

Part II

Knowledge, Technique, and Performance

Longevity: Prevention of Aging

The Human Battery

When the cells and tissues of our bodies are healthy and capable of regenerating, we will not age or die. When the capacity for regeneration is hindered, the body is diseased. To prevent diseases, one must protect the immune system. A Taoist aphorism succinctly states that immunity is a natural gift of life:

*When one does not incur small diseases,
one will not incur moderate diseases.*

*When one does not incur moderate diseases,
one will not incur serious diseases.
When one incurs no serious diseases,
one will never die.*

In other words, if one keeps the resistance of one's body high, one will not be affected by germs or viruses. A body that is healthy can resist every possible kind of disease, but one that is weak or lacks resistance can be brought down by one little germ. To prevent death, one need only prevent the small diseases.

The approach to healing taken by medical science can be likened to the classical approach to warfare: it finds the germs and kills them, and it locates the diseased organs and chops them off. That is why we have antibiotics and other medicines.

Taoists take another approach. Instead of studying death and disease, they study life and health and the methods for maintaining them. The ancient Taoists knew that there were millions of different germs and viruses and that it was pointless to try to develop ways to kill them all. They realized that the only sensible approach was to keep the body healthy so that it could resist all of its intruders. This approach saves the potential disease sufferer from having to suffer from a disease while he or she waits for cures to be found. It also saves Taoists from the tedious task of researching every disease-causing agent on earth. Certainly Taoists know how to heal. It is necessary that they do. But their major concern is to prevent disease, to prevent their students from ever contracting a disease in the first place.

Since Taoists were not preoccupied with curing every little disease, they were able to invest their time and energy in devising a very detailed and complete method of disease prevention—a method that is thousands of years of old, yet very modern by today's standards. This method prevents energy loss, the primary cause of weakness in the body and its susceptibility to disease-causing agents.

The human body is like an electric battery: it needs energy to function. At its functional best, it needs a maximum amount of energy. If the level of energy within a person's body falls below full capacity to 70%, that person will feel miserable. When the energy level falls to the 50% mark, that person will be hospitalized. When the energy level falls to the 20% mark, he or she will be under intensive care. If a person has 0% energy, that person is dead.

If you were to attend a wake to pay your last respects to an acquaintance, you will find no changes in the dead person's form—the face, the arms, the legs, the body, everything remains intact and unchanged. The only difference between the corpse and the living being is the amount of energy present in the body. A living being has a fully charged "battery"; a dead person, a com-

pletely depleted “battery”.

Energy depletion occurs every second of the day. As soon as you open your eyes in the morning, you begin to deplete your energy. This happens particularly when you concentrate on looking at something and even more so when you concentrate on looking at a moving object. All of our ordinary daily activities will deplete our batteries somewhat. These include watching television, talking, daydreaming, walking, eating, thinking, and worrying. Unhealthy sex practices are a very important cause of wasted vital energy. Anger and other negative emotions also deplete an enormous amount of energy.

A simple exercise, done in one minute, will demonstrate how much energy is lost through the eyes:

- 1) Hold your right arm at your side.
- 2) Ask someone to try to pull up your arm while you resist as much as you can.
- 3) Relax your arm and concentrate on the second hand of a watch while it travels around the watch for one minute.
- 4) Repeat Step 1 and have someone try to lift your arm again while you resist. From your weaker resistance in the second trial, you can easily determine the amount of energy emitted from the body through your eyes. To give people an idea of the magnitude of energy loss, tests were done, and these tests demonstrated that energy lost in one minute was recovered only after twenty long minutes!

Kirlian photography provides further proof of energy loss. Kirlian photography, done with high voltage equipment, captures the image of energy emission from the body and enables the naked eye to see how the body loses energy. Energy, like colored flames, is seen to shoot out of the fingers. One will also see changes in the brilliance and height of the flames as changes in the energy level occurs. For example, the brilliance and height of the flames decreases when a person touches an object with relatively lower energy levels. Thus, vital energy is proven to be governed by physical laws: it flows from areas of higher pressure to areas of lower pressure. So, whenever you touch a person who has less energy than you, *your* energy will be depleted.

Experiments done with Kirlian photography on cigarette smoking showed that cigarette smoking depletes energy drastically. After just ten minutes of cigarette smoking, no flames of energy could be found in the Kirlian photograph of the smoker. Kirlian photographs taken of a chain of hand-holding

people also revealed startling facts. If a person at one end of a chain smoked, the energy level of the person at the opposite end of the chain fell. Similar results were obtained with drugs and alcohol.

Any kind of energy loss, like disease, causes aging. Without energy, cells and tissues stop regenerating and shrivel and die. To prevent energy loss, the human “battery” must be recharged.

Under normal circumstances, the “battery” should be recharged by ingestion of food and restful sleeping. Unfortunately, some people are unable to satisfy one or both requirements. If this is the case, Taoist methods can help (the methods for proper eating belong in another subject area and will not be discussed here.)

Normally, the human “battery” recharges itself every night when you sleep. After the day’s activities, thoughts, and concentrations have depleted most of your energy, you will feel drowsy and fall asleep, so that your body can recharge itself. Sleep relaxes the meridional points of entry and exit and allows the energy of the universe to enter all the acupuncture points, travel through all the meridians, and reach and recharge every cell in your body. The next morning when you awaken, your battery is recharged and your energy level is high again. Like the battery and generator in your car, the human battery recharges automatically—if everything is functioning as it should be. If everything functions excellently, everything takes care of itself and you do not have to do anything. But, when you do not sleep well, the natural processes are blocked. For example, if insomnia, due to worries or constant thoughts, prevents you from getting the sound sleep you need, your battery will not be properly recharged.

In order to get a good night’s sleep, you must let go of all the problems and worries of the day. Tell yourself that you will deal with them tomorrow and that what you really need is relaxation and rest. This may be the reason why Jesus instructed us to avoid carrying our anger with us past sunset. We must let everything go and sleep.

Sometimes energy gained from food and sleep are not enough to compensate for the stress, tension, and anxiety incurred from certain lifestyles. Sometimes blockages in your “battery” may prevent it from being recharged. In that case, recharging the irreplaceable battery must be done through a process called “rebirth”.

Sex usually depletes your battery, if the methods recommended by Taoism are ignored. Because sex causes a great deal of tension—and tension closes up the meridional points of entry and exit—the body’s ability to receive energy is blocked. Moreover, a person with a very low energy level will drain a great deal of energy from the partner. In fact, a person will lose energy even if that person and his or her partner have the same energy level. This is why many

people suffer from post-coital depression after sex.

To counteract the aging effects of sex, one must be “reborn”. Rebirth is the continuous elevation of energy levels through exercise of the sexual organs. This is the other purpose of the sexual organs. Not only do they contribute to the creation of a child, but they also contribute to the rebirth of the individual.

Rebirth

Taoists refer to the sexual glands as the “stove”. A “stove” is where “fire”, or sexual energy, is generated. Without a stove, fire can not be generated or utilized properly. Then no one will be able to cook anything, or support life. Many of the vital functions of the body depend on sexual energy. The terms *stove* and *fire*, ancient alchemical terms from the days when this information was kept very secret, describe a part of the process of rebirth.

Another ancient alchemical term is *water*. *Water* represents all the secretions from the kidneys, bladder, adrenals, lymphatic system, and sexual organs (hormones or sexual fluids). This term also represents the organs and glands from which these secretions are derived.

Taoist teachings state that one must be born of *water* and *spirit*. Interestingly, Jesus said the same thing: “Verily, Verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.” Your sexual organs and your urinary organs are considered to be “sister organs” in Taoism. They are linked because both are related to the water element, both share similar openings and anatomical areas, and both have reciprocal effects upon each other—that is, both either strengthen or weaken each other in a never-ending cycle.

Detailed explanations of the above material, constituting an enormous subject area in Taoism, will be given here and in later chapters.

The Anus: an Indicator of Age

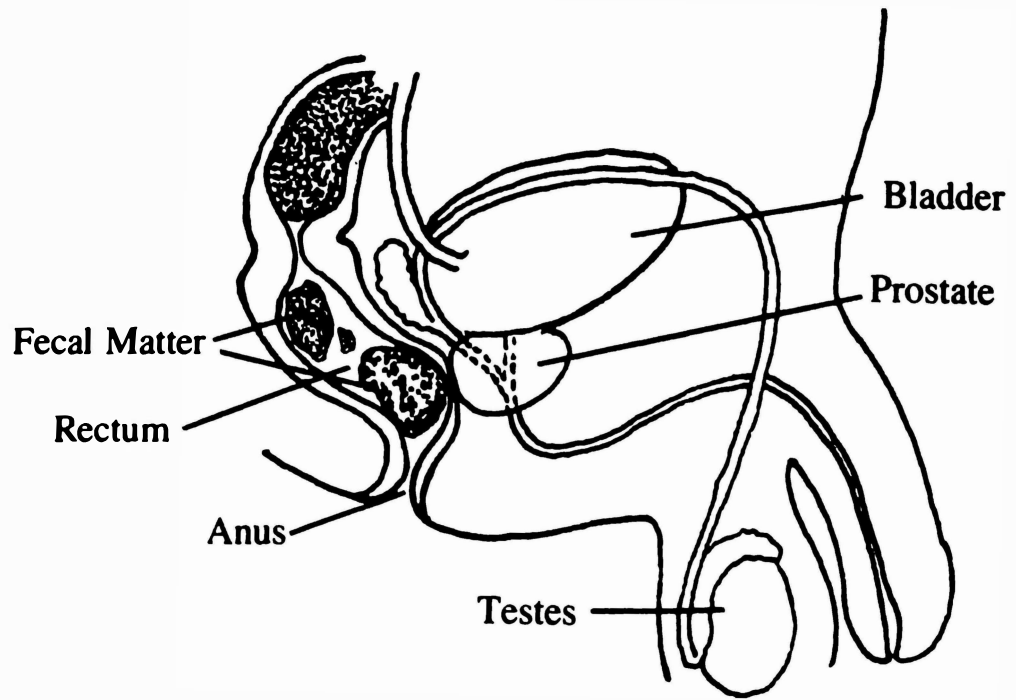


Figure 6. Fecal Matter in the Rectum

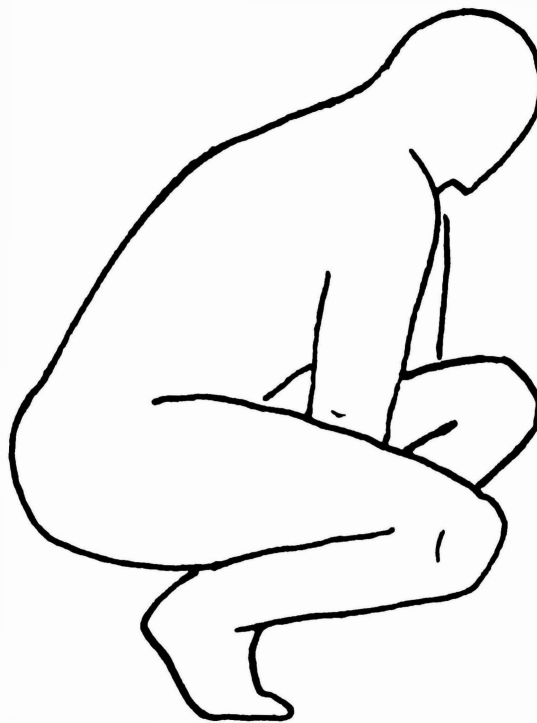


Figure 7. Squatting Position

Your chronological age, the number of years you have lived, may be one indicator of your age, but your biological age is your *actual* age, because it reflects your body's health and indicates the extent of morphological change. A prime indicator of biological age is the condition of the anus, that is, the tightness of the anal sphincter muscles. The anal sphincter muscles belong to the same energy unit as the sexual glands. When the sexual glands are strong, the anal muscles are also strong. When the sexual glands are weak, the anal muscles are also weak. An example of the former relationship is the difficulty involved in inserting something as thin as a thermometer into the anus of an infant. The tightness of infantile anuses persists until the need to defecate causes the anus to loosen. Otherwise, it remains tightly closed. In adults the anal muscles are much weaker. The anus can become so loose and flaccid that many people will have difficulty controlling their wastes when they are releasing intestinal gases. This condition is an indication of old age. In addition, if a stroke or heart attack has made a person unhealthy, that person will not be able to control his or her bowel movements. Often they can not hold wastes at all. The older a person is, biologically speaking, the looser the anus becomes.

The anus can be used not only to *measure* biological age, but also to *change* biological age. It is possible to lower biological age through the practice of Deer Exercise, which is discussed later in this book. The Deer Exercise makes use of muscular motions to exercise the sexual glands internally to revitalize them.

Cleaning the Anus

This is very important. Due to its proximity to the vagina or the prostate, an unclean rectum can cause infections or cancers in these two areas. The anus, always moist and dirty because of the presence of secretions and wastes, provides an ideal environment for germ proliferation. The inside of the rectum remains very dirty after a bowel movement—a piece of waste usually remains in the rectum, near the prostate gland. Toilet paper alone can not clean the area sufficiently, because wiping the outside surface around the anus does not remove the toxic wastes hidden inside the rectum. If left uncleaned, these remaining toxins gradually alter the vitality of the surrounding tissues. Even-

tually, infections, hemorrhoids, or other abnormalities or degenerative processes will form or begin. According to scientific studies, about one fourth of all cancers in men originate in the prostate or rectum.

Many prostate cancers develop in the half of the prostate facing the rectum. Because only thin tissues separate the prostate from the rectum, toxins can easily penetrate into the prostate and cause rectum cancers. (See illustration 6.) Therefore, the side of the prostate that is closest to the rectum, and therefore most susceptible to constant exposure to toxins from the wastes in the rectum, is most susceptible to cancer.

Most people neglect the rectum because they feel it is too dirty to touch. In truth, nothing is dirtier than keeping any part of the body dirty. For longevity's sake, you should not neglect any part of your body or it will become your Achilles' heel.

One way of cleaning the rectum involves the use of thin, square layers of sterilized cotton (cut these out from a roll). Wrap a layer around the index finger and wet it with lukewarm water or oil-based or water soluble cream (never use regular soap). Then penetrate the rectum with the finger and clean the walls of the rectum with a rotating motion of the finger. (A man should reach into the rectum to the level of the prostate gland. This is approximately two inches inside the rectum. The prostate's curvature can be felt with the finger at this point. It is located toward the front of the body, and it possesses the curvature of a small lemon.) To facilitate the finger's penetration, use a squatting position and relax your anal muscles. One or two repetitions are sufficient for cleaning the area. Be gentle but thorough. If a piece of excrement remains in the rectum, use two fingers to extract it. Also, do not forget to clean the outside of the anus with a moistened cotton ball or moistened toilet paper. Finally, dry the area afterward with toilet paper.

In women, this method will prevent many potential infections from occurring in the rectum and spreading to the vagina. Additionally, it will prevent the spread of many germs from the woman to the man during intercourse.

If sterilized cotton is not available, wet toilet paper should be used instead. It is advisable to clean the rectum after every bowel movement. If this is inconvenient, a thorough cleaning of the anal area should be done at least once every day.

The Use of Sunlight

Sunlight has excellent germicidal qualities, and exposure to the sun will help keep the anal and vaginal areas healthy and free of germs. It is also excellent for the treatment of hemorrhoids.

I call vaginal infections and hemorrhoids “diseases of laziness” because they result from neglect of these areas. Regular washing and exposure to sunlight will prevent these problems or help heal them if they already exist.

One technique, known as the Sun Worship Exercise, gives this area full exposure to sunlight. Instead of bowing toward the sun as you might expect from the name, you should bow so that the anus faces the sun.

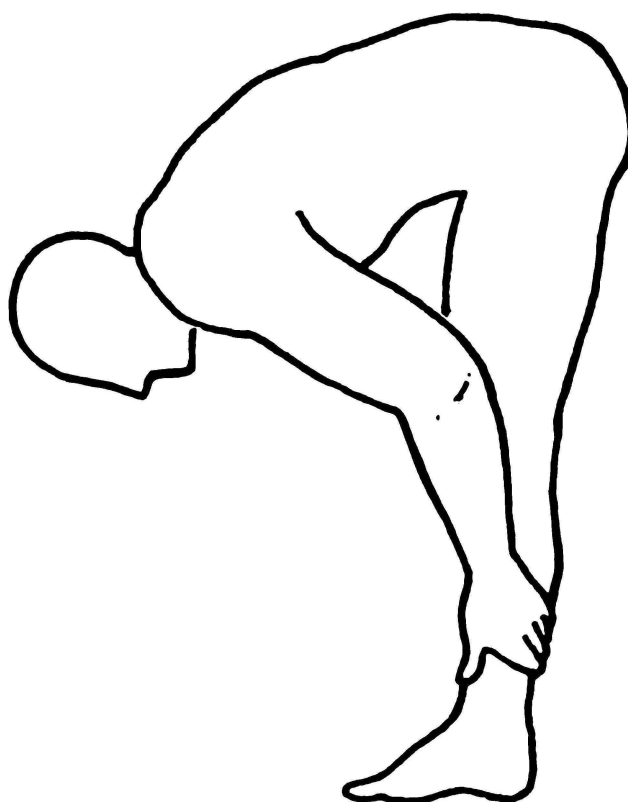


Figure 8. Sun Worship Exercise

- 1) Turn your body so that your back is toward the sun.
- 2) Lean over so that the sunlight comes into the opening. (This exercise needs to be done without clothing for best results.)
- 3) Feel the warmth penetrate into the tissues.

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Note: This exercise may also be done lying down, but make sure that your sexual openings and anus are bathed in the sunlight.

The mouth and the anus are two very important openings at each end of the digestive tract. They perform equally important functions, ingestion and excretion. Unfortunately, some people treat them unequally. They often brush their teeth, floss their teeth, and rinse their mouths three or more times a day, while completely disregarding their anuses. Continued neglect results in serious problems of the anus and sexual organs. If the excretory or sexual organs ever recover after serious medical care, they will not remain healthy if they are still neglected. Continued neglect will bring about fatal results.

An argument against rectum cleaning is that the rectum has self-cleaning abilities, like the self-cleaning ovens. This argument, however valid, is inconclusive. Even the best of self-cleaning systems are subject to wavering health conditions and, when corroded by fast-penetrating filth and toxins, will break down. Ebbing health conditions or exhaustion can lower the efficiency of the self-cleaning function, exposing the excretory and sexual organs to the corrosive properties of the toxins. Once damage is done by the toxins, correcting the problem will be a million times harder, as the damage done is often fatal. Rectum cleaning is not a matter to be taken lightly.