
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.

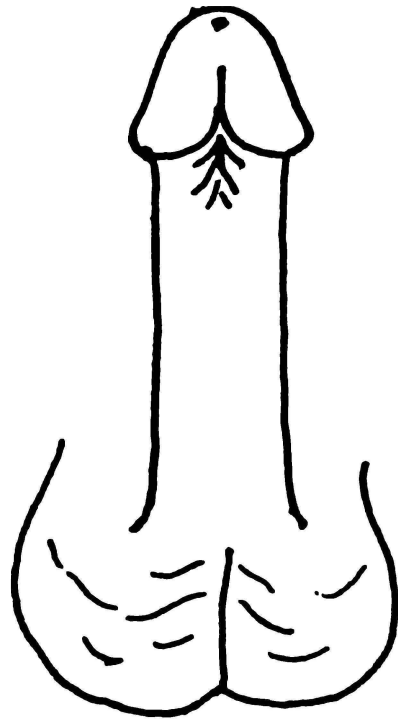


Figure 9a.

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.

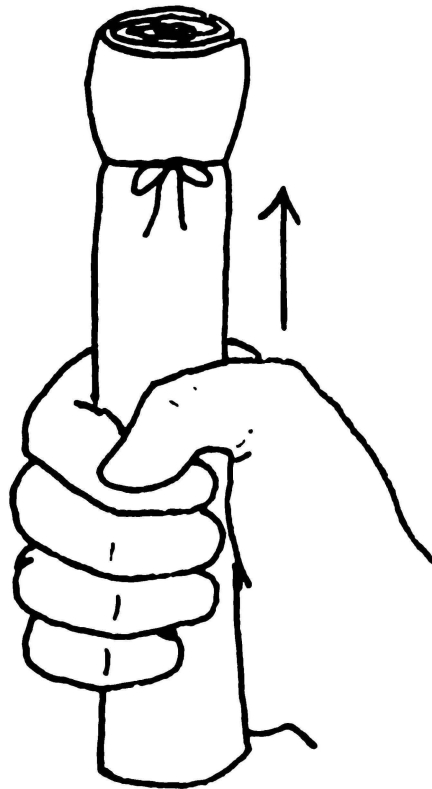


Figure 10. Milking the Penis

- 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.

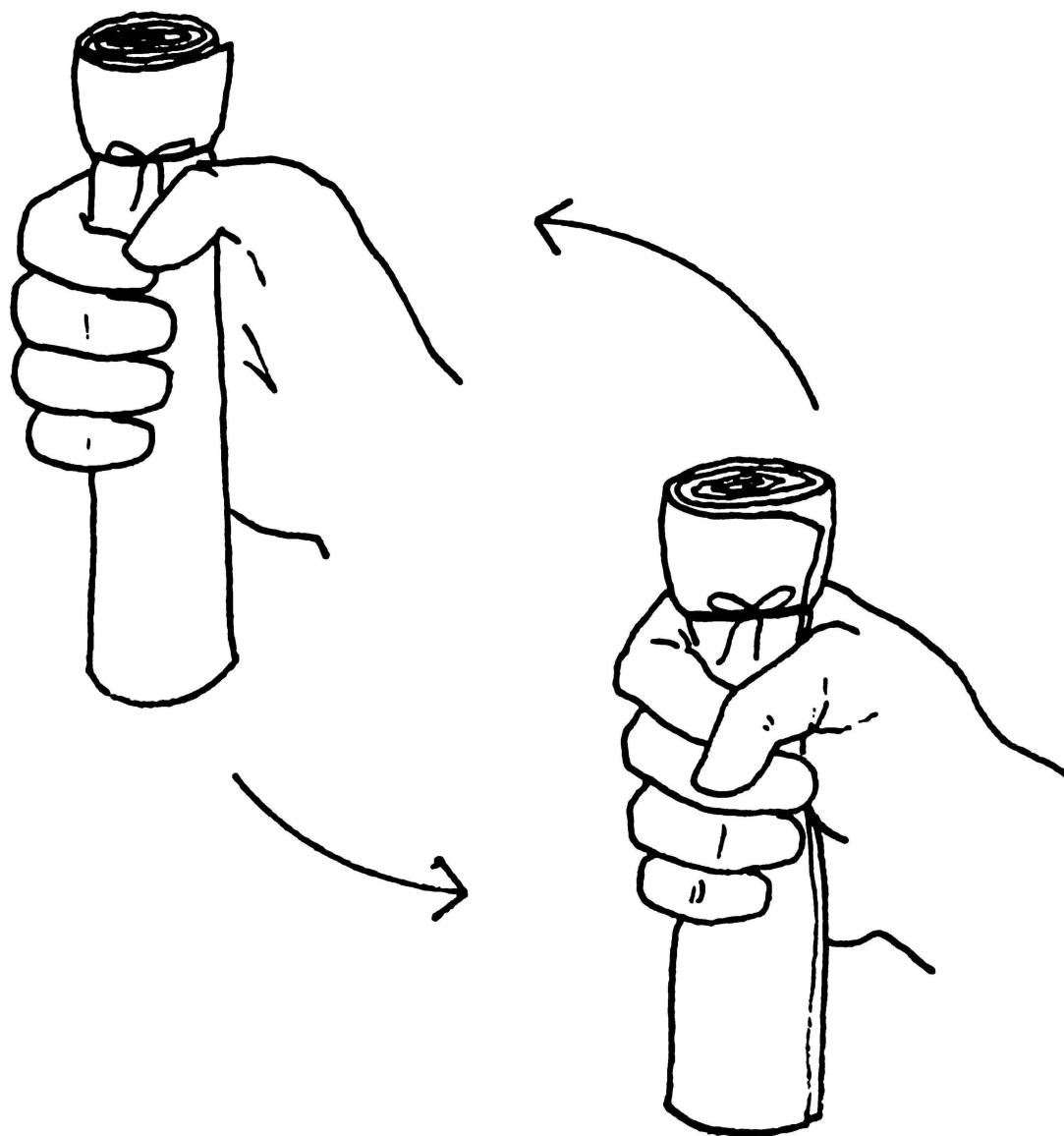


Figure 11. Squeezing the Penis

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.

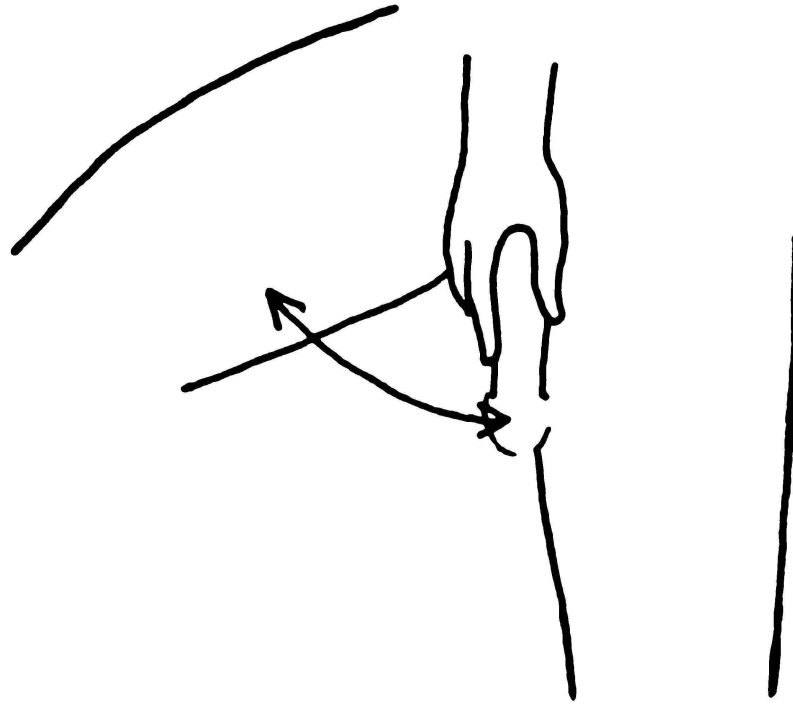


Figure 12. Desensitization Exercise

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.)

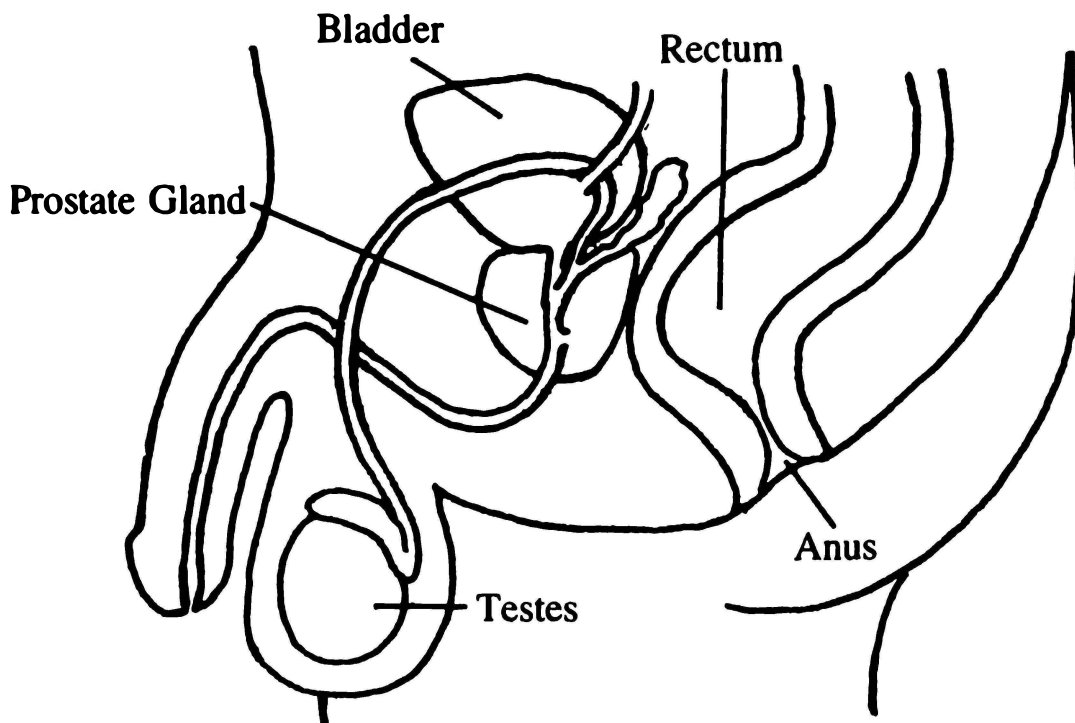


Figure 13. Side View of Male Genitals

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.

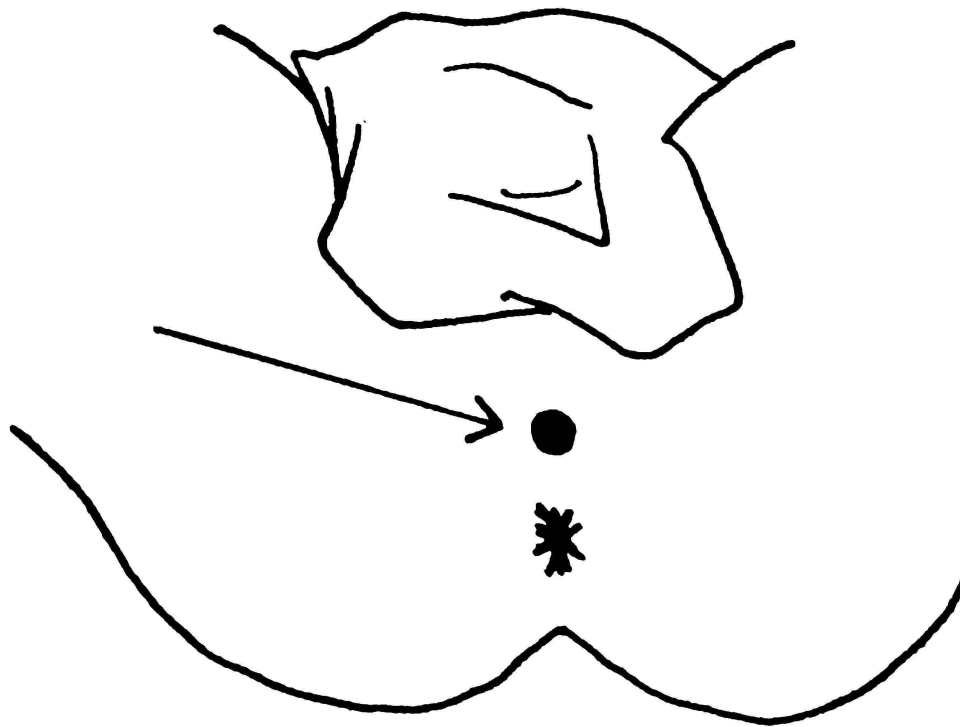


Figure 14. Jen-Mo Acupressure Point

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.

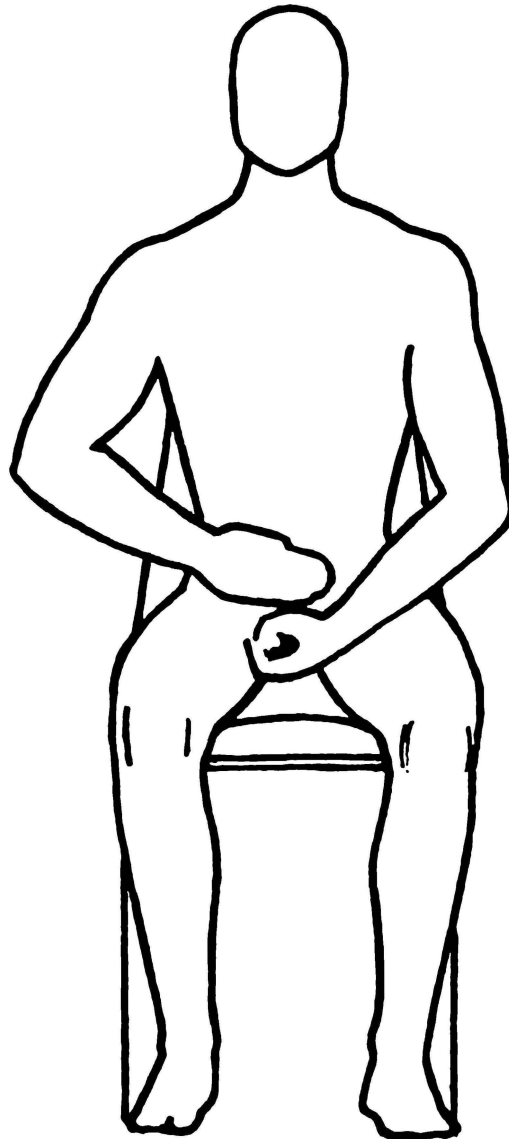


Figure 16. The Male Deer Exercise #1

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

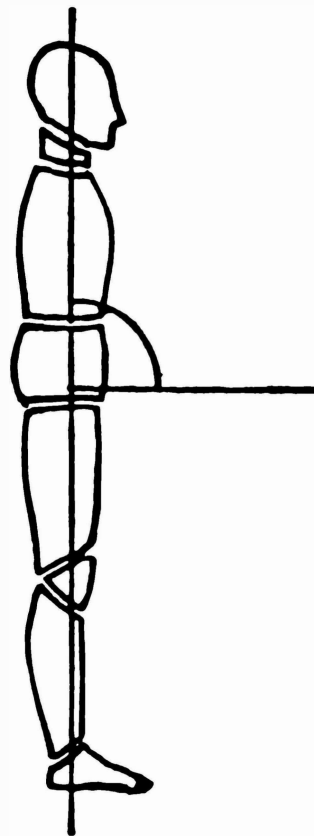


Figure 17. Erection Angle

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.

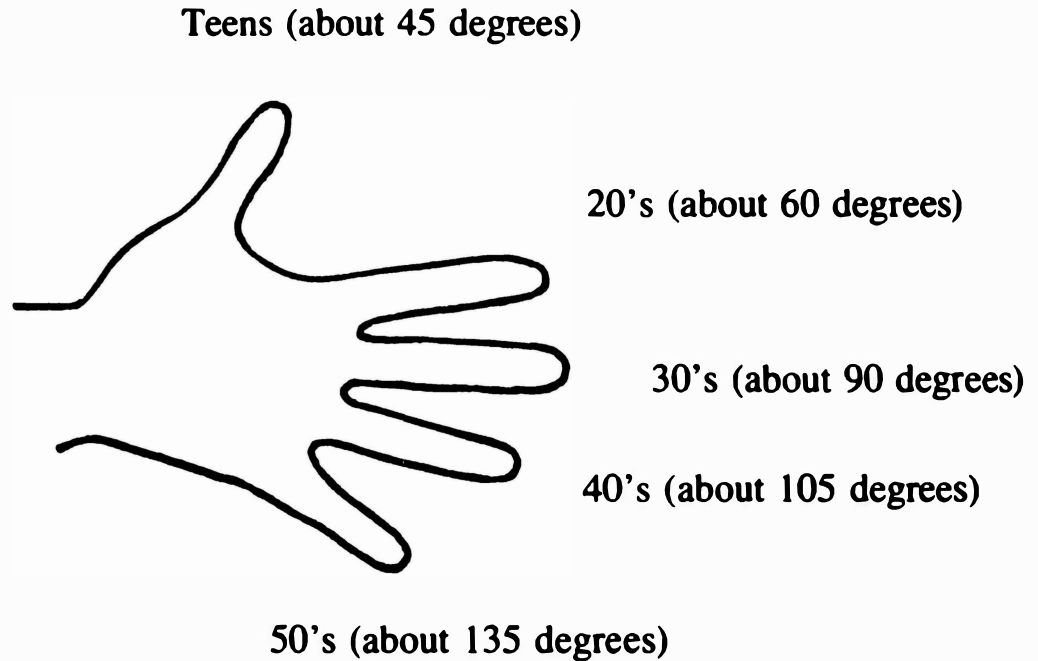


Figure 18. Degrees of Erection

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.

The Male

There is another reason why regular masturbation is unhealthy. 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

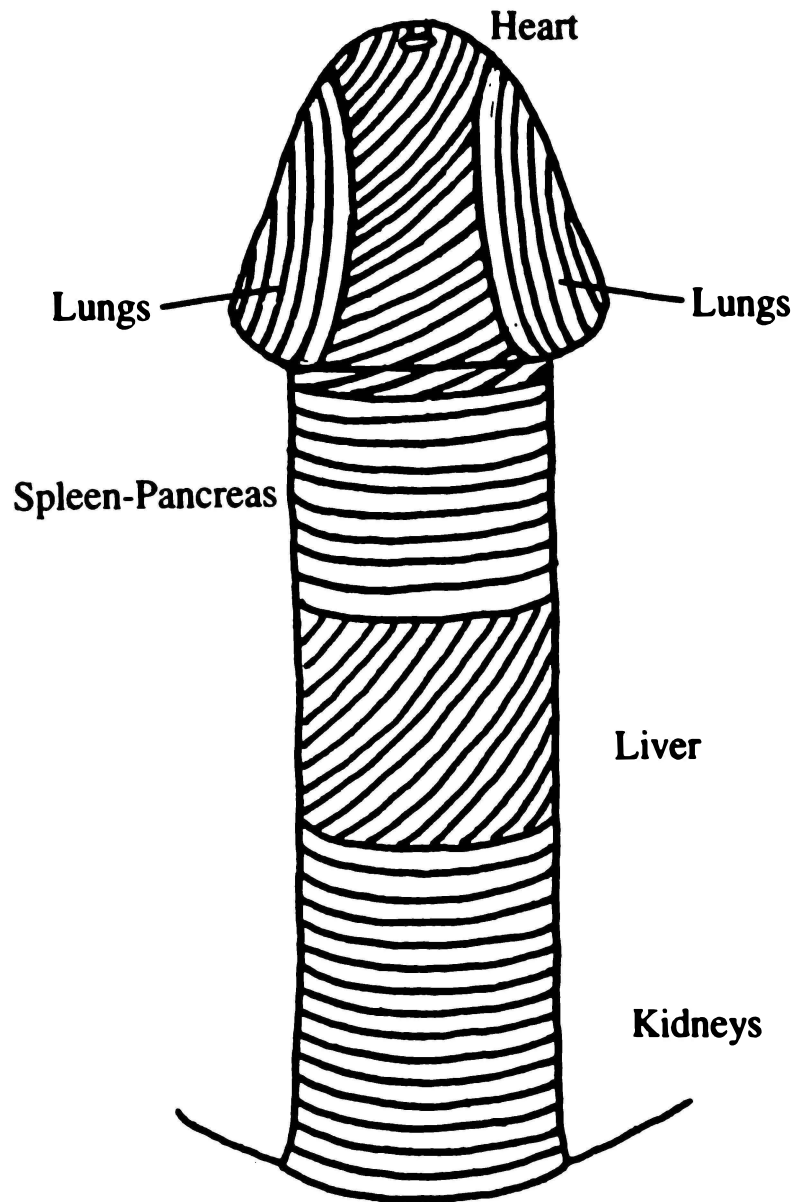


Figure 19a. Reflexology Zones of the Penis (topside)

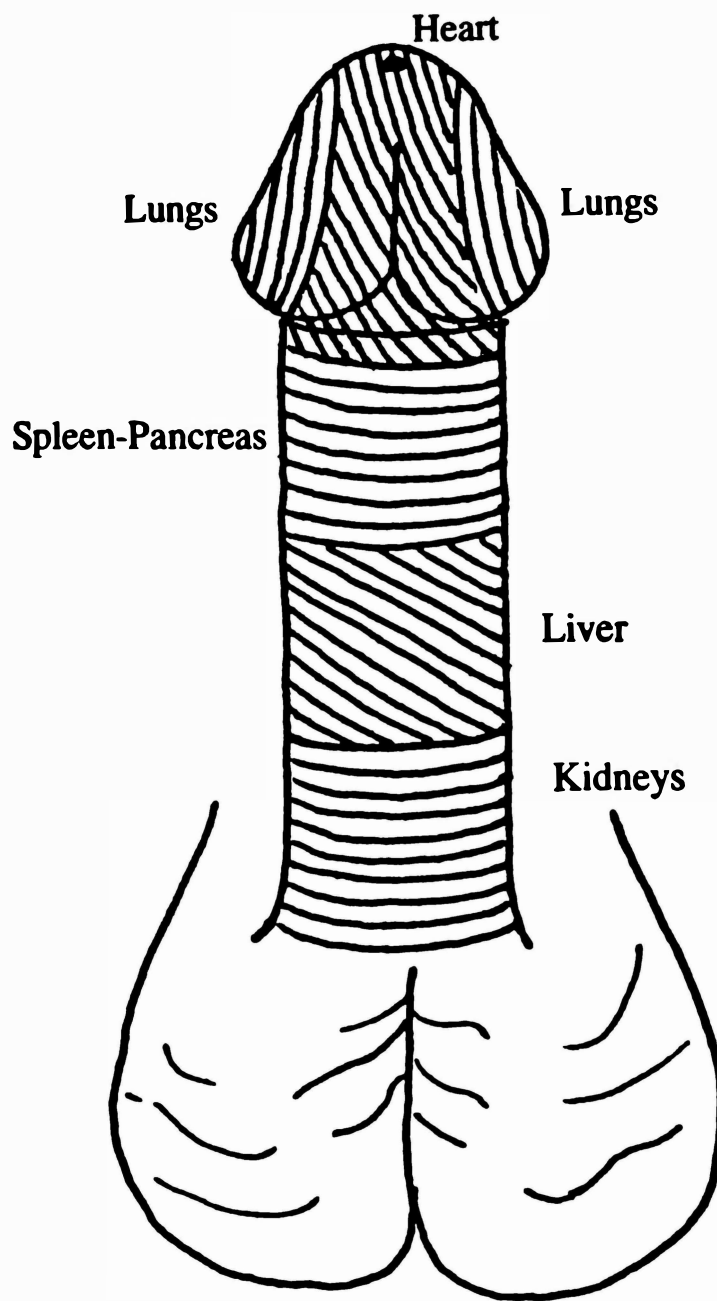


Figure 19b. Reflexology Zones of the Penis (underside)

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.

