

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

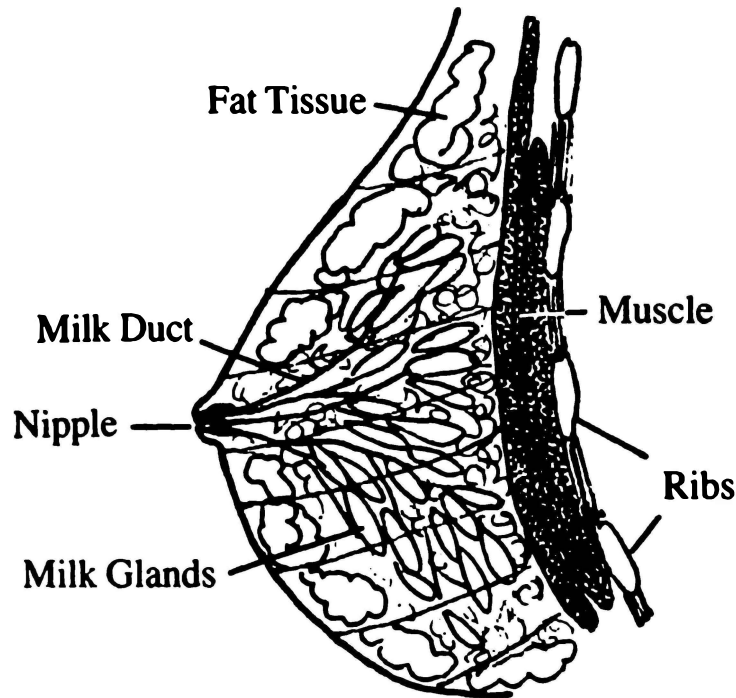


Figure 21. The Breast

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.

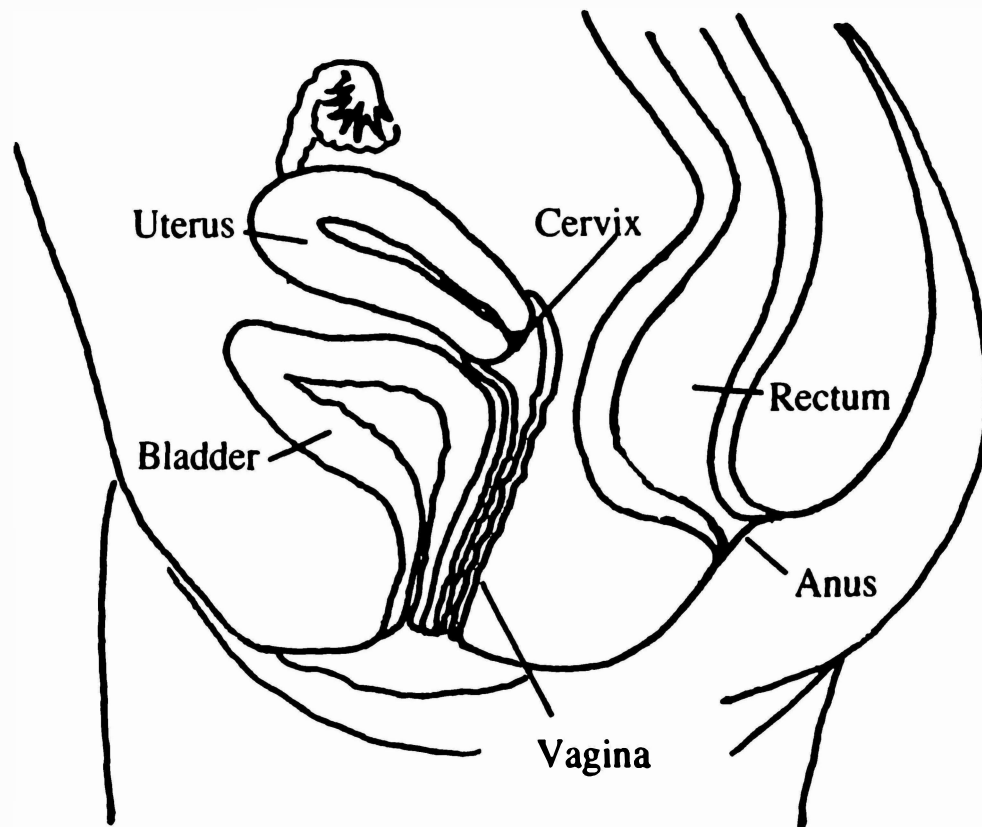


Figure 22.. Side View of the Female Genitals

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.)

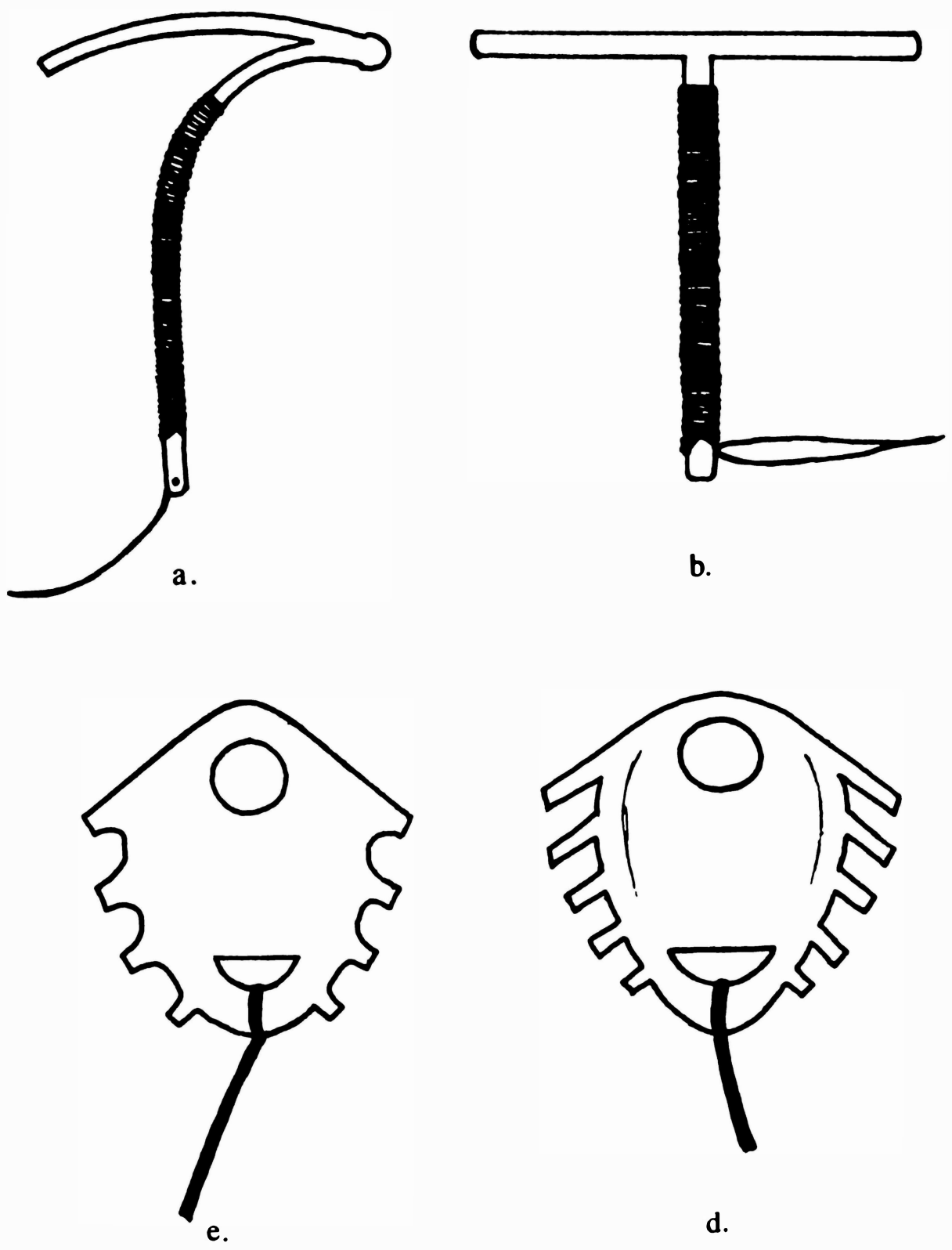


Figure 23a-d. Some IUDs

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

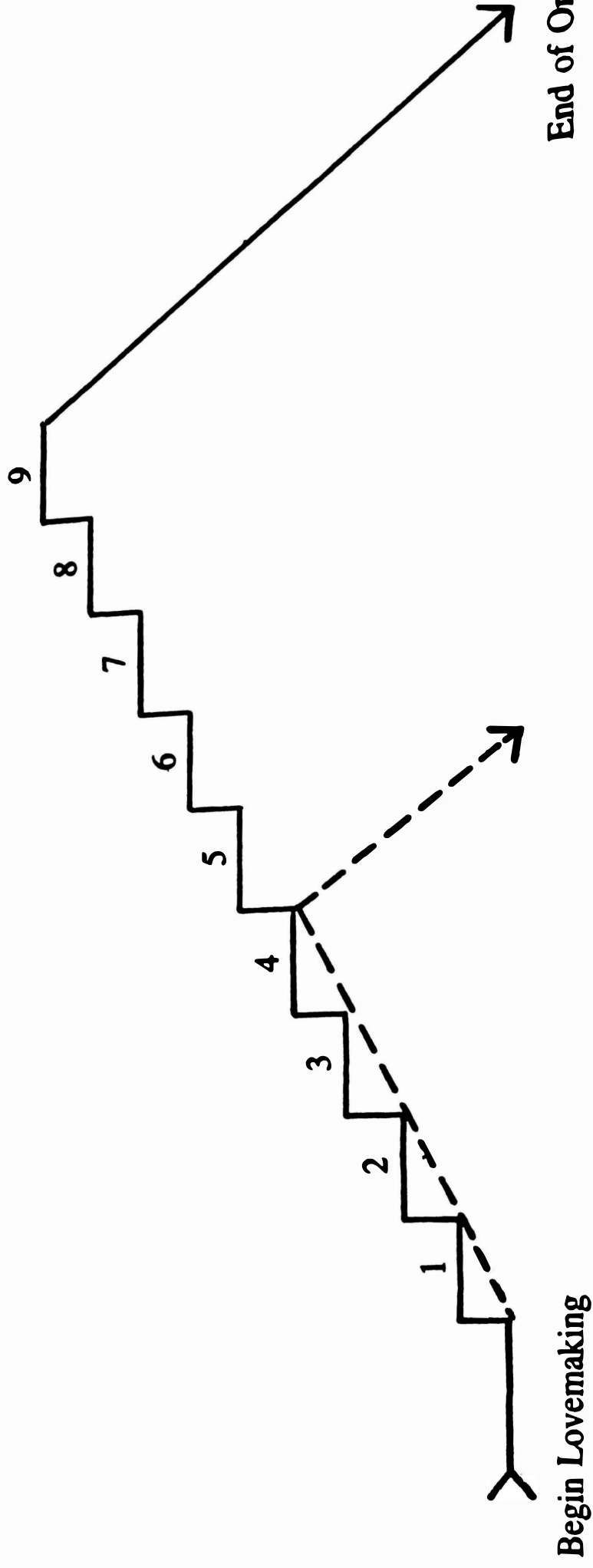


Figure 24. The Nine Levels of a Woman's Orgasm

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

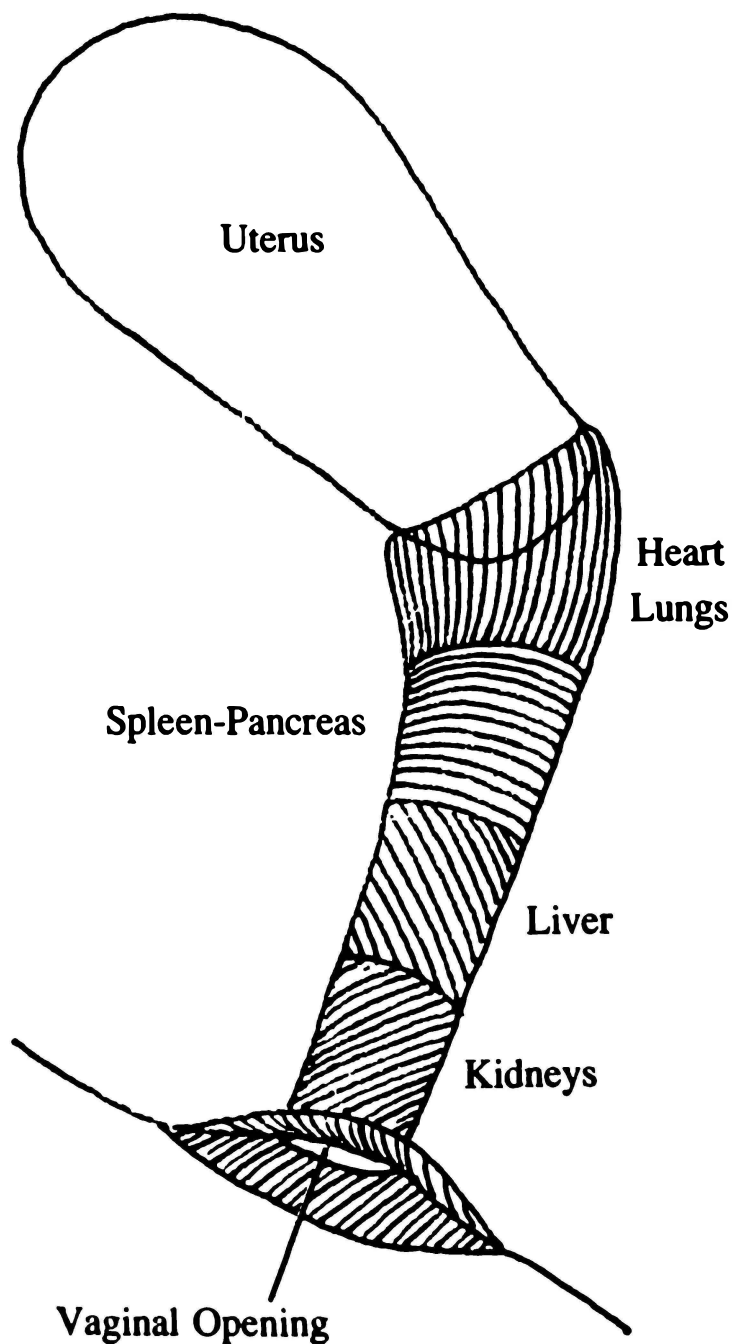


Figure 25. Reflexology Zones of the Vagina

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.

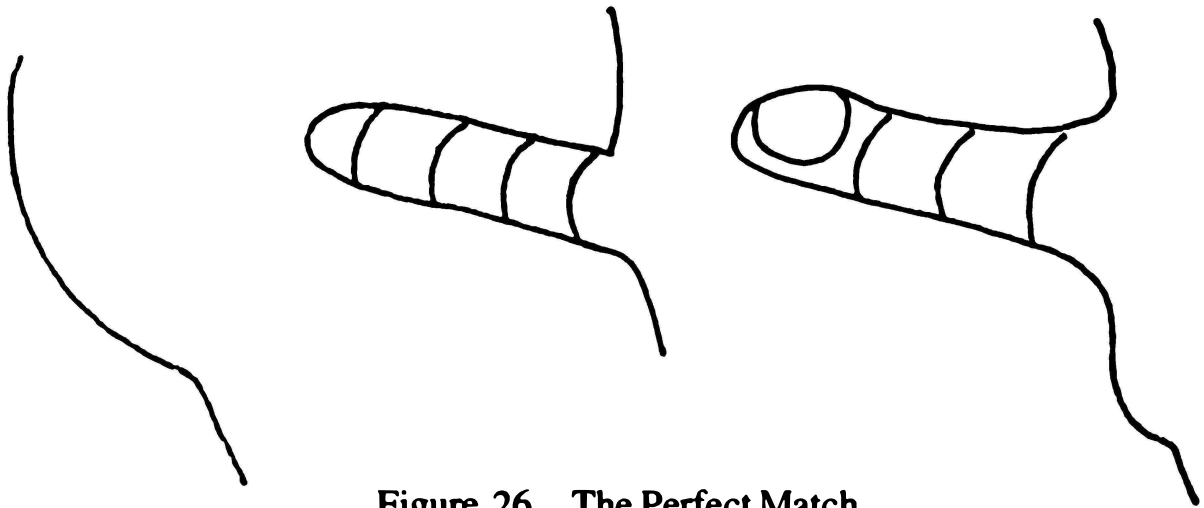


Figure 26. The Perfect Match

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 nutriment 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.

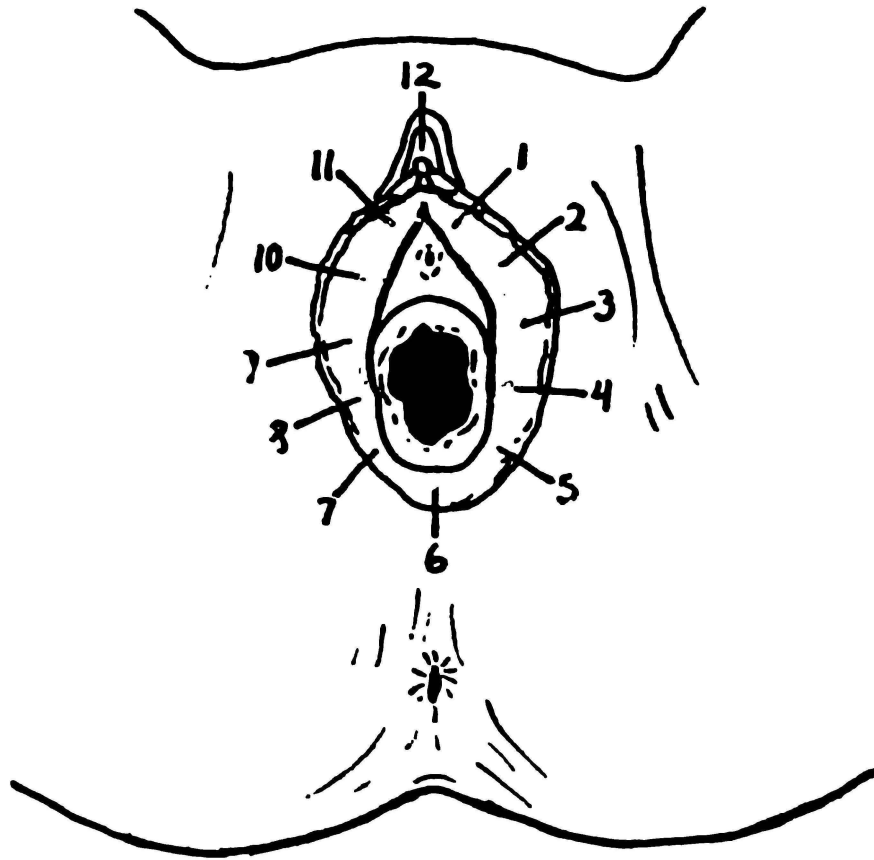
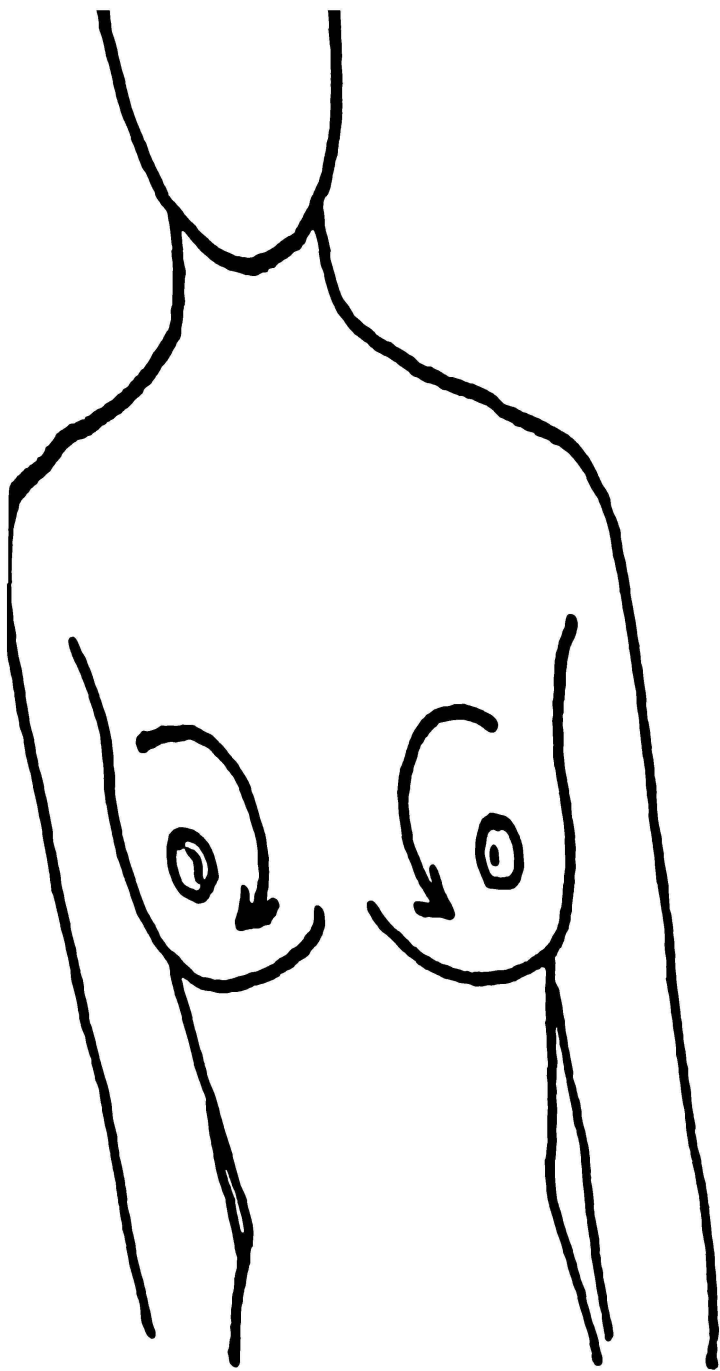


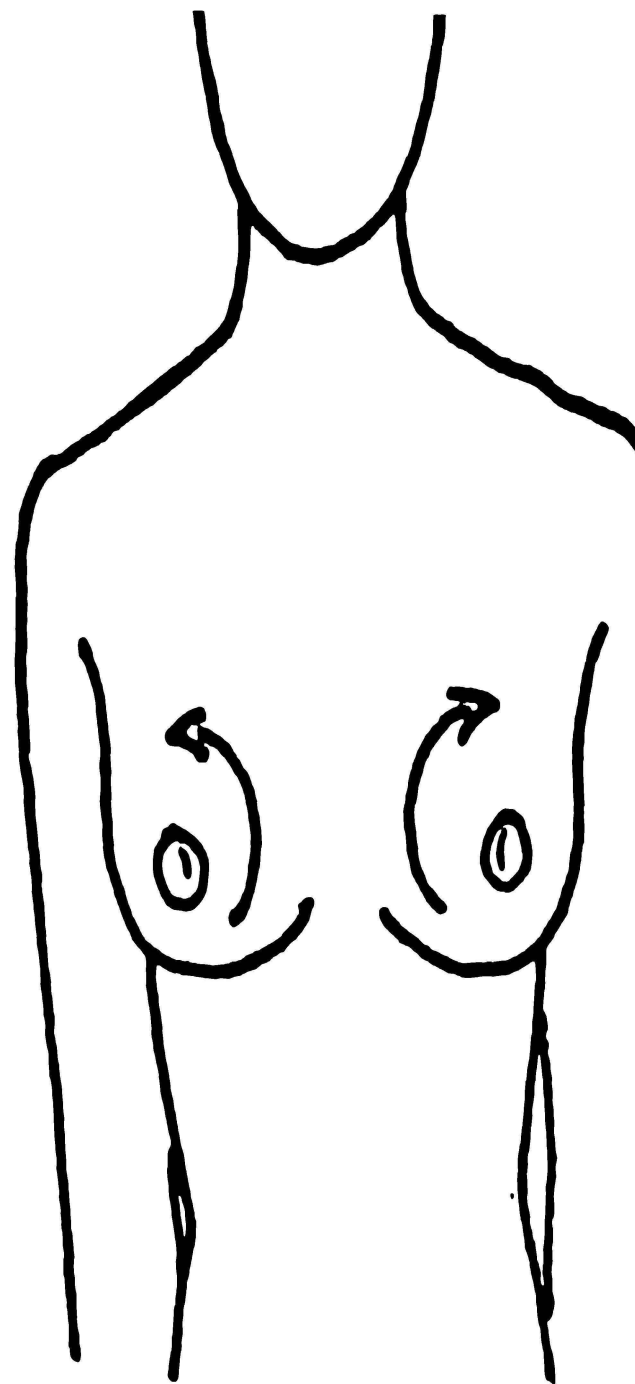
Figure 28. Pressure Points Surrounding the Vagina

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.

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.

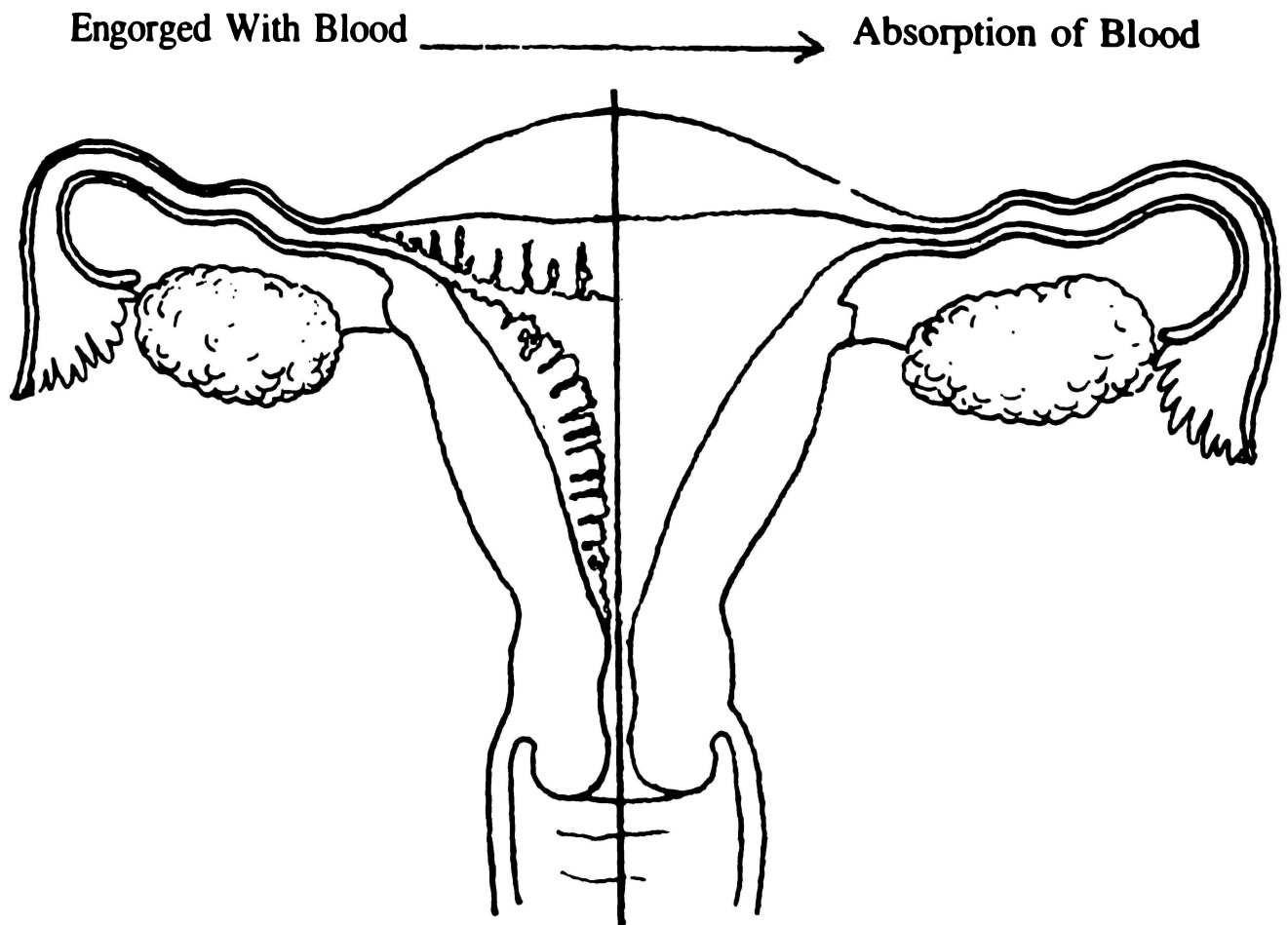


Figure 30. The Uterus : Absorption of Blood.



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

The Female

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.