

Part IV

Infinite Wisdoms

The Supplements

Advanced Deer Exercise

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

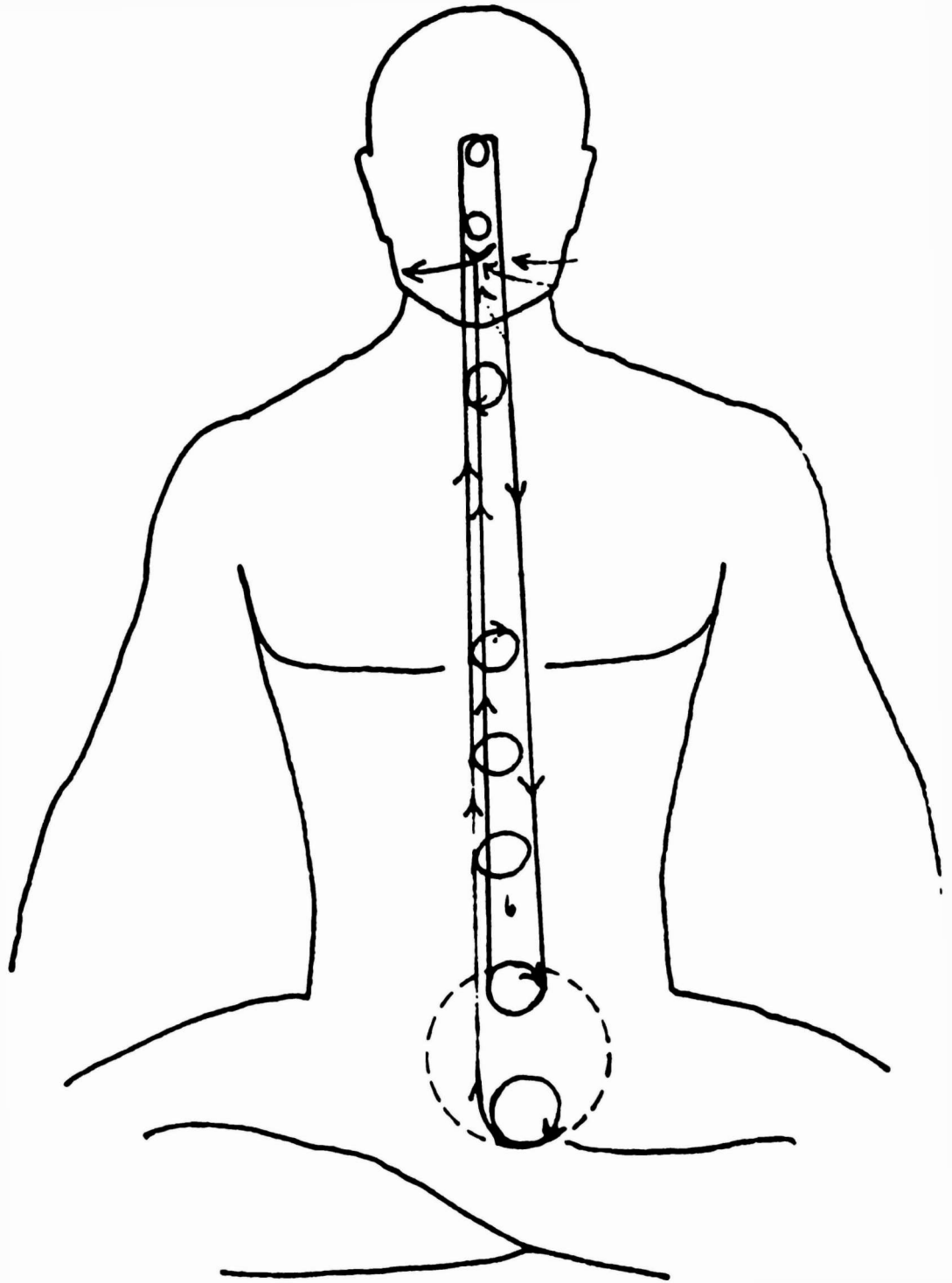


Figure 79. The Small Heavenly Cycle

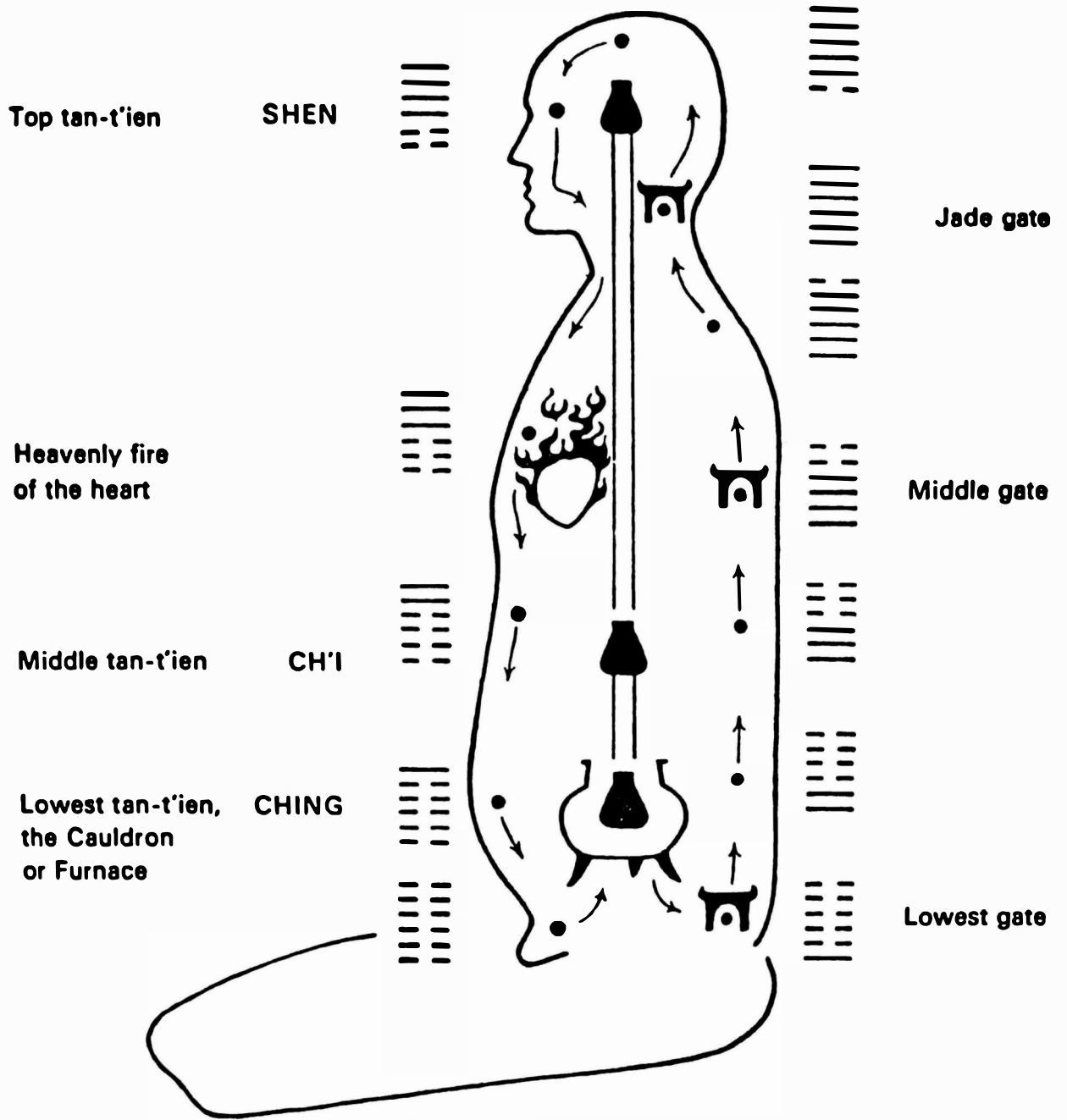


Figure 80. Side View of the Small Heavenly Cycle.



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

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

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

Affairs

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

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

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

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

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

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

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

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

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

Bathing

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

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

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

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

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

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

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

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

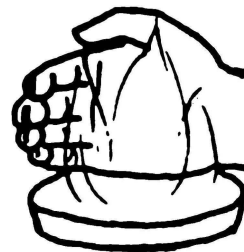


Figure 82.
The Fire Bath

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

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

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

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

Body Odor

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

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

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

Celibacy

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

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

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

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

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

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

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

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

Comments on Birth Control Methods

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

Determination of Prostate Problems

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

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

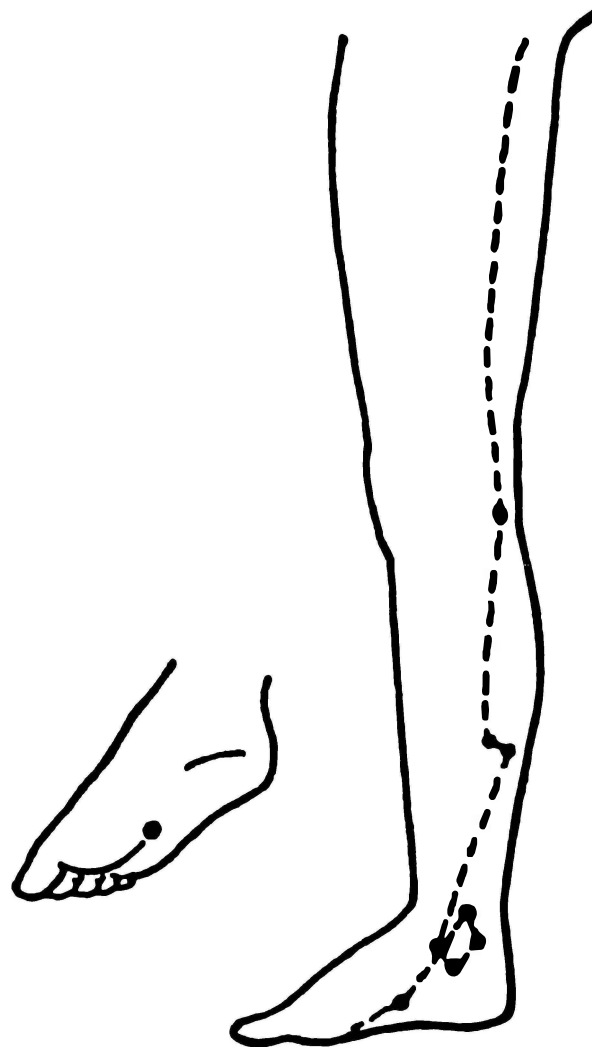


Figure 83. Kidney Meridian

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

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

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

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

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

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

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

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

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

Drugs

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

Ejaculation

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

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

Energy

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

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

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

How does one adjust or balance Yin and Yang energies?

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

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

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

Fantasies

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

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

Fertility

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

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

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

The Five Abilities

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

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

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

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

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

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

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

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

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

Our spirit and intuition reside in our heart.

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

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

The Five Virtues of the Penis

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

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

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

The Five Conditions of the Rectum

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

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

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

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

Foreplay

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

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

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

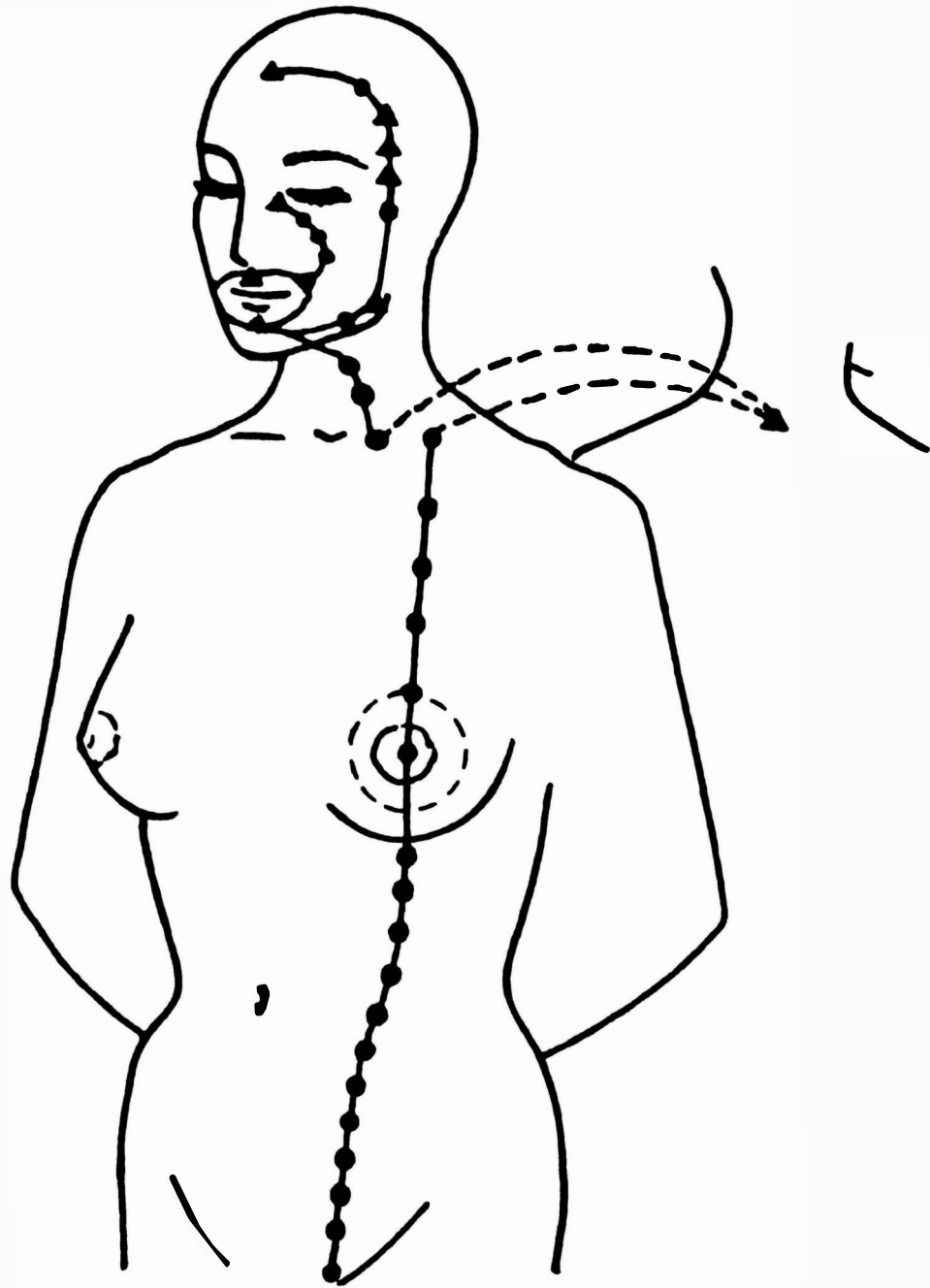


Figure 84. Stomach Meridian

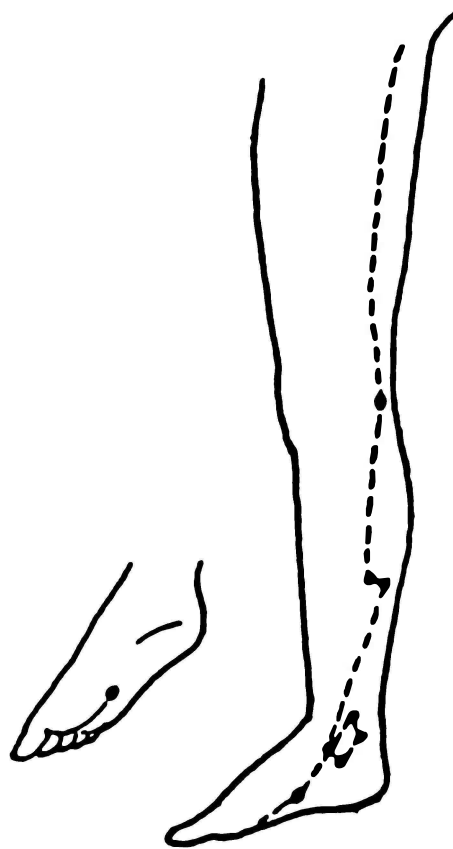


Figure 85. Kidney Meridian.

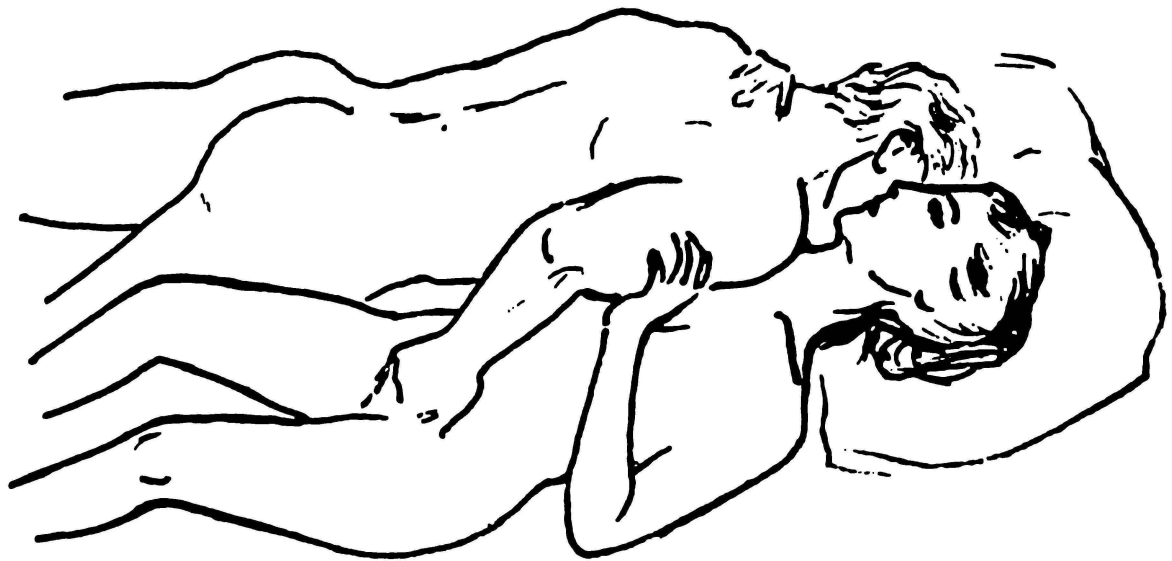


Figure 86. Foreplay.

manipulates the genitals.

Each half of foreplay may last from 10 to 20 minutes. If foreplay is done well, the man's erection will last for the whole of the foreplay. Then, if

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

A woman can also use these techniques on a man.

Heart Problems

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

Hiatal Hernia

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

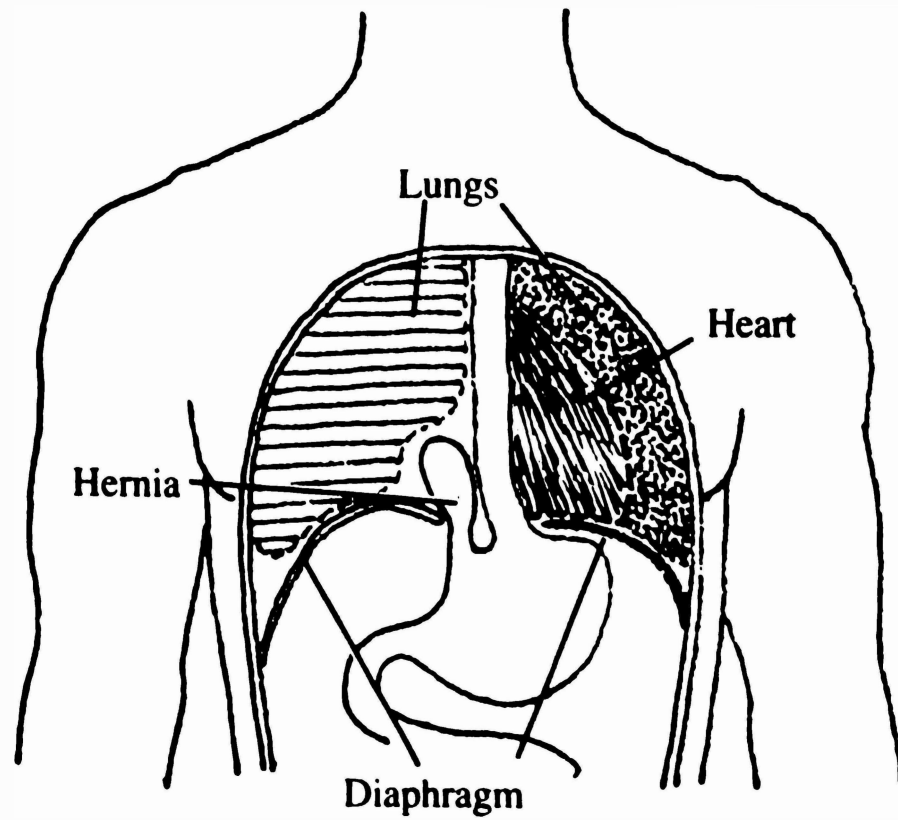
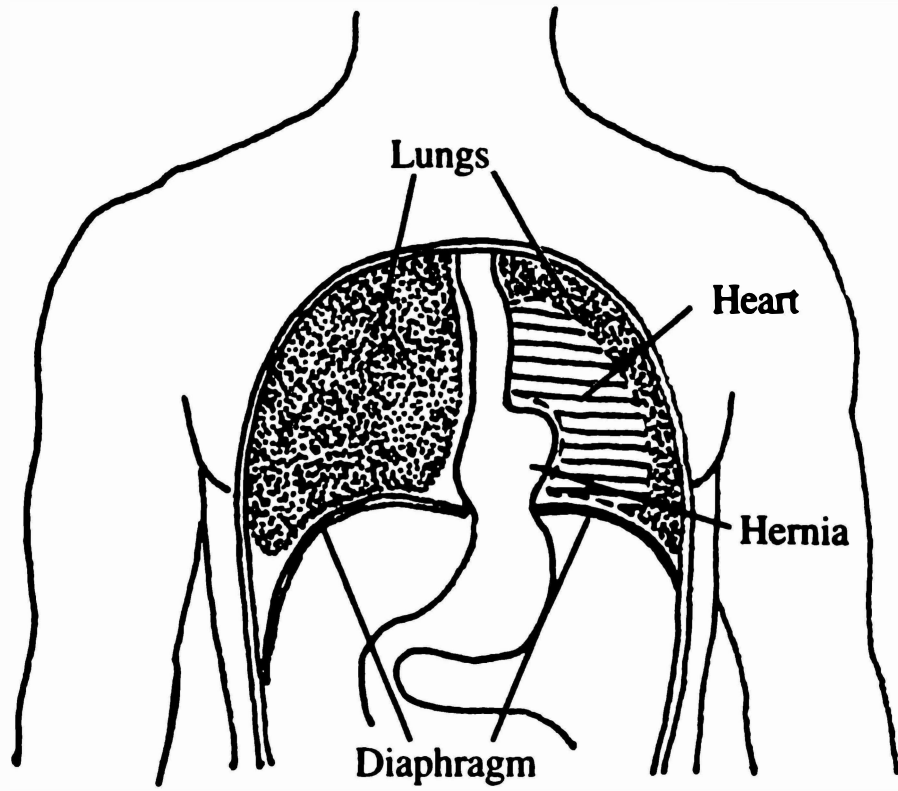


Figure 87. Hiatal Hernias Obstructing the Heart and Lungs.

Homosexuality

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

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

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

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

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

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

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

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

Hormones

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

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

Intelligence

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

Male Afterplay

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

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

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

Oral Sex

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

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

Sadomasochism

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

Seven Seeds

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

shocked the Japanese public.

The Spoon Exercise

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

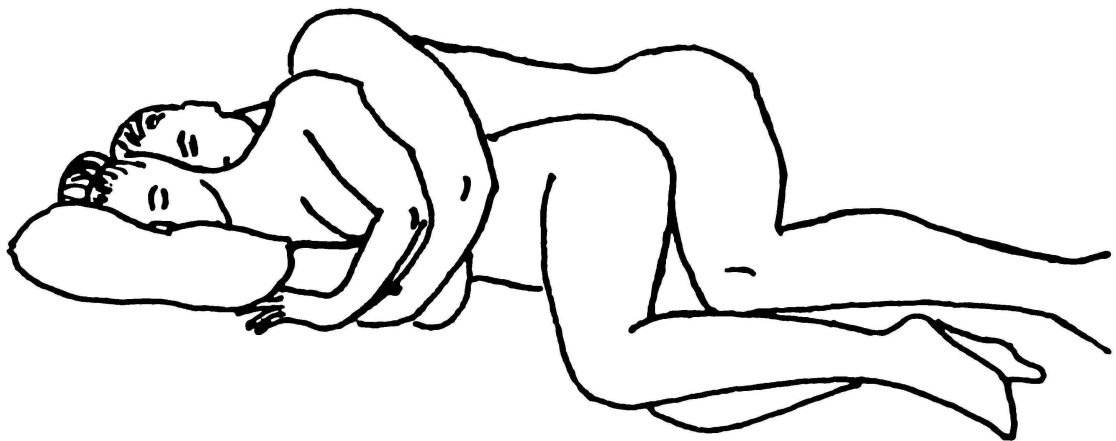


Figure 88. Spoon Exercise.

Statistical Research

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

MILLION-DOLLAR POINT

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

MALE DEER EXERCISE (Specifically Holdback Technique)

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

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

FEMALE DEER EXERCISE

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

Venereal Diseases

AIDS

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

CHRONIC VAGINAL INFECTION

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

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

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

FUNGUS

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

GONORRHEA

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

HEPATITIS AND DYSENTERY

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

HERPES

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

sexual intercourse.

RECTAL GERMS

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

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

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

SYPHILIS

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

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

VENEREAL WARTS

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

YEAST INFECTION

Please refer to *Oral Sex*.

OTHER DISEASES

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