

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

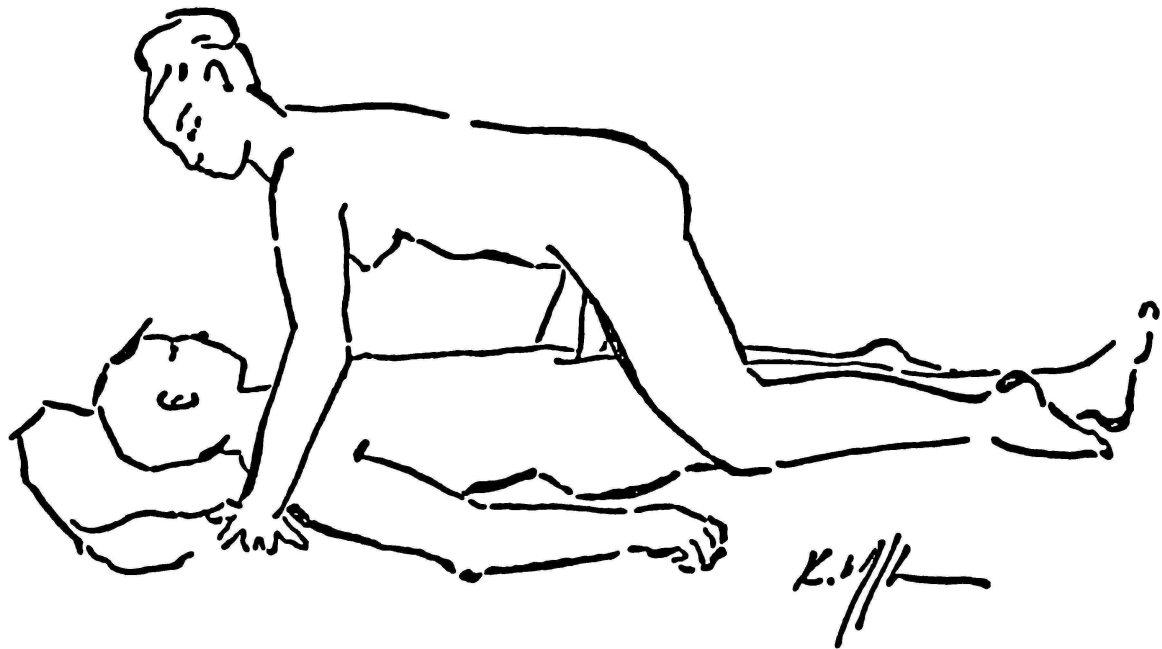


Figure 48.

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

Position #6

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

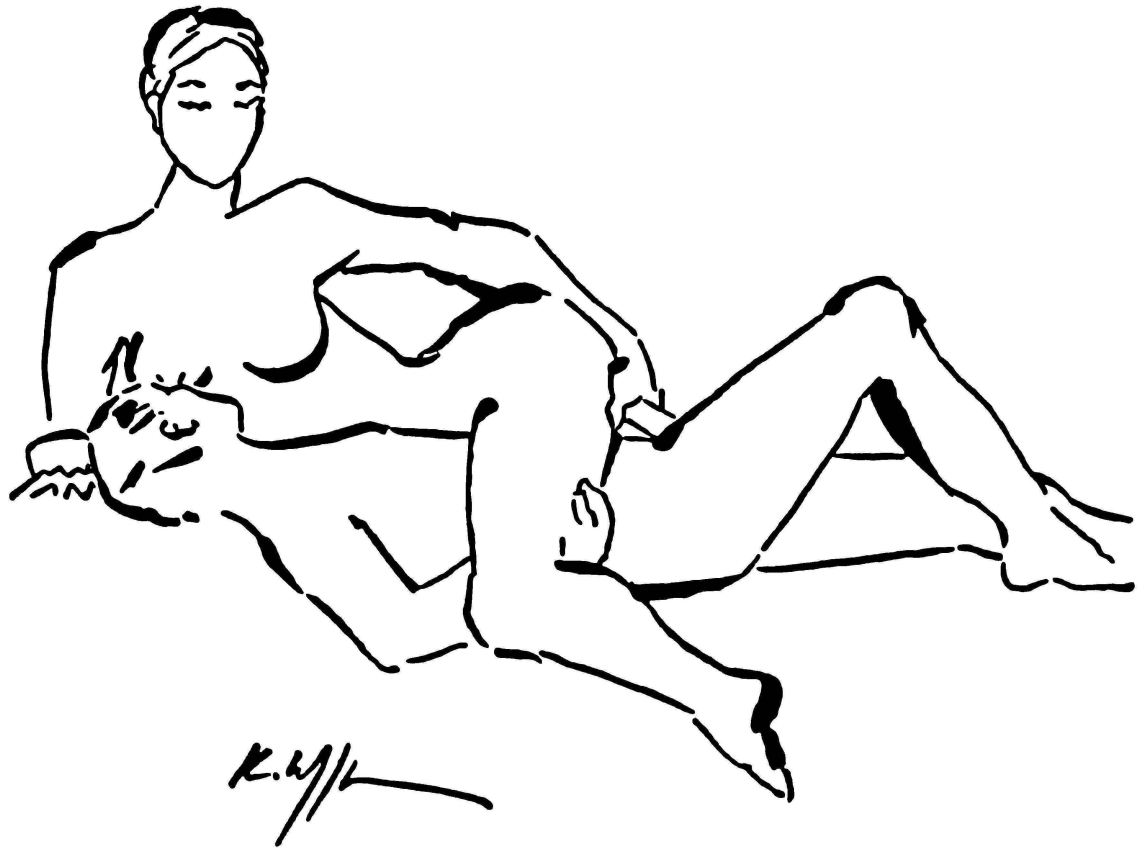


Figure 49.

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

POSITION #7

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

Man and Woman Together

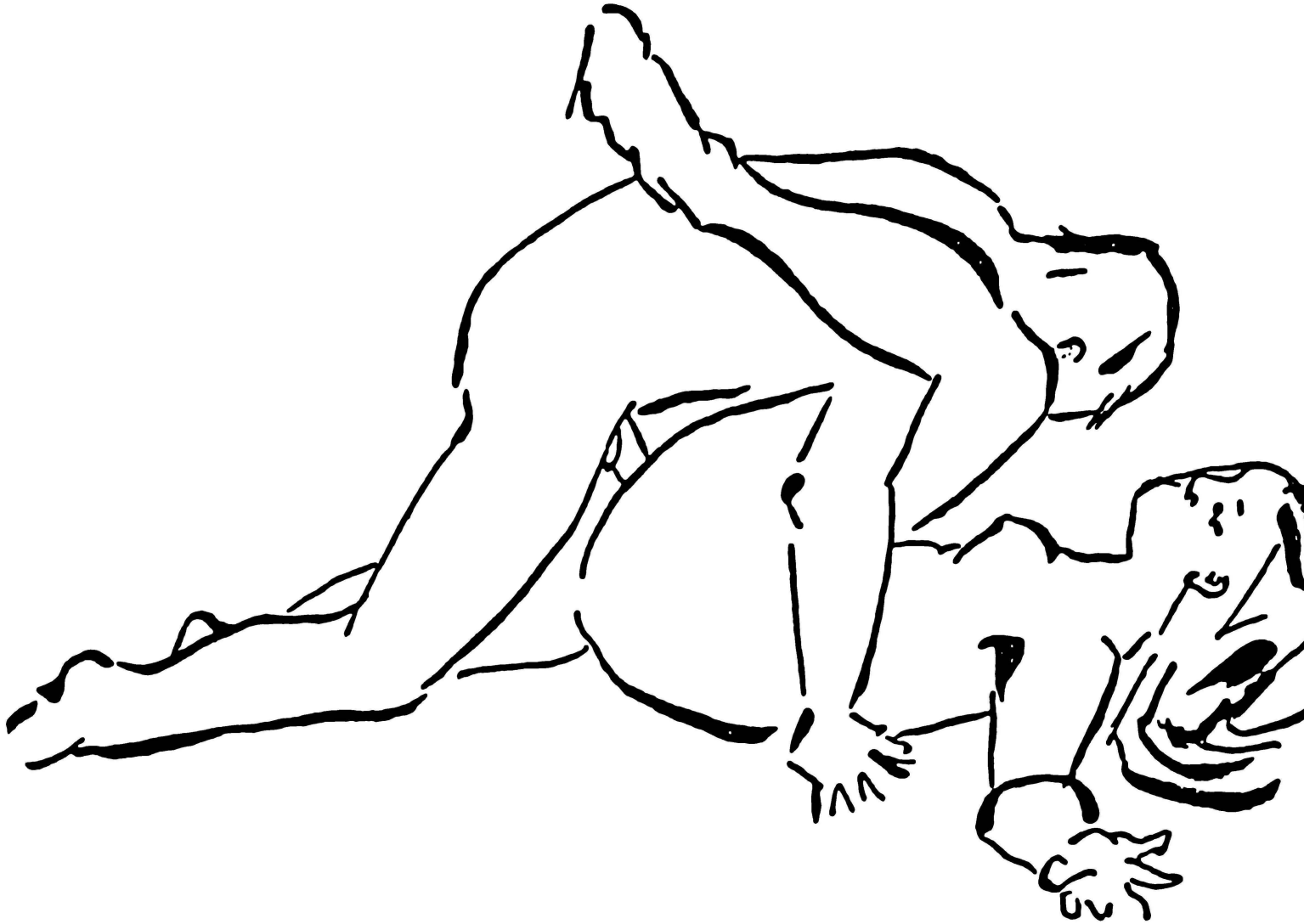


Figure 50.

This is an easy position. The woman lies on her back with her knees bent above her chest and her feet in the air. The man kneels on his knees in front of her and penetrates very deeply. The woman rotates while the man holds steady. This position shortens the vagina, allowing for deep penetration. If the penis is too long, the man can wrap the base of the shaft with a handkerchief to prevent it from going too far into the vagina. (He should *a/ways* do this if his penis is longer than his partner's vagina.)

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

General Healing Positions

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

The nine General Healing Positions are:

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

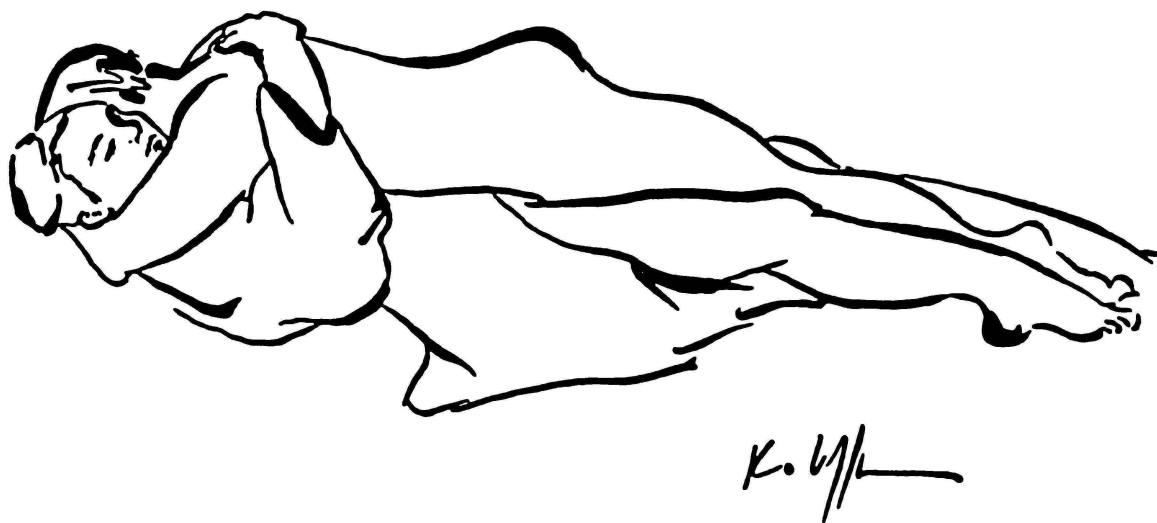


Figure 51.

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

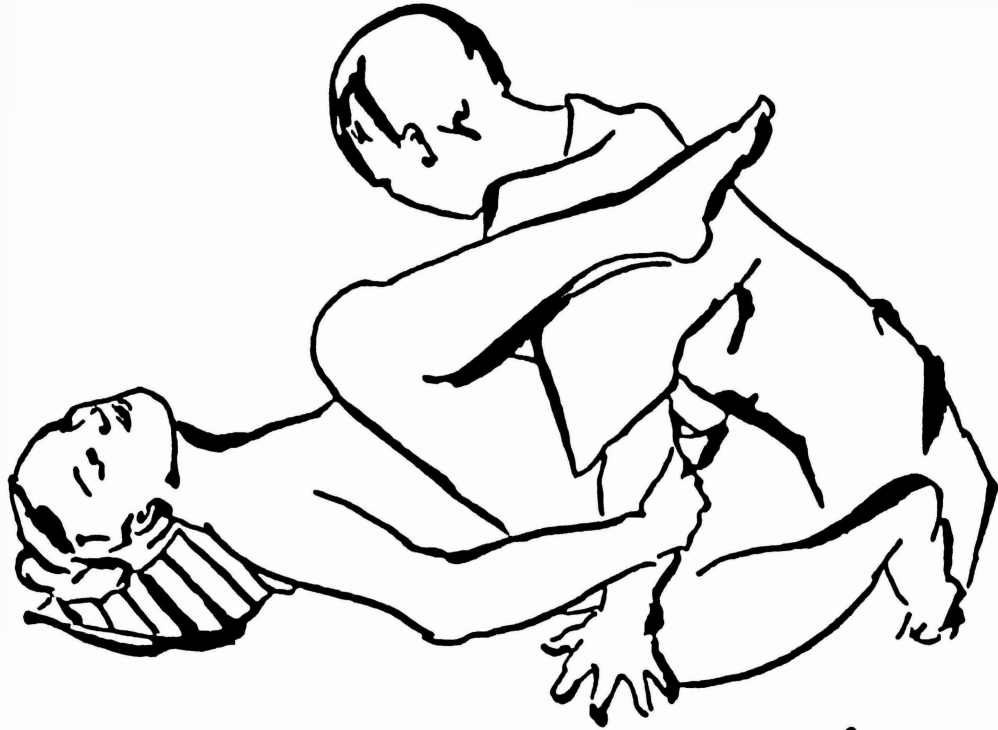


Figure 52.

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

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

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



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Figure 53.



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Figure 54.

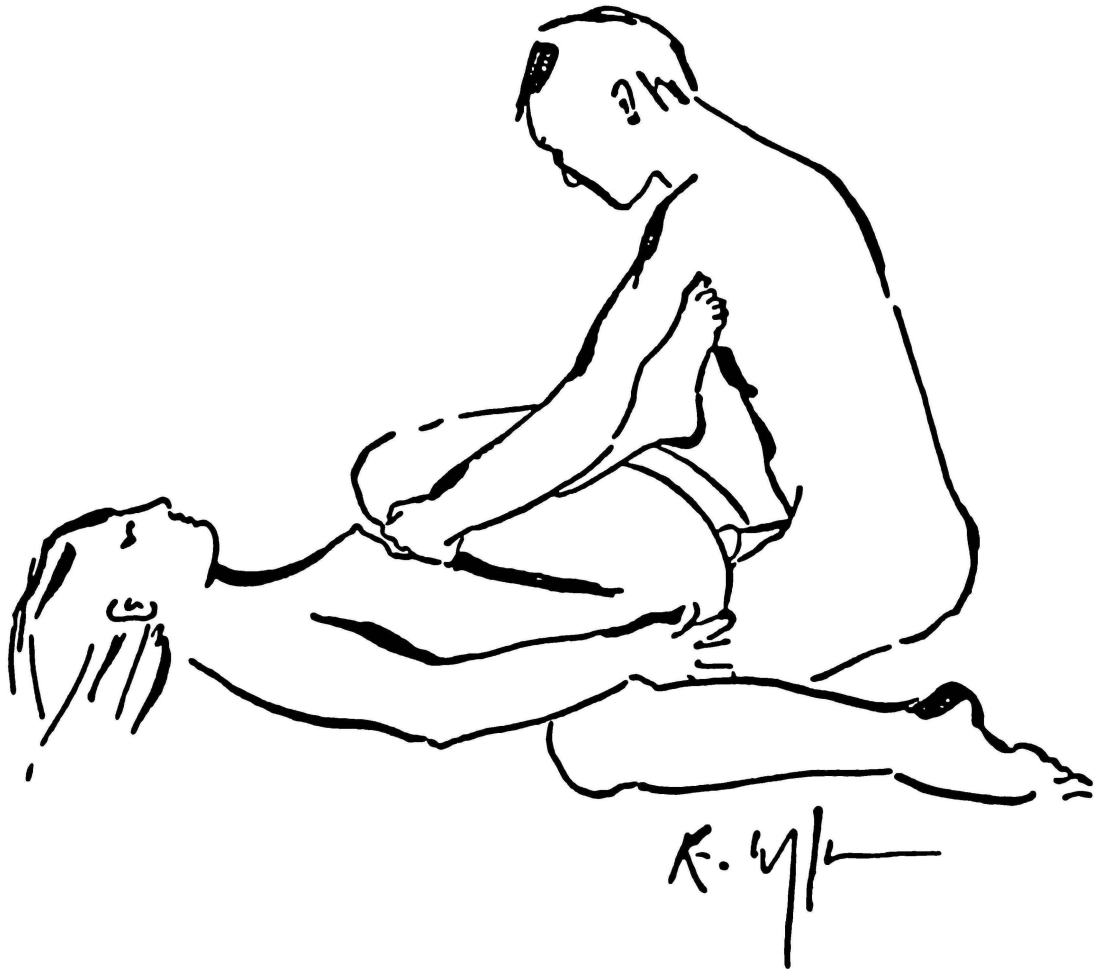


Figure 55.

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

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

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

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

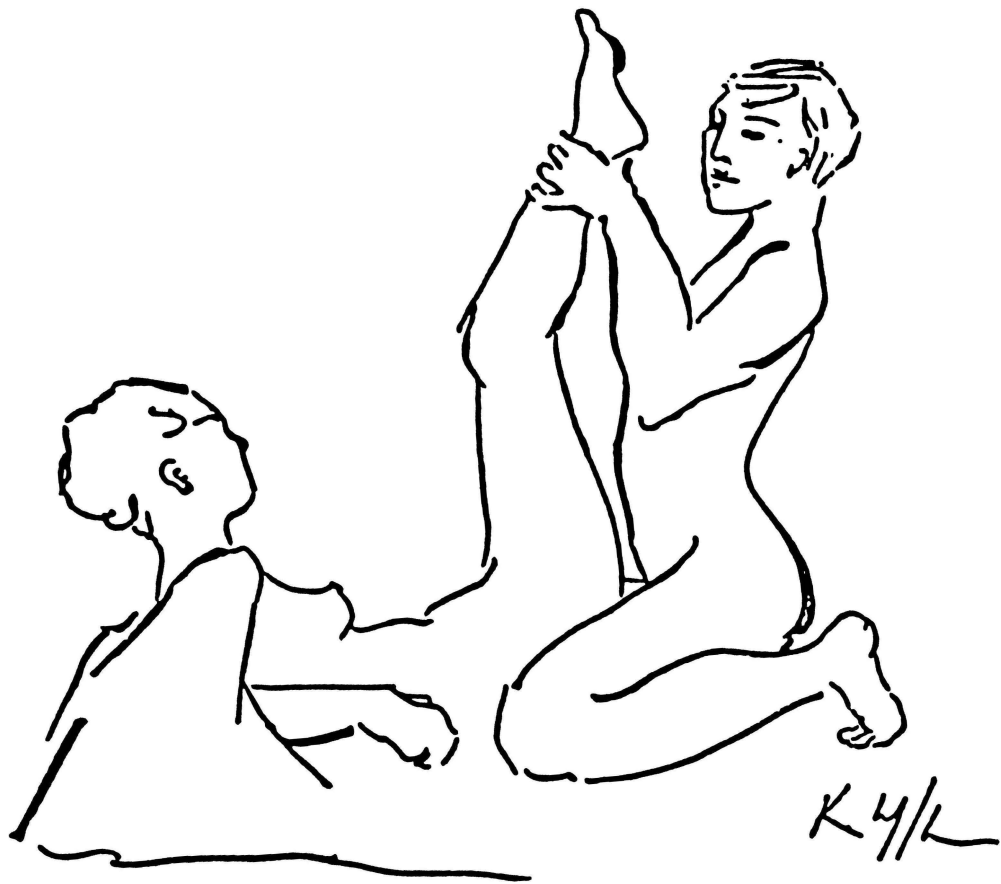


Figure 56.

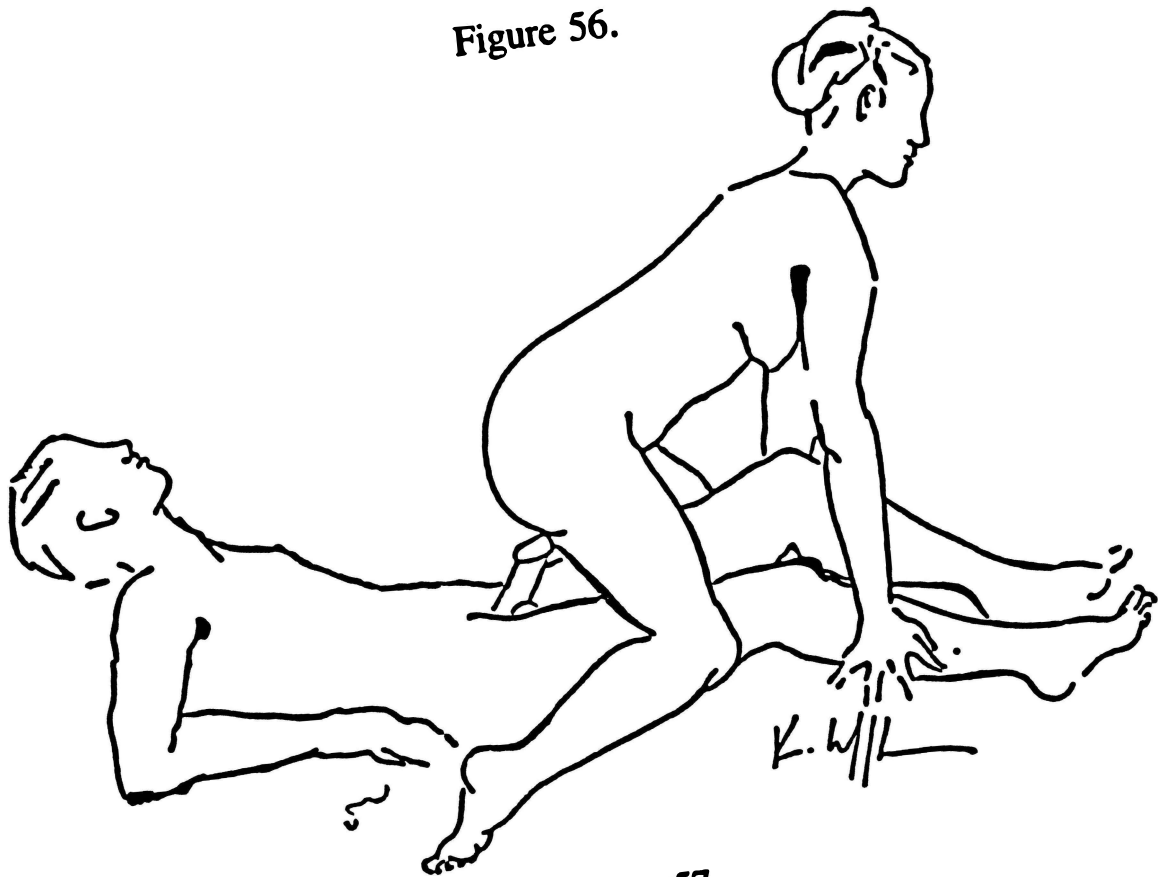


Figure 57.



Figure 58.



Figure 59.

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

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

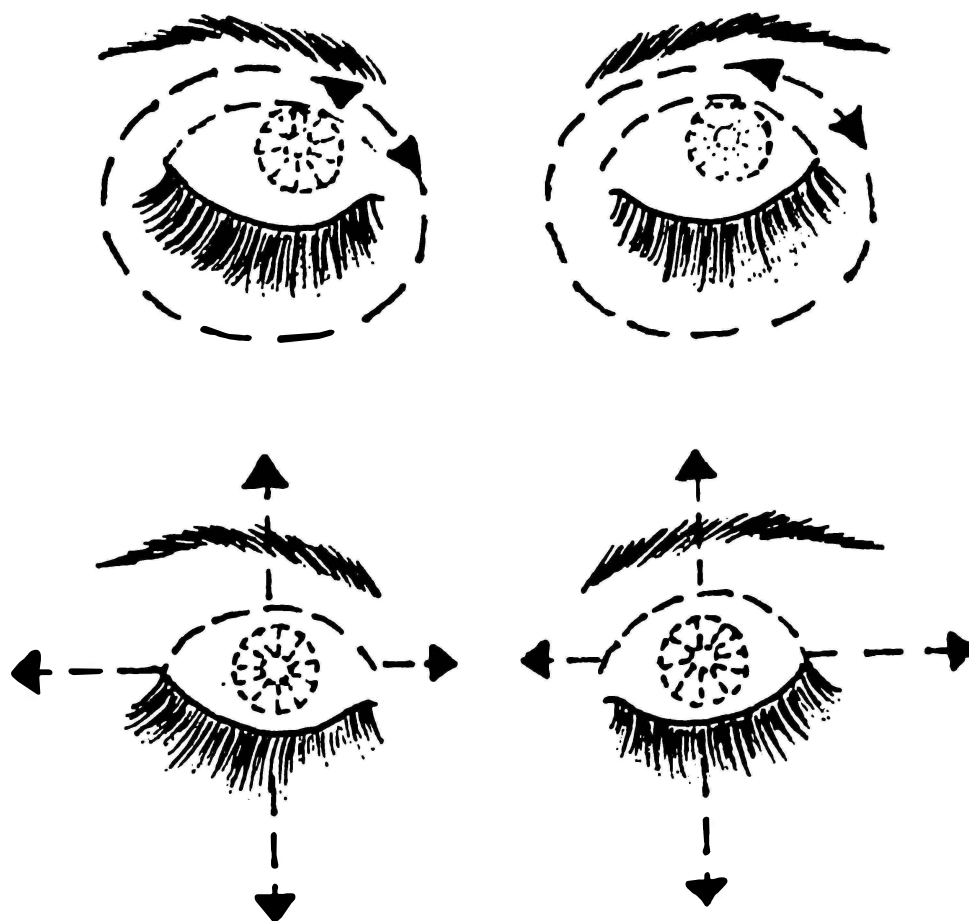


Figure 61. Eye Exercises.

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

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

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

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

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

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

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

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

Helping Lower Back Pain

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

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

in the lower back area.

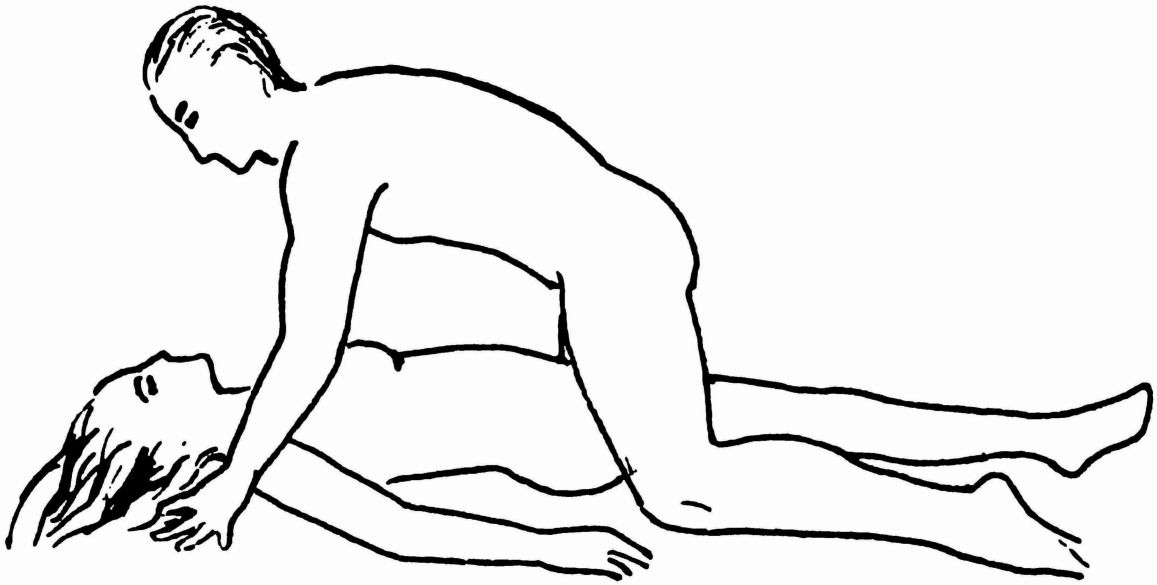


Figure62. Healing Lower Back Pain.

Times of Day Affecting Healing

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

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

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

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

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

Morning and Evening Prayers

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

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

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

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

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

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

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

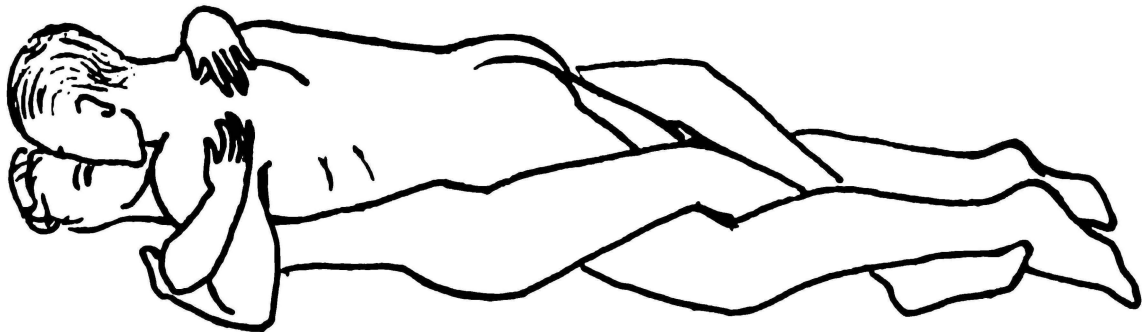


Figure 63. Morning or Evening Prayer.

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

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

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

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

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

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

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

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

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

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

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

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

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

- 3) The instinct to fight.
- 4) The instinct to play or entertain oneself.

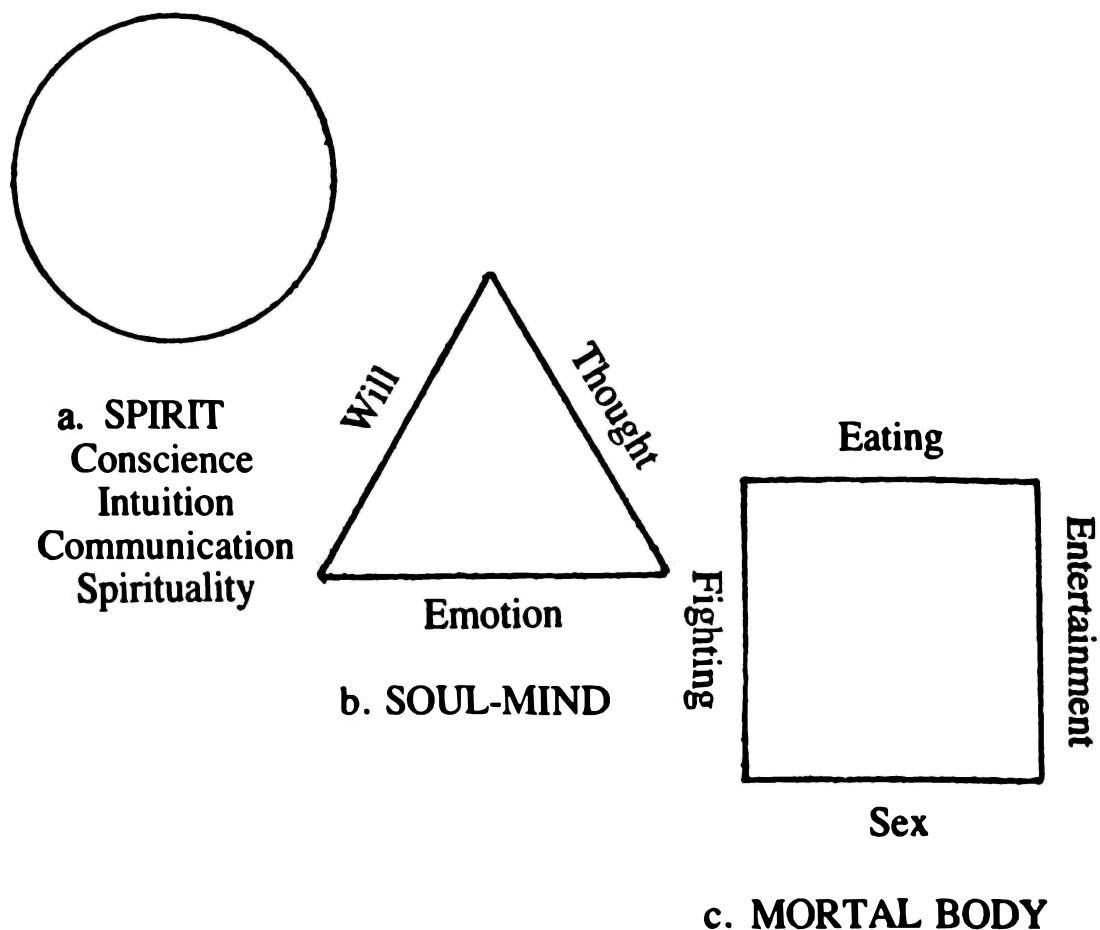


Figure 64a-c. Spirit, Soul-Mind, and Mortal Body

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

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

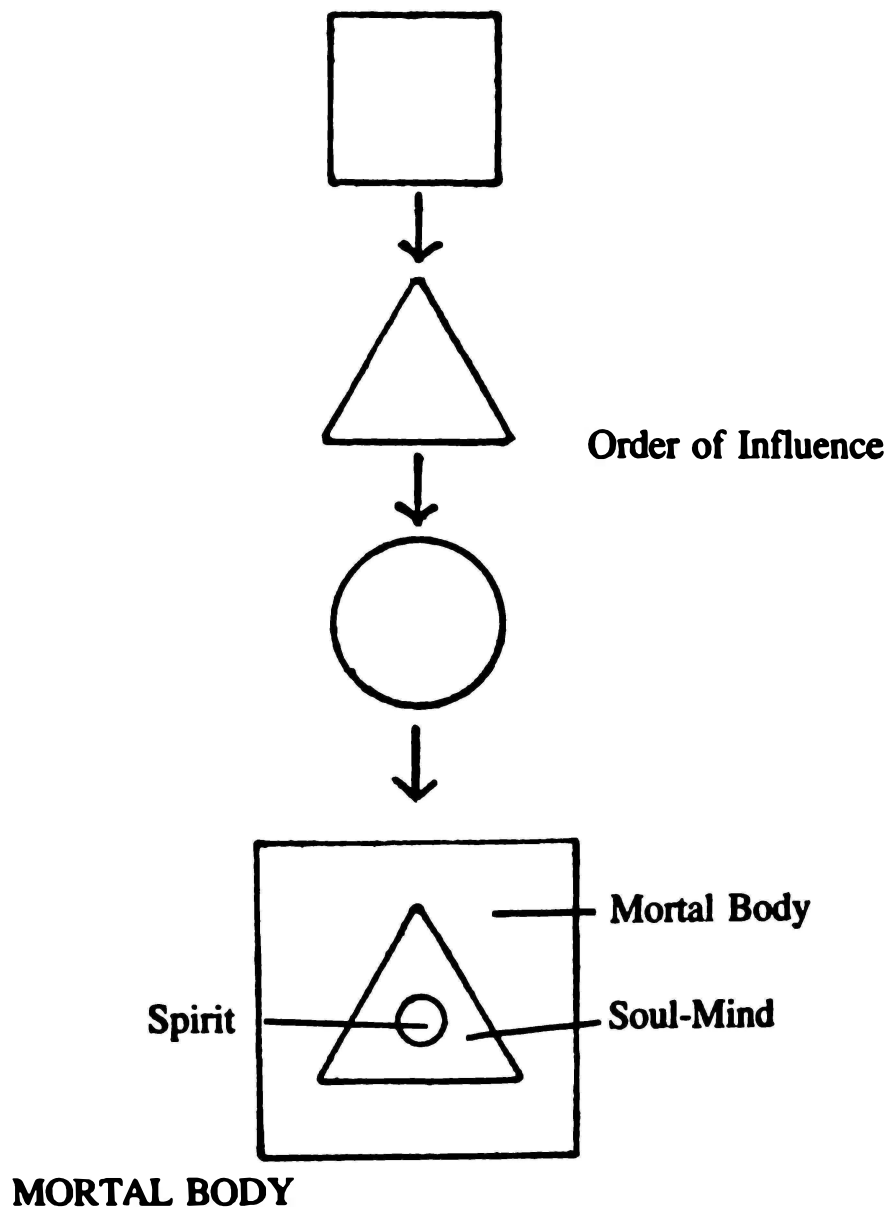


Figure 65. Mortal Body

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

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

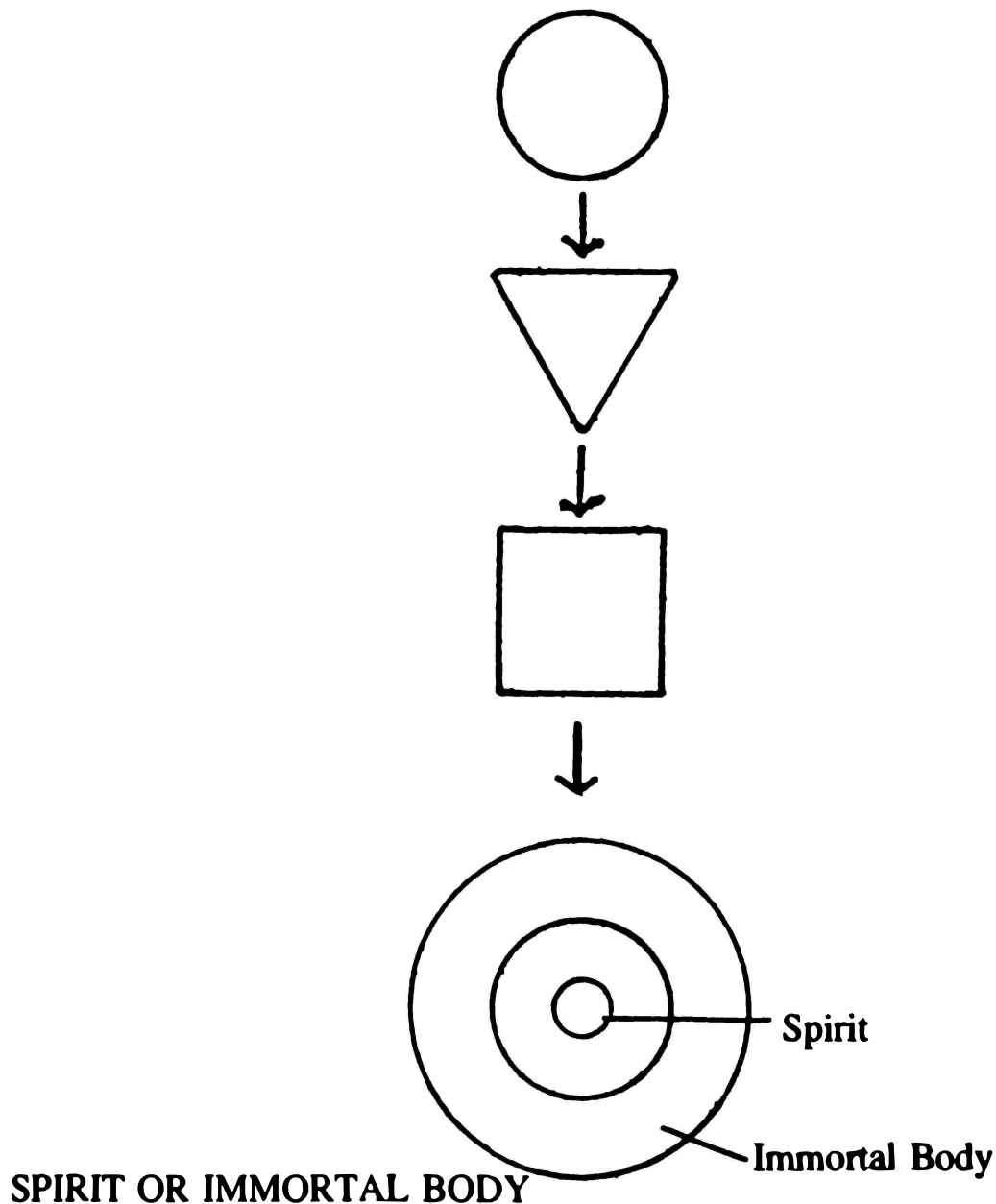


Figure 66. Immortal Body

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

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

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

How is spiritualization achieved?

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

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

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

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

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



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

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

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

The Golden Rules of Marriage

Taoists say:

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

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

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

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

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

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

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

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

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

Golden Rules of the Family

Taoists say:

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

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

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

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

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

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

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

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

Man and Woman Together

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

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