

Part III

Team of Teams

Man and Woman Together

The Holdbacks: Superior Orgasm

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

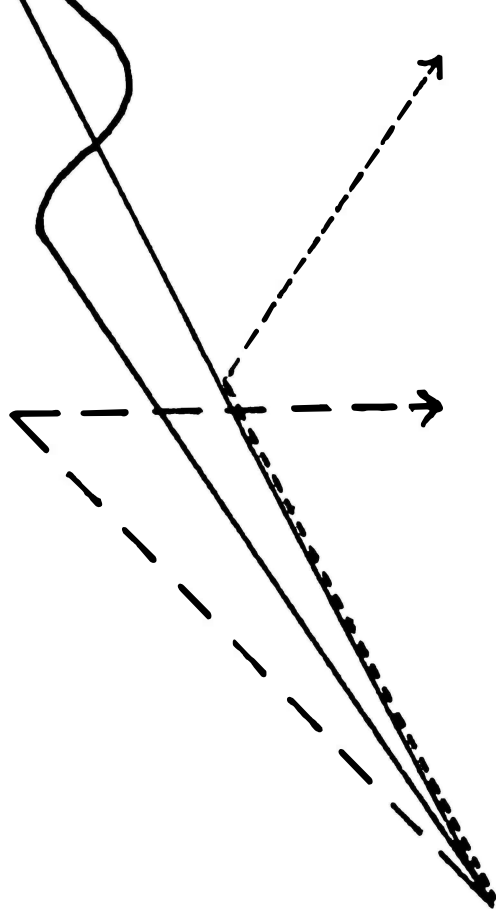
man will suffer from dry eyes and mouth, headaches, frequent urination, nervousness, weakness, and the loss of a huge portion of his youth. Once he ejaculates he will have difficulty producing another erection. So, according to an old saying, a living lion is reduced in a matter of seconds to a dead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

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

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

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

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



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Man's Ordinary Orgasm

Man's Superior Orgasm

Woman's Incomplete Orgasm

Woman's Complete, Nine-Level Orgasm

Figure 32. Orgasm in

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

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

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

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

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

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

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

Advanced Superior Orgasm

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

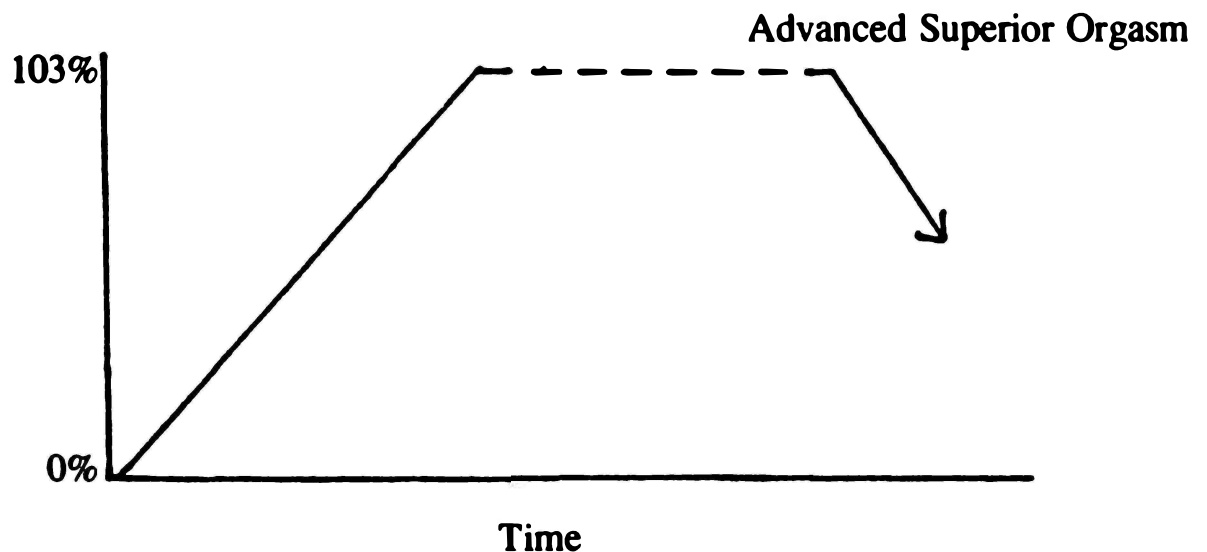


Figure 33. Advanced Superior Orgasm

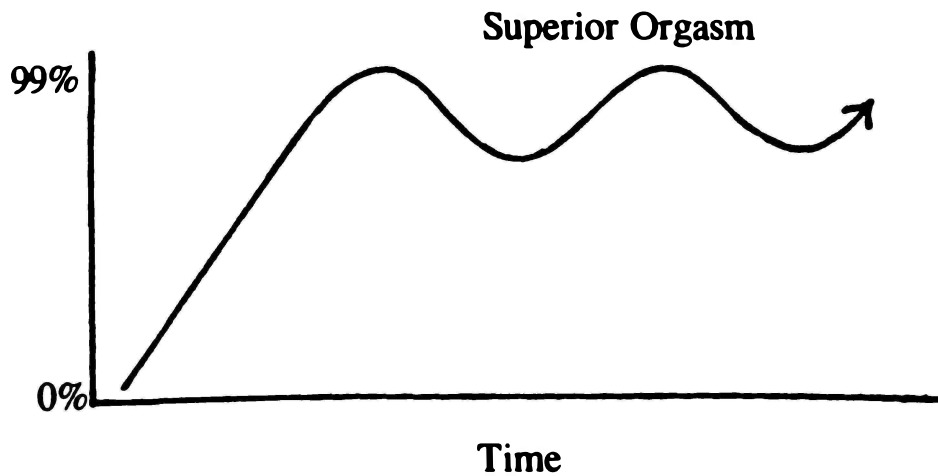


Figure 34. Superior Orgasm

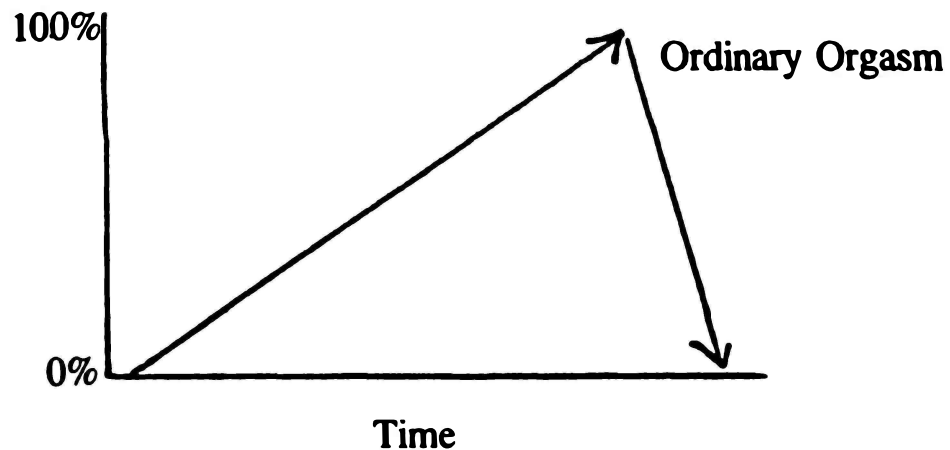


Figure 35. Ordinary Orgasm

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

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

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

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

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

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

The Healing Effects of Holdbacks Upon Men

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

healing effects on men are explained.

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

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

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

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

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

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

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

The Sets of Nine

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

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

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

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

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

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

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

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

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

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

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

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

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

HEALING POSITIONS

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

The Eight Healing Positions for Men

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

POSITION #1

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

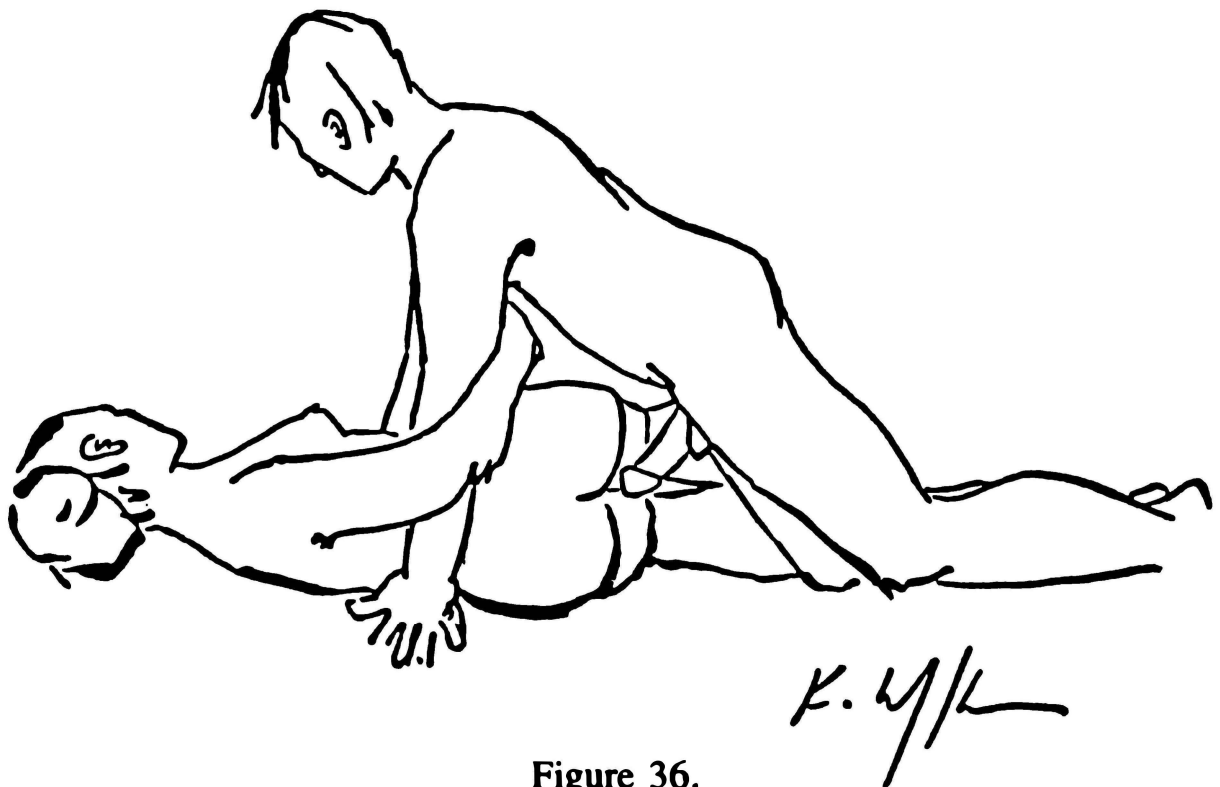


Figure 36.

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

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

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

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

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

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

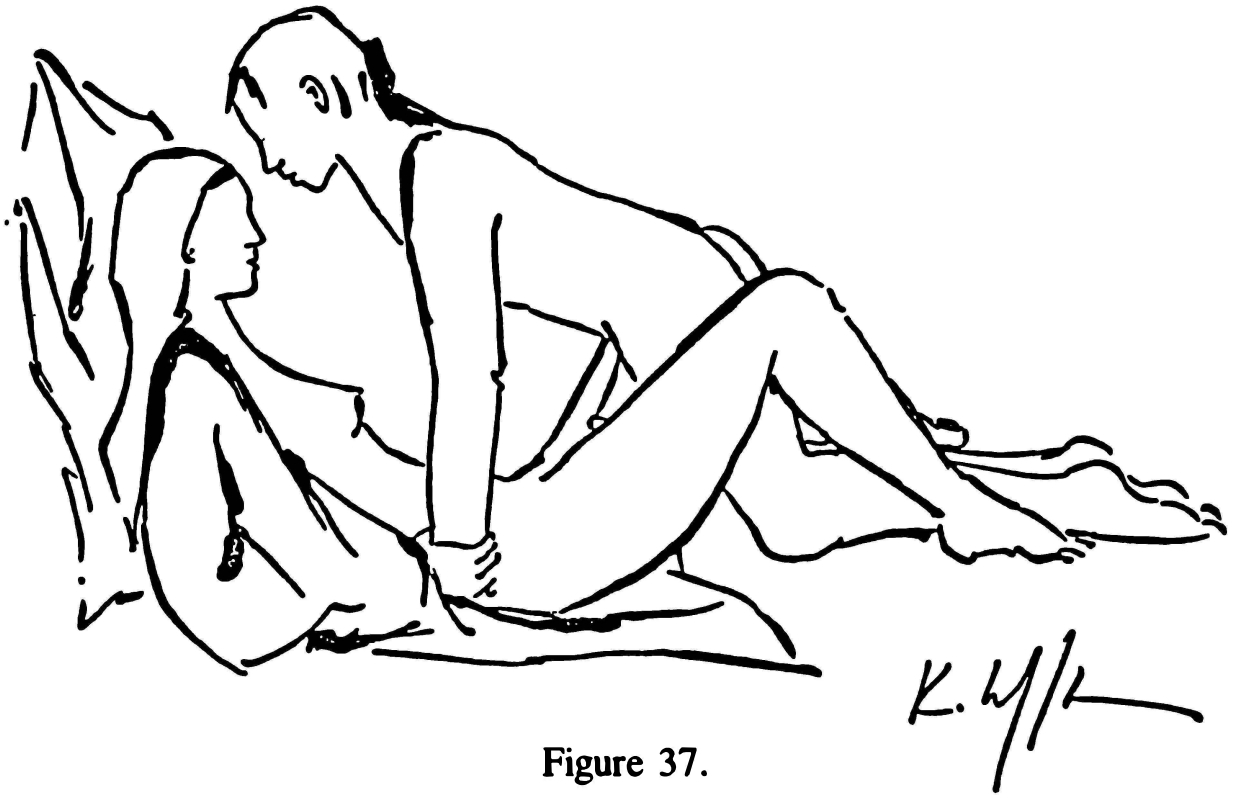
POSITION #2

For energizing the body.

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

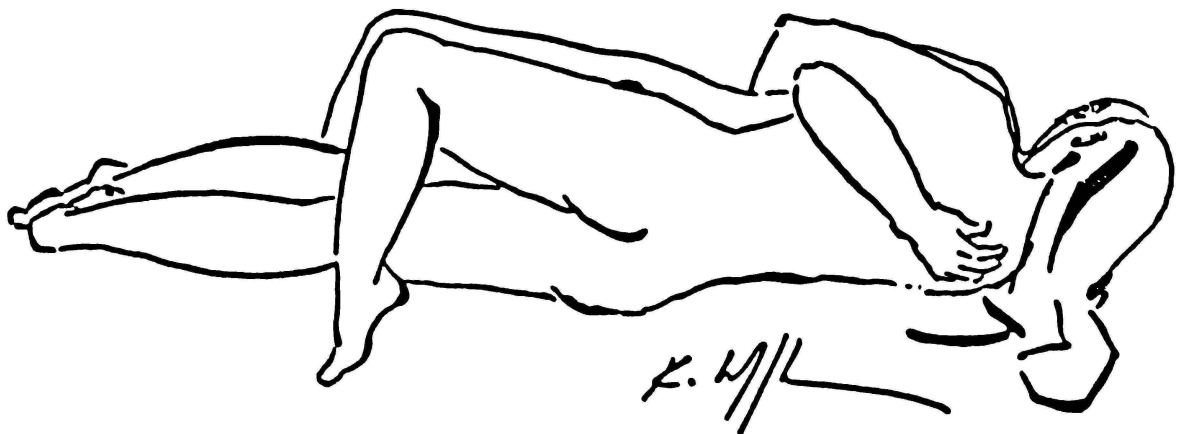
In this position, do up to three Sets of Nine three times a day. In twenty days the body will be completely energized.

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



POSITION #3

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



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

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

POSITION #4

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

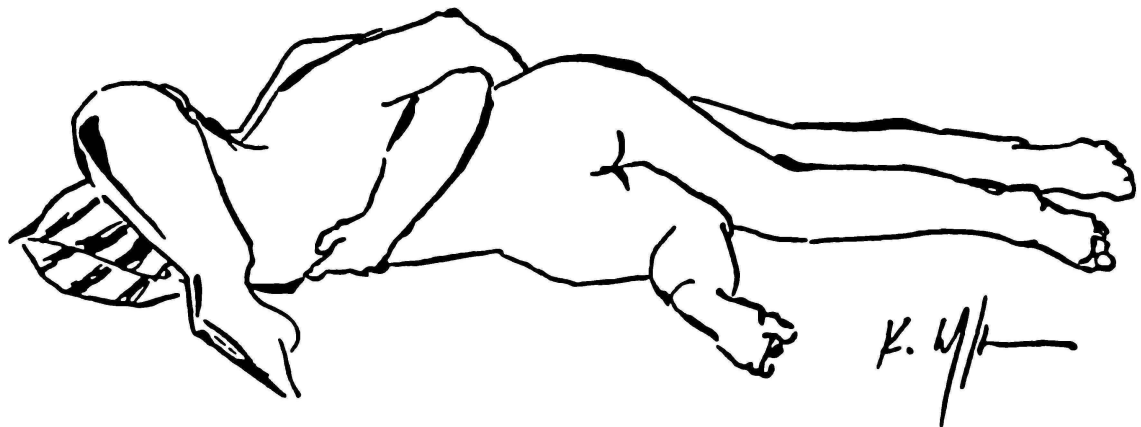


Figure 39.

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

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

POSITION #5

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



Figure 40.

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

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

POSITION #6

For blood problems, including those of blood pressure.

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

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

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

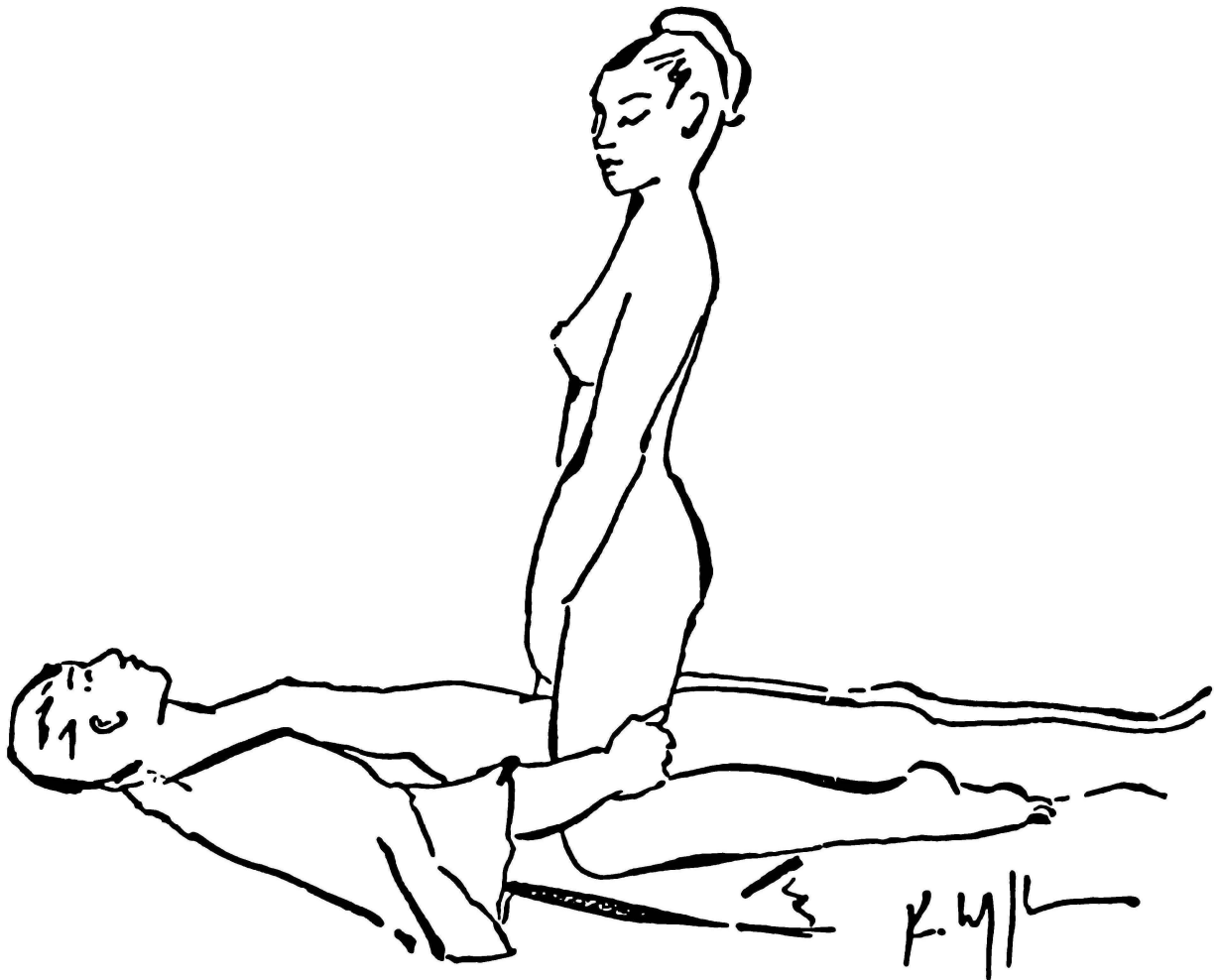


Figure 41.

POSITION #7

For lymphatic system problems.



Figure 42.

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

POSITION #8

For overall healing.

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

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

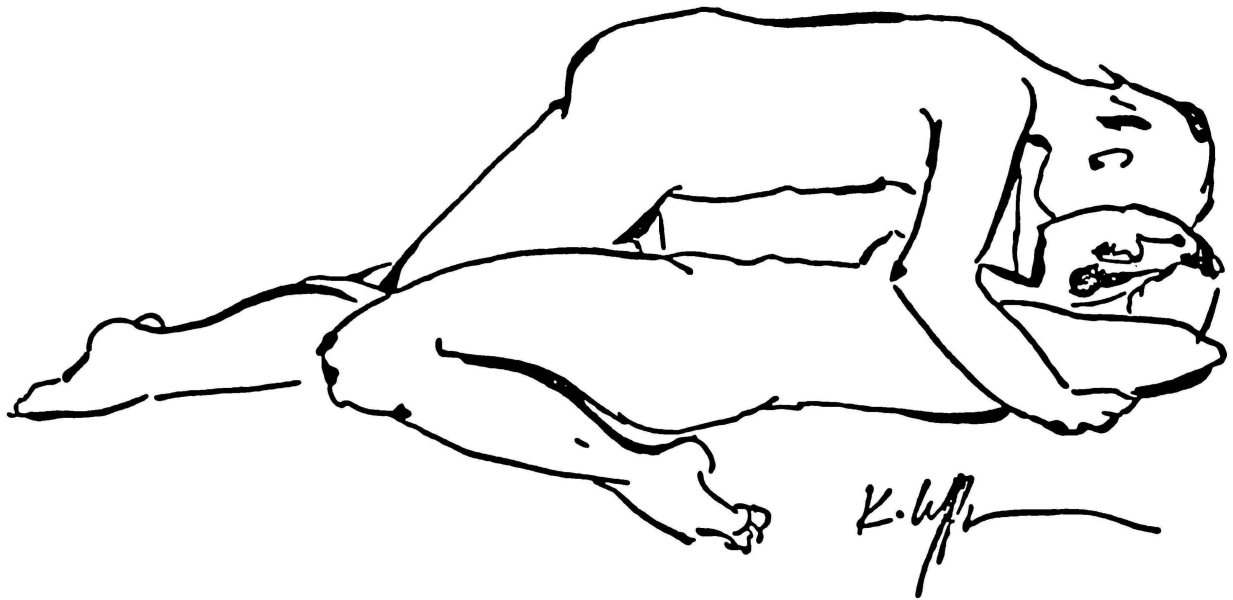


Figure 43.

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

The Seven Healing Positions for Women

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

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

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

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

POSITION #1

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

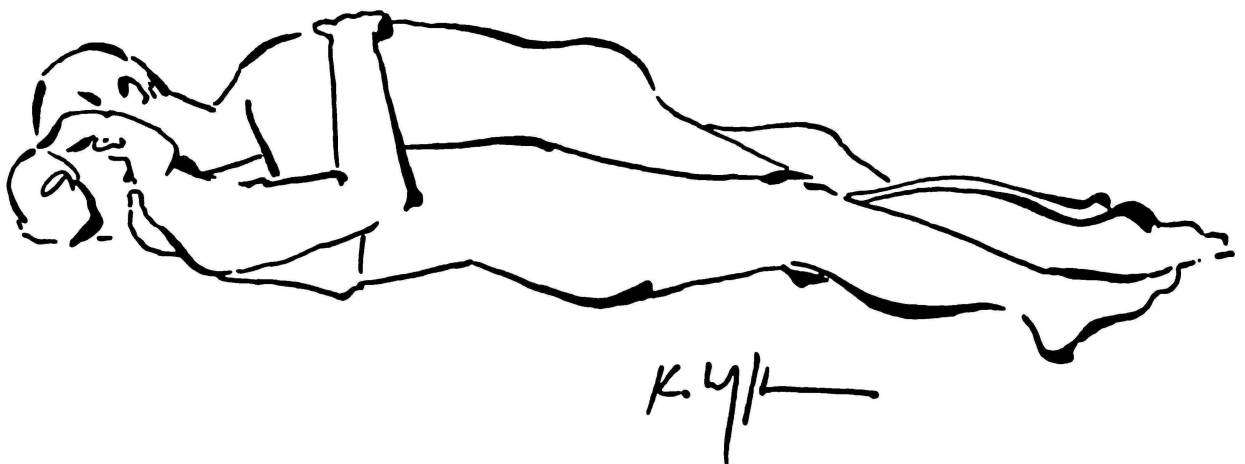


Figure 44.

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

POSITION #2

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

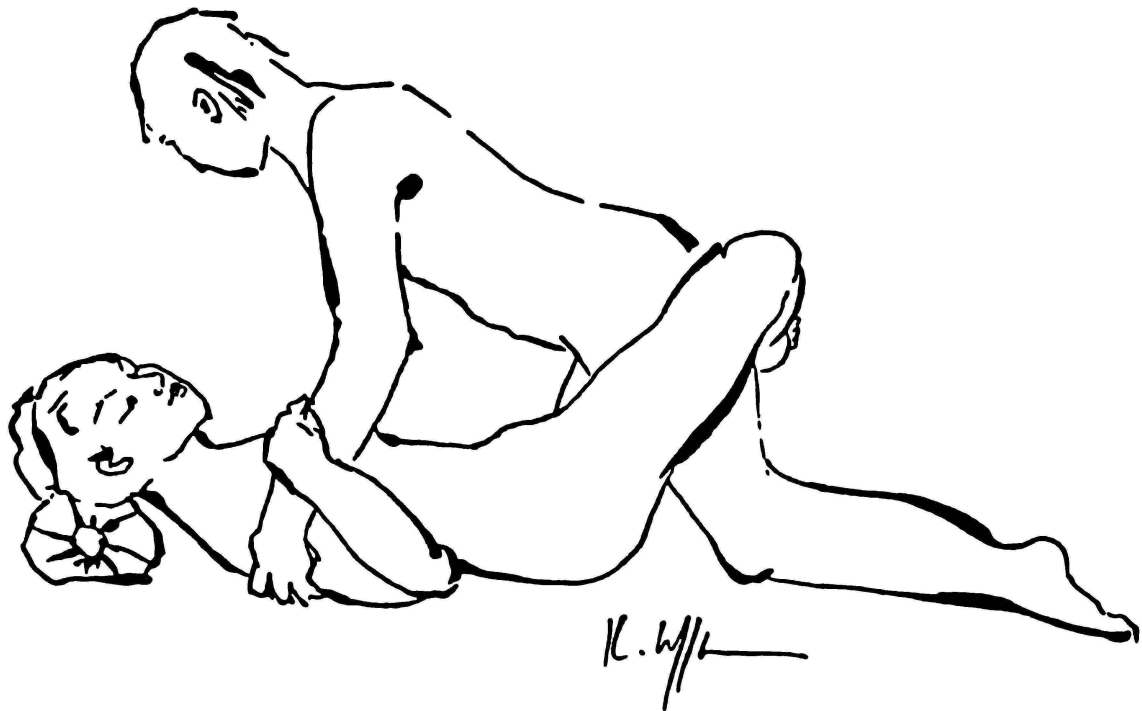


Figure 45.

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

POSITION #3

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

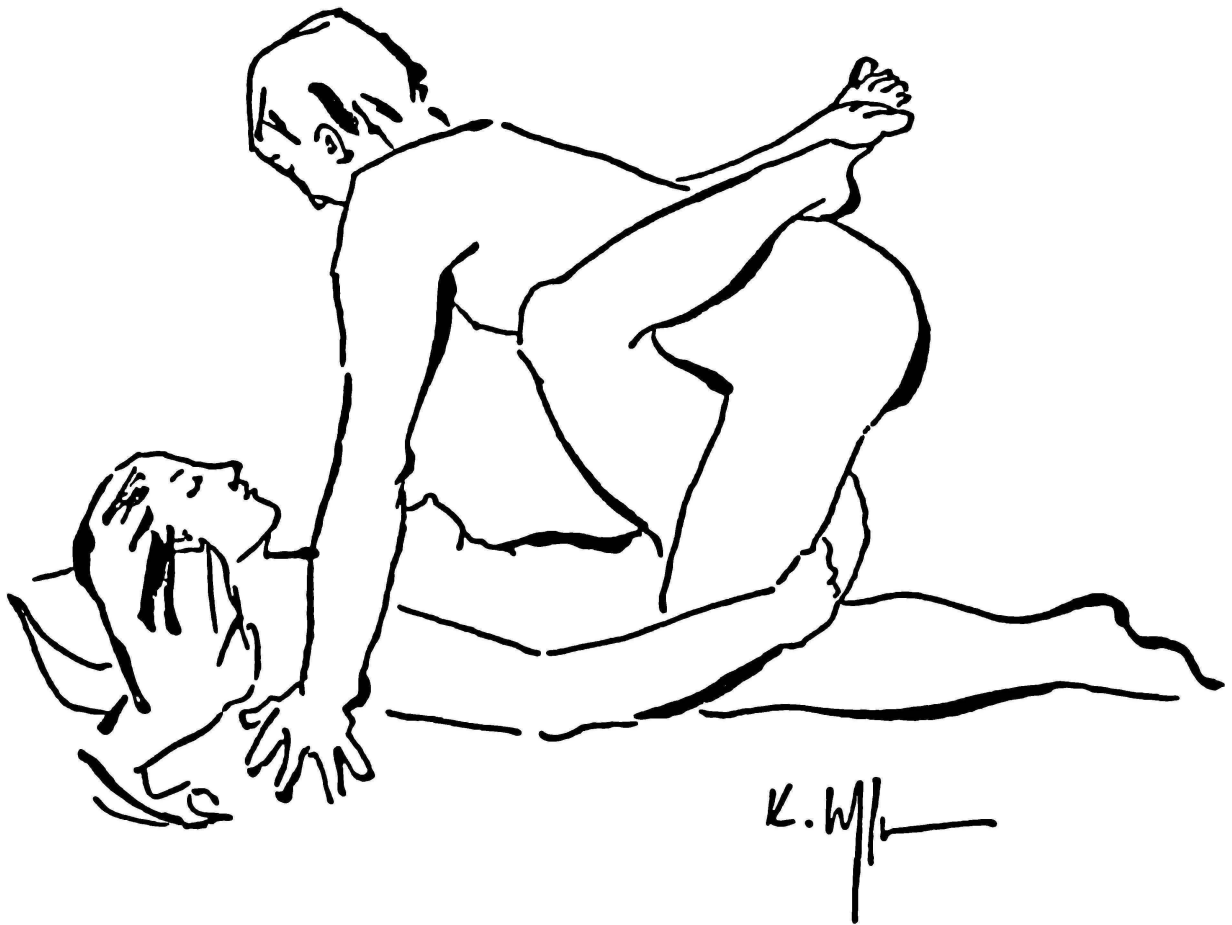


Figure 46.

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

POSITION #4

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

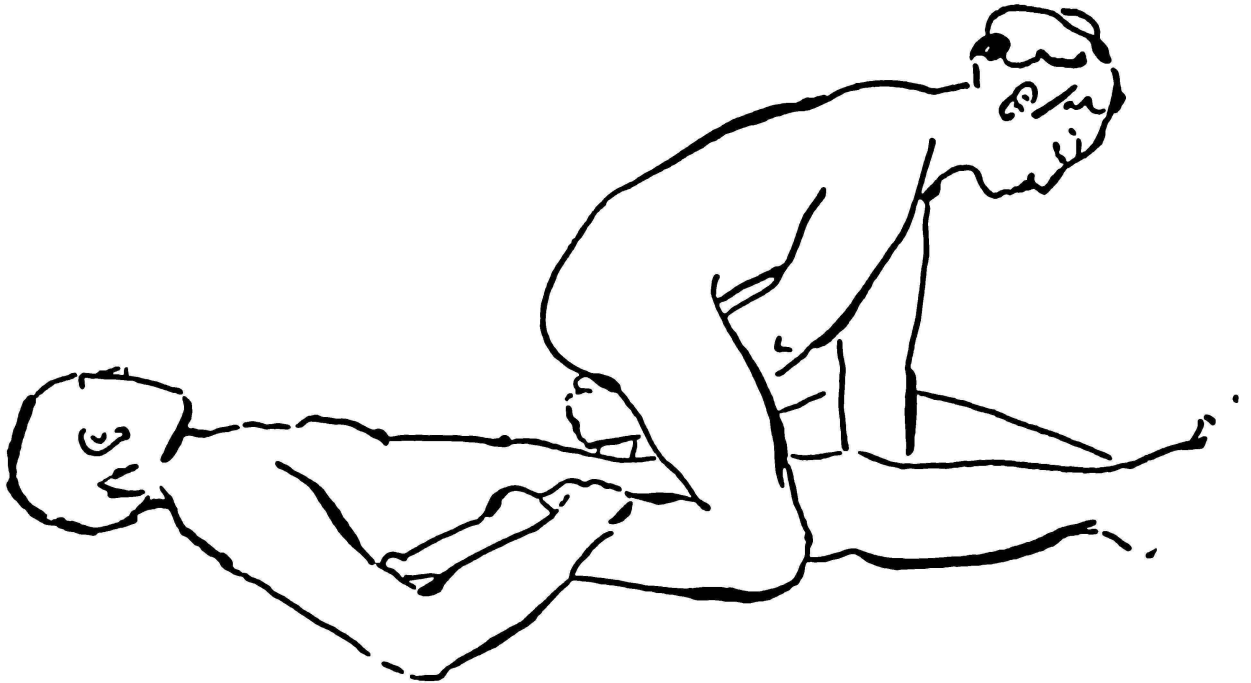


Figure 47.

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

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

Position #5

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

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