

The Art of Living and Loving

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Foreword

First of all, this is a NO-BUDGET-Project. Please excuse my English. I did not find an editor and English is not my mother tongue, so there might be a few mistakes and my grammar might not be the best.

If you don't like to read books with failures, then it's might not be for you. Give it to someone else instead of complaining. Complaining does not help you and it does not help me.

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A large part of my knowledge in this book was given to me at the time and I am hereby passing it on to you.

Thanksgiving

I would like to thank all my teachers, life partners and my children. Each and every one of you finally made it possible for me to gain all the experiences that enable me to share this with the readers today. I would like to express a special thank you to my beloved wife, who has endured me for a full 20 years and has not yet filed for a divorce, although we have not been living together for many years. I would also like to thank Winja, who corrected some chapters of the book and accompanied me through my process of self-reflection for my German version of this book.

I am also happy for the support of my soulmates Michelle, Anja and Daphne, who helped me to get rid of my sexual addiction and were able to open my heart.

Preface

Two years ago I came across the book *Unfold your erotic potential* by Sheri Winston and thought to myself: "We need something like that for men too". Unfortunately, my research came to nothing. There didn't seem to be anything like it for the man. Now that the third person has already advised me to write a book about my life or about the man and his sexuality, I'll just start. Originally it was supposed to be a book for my son, with whom I unfortunately no longer have any contact today. In this way I try my wisdom, if you can even call it that, to pass on to him on the way. But I think that my words could reach other ears and by that I mean not only other men, but also for women. It can be interesting read for anyone who wants to find out what it can be like in a man. Although my way is only one way a man can be. And I'm definitely not a model, but there are certainly many similarities to other men, because we definitely have something in common. This book is specifically aimed at the sexual aspect in men. So be warned, I will try to be authentic and not mince my words. Some things will surely shock you, others you will already know or it will just trigger you and you may be willing to turn my throat around. But I like to take this risk with the background of staying authentic. I will freely divulge everything that was to be learned. Since I have had a tantric training, I will use a few words from Sanskrit (Indian language) to call things by their names. If you are not familiar with these terms, you will surely find them in the glossary. Since I was asked not to give names of existing people, I will change all names or simply leave them out. If you are a woman, please be sure that this book is not intended to serve that purpose; to instruct the man to get even more women around, to use them and to throw them away afterwards. On the contrary, I would like to enlighten those men that they are transforming this very practice into something benevolent and are able to treat a woman like a goddess. And yes, it does take some practice. But if, as a woman, you transform your attitude towards sex in such a way that you simply see it as part of a great game, then you will certainly enjoy it the moment you are having sex with a man. And you don't care if this man is gone again at some point and practices with someone else. It is important here that the man communicates his intentions openly and honestly and does not lie to you. Because of: "I love you more than anything and I want to marry you and raise children with you." The man may be serious at the moment, but you should only believe him after you have had enough sex with each other and not before. In that case, he might just lie to get you to surrender to him. But first it should be noted that I ask you not to believe a single word that I am writing here. I would like to invite you to make your own experiences. You will certainly see one or the other with different eyes, because you take a different perspective on the whole thing and you have

already been taught some things differently or you have already experienced some things yourself and think a little differently about the topics. I hope that you can take something from this book with you personally and if not, it doesn't matter.

Don't believe anything you think
~Unknown

Introduction

So that you can see what transformation I went through, it is my concern to show you what an asshole I was before. Seven years ago I was working as a software developer for a Swiss bank and earned a pig's money. I moved to Switzerland just to earn more money. As a motivation I always take a look at one of my bank statements. After running after profit for 25 years, so that I could also afford a Porsche and expensive women, my body came forward and manifested a burnout to pull me out of circulation. When I was around ten years old, I used to play with the son of an entrepreneur. He had a Carrera racetrack and always braggedly competed against me in his chic, silver Porsche 911. I swore to myself, at some point you'll have one too, but one for real. 30 years later, I had actually made it. First I drove the Porsche Boxster and three years later I actually drove a silver Porsche 911 Carrera !!! That was probably my longest manifestation but I achieved it with hard work! I had a lot of money, but I didn't give much of it to my family. If they need money, they can go to work. Even after I later separated from my wife and our children, I saw no point in paying them maintenance, after all they were old enough to be able to work themselves.

Burnout

We came from a project meeting in which we discussed the timing of the new software project and agreed as a team for the planned overtime, even though the project was not even in the beginning. When I slept on it for one night, I woke up in the morning with the feeling: "No, I'm not going to do that! I'm not an idiot. " In the team meeting that morning, I shared the words: "You're doing the project without me. I'm quitting. I'm out."

My team leader asked me to take a month off and then calmly pass on my know-how to the team.

I used this time to talk to my wife about the fact that she could actually work. She saw it and got a job in a fast food restaurant. When I later handed everything over to the company, I took a six-month break, bought an e-bike on the advice of my doctor and cycled for an hour every day. In that time I have lost 25kg of weight.

I wanted to start my own company again, but my new business idea burst during a conversation with a gentleman from the Chamber of Commerce and I was forced to ask my old boss if I could work there again. My boss offered me to work only three days a week in order to be able to take it easy.

I take advantage of this cool schedule to alternate between working two weeks and going to Denmark for two weeks to kitesurf. That was actually a cool time.

But some things went against the grain. For example, I had a colleague whom I had specially asked for my project so that I didn't have to do everything myself. After my burnout, he took over the lead for the project. And then I had to listen to things like: "As long as I'm in charge here, it will be done as I want it." It was about the design of a user interface and I was actually the more competent in this area, since I was studying *Human Computer Interaction Design* at the time. I was also no longer able to support other decisions because I am a pragmatist and always implement everything straight away, while my colleague always wanted to artificially drag everything out so that he can earn a long time on the project.

Since my wife also brought her problems home from her work and her son, who was still living with us at the age of 28, also worked in the same company and brought his frustration home with him, it became too much for me at some point. I started an intervention because I believed my wife and her son were being bullied in their company. At least that was what all the signs indicated.

On my advice, they both quit there, but apparently were afraid to register as unemployed because they probably feared being put into such a sweatshop again. Yes, the labor market in the low-wage sector is horrific even in Switzerland.

Be that as it may...

...now not only were our youngest son at home, because at 20 he still had no training position, but also my wife and her son. And of course none of the three gave up rent at the time.

In addition, the project management changed and our new project manager didn't think my idea of only working every two weeks was not so good. The covers fell on my head and I got in my car and drove off. I have to mention that at the time I had just started a cold alcohol withdrawal and hadn't been able to sleep for two nights. I parked my car and stood in front of an abyss. "No ...", I said to myself, "... I won't let myself be pulled down now and I certainly don't jump."

My gaze wandered further and I saw a small chapel on the mountain at the other end of the gorge. There I went and sat on a bench and prayed for my family. I thought I didn't have long to live and asked for help for my people. After the prayer, I asked God to give me a sign if he should have heard me. The bells began to ring.

If that wasn't a sign. Out of sheer euphoria, I wanted to give away my decadent Mercedes convertible oldtimer after the experience and deposited the car key in the church and walked home. It was a cold January day and I was actually dressed more like a driver than a pedestrian. Somehow I also underestimated the distance.

At some point I started to take off my jacket and toss it on the floor: "Shit, what was that now?" I asked myself. And it went on, I took off all my clothes and somehow sat on the sidewalk. I had completely lost control of my body. I couldn't control my thoughts either. What the hell is going on ?

Yes, I was actually arrived in hell: "Oh no, why me? What have I done wrong? Shit right, I deserve it. I am not worth living I broke the hearts of so many women and so on and so forth." No seriously, I couldn't think so clearly. I just felt like I deserved hell.

What a trip!

Somehow, however, I deliberately managed to sit down in the lotus position and at least assume the posture of a meditator. Motorists who came by looked like hell to me. I waved them on. I was kind of in such a weird state. No longer had a clear picture. Everything was blurry and I just nodded away a few times.

At some point, a few hours later, an old couple found me and brought me back. I first warmed up in a police car and was then driven to the hospital with blue lights.

They offered me either to go to an institution voluntarily or to be forcibly committed.

What great options.

Well, I went to the closed voluntarily. It wasn't really closed, but I wasn't allowed out either. The diagnosis I gave was alcohol withdrawal and

gambling addiction. I had been playing World of Warcraft, an online role-playing game, for twelve years at the time and thought they would believe me. If you make the diagnosis yourself, then there is no need to go to the psychologist. I don't even want to know what they would have come up with just to make the beds there.

For that I had to swallow some kind of devil stuff from Big Pharma. Well, I could easily take it off after my discharge. After this hell trip I wasn't afraid of anything.

There in the nuthouse I felt like Buddha, who had to drive to another city with a serious illness and on the way there saw really sick people, which made him healthy again. That happened to me too. Suddenly I was relatively healthy compared to the other people there. I had a very special experience with an old woman who had barely moved. After I had motivated her for a few days, the woman was suddenly able to play table tennis with me again. When I wanted to get out a few weeks later, I thought I was played badly. To be able to get out, my blood was drawn very early in the morning. So far so good. Eyes shut and go for it. But when the sister said: "I didn't get enough blood in my right arm. I have to take something from your left arm. "That stressed me out somehow and I passed out for a moment and pissed in," No, we can't let you go that way. You have to stay here for a few more weeks. ", the station master then told me. "What a bastard", I thought, but stayed calm. Just don't let yourself be provoked, otherwise there will be a great white jacket and a single room with rubber wallpaper.

Later, a very dear sister secretly advised me to lie down next time while taking my blood and wait until I can get up again so that this doesn't happen to me again. She also advised me to stop taking certain medication. "You don't have to take that.", she told me, "You are in here voluntarily." I have no idea what kind of devil stuff they gave me, but I took it off and came out again after a total of six weeks. That was really scary sometimes. Every now and then a woman freaked out completely and had to be brought to rest by three men. She was then always handcuffed to a bed. The woman used to work there as a nurse before.

Crap.

I couldn't help her. I don't even want to know why she was now a patient there. Maybe she wanted to help a patient and was caught doing it and declared crazy. It didn't take long and I left Switzerland. That was enough for me what I saw there ! I finished my project but then moved to Denmark. I didn't wanted to go to Germany either, because there were still a few believers waiting for me. At the top of the list is the tax office. And I got to know their methods. They just close all accounts and let you starve to death on your outstretched arm. In Denmark I came to rest and was able to reflect on what I had experienced. But only recently did I realize that I am neither my body nor my mind, as I had no control over these things on this bad trip. But all the other spiritual leaders say the same thing.

My first orgasm

When you talk about orgasm in a man, you're really only talking about ejaculation. There can be no question of orgasm here, because the actual orgasm is terminated with the ejaculation.

Really deep orgasms, as women can naturally experience when they have experienced a certain sexual and physical maturity. I personally did not experience them as a man, until the day I did my first tantra massage workshop.

In this workshop there was a nice young woman with whom the men regularly fell asleep during the tantric massage. No, no, this is far from bad. That was a sign that you can really let yourself go with her. And believe me, even in your sleep you can have fun in a massage and experience deep feelings.

If you don't know what a tantric massage is: Imagine you are lying naked, like god created you, on a futon and being massaged with oil all over your body by someone who is also completely naked. And when I say all over my body, I mean it. Even in the ears, in the nose, in the mouth, in the anus, in the yoni (vagina) and also the lingam (penis) are massaged.

I know you have doubts because that's sex. And then with a stranger. Au cheek. Yes, this is a very sexual act that can sometimes lead to one or more orgasms or to ecstasy.

The orgasm is not the goal of a tantric massage. The ecstasy, on the other hand, is, but more on that later.

But let's get back to the massage seminar and my first orgasm. The very young woman I mentioned earlier asked me if I would like to be her model for the final massage. I immediately agreed, because this woman had a magical attraction for me.

When I went hiking in the forest the morning before this final massage, I manifested that this massage will be the absolute highlight of my life and I wished that this amazing woman will fall in love with me. At that time I didn't know anything about the law of attraction, but I applied it ignorantly. This wonderful woman actually fell in love with me and we became a couple. You will learn more about the law of attraction later in the book.

As far as the massage was concerned, it was a unique experience... that will not be repeated. Before the massage, I intuitively opened this woman's heart. Please don't ask me how that works. I just did it. Unfortunately, you can't put everything into words. Words are not always appropriate in the spiritual world either. Take the word orgasm, for example. When we describe orgasm in such a small word, we make it very, very small, although this feeling that our body rushes through and can last for up to 30 minutes can in reality be much

more powerful than what we have experienced before. Some people literally go insane during an orgasm and scream loudly and move very madly and what do I know what else is going on. Well, I put my hand on her anahata chakra (heart chakra) to touch her there and my intention was to open her heart.

At the very beginning I sat upright and she sat behind me. She has already oiled and massaged my lingam. At the end of the massage, the other couples in the room were already more or less finished, which one could assume from the background noise and I waited in vain for the lingam massage I wanted so much. Now I thought, what a shame... you already got one at the beginning. Well, better than nothing. At that time I was still very stuck in the ego ;-)

Far from it, because at some point, we were probably almost alone in the room, she then sat down between my legs and very gently began to touch my best piece.

Every time I was close to the point of no return, I gave her a hand signal and she stopped stimulating me. I deliberately deepened and visualized my breathing so that I fill my chakras with energy one after the other, just as we had learned in the course.

When I arrived at the Sahasrara (crown chakra) and went into relaxation again, a huge wave came through my body. I had tears of joy and sadness in my eyes at the same time, and I had to laugh like crazy. Wow, I just had a valley orgasm ... and no ejaculation.

You can be sure that I felt reborn that day and it didn't happen to me when I was 15, but I was 49 years old.

I had already experienced a lot sexually up to that day, but what I felt there was absolutely awesome. Life suddenly made a lot of sense again.

On the way home, the following fact popped into my head: "From today on women will pay me for sex and not the other way around." At least for a massage... From that day on I was naturally curious and wanted to know what else men can experience sexually and spiritually.

As a side effect of this training, I couldn't sleep for three whole nights because my whole body was full of energy. I phoned the doctor who taught us about sexually transmitted diseases in the course and asked her what I should do. She gave me a tip on how I could let the energy flow into the earth, but reassured me with the words, "This is completely natural, use this energy and be creative." So I did and set up a page on Google Plus to let the world know that there is something really great that everyone should experience.

Ejaculation and orgasm

I'm pretty sure that most people don't know that a man's orgasm and ejaculation are not the same thing. Strictly speaking, these are two different things that happen in quick succession and are perceived as one. While women first have to learn to ejaculate and can experience multiple orgasms, men first have to unlearn ejaculation in order to experience multiple orgasms.

More specifically, the man's orgasm is terminated by the ejaculation. It's like "Oh shit I cum".

Ejaculation is really only used for reproduction and you can do without it. Unfortunately, in pornography people are led to believe that ejaculation is part of fulfilling sex. In this regard, there is a special section called cumshot. But if you want to experience a fulfilled sexuality, I advise every man against ejaculating, because...

... normally the man ejaculates after an average of 7 minutes, turns around and falls asleep, with the woman on her own because this short period of time is by far not sufficient for women to experience an orgasm and multiple orgasms are out of the question.

On the contrary, women only feel frustrated this way. She doesn't even have fun with her sexuality when she has to do it herself in the end.

In some cases, a woman does not get an orgasm for about 30 minutes and this requires a long foreplay. And I'm not thinking about Mikado or Halma ;-)
Since we men are not as selfish as many unsatisfied women might think, we can also train ourselves off ejaculation in order to stand our man significantly longer.

There are several ways to stop ejaculation. On the one hand, you can of course stop the stimulation shortly before the so-called **point of no return** in order not to come near the ejaculation in the first place. I used this method, for example, to achieve my first valley orgasm. And on the other hand, you can specifically train your so-called PC muscle to either suppress the pumping of the prostate by contracting the PC muscle shortly after the point of no return has been reached, or you can specifically relax this muscle, what in my opinion the better way is, because this way you make your muscles more permeable to the then flowing, sexual energy.

In order to train the PC muscle, you first have to localize it. The best way to feel this muscle, which is located between the anus and the root of the penis, is to hold the stream while peeing without squeezing your penis. Give this a try next time you need to go to the bathroom. You can also find this muscle by playing with your erection and thereby moving your penis up and down. Now that you have found your PC muscle, you can train it specifically by tensing and letting go of it again and again. You can do this exercise anywhere. But it

works best when you have an erection or, as I said, when peeing. Try to stop the stream as you pee. The actual practice can of course be done while masturbating. At the beginning you always stimulate yourself until just before the point of no return and stay there for a moment, then get there again. Later you go a little further, can experience your orgasm and go into relaxation. You basically let go of everything. In an emergency, you can also pinch the spermatic duct on your **One Million Dollar Spot** to suppress the flow of semen. You can find this spot just above your anus in the direction of the lingam. There you can press your whole fingertip into it and on the one hand press your prostate so that it no longer pumps and on the other hand you press your sperm duct with it so that your precious energy cannot flow away. (More on this under Brachmacharia) In the beginning it may happen to you that you ejaculate anyway, but that's not bad at all ... because you've probably been doing this all your life. So no stress... this workout takes months, if not years.

In masturbation, it is difficult, at least for me, to experience orgasm, because one almost always has an intention and intentions prevent orgasm. You may have already learned this from your partner. If you absolutely, deliberately want to bring her to orgasm or does she have this intention, then it will be difficult or even impossible to experience an orgasm. Here it is a good idea to practice with your partner. This can be done completely relaxed, lying on his back, during a lingam massage or during sexual intercourse while the man is lying on his back lies on her back and she rides him. The partner should move very slowly and you should make a sign so that the partner knows when to stop the stimulation. If the lingam is stimulated further or if the woman only swings her pelvis one more lap, it can already be too much and the ejaculation can no longer be stopped. I'm not talking about a peak orgasm, which of course can be brought about at any time with sufficient stimulation. No, I'm talking about deep orgasms, some of which can last up to 30 minutes and snake in a kind of wave motion through the entire body. In addition, just as with women, there are also energetic orgasms in men, which can be triggered or experienced specifically on the level of the chakras. (more on this under Chakra System) Another reason to avoid ejaculation in general is the fact that men need a break after ejaculation, depending on their age. But if you don't ejaculate, you can have sex for hours. Yes, exactly... for hours, if not days (more on this under slow sex). In order to get this separation of orgasm and ejaculation a little better under control, you should or should approach the matter very carefully and slowly. Just imagine that you were zooming into this time window, which is only a fraction of a second, and seeing the beginning of orgasm and ejaculation far apart. In between, the stimulation should be stopped. What has also helped me personally when masturbating is pressing my thumb on the tip of the lingam to close the urethra. You can't stop ejaculation this way if it has already

started, but you can mentally stop it before it even starts. Practice creates masters.

Samadhi

In Denmark I not only learned to kitesurf, but also studied Sexological Bodywork from there and then set up a small studio with a massage bench and a Tantra temple. Unfortunately, I couldn't finish the training while living in Denmark because hardly any people came out to meet me there. I lived in the ass in the world, on the north west coast. Of course, through my Sexological Bodywork sessions, I myself got a lot of the kundalini energy that flows through the bodies of my clients and at some point I found myself in a samadhi state. However, to this day I do not know whether this was just a vision, a dream or really a samadhi. I just felt how my entire body dissolved into its atoms and I was just love.

ONLY LOVE

Strangely, this condition scared me and I wanted to go back. I still had a job to do in this world. As I said, I don't know if it was real, but I woke up sitting in the lotus seat, which more or less rules out a dream. But even if it was a dream, what is the difference between a dream and reality?

Brachmacharia

Brachmacharia is a yogis practice with roots in Romania. The yogis believe that they want to keep their energy to themselves in order to use it for spiritual transformation. For this reason, yogis refrain from sexual intercourse or at least do not ejaculate (as often). I personally got the experience. At that time, I was homeless for a few weeks with no shower, so I stopped ejaculating. The result of this was that I came into a higher energy and thus had a higher attraction with the opposite sex. I mean, it's obvious whether someone is jerking off all the time or they know that the things they pull into their life happen because they are in their full energy and don't need to. The inner attitude changes and you radiate it outwards in order to explain this on the normal level. Ejaculating is also a type of incontinence. You just have to imagine that with each ejaculation you are giving enough enzymes, vitamins and other substances to the woman or egg cell to be able to conceive a person. And since we make millions of sperm, there is a lot of energy being wasted, because normally we don't necessarily want to have a baby when we have sex. So we don't necessarily need the seed either. The erection is also far stronger than if you don't cum all over your nose. You have to imagine that you are in high arousal for several days and since you are not ejaculating also remain in this arousal. It also means that you have a higher attraction for women. The same applies, of course, to the woman who practices Brachmacharia. Since she won't have a peak orgasm either, she stays on this high plateau the whole time and is of course very attractive to you, because what is nicer, a bored woman or a hot Amazon who is just eager to finally get your cock in to feel yourself. Another aspect is as follows. Genetically, men want to preserve their species and are always interested in distributing their genes to as many different women as possible. It is said that a man has an average of 6-7 times sex with the same woman and that the chances are then high that they have become pregnant. Of course you assume 6-7 times over the month and not 6-7 times in one night :-). If the man is now certain that he has impregnated the woman, he is already looking for the next one. Of course, this does not apply to every man, but rather relates to the so-called alphas among men. Of course there are also somewhat more reserved men who are happy to have had a wife at all or those who are simply fair and stick to their "great love".

Brachmacharia Ritual

But now I will show you a very nice ritual that you can practise with your beloved partner.

This ritual has 7 steps and one pre condition must be achieved.

1. True Love

Your relationship should be based on true love. So if you are able to cry together because you love each other even without having sex (Something I have learned after I wrote the first version of this book).

2. Consecration

Consecration means that you give all the energy you create during this ritual to god, the universe, your higher self, you name it. I am doing this praying the following mantra on a daily base. With this technique you do not collect karma. Instead you burn karma. We yogis don't want to collect good nor bad karma so that we don't have to reincarnate anymore and are able to go to nirvana.

Mantra:

With this I dedicate completely and unconditionally all the fruits and consequences of this ritual to the universe. May the fruits be accepted and sanctified.

3. Remember

In order to let some nice feeling rush through your body remind each other on the first days you met. Remember all these nice feeling of pure love. This is also very helpful to stay together for the rest of your life.

4. Transfiguration

This is a tantric technique to change the role of your partner to become a goddess in that very moment.

And also she transfigures you to become a god. Even if it's just a role play you will feel like a god and of course act as one.

Sit in front of each other. Have eye contact. Look into the left eye of your partner or choose the third eye. Do a namaste. Bowing down to her.

Then touch her head and say the following mantra:

Your hair is the hair of Shakti. I worship them. Then softly touch her eyes and say:

Your eyes are the eyes of Shakti. I worship them.

Continue with her shoulders, breasts, belly, knees, legs, her butt and her yoni. For the latter make your one of your fingers wet and touch her yoni. Then put your wet finger to your third eye.

Then worship her whole being. I think I will create a video about that one

day.

Finish this part of the ritual with the words:

My body and soul is now ready to give you joy and pleasure. Sat nam.
After this you switch the roles. Now your partner is doing something similar to you. In the case of the lingam, she may give it a kiss.

5. Prelude

Also a very important part of the ritual is the prelude. The foreplay. Take your time. If you are experienced she may give you a tantric massage and after you give her a tantric massage. That's 3 to 4 hours of foreplay. Should be enough time for her to open up and for you to calm down ;-)

6. Lude

Take all the time you have. Don't make appointments for the next days... If you heard about slow sex, give it a try. It's all about just being together. Without the frictional stimulation. So you are not cumming. And also you don't need an erection at all. Your lingam should just be connected to her yoni so that the energy can flow freely.

7. Postlude

Also take your time. Spooning is good, because you are still connected this way. Enjoy your ecstasy and your shaking body or whatever shows up.

8. Avalanche Effect

To create new polarity you should walk or drive apart from each other for at least 7 km for at least one hour. Just think of magnets that will be separated and find each other, after this hour.
It's also really good if you live apart from each other.

Dealing with the female gender

So that we can enjoy a good, balanced sexuality, it is essential to have a steady partner with whom we can go deeper. Constantly changing partners also expand our experience, but only horizontally rather than vertically. However, there is absolutely nothing wrong with having several steady partners. But they should at least know each other. Secrecy is more of a hindrance here and carries this offense of cheating in itself. You should also treat yourself to an adventure once in a while, in agreement with your partners, but for the sake of fairness you should refrain from unprotected sex, because you don't want to be responsible for the fact that everyone in your polyverse is infected at once. So that the respective partner feels comfortable with you, you should treat her very carefully, respect her wishes and, if possible, not exceed her limits. From personal experience it can be very painful and therefore unnecessary if you don't tell your partner straight away that you also had sex with someone else and that your partner may have to find out about this from someone else. You should also treat your partner like a goddess rather than a sex object. There are of course women who think it is cool to be taken and used as an object, but this should always be done in agreement. You can also take your partner hard if she communicates it that way. Communication is one of the most important things in sex and in a relationship in general. The mood and thus also the preferences of the woman can change suddenly from second to second. Also, with the arousal level of the woman, her sensitivity and feelings change. Specifically, this means, for example, that you should not just touch her temple entrance (yoni) until she is in high excitement. You could possibly focus on the woman's nipples first. But here, too, extreme caution is required. If you go straight for the nipple right from the start, it can lead to the premature end of the lovemaking because she may feel that she has been grabbed. There are of course situations and special women who want to be grabbed by the twat right away. But she will tell you this preference when the opportunity arises. If you do something like that on your own, you will quickly get pounded. Always keep your largest sensory organ, the skin, in mind first. Over 7,000 nerve cells in a woman are connected to her clitoris and caressing the skin can excite her. But here too, caution is advised. It could be that the woman has saved a trauma at this or that point and does not want to be touched there. Women also instinctively protect their "sacred grove". An area of your body that gives you direct access to your soul, your heart or your yoni. If you find this sacred grove, you know how to get it going right away. But be careful... this way doesn't always work and her ego will notice sooner or later that you just always take the direct route just to be able to penetrate her. Please don't just use your Shakti to just penetrate her. Not only is this

careless, but in the worst case scenario, it can also traumatize your beloved one, because if she finds out that she is being used, then you break her heart. Kissing is also very important before you touch the woman. A gentle kiss on the back of the neck can set off small fireworks in the woman and open her up to more. But every time you have to find out what your partner wants and that requires communication. Be it that you talk about your mutual intentions beforehand or that she gives you clear indications of what she wants at this moment. This doesn't always have to be verbal, but can also be expressed by a sigh or a gentle moan. I am very sure that you will find out what she needs right now. The same applies here: practice, practice, practice ... You should try to communicate your needs right at the beginning of your meeting, but then hold back and do not demand anything. If the right time has come, it will suit you accordingly. But know that a woman wants to be treated much more carefully than you know it from yourself. While you would like to have blown one from the beginning or you think it's good that she takes your best piece in hand and plays with it vigorously, you should avoid these clumsy actions on her body at all possible. No, even if she's screaming to finally be taken, you should exercise restraint and let her fidget a little. Perfect timing decides whether you can please her or whether she really works.

Love

Before I met my future wife at the age of 30, with whom I spent 20 great years, I had plenty of opportunities to get to know girls and women and to love them. Yes, I loved every single one of them, including the many prostitutes, because they are human too. They just play a different role. An important role in my opinion.

For therapeutic reasons, I recently tried to remember all these great girls and women and to list them and to be aware that I might have broken many little hearts.

Yes, I actually felt sorry for them at the time because I had to break up again and again in order to get to know the next woman in order to have an even more wonderful experience. A friend just told me that this is my Sagittarius (zodiac sign Sagittarius follows Scorpio and I got a lot from him). Sagittarius is curious and always wants to get to know, conquer and explore new things. The shooter... or the hunter could of course be confused with the ladyboy, but he is only interested in ONS. I was actually interested in and loved every single woman. You have to know that the Scorpio gives his love with his lingam, because the Scorpio is the zodiac sign that embodies sexuality. This may sound very clichéd to some of you, but I mean it. There is a picture of the zodiac signs where Leo e.g. has a very big heart and this is also in the right place. The Scorpio is also big, but it is more in the pelvic area and that's exactly how I felt and given love. My last, very intense relationship was with a Leo woman who wanted to drive me out of my sexuality and bring love closer to me. Nice attempt, by the way, to drive out sex from a Scorpio man ;-)

Love can be sexually transmitted
- Marcal Aquino

If you also have this desire to please as many women as possible, then please don't let yourself be branded as a whore, but rather see yourself as a messenger of love. You bring love into the world and express this through your sexuality. A lot of women want that. They want sex just like you. We just have to be careful that we don't end up with such a monogamous woman who wants to take possession of us right away when we just want to cuddle and of course have sex. Marriage is also prostitution. Here the woman offers regular sex for financial security and wraps the whole thing in a monogamous relationship. Yeah, I know you feel like many others are under attack right now. But it doesn't matter. This is just my very personal perception. But if you want to rub yourself against it, please. Friction generates heat and heat can, among other things, warm our hearts. But it doesn't have much to do with love.

Many people are led to believe that you can only love one person, marry him and love him for a lifetime. Well, once you think about your parents, siblings, relatives, and your children, you will know that you can love several people at the same time. However, you may enter into a contract with your spouse. To remain loyal until death. Well, why do you think there are so many divorces? Even if I thought I loved all of these amazing women, some of them stood out from the crowd. For example, there was the great nurse with the curly hair and loose clothes that had covered her flawless body. I fell in love with her and not her body, because as I said, she had hidden it behind a lot of clothes. When a man in Pinneberg mixed us a love cocktail, we both went crazy, because after that we kissed for the first time. And a few days later I smelled her out of these clothes and saw her flawless body for the first time and we had hellish sex in the apartment of my buddy.

Unfortunately, she was addicted to heroin for very, very severe headaches that indicated sexual abuse, and I didn't have the strength to support her at the time. Yes, I helped her go through cold withdrawal in my apartment. I tell you, never try anything like this. That's fucking dangerous. And it didn't bring anything, because the cause was not out of the world and a short time later she started fixing again. There are trained staff and long-term therapies for this. Whatever the case, the love was great, but was not enough to continue to support it. It was a little different with my wife. I was thrown out at my sister's party at her party because I had dredged around women, even though their guys were sitting next to them ;-). Then I got myself Coke at the gas station because I still drank my leftover whiskey. Since the night counter was odor-proof, my future wife did not notice that I was drunken and had a flag. She thought I was not fine and the so-called Samaritan Effect finally brought us together. She was also a nurse.

Yes, at that time I thought that this is now great love and that love actually produced our son. I still remember how she said: "I can't get pregnant, my doctor said." We didn't use condoms because that would have been too expensive because we shagged several times a day for 7 years. But somehow I wanted to bind this woman to me and manifested a baby. Normally it's the other way around. The women want babies to bind the man ;-). Yeah right... I manifested our son. I later got to know this as the law of resonance. First it's a thought, then you talk about it and then the action follows. And in this case, she actually got pregnant, although medical opinion found that it was impossible.

Nothing is impossible
Toyota

Well, the first seven years were great. We had a lot of sex and were happy together. Later, when the sex subsided because financial problems had distracted us, I discovered that we didn't have much in common. It was just

our wedding day and our son. That's a little bit less for a marriage. And somehow sex wasn't an issue anymore.

I got to know true love much later in a tantric massage seminar. That's where my heart was opened to me. To be precise, I opened my heart and the lovely people in the seminar supported me. At that time I projected this love onto one of the girls who gave me this great final massage. Afterwards we were together in a purely platonic way and it felt like heaven. But a few years later in Berlin I met the love of my life. At least that's what I thought. She was a gray mouse. A woman who had suffered a lot from men. Men who didn't know how to treat a woman. Oh shit... in this moment I feel her pain again, which she must have felt when this stupid boy did something against her will...

No details at this point. It was she who encouraged me to write this book so that more girls would not be treated so badly just because the men didn't know how to do IT.

This woman is a lioness... as much detail may be allowed... her heart was in the right place. She was able to give me love without having sex with me. She invented the term sex break especially for me. I googled it. There is no such word. She came up with that to show me that it works without sex. Yes, of course, I knew that... but you don't have to rub it under the woman's nose that it works without sex. She was so beautiful and had such a great body and we were together almost 24 hours a day because she quit her job because of me, I hadn't worked at the time and of course I wanted to be with her all the time, making love. It even went so far that I still had sexual contacts outside of our relationship because she just made me so horny, but didn't want sex that often. We had agreed to make love not more than 3 times a week. What a deal. Either you make love when you have the opportunity or something is wrong. Well, a Scorpio thinks differently about sex than a lioness. But, you know what? Since she allowed me these affairs, or let's just say that she tried to deal with it, I felt it as unconditional love that I don't even know from my parents.

I wanted to take part in a tantra seminar and we both had a joint session with the teacher of this seminar beforehand. We also talked about my participation in the seminar and that it would be difficult for her, whether she is attending the seminar or waiting outside. The teacher told us about his teacher, someone who, among other things, who brought tantric massage to Europe 40 years ago and that the latter was ready to be slapped in the face by his lover in front of the assembled team. Then I said, "What he can do, I've been able to do for a long time." No, I wasn't, let's say, disrespectful to the guru, I just put myself on an equal footing. My partner seized this opportunity as an opportunity and really gave me one. I felt the anger of many injured women in that slap in the face. But I was ready to endure it. Somehow I deserved it. The seminar lasted 9 days and we had no contact with the outside world. When I came out of the seminar, I sent my partner a text

message with the words. "Hi honey, to make it short. We had an orgy here and I shagged several women."

When I got to my partner's house, she already showed me all my stuff and broke up. This can happen. First she said it's okay for me if you have sex in there and if you do it then you'll get the receipt. We went for a long walk that night and I told her all the details of the seminar. In the middle of the night there was a knock on my mobile home and she was standing in front of the door. The love was stronger <3 What blatant tests... She said that she thought it was great that I had no erection during the entire orgy and therefore never shagged any of the women present. Well, what can I say, I didn't think it was great at the time not to get any high when I had the chance to climb 9 females at once. But I knew how to help myself as a Sexological Bodyworker, because I did not have an erection, but a very eager tongue and ten great fingers. Before and after this orgy, of course, I had sex ... but in such a way that nobody was watching. Well, it was dark in the bedroom and we could only be heard. Well... since my partner came back, I told her, "Let's go to the seminar by bike and you can get to know the two women I had sex with." You don't think how great my partner found this idea and it opened my heart completely when I introduced her to the two women. Admittedly, neither of them fit into my loot scheme and neither did they come from Berlin, so my partner saw no danger of losing me to either of them. I layed there... with my heart wide open... and became aware of this wonderful gift. My partner has finally accepted my polyamorous tendencies, although she herself lived strictly monogamous and could not imagine having sex with any other man besides me. Heavenly... that day I was full of love and would have loved to hug every person in this world and of course the females would have shagged all of them. I already mentioned that my way of giving love is through my lingam.

The relationship with this woman was so instructive. But unfortunately... ... or luckily this woman wasn't quite through with her issues and she kept reaching her limits and jealousy tormented her.

When we were fresh together I told her about my inclinations and my polyamory and warned her. But she believed that nothing would happen as long as we were freshly in love. At a tantra seminar to which I had invited her and another lover, it turned out that she had a monogamous relationship with me and I had an open one with her. I was in a group with this cute Indian beauty along with another man and my partner was with two other men. This session was about finding a common denominator in the group and exploring how far you would like to go sexually in this session. We, that is, my partner and I, agreed to say STOP immediately if it gets too much for us. Since we had found no limits in our group, she, the Indian beauty, was a Kali and was ready for anything. While the group my partner was in had agreed on a tantric massage. This session was specially devised for my partner by

the management of the seminar, as she was already brought off track with a kiss in the previous session and it was now a matter of sensitivity so as not to break her little soul. Remember ... she was a gray mouse when I met her ... she dressed more like a man with pants and in dark colors just so the men would not attract attention. We had a lot of fun in our small group, which my partner must have triggered powerfully. She threw me screaming glances for help, but forgot to use our safeword STOP. After we had awakened the Kundalini of Indian beauty and next to her were literally twitching with sheer energy, my partner decided to pull me out of this session.

Somebody drove the fire roller over all possible limits to my partner's house. Well, after we realized that it hurt her way too much, I stupidly decided to go with monogamy. I was to regret this inconsistency later. Because that has affected our sexuality. I was no longer myself. Cut me off from my male energy and then she wasn't that keen on me anymore. I think this was only resolved after I had sex again with another and triggered my partner with it. I had a key experience before my partner fell in love with me, or rather, before we became a couple. A few years earlier I met a Dane who worked in one of my moderated dating group was looking for a massage and sex partner. Since I moved to Denmark at the time, I didn't have much contact with this woman. On my birthday, however, she invited me over and even wanted to contribute to my flight costs. So I took off and flew to her. Because my partner, she should become one in the next few days, opened my heart, at least she had a total crush on her, I was able to have really great sex with this friend from Denmark again. I think that was the first time I kissed her making love. And through this kissing, energy flowed and we both had a really deep orgasm together. It was so intense that we woke up the next morning in a snow-covered Denmark.

Yes, now I relate weather events to things that happen to me or through me. More on that later. Anyway... I flew back to Berlin and told my new flame about this wonderful event while we were browsing the hardware store. Our first dates were very special. "Would you like to come to the hardware store with me?" Were her words. How romantic. But she really had a knack for finding new places where we could meet. So I told her that she opened my heart to me and that I had really hot sex with my ex again. She was so triggered that she gave me a present a day or two days later to conquer me. She tinkered with a kind of advent calendar, a string to hang up on the small sacks with gifts and voucher snippets hung. The voucher snippets then puzzled together to form an invitation to dinner. That day we kissed for the very first time. That was with her in the stairwell. We were both really good at kissing. She got so wet that she reached between my legs to see if that excited me too. Really cheeky little one, I thought to myself. Hot. I want that. I was powerless... well... I loved her.

This calendar had no 24 doors or bags, but only 11. It was clear to me that we would sleep together for the first time in 11 days. Don't wonder how I

could have foreseen this. We did Tantra Yoga together and the law of resonance was specifically explained to us in this context. I just used that. Quasi a self-fulfilling prophecy. Yes, I think I remember that that day, 11 days later, we really had sex with each other for the first time. But what was even more blatant is the fact that I believed at the time that she was a soul mate.

Let me explain briefly.

Two years earlier, after a burnout and a near-death experience, I completely changed my life, quit my well-paid job in a bank in Zurich, left my family and moved to Denmark. My wife was jealous of the young tantra masseuse, which is why I wanted a distance from both of them. My stepson was still living with us when he was 28 and hadn't paid rent for a few months and our smallest only started an apprenticeship at the age of 21 after failing to graduate from commercial school because he, like me, preferred to make love instead of studying for school. He didn't pay rent, of course, oh yes... my wife also found it more pleasant to stay at home with her ass instead of going to work.

It was enough for me and I ran away or, as I said, moved to Denmark. "Now I'm starting to live," I said to myself.

In Denmark, a good friend had rented a house for me, where I lived for a while, learned to surf... I was 200 meters from the beach and could hear the surf when the waves were high enough. Well, I wasn't really good at surfing, but I've caught a few waves, if only on my knees.

But I learned to kitesurf for that. And that changed my life forever. I felt more like a 20 year old than a 50.

Be that as it may, the Swiss, from whom I had received unemployment benefits at the time, wanted to put me in a measure to integrate into the labor market. However, when I told them that the journey from Denmark was too long for me, they retroactively stopped payments and I was forced to quit my house. Actually, I had calculated that if I sold my Mercedes convertible and my BMW motorcycle and saved my unemployment benefits for another year, I would be able to live in Thailand for the last few years until I retire without having to earn a cent. But far from it... the Mercedes burned me down, the BMW I had to put in on Ebay for € 1 and I couldn't save the unemployment benefits either. It got worse, I couldn't find a place to live in a hurry and had to put up with the idea of becoming homeless.

I gave all my clutter to my neighbors in Denmark and only took the most important things with me to Flensburg, where I had rented a storage room. For the first time I lived in my little Toyota Scarlet at the train station in Flensburg. There I had a toilet and a sink for brushing my teeth. I toyed with the idea of going to India and studying yoga in an ashram there. When I wanted to sell the rest of my stuff on Ebay to get the money for the plane ticket and for the ashram, I met the nice Turkish man from the Ebay shop, who let me sleep in his warehouse for a few weeks.

I could sort my things there and plan my trip. My Danish friend told me about a vision she had. She saw me at the ashram and told me that I would meet my closest soul mate there.

Wow... she was able to let go of me and also granted me this one great soul. What a size of heart. This is true love. But go on... I drove to Hamburg and wanted to get a visa, but had filled out the wrong form. Do you know that if everything doesn't work perfectly and smoothly, that you are not on the right track? I felt like that. I was also afraid of being scared if I would fly that long. In the end, my fear set me on the right path. Instead of flying to India, I sold my e-drum kit and used it to buy a used motorhome. By the way, my mobile home is called Max and I don't know who renamed it to "Max Berlin".



So I had a home again. Oh yes, I already had an apartment in Schleswig, but somehow it was a problem with my Schufa information, because 13 years earlier I had hit my software company against the wall or rather, I was broke privately because I was after the stock market crash in 2000 did not want to work for a starvation wage after the hourly rates for computer scientists had dropped to almost half. And the Schufa then just said that I had lifted my fingers at the tax office.

So the thing about the apartment shouldn't be...

... that's why I drove towards Berlin to get to know the founder of Sexological Bodywork there after I was invited there by a bodywork colleague. That evening in Berlin, I first fell in love with a young thing like that. Also a tantra masseuse like me. She showed me a place in Wedding where I could park my motorhome for free. In front of a school... where the parking spaces were always free in the evenings. I've been living there for five years, when I'm not in Denmark to kitesurf. That evening I had agreed with my SexBod instructor to finish my training. All I had to do was give a couple (50) SexBod sessions to get my certificate. Well, I only knew a handful of people in Berlin who also

lived their own lives and didn't get that many sessions together. But a session was important to me. A young man from Oslo signed up and booked a session at the end of the month. Somehow he changed his mind and wanted an appointment with me at short notice. After the session we talked about yoga and that he attended a good yoga school in Oslo. "I know the school from Copenhagen and Malmö," I said. He replied, "They are also in Berlin ... just under a different name".

Krass... I wanted to go to this school in Denmark and there I wanted to become a tantra teacher. I then saw on the Internet that this school had the introductory event for Tantra Yoga just one day later. And that same evening, in an ashram in Berlin, I met her.

Greetings from the universe! I don't think I need to explain to you that I had paradise on earth with this woman, in the middle of Berlin.

Self love

But now it happened that my partner got too much with me at some point. We had agreed to meet when the time comes, we will go our own way again and not be angry with each other for whatever happens that we have to part. For half a year I had hoped that we would get together again. I have not let any other woman into my life at this time. And my ex cut off all contact with me. Just because. There was no reason. At least not rational ones that I could have understood. Only a friend, whom I also adore, could open my eyes. "She still loves you, so she has to ignore you. She tried to help you, but you don't listen to her." That was roughly what her words were. But it still took another push to finally let go.



A friend posted the above picture on Facebook and I commented that I have already met this woman and she has touched me in the same way. In response, she linked me to a post that was about dual souls, and that this is a very difficult task because we should learn to let go.

You have **called** the dual soul because you want to awaken!
Awakening in absolute love - for yourself!
- Ute Strohbusch

After reading this post, I deleted all the contact details and photos of my soulmate from my smartphone so I can finally let go. This action made me feel free again. No more attachment and since then my life flows again and I experience one synchronicity after the other. Everything works and flows again. The paradisiacal hours that I had experienced with this woman do not come

to me as "You can no longer experience that, you Looser", but I have transformed it into a beautiful memory.

Today I know that I can experience paradise without a partner. The love I felt for this woman was my own love. That's why I'm very grateful for the separation from this woman, because I can still love her even if I can no longer see her. But what is even more important
I LOVE MYSELF

The love I feel for other people does not come from outside, but comes from within me. I myself am this inexhaustible source of energy. I have tapped a source that is so huge that you almost have to be afraid. Only after I was able to let go of my really great love, I was allowed to experience that I myself am the source of love. I am infinitely grateful for that. I just hope that this knowledge will not be filled up again at some point from everyday life. I wanted to write this book much sooner... but I still lacked that one insight. You have to philosophize about what it all means.

At some point you will know too. At the beginning I said yes, don't believe a word, I'll have this experience myself. It doesn't work any other way. You don't get your knowledge from books, you only remember it because you have already experienced it yourself, but it was filled up again. Just imagine that every book you read seems somehow familiar to you, that you have already experienced what it says there at some point. Couldn't it be that you might be the author of the book?

It is not easy to find happiness in yourself, but impossible to find it elsewhere.

- Unknown

Self-love ritual

If you don't have a partner, it doesn't have to mean that you can't have good sex. On the contrary, I have the most beautiful or uncomplicated sex with myself. I'm not talking about wanking here because I haven't done that for a long time. No, I'm talking about a tantric massage that I give myself. Of course, it's nice to be able to do this together with someone else, because then both of you benefit, but sometimes it just happens that you either have to be in a relationship to be able to have sex or you go to appropriate events or you meet with special friends who are open to sex. Actually, each of us would like to have sex, but somehow something like this rarely happens. On the one hand, this is due to the fact that I am a bit cautious myself and don't like to approach people when it comes to sex, because I don't like being rejected, and on the other hand, a suitable counterpart is required.

Well, at least I had this problem for a long time after I stopped drinking alcohol. Before that wasn't a problem at all, I just kept a flag, which is not very helpful to please women. And now I accept every rejection with thanks. Actually, I'm happy about every single rejection I get, because then I know that I was at least brave enough to even speak to someone. A tantra teacher once said to me, "Just imagine you've had sex with her already and then talk to her." That takes some of the pressure off. Nothing can go wrong, you already had it. All good. Plus, you don't seem needy then. Believe me, women will tell you straight away that all you need to do is lay them flat to make a notch in your notch. Yes, yes, those evil genes that force us men to plant our seeds as many women as possible just to preserve the species. But if we don't, others will.

No, I don't own notch, but I love to touch women and when it fits, I of course also like to sleep with them. I just like to gain experience and have fun in bed, in the car, on the beach, in the shower, no matter where.

But as far as the matching counterpart is concerned, my ego is unfortunately getting in the way more and more often. Too fat, too thin, you tall, too small, made-up, too unattractive, too old, too young, occupied, too revealing, too stupid, too clever, about this, about that, about things and bang. Polarity can really become a problem if we don't see through it. Polarity is only an illusion, but our ego mostly reacts to it with rejection of the other person. Last year I just gave it a try and really wanted to wipe my ego away. In a tantra seminar I just took a woman who was too unattractive, too old and too big for my ego and another woman who was too plump for me. What can I say, I had great sex with both of them. But above all, I had sex again at all. If I had listened to my ego, I would have chosen another one, but it would certainly not have been interested in me. Here, too, the ego gets in the way, in which it tells us that she is too pretty, she only takes real men, she has high standards that

you don't live up to. Bla bla bla :-)

Yes yes, our dear ego prevents us from having real fun in life.

But if we are really to ourselves and want to have really great sex, then we can do that at any time, with ourselves.

It could look like you create a room in which candles light up, soft music plays in the background and you take a lot of time for yourself.

You can clean yourself in the bathtub or shower, then stand in front of a mirror and stroke yourself while you watch. You can of course also wear lingerie.

nobody will judge you. Only you are able to do this yourself. So choose something erotic that she likes. For example, if you like hold-ups, put them on... or off, depending on the situation. If you like to be wetted with hot wax, then you can do this to yourself. Caress your entire body and love every square inch of your body. You can also touch the lingam and the anus. But try to explore your body beforehand. Then feel through your hand how the skin feels that you are touching and feel through the skin how your hand feels.

Touch yourself with hard grips and also with very gentle stroking. Vary the pressure. Also use massage oil. Sometimes take a little and sometimes a lot of oil. Really mess with the oil. Just try something completely new. Even if you say to yourself, "I already know that from then and I didn't like it". Do it in spite of that again, you may feel completely different today. The touch feels different every day. Depending on the level of excitement, it can feel completely different. It also makes sense to work out beforehand in the fitness studio, do yoga and go to the sauna before you invite yourself to a ritual. I also personally enjoy giving my lingam a gentle massage with oil for an hour before getting up in which I indulge in several orgasms. This way the day starts well. But don't just waste your energy on a handkerchief or inject your stomach or something. Better to keep your energy with you for several days and weeks. You will see that this attracts the females, because they love males bursting with manhood. Because they know that you will manage to screw them into ecstasy for hours, so that they can let themselves fall into a cosmic orgasm.

If you think that it is impossible to have orgasms without cum, you are mistaken because there are other orgasms that men can have. For example, try breathing. Breathe properly. Breathe deeply into your stomach. Breathe a lot. Breathe a lot. Until your lips, the tip of your nose, your hands and, finally, your entire body starts tingling. And then relax in there. Just BE. Feel. Feel the orgiastic waves flowing through your body. Yes, we men can experience these orgasms too. This is innate in women. Women only experience this when they dive a little deeper into their love life and also have the right partner, someone who not only wants to cum quickly, but also cares for the well-being of the woman for hours, but we men can also experience something like this. But first we have to open up widely, take off our armor and throw up all of our trauma. I call it puke because that's how it expresses itself when I go deep into body work to release my own blockages.

Sometimes I just cough out these energetic blockages and sometimes, a little matter comes with me. So doing the bodywork while fasting actually helps, I guess right now. Will just do it soon.

Once you have got rid of all of your blockages, that is, your body no longer starts to twitch and surrenders to spasms, then your Kundalini can flow freely and you will be able to feel your orgasms throughout your body and not only down there at the lingam.

In order to release the blockages, it is advisable to avoid nicotine, alcohol, meat, sugar, drugs and unhealthy food in general. Just the guilty conscience after skipping a yoga class can set me new mental blocks again. For example, the fact that I am addicted to nicotine was a blockage that inhibited me. During a massage I realized that I had put a lot of pressure on my lungs...

I had to cry bitterly because I knew that I could have killed myself with it, although life is sooo beautiful once you get there knows how it works.

Partnership and jealousy

The last time I was jealous was when, during a tantra seminar, I decided to transform the relationship with my then partner from an open to a stable, closed relationship in order to give her the support she needed, to keep growing spiritually. A short time later I saw her talking to one of the seminar participants. Funnily enough, it felt like a flirt and I went over to the two of them and said, "By the way, we have a closed relationship as of today, so please leave her alone." I thought it was funny because I had watched my ego to protect the relationship, even though I gave the same woman complete sexual freedom a few months earlier when the relationship was still open.

People are strange animals.

In other words ... I only compensated for my own jealousy by taking the liberty of sleeping with other women. But inside I hoped that my partner would never look at another man.

Well, I still had a construction site myself. Only a few days ago a friend was able to trigger me. She said I'm in a pub and let myself go and have fun. My ego immediately thought. "Well, I'd like that now too. But I'm totally bare and have to stay at home. "Shit now she's looking for someone to make love with."

Fortunately, I'm already one step further. I felt the pain briefly, but also knew straight away that it wasn't really bad. I even went a step further and gave her it. Wished her good luck digging... at least in thought, knowing full well that I can handle it if she would. Then I went a step further and I realized that it is outside and that I was only projecting it there. That means, I wrote that in my script myself. All good ;-)

Jealousy is one of the biggest problems in our life. I think I once read that ownership was only defined with the cultivation of grain, so that not everyone simply takes grain from the field, only the farmer has this right. With this concept of possession the woman became the man's possession. That can still be traced back to slavery. That is why there is marriage. The woman, who was not allowed to learn a trade, was married to a man who from then on also provided for her financially. In return, the woman ran the house, looked after the children and animals and offered the man her body for sex. In order for the man to be sure that his investment is protected, he of course did not tolerate any other men near the woman. Unfortunately, something like that still exists today. He also wanted to make sure that the descendants, for whom he had to pay now, were exclusively from him. Nowadays it still looks like this in some places, but a lot has happened. One thinks, for example, of the poly movement and the rituals in Tantra, where the people who unite

sexually there tend to be thrown together randomly. The man does not mind if his wife makes love to someone else, since he is taking advantage of this opportunity for himself. But of course only appearances are deceptive, because some men are sure to have wild thoughts going through their heads. "What if he now makes love better than me?", "His penis is bigger than mine, do I have to be afraid of losing it to him?", "The little one I'm making love with isn't as well built as my wife. I made a bad cut.", and so on and so forth.

Yes, there is still a lot of work ahead of us. We can only resolve this by healing our inner child and giving it the love that it did not get as a child. The rejection of the parents who actually wanted to abort us or the fact that our mother gave us up for adoption have torn deep wounds in our little children's hearts. But also the fact that we were not loved unconditionally by our parents, "Eat all of your meal, then I'll love you too." Or "Stop screaming, otherwise mom won't love you anymore" play a role. These cracks in the heart need to be healed before we plunge into a relationship and hope to be filled with love. Love can never come from outside but only come from ourselves. A relationship only works because we have signed a contract with each other.

"You love me and I love you for that." But if one of the two partners loves someone else, the other person doesn't get enough love and then doesn't want to give any more love.

The relationship falls apart.

All of these are of course just concepts, because as I said, love can only arise out of ourselves. If we believe that one loves us, it is just a reflection of our own love.

As for jealousy, it is always due to a lack in us. We create this deficiency ourselves almost every day by wanting or demanding something that we don't have right now. For example, we ask for nice weather because it is raining outside and the rain makes us wet. Or we complain about the hot summer sun that burns our skin.

But we can also simply accept what is. We can accept the sun that warms us. We can accept the rain because it makes our food grow. We have the opportunity to accept what is now as it is. It's a lot easier. It doesn't cost us anything and we are in abundance. When we are happy now because our partner is with us and we are happy about each other and give each other love because we can, because there is enough of it, but we are still happy when our partner is not there, but if we just have time to meditate or read a nice book, then we are in abundance. It doesn't matter what our partner is doing and with whom she is doing it. We're not missing anything right now. We are in abundance.

But if we also love our partner so much and allow her what she's doing, then we can also take part in this encounter and be happy for our partner. We can even learn from this encounter. For example, suppose your partner tells you,

"Wow, yesterday's foreplay was intense. He licked my yoni for at least 1 hour and I came three times before he gently inserted his lingam into me." We can learn from this experience. Next time you'll lick her that long and hopefully she'll enjoy it as much. And if not, do what you normally do with her. There will be a reason why she would want to do it to you. You're doing something right. But give her a change. Only then can she enjoy what you do with her even more. You don't want to eat milk soup every day either. Now and then that's nice. But everyday? Nope!

If you give her the freedom, she will be very grateful to you and give you a present. But if you are with a woman who can be laid flat one after the other and you can no longer get to the train with her, then it is time for you to pull the hook from your cheek and jump back into the pond.

You don't have to endure that.

Recently I felt jealousy again, a few years after I have wrote the first version of this book. I met a real nice soul mate and felt really deep love to her. Luckily I am not the only man in this community and she is now into one of my best friends. So I was able to see, that I also have to do this process again.

My learning from this is:

If you are in love with someone, let her/him go. Give your beloved all the freedom he/she needs. Don't try to imprison your beloved and she/he will come back to you.

Do the same things you have done before you met him/her. Be in your self love.

In fact it's all about self love. Actually, from my point of view, there is only me or in your case there is only you. We are ONE. We are **alONE**.

So you are able to switch to your beloved and feel her/his happiness being together with someone else.

If you can trust yourself, then you can also trust the others. Let go of bad thoughts. Everythings is alright.

Slow sex

You experience your sexuality in a completely different, mindful way, far from the conventional "fast number". You become deeply connected to yourself. You will experience a space in which many wonderful things can show and happen. Slow sex means the union of man and woman without moving rhythmically as usual and generating pleasure through the friction of the lingam in the yoni and controlling one or more orgasms. In slow sex, the lingam moves very slowly in the yoni, if at all. Millimeter by millimeter. This is not about the generation of pleasure through sexual stimulation, but only about being with each other. Actually, it doesn't even have to come to a union. Because it is sufficient if the lingam is simply in front of the yoni so that energy can flow from the lingam to the yoni there. The lingam does not even have to be erect for this, which generally suits men, whether they have problems with it or not, it avoids possible stress. This flow of energy, the prana or also called chi, takes place from the lingam (yang) to the yoni (yin), then with the inhalation of the woman it flows on to the heart (anahata chakra) of the woman, is there enriched with love and flows via the breasts, mouth and tongue with the exhalation of the woman back to the heart (anahata chakra) of the man, there is again enriched with love and flows with the inhalation of the man to the lingam and then with the exhalation of the man back to the yoni. The energy is in a constant cycle. In preparation for this ritual, we advise the woman to have her yoni deamoured. So that the energy can flow freely there and it can even feel the lingam. Unfortunately, young girls nowadays abuse their bodies, and especially their yoni, by foregoing extensive foreplay before making love. This ensures that the yoni puts on armor so as not to be overexcited or even injured. With this armor, the woman feels very little, if anything at all, in her yoni. Some women might say "Take me hard", otherwise she doesn't feel much. This then causes problems for some men because they may then start ejaculating too early and then inevitably need a break, which can cause frustration for a woman because she has not managed to climax in this short time come.

DeArmouring

DeArmouring is the process of awakening the tissue in the woman's yoni. The woman should be prepared for this with a full body massage in order to build trust and so that her yoni opens up for the giver. The real technique is to focus each point in the yoni with some pressure and ask the woman to say where she is feeling the pressure. For this you can take an analog clock as a sample. If you press the G-spot, which is on top of the yoni, at least when the woman is on her back, then she should say 12 o'clock. If we press against her anus, she should say 6 o'clock.

Now we feel each point and map it with the brain. If this point feels numb, we increase the pressure until she feels it. Now it can be that this point causes pain. Then we hold there until the pain is gone. We invite the woman to breathe there in the pain and focus on this pain. At some point, after a few seconds or minutes, the pain disappears and the touch, if it worked, turns into a sensual feeling.

This is now repeated with several places in the yoni. After that, I advise every woman to refrain from sex for a few days and even more so from hard sex. However, this woman no longer wants hard sex anyway, because she is now able to feel gentle, slow touches. Believe me, I've made this mistake a few times and got to repeat the DeArmouring. Just because we couldn't control ourselves.

It is also called yoni mapping, because certain points in the yoni are connected to the brain or mapped. In this way, even scar tissue, which can arise from a perineal incision during childbirth, can be converted into natural, receptive tissue. Castor oil is specially used for this. Please do a test beforehand to ensure that the person to be treated is not allergic to the oil.

Chakra system

You can actually read about the chakra system in any yoga or tantra book. But what I would like to give you here is a short explanation, in the words of a simple man.

The chakras are energy centers in or on our body. These energy centers are not physically manifested but only exist in a subtle form, so they are invisible. But what I have learned about this system does not prevent me from believing in its existence. The system essentially consists of 7 chakras.

1. Muladhara - The root chakra is located in the region of the perineum, between anus and lingam and is directed downwards. There is existential fear, for example, or if the chakra is activated, then you don't worry about survival anymore, because you know that you will survive, no matter what happens.
2. Swadhistana - The sexual chakra is at the level of the lingam. Here is the center for creativity. This chakra is energized by sexuality. Too much energy in this area makes the man ejaculate while sleeping to relieve pressure.
3. Manipura - In some scriptures it is called the navel chakra but in other scriptures it is also called the solar plexus chakra. So it is either at the level of the navel or the level of the breastbone. An active manipura provides a lot of willpower, passion, temperament and inner fire. If it is blocked, then fears spread.
4. Anahata - This is the heart chakra, which is at the level of the breastbone. Here is the center of love, tolerance, space, openness and the ability to adapt. When blocked, one hardly feels love and feels separated from the world.
5. Vishuddha - The throat chakra houses communication and assertiveness. When blocked, you can't really communicate.
6. Ajna - The so-called third eye enables us to develop telepathic, telekinetic and clairvoyant abilities when activated. This is also where our intellect and intuition sit.
7. Sahasrara - The crown chakra is our gateway to the universe and to god and the all-one being.

The chakra system should be kept as pure and clean as possible, as a lot of energy can flow there to supply our organs. Unfortunately these chakras are damaged by improper nutrition such as contaminated meat, sugar, fast food, alcohol, sweetened drinks, ready meals, etc. Cigarette smoke also prevents the flow of prana, as it is more difficult for us to breathe the vital air when we clog our lungs with smoke and tar deposits. Consuming pornography, war games, television, and radio also makes us dumb and pollute our systems. Television is also called "keeping down". Some people don't want us to develop in the direction of divinity because they can no longer control us. We would then no longer buy all of their unnecessary products because we no longer consume their advertising. Besides, nobody would do slave labor 40 hours a week, because we don't need that much money then. Feel free to call me a conspiracy theorist if you feel like it. I think differently about it. For me this is unfortunately a reality and not a theory. But, we can do something about it. Throw away the television, throw the radio in the trash, grow your own fruit and vegetables and forego meat and ready-made products, omit sugar... yes, also the chocolate... stop smoking, stop drinking alcohol, move to the country, if not to continue to be manipulated by the advertising posters.

But actually it is enough to see through the illusion and then you can use it for yourself. But let's get back to the chakras. If your energy system is polluted, you can either receive a prana healing or enjoy a prana flow massage. The latter is an in-house development by a friend and me. This massage consists of parts from Ayurveda, Yin-Yang, Tantra and various other massages.

Prana is pure life energy that can flow through the whole body when the natural balance in the person is harmonious. If the prana flows unhindered, we feel vital and full of lust for life. Energetic and sexual blockages can be gently released with the Prana Flow Massage. Old wounds that are still stored in the energy system are allowed to show up and dissolve. With a gentle massage and targeted pressure, the various energy points on the body are stimulated and blockages are detected. The released energy is smoothed out and distributed in the body. As soon as the energy can flow again, mainly only the subtle body is used. In this way, intense waves of energy up to high to orgasmic feelings flow through the body. The sexual experience becomes more intense and new spiritual dimensions can open up. It supports a free flowing life energy in a natural way. A prana flow massage can also be a gentle introduction for women and men who do not want intimate contact. If desired, a lingam or yoni massage can also be integrated to release even more energy.

During the prana flow massage, you can specifically trigger orgasms in the chakras by bundling the energy there and supplying the respective chakra with a lot of prana. Even if this massage may look like rocket science, because the body writhes like a violent orgasm without the recipient being

touched at all, it is not. Here one simply makes use of the law that the energy follows our attention, our focus. For example, if the yogis just sit there in meditation and stare internally at their third eye (Ajna), then all their energy flows there. If we are in pain and don't just take a pill for the symptoms, but instead concentrate on the pain, our energy flows there and causes healing. It's similar with massage. Your energy flows there where you are touched. Or to stick with the prana flow massage. Where I direct energy into your chakra via my chakra in the palm of your hand, you focus, provided you are sensitive enough and your energy wanders there. If, for example, the lingam or yoni is additionally stimulated during this massage, even more energy comes together and the chakras overflow, which can then manifest itself in energetic orgasms. The effects on the respective chakras can manifest themselves as follows.

- Svadhistana - This orgasm should be known to pretty much everyone. Nothing really spectacular.
- Manipura - Have you ever had a laughing fit while having sex? Then this was most likely an orgasm at Manipura.
- Anahata - If you cry during sex or in a massage because you are sad and happy at the same time, then your heart is overflowing with prana.
- Vishuda - Unfortunately I haven't had any experience here. But I'm curious what you will tell me about it. Possibly. you start to sing.
- Ajna - A woman once told me, after enjoying a tantric massage by three men, that she saw the orgasmic energy in all colors at once, which reminds me of the pictures of Alex Gray.
- Sahashrara - I experienced this as ecstasy. But there are no words to describe this experience. I felt this oneness there. A colleague told me about an out-of-body experience. She apologized for her loud screaming, which of course no one heard, because she had left her body in ecstasy.

Life in the RV

Now that I've become homeless and the trip to India didn't turn out to be the way I thought it would, my fear of flying was still in my way, I decided to get a mobile home and live in there first. Looking for something on the Internet, I found it. A young couple from Kiel sold their Citroen with a Dethleffs conversion. A 25-year-old alcove where the 5-gear was hooked and the refrigerator only worked in winter because it was cold enough there, but otherwise still in good shape. It's hard to believe that this great vehicle was first-hand at its age, but before that, the owner's parents used the motorhome and the grandparents before that. Accordingly, the vehicle was also very well maintained. When I recently had to go to the TÜV with it, at least no expensive repairs were due. Welding work, as one might assume with the year of construction, was not yet due either. No, on the whole, I was very satisfied. I was no longer homeless.

Traveling with Max wasn't that expensive after all. After I had adjusted my driving style to drive 80, Max consumed just 9 liters of diesel per 100 km. I've already driven other cars that had significantly more consumption. For example, the Porsche Boxster had consumed 24 liters/ 100 km Super Plus at full throttle. I never drove out the 911. But I guess the lure would have come to 30 liters / 100km.

After I arrived in Berlin at that time, I stood with him at this school, which in the meantime was or is even a home for asylum seekers. At the beginning, I always went to the indoor pool to shower. I also washed my laundry there by hand. I bought extra underwear made of merino wool in Flensburg because you can wear them for a few days without them absorbing the smell from me and drying them again very quickly.

To empty my toilet and to drain off gray water, I always drove to the nearest rest stop on the motorway. There I could dispose of my stuff once a week for free.

Refilling with water was a bit more complicated at the time. To do this, I first emptied all the containers with cooling water at this gas station until someone noticed and gave me a tip to fill up the water in the toilet. That cost 3, - € or so. Later I found a campsite in Berlin, where I could dispose of everything and fill up water for € 5. In the beginning I was able to exchange my gas bottles there. At some point that became too much for the people there and they told me where to get their gas from. There I only paid for the filling. After meeting my soul mate, I was always able to shower and do laundry there. We were often out kitesurfing with Max or just relaxing on the Baltic Sea. The four of us even organized a spontaneous vacation to Denmark because we were bored. Then Max was allowed to get to know a

real campsite. But after our relationship came to an end at some point, I had to organize something to shower. I manifested a gym that was built exactly where I always stood with my RV. There I was able to take a shower from 6:00 am to midnight. Well, I always took the sauna with me... and later even trained there. Please don't hold it against me when I keep talking about these manifestations. But I needed a shower and this new gym started advertising around that time that they will reopen in a month. Other people would speak of coincidence here, but I don't believe in that. Because that is what the law of causality is for. There is no effect without a cause and no cause without an effect. And according to the law of resonance, I have, in my opinion, manifested these things. I could have looked for something else. But why should I look for something when I can manifest it? I am quite sure that we can manifest matter with an even higher consciousness. Because, as quantum physics has now confirmed, matter is nothing more than energy in motion. And we can influence energy with our power of thoughts. So, I had a place to shower and then I found a place to work. In a library nearby, I could sit in the reading room, get free electricity, and Wi-Fi was free too. I worked there almost every day for a whole year, writing my open source software and planning my non-profit company. I'm currently in the crowd funding phase, which is not going that well. Only a single donor has appeared. A very nice person whom I met on Facebook donored something. Back then, he advised me to found the group Tantra Dating on Facebook, which today has over 12.000 members. He is impressed with my performance and believes in me. He even wanted to offer me a managerial position in his company in Gran Canaria. But I had to decline with thanks because I would rather lead a simple life. I also didn't want to earn any more money because my beloved wife and my now 25 year old son sued me for maintenance. I think they are old enough to take care of themselves, that's why I don't work anymore, because I can afford not to have any money, thanks to minimalism and my ability to fast.

It was very relieving to part with all my belongings at the time. It was like a release. If you have nothing, nothing can be taken from you. And if you don't make money, nobody can take money away from you. I don't have to pay taxes anymore. No, actually I still get money to live with. Harz4 is the name of this nice gift. Yes, yes, there are definitely one or the other who will condemn the fact that I live on Harz4 instead of going to work. But first of all, I work. I write software for the general public. Then I give massages and Sexological Bodywork Sessions and I like to help other people here and there. The main reason why I like to accept this Harz4 money is this. The land we were born in belongs to all of us. But our government has taken it away from us in order to sell it again and also to rent it out. This of course means the property tax. So we have no way of growing fruit and vegetables and instead have to buy groceries from the supermarket. We are also not allowed to build huts or pitch tents anywhere where we can live. So it's okay if we can get money for

the rent. Personally, I don't get any money for the rent because I live in the mobile home. But I get paid the car taxes, the car insurance and the gas. So if you are also thinking of living your dream, now you know how to do it. Of course only if your dream is the same as mine. Incidentally, the motorhome only cost a full € 4.000. So it's a little cheaper than a one room apartment in Berlin ;-)



I wrote this first version of this book a few years ago. Today I don't get any money from any government anymore. Because of the fact that I drove to Portugal and was stuck in the lockdown, they stopped to pay me. Meanwhile I have overcome the shyness of making music in the streets to collect some coins. I can live from this here in Portugal. I am also getting money from writing and selling books like this one.

While in lockdown not being able to make money busking, because there were no people to listen to I was making a nice experience. I am able to survive here with only 20,- € a month, eating rice with beans and baking my own bread with just flour and salt.

So my subconsciousness is working good to keep us alive.

Somos dios (we are gods)

Everything makes sense

I just get an impulse from a friend which I would like to include here.

Everything, really everything that has happened to me in my life makes sense. Be it the pain that I experienced, that my classmates pondered me in school because I am so small and thus fuel my inferiority complexes or be it my grandma who showed me how easy it can be, even at the eat just lift your ass cheek and fart to prevent stomach ache.

Or be it that my loved one no longer wants to speak and avoids any contact with me.

Everything makes sense sooner or later and adds a piece of the puzzle to the big picture.

Take my height, for example. I am just 1.67 m tall. If you believe the media that put the average man at 1.80 m, that's relatively small. And the fact that my mother dragged me to the doctor when I was 12 and said to him, "Doctor, can you please do something to make my son grow up", didn't exactly make me feel good. No, on the contrary, I felt SMALL. Worthless. And of course I projected that outward and was then teased by my classmates. But, because of that, I became who I am today. I was little and thought to myself, I won't get a woman at all. At that time, a buddy of mine had towed away rows of girls in his father's pub and laid them flat. I was jealous of him. It was easy for him. Sorry girls, but that's how we thought about it back then. It was a kind of sport to seduce you and lay you down. But then the girls also had their fun, of course. Well my buddy had them all and I was too small. "Well, wait," I thought ... "I can do that too" ... "I can keep up". "Challenge accepted," Barni would say. Barni... everyone knows who knows the series *How I met your mother*. A rifleman as he stands in the book. Well, I couldn't hold a candle to him, but I couldn't hold a candle to my buddy. While my buddy used the girls like a handkerchief that was thrown away afterwards, I was a little more careful with them and turned the ONS into a brief affair that lasted several weeks.

Be that as it may, I was able to gain a lot of experience with the female gender, which suits me very well in my work as a sex therapist today. I don't get my knowledge from books or lecture halls but from life from my personal experience. I was impotent for half a year. It was hell, my life was over I thought. But that experience is priceless. Which therapist is lucky enough to be affected himself? Today I can take the fear away from men and show them how I dealt with it and how they can get out of it. But what is even more important is the fact that this is not the end, it is just the beginning.

I was now a tantra masseur and no longer really needed my lingam to make a woman sexually happy. During my first training as a tantric massage therapist, by the way, I was lucky enough to have a different teacher for the

tantric massage three times, I learned from a female teacher that a man, as a giver, shouldn't have an erection when massaging a woman. So what did I do, lock up my Shiva and suppress my lust. Yes, that's how my impotence started. I cut off my manhood so as not to scare the woman who was entrusted to me with my hard part. Later living in Denmark I read 50 Shades of Gray and wanted to get to know Anna from the book. Two weeks later I was in contact with her. Yes, the manifestations became shorter and shorter in duration. No joke I met this Anna. At first I didn't know anything about her masochistic tendencies, but discovered this a few weeks later in a tantric massage when I tried a flogger to get her into her body. Wow, did she enjoy the pain and wow, did I enjoy causing pain. So it wasn't the beating that excited me, but their excitement.

Be that as it may, this woman was lying in front of me for the first time and I gave her a tantric massage. First I massaged her back and then turned her on top of it and just put my right hand on her navel. Believe it or not. Her entire body began to vibrate. What a great experience. The woman reacts to me. "That has to be a goddess." "I have to be a god." It was very interesting how her body reacted to me. And what was even cooler. My body reacted to her in the same way. I also found myself partly on my back and my whole body was shaking with lust.

That were energetic orgasms or light ecstasies. I wanted more from the woman. I also wanted to make love to her at some point.

But my lingam didn't like the idea that much. He denied. Either I was still traumatized from the massage training, since I am not allowed to have an erection with my clients, or the woman was just too sexual for me and I was afraid of her.

Today, thanks to Jack Morrin, I know that I am in one of the gray areas he mentioned. I tried to exchange my old sexuality, with alcohol and mental cinema, for a new sexuality. In the new sexuality, I just wanted to be with my partner without drinking alcohol. I've learned to be present. With her. And not with any porn slut in my head cinema and not even in a fantasy. If my head cinema is running, my focus and thus my energy are in the past and if I digress into a fantasy, then I give my energy to the future. But as a tantric I know that there is only the **here and now**. And especially during sex, we should be in the here and now so that the energy can be given to the partner who is lying under you or kneeling in front of you. Only through this energy can we feel and effect something.

This energy, let's call it prana or just love, is important to be able to get into the moment. Into ecstasy. Only here can we experience the connection with everyone and everything. Here we come closer to our divinity. Everything else is just fucking. So it was not possible with this woman. Fortunately, I got to know another woman who had a lot of empathy and took a lot of time with me. She pepped up my lingam again. In the meantime, I also had this

training as a sexualological bodyworker in Zurich and even if I couldn't learn much new there, one thing helped me a lot. My trainer said that it is completely OK and even wanted that we as a man in the tantric massage are also aroused when we give, because only then can the sexual energy of our client really flow. The trauma has dissolved here. And when I say I didn't learn much there, that's only half the story, of course, because I had very, very nice encounters with other people there. For example, there was this wonderful, pretty girl from China. The energy between us was terrific. I felt that in the first hug with her.

In the evening, after our course program, I gave her an energetic tantric massage. Today, after I did a special training with a yogi from Israel, I call this massage the **Prana Flow Massage**. Her lover watched us during this massage. Afterwards he told me that he was ecstatic just watching. Really crude.

I was also blown away by the feedback from a colleague after I gave her a session in which, for once, I hadn't given her a yoni massage, but instead followed her instructions and wishes. She moved me to tears with her feedback when she said I had built such a sacred space for her that she could dive deep into her childhood. She felt that I had stretched a sacred bell over her during the rest phase that followed. Yes, I did. And I was holy that day! I felt that everything was right.

The entire sharing group had tears in their eyes. What a sacred moment. But now to come back to my inferiority complexes. It was these who motivated me to want to live a lot of sexuality. And as a result, I can now help other people with their sexuality.

For example, if you are currently having problems with your manhood, then you can be certain that when the right woman comes into your life, everything will work again. The only requirement for this is that you are in the here and now. Be present. Be with your partner. Refrain from alcohol and drugs. Feel them. Feel your lingam will stand again when her yoni wants to pick it up. And if it actually no longer works because you have had a medical procedure or there are other pathological reasons, then read the chapter on SlowSex. You don't need an erection with SlowSex. I was allowed to be in an orgy and I didn't have an erection either. Be it that I was too shy in the group or that the right woman wasn't there (my current big love wasn't in this orgy) or because I was simply blocked. I didn't feel this fact that bad at all. On the one hand I wasn't the only one with this problem and on the other hand I knew enough techniques to have just as much fun, or rather to give it. Not only to pamper the woman's yoni with my lips and tongue, but her entire body. And then I still have my skilled fingers, which on the one hand are able to touch every point in every body opening and direct energy there, and on the other hand my fingers can cause a tingling sensation by gently touching the skin and now and then sometimes grab a hold. I am also able to get the energies in the female body going by stimulating the flow of prana and kundalini energy with

dynamic strokes.

And when I write that I can do that, I mean that of course you can too.

And if you are not sure about that yet, you have the opportunity to attend seminars and courses on this topic.

That I am now writing this book also makes sense and is another piece of the puzzle for the big picture. Yesterday I realized that I am writing something here to remind myself of it again. To reflect again. Incidentally, a dear tantric colleague inspired me to do this. "Yes, write a book. That is good self-reflection."

This nice colleague, even if I detest his methods, also opened my eyes to deal with my expulsion from a Berlin tantra school.

I worked there on the new design of their website for which I was allowed to attend all kinds of seminars in return. I also ate with them and saw how they lived. The old tantric even gave me an insight into his illustrated story in the form of a small book in which he collected memories. Among them was a library card for a library at the Dalai Lama. What an uplifting moment. I was touched by someone who knew the Dalai Lama personally. And I'm not talking about any Buddhist, but a Bodhisattva, an enlightened one. I could learn a lot from them, but above all how not to do it. And after a customer complained to them about me for sharing an article about the Holocaust on Facebook, they kicked me out. Yes, the so-called gurus were triggered by me. If there's one thing I'm good at, it's triggering someone. The scorpion has its sting to kill its own ego, but sometimes it stings others too. And that's always painful, if not fatal.

They also asked me once why I don't eat meat. I answer: "I am a yogi and live according to the Ahimsa of nonviolence." It may be that this triggered them too, because they ate meat, smoked and used sugar. All things that I have learned from "real" yogis to avoid. My colleague said, to come back to this statement, "Their criticism is a nice compliment. Because envy speaks from them".

Funken ist außen.
Das Feuer ist im Inneren enthalten.
Das Licht im Inneren, wie Feuer im Feuer.
Im Inneren wie Feuer,
vielfältig im Inneren wie Feuer, so wie, so wie.
Auf diese Weise leuchtet alles
im Inneren wie Feuer.



10. 5. 81 R.
(Gedicht in der ersten Ausgabe)

This article, which I had shared there, was only there to get my fellow human beings to think about our history, along the lines of "You don't have to believe everything you see", or in this case, what you do reads the history books. But it was amazing to see how some people react to our story. Some people, especially in Germany, are deeply traumatized, even though they were not there at the genocide against the Jews and are not at all to blame for it. I was accused of such things as sedition. That shook someone's cage so much. Alert, there's a real pig coming. Far from it, I'm not interested in politics. I just open my eyes and see if something unfair happens anywhere. And I fight against it. That makes me a warrior of light. I fight against unknowledge and ignorance. That is also a reason why I was allowed to learn so many different trades and why I was allowed to have so many different experiences. I have the unique gift of being able to examine all things from several sides in order to see that there are always several truths.

We see something different depending on the perspective.

Imagine a colorful bouquet of flowers. Imagine you are holding it up in front of you. The person to the left of them says, "I see red flowers." The person to your right says, "I see yellow flowers." And you yourself see the red and yellow ones. Depending on the perspective you see a different truth.

The farmer who has finally been happy about the rain for days full of drought has a completely different opinion on the weather than the one who would rather bask in the sun. Everyone has had certain experiences, has definitely seen things and thinks differently than you or me. His attitude towards certain things is neither wrong nor right. It is easy. Only the viewer turns things into something good or something bad with his judgment and judgment.

Mirror

It's December 24th, 2017 and I'm sitting in front of the mirror doing Kundalini Yoga. Yes, I got a friend's apartment for a few days while she was on vacation. In winter, I too become a warm shower. It's just freezing cold in the motorhome at this time of the year and for the last two years my water pipes have even frozen because I hadn't thought of frost protection. In addition, the libraries are closed at this time because it's another holiday. So I'm sitting here in front of the mirror and I can think of something else that I would like to give you along the way.

Please do the following exercise:

Sit in front of a mirror and try to paint a mustache on your reflection.

Yes, you could paint directly on the mirror, but we'll just rule out that possibility.

You will find that there is only one way. You have to paint a mustache on yourself. You will not be able to change your reflection any other way.

This is actually a wonderful metaphor for our reality. We are always tempted to change people and things on the outside. What we see when we open our eyes is just a projection of our inner being. The Hermetic Law applies here: the principle of correspondence.

As above - so below, as below - so above. As inside - so outside, as outside - so inside. As in the big, so in the small. Everything there is in the world has a correspondence at every level of existence. You can therefore see the big in the small and the small in the big. How you are inside, so you experience your outside world. Conversely, the outside world is your mirror. When you change, everything around you changes.

For example, if you try to change your partner, you will not only be unsuccessful, no, you will also earn bad looks if your partner realizes that you want to change her or possibly raise her.

I think we can apply this principle to our children too. Personally, I hate when someone tries to educate me. We can show our children how to do it and they can decide for themselves whether they want to do it or not. Children also often recognize when we adults do something wrong and they certainly won't do it unless we beat it into them. Ouch... there must be a lot of people trauma when it comes to beatings.

Mirror neuroses

Unfortunately there are some people in my life who have not only broken off contact with me, which is something completely natural, but there are also a few dear people in my life who refuse to have any contact with me. For example, there was my father who left my family of origin when I was just 12 years old. He asked me if I would like to live with him and his lover and I agreed. Unfortunately, I didn't find life so great with his new girlfriend and her son far from my circle of friends. Since I am a person who strictly rejects and ignores authority, I had a hard time with her and she persuaded my father, who was at work all day and did not even notice my disobedience, to go over my knee in the evening. Yes, I was still beaten. I was also often beaten by my mother until I started karate at some point and she no longer dared.

Unfortunately, I had to force it out of my father on my 13th birthday. When he didn't follow my request to leave us adolescents at my party so that we could practice tango and kiss and I had the dull feeling that he had invited the neighbors daughter for himself rather than for me, I clenched him with mine hit his fist in the face and hurt him with my saddle ring above the eye. That blow had unleashed all of the hatred I had pent up over the years. Now he had finally stopped beating me, but after I broke my leg a month later on a skiing holiday, he simply dropped me off at my mother's after the trip without talking to me about it beforehand. Just like that...

At some point I was sitting with my doctor and my last name was called. I and an older man next to me got up because we both felt called. That man was my father. He sat next to me the whole time. Neither of us noticed. But we could neither look at nor greet us.

When I came to our old house years later to visit him, I met him in the garden and he just said that I could have reported earlier. But since I was of the opinion that this, as a father, was his responsibility, I was pissed and ran away again. I never saw him again because he passed away a few years ago.

I made an appointment with my brother that we would get in touch with him when we both "made it". We wanted to achieve something in life beforehand so that we could show it to him.

Since my brother only had health problems in his first apprenticeship and was teased by colleagues in a second, he gave up early and got so sick that he retired early.

Even then I instinctively believed that he himself was responsible for his illness. Today I know that people manifest their illnesses themselves through appropriate thoughts. If someone wants to be sick, so will they.

Now I was the only one of us brothers who "managed" to make a career and didn't want to go to my father alone, because I had agreed with my brother

that we would go together.

I would have loved to be reconciled with my father because I love him with all my heart. I also lost contact with the rest of my family of origin because my mother was simply blind and mean by separating from my father and cut off contact. I myself was still too young or rather blocked to make contact myself.

Unfortunately, I have no more contact with my brother today, because I messed with him at my wedding because he meant well and had brought weed with him. But my wife didn't like this at all and asked me to admonish him or did I even have to throw him out I don't even remember exactly.

After I had a tantric massage in Denmark a few years ago, a huge chunk of collected energy was released and three days later I received an email from my brother in which he let me understand what we were doing sexual stupid things with each other. There was even one thing that my subconscious completely blocked from my consciousness.

Wow, blatant... this memory was completely gone because I was totally embarrassed as a teenager that we had done that. Nobody was allowed to find out, so it was even hidden from myself. On that day it was clear to me that it had to be related to the tantric massage. There a hard lump in my stomach was loosened with severe pain and I was able to cough up this old energy. Since I hadn't smoked for several years at the time, I knew that this was an old blockage that I was coughing up.

Unfortunately my brother didn't want a contact at all anymore. He told me in his email. He is likely suffering from a similar trauma. So far, I haven't had any idea to ask his forgiveness. I forgave him a long time ago in a karma cleaning retreat in a Buddhist monastery.

It's a shame, because I love my brother more than anything and I would want nothing more than to take him in my arms again.

The next person who means something to me and who has broken off or blocked contact is this warm-hearted tantra masseuse who gave me this great final massage. I met her again at a training seminar in Lucerne. We could talk to each other, but, as I now know, she was justifiably afraid of running into my wife at some point, because both were cancer by the zodiac sign and she knew that my wife would walk over corpses because of me. Finally, she said to me, "It wasn't easy to ignore you."

My wife had blamed her for leaving her, even though I had this impulse much earlier. The last time I moved, I even invested all of my saved money in new furniture so that if I moved out, my family would at least be well looked after. When I actually moved out, I just took my desk with me. It's a shame, I would have loved to have had contact with this lovely woman. I even hoped that she would follow me to Denmark. At least I offered her. Since my son only started his education when I moved out, he was dependent on me for maintenance. Since I didn't get any money myself at the beginning, I didn't

get my unemployment benefit until much later and I was now forced to first get a household for myself in order to be able to live properly, so I couldn't give him anything at first. My people could apply for social assistance, so I didn't think anything about it. I had paid my son to attend business school, but he didn't get the grade point average there and hadn't completed his training. Like his father, he preferred to make love rather than study. Who can blame him? Well, now I thought he would look for a job and be able to stand on his own two feet at the age of 21. Instead, he started training and thought to himself, "The old man will pay for it."

But then he had thought wrong ... I was just about to get out of the system for good. And besides, my dear wife wanted me to keep them instead of looking after herself.

But I'm very allergic to that. I didn't want to support that and so I didn't pay either of them out of spite, because I just felt badly exploited. For a full 21 years, minus two years at the beginning, I looked after my wife, their two sons and our son and gave them a roof over their heads. I didn't want to anymore, because that was also the reason for my burnout. I was EMPTY. I could not stand it anymore. I did not want to anymore.

Everybody lick my ass !!!

The lawyer who represented my wife and also my son probably saw it differently. She had definitely had a huge problem with a man on a sexual level. There is no other way to explain their inhumanity and their hatred of men.

She threatened me with a lawsuit if I didn't pay my son child support. After a personal conversation with my son, I gave in and we agreed on an amount that I don't even have available myself today. But two months later he, or shall we say, his lawyer was too little and I still had to go to court because my son wanted a third more.

Since I thought that was just outrageous, I wanted to fight it with all possible means and asked for a paternity test in court. Was everything legitimate when his grandma, my mother, heard about the trial, she got so upset and said something to my son like "What did your father do? Has his fatherhood been questioned? "

Well, everyone can guess why my son doesn't want any more contact. Thanks mom, but I forgive you.

I couldn't do it then! I didn't understand why my son blocked me on Facebook, stifled my phone calls and didn't answer my emails.

I just felt the pain of not being liked. Rejection. The little "nerdy" has completed his training and is still a couple of years with additional training. My mother once said he was just like you. He wants to show you and only then will he contact you again. I hope he would get in touch sooner, because I love and miss him so much.

The last in this chain of people who ignore me is my dual soul, who sent me into the desert half a year ago.

Completely for no reason in my opinion. She had given me 15 reasons, but I couldn't accept any of them, because the day before everything was apparently in order and overnight she came up with 15 reasons to leave me. She no longer had to suffer even jealousy, because I had been monogamous for a year just to give her the support for spiritual growth. But, I was no longer myself. I didn't show her my Shiva anymore because she kept coming back with these sex breaks and made me understand that she actually doesn't like sex at all.

I suppressed my own lust the whole time to show her that we only have sex when SHE wants it. We didn't have less sex because of that, but she always sensed my intentions and then shut down.

Well what can I say. At the time I didn't understand why she didn't want me anymore and why she completely stopped contact with me.

A dear friend then explained to me that all these people must love me very much if they steal themselves from my life like that. It hurts them as much as it does me, because they still love me.

My knowledge from all of this is as follows.

Let's assume that every single person I have intimate contact with reflects something to me. Then they do this unconsciously. And may also be wondering, "Why do I even do that?"

Personally, I know that I have mirrored a lot of people and must have hurt them very much. I consider myself a good trigger. Someone who drills his sword directly into the other person's bladder so the pus can drain and healing can occur. I've done this many times. And back then I always felt sorry for people. And it hurt us very much. I felt sorry for all of the women I broke up with. No, I felt sorry for myself.

You can't hurt anyone without hurting yourself - Unknown

All these dear people are my mirrors and their task is, among other things, to cause me pain so that healing can happen, if I then notice and allow it. With my dual soul, I was able to let go. We were only together for 1.5 years. But I also needed a lot of outside help for that. But all this help came from angels. As it says in the book *The Little Soul Talks to God*, by Neal Donald Walsh, "I only sent you angels."

I call this mirror neurosis because it hurts to have to hurt someone you love. My wife often said, "I don't want to hit you, but I can't help it." And punched me ;-)

And my sweetheart once said, "If I hadn't loved you so idolatrously, then I wouldn't have endured it and wouldn't have been able to have this experience." Yes, soul mates also leave our lives at some point and go their

own way. Some of them even get their wings :-) My wife said now and then just for fun, "My shoulder blades are itching, I'll probably get my wings soon." Yes, she knew intuitively how life works. She really earned her wings. Thank you Struppi, Ilove you <3

Eternal life

Known or let's say better suspected, I have long known that we will live forever, but shortly after Christmas, I found the proof, or let's say an explanation, why it could be so. A friend, or should we say HE, showed me a church here in Kreuzberg a few weeks ago. When I wanted to see him again, I tried to reach him by phone, but his cell phone probably had no reception, so I made my way to his sphere of activity, hoping to find him. My way led past this church and I entered. Something magically drew me to the center of the nave and behold, there was a spiral embedded in the floor. Intuitively I stood on it, closed my eyes and just was in the moment.

Then I was drawn up to the Ballestrade and there a wonderful, angelic woman met me and smiled at me. I sat down for a moment and listened to the orchestra in which she played the violin and enjoyed the sounds.

When I went out I found a document explaining the spiral. It symbolizes life (the way into the spiral), death (in the center) and rebirth (the way out of the spiral). I am also familiar with these cycles from the I-Ching. There it also says that everything is subject to the four main cycles, birth, life, death and rebirth. A finer subdivision takes place there in the eight trigrams, which are each composed of six yin and yang lines. We know it among other things also of the four seasons and or of the times of day, morning, noon, evening and night or the phases of the moon, full moon, waning moon, dark moon and waxing moon. With the I-Ching I oracle for a long time and was thus able to predict the future. However, when I had learned an asana in yoga to activate the Ajna chakra, the so-called third eye, I was inspired that we can foresee the future even without the I-Ching because we are able to see ours to determine the future as far as possible.

The things that we pull into our lives with the *Law of Resonance* will happen. It's like a self-fulfilling prophecy. But since I find it much more exciting not to know everything in advance, I stopped using oracles.

As for eternal life, however, I am almost certain that we will experience rebirth. That's what the Buddhists say too, and during my near-death experience, in which I no longer had control over my body and mind, I realized, that is, only later, when reflecting on this event, did I realize that we neither are our bodies nor our minds. And then there isn't much left that we could still be. I think I really died then and I was born again with the same body. But who can say that exactly. It is also possible that only my EGO died, although it is still active, only now can I identify it. I can observe my thoughts and see my evaluations and judgments and consciously accept or reject them.

Just recently I had the unique opportunity to teach someone about judgment and judgment, where a true angel helped me.

Just as I was starting to explain, a woman came and sat down with us. I looked at her and said, "I see a beautiful woman." Obviously she was flattered. But I recognized something very crucial. I made it smaller than it actually is through my evaluation, even if it was positive. Then I said to my counterpart, "Now I'm going to show you something else." I looked at her and took it. A lot of love flowed between us and our eyes got a little wet with joy and love. I asked her, "Did you feel that too?" ... she nodded.

I practically did a transfiguration with her. In a transfiguration you don't see your counterpart as an object but simply as your counterpart. Whatever you see right now is the divine in the opposite. And in this state love flows and both can get into ecstasy, which among other things in a tingling sensation from the hands, over the lips to the entire body. So far, I've only experienced that with very open people. People who no longer have any fears and no longer have any blockages in their body. Mostly it was yogis or at least people who renounced cigarette, alcohol and meat consumption.

With cigarettes, alcohol and meat one harms one's body and cannot absorb as much prana and also the remorse of conscience keep us from living without fear. Fears quickly put you back in your head and you can't just BE.

Energy problems solved

The three of us were able to watch a wonderful sunrise over Berlin on the morning after the first rough night around x-mas and our creativity was bursting with good ideas.

We asked ourselves, "How can we solve the planet's energy problem?" Then we asked ourselves, "What do we need anyway?"

The answer came first, food. Since I was lucky enough to grow up in a suburb of Hamburg with a garden with an apple tree, I knew that we don't need any energy for food. The apples grow by themselves. We don't even have to sow anything. The same is of course with all other healthy foods. Animals, if that's an option, don't need any energy either. We just have to eat a lot less meat so we don't have to breed animals.

We don't need other foods such as fruit and vegetables and, if you like, meat. You have to cook yourself or go to a restaurant. But one should banish ready meals from one's life. They are not healthy at all. And having food flown in is an unnecessary luxury.

Let's keep in mind that some fire is needed for cooking if you don't want to switch to raw food. There are renewable raw materials for fire. Wood.

The harvest also requires less energy than when you have to go to the supermarket to go shopping with the car.

Next we need a roof over our heads to protect us from wind and weather. But you build a house for that too, and it's good. Or you inherit it from your parents.

Then there are tents, yurts, mobile homes, earthships that are built from rubbish and can be very efficient. Hopefully everyone has a house or an apartment today. And if you then count the empty apartments that are empty because no one can afford them, then even the homeless would have a place to stay. So everything is already there. And for descendants, the community lends a hand and builds a house for them. If you then also misuse public buildings because the work that is done there becomes unnecessary, we have even more space left to divide up.

However, energy is required for the houses or for heating. But now I refer to the idea of the Earthships. There is a large window front that lets in the sunlight for heating in winter and ensures that not so much sunlight enters in summer, when the sun is higher. The heat is stored with the help of thermal mass (earth that is held in old car tires, for example).

In addition, you can use solar panels to heat water and generate electricity. If necessary, wood is used for heating.

Yes, the electricity... we should just sleep there when it is night so as not to waste energy with light or use candles. It's also much more romantic.

Do we still need coffee machines, toasters, mixers, washing machines and

computers? Did people have such devices before the industrial age? Did they survive?

Well, a little electricity can be generated locally with solar, wind, water and thermal energy. Just think of the water wheels and windmills. There is actually an abundance of energy. But when I think of Bitcoin, my stomach turns. Millions of computers work there just to mine Bitcoin. There is actually unnecessary work being done because the proof-of-work principle is used there to verify the transactions. Completely unnecessary nowadays, since we could also store our values in gold or something similar, which does not cost any energy. But do we even need money? I think "NO"

Ever since Michael Tellinger spread the idea of UBUNTU, I have been convinced that we can do without money, barter and trade if everyone just does what he or she is talented for and just do it without asking for anything . So everyone would have enough to live on and a lot of jobs would simply be eliminated because they are not needed at all. There are so many unproductive jobs that could easily be replaced or stopped.

I am thinking of the police, the judges, the lawyers. If everyone had everything they need, then there would be no more crime, or at least little. Then we no longer need an arms industry. Why do you need weapons if you don't have to hunt animals or people?

The pharmaceutical industry would almost completely disappear in the short or long term. Because when no one is chasing after profit, people no longer have as much stress and do not get sick as often.

We don't really need the advertising industry, the media and so on, if we only produced what we really need at this moment.

We only need cars to get somewhere else. But why should we want to go anywhere else if we don't need to work more and be with the people we love instead? We also only take vacations to relax from work.

Otherwise you can also go on foot, ride a bike or ride a horse-drawn carriage. And if you like to be by the sea, you can live there.

And if we then let robots do all the work that is really important, then we no longer need to work. We can then deal with things that fill us.

But what we absolutely need is LOVE. Love is the fuel that keeps us all alive. We all have enough of that. You can learn to love yourself and then you can love others too. This love is inexhaustible.

What one could still have would be luxury. You could just be a bit artistic and give away what you create to others. You can paint pictures, make jewelry, put on plays just to please other people. But even for this you don't need any energy, if only a little.

Unfortunately, today we have to live in the cities because that is where the jobs are. There we pay a lot of rent for an apartment that is empty all day, pay off our car so that we can drive to work and wear expensive work clothes just to make an impression. And we work mainly to be able to afford the above. But if many industries were to simply disappear now, we wouldn't have to

work as much. And when we're not working, we don't use a lot of energy. Since I've gotten used to fasting, I know that we don't really need any food. But this is just a theory of mine. But I know that we don't have to eat that much. The portions we get in restaurants today are way too big for someone like me who no longer has to work. And then there is the free energy. For that you would just have to do some research.

We don't need a lot of energy because we don't use a lot of energy

- Adam Art Ananda

Energasm

One of my partners just asked me if I could write something about tantric energies (life energy according to Willhelm Reich, or love). No more precisely, she asked me if I could say something about what I did with her a few days ago. Something new and blatant happened for me personally. We sat across from each other and I asked her if she would like to receive some love. I don't know where that thought had just come from, but I had to say it. She said, "Yeah sure".

So I gave her love without touching her. Just because. According to the findings of Willhelm Reich, the eyes are not just optical lenses.

Eyes are the sender and receiver of life energy.

- Bernd Senf

In any case, she felt a strong tingling sensation in her yoni, on the spine and between the shoulder blades and she would probably have wanted to tear my clothes off to make love with me. But apparently this action was just as exciting for them as it was for me. I, too, was in great excitement and ecstasy. My hands started tingling, my lips started tingling, and at one point I felt my entire body.

Three years ago I visited a friend in Switzerland and gave her friend who was visiting a tantric massage. For some reason, she couldn't really enjoy this one. She was so excited that she had to pee just before I wanted to give her a yoni massage and was completely out afterwards. The yoni massage then of course was canceled. After that we meditated together for over an hour.

The next day I asked her, "What kind of zodiac sign are you?" She replied with Cancer. I said, "Cool, I was married to cancer for 20 years, let's flirt." She replied, "Yes, but please without words."

Oops... um... yes... I accepted the challenge. We sit in front of the fireplace, about two meters apart, and just look each other in the eye.

Before long we were both ecstatic. My friend, whom we were both visiting, came over and sat down with us. She, too, was taken by this energy and felt something extraordinary.

I experienced something different, but still similar, with two women. It was getting late and my partner at the time came to visit me at the tantric massage institute where I was working to attend a massage. A woman from the massage team wanted to get to know my *prana flow massage* and I wanted to take this opportunity to teach it to my partner, who was now also able to give massages.

But since my partner was very tired and kept nodding off, my attention was often with her. This meant that the woman I was massaging did not get excited and didn't feel much either even she did not feel the yoni massage. In contrast, my partner, who was at least two meters away from us, was in energetic convulsions. However, these twitches were still empty, as my partner told me. I myself experience this twitching when I enjoy a tantric massage, make love with someone or masturbate. With me, too, these twitches are empty, without the waves of ecstasy going through my body there, as I usually know it. But that's probably natural, as long as all blockages have not been removed from the body. So far nobody has been able to tell me what it actually is.

I call it energasm. This type of orgasm can be experienced or given in a targeted manner with the prana flow massage.

When my partner woke up again, she wanted to give a massage and we gave my colleague a 4-hand tantric massage. Now the energy was where it should be. My colleague writhed with excitement and I was able to bring her body into ecstasy by sheer willpower. It looked like I was pulling the strings on a puppet. There was magic in the room.

A yoga friend who had the same teacher as me told me we have to be careful that we don't end up on the dark side of the force. I immediately thought of the Yedi Knights and Darth Vader. Yes, we should actually be careful. But I think that this type of massage cannot be learned at all if the heart is not pure. This only works if you are already at home in the higher chakras and by that I mean the Ajna chakra. Only here is it possible to give this type of energy (love). And normally you pass the Anahata chakra (heart) on your way and once this chakra has been activated, you can actually no longer get on the dark path. As is well known, hope dies last ;-)

Release blockages

Actually I wanted to have this book ready, but the universe just gives me an important hint that I should include a chapter about blockages and how to loosen them. In order to be able to experience an energasm or a whole-body orgasm at all, it is necessary that you release your body from blockages so that this energy can flow freely.

The solution of the blockage is the solution
- Bernd Senf

What is a blockage anyway and how does it arise? Imagine if someone scared you. How do you react? You breathe in fright, tense your muscles and hold your breath. Here, energetic blockages are stored in your system. It's like life energy that can no longer flow away. The same thing happens without outside influence through morality by restricting yourself. This fright happens to us as children, for example, when we are caught masturbating and reprimanded. We are frightened every time we are caught doing it, precisely because we then do it secretly and are ashamed of it. But that we do it is completely natural, because a lot of life energy accumulates when we only have sexual thoughts. We humans do that almost all the time. And this energy is looking for some way to leave our system again. This applies not only to the man who can get rid of the energy with ejaculation, but also to women who release this energy in a so-called peak orgasm (explosive orgasm).

If you do not get rid of this energy, it can turn into violence. We see this, for example, where prostitution is prohibited, for example, or in marriage when one of the spouses is no longer interested in sex. Not infrequently this turns into hysteria in women. I was able to observe myself. For example, one of my partners once yelled at me for pulling out my lingam at an inconvenient moment for her. Actually, I just wanted to change positions, but since she yelled at me, my lust wasn't so good anymore ;-)

I once noticed that the presence of a young daughter of my partner who has already passed through puberty excited me and that I tried to suppress this excitement so that no one would notice. How do fathers feel when the daughter, who has already matured into a woman, cuddles with the father and he is aroused? I once heard that fathers turn away from their daughter completely out of shame and treat her badly too. Kind of like how witches used to be burned. Ok, the comparison is poor. At least the daughter will then no longer get a cuddle from the father.

The Aborigines in Australia even have a ritual especially for this purpose, in which they poke a spear into the ground between the spread legs of their daughter in a ceremony. In doing so, they symbolically kill the desire for their daughter. I will probably develop a recipe for this one day if I should have a daughter again. You should probably just talk openly about it. I can also remember being admonished to play with my erect cock in public. "Leave that to Olaf, you don't do that." I will have heard many times, because as a boy he is always around, even when the wind is blowing ;-) I also got there at some point in my marriage, that I haven't had enough sex and I haven't found an outlet. I was just lucky enough to have made enough money to pay prostitutes to open my outlet. Today I do that through transformation and sublimation of energy, which can be learned, for example, in Tantra Yoga. Here, the energy that has accumulated in the form of sperm in the testicles is converted into subtle energy and directed up into the higher chakras, or when standing on the head, the energy flows down through gravity. Well, if that doesn't help either, because you've got blue balls again, because you've done too much sex and too little yoga, then there is still a tried and tested home remedy. Wank. But if you now have a blockage in the system, you can solve this, for example, by massaging. Since a conventional masseur does not massage in the genital area, important areas where a lot of energy could actually flow in sexuality remain untouched. This is also the reason why some people do not experience a full body orgasm as the energy from the lingam or yoni cannot continue to flow in the body. Here you should then consult a Sexological Bodyworker, for example, as he is allowed to massage in the areas, yoni, lingam and anus. (see also DeArmouring)

Enlightenment only in India?

Many people travel to India to experience enlightenment there. But that is not necessary at all.

I wanted to do that too two years ago. I had almost broken up my household and wanted to go to Rishikesh to the *Agama School*, which was founded by one of my teachers many years ago. When I wanted to apply for a visa at the Indian consulate in Hamburg, I had the wrong documents with me, it makes a difference whether you want to enter as a student or as a tourist. So I thought about my plans again.

Thoughts of fear of flying also came up. Not that I still had a problem with that, but I was actually scared of the fear.

So I actually thought about alternatives and bought my motorhome instead. I got the money for this by selling my drum kit, which I could return directly to the manufacturer for half the price. When talking to the manufacturer's employee, I noticed that my words, we were talking about my intention to live in the motorhome, reached him.

I notice this when an ecstasy manifests itself in my body. Such a tingling sensation that goes through the body. A feeling that comes up when you come one step closer to the truth. You can also experience that simply as goosebumps.

Be that as it may, I bought a mobile home and was no longer homeless. Halleluja.

Now I could be anywhere I want to be.

And my way led me directly to Berlin. There I made all the necessary experiences that I needed on my way.

I found paradise on earth there.

One day, it was Sunday and I was going for a walk, it steered me towards Mauerpark. I had never heard of this place before, but the rhythms, someone playing drums on buckets and metal sheets, attracted me magically. Wow, where did I end up here? Musicians from all over the world were playing everywhere. By the way, PLAYING is a key to happiness, only mentioned as an aside.

I was caught up in the magic of this place. A few years ago this was a death strip. A piece of land between the walls that divided Berlin into east and west. People died here because they wanted to escape to freedom. From my point of view, it made no difference whether they fled from east to west or from west to east. Because the next restriction was experienced when you tried to travel across national borders. You weren't really free.

What are these limits actually used for? Isn't it time to tear them down?

Where are these limits in us? Where can we tear them down?

I think the Mauerpark gives us an answer to these questions.

In any case, two years later I found myself in the middle of the action, because I started making music there too. I decided to play djembe there with the people from Africa. I had my djembe for about 4 years because an Indian / African friend asked me to accompany her in a workshop on the djembe, but I couldn't really play yet. One day I watched another musician sit down and play with the one African who played the same thing all day long on his broken snare drum. They both enjoyed it a lot and I was inspired.

A week or two later I copied the musician and just sat down with the African who was like a medicine man and started drumming. Drums, drums, drums. Wow... this is medicine. This is meditation in motion. I was infected with the drug music.

You could also earn money with it, but that wasn't important until a certain day. That day I sat on the cowshed and played the djembe by myself. My friend went to get a beer for a minute. A woman came up to me and took out her wallet and wanted to give me coins. She asked me, "Don't you have a hat to collect?" I said no and let her go away without taking the money.

Afterwards I realized that it is important to accept the money. People want to do something good. They want to help and in this way they find a way to help someone. Didn't you also think you wanted to help? But didn't know how?

Now you know a way to have an outlet to neutralize your sins. Reduce karma. With our music we create an opportunity to touch people on the street. To reach their hearts. And in addition, he can do a kind of penance by giving gifts to the musicians.

That is the spirit of the gift. You give something without expecting anything in return.

I once asked a master in a Satsang whether it was not inappropriate to do something good for someone even though you are aware that the good is a thousandfold comes back to one.

He replied: "Giving is already taking".

For this reason I still offer my tantric massages and sexological bodywork sessions for a donation. Since I enjoy touching people, I would also offer it for free. But somehow they might think I was only doing this because I want to have sex or something like that. Yes, I live out my own sexuality in my sessions, I am also aroused, but my intention is different. I don't want to reproduce myself, I just want healing to happen. And very rarely do I enter into a relationship with my clients and only then have sex with them in the traditional sense. Actually this only happened once... about four weeks ago ;-)) We have a long-distance relationship... an intense one... If you give something of yourself with love, then you are giving yourself a gift. When you hit someone, it hurts you too, and by that I don't just mean the pain in your hand. "Leave the room as you would like to find it again", comes very close to this principle. Or, "Step closer you pig, the next one could be barefoot.", is

also a nice saying that can often be found in men's toilets. When I recently went to the Luzid Dance to dance, they dance barefoot there, I could clearly feel on my feet what that meant ;-) Why should we travel so far to experience enlightenment. Everything is right on your doorstep. Even the misery we can experience in India can be experienced right on our doorstep. Just look at all the homeless people. One day before Christmas I was invited to a benefit concert by and with Frank Zander. There were around 3,000 homeless Berliners gathered there. Well, not all of them were really homeless, but if this continues with rent increases and minimum wage violations, then soon more apartments will be vacant. And finally we have to embark on an inner journey to experience enlightenment. When I look around the Mauerpark, I see many colorful faces. We are all connected in love there. Every skin color, every nation, almost every musical instrument is represented there. We can all do something great together. We bring love to Berlin and thus to the whole world. We can see and experience the reflections of our INSIDE everywhere, we don't have to travel far. We see divinity everywhere. The many great old buildings here in Berlin also house some art and thus divinity. You just have to open your eyes and let the art in. Just take a look. Without judging. Without categorizing. Just let BE as it is.

Giving is already taking
- Sarmapan

Manifestations

I have already reported on my long-term manifestation in relation to Porsche. Even if you think of something more spontaneous when you manifest it, after which you may have read *The Secret*, it can actually take a long time before your wish really shows up in the form of matter. So never give up and also set a date of fulfillment for the manifestation.

Last winter I wanted to have a warm shower again and manifested a room in a shared apartment with my partner. I set a concrete fulfillment date for my wish, six days in the future, on December 6th (St. Nicholas Day) and on this very day a friend of mine posted on Facebook that she was looking for someone who would like to take over her room in a shared apartment for two months she wants to go on vacation.

Only a few days ago, when I lost my wallet in Hamburg, I was stuck in Berlin. I hadn't had any money since Christmas, the new EC card I applied for didn't arrive because the bank had a wrong address for me and I had to go to Hamburg because the lost property office had written to me. I have my account with a Hamburg bank that only has branches in Hamburg. So I manifested 100, - € so that I can fill up my mobile home and have enough money again to break my fast. If the money is running out, then I just go into fasting mode, there you can easily save money together. That evening I suddenly had a flat tire on my bike and the next day I pushed it to the motorhome, which was parked outside the environmental zone, to be repaired. While looking for patches I found two coffee glasses with coins in them. Of course, I knew about the glasses, but I thought there was only Swiss francs and Danish kroner in them. But I must have put all the 10 and 20 cent pieces in there because my change drawer was full. I only have bills in my wallet and the change ends up in this drawer. I changed the coins at the Bundesbank and got around € 66,-. Then I still had 35,- Swiss Francs. If I can still exchange the francs at the Reisebank, then it will actually be € 100,-.

What helps me personally in the manifestation of things are the following. For one thing, I have to firmly believe that I'm worth getting. Then I really have to need it. Then a fulfillment date has to be determined and at the very end I let go of my wish because I know that the universe or my subconscious takes care of it. If I couldn't let go, then my thoughts will probably always be on the matter and then it could be that at some point doubts arise and then it no longer works. Doubt destroys any manifestation because you lose faith in it and in this way tell your subconscious that it is not that important after all, because the subconscious does exactly what we tell it to do. But if there are still a few beliefs in the subconscious that could prevent such manifestations, then it becomes difficult or even impossible.

Preventive beliefs would be, for example: "I deserve to live in poverty." "In my city there are only apartments for rich people."

One should remove these beliefs from one's system beforehand. A wonderful method for this is called PSYCH-K. At least I was able to remove a few of my beliefs using this method. Another method comes from kinesiology and is called a muscle test with which one can even determine whether a belief is active. Just look for it on Aunt Google. The test is also described in PSYCH-K. You will find a book tip attached.

Freedom

Take a look at the birds. Observe them very consciously. Do you notice something? They are free. They don't have to work. They have everything they need. The same goes for all other animals. They are free. Animals only have to work when they are in captivity! But what about us humans? Exactly like that. But we humans also have to work. Yes exactly, we are also in captivity. If we look for the root word for work, we get the following explanation: According to Manfred Riedel, the word **work** goes back to the Germanic arba (servant). New etymological dictionaries take a lost Germanic verb arbejo as the original word, meaning “an orphaned child who is forced to work hard out of necessity”. We humans are trapped in our belief system. We believe we have to work because we've been taught that way. Because that's how we learned it at school. I don't want to blame our parents or the government for that, because they didn't learn any other way. Also think of a bumblebee. A physicist would say it can't fly because it's too heavy for it. But since the bumblebee doesn't know, it can fly. She just believes she can fly, so she just flies. We humans can do anything we believe in. And as our consciousness increases, we will be able to do things that we cannot even dream of today.

The meaning of life is to do something useful between orgasms.
- Adam Art Ananda

Anxiety

To achieve freedom, we have to overcome our fears. Only when we are really without fear we are free.

But what are fears, where do they come from, or when do they appear?

This question is actually quite easy to answer. In the past, we can be afraid, but since the past is over, we cannot be afraid of the past. Fear only exists in the future and since there is no future or we will not experience a future, if we take tomorrow, for example, then we will only be able to experience it in the **HERE and NOW**, but not in the future. And when we don't have a future, fears are just a fantasy. Fears can never become real. Although there is this feeling that we call fear, this feeling is only generated in our head when we are not living in the HERE and NOW.

So it's very easy to live without fear.

In the HERE and NOW.

Have you ever been afraid of death? And did you die ?. Certainly not.

Although, a few of us, including myself, were very close to death. But since we are not our body, we will not die either. Only our body is likely to die at some point, although that has not been proven either. At least your body is still alive right? So there is no evidence that it will die. Every seven years your body renews all of its cells. So your body is no longer than 7 years old. Please see it from the cellular level. Your body is made up of billions of cells. Each of your cells is like an independent living being. And together they make up your body. Just like all grains of sand make up a beach and just like all drops of water make up the sea. But if you think your body is going to die, so it will. With our thoughts we can achieve anything we want. With our thoughts, we create matter. But since this process is a bit delayed, hardly anyone notices how powerful we humans actually are. And if we imitate everything the old people do, then we'll get old too and eventually die.

If I hadn't heard from Paul, who started kitesurfing when he was 80 years old, I wouldn't have been so motivated to learn this sport when I was 50. I would not have started studying again at 49 if I had kept the belief that I was going to die soon, because that's what you do when you reach old age. What are you afraid of?

I was afraid to drive through tunnels on my motorcycle. Since I come from Hamburg and have often driven through the *Elbe Tunnel*, I heard back then that high dioxin levels were measured there. I have no idea what dioxin is, but it sounds dangerous.

In the car, I was once told, you can simply circulate the air and you can turn off the air supply from outside as long as you are in the tunnel. You can't do that on a motorcycle.

But now I like to be in the Alps with my BMW and there are many tunnels and long tunnels. I was stuck in a traffic jam in one of these. Well, I didn't stand for long. You just meander between the cars.

But the feeling of driving through a tunnel was never nice.

But now it happened that I unintentionally drove through such a long tunnel and when I arrived on the other side, I had the choice of driving a pass, it was almost dark, and making a huge detour.

I decided to take the detour, but unfortunately I got lost and had to go back through the same tunnel.

This is where my brilliant mind comes in. Nothing happened on the way there, so nothing will happen on the way back.

If you should be afraid of something, then you should do it until the fear is gone.

- Unknown

A year later, it was a hot summer day, it had 36 degrees celsius. I was also on the road with my BMW. Even the wind didn't cool me down. But when I drove into a tunnel, the thermometer dropped to an incredible 24 degrees. Can you imagine what a refreshment that was for me? Suddenly I loved driving through tunnels because it was pleasantly cool there.

But even this fear only took place in the imagination. I just thought there might be toxic gases there. But there wasn't, or at least it didn't matter, because I'm still alive.

Unfortunately, fear is also used by companies, insurance companies, and our government to manipulate us. The media are constantly reporting terrible things that appear to be happening in our world. But most of the things that are reported to us in the media are simply wrong or important details are simply left out.

Personally, I don't believe a single word in the media. Whereby, I have thrown out my television and the radio. So I don't get that much of the lying press right away. And if I write here that the media are lying, then that's not my own opinion, but that of someone else.

When you read the newspaper, you don't know what's going on in the world, you only know what's in the newspaper.

- Unknown

But now to return to fear again. How does our government actually manage to govern us? And do we even want that? Do you accept all of these many laws without restriction? Do you really want to spend 23 weeks of 40 hours each year messing up your precious time at work and paying all the earnings in the form of taxes to the people who kill other people in their countries in unnecessary wars?

Once you have seen through that you were only trimmed in your family of origin, in school and in the university to obey the authorities, then this obedience simply falls away from you, because the fears you were confronted with every day, you now recognize as an illusion. So nobody can threaten you anymore, or it no longer affects you and you just do your thing without giving the authorities their power.
From today you can use this power for yourself.
You are now a FREEMAN.

Daily practice

To keep your body and mind supple, I recommend you practice yoga. Especially with Kundalini Yoga, which I practice almost every day, on the one hand the spine is kept flexible and on the other hand a lot of prana is transported from the pelvis up to the higher chakras.

The mindset and meditation after or during yoga calms our mind and brings you one step closer to your divinity every day. Another side effect of yoga is the cleaning and opening of the chakras. If the chakras are open and clean, then more prana flows there and supplies your organs better.

Needless to say, nicotine, alcohol, meat, sugar and chemicals found in so-called foods and medicines are more likely to harm than help you.

About the author



Adam Art Ananda was born on November 20, 1963 under the real name of Olaf Japp as a Scorpio, a Virgo ascendant with a moon in Capricorn and a lot of Sagittarius energy in Hamburg and grew up in the district Pinneberg. After finishing secondary school, he trained as a machine fitter. When he was torn from the work process by a disease of the spine, which he didn't enjoy anyway, he decided to enroll in the master's school. At the same time, he began a distance learning course to become a mechanical engineer. There was a very long waiting list for the master school and Art dropped out of the technician course after the second semester, as he had already developed his first program during his studies, through which he could earn a lot of money in a short time. Out of sheer curiosity, Art continued to research in the field of software development and five years later was hired for the first time as a consultant for a large chemical company. Some top 500 companies were then his clients for the next few years until the stock market crash in 2000 finally forced him to give up. After the tax office blocked all his accounts and he had to lift his fingers, he moved to Switzerland. There he worked for a few years for an airline and later for a bank. Art studied graphic design and *human computer interaction design* in Switzerland. He dropped out of the latter in the third semester, as he already knew most of what is taught there from his *graphic design* studies and (at his age) was no longer dependent on a master's degree. Art currently works as a tantra masseur, gives sessions in Sexological-Bodywork, supports singles and couples in SlowSex, teaches people in tantra massage and gives various other workshops to help people lead a better, more exciting and fulfilling life. He is also committed to

implementing the UBUNTU movement. UBUNTU ("I am because we are") is an idea for a community in which there is neither money nor exchange nor trade. Everyone does what they want and what they are talented for. He gives his time for the good of the community in which he lives. In return he will certainly get what he needs from the community. Art can often be found in Denmark for kitesurfing, plays the djembe together with a few people in Mauerpark in Berlin, creates communities in Portugal, he drove motocross and racing kart, likes to snowboard and sail catamarans. In addition, he prefers to ride his bike than by car through the city and is constantly trying out new things that he might like. He rejects monogamy as well as polyamory, at least if they are lived in closed relationships, for himself and therefore lives as a single according to the principle of poly-anarchy. That means that he is with one or more people in the moment and just enjoying that moment. You're just together until you break up the next day or even after a few days or weeks. Then you may meet with other people or again with the previous ones. Just as everyone likes it.



Glossary

Word	Description
Lingam	Penis, Dick
Yoni	Vagina, cunt or also lovingly called the temple entrance
Brachmacharia	sexual abstinence or abstaining from ejaculating
Amrita	Fluid that escapes during female ejaculation, also known as squirting. It is also called the elixir of life and the fountain of youth
Chakra	Energy center in or on the body
Squirt	Female ejaculation
Point of no return	A high male arousal that causes ejaculation.
Prana	Bio energy, chi, ki
ONS	One night stand, you meet for a single night to have sex with each other
Polyamory	The love for several people at the same time. These can also be sexual relationships.

Books

German

Title	Author
Verändere deine Glaubenssätze mit der Kraft deiner intelligenten Zellen	Christoph Simon
Das Kybalion, die 7 hermetischen Gesetze	Anonym von die drei Eingeweihten
Entfalte dein erotisches Potential	Sheri Winston
Schule für Götter	Stefano D'Anna
I Ging. Das Buch der Wandlungen	Richard Willhelms
Die Macht ihres Unterbewusstseins	Joseph Murphy
Das UBUNTU Prinzip: Ein revolutionärer Plan für gerechten Wohlstand	Michael Tellinger
Erotische Intelligenz	Jack Morin

English

Title	Author
The Multi-Orgasmic-Man	Mantak Chia