will have difficulty producing another erection. So, according to an old saying, a living lion is reduced in a matter of seconds to a dead dog. After ejaculating, a man usually rolls over and falls asleep, leaving a woman stranded in a limbo halfway to heaven and halfway to earth. By following his physical instincts only, a man may not be able to take the woman beyond level four of the nine levels of a complete orgasm. The woman, unsatisfied, becomes resentful, angry, and frustrated.

In Taoist theory, this is called Ordinary Orgasm, and it is the type of orgasm usually described—even encouraged—in most sex manuals. From the Taoist viewpoint, all the work, suffering, and loss traded for half a second of pleasure is uneconomical, worthless, and unwise. Unfortunately, men can not abstain from this instinctive desire to fulfill the universal will, that of producing offspring. Since men can not avoid sexual activity, Taoists devised a thorough protection for men which provides maximum pleasure without suffering or loss, called Superior Orgasm.

NOTE: Ordinary Orgasm was originally called Peak Orgasm. I invented the latter term thirty years ago and have used it in all of my lectures. The years of use have exposed a serious inadequacy, and it is my responsibility to correct this inadequacy in this book. The word *peak* suggests that there are many other high points in a mountain range. When used to describe an orgasm, the word suggests many ejaculations within one intercourse. But very few men in this world are able to achieve many ejaculations within one intercourse. A more suitable name for regular orgasm would be Ordinary Orgasm. Another term, Valley Orgasm, is also inadequate. The valley is the lowest point between mountains. It connotes quietude, rest, and calm. In reality, a Superior Orgasm never reaches a low point, and it is always exciting, active, and positive.

The type of orgasm encouraged in Taoist Sexology is called Superior Orgasm. With what are called “Holdbacks” a man will experience many “orgasms” in one intercourse. The Superior Orgasm, measuring 98%-99% on the orgasmic scale, is repetitive and lasts as long as the man wants. Ordinary Orgasm, measuring 100% on the orgasmic scale, lasts only half a second. By using the Technique of Holdbacks, a man can enjoy sex for what seems like an eternity without having to suffer through the anguish caused by ordinary orgasm.

The Holdback Technique is as follows: when the man works up to 98% or 99%—a point where just one more stroke will cause ejaculation (the 100%







- Man's Ordinary Orgasm 
- Man's Superior Orgasm 
- Woman's Incomplete Orgasm 
- Woman's Complete, Nine-Level Orgasm 

Figure 32. Orgasm in Men and Women

point)—he stops thrusting and does stage two of the Deer Exercise. Then he levels off and begins the return to a lower level on the orgasmic scale—60%, 70%, or whatever level he prefers. Then he may start thrusting again anytime. This is called one Holdback.

The physical changes that occur during Ordinary Orgasm and Superior Orgasm differ. Ordinarily, when stimulated to 100% (the point of no return), the prostate begins to empty itself by pumping out the semen in a series of contractions. When the Holdback Technique is used, the prostate's actions are controlled. First, it is not allowed to be stimulated beyond 98% or 99%, to prevent involuntary contractions from taking place. Then, the prostate is gradually milked of its contents by the anal contractions of the Deer Exercise. When the prostate is milked, it is made to release its contents in a direction opposite to that of semen release during regular ejaculations; its contents are released inward and upward, instead of outward. This is injaculation. Then, because the Deer Exercise also stimulates circulation around the pelvic area, the semen is carried out by the bloodstream to other areas of the body. The semen is used to nourish the glands, the nerves, all the parts of the body. In the meantime, the man enjoys extended orgasmic-like pleasure, since the Deer Exercise simulates the contractions of orgasm. His partner, feeling the throb of the penis—also a result of the Deer Exercise—also receives a great deal of pleasure.

Anal contractions and pressure upon the Million-Dollar Point prevent ejaculation in a similar way, but these two techniques serve different purposes. The former technique is better because both partners are spared the trouble of pressing a point with their fingers. In most cases, pressing the Million-Dollar Point will not allow a man to continue—he still loses his erection. He will not lose his erection while doing the Holdback, and he will be able to experience many other climaxes. But in case the man loses control while doing the Holdback, he can still use the Million-Dollar Point to prevent ejaculation.

So, just below the summit of ejaculation, the man injaculates until the need to ejaculate is gone. Whenever he injaculates, his need to ejaculate decreases to whatever level feels comfortable to him. Then, lovemaking can resume with whatever movement the partners desire to use. When the man reaches 98% or 99% again, he repeats injaculation and again his need decreases to a comfortable level.

A Superior Orgasm still provides 98% or 99% of the enjoyment of an orgasm; yet it also allows the man to keep enjoying again and again. As we all know, once an Ordinary Orgasm occurs, sexual intercourse is over. Superior Orgasms can go on for hours—provided that injaculation is mastered and applied appropriately by the man. On reflection, we can see that if a man holds back three times, he will enjoy three 99% orgasms, or one 297% orgasm (99%

× 3 = 297%). That is certainly better than an Ordinary Orgasm that ends at 100%. And there is no reason to stop at three Holdbacks.

As enjoyable as this can be for the man, the real purpose of the Holdbacks is to satisfy the woman. It helps the man bring his partner through all nine levels of a woman's complete orgasm, and it allows him to last through and enjoy countless numbers of orgasms. As explained before, only a man can totally satisfy a woman sexually. But the man who serves his partner well will gain great benefits himself.

Advanced Superior Orgasm

For those who have mastered the Holdback Technique, Taoist teachings provide an advanced technique that will give the the couple even greater pleasure. With this technique, a man need not experience any decrease in excitement; he can maintain a constant level of excitement at the 99%, or even 103%, level. The woman also benefits from this technique because her vagina receives constant stimulation.

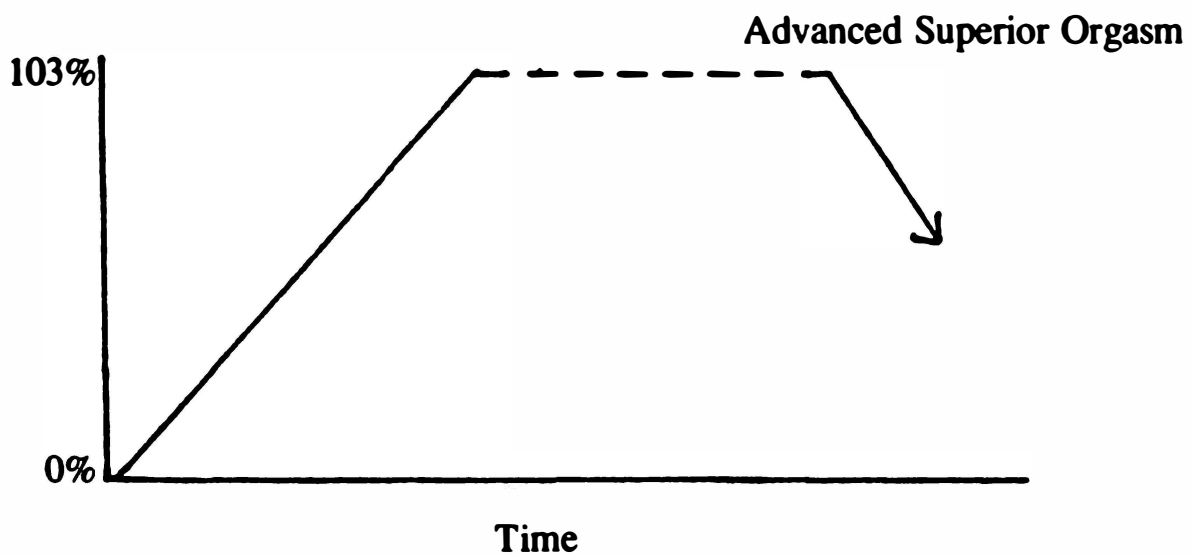


Figure 33. Advanced Superior Orgasm

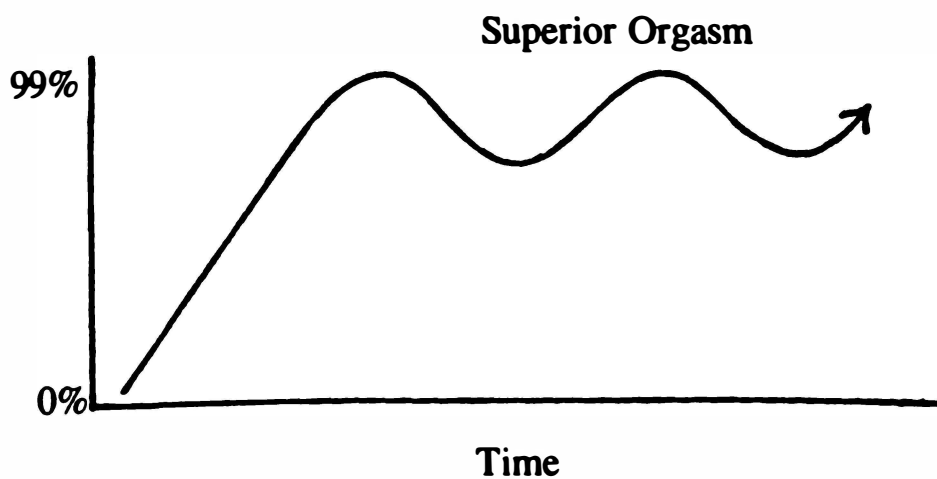


Figure 34. Superior Orgasm

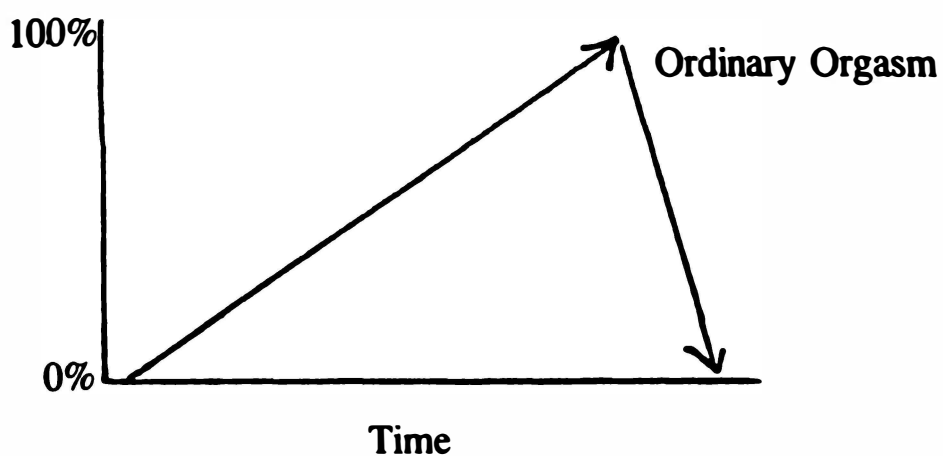


Figure 35. Ordinary Orgasm

The technique is as follows. During intercourse the man exhales slowly while thrusting in and inhales slowly while withdrawing. Done in a relaxed and natural manner, this provides a steady rhythm that heightens pleasure, relaxes the man to prevent early ejaculation, and maintains a high level of awareness and concentration. The Deer Exercise is added to this technique when the man nears orgasm. When the man reaches the 99% level, he alters the technique and speed of thrusting and withdrawing. During withdrawal, he inhales and tightens his anus, which causes the penis head to enlarge. The withdrawal of the

enlarged penis head massages the walls of the vagina and provides the woman with indescribable pleasure. When the man thrusts, he relaxes and exhales. In this way, the man maintains a 99%-103% orgasmic level for as long as he desires.

The Advanced Superior Orgasm and the Superior Orgasm unite the mind and body to create an explosion of energy, pleasure, and creativity.

Readers must be wary of teachings that recommend combining visualization and heavy breathing exercises with Holdbacks. There are two reasons why a man should not visualize the flow of energy, use his mind to help the energy reach his head, rotate his eye balls, arch his body, and grind his teeth, while he makes love to his partner. First, his partner will wonder why he is trying to scare her. Second, these recommendations are dangerous.

True Taoist teachings insist upon unification of the mind and body. Unification of the mind and body leads to health and longevity because it is the principle of God, or life. Separation is the principle of Satan, or death. When one's mind is concentrating on something different from what one's body is doing, one is driving a wedge between the mental and spiritual aspects of one's body. So, when a man makes love, his thoughts must be on lovemaking and on feeling love; otherwise, he will suffer from mental disorders, such as double personality, schizophrenia, etc. For this reason Taoism forbids people from fantasizing while they are making love. Fantasizing is not only a great offense to the partner, but it is also a great threat to the fantasist's mental, physical, and spiritual well-being. Moreover, meddling in something that is not widely understood—that is, the flow of energy through the body—can cause “Disintegration into Evil”, which was explained earlier.

In Taoism, sex is represented by the Fire Hexagram. Like fire, sex generates life when used properly. Like fire, sex destroys life when used improperly. So those who describe themselves as sex machines and neglect morality and spirituality when they teach Taoist Sexology will, in the words of Pao Piao Tse, “be consumed by fire”.

The Healing Effects of Holdbacks Upon Men

Holdbacks not only give men and women unlimited Superior Orgasms, but they also have healing effects on both men and women. In this section, the

healing effects on men are explained.

The results of the holdbacks as given below are from the *Su Nu Ching*. The numbers given below contain abstract meanings and should not be taken seriously. The basic idea of the numbers is to encourage men to practice the Holdbacks. The more Holdbacks a man does, the better his health becomes. When the man holds back, he builds up the energy and nutrient levels in his body, thereby energizing and nurturing his entire body.

<i>Number of Holdbacks</i>	<i>Benefits to the Body</i>
1	Strengthens and energizes the body.
2	Strengthens the eyes and ears.
3	Strengthens the immune system, increases the body's resistance, and retards the aging process.
4	Strengthens and energizes the internal organs.
5	Improves the circulatory system and prevents stroke and varicose veins.
6	Energizes the bones and prevents arthritis.
7	Energizes and tones the muscular system
8	Develops a strong aura.
9	Heals all kinds of sickness.
10	The man becomes completely psychic and very spiritual, since the pineal gland is fully energized.

(The Holdbacks can be used during masturbation to obtain the healing benefits, but it is more pleasurable and more beneficial to use them during sexual intercourse.)

The theory of healing behind the Holdbacks is based on the ability of the semen to nurture the body. Semen, like blood, is absolute yin—the passive, feminine energy of the body and the universe. Furthermore, semen and blood are the essence of the body. When semen is sent through the system, the whole

body is restored. Eventually, the semen replaces the other cells of the body. That is a mystical phenomenon for which there is no explanation. The semen lasts forever—it can not even be burned.

Buddhist monks in China use Holdbacks to pump their semina into their bodies, never losing them. When a monk dies, his body is cremated. Following the cremation, the monk's followers collect the remaining semen, impacted into diamond-like stones or balls, called Relics. Light, flexible, and variable in shape, these Relics emit many-colored lights like a prism. The Relics are kept in beautiful vessels in a pagoda. These Relics emit pure energy, since flashes of light can be seen coming out of the pagoda at night.

It should be pointed out that these are Buddhist monks, not Taoists. Unlike Buddhists, who deny the value of the physical body, Taoists value the body too much to burn it. Buddhists want to eliminate the body, believing that its existence causes much suffering and hinders the spirit. Eliminating the present body frees the soul so that it can reincarnate into better circumstances. From the Taoist viewpoint, this is the wrong approach. "How can you be sure that the body you get in your next incarnation will be better than the one you already have? Why work and suffer for a lifetime and then burn your body in the end?" a Taoist will ask. Taoists are very practical. For them, the answer lies in perfecting and transforming the body to spiritualize or immortalize it, to uplift it from mundane concerns.

The Sets of Nine

Acupuncture meridians and nerve endings of the entire body are found on the penis of the man and the vagina of the woman. They are also found on the hands and feet. The areas where these nerve endings are found are called Zones of Reflexology. Reflexology is the stimulation of these endings to aid the stimulation of the related organs. Among the many forms of reflexology, Foot Reflexology emerges as the most familiar. A more pleasant form of reflexology, the Sets of Nine, offer the same benefits as Foot Reflexology.

As I have mentioned before, there is a direct correlation between the zones of the penis and the vagina and the various organs of the body.

The lung zone of the penis gives the most obvious example of the relationship between zone and organ. If this area alone is stimulated, the man will

begin to breathe or pant heavily. Heavy breathing or panting is the most visible indicator of zone-organ relationships, and it exemplifies how less visible zone-organ relationships work.

During intercourse the penis may not be massaged evenly. The various folds in the vaginal channel do not allow even contact between penis and vagina, and certain zones of the penis receive more stimulation than other zones. Even stimulation of the entire penis is assured when the Sets of Nine are used.

The couple should choose a comfortable position that provides the man with a sufficient amount of control. Some couples, for example, prefer the missionary position. Then the man proceeds to make shallow and deep strokes. First, only the penis head is allowed to penetrate the vagina nine times. Then, the entire penis is allowed to penetrate into the vagina once. That completes one set of shallow and deep strokes. He then makes *eight* shallow strokes and *two* deep strokes. That is followed by *seven* shallow strokes and *three* deep strokes. The man continues subtracting shallow strokes and adding deep strokes until he reaches a final set of *one* shallow stroke and *nine* deep strokes. Altogether, there are nine sets of shallow and deep strokes, or 90 strokes. The sets are best described as follows:

<i>Set #</i>	<i>Yang (shallow) Strokes</i>	<i>Yin (deep) Strokes</i>
1	9	1
2	8	2
3	7	3
4	6	4
5	5	5
6	4	6
7	3	7
8	2	8
9	1	9

Once a man goes through the Sets of Nine without ejaculating, with or without Holdback utilization, he can start another Sets of Nine, followed by another. The more, the better.

Many men, however, will have difficulty getting all the way through the first set because the stimulation can be overwhelming for the man as well as the woman. If this is the case, he may do only part of the Sets of Nine: he can vary the number of sets he does or he can just repeat one set over and over again. When he is comfortable enough to progress further, he may do so. The Sets of

Nine allow the man to pace himself according to what feels right for him and what works best for him and his partner. Completely flexible and un-mechanical, the Sets of Nine adjust perfectly to the individual.

Another advantage of the Sets of Nine is that it can be combined with the Deer Exercise and Holdbacks to create an even more beneficial Superior Orgasm.

The Sets of Nine have yet another advantage for the man. Because the strokes allow even stimulation of the head and the shaft of the penis, orgasm can be automatically delayed and intercourse can be prolonged. The reason for this is that stimulation of the neck and shaft, which causes a desire to ejaculate, is balanced with the stimulation of the head, which decreases this desire.

The rhythm of movement during the Sets of Nine is determined by the man and his partner. However, the best results and the most pleasure are obtained when the Sets of Nine are done at a slow pace. When the penis is nearly withdrawn completely from the vagina, the vagina will contract in an instinctive effort to hold on to the penis. This automatic reaction on the part of the vagina heightens the woman's psychological expectations, because she will anxiously await the re-penetration of the penis. To magnify pleasure further, the woman should make a conscious effort to contract and tighten her vagina, as if she were performing the Deer Exercise, when the man withdraws. This contraction results in more friction, more stimulation, and more pleasure.

HEALING POSITIONS

These positions utilize the different reflexology zones of the penis and vagina for healing. Each of the healing positions applies pressure to certain reflexology zones, so the selection of healing positions are determined by the ailing parts of the body. When you apply these healing positions, you are applying techniques that have been tested and proven for thousands of years. But before you use the healing positions, you should consult your physician, because every individual's circumstances are unique and complicated.

The Eight Healing Positions for Men

In these healing positions, the man is the patient and the woman is the healer. The man receives specific healing benefits from each of these positions. The woman receives general benefits from these positions, since the production of sexual hormones, which correct menstrual problems, are stimulated. As both are participating in a healing process, orgasm and sexual satisfaction are not priorities. In these positions, you can do the maximum number of Sets of Nine recommended or you can do less—you are the best judge of what will benefit you most. Do keep in mind that doing less than the maximum number may prolong the healing timetable.

POSITION #1

For sex-related problems, including impotence, premature ejaculation, and difficulty in achieving orgasm.

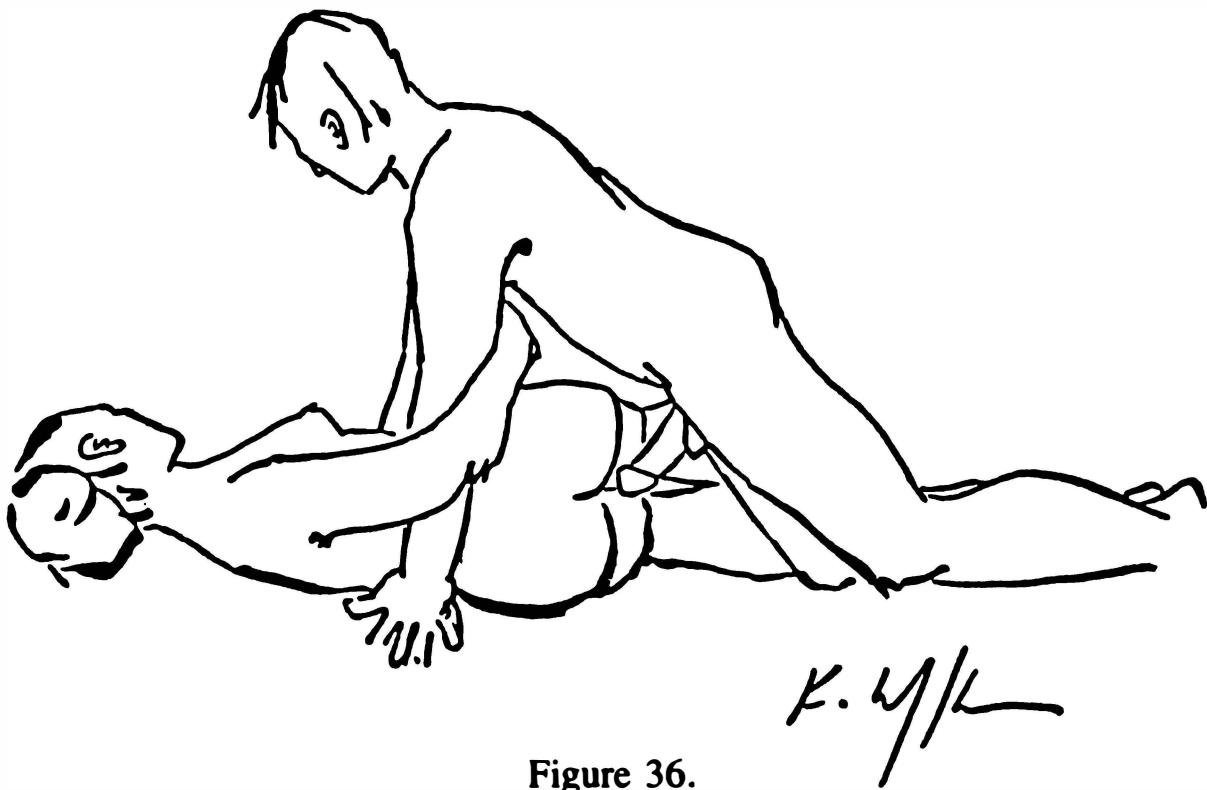


Figure 36.

The woman lies on her side with her hips twisted so that her pelvis is facing upward as far as possible. The man is on top and penetrates with

his penis. In this position, do up to two Sets of Nine each day for fifteen days.

It is important that the man work up to the point where he can do two Sets of Nine each day. In fifteen days he should be completely healed.

This position heals all sex-related problems, such as impotence. You have to work very slowly to gain self-confidence. In the beginning just insert the penis and work from there at your own pace. Most men have some sexual ability; it is unusual for men to be completely impotent. Usually the erection is lost either half-way into the vagina or part-way through intercourse.

If a man has trouble reaching orgasm, it is generally because he is not totally present. His mind wanders and he fantasizes. In reality, he is suffering from double personality—part of him is having sex and the other part is somewhere else. Because Position #1 is somewhat awkward for the man, it forces him to concentrate on what he is doing, preventing his mind from wandering or fantasizing.

There are three kinds of healing methods. One involves suffering, another involves pain, and the last involves pleasure. The first is exemplified by chemotherapy; the second, by surgery; and the third, by sexual healing positions. The healing positions are wellsprings of pleasure since they promote, besides better health, closer relationships, peace, love, and true rest (when a couple spends their vacation healing themselves). The healing positions also yields more results than vitamins.

POSITION #2

For energizing the body.

Bending forward at the neck, the woman lies on her back with her head and shoulders supported by a big, high pillow. This position curves the vagina slightly, allowing the penis to be massaged where it should be. The man comes in front of her and penetrates with his penis (figure 37).

In this position, do up to three Sets of Nine three times a day. In twenty days the body will be completely energized.

This position also benefits the woman by drawing air up into the vagina and stimulating certain internal organs.

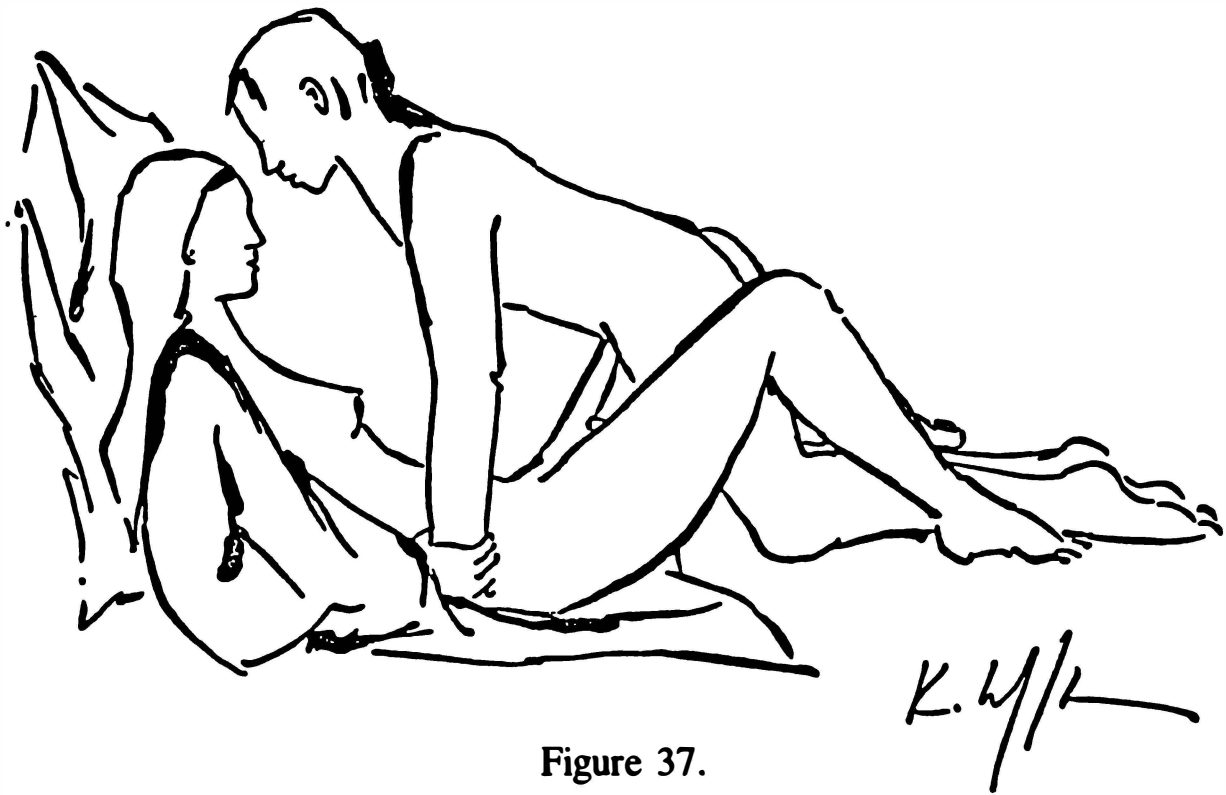


Figure 37.

POSITION #3

For strengthening the internal organs, especially the liver and kidneys.

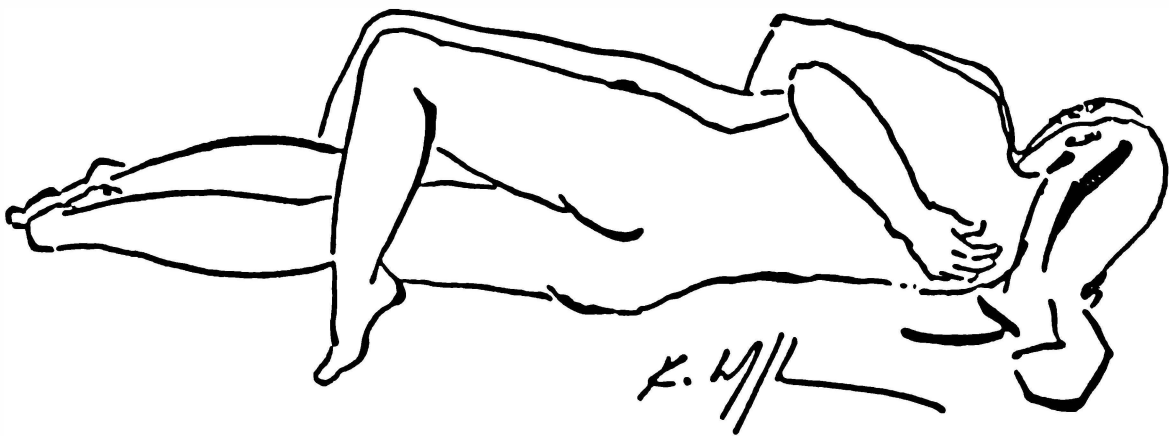


Figure 38.

Both the man and woman should lie on their sides (either side), facing each other. The woman keeps her lower leg straight and bends her upper leg backward, while the man penetrates with his penis.

In this position, do up to four Sets of Nine a maximum of four times a day for twenty days.

POSITION #4

For bone weakness, broken bones, bone marrow diseases, and arthritis. Also assists the treatment of leukemia.

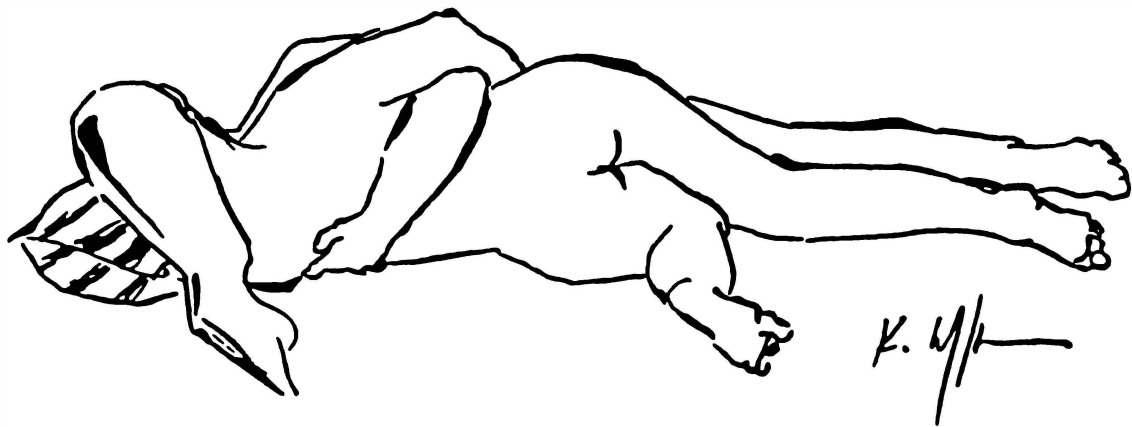


Figure 39.

The woman lies on her left side with her left leg bent as far toward the back as possible. Her right leg is kept straight. The man lies face to face with her and finds an angle where he can insert his penis. He may lie either obliquely on top of her or directly in front of her.

In this position, do up to five Sets of Nine a maximum of five times a day for ten days.

POSITION #5

For blood vessel problems, including varicose veins and hardening of the arteries. High or low blood pressure related to blood vessels are also helped.



Figure 40.

This position is exactly like Position #4, except that the woman lies on her *right* side and her *right* leg is bent. The man enters from an oblique or direct angle.

In this position, do six Sets of Nine a maximum of six times a day for twenty days.

POSITION #6

For blood problems, including those of blood pressure.

For this position, the man lies on his back, relaxed. The woman faces him on her knees as the man penetrates. The woman does not move, but the man moves up and down from underneath. (Figure 41.)

In this position, do up to seven Sets of Nine a maximum of seven times a day for ten days.

This position is good for anemia, low blood pressure, poor blood quality, and blood clots. A large number of physical problems can be caused by clotted blood. Blood clots form in the body in much the same way as milk curdles in a boiling pot. When the body is drained of its energy, the lack of energy causes a slowdown of blood circulation. Sluggish circulation causes the temperature to rise. Like milk, blood thickens and forms clots when it is heated. Thickened portions of the blood remains in the body and accumulates in certain areas, causing pain, infections, even tumors. Unfortunately, X-rays can not pick up the presence of blood clots, and undetected, they can become breeding grounds for all kinds of germs.

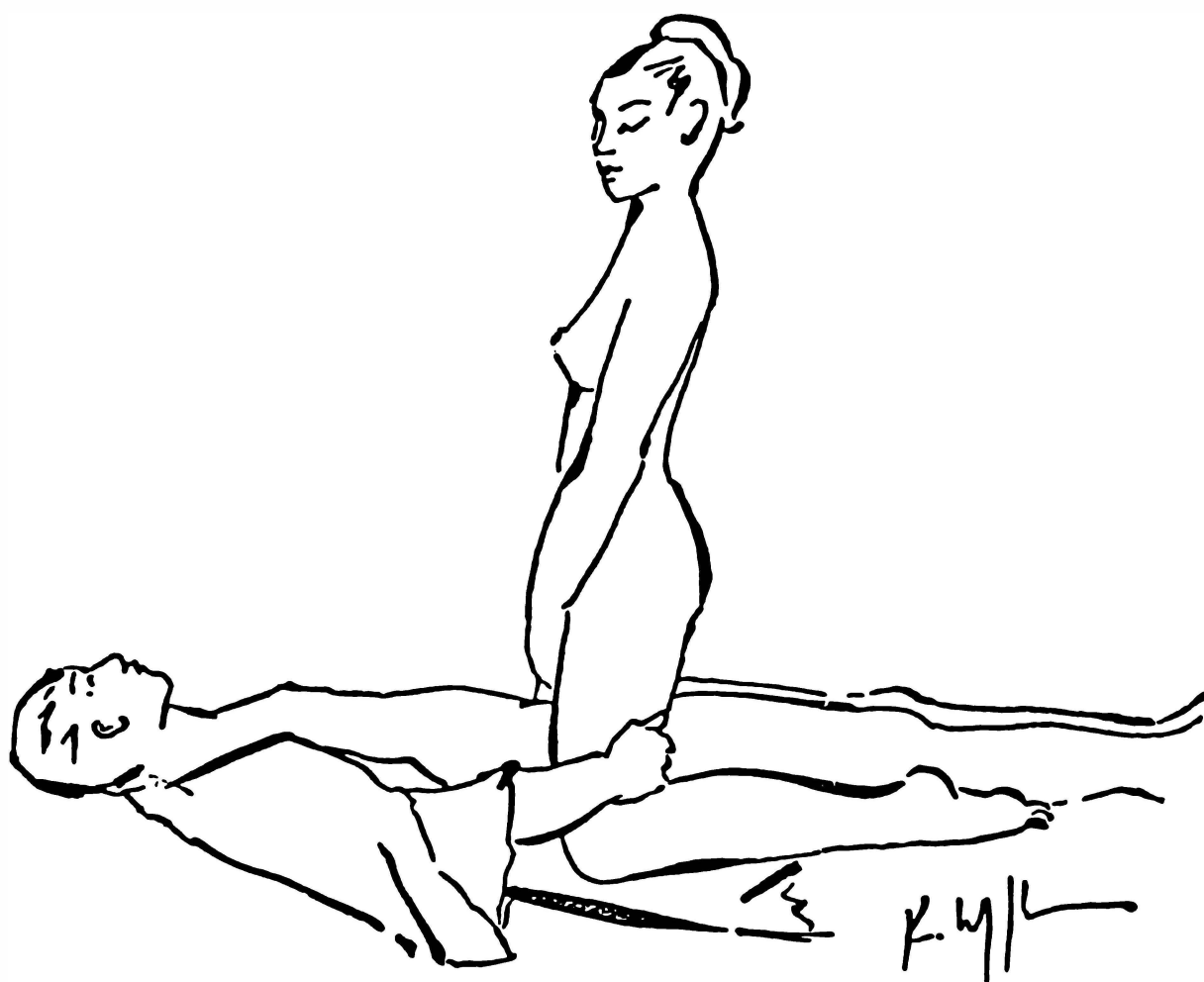


Figure 41.

POSITION #7

For lymphatic system problems.



Figure 42.

For this the man lies relaxed on his back and the woman kneels over him on her hands and knees. The woman is allowed to move slightly, whereas the man is allowed to move freely, after penetration. In this position, do up to eight Sets of Nine a maximum of eight times a day for fifteen days.

POSITION #8

For overall healing.

The woman gets on her knees and then bends all the way back with her feet under her buttocks until her head and back rest on the floor. Looking down at her, the man penetrates directly from above. (A pillow in back may help the woman.)

In this position, do up to nine Sets of Nine a maximum of nine times a day for ten days.

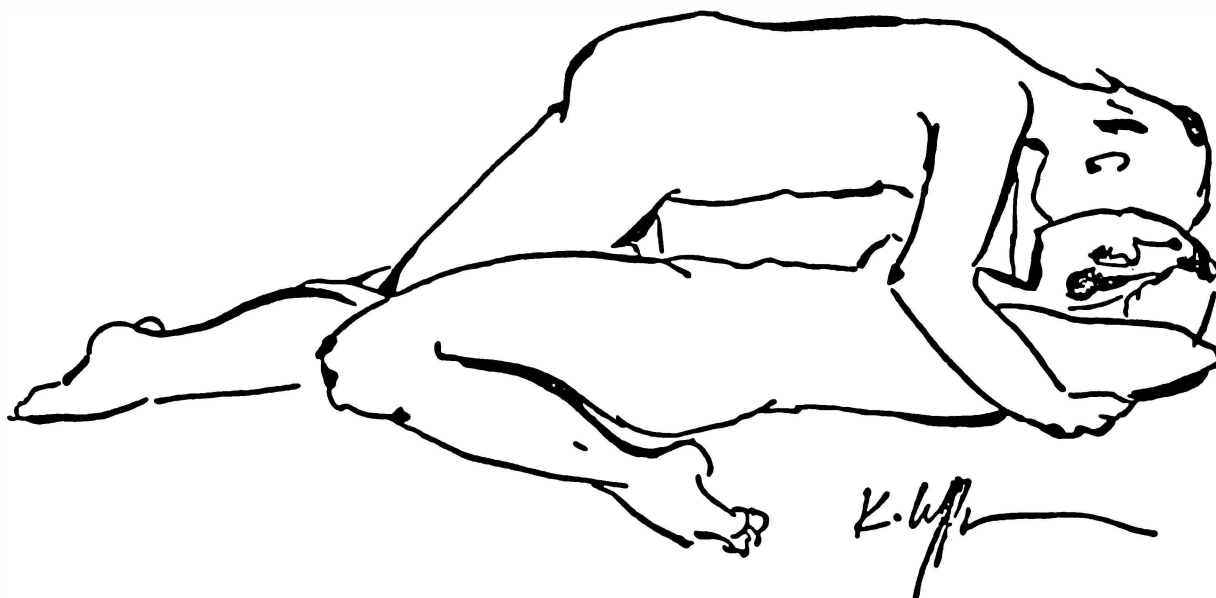


Figure 43.

By changing the woman's position often, the shape of the vagina is changed, allowing the friction produced by penile thrusts to affect different areas of the penis. Subsequently, different parts of the body are stimulated. Throughout these eight positions, the man works to heal himself and the woman serves with a loving attitude. These roles are reversed when the Seven Healing Positions for Women are performed.

The Seven Healing Positions for Women

In these positions, the man is the healer. Unlike the woman, who derives benefits from the Eight Healing Positions for Men, the man derives no real healing benefits from the following positions.

The degree of penile penetration is important in the healing positions for women, because the various Zones of Reflexology are located along the length of the vagina. Therefore, different portions of the vagina require massage, and penetration is shallow or deep depending on the different needs.

Once the penis is inserted in these positions, the woman rotates her pelvis to massage and stimulate her vagina. When necessary, the man can do Holdbacks and tell the woman when he needs to slow down. He should not ejaculate or have an orgasm during the healing process.

In each of the following positions, rotations—replacing the Sets of Nine—should be done up to nine times a day for a maximum of ten days.

POSITION #1

For lack of energy as indicated by blurred vision, excessive perspiration, weakness, fainting, rapid heartbeat, and weak, shallow or rapid breathing.

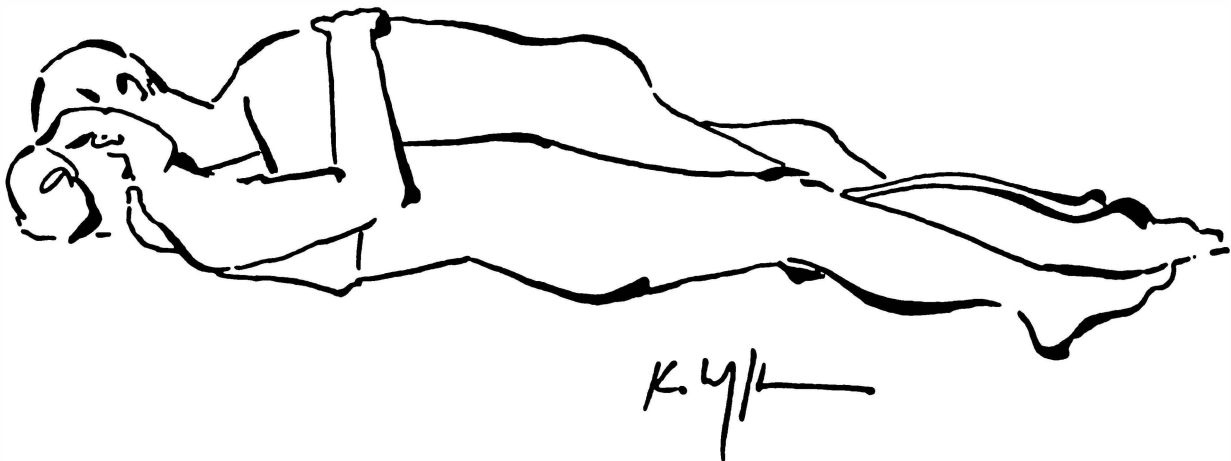


Figure 44.

For this position, the woman lies flat on her back. The man is on top of her and penetrates as deeply as possible. The woman rotates her pelvis clockwise and counterclockwise underneath him. The man lets the woman work and remains in this position until she feels she has had enough. She may or may not have an orgasm. Keep in mind that orgasms are not priorities in these healing positions.

POSITION #2

For problems of the pancreas and liver, especially diabetes, for hot flashes, weak knees, and painful feet and knees from standing for long periods.

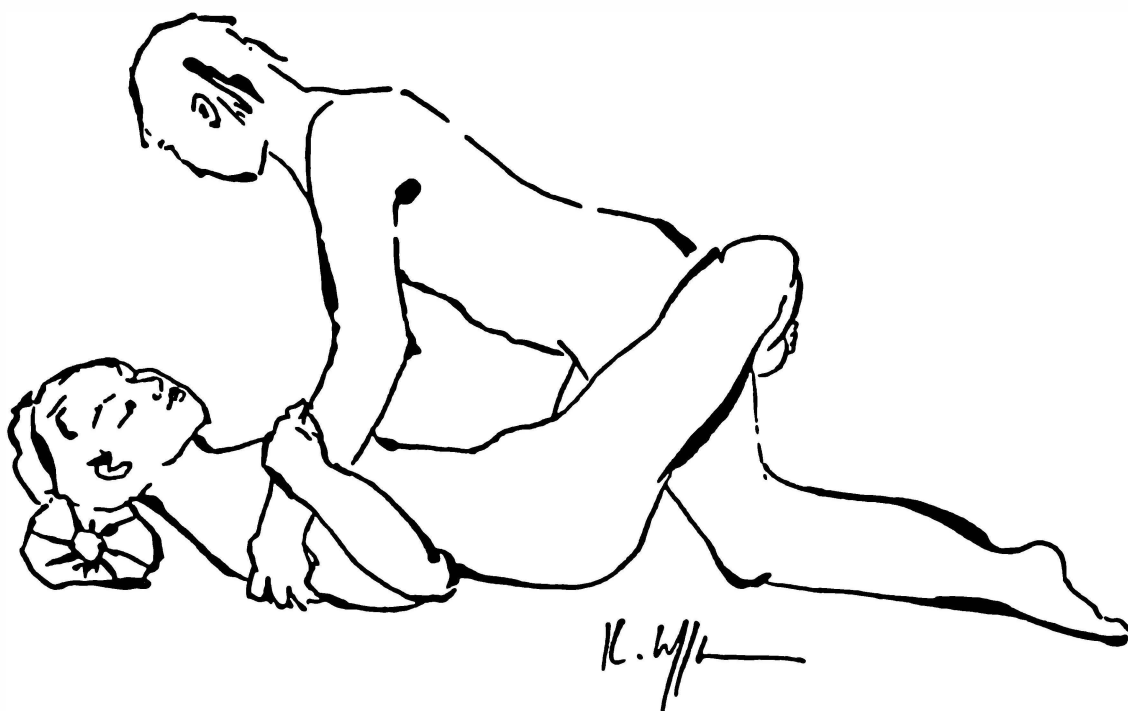


Figure 45.

For this position, the woman lies on her back and wraps her legs around the man's thighs—not his back or shoulders. The man is on his hands and knees and only penetrates one to two inches with the head of his penis. Again, the woman rotates clockwise and counterclockwise for as long as she comfortably can. The man's position limits penetration to a shallow level, so that the penis touches only the lung, pancreas, and heart zones of the vagina. (Note: this position is also good for all the joints of her body.)

POSITION #3

For the stomach, spleen, and female organs. All digestive problems.

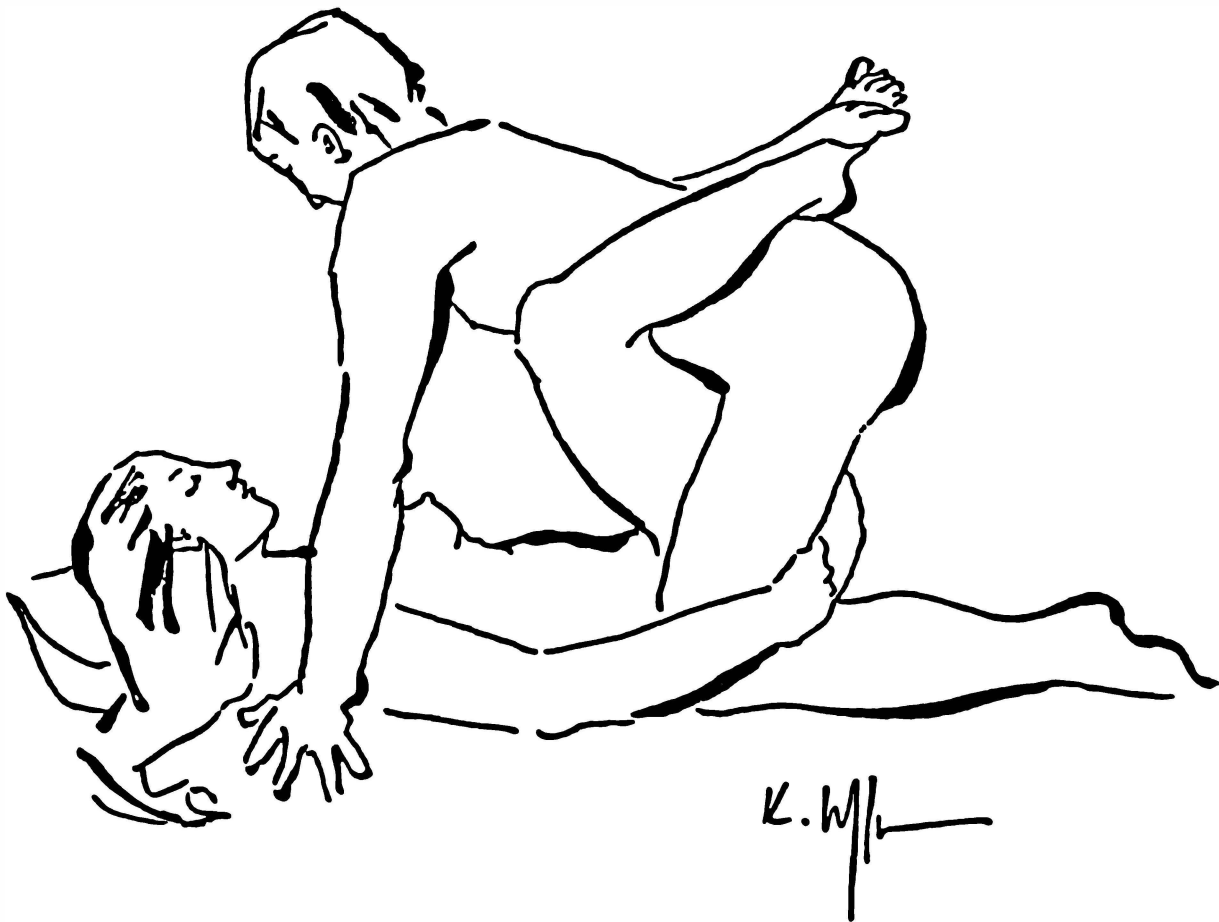


Figure 46.

The woman lies on her back with her legs locked around the man's waist and her arms around him. The man is on his hands and knees and penetrates her halfway. The woman rotates in both clockwise and counterclockwise directions, for as long as she comfortably can.

POSITION #4

For water retention, kidney and bladder problems, constant high fever, water poisoning, dried blood, and pituitary gland problems.

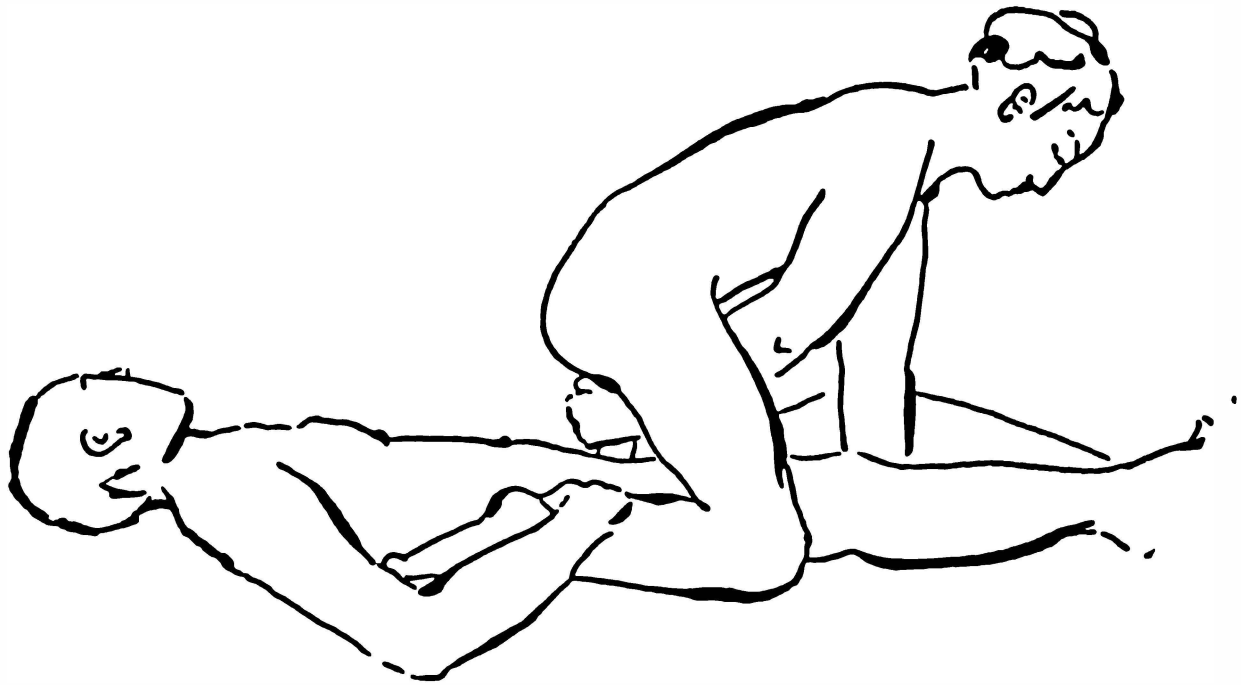


Figure 47.

For this position the man lies on his back. The woman is on her knees facing the man's feet. Only the head of the penis penetrates—the woman can hold the penis for more control—and she rotates in both clockwise and counter-clockwise directions for as long as she comfortably can.

(Water retention slows down blood circulation by compressing the blood vessels. This raises the body temperature and creates what the Taoists call blood clots, as explained before. Water retention is generally a woman's problem—few men have it.)

Position #5

For the nervous system, liver, ulcers, and eyesight.

In this position, the man lies on his back and the woman is on her knees facing him. The penetration of the vagina alternately changes from shallow to deep as the woman moves up and down on the penis. While

moving vertically, she must also rotate her pelvis. The vagina is thoroughly massaged in that way.

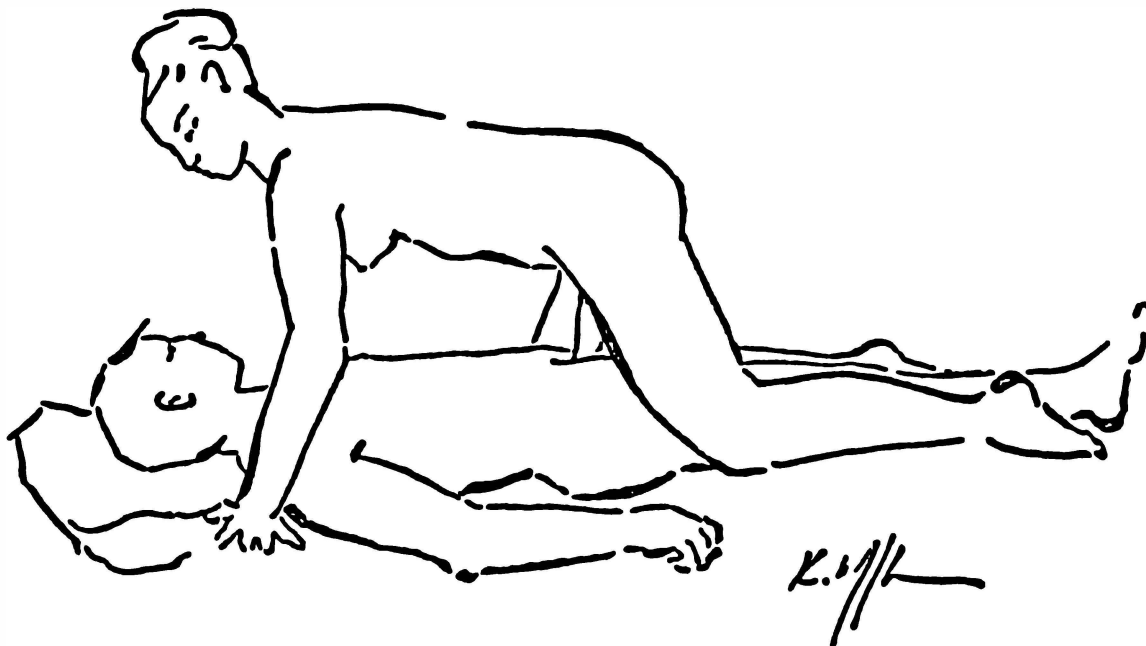


Figure 48.

Nervous problems are generally women's problems. When the function of female organs are blocked, menstruation is affected. When menstruation is affected, hormone imbalance results. Hormone imbalance affects the nervous system. Women in general have more physical problems than men, and these problems are more difficult to treat because the female body is more complicated than that of the male. Childbearing depletes a woman's body even further.

Position #6

For energy blockages in the meridians, headaches, poor blood circulation, menstrual problems (i.e., cramps, abnormally heavy or light flow, or no period at all.)

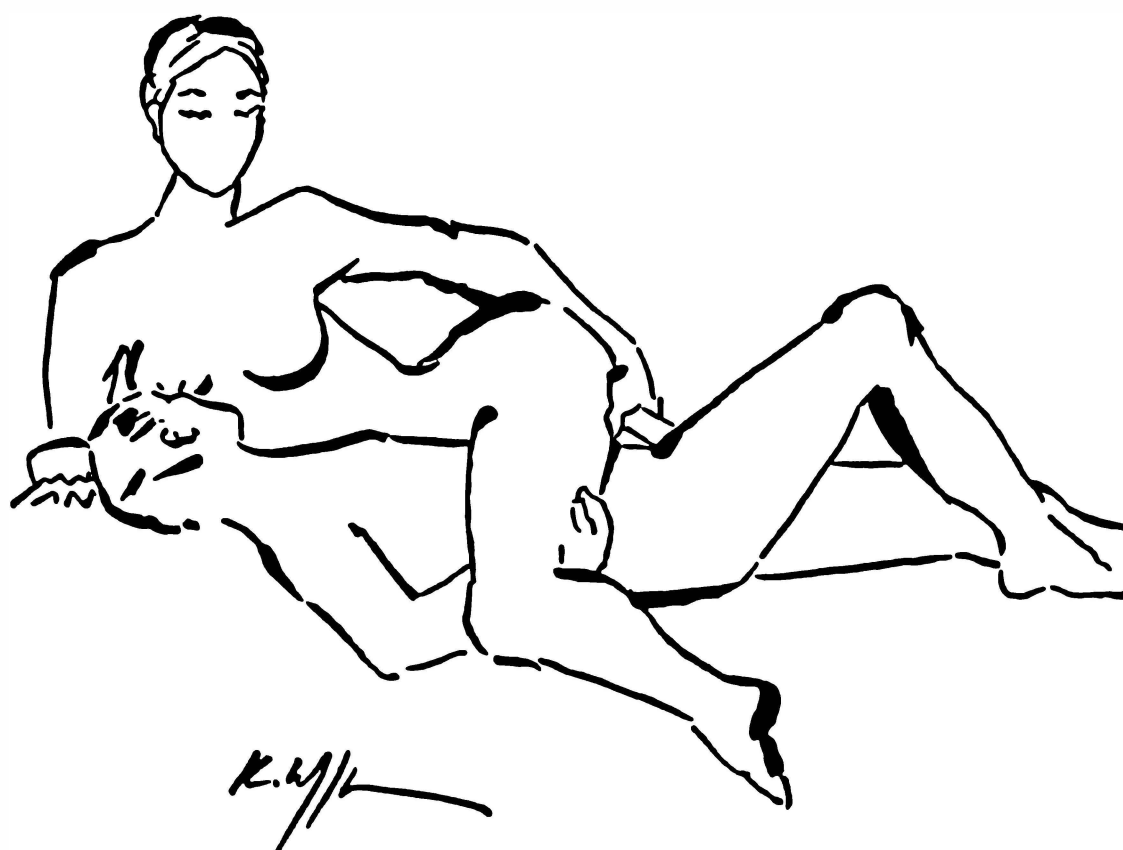


Figure 49.

For this position, the man lies on his back relaxed. The woman is on her knees and supports herself with one elbow, a little to one side of the man. Holding his penis with one hand and his head with the other, she helps the penis penetrate half way, holding it all the while. (Because it is very hard for the penis to penetrate in this position, the woman must hold it.) The woman rotates her pelvis in this position for as long as she comfortably can.

POSITION #7

For blood shortage and anemia, poor circulation and pale, dry skin.

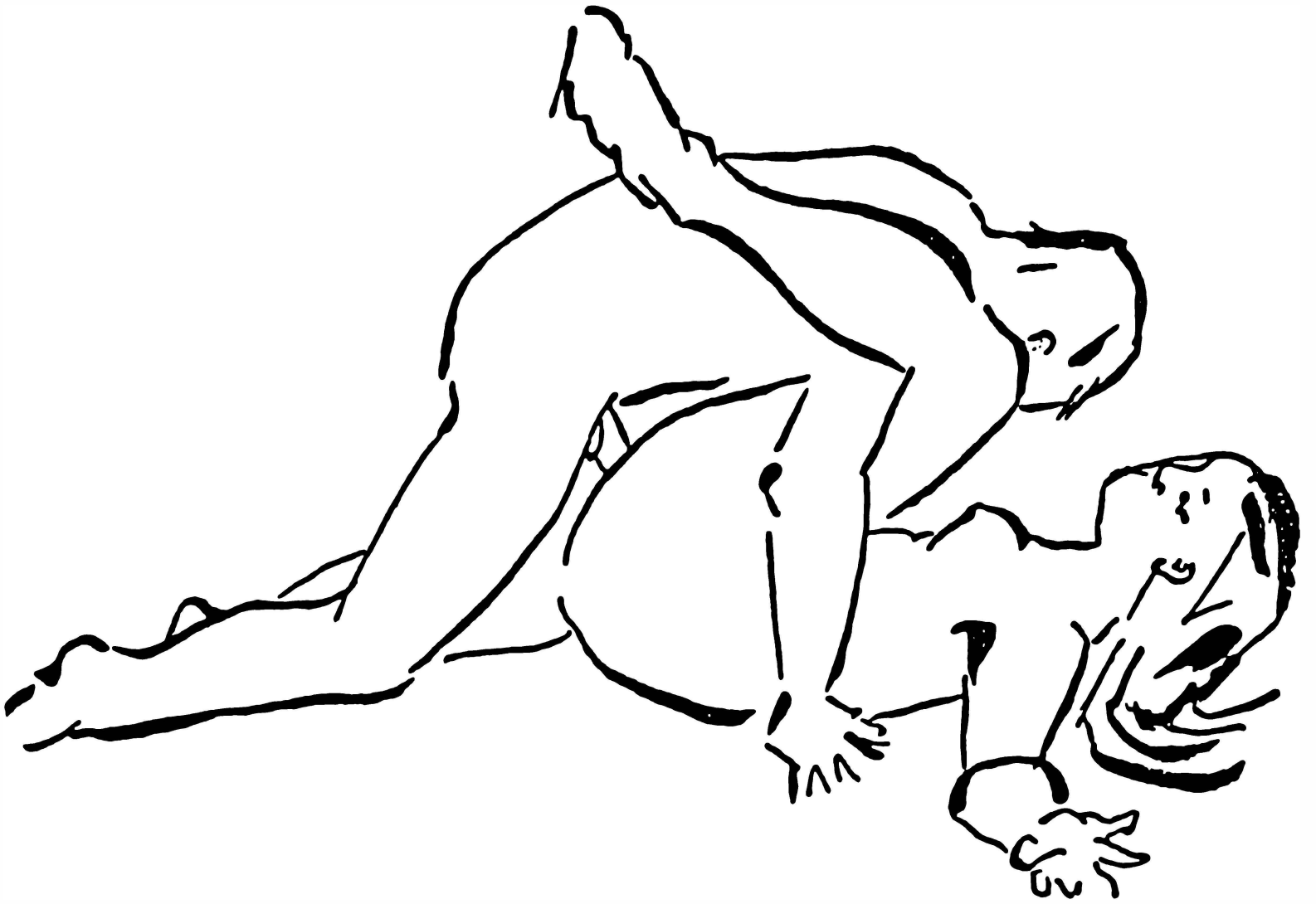


Figure 50.

This is an easy position. The woman lies on her back with her knees bent above her chest and her feet in the air. The man kneels on his knees in front of her and penetrates very deeply. The woman rotates while the man holds steady. This position shortens the vagina, allowing for deep penetration. If the penis is too long, the man can wrap the base of the shaft with a handkerchief to prevent it from going too far into the vagina. (He should *always* do this if his penis is longer than his partner's vagina.) Also, the use of a handkerchief extends and enhances the erection. Like the "cock ring", the handkerchief blocks the blood vessels, so that the flow of blood out of the penis is impeded.

Time must be set aside for these exercises. The above exercises for women can absorb less time than those for men. Five minutes would be sufficient for pelvic rotations, whereas considerably more time would be required for the Sets of Nine.

Remember, all the healing positions are to be done without ejaculation, since lasting erections are instrumental in the proper stimulation of reflexology zones. A man will probably need to use the Holdbacks to maintain lasting erections.

General Healing Positions

The following positions are general healing positions of intercourse. The Sets of Nine can be used in conjunction with these positions. It is sufficient to do "short sets", which are repetitions of certain sets or combinations of certain sets, in a certain position. Usually, four or five sets are done in the following positions.

The nine General Healing Positions are:

1. **DRAGON.** The woman is on her back with her legs spread apart. The man is on top and assumes the typical missionary position.



Figure 51.

2. **TIGER.** The woman is on her hands and knees, and the man is behind her on his knees.



Figure 52.

3. **MONKEY.** The woman is on her back with her legs over the man's shoulders as he penetrates her from the front. The woman does the moving for as long as it pleases her. (See Figure 53.)

4. **CICADA.** The woman is on her stomach with pillows underneath. The man is on top of her back. (See Figure 54.)

5. **TURTLE.** The woman is on her back with her legs bent back until they rub her breasts. The man is on his knees, penetrating from the front. He uses her legs to rub her breasts. The woman does the moving. (See Figure 55.)

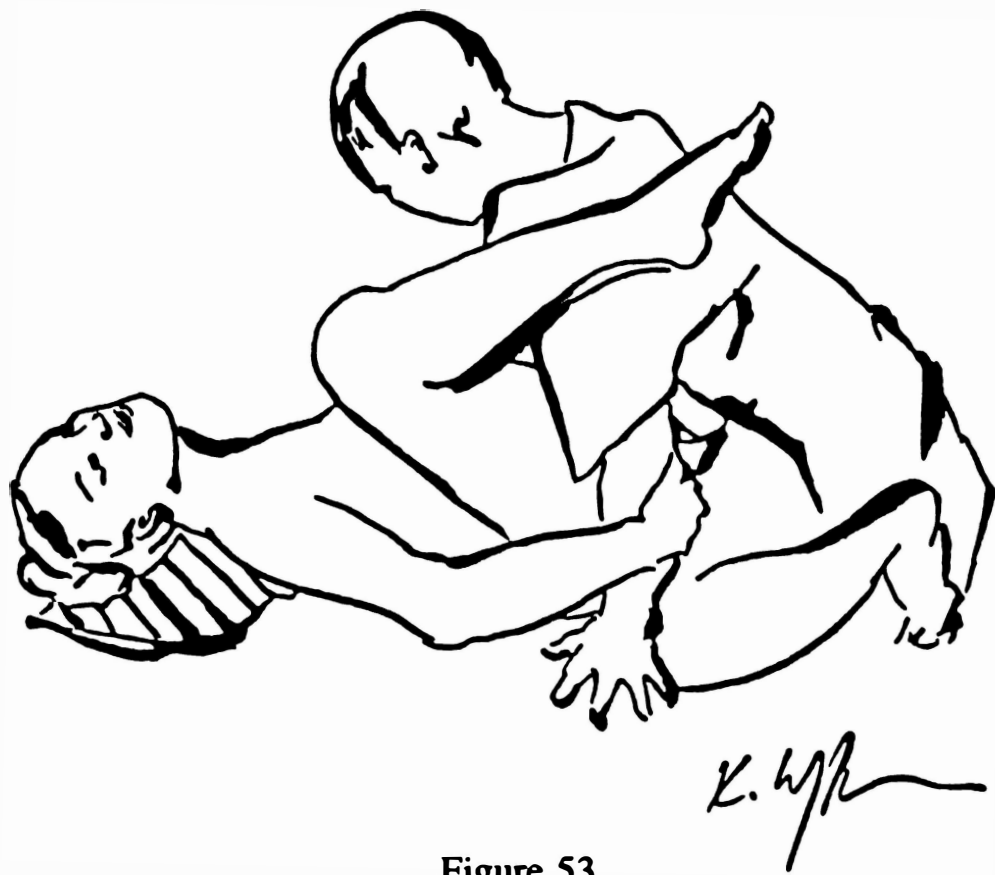


Figure 53.



Figure 54.

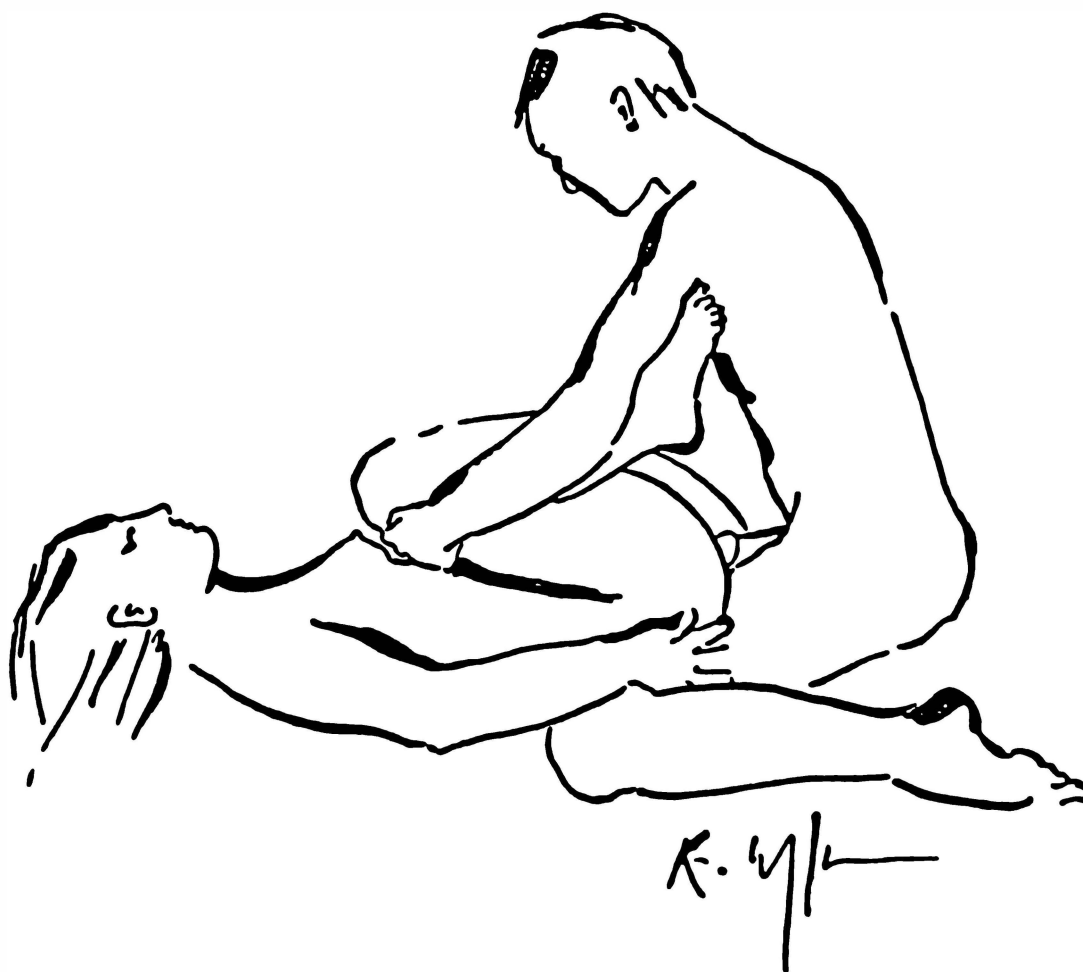


Figure 55.

6. **PHOENIX.** The woman is on her back. The man holds her legs up as he penetrates her while facing her on his knees. (See Figure 56.)

7. **RABBIT.** The man is on his back. The woman is on top facing his feet. The woman does the moving. (See Figure 57.)

8. **FISH.** The man is on his back and the woman is on top, facing him. The woman does the moving. (See Figure 58.)

9. **CRANE.** The man sits on a chair. The woman sits on his lap facing him. She does the moving, but he helps by moving her hips and buttocks. (See Figure 59.)

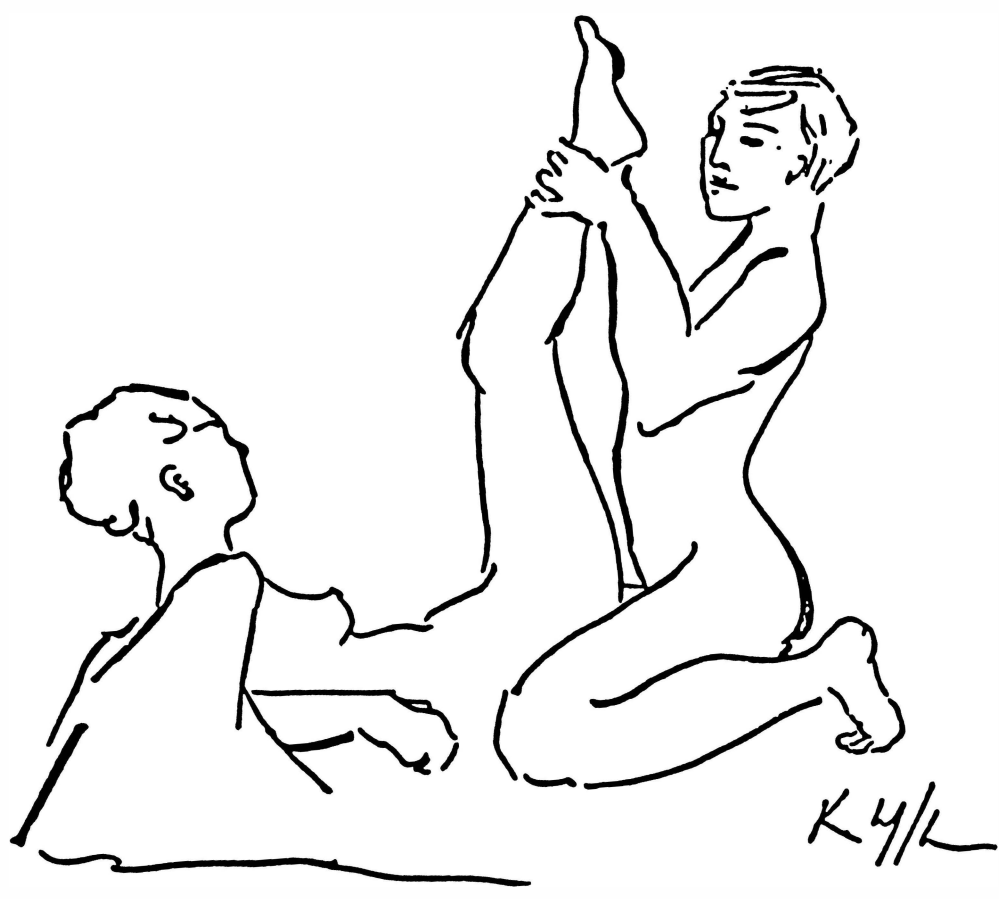


Figure 56.

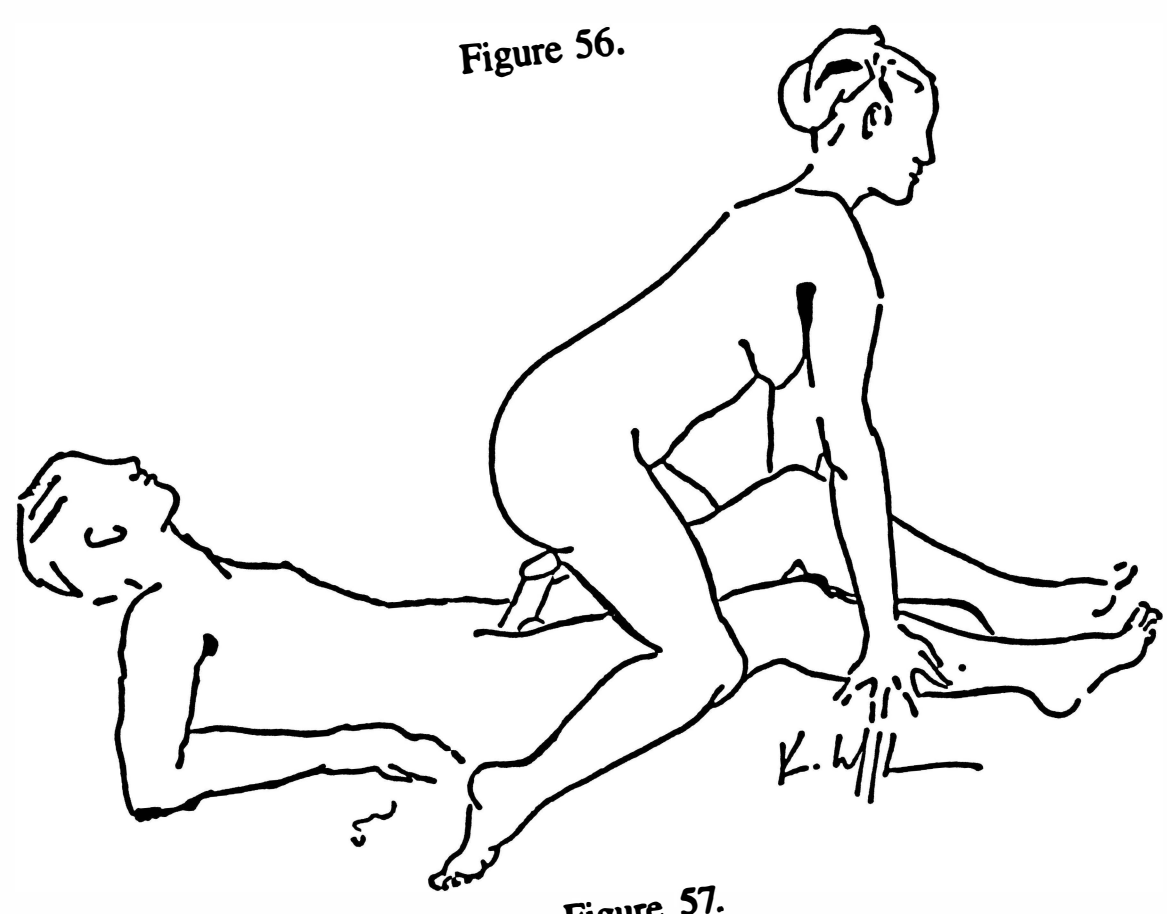


Figure 57.

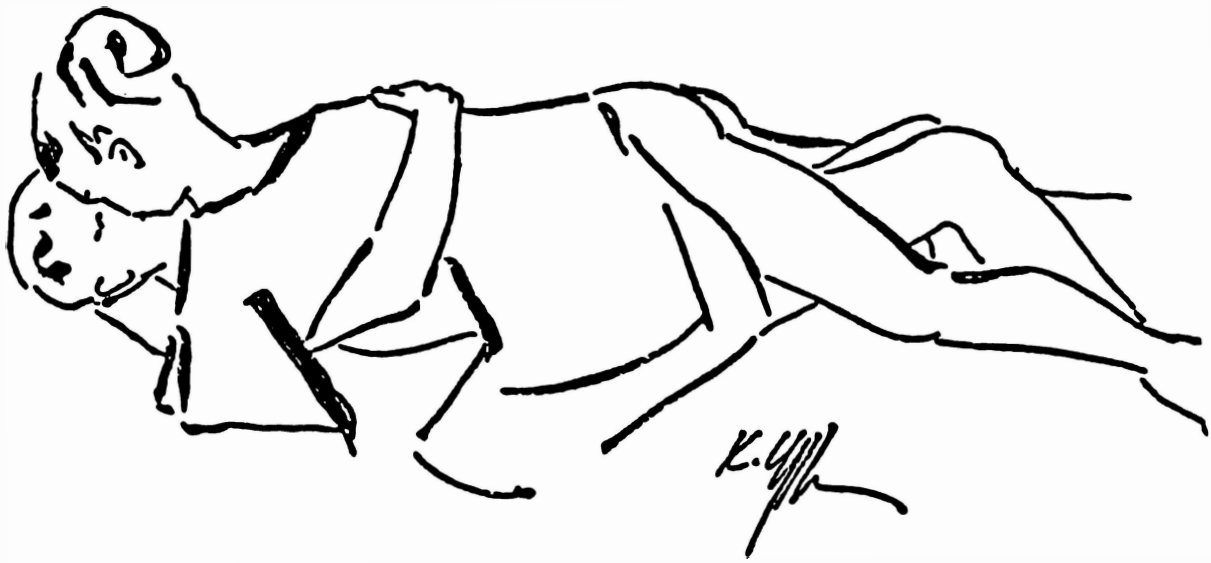


Figure 58.



Figure 59.

If a woman has back pain, she should lie very comfortably on her back with a pillow under her head. The man, on top, moves slowly and the woman mentally connects her vagina with her back. This directs the pleasure and relaxation from her vagina to her back. Orgasm is not the objective, healing is.

If you have poor eyesight, you should keep your eyes closed while making love. This retains the energy for your eyes, for much energy is lost through the eyes, particularly during sexual activity.

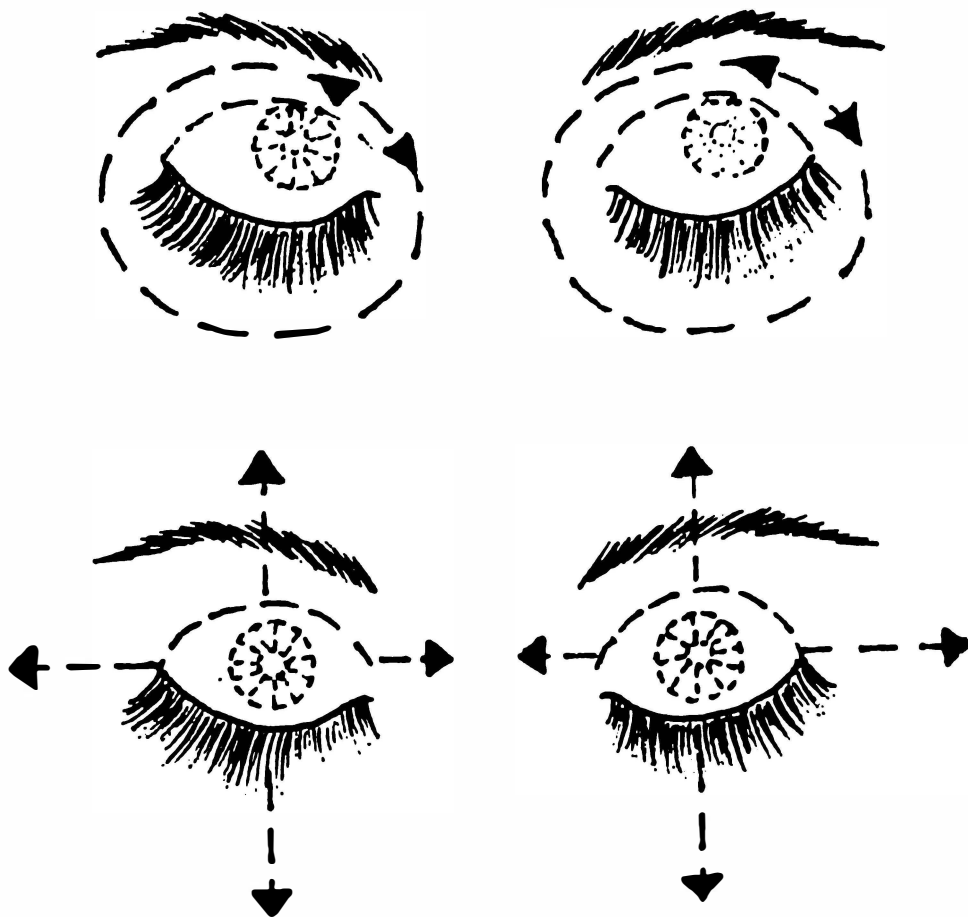


Figure 61. Eye Exercises.

The intense energy created during sexual intercourse can be used in a number of ways for healing purposes. Men can use this energy to heal and prevent eye problems by first achieving a Superior Orgasm and then doing eye exercises. To do the eye exercises, circle the eyeballs clockwise and counter-

clockwise. Then move them side to side and up and down. The particular movements are not important. What matters is that the man concentrates on his eyes, feeling the energy of intercourse there as he moves them. This brings the energy to the eyes, energizing and healing them.

To treat or prevent ear problems, the procedure is similar: first achieve a Superior Orgasm and then feel the energy in the ears, while you listen to the slightest sound you can hear.

For problems of gums and teeth, reaching a Superior Orgasm, clenching the teeth, and concentrating on feeling the generated energy in the mouth and teeth will help eliminate their problems.

Neck pain can be caused by some sex positions. If this happens, it can be corrected by simply reversing the positions. For example, if a person develops a neck pain while making love lying on his or her right side, he or she should change positions and make love lying on his or her left side.

In fact, any part of the body can be healed and energized by utilizing the energy generated from sex.

Do not make love if you have to urinate. A great deal of tension results from holding the bladder. Emptying the bladder of urine relieves the body from this tension. Before you resume or begin lovemaking after urination, please wait at least ten minutes. Making love immediately after urination is a Forbidden, which will be discussed later.

The procedure for women is the same as that for men, except that women may utilize the energy at any time during intercourse for healing results.

Helping Lower Back Pain

Lower back pain is generally caused by disorders in one or more of the following systems: the large intestine, kidneys, or sexual organs.

To heal such lower back pains, specific positions for intercourse are used. To heal the man, a woman must lie on her back while he kneels over and faces her. His back is rounded and he moves around slowly with no ejaculation. This position opens up the lower back, allowing the energy to reach and heal the area. In order to heal the woman, the man must lie on his back while she kneels over him with her back rounded. She moves slowly. For both men and women, the healing process is intensified if the person being healed feels the the energy

in the lower back area.

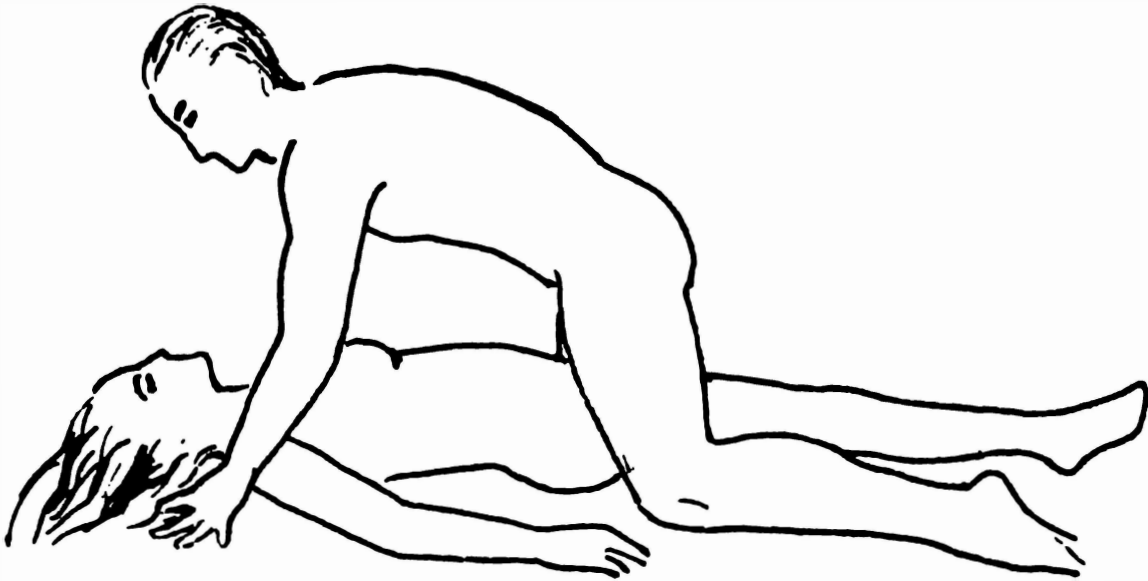


Figure62. Healing Lower Back Pain.

Times of Day Affecting Healing

According to Taoism, all the organs of the body have certain time periods in which they and their corresponding meridians are activated and stimulated. These time periods, in most cases, heighten the healing effect on the respective organs, and they are as follows:

<i>Time</i>	<i>Organs</i>
3-5 am	Lungs
5-7 am	Large Intestine
7-9 am	Stomach

9-11 am	Spleen-Pancreas
11 am-1 pm	Heart
1-3 pm	Small Intestine
3-5 pm	Bladder
5-7 pm	Kidneys
7-9 pm	Heart Constrictor
9-11 pm	Triple Heater (Seven glands)
11 pm-1 am	Gallbladder
1-3 am	Liver

The period from 9-11 pm is a particularly bad time to have sex because the body is already over-stimulated through activation of the Triple Heater.

The best time for sex is at 6 am in the morning, or whatever time the sun rises in your latitude, regardless of the season. At this time make love where the rising sun can shine on you.

Morning and Evening Prayers

Love plus Truth equal True Love. True Love is certainly different from social love. It unites two hearts gaplessly, something that can not be achieved by social love. Ideally, the love a person feels for his or her spouse is different from the love a person feels for a friend. Even close friends still have a distance between them.

Man and woman should live together—not necessarily in the sense of physical cohabitation, but in the sense of mental and spiritual coexistence, made possible by a sexual relationship. Men and women need each other for satisfying, for healing, balancing, and adjusting their physical bodies.

According to Taoist teachings, every part of the body is holy; the human being deserves nurturing, fulfillment, harmony, peace, enjoyment, a full and Divine life. A full life is experienced through the use of Taoist Sexology. By the same token, a portion of the Divine life will be experienced.

Suffering is *not* divine, and suffering for the sake of spirituality is even less

so. Suffering to heighten spirituality has egoistic origins, since man was never forced to suffer. God gave man a choice because man, not being a machine, is capable of choosing his own fate. God told Adam not to eat from the Tree of Knowledge, but He also gave him a choice. Adam, instead of choosing innocence and purity, chose knowledge and suffering. To please God, we have to go back to the state of purity. We do not have to pay any duty to God by suffering because the Almighty can do whatever He needs for Himself. To please God, we have to please ourselves first, as God is within each and every one of us.

God's will was to have one perfect person. Because a man is a part of a woman, and she a part of him, it pleases God that they live together. During what is known as the Morning and Evening Prayers, man and woman are united together and become one perfect person.

To perform the Morning Prayer, man and woman should assume the missionary position. Then, with eyes closed, they should lock themselves together with their mouths, legs, and arms. The man should penetrate and use just enough movement to maintain an erection. (He should not ejaculate.)

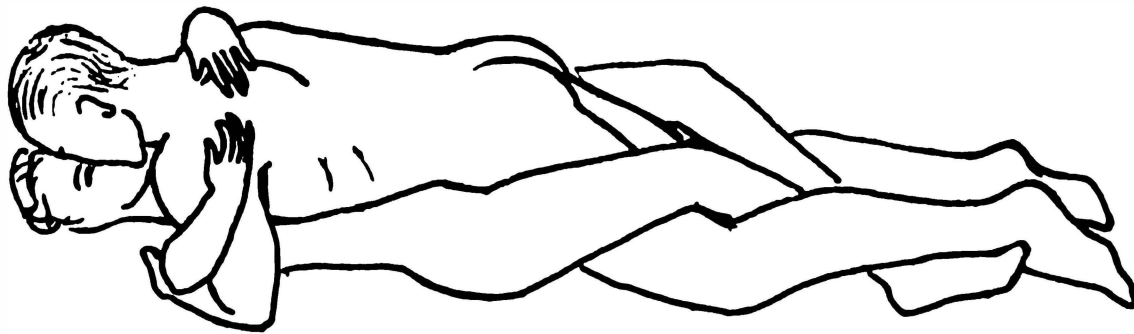


Figure 63. Morning or Evening Prayer.

Then the couple enjoys and shares the feelings derived from such closeness and stillness for as long as they desire. Just as you start the day with Morning Prayer, conclude the day with Evening Prayer, which is performed like the Morning Prayer. The Morning Prayer enlivens the body, and the Evening Prayer relaxes the body.

During the Prayer, the couple rise beyond space and time, even if the Prayer lasts for only two minutes, which is in itself an infinity.

The woman's orgasm during the Morning Prayer can last from two to twenty minutes. During this time, she is completely relaxed in a meditative state. Her

body's tremblings and vaginal secretions are signs of orgasm, and they can occur a few times before the woman is completely opened up.

When a man needs relief from the swollen prostate gland, he may do the Deer Exercise.

When the man's level of expertise rises to the level of the Morning and Evening Prayers, he will no longer need the Sets of Nine to help him bring the woman through the Nine Levels of Orgasm. She will open up and reach a meditative stage immediately. The Morning and Evening Prayers gives complete love automatically, once they are mastered. (The techniques given earlier in this book serve as preparations for the Morning and Evening Prayers.)

The purpose of meditation is sometimes misunderstood. It is often confused with thinking. When confronted with a problem people are often heard to say, "I'll have to meditate on it," meaning that they will think about it. They do not know that the real purpose of meditation is to increase their awareness and receptivity to God.

The Morning and Evening Prayers are the best forms of meditation. They combine communication with God with Internal Exercise and healing. The objective of performing the Prayers is to obtain complete oneness, or complete peace and harmony with oneself. Once a person experiences sex at this level, he or she will be so satisfied that he or she will have no desire left for common human sex.

You may recall that, in the Bible, the words "Spirit", "Soul", and "Body" are mentioned together. The *Spirit* has often been neglected when speaking of the Soul and Body. In Taoism, the Spirit is represented by a circle. The triangle represents the Soul or Mind, and a square represents the Mortal Body. (See Figure 64 a,b, and c.)

The Spirit also has three parts: 1) conscience 2) intuition and 3) communication with the spiritual world. Everyone has an innate sense of right and wrong. Such knowledge is known as conscience. Intuition is the direct or psychic knowledge or feeling that is not limited by space or time. Everyone is psychic. God is Spirit, and we all have God and Spirit inside our body. We need not look outside ourselves to communicate with God.

The Soul-Mind has three parts: 1) emotion 2) thought and 3) decision-making ability or will power.

The Mortal Body has a beginning and an end, i.e., a time of birth and a time of death. This means that it is limited by space and time. The four sides of the square represent the four instincts possessed by everyone, including animals:

- 1) The instinct to eat.
- 2) The instinct to have sex.

3) The instinct to fight.

4) The instinct to play or entertain oneself.

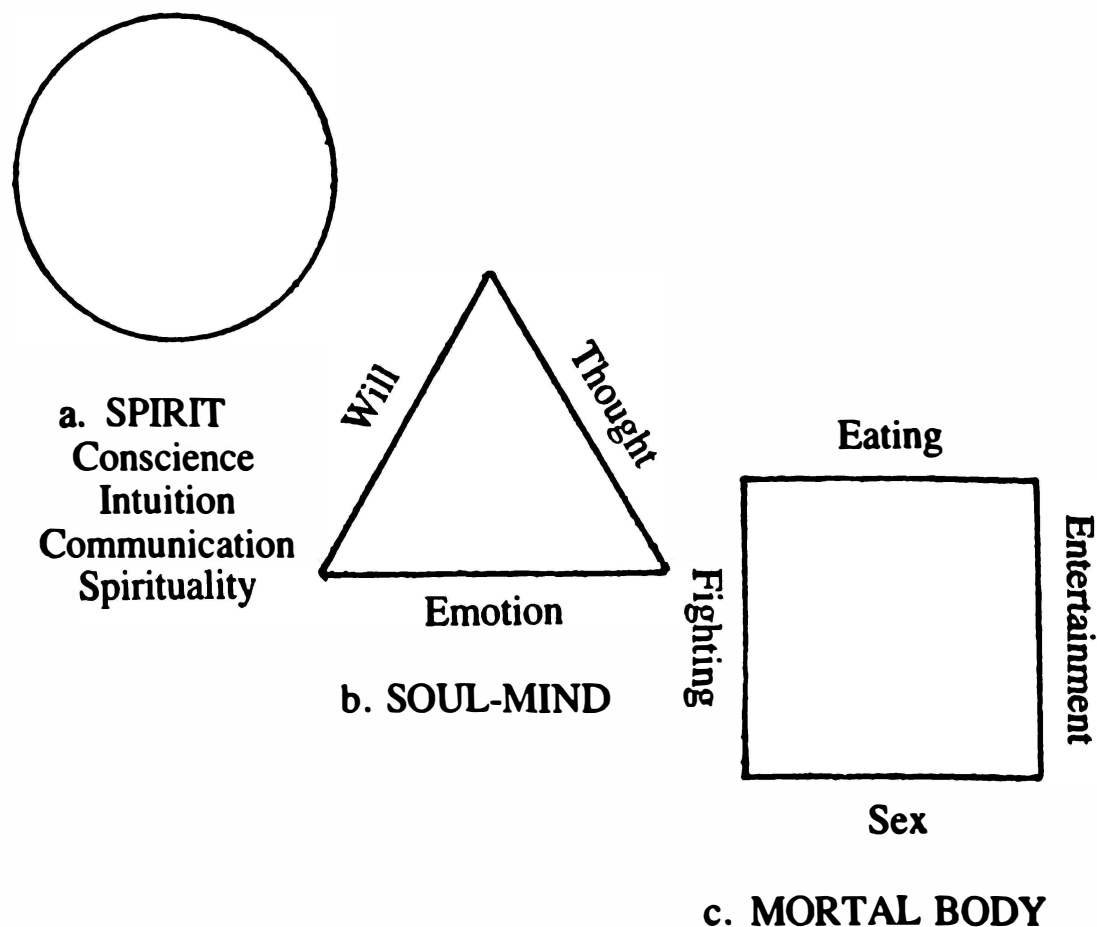


Figure 64a-c. Spirit, Soul-Mind, and Mortal Body

Since Adam's sin, the Soul-Mind has been subservient to the Body. The **ignorance** and weakness of the Soul-Mind muffle the voice of the Spirit, and the Body becomes the master. The emotions, thoughts, and will of the Soul-Mind are directed toward fulfilling the needs of the Body. To fulfill the Body's instinctual need to fight, the Soul-Mind develops weapons, martial arts, atomic bombs, warfare strategies, and so on. To fulfill the Body's sexual needs, the Soul-Mind devises sexual theories and ideas to justify deviant sexual behavior. Because of the Body's influence, love turns into lust and the

emotions are no longer pure. Love is interpreted as physical desire, its divinity is tarnished, and emotional needs for love become secondary to the instinctual need for sex. To make matters worse, the Soul-Mind justifies other wrongs by forming other twisted theories and ideas. It will continue to do so as long as the channels of communication are cut off between the Mind and the Spirit by the waxing power of the Body and the waning power of the Spirit. The outcome of this misguided distribution of power is disease, pain, and finally death, for the Body is incapable of knowing what is good for it. First there is division, then there is separation, and then there is death.

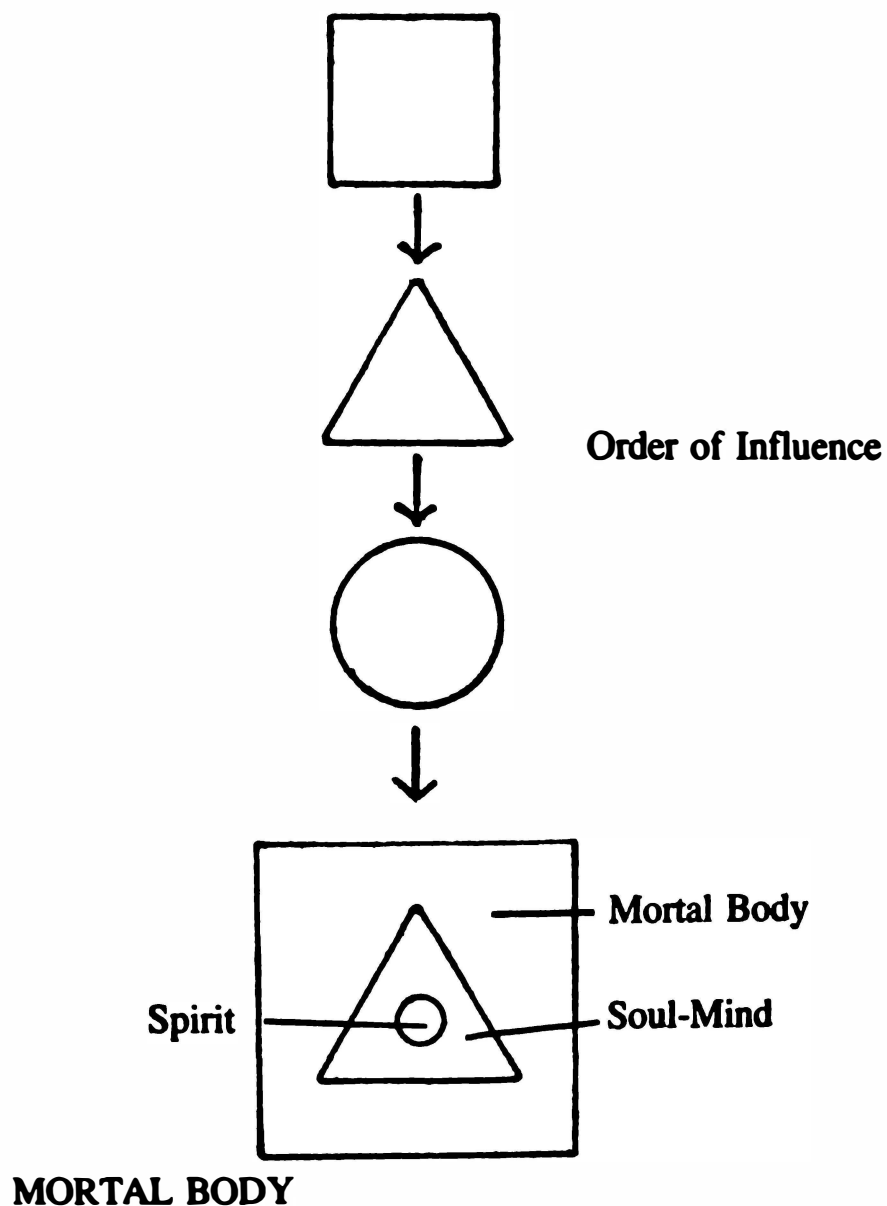


Figure 65. Mortal Body

Death is total darkness. In death, the Soul finds no solace, for it is constantly looking for another body and it carries with it the memory of its past wrongs.

According to Taoist teachings, the Soul-Mind should listen to the Spirit or conscience, not the Body. When the message is relayed from the Spirit to the Soul-Mind and then the Body, the Body becomes disciplined. Then, mankind follows the Divine Way, or God's will. The way of the world becomes harmonious, because everything is done in accordance with God's will.

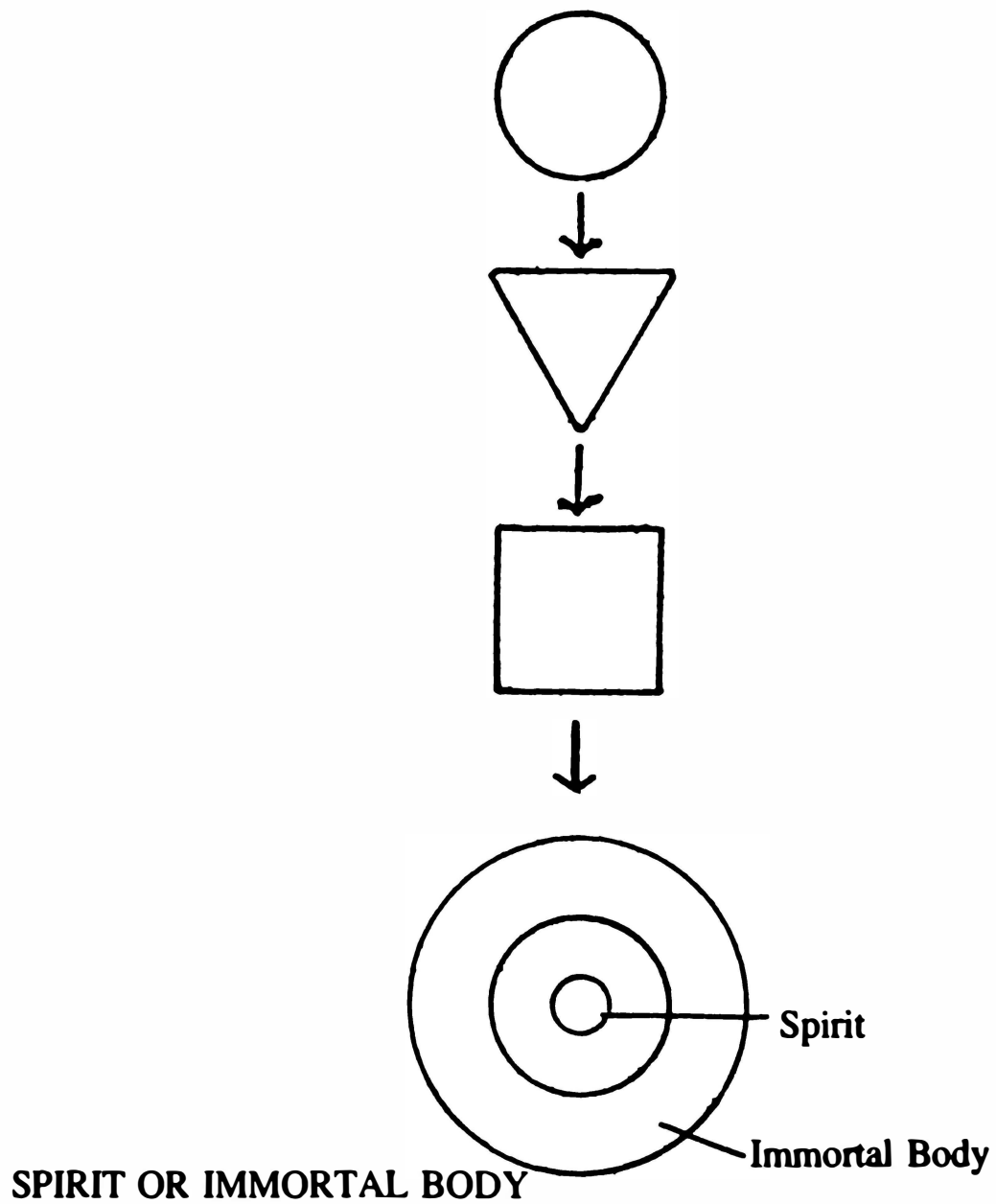


Figure 66. Immortal Body

For example, the Nine Levels of Orgasm and the Sets of Nine discipline the man, so that he will not succumb to lust. Furthermore, all Taoist techniques and positions promote understanding, selflessness, kindness, pleasure, sharing, happiness, and True Love. With the Morning and Evening Prayers, specifically, people will be able to start and end the day in peace, free from worries and conflicts.

Since we have physical bodies, we must use them and discipline them. They translate spiritual designs into tangible accomplishments. When we let our Spirit lead us and determine our actions, our thinking, emotions, and decisions will translate into individual and societal benefits.

When we let the Spirit guide us, we chisel a circle out of a square, or spiritualize the Body. Once spiritualized, the outer square is no longer present. For instance, Jesus was able to retain his body because it was spiritualized (unlimited by space or time).

How is spiritualization achieved?

By disciplining the Body with rewards, specifically the Morning and Evening Prayers. When two people meet, the nature of their attraction is purely physical (it is influenced by the four instincts of the Body, as represented by the four sides of the square). During Morning or Evening Prayer, man and woman become locked together in a meeting of minds. The square becomes a triangle. Following the Morning or Evening Prayer, the woman becomes completely open and receptive, completely yin. After the Morning or Evening Prayer, the man is completely giving, completely Yang. Her complete Yin state and his complete Yang state constitute a perfect Yin-Yang balance. This balance generates a cycle of harmony, creativity, and spirituality—or True Love. A circle emerges.

The rounded smoothness and lack of sharpness of the circle symbolize a lack of criticism between man and woman. When man and woman elevate each other to a realm beyond that functioning at the mental level, they will flow in a stream of experiences that drown out judgement and thinking. Without judgement or thinking, man and woman become completely unified. Their unification, a unification of the forces of Yin and Yang, the microcosm and the macrocosm, brings the universe into harmonious balance.

The Prayers are, therefore, the best remedies for marital discord, unlike divorce. For those unversed in Taoist Sexology, marital discord begins in bed and concludes in court. The bed reveals many imperfections in both men and women, whether the imperfections are the inability to care for others, sexual inability, etc. Because people are imperfect, they have many lessons to learn and many shortcomings to correct. The Prayers help people face their lessons and shortcomings and learn and correct them. Divorce, an escape route, achieves nothing, as people are given the license to blame others for their

mistakes or repeat the same mistakes. With divorce and remarriage, more pain is generated. The Prayers help men and women solve their problems, so that many of society's problems can be solved.

After having counseled many people who face divorces or family squabbles, I found that the Morning and Evening Prayers solved problems quickly and effectively. Before the Prayers are utilized, the typical family life is as follows. A lifeless husband comes home after a hard day at work. His lonely wife tries to make conversation with him by talking about trivialities. The husband can not bear listening to these things, but he grits his teeth and, with the greatest of patience and tolerance, makes it through the evening. But his actions are cold. His wife notices his attitude and begins to think that he does not love her any more. Then, once in bed, to show her his love, he makes love to his wife. But in his condition, he could only bring her to a partial orgasm, before he rolls over and snores. She, however, lies awake unable to reach heaven or earth. She tosses back and forth, full of anger and frustration. She may even have to clean up the mess her husband made. Finally sleep envelops her at dawn. Just then, the husband wakes up, wakes his wife, and demands, "Honey, where's the coffee?" The wife, head aching and tired, snaps, "Make it yourself!" The husband, silenced, leaves the house hungry and angry, fights traffic, and begins a day at the office in bad humor. He unloads his anger on his co-workers. Then they get mad and make work difficult for him. Performance and efficiency plummet. Only the greatest tolerance and patience helps him survive through the day. Meanwhile, all morning, the wife tries to dispel her headache with Tylenol. Her headache finally disappears before her husband gets home, but her loneliness and dissatisfaction have grown greater. When her husband does come home after fighting traffic, she tries to talk to him, to dispel her loneliness and dissatisfaction. Instead, she carries on a monologue about trivialities. Her husband drowns out her voice with the television, radio, etc. She is deeply hurt by this. Tension fills the air. There is a limit to everyone's endurance. Then, over a matter of the tiniest importance, both explode. They try to make up but they go to bed and make the same mistakes again. Day after day of the same things finally drive them to divorce. The family will be broken, jobs will be lost, and a part of society will collapse. These need not happen if both husband and wife perform the Morning and Evening Prayers. With the Prayers, many people on the brink of divorce experience a complete change in attitude and life. Husbands and wives never have enough of each other. They sleep restfully after the Evening Prayer. After the Morning Prayer, wives usually hop out of bed to prepare an excellent breakfast and send their husbands off to the office with kisses. The husbands usually arrive at the office thinking everyone is wonderful. They treat everyone well, and their kindness is usually returned. Office affairs become smooth, stressless, and tensionless.



Figure 67. Symbols of True Love, two quails form a wine vessel, which represents harmony and enjoyment between a couple. Ch'ing Dynasty.

At the end of the day, husbands usually can not wait to go home to tell their wives about their successes and talk and listen to her. Traffic does not bother them. When they do get home, a wonderful dinner is ready. This pattern of life saves the marriage, the family, the company, the society, and the entire nation.

The purpose of the Morning and Evening Prayers is to turn the bond between husband and wife into a bond of True, or Divine, Love. True Love can not be taught; it does not come from the mind, like romantic love. True Love has spiritual origins, as it is released from the heart during the Morning and Evening Prayers. Unlike romantic love, True Love is giving. During the Morning or Evening Prayers, man and woman melt together, laying aside their egos to exchange energies to heal each other. Once released, this love will permeate their everyday lives. Their love, rippling through society, will affect society positively.

The Golden Rules of Marriage

Taoists say:

When two people decide to live together forever, they get married. Marriage is an occasion for rejoicing, and it is the highest form of entertainment.

The completion of one's marriage vows is dependent upon and governed by fate. Marriage is as unpredictable as warfare.

A couple should enter a marriage knowing that helping or balancing one another could be a form of lifelong torture. A couple may argue until death.

Marriage should not be forced. It should not be used for business purposes, and it should not be used as a payment for a favor. A marriage that is forced is like a time-bomb.

A person should not rush into a marriage. As much time as possible should be taken to find a good spouse. One can not find a good mate when one is in a hurry. Never having married is not as bad as regretting a bad marriage. Many people are hurt when a marriage does not work.

Marriage must be a pure and unconditional act. When a person enters into a conditional marriage, he or she is fooling himself or herself. The losses will outnumber the gains.

A marriage is extremely difficult to maintain. Like the eye, it can not tolerate one speck of dirt. A conditional marriage always ends unhappily. Any

problem that may arise during a marriage must be resolved by the couple. Intermediation by a third party, including counselors, may make problems worse.

Marriage is the foundation of the family; the family, the foundation of the society; the society, the foundation of the country; the country, the foundation of the world. Very few people are able to make something as vital as a marriage successful.

Golden Rules of the Family

Taoists say:

The family is a source of power, because family members help each other out of love. The members of the family are unlike the people outside.

The members of a family must abide by certain regulations. These regulations divide the labor and make a family strong. When the family is governed by emotions, contention breaks out easily. When every member follows a certain set of rules, peace will be easily maintained.

The family must be a family. The family members must eat together. The mother is very important. If she cooks for the family, the family will be ruled by her. People who eat together will not be indifferent to each other.

For a family to be successful, the family members must share everything together. Everyone must treat each other fairly and well. Do not let familiarity displace manners. Closeness is encouraged.

The family that is a successful team will flourish. But there are three dangers every successful family must face: waste, haughtiness, and corruption. The family that can overcome these evils will prosper.

Every member must perform his or her duty. The family should not be dismantled by external influences. The father must act like a father; the mother, like a mother; the children, like children. If so, the family will be righteous. If families are righteous, society will be righteous. Then, the country will be proud.

The relationships between fathers and daughters will be closer, as are the relationships between mothers and sons. This is due to the natural distribution of genetic characteristics. This is the key to maintaining family peace.

The family is the fundamental unit of society. If the family is successful, the

country will be successful. If countries are successful, the world will be at eternal peace.

ETERNAL WORLD PEACE IS BASED ON SUCCESSFUL COUNTRIES. A SUCCESSFUL COUNTRY IS BASED ON SUCCESSFUL SOCIETIES. A SUCCESSFUL SOCIETY IS BASED ON SUCCESSFUL FAMILIES. A SUCCESSFUL FAMILY IS BASED ON A SUCCESSFUL MARRIAGE. A SUCCESSFUL MARRIAGE IS BASED ON SUCCESSFUL SEX. THE TAO OF SEXOLOGY IS THE COMPLETE SEX WISDOM.

The Other Highlights

Choosing a Partner

Your thoughts form your reality. The mind's idea is *basic* reality and it comes way before the materialization. The material thing you can touch or see is a phenomenon created by the mind. You can materialize anything with the right thoughts, including the right partner. In this case, just concentrate on the right partner for you and visualize what you want in your mind. You will create the right person for yourself.

It is helpful to know the method of choosing the partner who will be the

“perfect fit” for you. In Ancient China the parents of both prospective marriage partners did a great deal of research before betrothing their children. They gathered information about the individual’s family background and education, and they used facial reading, which reveals the health and personality of an individual. They also used the North Star Astrological System to determine the fate of their children’s prospective mates. They did this with love, and through this love a perfect arrangement could be made. During this period in history, there were few divorces, even though everyone was free to divorce their spouses.

This method of selection does hold a few advantages over the self-selective method of today. The risk of marrying incompatible people is lowered through face reading and the North Star Astrological System. These methods also lower the amount of pressure and anxiety experienced by those searching for perfect mates. At the same time, the freedom to select one’s own mate is preserved. Furthermore, marriages are freed from the threat of divorce.

The North Star Astrological System will not be discussed in this book because it is a vast and complicated subject.

Facial Analysis: Determining the Sexual Organs

Today we can use some of the Taoist techniques to assist us in choosing a mate. According to Taoist theory, the face reveals everything. If you know the technique of facial analysis, you can analyze a person’s complete personality simply by observing his face. Additionally, you can determine the size and shape of the vagina or penis from the face (and the fingers). This is fortunate because, as explained earlier, it is important that the vagina and penis be compatible. For example, a woman with a long vagina would need a long penis for a perfect fit. A woman with a wide vagina would require a thick penis.

There are a few physical characteristics which give clues as to the length and shape of the penis. These clues are about 90% accurate:

1. A man who has a long nose and long fingers will have a long penis.
2. If he has a short nose and short fingers, he will have a short penis.
3. If a man has a long nose and short fingers, or a short nose and long

fingers, he will have a medium-length penis.

4. If the tip of the nose is fat, he will have a fat penis. (Thin tips indicate thinner penises.)

5. The thumb is shaped like the penis. If the thumb is shaped like a mushroom, the penis will have a large head and a narrow shaft. If the thumb is triangular in shape, the penis will be triangular also. (A mushroom-shaped penis is considered to be the best as it is the most pleasing for the woman.)

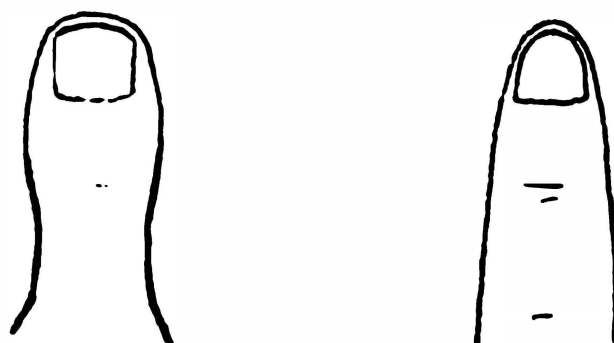


Figure 68. "Mushroom" and "Pencil" Shaped Thumbs.

6. If the man has thick, wide lips, he will have a big penis.

More than twice as many clues about the nature and shape of a woman's vagina are obtainable from facial analysis. (These are also about 90% accurate.)

1. If a woman has a small mouth and short fingers she will have a small, short vagina. (If the fingers do not match this description, consider only the mouth.)
2. If she has big, thick lips, her vagina will be wide and thick.
3. If she has deep-set eyes, her vagina will be deep.
4. A woman with "skinny" eyelids also will have a deep vagina.



Figure 69.
“Skinny” Eyelids.

5. If her eyelids are thick and meaty, she will have a short vagina. The meatier the lids, the shorter the vagina.



Figure 70.
Thick Eyelids.

6. If a woman has bulging eyes, her vagina will be even shorter. (Many men choose a woman with a short vagina for their own pleasure. They go into the Second Gate, or uterus. Men think this is wonderful but this is very harmful for the woman. (Please see the chapter, *THE FEMALE, The Vagina.*)



**Figure 71.
Protruding Eyes.**

7. A woman who is near-sighted will have a deep vagina. The more near-sighted she is, the deeper her vagina will be.

8. If she has big, watery eyes, she will have a big, watery vagina. Her vagina, like her eyes, secrete fluids readily. (The bigger the eyes, the wider the vagina.)

9. A woman with a wide mouth and thin lips will have a narrow (small) and long (deep) vagina.

10. Puckered, protruding lips or protruding bone structure indicate an elastic vagina. It could be big or small, but it will be very wet, warm, and soft. It also vibrates and trembles, and it is considered by many men to be the most satisfying. Taoists refer to it as the “talking vagina”.



Figure 72. Protruding Lips and Bone Structure.

11. A woman who is tough and emotionless (never crying) will have a vagina that is hard and dry.

12. If she has narrow cheeks and jaws, she will have a small, crooked vagina. If it is only slightly curved, there will not be a problem. However, if the curve is significant, she will need a long, thin penis.

13. If she has a narrow forehead and a flat nose, she will have a short, wide vagina. (The outside will be flat; the inside, very wide but short.)

14. If she has protruding cheek bones, called “widow bones”, she will have a very deep vagina and a strong sexual desire. This is considered to be very undesirable because this type of woman is potentially able to sexually consume or devour her partner.



Figure 73. High “Widow” Cheekbones.

15. If she has a dimple, she has a very short vagina, probably a Double Ring Vagina.

Men and women share a few characteristics in facial analysis.

1. Lines at the corner of the eye indicate that the person has a strong sexual inclination and is very approachable. Greater numbers of lines and deeply etched lines multiply this tendency. (See Figure 74 .) A person with no lines in this area has little or no sexual urge.

2. Deep lines at the mouth indicate a strong sexual desire. (See Figure 75.)



Figure 74. Lines at the outside corner of the eye

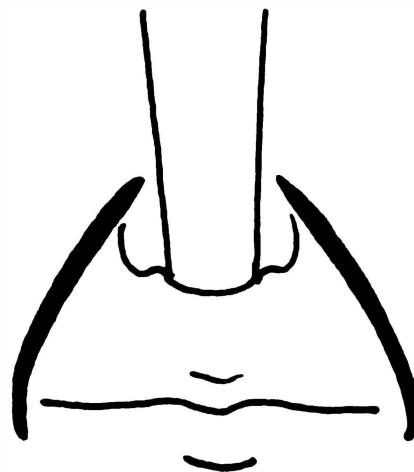


Figure 75. Deep lines at each side of the mouth

3. A person with a long, powerful chin also has a strong sexual urge.



Figure 76. Large Chin

The intensity of the sexual inclination depends upon how many of these characteristics are combined as well as how pronounced they are. Of course, these characteristics can also be modified somewhat by other personality traits.

The Forbiddens

According to Taoist Sexology, it is considered highly unwise to engage in sexual intercourse under certain circumstances. These are times during which intercourse would be dangerous to one's health and well-being. These periods are considered to be so important that they are known as The Forbiddens.

An understanding of these Forbiddens can be found in the Taoist concept of energy balance. For a Taoist, health means a complete balance of energy within the organs and meridians of the body. Sexual activity is very stimulating and energizing when done properly. But, it centralizes the vital energy in the genital area, drawing it away from other parts of the body. In various cases, including illness and fatigue, sexual activity can further deplete a body that is already suffering from an energy imbalance.

In addition, the sex act leaves a person very open and vulnerable to the universal energies which exist outside the body in the immediate environment and emanate from outside our planet.

Taking in energy from the universe can be very beneficial. However, at certain times, the outside energy can have a negative effect and cause an energy imbalance within the body.

The following is a list of the Taoist Forbiddens. Sexual activity is forbidden in the following situations:

- 1. When a person is drunk. A person is already over-stimulated at this time, and additional stimulation from sex can be damaging to the body.**
- 2. When a person is under the influence of drugs or medication. If a person has taken "recreational" drugs, an imbalance is created by the drugs, and sexual activity would be harmful. If a person is ill and taking medication, that medication creates another imbalance in addition to that created by the illness.**

3. When a person is extremely tired. During sex the genitals are energized at the expense of the rest of the body. If you are already low on energy, sexual activity further depletes the body's energy level by taking energy away from those areas where it is needed for the maintenance of organs and cells.
4. When a person is seriously ill. Sexual activity is forbidden for the same reasons as above.
5. When a person suffers from venereal disease or hepatitis. These disorders can be spread through sexual intercourse. When it suffers from hepatitis, the body needs energy to heal itself. The liver and gallbladder are very weak at this time, and sex takes energy away from the healing process.
6. After an operation. Please wait 90 days after an operation or until the patient completely recovers. Sex takes energy away from the healing process.
7. After an acupuncture treatment. The purpose of acupuncture is to balance the organs. Sexual activity changes that balance, and sex within 24 hours of a treatment will negate the treatment.
8. During pregnancy. Intercourse may hurt or upset the baby, which is otherwise at peace in its mother's womb. The effect is like an earthquake to the baby. Unfortunately, most people ignore this, and some babies come out into this world with bruises after being beaten with penises. Serious nervous disorders can result. So let me state that it is *essential and critical* that there be no intercourse at least during the last three months of pregnancy. The couple should abstain for the first month after childbirth as well, while the mother's body heals and readjusts itself.
9. During menstruation. Intercourse can cause inflammation of the uterus by transmitting bacteria, since the uterus, at this time, is like a tender and open wound which requires an opportunity to heal.
10. When angry. Anger increases the heartbeat, causes heavy breathing, and builds up toxins in the body, creating an internal imbalance.
11. After a bath, shower, or dip in the hot tub. Hot water stimulates the body. Sex will cause further stimulation, resulting in an over-stimulated

and imbalanced body. Wait 30 minutes before commencing sexual intercourse.

12. After eating. Sexual activity takes energy away from the digestive process taking place in the stomach. Wait 30 minutes before beginning sex, to prevent stomach problems due to improper digestion and Hiatal Hernia.

13. Immediately after urination. The penis could easily transfer germs from the urine to the vagina. Also, the penis is stimulated in a different way during urination. Wait 10 minutes before having intercourse.

14. While reading. Because the eyes are the “windows of the soul”, energy is lost at all times through the eyes. Even more energy is lost during sex. This is particularly true for men. One should make love with the eyes closed, maintaining an internal focus.

15. When traveling by car, train, or airplane.

16. At sacred sites (temples, churches, cemeteries, holy mountains, etc.) According to Taoists, the spirits who inhabit these localities become jealous when this happens. Of course, this is a superstition which you need not believe. But, since you have a choice, why take a chance?

17. During a battle in wartime. At this time the surrounding energy is very chaotic and imbalanced. Having sex under these circumstances exposes you to this chaotic energy.

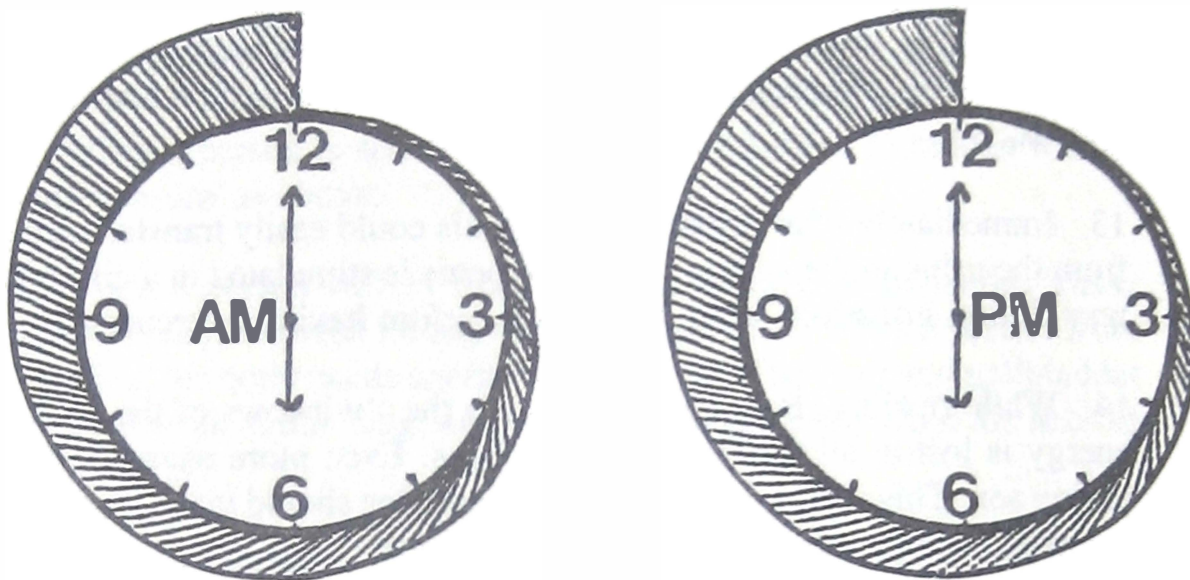
18. During a hurricane or other violent storms. The energy is in chaos at this time as well, and this chaotic energy can enter into the body and create an imbalance.

19. During an earthquake, solar or lunar eclipse, or during a sudden change in weather (temperature or wind). The chaotic energy generated can negatively affect the nervous system.

20. During a full moon—a time of high energy and over-stimulation—or a new moon—a time of low energy.

21. At sunset. The energy in the atmosphere is low and Yin at sunset, or around 6 PM. When the sun sets, the Yang energy or source of life

suddenly disappears.



YANG CYCLE

12 midnight - 12 noon

YIN CYCLE

12 noon - 12 midnight

Figure 77. Yin-Yang Energy at Different Times of the Day

22. During the Summer and Winter Solstices. Chaotic energy exists at these times because the electromagnetic field of the earth is changing. (The equinoxes are not harmful, as there are no major changes in the earth's energy field at those times.)

Eugenics

The Taoists say that if someone is born with a physical or mental defect, it is the responsibility of the individual's parents. They created the problem

through careless conception. If a couple plans to have a child, it is absolutely essential that they take great care, at the time of conception and throughout pregnancy, to make sure that the child will be totally healthy. To ensure a child's health, the following rules must be adhered to.

1. Do not conceive a child if either parent is drunk or alcoholic at the time of conception. A child conceived under these conditions will be born with a liver condition, which will result in nervous conditions and mental problems.
2. Do not conceive a child when either parent is extremely tired. The child will always be weak and sickly, with little resistance to disease.
3. Do not conceive a child during a battle in wartime, otherwise the child will be very hyperactive and will have a violent nature. This also applies to different types of battles, such as a struggle for power, office politics within a corporation, a great upheaval or struggle within a family, or even intense competition for daily survival.
4. Do not conceive during a hurricane or other violent storms, because it will lead to a child with low resistance to disease.
5. Do not conceive during a sunset, otherwise the child's eyesight will be poor.
6. Do not conceive when either parent is under the influence of drugs or medication, otherwise the child will have nervous and mental problems. This includes medication for chronic conditions such as hepatitis or diabetes. This rule applies to smoking also.

It is the responsibility of the parents to ensure that the succeeding generations are strong and healthy, to ensure the health of the human race. Conceiving a child is a serious matter to which we should give great thought. Considering all the juvenile delinquency and the problems and difficulties with youth, there is a strong possibility that much of these problems are caused by parents who were not aware of such information as is presented here. How can humanity as a group be strong if the individuals involved are weak? Most people place great emphasis upon education. But they do not consider the fact that children who are ill-conceived will not receive education well.

Parenthood was, is, and always will be a serious matter. People simply can

not procreate like animals, with little or no concern for the results. These days we are recognizing that we must take responsibility for our lives and our environment. Certainly nothing is more important than our children and the health of the future generations. The rules listed above are not intended to be mere helpful suggestions. They are solid facts, researched by Taoists for thousands of years.

In addition to the above considerations, several basic requirements are of great importance to the conception of a healthy child. It is vital that the parents eat well, be of good health, think positively, and be surrounded by peaceful environments. It is also important that they get along well with each other.

When they feel the time has arrived for conception, they should first take a relaxing bath and then create for themselves a pleasant, restful surrounding: comfortable room temperature, a candle or two burning, a little incense or perfume, and some soothing background music. Then, 30 minutes after their bath, they can proceed to make love.

Choosing the Sex of a Child

The following techniques have been found to be 90% effective in producing a child of the sex desired by the parents.

CONCEIVING A MALE. Intercourse should be brief and ejaculation should occur quickly before the woman has an orgasm. The man should withdraw his penis halfway, just before ejaculating. (Men who always have premature ejaculations will more often than not produce male children. In other words, if the man's sexual ability is weaker than his wife's, they will always have male children. If the man is stronger, the couple will often have female children.)

CONCEIVING A FEMALE. Intercourse should be extended and there should be many orgasms for the woman. The man should penetrate as deeply as he can and then ejaculate.

The Theory Behind Sex Selection

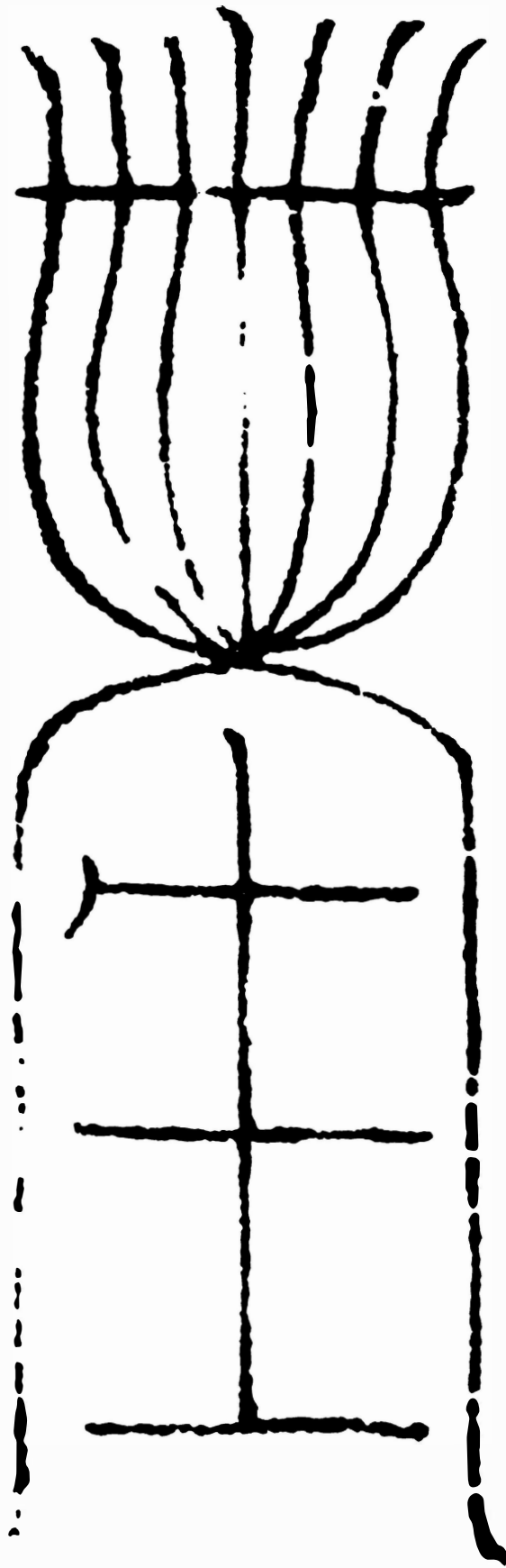
The decisive factors in this theory are 1) the woman has highly acidic fluids in the cervix and uterus, which are neutralized by alkaline secretions during orgasms and 2) although the sperm carrying the male chromosome is slower than that carrying the female chromosome, it is a more resilient survivor of acidic conditions in the cervix and uterus than the sperm carrying the female chromosome.

In choosing the sex of a child, the above characteristics must be considered. To conceive a male child, a man must ejaculate very quickly, while the acid concentration in the woman's secretions is high. Ejaculating quickly, while penetration is still rather shallow, lengthens the distance over which sperm must travel. The "female sperms", swimming faster than the "male sperms", will contact and neutralize strong acidic secretions before the "male sperms". Because the "female sperms" are killed in the contact, the chances of a "male sperm" fertilizing the egg is increased. To conceive a female child, the man must bring the woman through many orgasms before he ejaculates while penetrating deeply. Because orgasms cause the production of acid-neutralizing alkaline secretions, the chances of a "female sperm" fertilizing the egg are increased. Because deep penetration reduces the distance the female sperms have to travel, the chances for conceiving a girl is increased.

A man can be sterilized by too much intake of acidic (sour) foods, which can kill a great number of sperm. Similarly, a woman who eats too much acidic food will secrete so much acid that she will be unable to conceive. High acid levels in both men and women can also result from shallow breathing, which does not bring in enough oxygen to properly neutralize the acidity of the blood. Douching with an alkaline solution can help in conception, especially in the conception of a girl.

Parents should not be more inclined toward one sex than the other. Balance should be sought, and the cosmic consequences of sex preferences must be considered. Any Yin-Yang imbalance can result in calamity. It is generally agreed upon that a surplus of males can result in an upsurge of violent acts, class tensions, etc. It is also agreed upon that a surplus of females can result in many problems.

Figure 78. Following page: Taoist charm serving as a reminder of a healthful pregnancy.



Part IV

Infinite Wisdoms

The Supplements

Advanced Deer Exercise

An advanced form of the Deer Exercise is traditionally used for meditation. In this practice of true alchemy, energy is transmuted, or elevated from a lower to a more refined level. The energy of the body is raised until all of the Seven Glands are operating at their full capacity. This is accomplished by feeling the energy move through the Seven Glands in succession, entering first into the sexual glands where it makes a spiraling circular movement, and then passing upward and through the remaining six glands in similar wheel-like move-

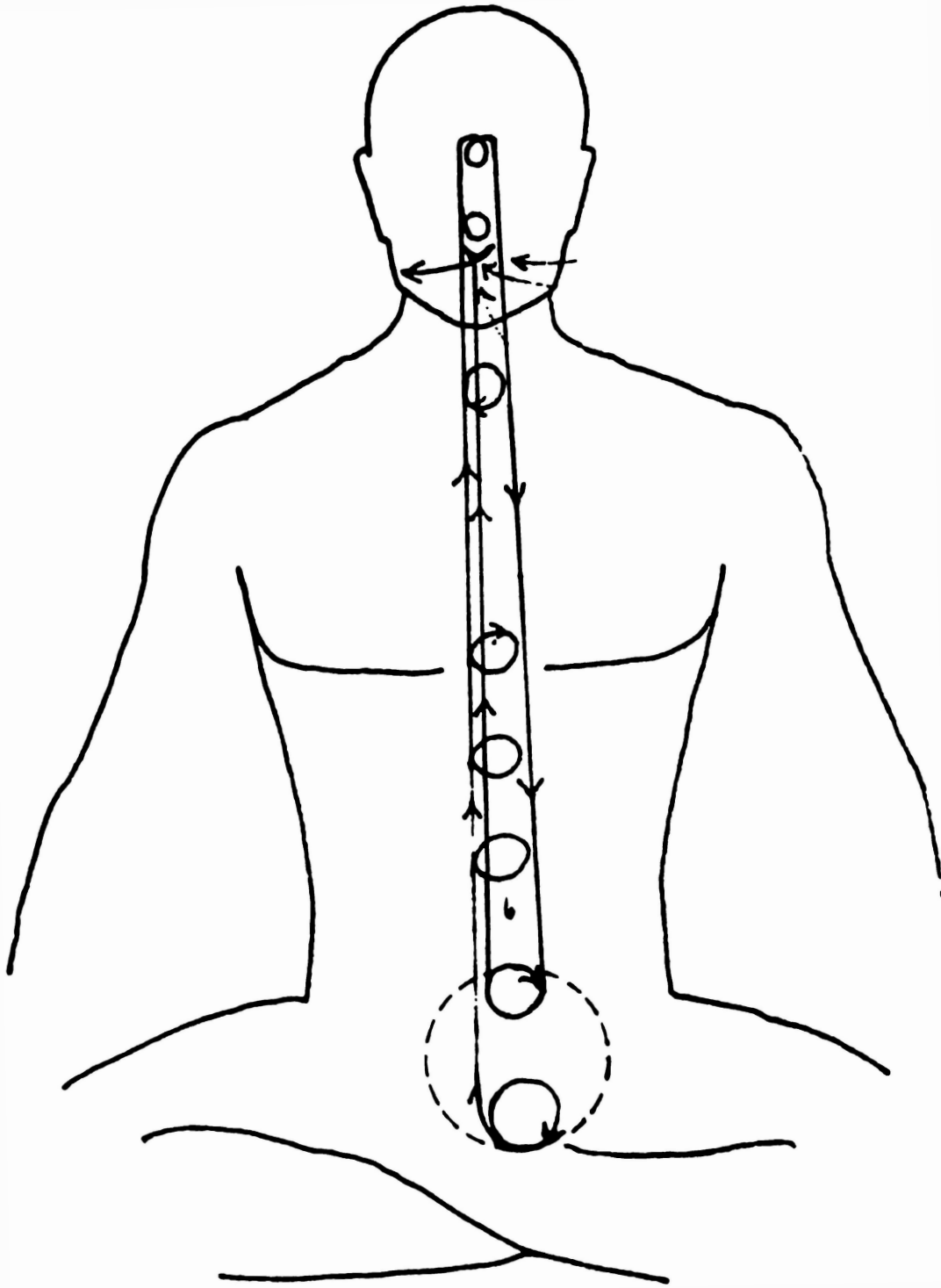


Figure 79. The Small Heavenly Cycle

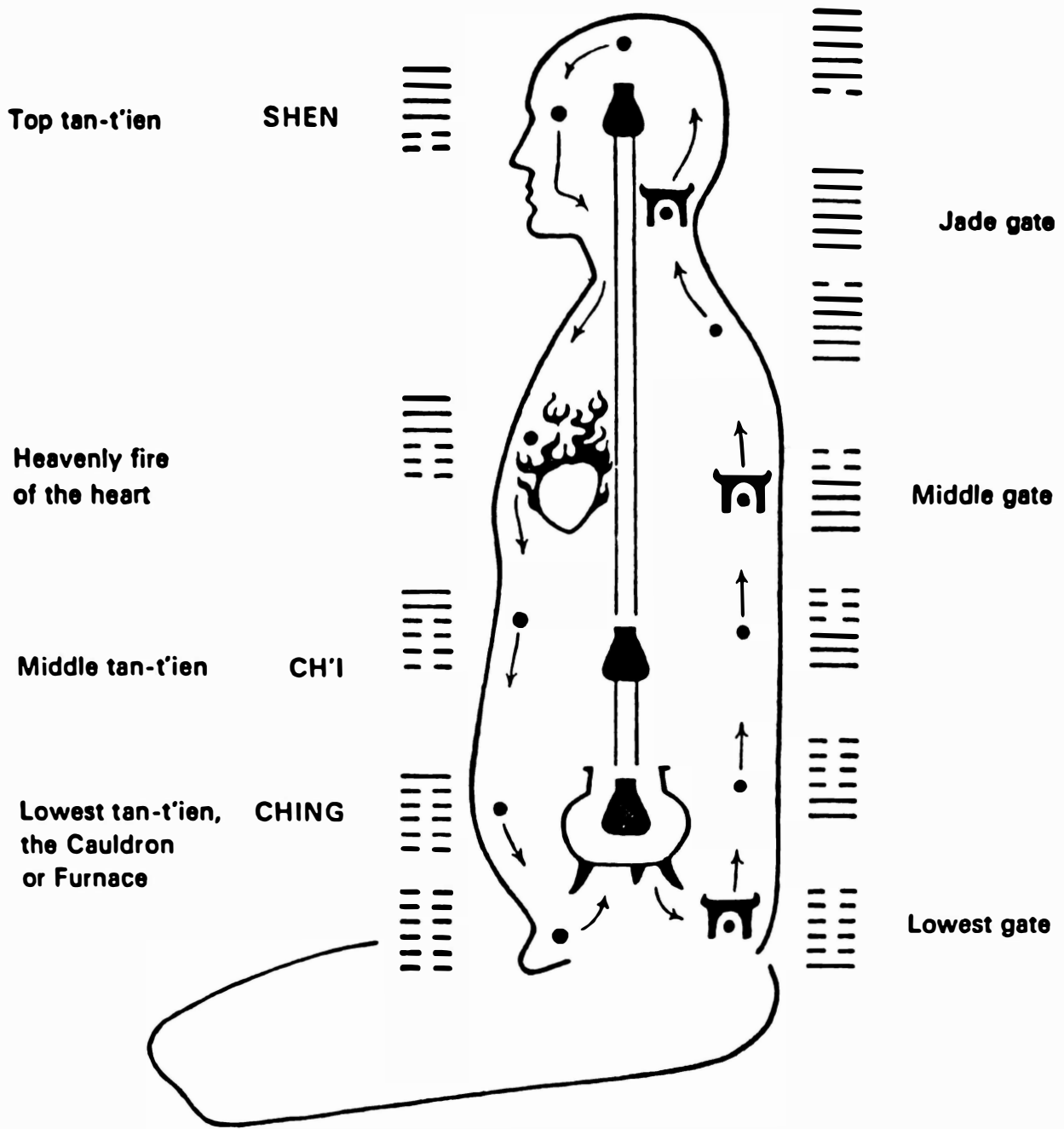


Figure 80. Side View of the Small Heavenly Cycle.





ments. The wheel rotations at each gland serve to energize the gland in which it occurs, as well as transform the energy into a higher order to be received by the next gland. In this fashion each of the glands serves as transformer and generator for the energy of the body. This Small Heavenly Cycle awakens the spiritual eye of the practitioner and raises him or her to the level of the *Hsien* or wise and immortal person, one who knows the secrets of the universe by continuously being in touch with the natural laws which guide him or her in daily life. The Small Heavenly Cycle is done as follows:

1. Do the regular Deer Exercise to increase the internal energy.
2. Inhale very slowly and deeply, and then hold your breath.
3. Contract the anus, tilting your head forward slightly. Feel the energy move up from your perineum through the spine, wrapping itself around each of the Seven Glands as it reaches them. When the energy reaches and surrounds the pineal gland, hold for a moment and then feel the energy coming down the front of your body, until it reaches a point four finger widths below your navel. Then exhale.
4. Again, inhale very deeply and hold. Repeat the exercise for as many times as you wish.

NOTE: this exercise should be done while you are alone in a quiet place. The mind and the body must be one.

Affairs

When people talk about an affair, they generally refer to a sexual relationship between two or more people. The morality of such affairs is an issue of much debate. But debate leads nowhere, since attitudes differ in various cultures and religions, even among people who practice no religion at all. I am not writing to impose unfounded moral codes upon the reader. Nor am I suggesting that the reader use the techniques in this book as a means of seducing people, increasing the number of sexual relationships, or anything

else the reader might wish to do with what is learned here. Instead, facts that arise from research on sexual habits and the practice of Taoist Sexology are given, and the readers are allowed to make their own choices.

However, I must say that for reasons of health it is desirable to limit yourself to *one* partner. Again, I stress that this is ultimately *your* responsibility. Here we merely discuss facts.

Everyone carries germs—their own kinds of germs—on their body, especially in their orifices. Genitals in particular, being dark, warm and wet, provide the ideal conditions for germ proliferation. When we have close contact with a person, we are exposed to their germs. Initially we are very susceptible to problems caused by their germs. But gradually, with prolonged exposure to that person, we will build up an immunity against those germs, and we will not be bothered by them. If a person has close contact with a great number of sexual partners, it will be impossible for that person to tolerate so many different kinds of germs. Because the body simply can not build up immunity that quickly, great suffering will result. Limiting one's sexual contact limits germ infestation. This is a very important part of the one-to-one principle of Taoism.

A Taoist legend offers an explanation for the effects of multiple sexual relationships and the origins of the syphilis germ. It involves a woman who has had two men at the same time. The two men ejaculated into the lady, and their sperm met inside her vagina and fought each other fiercely. From this battle an exchange of "factors" took place. This exchange produced a mutant, the syphilis germ.

Such exchanges of "factors" are often accomplished in today's laboratories. Transfers of DNA, or genes, are orchestrated by geneticists, microbiologists, molecular biologists, etc. for the study of gene mutations, protein synthesis, heredity, and so on. One thing learned from all this research is that germs are capable of incorporating the genes of other germs into their own genetic library. This seemingly innocuous quality belies hidden dangers. Genes confer upon germs immunity from antibiotics, the ability to live in any environment, the ability to multiply, and the ability to kill their hosts. To top it all, new genes are constantly being created; one never knows when another genetic monster will wreak havoc on humanity. So there may be some validity to the ancient legend.

Many people claim that syphilis started when humans first had sex with animals. That group sex may be the cause of syphilis makes more sense, however, because there is no doubt that rampant sex is very dangerous. All sexually transmitted diseases are incurred from multiple sex affairs. Once incurred, some of these diseases become a permanent part of their hosts' bodies. Although some claim that they are officially cured, the hidden germs

still threaten their children. From the Taoist point of view, multiple affairs are unhealthy.

For the sake of health, people should apply the one-to-one principle of Taoism, that is, one sexual relationship for a period of time or a lifetime. If a woman must maintain more than one sexual relationship at a time, she should wait at least two days after sexual contact with one man before she has contact with another (the life expectancy of sperm is approximately two days).

Bathing

Even in a permanent one-to-one sexual relationship, the threat of being infected by the partner's various germs is still very real. For this reason, both partners should take a bath or shower before engaging in sex or close physical contact. This will not eliminate all germs, but it will minimize the threat of infection as much as possible. Another advantage to bathing is that it diminishes the need to expend great amounts of energy to prevent infections.

Remember, it is perfectly normal for an individual to have his or her own kinds of germs. It is also perfectly normal for an individual to have different germs on different parts of his or her body. If you want to be totally safe, you should dry different parts of the body with different towels. This will prevent the spread of one kind of germ from the head, for instance, to the lower parts of the body or genitals.

Bathing before sex is particularly important if two people are together for the first time. To make it enjoyable as well as healthy, partners can take baths or showers together. This way both partners will know that their partners are thoroughly clean.

There is more to bathing than you might think. Taoism suggests five types of baths:

1. **AIR BATH.** Simply by removing your clothes and letting the air reach your entire body, you are subjecting your body to a type of bathing. Air baths will remove a great deal of body odor by allowing much of the perspiration to dry up.

2. **SUN BATH.** Sunbathing will give your body a great deal of energy,

as the sun is the prime energy source. Care must be taken not to do it excessively, because excessive exposure to the sun can cause skin cancer. The best kind of sun bath is the indirect sun bath. This you can do by lying under the leaves of a tree. Enough energy from the sun will pass through the overhead leaves and branches to give your body the energy it needs without the danger of over-exposing your body to the sun's rays. A light massage during this time makes this treatment even more enjoyable.

3. **WATER BATH.** Water baths have already been mentioned. It can be even more effective if it is taken in a river. If a river is not available, a tub with a Jacuzzi or some type of water jet will be sufficient. Moving water has a very soothing and relaxing effect on the body—if it is warm—and a very stimulating effect—if it is cool. An excellent way to start each day is to relax and stimulate the body by showering first with warm water and then showering with cool water.

4. **FIRE BATH.** Put alcohol or some type of high-alcohol liquor in a small fire-proof container and light it. Using your hand, quickly “grab” at the flame to capture the heat. Then open your hand on the skin to let the heat escape into the skin. This heat treatment is particularly good for rheumatism, arthritis, and other disorders, because a great deal of energy is provided for improving circulation and muscle tone. It is also an excellent way of “bathing” the genitals.

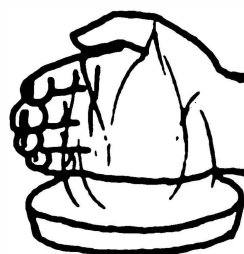


Figure 82.
The Fire Bath

The fire bath is an excellent form of healing, especially for such things as sprained ankles and tight or sore muscles. After ten or twenty minutes of fire bathing, you should feel a great relief from pain. You should also, of course, be careful that you are only putting heat on the sore spot. Getting carried away and burning your hand or accidentally pouring burning alcohol on your body is not recommended.

5. **SAND, DIRT, or MUD BATH.** These provide slightly abrasive ways of rubbing, stimulating, and cleaning the body. Dirt and mud baths supply the body with much needed minerals. Sand baths stimulate

circulation. To take these baths, simply take small handfuls of sand, dirt, or mud and rub it over your body, being careful not to press so hard as to hurt the skin. Be particularly careful when using sand, which should not be too coarse. Be sure to rinse thoroughly.

No matter what type of bath is used, you should never have sex immediately after a bath. There should be a ten to twenty minute period of relaxation after bathing. Generally, after a bath, particularly one involving heat, the circulation and heartbeat are speeded up. If you have sex immediately afterwards, an imbalance, especially a cardiovascular problem, can be created in the body.

Body Odor

The strength of body odor varies with the substances contained in the perspiration. Diet determines what substances are present in the perspiration. For example, those who eat meats or foods spiced with chili have strong body odors. But when these people change their diets to vegetarian, spiceless, or herbal diets, body odor immediately disappears. That is possible because vegetables and herbs rid the body of toxins and impart their clean fragrance to the eater. Since some animals are dirtier than human beings, eating their flesh will transfer many of their toxins to the eater's body. The accumulated toxins are processed within the body, and foul-smelling odors are produced.

Many modern sex manuals, encouraging sexual self-acceptance, state that body odor is natural—even desirable. That is true for individuals who are conditioned to be aroused by body odor and who believe sexual attraction is magnified with stronger body odors. Body odor may be arousing, but it rises from proliferating germs on unwashed skin. On reflection, there is nothing inherently sexy about germs, dirt, clogged pores, or stale body secretions.

Bathing will eliminate body odor as well as the germs that cause it.

Celibacy

A recent study done by medical researchers on the deaths of 1,100 Catholic priests showed that these priests had a significantly higher incidence of prostate cancer than the average male population. This unique condition is related causally to the practice of celibacy, according to Taoist teachings. Because disuse of any part of the body atrophies that part of the body, and any atrophy leads to disease, the inevitable result of celibacy will be atrophy of the sexual glands—namely the prostate gland—and cancer of the prostate. Neglect, another form of disuse, can also lead to prostate cancer. In the opposite extreme, excessive masturbation, induced by celibacy, also causes cancer. These problems are not limited to men, because celibate women also suffer from female organ problems.

From the Taoist viewpoint, practicing celibacy is about the most harmful thing you can do to your body. Denying attention or the right to function to any part of your body is foolish, as foolish as rejecting the use of your eyes and ears. Not using any portion of your body for its normal purpose will create a harmful imbalance which can affect every other part of your body, since all bodily functions are interconnected.

All of the Seven Glands mutually balance each other. If one is depleted through under- or over-use, all the others will be depleted. Because the pineal gland is considered to be at the top, supported by all the others, it is the first to show signs of problems. Depletion of the pineal gland results in a loss of psychic powers and spirituality, because it is the connection to Divinity. Those religions that encourage celibacy do so out of the realization that excessive sex can deplete the pineal gland and then block communication with God. What is overlooked by these religions is the fact that celibacy can cause atrophy of the sexual and pineal glands. Cancer of the prostate in the male and cancer or atrophy of the uterus and ovaries in the female can not be proper religious goals.

When God created Adam, He said that it was not right that man should live alone; so He created Eve. Adam said that she was the “bone of my bones and flesh of my flesh”. In Genesis, it is also stated that “man shall cleave unto his wife and they shall be one flesh”. So, man and woman should not live alone—that is, they should not live without each other or sex. No religion can interpret those words as advertisements for celibacy. Doing so would be going against God and nature.

Sex is normal and natural. Even spontaneous erections are normal and healthy. It is typical for healthy men—even celibates—to have erections around midnight and five o'clock in the morning of each day. These times, determined by our “inner clocks”, are the times when the sexual glands are most energized. Our “inner clocks” are set to the standard clock of nature, the workings of which are observed constantly in nature (for instance, flowers

have surges in pollen production at certain times of the day).

In summation, to be against sex is to be against life. Those who desire life, who want to live, should not be against sex. Celibacy is abnormal and anti-life. Sex is anti-life only when there is depletion or loss of energy through ejaculation or menstruation. While ejaculation and menstruation are normal for most people, they are not normal for the person who desires to save and increase his energy or the person who desires immortality, the goal of Taoism.

If a person continues to live a completely isolated life, the negativities of celibacy notwithstanding, the Deer Exercise should be used, as the Deer Exercise elevates the state of being. Once spiritualized, the person will not need sex to generate high energy levels. High energy levels can be generated through the use of the Deer alone, thereby freeing the person who insists upon celibacy from sexual engagement.

Comments on Birth Control Methods

The Taoist principle is safe, gentle, convenient, effective, and, most importantly, natural. All existing methods of birth control, i.e., chemicals, foreign objects, surgery, etc., forcefully prevent birth. Being unnatural—that is, not occurring within the body itself—they can harm the body because they must disrupt the natural functions of the body and create imbalances in order to prevent birth. The side effects produced are often serious and unbearable. For example, the I.U.D., a birth control device that is surgically implanted in the uterus, causes irritation, infections, and permanent uterine damage, which may lead to cancer. It is based on the ancient principle of crippling uterine receptivity to egg implantation to prevent pregnancy. Once the device is implanted, the uterus will tremble incessantly in efforts to reject the device. It is thought that these tremblings prevent the egg from implanting in the uterus. In fact, this method may not prevent pregnancy if the egg is especially strong. Then the woman will have to go through surgical procedures to remove either the fetus or the device (under normal circumstances). Under special circumstances, the entire uterus may be removed. Therefore, from the Taoist point of view, forceful prevention of pregnancy is unwise, unnecessary, inefficient, costly, and dangerous.

Determination of Prostate Problems

There are a number of methods for finding problems of the prostate. If any of the following conditions indicate a problem, prostate massage should be used regularly, in conjunction with a healing cream, the anal contraction stage of the Deer Exercise, and the use of certain herbal formulas.

1. Pain or soreness along the kidney meridian. Pinch the legs along the inner thigh. (See Figure 83.) The kidney meridian, which is connected

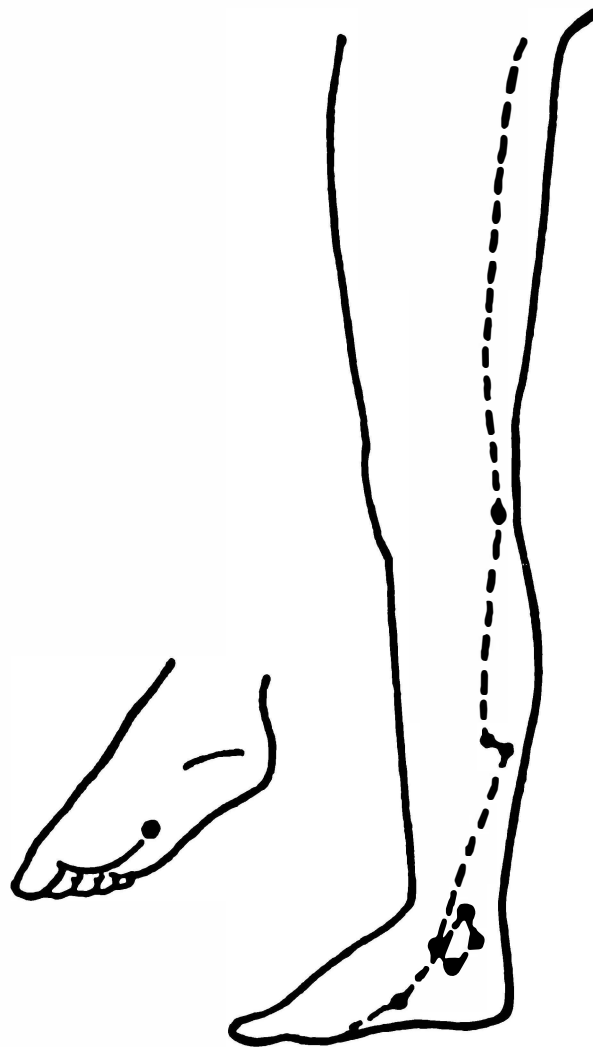


Figure 83. Kidney Meridian

with the sexual glands, runs along the thigh in this area. Any pain or soreness here indicates an energy blockage in the sexual glands, as the energy flow on the kidney meridian is hindered right before crossing the sexual glands.

2. Frequent urination. This is sometimes a bladder weakness or problem, but it is generally caused by an enlarged prostate.
3. Difficult urination.
4. Pain in perineal area during erection.
5. Ejaculation accompanied by pain.
6. Ejaculation of blood.
7. Prostate feels like a hard stone when touched.
8. Prostate feels swollen and too soft. It should be roughly egg-sized and flexible but not too soft.
9. Weak ejaculation. In a healthy adult the semen should be projected at least three feet.
10. The semen, instead of shooting out, drips out.
11. Decreased pleasurable sensation during ejaculation.
12. Premature ejaculation.
13. Impotence.
14. No ejaculation at all (caused by a prostate that is too loose.)
15. Drops of urine emerge minutes after urination is completed.

Diet

Certain foods can be added to the diet to strengthen the sexual organs. Lotus seeds provide particular nutrients which benefit the sexual organs of both men and women. They are particularly beneficial for the prostate gland. Combined with prostate massage, they will prevent prostate problems. The bark of the magnolia tree helps regenerate the cells of the uterus, as well as the stomach.

Pumpkin seeds contain zinc, which is a beneficial mineral for the prostate gland. Incidentally, the vaginal secretions produced after orgasm contain zinc. The man can benefit from these vaginal secretions by moving his erect penis very slightly back and forth in the middle of the vagina. The secretions from the vaginal walls will enter through the extremely thin skin of the penis and be absorbed into his body.

Many people ask me about the advisability of swallowing semen. In terms of nutrition, the semen is very healthful since it contains high concentrations of nutrients. Many women complain to me that no matter how little food they eat, they still gain weight or are unable to lose the weight they want to lose. After talking further with them, I often find that they lead active sex lives and that their partners ejaculate frequently. When I point out to them that they are indirectly absorbing much nutrition and calories through their vaginas instead of their mouths, they are surprised. When their partners begin practicing pressing the Million-Dollar Point to prevent ejaculation, the women finally lost weight. Then they believe me. Also, semen, being too rich, can cause diarrhea. To prevent this, the ancients drank the semen when it was mixed in wine. (The alcohol may kill the disease causing agents.) You should also remember that, although semen and vaginal secretions contain many nutrients, they are also carriers of disease. So the individual is the best judge of whether or not a chance should be taken.

Shellfish is an especially good source of nutrients for the sexual organs. The hormones secreted by the shellfish can activate and stimulate our own hormone systems. But, problems can arise if you are allergic to some or all shellfish. Individuals who break out in rashes or suffer from other symptoms after eating shellfish should avoid them.

Cucumbers are good for the sexual organs. They also serve to cleanse the body. Do not to eat the seeds, since they can cause diarrhea.

Ginseng is an excellent stimulant for the sexual organs. Unfortunately, when it is taken alone, it causes many side effects: heart attacks, strokes, etc. It must be combined with herbs that complement it and prevent its detrimental side effects.

Lamb has a stimulating effect: it generates "fire" in the body. People whose diets are composed mainly of lamb are irascible and excitable. They may also have inordinately strong sexual drives.

Drugs

All drugs are chemicals which produce chemical reactions within the body. They have no nutritional value, unlike herbal formulas, which have a great deal of nutritional value as well as medicinal effects. Drugs neither help nor fortify the organs; they simply stimulate the organs. They also produce side effects, unlike herbs. Although drugs bring immediate relief to any discomfort (the effects of drugs may be noticed within a matter of minutes or seconds, unlike the healing effects of herbs, which may not be noticed until a few days after their ingestion), they often do so at a great cost to the body. Drugs must act with excessive force to yank the body back to health. This undue strain upon the body will eventually tear the body's functions—especially those of the sexual organs—apart. For these reasons, long term use of drugs negates their effectiveness. Drugs, when used cautiously and moderately on a short term basis, can be helpful. For instance, moderate doses of alcohol relaxes the muscles, whereas greater doses cause depletion and alcoholism. Regular smoking of marijuana—that is, two or more joints a day—can destroy 10% of the liver in a month. Marijuana, or any thing else that produces smoke, weakens liver cells. The liver filters the toxic particles of smoke out of the blood with difficulty, and it gets poisoned in the process. The liver can not fully recover after such damage unless it is given some help through the use of an herb from the bupleurum tree.

Ejaculation

Undeniably, ejaculation is a source of great pleasure for men. But since Taoism discourages unnecessary ejaculation to prevent energy depletion, those who practice Taoist Sexology faithfully—without ejaculating once—may have to adapt themselves to different sensations first. For those who prefer to experience the familiar pleasure of ejaculation, Taoism provides another technique to preserve every bit of pleasure and energy. The technique is called the Extractive Technique.

This technique can be described as the extraction of the most vital part, or essence, of the semen for injection into the body. Whatever is left after the extraction, the residue, is almost completely useless. That is what the man ejaculates to experience the pleasures of ejaculation. The extraction is carried out in the following manner. After a man uses the Holdbacks many times to store more than enough nutrients, hormones, and energy—the “essence” of semen—in his body during intercourse, he may then decide to ejaculate. At this point, he ejaculates, and only the residue leaves. The man can ejaculate without fear of losing any of the vital components of the semen. How often the Extractive Technique can be used is determined by the man: if he can use the technique without feeling depleted or weak, he can use it as often as he wishes.

Energy

Bodily energy is divided into Yin energy and Yang energy. Yin energy is negative, calm, and sedative in nature. Yang energy is positive, stimulative, and tonic.

These energies are related to sympathetic and parasympathetic nervous impulses and ion generation. When the sympathetic nervous system is activated, Yang energy increases. With its increase, blood pressure, heartbeat, breathing, sexual desire, etc. increase. Meanwhile, the body also generates positive ions. Because of the rise in positive ion levels, people experience headaches, hypertension, stress, tension, and so on. In contrast, 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, decreased sexual desire, and so on. Excessive Yin energy results in drowsiness, depression, sadness, weakness, etc.

Hence, the human body is an ion generator that generates both positive and negative ions. But it must generate these ions in a balanced manner, otherwise daily living will be uncomfortable.

How does one adjust or balance Yin and Yang energies?

Taoists discovered the secret of Yin and Yang energy generation and adjustment. It is related to breathing. Heavy or lengthy inhalation generates Yang energy, heavy or lengthy exhalation generates Yin energy, and holding one's breath balances both energies.

When these principles are applied to intercourse, certain effects are produced: heavier and lengthier inhalations stimulate desire or encourage orgasm, whereas heavier and lengthier exhalations decrease desire or delay orgasm.

These breathing techniques were used by a famous Taoist master, Chang San-Feng, the founding father of Tai-Chi Chuan. His cultivation in the high mountains was indicated every morning by roars of inhalations and exhalations. Every villager within a three-mile radius was able to sense the vibrations of his breathing.

Fantasies

Many people make love to one person but fantasize that they are with another. Not only is this dangerous to the fantasist's health, but it is also dangerous to the fantasist's relationship. Since the fantasist, mind and body, is not completely present when he or she is making love, he or she will develop double personalities or other mental disorders. Fantasizing also deprives the partner of the attention and energy he or she deserves. Over a period of time, fantasies will create a distance between you and the person you are with, and whatever love exists between you two will diminish. The pain that is caused is entirely unnecessary. So if you prefer to make love with someone else, why be with the person you are with?

People generally fantasize to stimulate themselves, prolong erection, or postpone orgasm. The techniques given in this book will serve those purposes better than any fantasy. Also, a great deal of guilt or false passion will be eliminated.

Fertility

Medical science reports show that, in the last thirty years, the average sperm

count has fallen dramatically. Medical science attributes low sperm counts to high temperatures created by tight pants, constant sitting, and long-distance driving. The scientific findings substantiate the Taoist teaching of keeping the testicles in comfortable environments. The teachings warn against exposing the testicles to hot or *cold* temperatures, since both temperature extremes decrease the quality and quantity of sperm. Lately, Chinese researchers have proven that cottonseed oil causes infertility. Unfortunately, many processed and restaurant foods are presently made with cottonseed oil. Saturated fats also cause infertility. In women, yeast, Bacilli, etc. infections cause infertility by destroying the Fallopian Tubes, uterus, etc. Lastly, recent scientific studies show that Coca Cola may kill sperm.

To ensure fertility, both men and women should take these precautions. Both sexes should not wear binding clothes that block circulation: bras, jeans, tight underpants, etc. Women should douche and use herbal healing creams often. Both sexes should use the Deer Exercise to improve fertility.

The Five Abilities

Our mental abilities reside in the organs of our body. If a particular organ functions below par, its related mental faculties will be affected adversely.

According to the Taoist point of view, the thinking process is divided into three stages, and different organs are associated with each stage.

The first stage is the materialization of thought, a stage associated with the liver. Creative thinking, or the production of creative ideas, is supported by a healthy liver. If the liver functions below par, thinking is confused. Excessive intake of drugs or alcohol damages the liver easily; thus, the confused, unclear thinking of the alcoholic. Without clear, creative thought, nothing productive can follow. No matter what kind of decision a person ultimately makes, or what actions he might take, if they are based on faulty or incomplete ideas, they have no real validity or effectiveness.

The second stage of the thought process is consideration. For example, if our original idea is building a house, then the second stage of the thought process must be consideration of the idea. Consideration determines where the house will be located, how much land will be required, what building materials will be needed, how much time and money will be required, and so on. All

these are considerations about our initial idea. The ability to take all aspects of an initial idea in mind and compile all the data into a logical sequence allows mankind to erect cities, empires, even monuments of learning.

Logic and reasoning are both essential to consideration. Logic and reasoning, the processes that take place between the formulation of an idea and the decision to act, resides in the spleen-pancreas. If there is a weakness in this organ unit, the power of logic will be affected.

The spleens and pancreases of diabetic and hypoglycemic individuals are not healthy. Many of these individuals are unable to give full consideration to a thought and are unable to make decisions—the third stage of the thought process. For example, an acquaintance who is diabetic likes to design many plans of action and supply many reasons for those plans, but he is forever trapped in the consideration stage. Nothing is ever accomplished because he is unable to settle upon a specific plan of action.

The third stage of the thought process is connected with the kidneys, the home of courage, will power, and decisiveness. The strength of these qualities fluctuates with the condition of the kidneys. If a person has weak kidneys, he has little or no will power and he will not be able to make decisions. He will also be so fearful that he will not be able to make any decision. Even if the original ideas and considerations are excellent, nothing will happen if there is no action. That is why it is said that decisiveness *is* will power.

Our emotions—love, jealousy, romantic notions, etc.—reside in the lungs. People with weak lungs are overly emotional. An examination of the works of writers or composers who had tuberculosis will help make this point clear.

Our spirit and intuition reside in our heart.

These Five Abilities constitute the Mind. The brain is something else; it is the body's library and computer center. Unlike the Mind, the brain is independent of any internal organ; therefore, it does none of the thinking. Instead, it is a library of our memories. And it arranges and stores information like a computer and presents the information when it is requested.

There is no psychiatry department in Taoism. If a person has a problem of the Mind, the related organ is treated with acupuncture and herbs. Herbs are more effective because they contain energy, nutrition, and healing properties. Acupuncture deals only with energy.

The Five Virtues of the Penis

According to Taoist teachings, the penis possesses five virtues. It also symbolizes God because it is completely yang and completely giving. The Five Virtues are as follows:

1. **KINDNESS.** As a tool for servicing the woman, it keeps giving and giving.
2. **RIGHTEOUSNESS.** It is not selfish. It performs its duty yet it is empty on the inside with nothing of its own.
3. **COURTEOUSNESS.** It is polite. It advances or retreats at the right time. It is hard or soft at the right time. And it is shaped neither squarely or pointedly. It will neither hurt nor show a lack of discipline.
4. **WISDOM.** It knows how to find a way to please a woman, and it will do whatever is in its power to satisfy her.
5. **HONESTY.** It will keep on laboring until it completes its duty. If it can not fulfill its duty, it gives up completely. It is completely honest.

Many people, enthralled by its greatness, worship the penis. For example, a penis festival is held yearly in a part of Japan. Young men carry large wooden phalli in a parade and young women wish upon these carvings, hoping that fertility will be granted. In a part of China, a Temple of the Penis was built for worshipping the penis. Many young men came to this temple to make vows of love.

The Five Conditions of the Rectum

Some people use their rectum for intercourse; the rectum has become an important part of the sexual organs. So, before the rectum can be used, it should satisfy five conditions.

1. It must be odorless. It must be cleaned very well to eliminate odor.

2. It must be tight.
3. It must be clean. Loose fecal matter must not be found. (People who have diarrhea will have difficulty fulfilling this condition.)
4. It must be warm. Practicing the Deer Exercise will increase circulation in the rectal area. Increased circulation leads to warmth.
5. It must be flexible. Then it can be wide, narrow, short, or long.

If one condition is lacking, infections, pain, etc. will result. These five conditions are easily met if the Deer Exercise, enemas, and high-quality herbal creams are used. In folk medicine, a piece of lean beef is inserted into the rectum to train it, clean it, and heal its cuts.

Foreplay

Foreplay is an important and necessary part of satisfying a woman. During foreplay, those assuming the active role give pleasure, while those assuming the passive role receive pleasure.

The first half of foreplay begins at the eye, follows the path of the stomach meridian, and ends at the groin. The man holds the woman with his left hand and, using four fingers of his right hand, rubs and presses the vaginal opening and clitoris with small circular motions. At the same time, he gently kisses, licks, and breathes on and around the woman's eye for a few minutes. He continues these actions as he moves from the eye to the cheek, from the cheek to the mouth, from the mouth to the ear, from the ear to the neck, from the neck to the shoulder blade, and so on. When he reaches the breast, he should gently kiss the nipple and lick the breast in a circular motion. He then moves from the breast to the abdomen, and from the abdomen to the groin. After completing one side, he should work on the stomach meridian on the other side of the body.

The second half of foreplay begins at the foot, follows the path of the kidney meridian, and ends at the genitals. As the man kisses, licks, and breathes on the meridional points, he also massages those points with one hand. His free hand

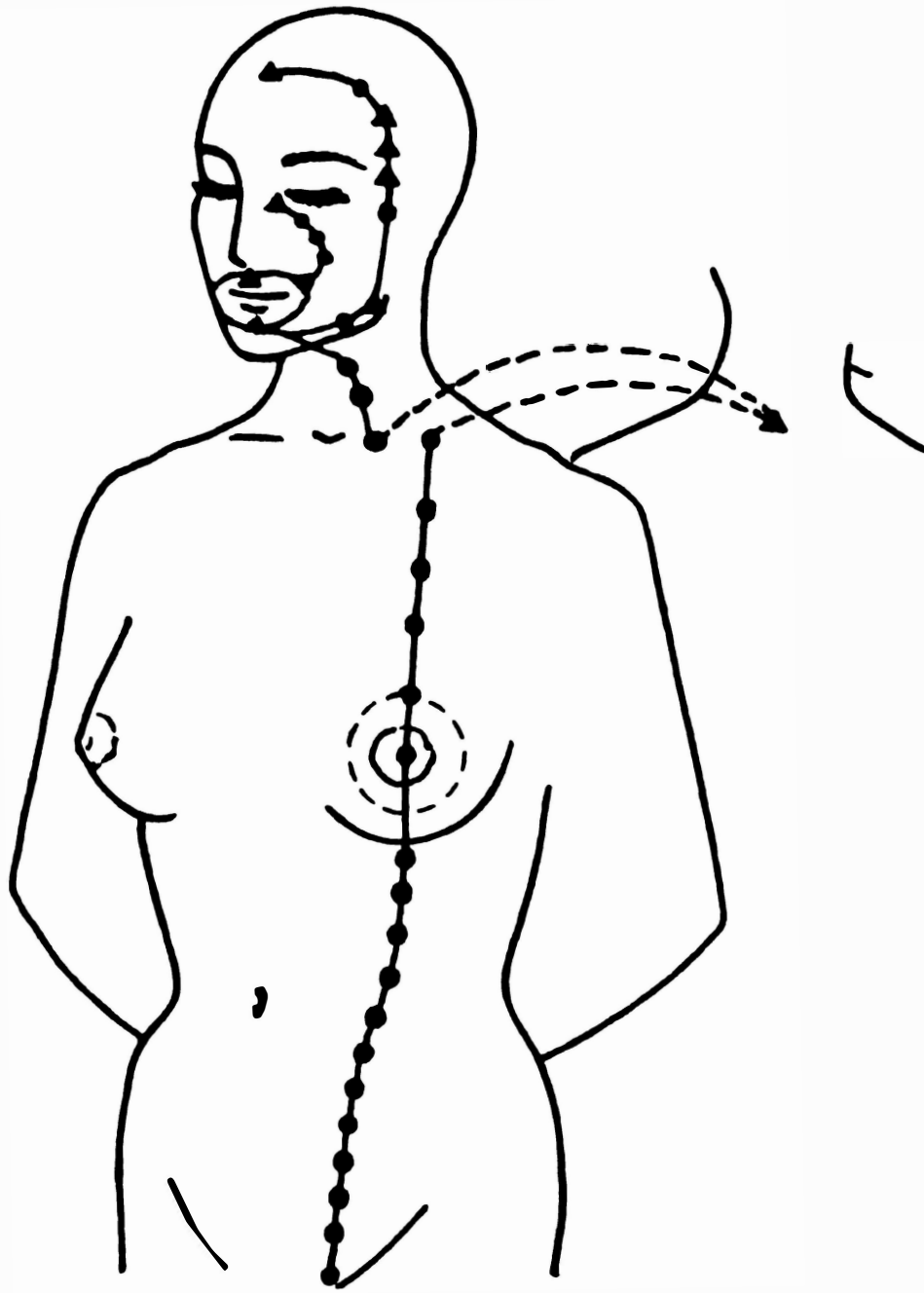


Figure 84. Stomach Meridian

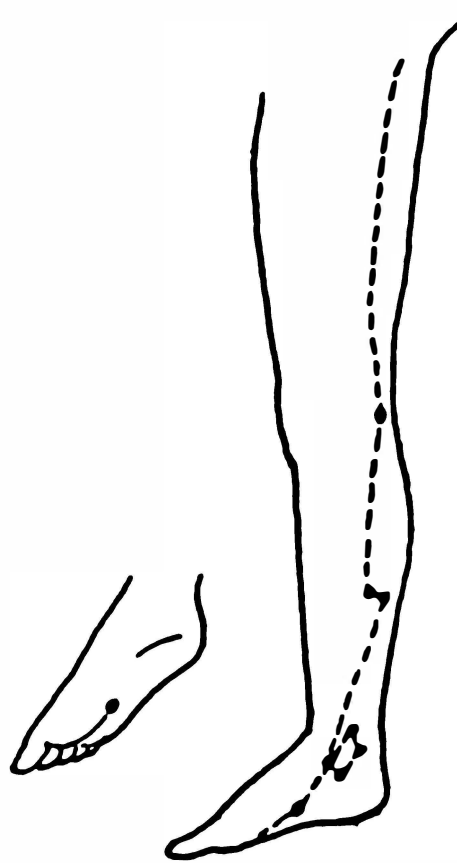


Figure 85. Kidney Meridian.

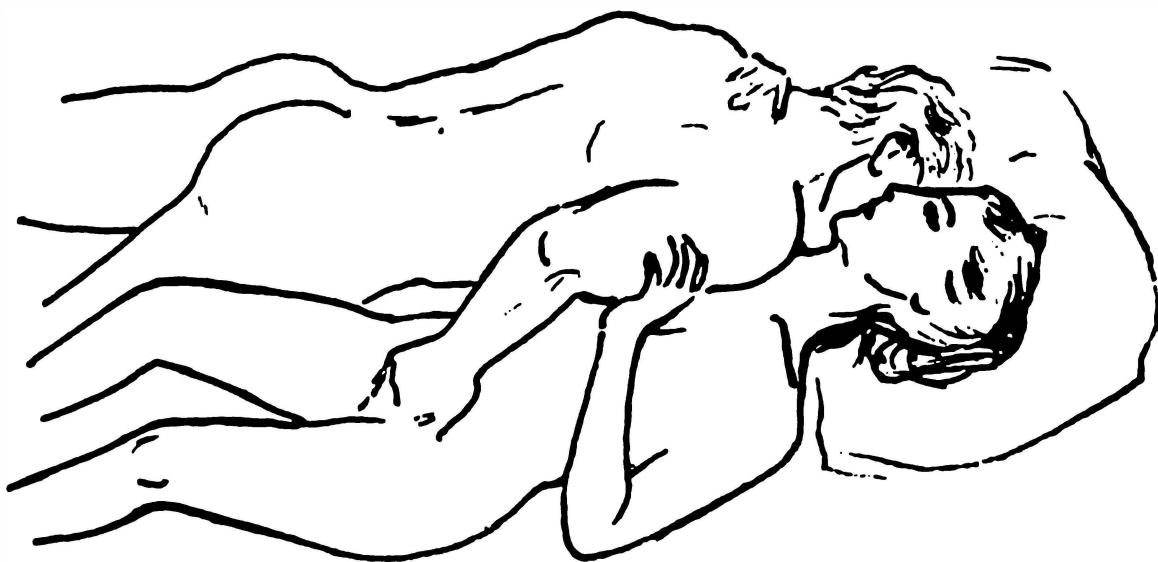


Figure 86. Foreplay.

manipulates the genitals.

Each half of foreplay may last from 10 to 20 minutes. If foreplay is done well, the woman can be brought up to the fourth level of orgasm. Then, if

intercourse begins at this point, a woman is easily brought to the ninth and complete level of orgasm.

A woman can also use these techniques on a man.

Heart Problems

A man who has been diagnosed as having a kind of heart disease is forbidden from using a face-down sexual position, since it will increase the pressure on the heart and lungs and worsen the condition. He should also avoid making love while lying on his left side for the same reasons. These rules also apply to women.

Hiatal Hernia

Hiatal Hernia can be caused by frequent use of the missionary position, which exerts pressure on the stomach and causes the stomach to spread into the chest. When the stomach presses against the lungs, the lungs are hurt. When the stomach presses against the heart, heart disease can result. Two groups of people suffer from Hiatal Hernia most: people with big stomachs and women. 30% more women suffer from Hiatal Hernia than men. This is because women are subjected to a great deal of pressure when they position themselves underneath the man during sexual intercourse. Men, free to move about, are subjected to much less pressure. During lovemaking, when the couple feels discomfort in the area of the diaphragm, they should immediately choose another position, that being any of the Healing Positions given in this book. Also, sex immediately after eating can cause Hiatal Hernia, so it is forbidden. When these few facts are kept in mind, Hiatal Hernia can be prevented.

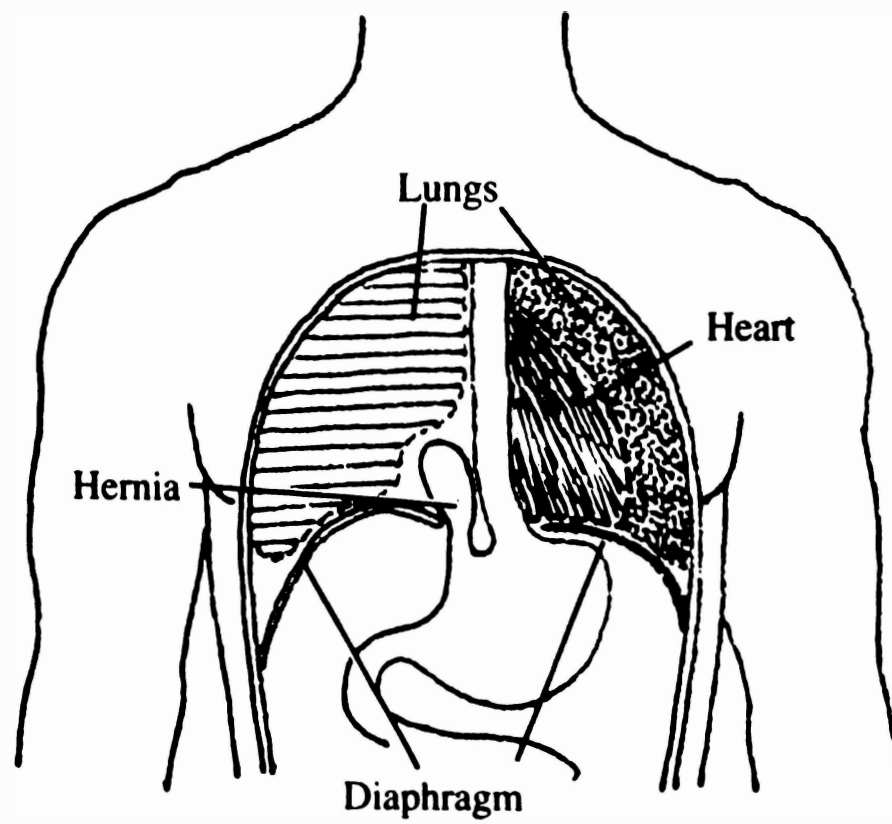
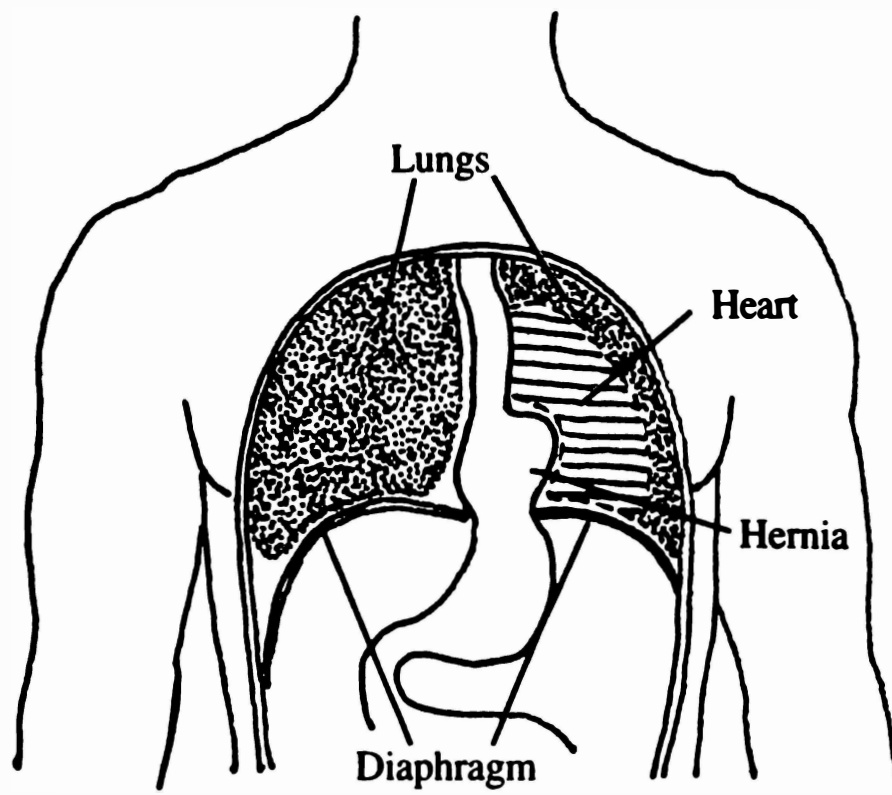


Figure 87. Hiatal Hernias Obstructing the Heart and Lungs.

Homosexuality

Concerning hormones, no pure man or woman exists, because male and female hormones (Yin and Yang) occur in both men and women. Because no man is completely male and no woman is completely female, both sexes have the desire to manifest both masculine and feminine traits and roles. Therefore, Taoism neither condemns nor discriminates against homosexuality or heterosexuality.

Concerning reflexology, homosexuality produces different results. As I have already explained, the reflexology zones of the penis and vagina complement each other, so that the related organs of both sexes can be energized. Homosexual men will be able to recreate this effect to some extent. But homosexual women will not be able to recreate this effect at all.

In women, the reflexology zones are located inside the vagina. Stimulation of the clitoral area will lead to over-stimulation of the kidneys and perhaps the liver. The heart, lungs, and spleen-pancreas will not be affected, and an imbalance will be created inside the woman's body. When the kidneys are over-stimulated, they will be weakened, and a great deal of water will be retained inside the body. Water retention, particularly evident about the thighs and buttocks, is a common problem among lesbians.

To ensure proper stimulation, men are needed. A dildo is not a proper substitute because it has no life, no energy. A live penis is a "wand of life" that will energize a woman's body through stimulation of the reflexology zones in the vagina. Although fingers emit energy, they are too short and too narrow to reach all the zones of the vagina properly.

A man, on the other hand, can stimulate his whole penis easily, since the zones are exposed. If a man engages in anal penetration, all the reflexology zones are stimulated when the entire penis is massaged. If a man gets penetrated, his prostate gland and rectum will be massaged. (The rectum is also a reservoir of nerve endings.) The rectum also produces a secretion that has the ability to kill germs. Because this secretion may kill or discourage the herpes virus, homosexual men who play "aggressive" roles in anal intercourse seem to contract fewer cases of herpes. But "passive" partners could contract herpes if they are always passive. For health reasons, homosexual men should be both aggressive and passive.

Concerning Yin and Yang balance, homosexuality creates an imbalance which could lead to many diseases. Women (mostly Yin) are receiving. The frequency of their energy is less than half of that of men. Men (mostly Yang)

are giving. Their energy drain into the bodies of women. When men make love to women, they will be able to neutralize and satisfy their desires (their interest in sex diminishes after sex). In the other case, when two men are together, their energies charge each other and build up sexual desire. When sexual desire is magnified, more sexual encounters are sought. More sexual encounters result in more sexual encounters. The end result will be the breakdown of the immune system, which exposes gay men to a host of diseases, including AIDS. Their immune systems break down because they experience too many Ordinary Orgasms. Ordinary Orgasms deplete the immune system.

NOTE: All techniques and rules described in this book are applicable to homosexual relationships.

Hormones

The male and female hormones in our bodies should be balanced. Male hormones are largely responsible for body hair, particularly on the face and chest. Female hormones are responsible for head hair. When male hormones exceed female hormones, certain changes occur in men and women. In men, this may be demonstrated by balding. In women, this may be demonstrated by excessive face or body hair. Changes can also occur when female hormones exceed male hormones. In men and women, these are demonstrated by great quantities of head hair and other female characteristics.

In men, balding can be prevented by preventing ejaculation through the use of Holdbacks. Since many ejaculations decrease the amount of sperm in the testicles, the testicles must work hard to produce new sperm. This production raises the level of male hormones in the body, and an imbalance is created. This imbalance is manifested in baldness. So, baldness can be prevented if male hormone levels are prevented from rising because of ejaculations.

Intelligence

The energy generated in the sexual organs support and strengthen many glands, two of them being the pituitary gland and the pineal gland. If the pituitary gland is well-developed, its owner will be intelligent, knowledgeable, and wise. Since the pineal gland is the spiritual center, a well-developed pineal gland indicates advanced spiritual development. When such intelligence is guided by spirituality, incredible things can be accomplished. Taoist Sexology can help develop these glands.

Male Afterplay

During ejaculation, desire and energy leaves the penis along with the semen. These losses, coupled with a quick and forceful retraction, leave the penis flaccid. This state of flaccidity far outlasts the erect state, because the force of retraction greatly exceeds the force of erection. Gradually the penis will develop a proclivity to flaccidity: it then becomes increasingly difficult to produce an erection.

It is of utmost importance that the man create lasting, more positive conditions in which to rest his erection. How this is done is an important Taoist secret. If he uses this secret, called Male Afterplay, he may never have to suffer the consequences of an unerect penis.

Two reasons account for the Afterplay's effectiveness. One concerns physiological reactions. The other concerns psychological reactions. To counteract a physiological retraction of the penis at the end of intercourse, a man should pull and manipulate it as it retracts. He should also try to mentally restore his interest. Pulling and manipulating the penis will loosen penile tissues to facilitate engorgement. When the penis is trained to accept greater amounts of blood readily, erections are produced readily and effortlessly. With every erection, the next is made even easier. To counteract psychological retraction, a man must not suggest to himself that everything is finished after an ejaculation. If this suggestion matches a physical loss, negativity will gradually overwhelm a man's natural abilities and lead to impotence. Playing positive mind games can help a man overcome and prevent any deficiency. A man may be able to ejaculate even after three or four previous ejaculations (but for the sake of health, such behavior is discouraged). The Male Afterplay can make a super man stronger.

Oral Sex

A human bite can be more dangerous than a dog bite, because the human mouth can harbor more germs than the mouths of animals. So, kissing or oral copulation can transmit fatal diseases. If the immune system is weak, one kiss can be deadly.

Yeast infection is mostly caused by oral sex. Eating foods baked with yeast and then engaging in oral sex without first brushing the teeth will result in the transfer of yeast to the vagina. Yeast infection is difficult to eradicate.

Sadomasochism

Pain or hurting oneself or one's partner has no place in Taoist Sexology. Sex should be used as an experience of God, or God's love, not pain.

Seven Seeds

There are seven seeds—Siltinum, Cuscuta, Lycium, Rubus, Plantago, Elettaria, and Scaizandra—which have been known for centuries for their ability to strengthen and nourish the Seven Glands, or immune system. In 1965, Dr. Takuchi Shotai, M.D., and I researched the effects of these seeds. 50 couples, ages 65 to 80, took part in the research. All their physical conditions were fair but they all had lost their sexual desire. They had not had sexual intercourse for years. Within two weeks of taking the extract of these seeds, 15% of the couples had intercourse. In six weeks, 47% had intercourse. In 6 months, 85% had intercourse. These results made front-page news and

shocked the Japanese public.

The Spoon Exercise

This exercise helps a couple achieve a properly relaxed and meditative state of mind before they make love. In the first half of the exercise, both partners should lie on their sides. One partner should face the back of the other, like two spoons in a drawer. The person at the back breathes gently onto the neck of his or her partner. It is preferable that both partners breathe in unison. After a while, the two can become so still that they can hear each other's heartbeat. After five or ten minutes, the couple switches positions and repeats the exercise. The second half of the exercise involves creating an aura of calmness around the couple. Low lights or relaxing music can help bring this about. The third step involves internal quietness. To achieve internal quietness, all worries, problems, and thoughts are left outside the bedroom door. After completing the exercise, the couple can begin making love, perhaps with the Sets of Nine. This exercise also provides a proper preparation for the Morning and Evening Prayers.

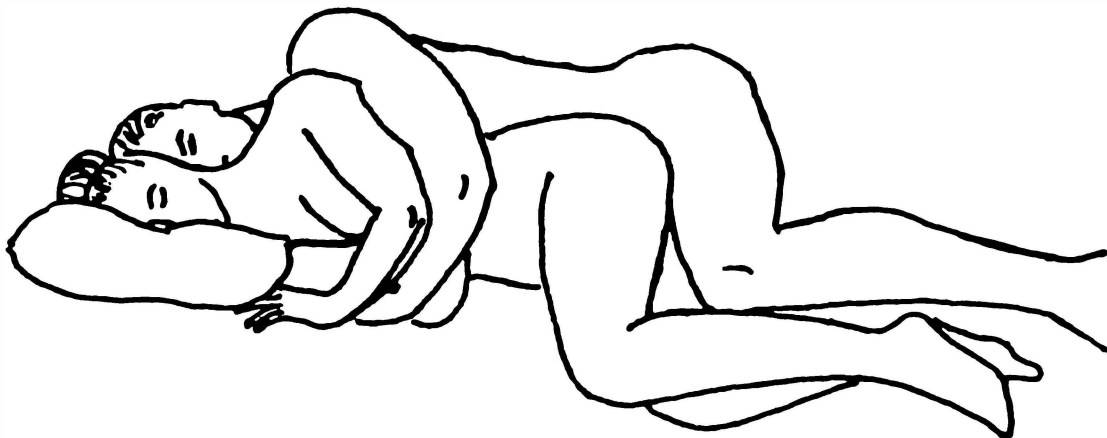


Figure 88. Spoon Exercise.

Statistical Research

Over a period of ten years (1974-1984), 2,372 male students, whose ages ranged from 19 to 64, volunteered to help me complete a survey. A few research results which may be of interest to the reader are listed below.

MILLION-DOLLAR POINT

1. 73% of Million-Dollar Point users were in their thirties.
2. 85.4% of all Million-Dollar Point users felt excellent when the point was pressed. 12.6% felt no great difference. 1.96% felt temporary discomfort. One man said that using the point hurts. In 1972, this man attended only one sexology class instead of the entire course (he did not hear the warning). He was also diagnosed as having a serious case of prostatitis by his doctor. When he complained that the point worsened his condition, he was immediately advised to stop using the point, to get his prostate problem cured, and to use the point after it was cured. After he was cured, he used the point and obtained excellent results from it. Detailed research into the feelings of discomfort revealed that those feelings were psychological in origin. Further practice dissolved local tension and overall fear and nervousness (discomfort disappeared).

MALE DEER EXERCISE (Specifically Holdback Technique)

1. The same 2,372 people participated in this survey.
2. 78.6% of Holdback users were 35 and over.
3. 91% of Holdback users were very satisfied with the results. 8.2% felt it yielded fair results. Almost 1% were afraid to use it.

Another survey conducted over the same period involved 756 female volunteers, whose ages ranged from 21 to 45.

FEMALE DEER EXERCISE

1. No particular age group emerged as being particularly partial to the Deer Exercise.
2. 95% felt better after practicing the exercise. 5% felt no change. 0% felt worse.
3. Only 221 women tried to stop their menstrual cycles. Almost 40% stopped their cycles completely. About 40% experienced a significant reduction in menstrual flow (sometimes yellowish or brownish residues were excreted). About 20% were not able stop menstruation at all.
4. About 39% of those who stopped their menstrual cycles completely did so within three months. About 60% needed up to 6 months. About 1% needed up to one year or more.

Venereal Diseases

AIDS

AIDS is a result of a deficiency of the immune system. Please refer to the Seven Glands Theory. If one has a deficiency in the immune system, one will be susceptible to all disease-causing agents. If Taoist Sexology is practiced correctly, the body's natural defenses will be impenetrable. If a drug poisonous enough to eradicate the AIDS virus is developed, it will be poisonous enough to kill the AIDS victim too. Fortunately Taoism provides a complete system of prevention for *all* venereal diseases.

CHRONIC VAGINAL INFECTION

During sexual excitement, a man tends to penetrate as far as he can into the vagina. If his penis is too long for the woman, serious problems can result: the penis stretches the opening of the uterus, enters the uterus, bends it out of position, scratches the uterine wall, and helps germs settle in the broken areas, where they remain, multiply, and cause infections, odor, and discharge.

Vaginal infections and discharge, caused by size incompatibility, yeasts,

germs, etc., are difficult to heal. Though some drugs help the healing process, infections can occur again easily because of the partner's ignorance or neglect (women become accustomed to the pain and discharge and ignore them). If infections are not cured, they can lead to cancer; uterus, Fallopian tube, and ovary damage; endometriosis; and kidney and bladder disease. Permanent damage in the uterus, Fallopian tube, and ovary results in infertility.

FUNGUS

Fungi can be transmitted through physical contact. Once transmitted, fungi will flow through the bloodstream and settle in any area which is weak: lungs, brain, intestines, arteries, heart, etc. There it will release its toxic secretions. These secretions will be carried by the bloodstream to the brain and nervous system, whereupon they will cause hallucinations, imaginary talks with God or spirits, religious fanaticism, etc. Fungi are transmitted from generation to generation.

GONORRHEA

Gonorrhea germs do not travel in the blood stream, unlike syphilis germs. Gonorrhea germs get into the urinary tract and remain there and cause much damage. They can also go to the eyes and cause blindness. The damage done by the germs may be permanent. If a person with this kind of organ damage has children, he or she will pass this tendency toward weakness to his or her children.

HEPATITIS AND DYSENTERY

Kissing alone is enough to transmit hepatitis and dysentery from one person to another. Sexual contact is another means of transmission. Hepatitis germs and dysenteric amoeba can also be contracted from certain restaurant foods, plates, and utensils. Perspiration and contaminated drinking water are other sources. The disease-causing agents can not be detected by blood tests after inflammation subsides. They will remain in the body and be transferred to other hosts.

HERPES

The herpes virus reacts and causes pain whenever the nerves are stimulated. If viruses exist in the area of the sexual organs, they will be roused during

sexual intercourse.

RECTAL GERMS

Bacilli coli are not gonorrhea germs. They come from the large intestine. Some of these germs are passed along with the stools during bowel movements. If some stools remain in the anal area because of inadequate cleaning after bowel movements, problems result. Because the anus and the vaginal opening are rather closely located, a little perspiration between those areas will transfer the germs from the anus to the vagina. In the vagina, these germs can cause discharge, inflammation, and bladder infections. Rectal germs and gonorrhea germs are very common causes of bladder infections and inflammation.

Anal intercourse can cause the same problems. If the man switches from the vagina to the rectum and back again, he will bring all the germs from the rectum with him. A man can also pick up rectal germs from the rectum or vagina of his partner if his partner has already contracted these germs.

A prophylactic can protect the man from contracting these germs. But many men complain about the loss of sensations which comes with its use. Another disadvantage is that women do not receive the benefit of the intense energy radiated from the penis if the prophylactic is made of synthetic material. The best preventative of infection is rectal cleaning.

SYPHILIS

According to the teachings of Taoism, syphilis is never really cured by drugs. Some people may be superficially "cured" by antibiotics, but the syphilis germs remain inside the body, undetected. Antibiotics are not able to kill the altered forms of the germ, which hide inside the cells of the body. There, the altered forms wait until the immune system falters. Once it falters, they assume their original form and proceed to wreak havoc with the cellular processes. Any number of bodily dysfunctions can result: syphilis can destroy the sexual organs, the brain, or other organs. Blood contamination can also result. Once it becomes contaminated, it will remain so throughout future generations. A person with a syphilitic parent will have impaired functioning in some part of the body as a result of his or her heritage. Even if the parent has a blood test that is negative, he or she will still pass the syphilis germ to his or her offspring. (TB, gonorrhea, and syphilis are all blood poisons that are passed from generation to generation.) Certain Taoist approaches can completely clear up the blood poisons.

For more information on blood poisons, please refer to *The Great Tao*, Chapter 4.

VENEREAL WARTS

Venereal warts usually appear on the vaginal or anal orifice. They are very often found around the anus, since its surrounding tissues are extremely sensitive to cuts. Whenever there is a cut, a virus or sperm can enter the cut and cause the body to set up a special form of defense against the invader. A small mountain of cells, a wart, indicates the body's actions. Intense pain and itch result from the wart, which can bleed when touched. I have seen many cases wherein the anus, severely bloated by hundreds of warts, is the cause of much agony for its owner. Those who went to dermatologists for treatment had to endure having each and every one of the warts burned. After the treatment, the anal tissues bled constantly for several days. The week after, when the tissues finally healed, the warts came back again. I have also seen the amazing healing of the warts occur within a very short period of time after the application of a high-quality herbal cream.

YEAST INFECTION

Please refer to *Oral Sex*.

OTHER DISEASES

Many other strange sexual diseases will be found in the future, as long as multiple sexual relationships continue to exist or are not properly dealt with. Examples of these diseases may be Candida (a newfound infection affecting the female system) or Bejel (another type of syphilis affecting over 20% of certain Middle Eastern populations). Because of human ignorance and innocence, mistakes result and diseases occur. Finding a way to cure disease after it occurs is extremely expensive, inefficient, ineffective, and fatal. From the Taoist viewpoint, nobody will suffer from venereal diseases if everyone acknowledges Taoist Sexology.

Conclusion

Sex is a part of life. Because it showers upon life beauty and pleasure, it is far too precious to be abused. Almost as if to guard sex from abuse, nature has set up a strict system of checks and balances that automatically metes out terrible diseases as punishments for the abuse of sex. Disease itself is a kind of blessing, because it is nature's way of incapacitating the few to save the many. Therefore, in Taoism, disease is regarded neither as a sin nor as the work of the Devil. Taoism encourages people to apply their intelligence in more rewarding ways. They are given the keys to a higher plane of sexuality so that they may find their way out of the labyrinth of pain, misunderstandings, and wrongs. Those who do follow the one-to-one principle, and other principles of Taoism, will enjoy sexual pleasure forever.

INDEX

A

Abortion, 111
Academy of Sciences, 25
Acetone, 60
Acupuncture, 23, 27, 67, 172, 200
Acupressure, 23
Adam, 33, 152, 154, 191
Advanced Deer Exercise, 181-186
Affairs, 186-188
Afterplay, 209
Aging process, 18, 110
AIDS, 208, 213
Alcohol, 48, 195, 196, 199
Anal sphincter muscles, 50, 73
Anemia, 131, 139
Antibiotics, 215
Anus, 49, 50, 54, 60, 75, 92, 105, 106
Arteries, hardening, 130
Arthritis, 80, 129, 189
Athletes, 68

B

Bacilli coli, 199, 215
Backache, 147, 148
Back, lower, 149-150
Balding, 208
Bathing, 172, 188, 190
 Air, 188
 Fire, 189
 Sand, Dirt, or Mud, 189-190

 Sun, 188
 Water, 189
Battery, 46, 47
 Recharging, 48
Bejel, 216
Bible, 33, 34, 153
 Genesis, 33, 191
 Old Testament, 33, 86
 Revelation, 33
Biological age, 51, 59, 78, 79, 85, 86
Biological clock, 110
Birth Control, 110, 192
BHT, 60
Bladder, 50, 66, 92, 101, 136, 149, 151, 194, 214, 215
Blindness, 214
Blood,
 circulation, 69, 84, 118, 131, 137, 138, 139
 clots, 131, 137
 Energy, 76, 80
 pressure, 101, 130, 197
 shortage, 139
 vessel, 130, 137
BNPD, 60
Body, 153, 154, 155, 156, 157
Body odor, 188, 190
Bone Energy, 77, 80
Bones, 129
Bowel movement, 51

Brain, 200, 214, 215
 damage, 74
Breast cancer, 90, 106
Breast lumps, 90, 111
Breasts, 89-91, 102, 103, 104, 105,
106, 108, 110, 212
Buddhist monks, 123
Bupleurum tree, 196

C

Candida, 216
Carcinogens, 61
Carrel, Alexis, 40
Catholic priests, 190
Celibacy, 190-192
Cell regeneration, 18, 45
Cervix, 92, 94, 177
Chang San-Feng, 198
Chemotherapy, 127
Chin, 170
Chronological age, 51, 85, 86
Cicada position, 142, 143
Circumcision, 86-87
Clitoris, 99, 101, 104
Communication, 153, 154
Coal tar, 60
Conscience, 153, 154
Contractions, 105, 106, 118
Cottonseed oil, 199
Cramps, 103, 109, 138
Crane
 Exercise, 23, 69
 position, 144, 146
Creative thinking, 199
Cucumbers, 95

D

Death, 156
Deer Exercise, 51, 60, 63, 66, 68
 Female Deer Exercise, 89, 91,
 101-107, 108, 109, 110, 111,
 192, 193, 199, 202, 212-3
 Male Deer Exercise, 69-76,
 118, 120, 125, 153, 212
Diabetes, 135

Diaphragm, 205, 206
Diarrhea, 195, 212
Dibutyl phthalate, 60
Diethanolamine, 60
Digestive problems, 136
Dildo, 170
Discharge, 213-4, 215
Disease, 45-46, 92, 175, 187
Disintegration into Evil, 74, 121
Dispersion, 107
Divorce, 157, 158, 164
DNA, 187
Douching, 95, 177
Dragon position, 141
Drugs, 48, 171, 175, 196, 199, 214
Dysenteric amoeba, 214

E

Ears, 149
Eating, 153, 154, 173
EDTA, 60
Einstein, Albert, 30
Ejaculation, 59, 63-4, 65, 66, 67,
71, 79, 80, 83, 84, 85, 116, 118,
120, 149, 177, 194, 195, 196-7, 209
 premature, 68, 75, 99, 126
Elijah, 33
Emotion, 153, 154, 200
Endocrine system, 41
Endometriosis, 214
Energy, 18, 27, 37-8, 40, 41, 47,
48, 49, 64, 66, 67, 68, 69, 74, 77,
80, 81, 84, 85, 91, 94, 99, 101, 103,
104, 106, 121, 122, 123, 131,
148-9, 171-4, 197-8, 209
illblockage, 71
Entertainment, 154
Enoch, 33
Erection, 64, 65, 78, 94, 98, 116,
152, 198, 209
 Angle, 77-79
Estrogen, 102, 103
Eugenics, 174-176
Eve, 191
External exercises, 23

Extractive Technique, 196
Eyes, 137, 148, 149, 162, 165-7,
170, 173, 175, 202, 214

F

Facial Analysis, 164-171
Factors, 187
Fainting, 134
Fallopian tube, 110, 111, 199, 214
Family planning, 68, 109
Fantasies, 121, 127, 198
FD&C Blue, 60
Fecal matter, 50, 51, 52, 202
Fertility, 198-199
Fetus, 111
Fever, 136
Fibroid tumors, 111
Fighting, 154
“Fire”, 49, 103
Fire Hexagram, 121
Fish position, 144, 146
Five Abilities, 199-200
Five Virtues of the Penis, 200-201
Five Virtues of the Rectum, 201-202
Foot Reflexology, 81, 123
Forbiddens, 149, 171-174
Foreplay, 112, 202-205
Foreskins, 80, 86-87
Forgotten Foods, 26
Fountain of youth, 18
Frigidity, 111-112
Full moon, 173
Fungus, 214

G

G point, 56
Gallbladder, 151, 172
Genes, 187
Germs, 26, 46, 51, 52, 53, 92, 95,
131, 187, 188, 207
Ginseng, 26, 195
Glands,
 adrenal, 38, 39, 69, 80
 pancreas, 38, 39
 pineal, 38, 39, 69, 106, 191, 209

 pituitary, 38, 39, 84, 136, 209

 thymus, 38, 39, 69

 thyroid, 38, 39

 sexual, 18, 38, 39, 40, 50, 59,
 64, 66, 102, 103, 191, 195

God, 18, 19, 21, 26, 31, 33, 95,
121, 152, 153, 156, 191, 214

Golden Rules,

 Family, 161-162

 Marriage, 160-161

Gonorrhea, 214, 215

Gums, 149

Gynecologists, 19

H

Hallucinations, 214

Handkerchief, 94, 140

Headaches, 138

Healing,

 Positions, 91, 125, 157, 205

 Female, 133-141

 General, 141-149

 Male, 125-133

 times, 150-151

Heart, 151, 200, 207

 disease, 116

Hemorrhoid, 52, 53

Hepatitis, 172, 175, 214

Herbs, 25-26, 80, 86, 95, 196, 200,
202

Herpes virus, 207, 214-215

Heterosexuality, 62, 207

Hiatal Hernia, 205-206

Holdback Technique, 115-123,
124, 125, 134, 141, 197, 208, 212

Holy men, 33

Homosexuality, 62, 207-208

Hormones, 18, 49, 74, 89, 103,
115, 126, 197, 207, 208

Hot flashes, 135

House of Essence, 39

House of Growth, 38

House of Heart, 38

House of Intelligence, 38

House of Spirit, 38

House of Transcendence, 39
House of Water, 39
Hysterectomy, 41, 110, 111

I
Immortality, 20, 32, 33, 40, 64, 67, 192
Immune system, 41, 208, 215
Impotence, 75, 80, 86, 126, 194
Infection, 51, 95, 131, 192, 214
Infertility, 214
Inflammation, 215
Injaculation, 59, 64, 65, 118
Insomnia, 48
Intelligence, 208-209
Internal Exercise, 23, 24, 41, 80, 153
Intestine, 149, 151, 152
Intuition, 153, 154, 200
Iron Oxide, 60
IUD, 92, 93, 192

J
Jesus, 33, 34, 48, 49, 157
Jen-Mo Meridian, 64-68

K
Kidneys, 98, 101, 128, 136, 149, 151, 200, 207, 214
Kingdom,
 Animal, 35
 God (Divine), 34, 35, 36
 Human, 35, 36
 Vegetable, 35
Kirlian photography, 47
Kissing, 112, 202-204

L
Lamb, 195
Lao-Tse, 74
Lead Acetate, 60
Lesbian, 101, 207
Leukemia, 129
Ligaments, pulled, 147
Liver, 128, 135, 137, 151, 172,

175, 196, 199, 207
Logic, 200
Lotus seeds, 68, 195
Lungs, 200, 205, 207, 214
Lymphatic system, 132

M
Magnolia tree, 195
Marijuana, 196
Masturbation,
 Female, 99-101
 Male, 80-84
Meditation, 153
Menopause, 102, 110
Menstruation, 66, 101, 102, 103, 105, 107-110, 172, 192, 213
Meridians, 48, 81, 123, 138
 Kidney, 193, 202, 204
 Stomach, 202-203
Milk, 90, 102, 108
Million-Dollar Point, 64-68, 78, 118, 195, 212
Mind, 200
Missionary position, 151-160, 211
Monasticism, 33
Monkey position, 142, 143
Morning and Evening Prayers, 151-160, 211
Mouth, 170
Multiple sclerosis, 67
Muscle Energy, 77, 80

N
Natural disasters, 173
Neck, pain, 149, 202
Negative ion, 197
Nerve,
 Energy, 77, 80
 pinched, 147
Nervous system, 137, 214
Nine Levels of Orgasm, 64, 95-99, 117, 118, 153, 157, 205
North Star Astrological System, 164
Nose, 164-165
Nursing, 89, 108

O
 One-to-one principle, 187
 Organs, 97, 98, 136
 Orgasm, 59, 64, 67, 87, 91, 101, 108, 112, 126, 127, 134, 148, 177, 198
 Advanced, 119-121
 Ordinary, 116-120, 147, 208
 Peak, 116
 Superior, 115-121, 125, 148, 149
 Valley, 116
 Ovaries, 89, 102, 108, 110, 191, 214

P
 Pa Kua, 20
 Pancreas, 135, 200, 207
 Pao Piao Tse, 121
 Parasympathetic nervous system, 197
 Parenthood, 175
 Penis, 55-60, 63, 66, 76, 77, 78, 80-4, 92, 94, 99, 100, 118, 120, 121, 123, 124, 125, 164-5, 195, 207, 209
 size and shape, 55, 56, 57, 60, 91
 Perspiration, 134, 215
 P-hydroxyanisole, 60
 Phenol, 60
 Phoenix position, 144, 145
 pH, 24
 Poisoning, water, 136
 Positive ions, 197
 Post-coital Depression, 49
 Pregnancy, 102, 109, 172, 192
 Premature labor, 109
 Prophylactic, 215
 Prostate, 50, 51, 52, 60, 61, 62, 63, 64, 65, 67, 68, 69, 71, 74, 75, 76, 79, 86, 115, 118, 153, 93-4, 195
 cancer, 51, 52, 62, 191
 infection, 66
 Massage, 60, 62, 66, 68, 76, 86, 195

Prostatectomy, 41
 Prostitutes, 92, 94
 Pumpkin seeds, 68, 195
 PVP, 60

R
 Rabbit position, 144, 145
 Rebirth, 48-49, 66
 Rectal germs, 215
 Rectum, 50, 51, 52, 76, 98, 201, 207, 215
 cancer, 52
 cleaning, 52, 54
 Reflexology, 80-84, 99-101, 207
 zones, 91, 99, 123, 125, 133, 141
 Relics, 123
 Religious fanaticism, 214
 Remarriage, 158
 Resistance, 46
 Rheumatism, 189
 Rhythm Theory, 84-86
 formula, 42, 43

S
 Sacred sites, 173
 Sadomasochism, 210
 Saints, 33
 Satan, 121
 Saturated fats, 61, 199
 Schizophrenia, 74, 121
 "Seed Protection", 68
 Semen, 63-7, 69, 71, 72, 75, 79-80, 122-3, 194, 195, 197
 Sets of Nine, 112, 123-5, 127, 141, 153, 157, 211
 Seven Glands, 38, 39, 40, 41, 64, 69, 71, 73, 110, 181, 191
 Theory, 34, 36, 37-41
 Seven Seeds, 210-211
 Sex, 153, 154
 oral, 210
 Sexologists, 19
 Sexual complexes, 19
 Sexual organs, 18, 26, 49, 54, 59,

94, 107, 108, 110, 111, 149, 195,
196, 215
Shellfish, 195
Sleep, 48
Small Heavenly Cycle, 182-185
Smegma, 86, 92
Smoking, 48, 175, 196
Sodium Carrageenan, 60
Sodium Saccharin, 60
Soul-Mind, 153, 154, 155
Sperm, 63, 102, 177, 198-199
Spirit, 153, 154, 155, 156, 157, 200
Spleen, 136, 200, 207
Spoon Exercise, 211
Squatting position, 50
Statistical research, 212-213
Stimulation, 107
Stomach, 136, 195, 205
Stove, 18, 49
Stress, 48
Summer solstice, 174
Su Nu Ching, 122
Sun Worship Exercise, 53
Sunlight, 52, 53, 54
Sunset, 48, 173, 175
Surgery, 110, 127, 192
Sympathetic nervous system, 197
Syphilis, 187, 215

T

Taoism, 17-30, 31, 34, 48, 49, 64,
65, 80, 83, 121, 187, 188, 192, 207
Eight Pillars, 20, 21, 22, 30
Tao of Balanced Diet, 21,
24-5
Tao of Forgotten Food Diet,
22, 24, 25-6
Tao of Healing Art, 22, 26, 27
Tao of Mastery, 22, 28-9
Tao of Philosophy, 21, 22
Tao of Revitalization, 21, 22,
23, 24, 27
Tao of Sex Wisdom, 22, 27
Tao of Sexology, 18, 19, 20,
22, 23, 27, 36, 59, 64, 76, 98,

99, 101, 121, 151, 171, 187,
196, 209, 213

Tao of Success, 22, 29-30

TB, 215
Teeth, 149
Temple of the Penis, 201
Tension, 48, 149
Testicles, 50, 63, 72, 75, 105, 208
Thought, 153, 154
Thumb, 165
Tiger position, 141, 142
Toluene, 60
Tree of Knowledge, 152
Triethanolamine, 60
Triple Heater, 151
True Love, 19, 151, 157, 160
Tubal ligation, 110, 111
Tui-Na, 27
Tumors, 131
Turning Back the Blood, 108
Turtle Exercise, 23, 69
Turtle position, 142, 144

U

Ulcers, 137
Urination, 149, 173, 194
Uterine cancer, 87
Uterus, 89, 92, 94, 102, 108, 110,
111, 177, 191, 192, 199, 214

V

Vagina, 51, 52, 56, 60, 75, 89,
91-5, 99, 100, 102-5, 108, 110,
121-5, 164-9, 195, 207, 215
Vaginal infection, 53, 213
Vaginal spasm, 98
Varicose veins, 130
Vas deferens, 111
Venereal Diseases, 79, 172, 213-6
Venereal Warts, 216
Visualization, 121
Vitamin B, 79

W

“Water”, 49

Water retention, 101, 103, 137, 207
Wet dreams, 75
“Widow Bones”, 168
Will, 153, 154
Winter solstice, 174

X

X-rays, 131

Y

Yang, 157, 177, 207
Yang energy, 173, 197
Yeast infection, 199, 210, 216
Yin, 122, 157, 173, 177, 207
Yin energy, 174, 197

Z

Zinc, 195