|  |  |
| --- | --- |
|  | **I done 33 years studies & research on human beings and sharing my knowledge and experience for the social welfare of people.** |
|  | **This manual contains the following**   1. **What is health** 2. **What is youth power** 3. **What is human power** 4. **What is the strength of life?** 5. **What is the secrete of life** 6. **What is god , what is dharma,** 7. **Basic secrete of life** 8. **Basic secrete of health** |
|  | **One sperm and one ovum is responsible for born humans.** |
|  | **Human beings are born from sperm and ovum.** |
|  | **What is sperm and ovum.** |
|  | **Sperm - male seed, ovum - female seed.** |
|  | **Sperm is produced in male body and ovum is produced in female body.** |
|  | **Only sperm and ovum is not sufficient to creat new baby, semen is required for creat new baby.** |
|  | **What is semen - semen is the power and energy of human body.** |
|  | **When sperm releases , it is a mixture of two types of substances - one percent of sperm and ninety nine percent of semen.** |
|  | **When ovum releases , it is a mixture of two types of substances - one percent of ovum and ninety nine percent of semen.** |
|  | **Semen contains valuable proteins, vitamins and other 200 chemicals, it is a organic liquid, it is the power of body, it contains forces capable of creating life.** |
|  | **Sperm carries semen along with it, (1% sperm+99% semen)** |
|  | **Ovum carries semen along with it , (1% ovum+99% semen)** |
|  | **Without semen baby will not creat,** |
|  | **The baby born is depending upon the quality of semen, if semen is good, baby also good.** |
|  | **Semen is found in a subtle state in all the cells of the body.** |
|  | **Semen is the quintessence of blood.** |
|  | **Semen nourishes the physical body, the heart and the intellect. Semen is a mysterious secretion that is able to create a living body. Semen itself is living substance. It is life itself. Whenever the seminal secretions are conserved and thereby reabsorbed into the system, it goes towards enriching the blood and strengthening the brain.** |
|  | **Nature puts the most valuable ingredients in the seed in all forms of life in order to provide for continuation of the species. And the fluid (semen) a man discharges during sexual relations contains the human seed. The human seed, of course, contains all essential elements necessary to create another human being when it is united with an ovum. It contains forces capable of creating life.** |
|  | **The semen comes out of the very marrow that lies concealed inside the bones.semen is a very precious continent of the body.** |
|  | **The semen gives colour and vitality to the human body and its different organs.** |
|  | **Semen! What a beautiful, sparkling word! When reflecting on it one's mind is filled with grand, great, majestic, beautiful, and powerful emotions. The secret of magnetic personality.** |
|  | **If semen remains in the body, it is the essence of vitality, their descriptions of a body glowing with energy of semen.** |
|  | **Well, semen contains other ingredients include: fructose, sugar, water, ascorbic acid (a.k.a., vitamin c) citric acidenzymesproteinphosphate and bicarbonate buffers (bases) zinc. Seminal fluid contains fructose, fatty acids, and proteins to nourish the sperm&ovum.;** |
|  | **Semen is composed of over 200 separate proteins, as well as vitamins and minerals including vitamin c, calcium, chlorine, citric acid, fructose, lactic acid, magnesium, nitrogen, phosphorus, potassium, sodium, vitamin b12, and zinc .levels of these compounds vary depending on age, weight, and lifestyle habits like diet and exercise.** |
|  | **The semen is true of your body. A man cannot think or perform his best when much of this energy and blood’s nutriments are expended in the discharge of semen.** |
|  | **Just as bees collect honey in the honeycomb drop by drop, so also, the cells collect semen drop by drop from the blood.** |
|  |  |
|  | **Semen is formed out of food.** |
|  | **The formation of semen form is very lengthy process.** |
|  | **Out of food is formed chyle.** |
|  | **Out of chyle comes blood.** |
|  | **Out of blood comes flesh,** |
|  | **Out of flesh come fat.** |
|  | **Out of fat comes bone.** |
|  | **Out of bone comes marrow,** |
|  | **Out of marrow comes semen.** |
|  | **Food is filtered seven times, so called s-formula.** |
|  |  |
|  | **Statement as to how semen is formed thought a seven stage proves.** |
|  | **Only about 20 g semen is produced from the food that a man consumes in nearly 35 days.** |
|  | **(1) from 32,000 g food, approximately 11,153 g chyle is formed.** |
|  | **(2) from 11,153 g chyle, approximately 3,887 g blood is formed.** |
|  | **(3) from 3,887 g blood, approximately 1,355 g flesh is formed.** |
|  | **(4) from 1,355 g flesh, approximately 472 g fat is formed.** |
|  | **(5) from 472 g fat, approximately 164 g bone is formed.** |
|  | **(6) from 164 g bone, approximately 57 g bone marrow is formed.** |
|  | **(7) from 57 g bone marrow, approximately 20 g semen is formed.** |
|  |
|  |
|  |  |
|  | **The chemical composition of sperm** |
|  |  |
|  | **The chemical composition of sperm is as follows:** |
|  |  |
|  | **Chemical composition of sperm … … (in mg/100 ml)** |
|  |  |
|  | **Ammonia … … … … … … … … … … … 2** |
|  |  |
|  | **Ascoric acid … … … … … … … … …… 12.8** |
|  |  |
|  | **Ash … … … … … … … … … … … … … .. 9.9%** |
|  |  |
|  | **Calcium … … … … … … … … … … ……. 25** |
|  |  |
|  | **Carbon dioxide … … … … .. … … … …. 54 ml/100 ml** |
|  |  |
|  | **Chloride … … … … … … … … … …… … 155** |
|  |  |
|  | **Cholesterol … … … … … … … … ……… 80** |
|  |  |
|  | **Citric acid … … … … … … … … ……….. 376** |
|  |  |
|  | **Creatine … … … … … … … … … ……. .. 20** |
|  |  |
|  | **Ergothioneine … … … … … … ………… trace** |
|  |  |
|  | **Fructose … … … … … … … … … ……… 224** |
|  |  |
|  | **Glutathione … … … … … … … … …….. 30** |
|  |  |
|  | **Glycerylphorylcholine … … …. … … . 54-90** |
|  |  |
|  | **Inositol … … … … … … … … … … … … 50.57** |
|  |  |
|  | **Lactic acid … … … … … … … … … ….. 35** |
|  |  |
|  | **Magnesium … … … … … … … … …….. 14** |
|  |  |
|  | **Nitrogen, nonprotein (total) …. … …. 913** |
|  |  |
|  | **Phosphorus, acid-soluble … ….. … …. 57** |
|  |  |
|  | **Inorganic … … … … … … … … … …….. 11** |
|  |  |
|  | **Lipids … … … … … … … … … … … … … 6** |
|  |  |
|  | **Total (lipid) … … … … … … … … … ….. 112** |
|  |  |
|  | **Phosphorylcholine … … … … … … … .. 250-380** |
|  |  |
|  | **Potassium … … … … … … … … … …… . 89** |
|  |  |
|  | **Pyruvic acid … … … … … … … … …… . 29** |
|  |  |
|  | **Sodium … … … … … … … … … … …… .. 281** |
|  |  |
|  | **Sorbitol … … … … … … … … … … … ….. 10** |
|  |  |
|  | **Vitamin b 12 … … … … … ….. … ….. ….. 300-600 ppg** |
|  |  |
|  | **Sulphur … … … … … … … … … … … … ….. 3% (of ash)** |
|  |  |
|  | **Urea … … … … … … … … … … … … …. .. 72** |
|  |  |
|  | **Uric acid … … … … … … … … … … ….. .. 6** |
|  |  |
|  | **Zinc … … … … … … … … … … … …… … 14** |
|  |  |
|  | **Copper … … … … … … … ….. ….. .. … … 006 to .024** |
|  |  |
|  | **Semen creat new baby.** |
|  | **Semen nurish new baby,** |
|  |  |
|  | **When male reaches 16 years - he will see semen, until 16 years he do not know what is semen.** |
|  | **When female reaches 13 years, she will see semen, till that she do not know what is semen.** |
|  |  |
|  | **The age at which they see semen, elders should give proper guidence to them.** |
|  |  |
|  | **Semen produces 25 years in our body and nurish 75 years our life.** |
|  |  |
|  | **Semen plays very important role in our body.** |
|  | **Semen keeps our digestive system in good condition.** |
|  | **Semen keeps our respiratory system in good condition.** |
|  | **Semen keeps our nerves system in good conditon.** |
|  |  |
|  | **•      the chemical composition of sperm that benefit the body are as follows:** |
|  | **•      calcium: -this composition is very useful for bones and teeth and even to maintain muscle and nerve function.** |
|  | **•      citric acid - useful to prevent blood clotting in the body** |
|  | **•      creatine:-useful to increase energy and formation of muscle and also acts as a fat burner.** |
|  | **•      ergothioneine: - function as protection of skin from dna damage.** |
|  | **•      glutathione:- this chemical composition is very useful as cancer preventive drugs,** |
|  | **•      prevent blood clotting during surgery and increase the efficacy of chemotherapy drugs.** |
|  | **•      inositol:- function to prevent hair loss in hair.** |
|  | **•      lactic acid: - serves as a material for burns and surgical wounds.** |
|  | **•      lipid:- functions as a fat burner** |
|  | **•      pyruvic acid:- functioning as fertilising.** |
|  | **•      sorbitol:- used by pharmacists as a material to overcome constipation.** |
|  | **•      urea:- serves to remove excess nitrogen in the body.** |
|  | **•      uric acid:-useful for the prevention of diabetes ,but most of uric acid, would be caused disease gout, etc.** |
|  | **•      sulphur:- useful for smoothing the skin.** |
|  | **•      vitamin b12:- as an addition to stamina.** |
|  | **•      fructose:- can serve as a digestive sugar in the body .which is very useful for the prevention of diabetes. Most fructose is also dangerous because it can cause the disease gout.** |
|  | **•      zinc:- useful as an acne drug.** |
|  | **•      all of the above substances are important substances, which is very beneficial for the body, and is used for a variety of healing medicines.** |
|  | **•      --------------------------------------------** |
|  | **•      when you ejaculate sperm , it is a mixer of semen, that means 1% of sperm and 99% of semen will release, semen contains more than 200 chemicals which proteccts our body.** |
|  |  |
|  |  |

|  |
| --- |
|  |
|  |
| **If we sow mango seed, mango tree come** |
| **In the same way** |
| **Male is a sperm tree** |
| **Female is a ovum tree** |
| **Male tree produces sperms - the main function is** |
| **Female tree produces ovum** |
| **Male and female always attracts each other.** |
|  |
| **Our main function of five organs(eye, ear, nose, toung,skin) is only take sperm/ovum take outside the body.** |
|  |
| **When sperm/ ovum goes out , it takes semen along with it,** |
| **Once semen goes out our brain get weak , our brain has six diseases.** |
| **(kama, kroda,moha, loba, madha, matsara).** |
|  |
| **What happens if we loss semen.** |
|  |
| **Loss of semen causes your life waste.** |
|  |
| **Loss of semen causes your sex organs weak.** |
|  |
| **Loss of semen causes your sex organs failure** |
|  |
| **Loss of semen causes your nerves weak.** |
|  |
| **Loss of semen causes your brain failure.** |
|  |
|  |
| **Loss of semen causes heart attack, bp, sugar, diabitis.** |
|  |
| **Loss of semen causes acidity,gastric.** |
|  |
| **Loss of semen reduces the life time & may die at any time do not support any activities which cases loss of semen internally & externally.** |
|  |
| **Loss of semen makes peoples loss of wealth** |
|  |
| **Loss of semen makes peoples loss of health.** |
|  |
|  |
| **Loss of semen makes peoples loss of health and wealth.** |
| **Loss of semen makes our indian economy weak.** |
| **Loss of semen makes peoples india weak** |
| **Loss of semen makes peoples weak mind, suicide mind.** |
| **Loss of semen makes peoples violation mind.** |
|  |
| **Loss of semen makes peoples bad charterer.** |
|  |
| **Loss of semen makes peoples mad.** |
| **Loss of semen makes peoples angry.** |
| **Loss of semen makes peoples devils activities.** |
| **Loss of semen makes peoples corruption mind.** |
|  |
| **Loss of semen makes peoples corruption mind,** |
| **Loss of semen makes peoples lazy,** |
| **Loss of semen makes peoples criminals,** |
| **Loss of semen creates corruption mind, save semen, store semen, you will be 100% free from corruption.** |
|  |
| **If you do loss of semen, your body will become weak and delicate, your life will become waste, do not spoil your life by spoiling semen.** |
|  |
| **Effects on the skull region due to loss of semen.** |
| **-----drying, loosening, weakening, and falling of hair** |
| **-----mild or severe headache** |
| **-----pale face with anaemia** |
| **-----acne or eruptions on the face** |
| **-----dark circles around the eyes** |
| **-----sunken eyes** |
| **-----short-sightedness** |
| **-----incomplete beard** |
|  |
| **Effects on the trunk region due to loss of semen.** |
| **-----pain in shoulders** |
| **-----palpitation of the heart** |
| **-----dyspnea - difficulty in breathing** |
| **-----back pain** |
| **-----stomach pain** |
| **-----gradual degradation of kidneys** |
|  |
| **Effects on the genital parts due to loss of semen.** |
| **-----wet dreams or nocturnal emissions** |
| **-----incontinence** |
| **-----discharge of semen with urine** |
| **-----premature ejaculation (only 5-10 minutes instead of the normal 35-40 minutes)** |
| **-----enlargement of the testicles** |
| **-----pain in the testicles** |
| **-----involuntary urination in sleep** |
|  |
| **Effects on the legs region due to loss of semen** |
| **-----pain in thighs** |
| **-----pain in knees** |
| **-----pain in ankles** |
| **-----foot pain** |
| **-----palpitation of legs** |
|  |
| **Effects on the whole body due to loss of semen** |
| **-----phthisis - wasting of tissues** |
| **-----boils on the body** |
| **-----early exhaustion** |
| **-----physical and mental lethargy - lack of energy** |
|  |
| **Other effects due to loss of semen.** |
| **-----physical, mental, and moral debility** |
| **-----mental imbalance** |
| **-----sudden anger** |
| **-----sudden irritation** |
| **-----drowsiness** |
| **-----laziness** |
| **-----gloominess** |
| **-----loss of memory** |
| **-----fickle-mindedness** |
| **-----lack of thinking power** |
| **-----bad dreams** |
| **-----restlessness of mind** |
| **-----sudden jealousy** |
| **-----sudden fear** |
| **-----lack of masculinity** |
| **-----effiminate or womanish behaviour** |
|  |
| **Loss of semen causes yours nerve system weak.** |
| **Save semen, your nerves system will become strong.** |
| **Loss of semen causes yours nerve system weak.** |
| **Loss of semen causes your brain weak.** |
| **Loss of semen causes your kidney weak.** |
| **Loss of semen causes your heart weak.** |
| **Loss of semen causes your lunghs weak.** |
| **Loss of semen causes your bones weak.** |
| **Loss of semen causes your sex organs weak.** |
| **Do not waste semen, save semen.** |
|  |
| **Paralysis comes only due to loss of semen.** |
| **Diabetis comes only due to loss of semen.** |
| **B p comes only due to loss of semen.** |
| **Heart attack comes only due to loss of semen.** |
| **Gastric, acidity, comes only due to loss of semen.** |
| **Kidney failure comes only due to loss of semen.** |
| **Lunghs disease comes only due to loss of semen.** |
| **Mental problems comes only due to loss of semen, etc.** |
|  |
| **If you loss too much semen,** |
| **You will become cruel.** |
|  |
| **If any body involve in too much loss of semen,** |
| **They will give lot of trouble to society,** |
|  |
| **If any body involve in too much loss of semen,** |
| **They will give lot of trouble to their family.** |
|  |
| **Too much loss of semen will born criminals** |
|  |
| **Angry is the symbol of too much loss of semen.** |
| **Peace of mind is the symbol of storage of semen.** |
|  |
| **Falling of hairs, white hairs, is the symbol of loss of semen.** |
| **Sunken eye is the symbole of loss of semen** |
| **Pimples if the symbol of loss of semen** |
| **Dull shining of skin is the symbole of loss of semen** |
| **Eye sight is the symbol of loss of semen, etc.** |
|  |
| **Some of the peoples are involving in doing too much loss of semen,** |
| **They are spoiling the society,** |
| **They are spoiling our children’s.** |
| **Save semen, save children’s, save society.** |
|  |
| **Bad charecters are coming duo to too much loss of semen.** |
| **Brain will not work properly if you loss semen in your body,** |
| **Good charecters are coming by storing semen in your body,** |
| **Brain will work properly, your brain will be healthy if you save semen.** |
|  |
| **Brain is very important organ in your body, if brain is good, every organs are good in your body, brain controls our body,** |
| **Semen is food for brain, if you loss your semen, you loose your brain.** |
|  |
| **Too much loss of semen causes suicide cases more in world.** |
| **Too much loss of semen give you idea itself for suicide.** |
|  |
| **Please help** |
| **Help is required from educated peoples to our society,** |
| **Common peoples, innocents, uneducated, villagers are spoiling due too much loss semen,** |
| **Educate them to save semen.** |
|  |
| **Reasons for loss of semen** |
| **         usage of alcohol products** |
| **         usage of tobacco products** |
| **         usage of bad foods** |
| **         usage of sex related activities** |
|  |
| **Too much loss of semen causes fever.** |
|  |
| **Que :- why fever comes.** |
| **Ans :- due to loss of semen.** |
| **Que.:- how semen will loss.** |
| **Ans:- semen will loss due to alcohol, tobacco, sex thinking, etc.** |
|  |
| **Children’s suffer fever due to their parents problem, if parents not save semen, children’s suffer fever problems,** |
| **If elders suffer fever, it is their fault, not saving semen.** |
|  |
| **Fever means , you lost entire your body resistance,** |
| **Fever means, you lost too much semen,** |
| **Fever means, your end of semen storage,** |
| **You will never get fever if you store the semen.** |
|  |
| **Sperm carries semen along with it, (1% sperm+99% semen)** |
| **Ovum carries semen along with it , (1% ovum+99% semen)** |
| **Semen contains valuable proteins,vitamins and other 200 chemicals, it is a organic liquid, it is the power of body,** |
| **All diseases comes due to loss of semen.** |
|  |
| **How much semen you loss that much fever comes** |
| **Fever is not a disease, it is the indication of too much loss of semen,** |
| **If you save semen, you will not get fever in your life.** |
|  |
| **Due to too much loss of semen, peoples lost their resistance,** |
| **They are not able to withstand the attack of bacteria, virus,** |
| **All the parts of body is not getting semen for their survival,** |
| **Now days peoples are drinking ro water, ro water not contains minerals,** |
| **Use natural ground water, bore water, well water, river water, it contains rich minerals** |
| **If your body is not withstanding by drinking natural water, it indicates that you have no resistance.** |
|  |
| **In olden days peoples are given more importance to store semen,** |
| **They made so many rules for this,** |
| **Now a days peoples are not giving more important to store semen,** |
| **If you not store semen, your life is full of problems,** |
| **Do not support any activities which effects loss of semen,if you loose semen , following problems you will face.** |
|  |
| **Loss of semen causes lot of problem in your life.** |
| **Loss of semen causes lot of diseases in your life.** |
| **Loss of semen makes you poor.** |
| **Loss of semen cause you death shortly.** |
| **Loss of semen makes you mad.** |
| **Loss of semen makes you criminal** |
| **Loss of semen makes you lazy, useless.** |
| **Loss of semen burns your future.** |
| **Loss of semen burns your family.** |
| **Loss of semen makes the country weak, poor.** |
| **Save semen – live happy life, (s-formula)** |

|  |  |
| --- | --- |
|  | |
| **Benefits of SEMEN if you store in our body** | |
| **         whole body is glowing.** | |
| **         kill all diseases & weakness in the body.** | |
| **         rose colour to the skin.** | |
| **         kills the angry.** | |
| **         control growth of the body.** | |
| **         hairs will not turn into white colour.** | |
| **         never get eye sight problem.** | |
| **         all joints and nerves become strong** | |
| **         the back bone will become very strong.** | |
| **         he will get good health.** | |
| **         eyes, chins, will become shining & very attractive.** | |
| **         the face will become shining and attractive.** | |
| **         increases physical power, mental power in all persons.** | |
| **         highly courageous and brave.** | |
| **         highly intelligent.** | |
| **         he will get whatever he wants.** | |
| **         it increases self-confidence.** | |
| **         power and energy for nourishing, improving and perfecting your body and brain .virility in men.** | |
| **         the essence of life, thought, intelligence and consciousness.** | |
| **         no corruption,** | |
| **         no criminals,** | |
| **         no poverty,** | |
| **         no diseases,** | |
|  | |
| **         rich in money,** | |
| **         rich in health.** | |
| **         rich in wealth strong and brave** | |
| **         physically fit mentally strong.** | |
| **         people having good in nature.** | |
| **         sound mind and sound body.** | |
| **Each one – teach one** | |
| **The vital energy, the SEMEN** | |
| **[strength; power; energy; courage]** | |
| **That supports your life.** | |
| **SEMEN, which shines in your sparkling eyes,** | |
| **Which beams in your shining cheeks, is a great treasure for you.** | |
| **SEMEN gives colour and vitality to the human body and its different organs.** | |
| **If not Save semen, it brings death; if you use s-formula gives life.** | |
| **S-formula is the real vitality in men.** | |
| **Develop strong mind and strong body by using s-formula.** | |
| **S-formula gives you more strength, good health, super memory, courage** | |
|  | |
| **Good characters coming only if you store the semen.** | |
|  | |
| **If and only if male is stored the semen, india will become strong country.** | |
| **All controle semen for the sake of country.** | |
| **Good or bad** | |
| **Choice is yours,** | |
| **The people one who support for the loss of semen ,** | |
| **People like them.** | |
| **The people one who support for the save semen,** | |
| **People will not like them.** | |
| **Good is allways - hard work.** | |
| **Bad is allways easy work.** | |
| **Be allways towards save the semen.ike it.good for you.** | |
|  | |
| **If anybody disappointed regarding marriage fixing.** | |
| **Do not worry, there is a easy way,** | |
| **You start storing the semen in your body, your body will become very attractive, shining,immediatly marriage will fix.** | |
|  | |
| **Tips** | |
| **1) do exercise and save semen, it is good for health.** | |
| **2) students save semen and read, result is 100%.** | |
| **3) all officials and teachers, save semen and do your duty, there is no corruption.** | |
| **4) store semen and practice, you will win the game.** | |
|  | |
| **Dear sports man** | |
| **The secrete how to win** | |
| **If you store the semen , your body will become strong, hard, powerfull.** | |
| **Definitely you will win in the game.** | |
| **Be strong and powerfull allways.** | |
| **Preserve semen.** | |
| **Thank you** | |
|  | |
| **Education problem for parents.** | |
| **Childrens will study well upto 12 years,** | |
| **After 12 years they will concentrate on sexual matters because the change in the body.** | |
| **After 16 years age they will fully concentrate on sexual matters, they will not at all study well.** | |
| **When they starts loosing semen in the body, brain will become weak, all the body become weak, they will not able to do hard work.** | |
| **Parents will not able to teach their children’s about sex control, so they must send to their children’s to learn some art like sangeetha, bharathanatya, garadi mane, karate, boxing, sports, there they will automatically come to know how to controle sex.** | |
| **It is considered that if the body is strength and power full, they are the good character persons,** | |
| **If no strength, no good character.** | |
| **To get more strength in your body store semen.** | |
|  | |
| **Marrage problem boys & girls** | |
| **If male lost semen, he will not like girls,** | |
| **If female lost semen, she will not like boys,** | |
| **If male store the semen, he likes girls,** | |
| **If female store the semen, she likes boys,** | |
| **Save semen and lead good life.** | |
|  | |
| **Education problem for parents.** | |
| **Childrens will study well upto 12 years,** | |
| **After 12 years they will concentrate on sexual matters because the change in the body.** | |
| **After 16 years age they will fully concentrate on sexual matters, they will not at all study well.** | |
| **When they starts loosing semen in the body, brain will become weak, all the body become weak, they will not able to do hard work.** | |
| **Parents will not able to teach their children’s about sex control, so they must send to their children’s to learn some art like sangeetha, bharathanatya, garadi mane, karate, boxing, sports, there they will automatically come to know how to controle sex.** | |
| **It is considered that if the body is strength and power full, they are the good character persons,** | |
| **If no strength, no good character.** | |
| **To get more strength in your body store semen.** | |
|  | |
| **Dear sports man** | |
| **The secrete how to win** | |
| **If you store the semen , your body will become strong, hard, powerfull.** | |
| **Definitely you will win in the game.** | |
| **Be strong and powerfull allways.** | |
| **Preserve semen.** | |
|  | |
| **Good charecters comming only if you store the semen.** | |
|  | |
| **S- formula=save semen** | |
| **Do you like s-formula** | |
| **S-formula made for future generation** | |
| **Present generation not possible to use s - formula** | |
| **Please vote s- formula** | |
|  | |
| **The strong bonding between husband and wife is depend upon semen.** | |
| **More semen- more binding** | |
| **Less semen - less bonding** | |
| **Save semen- store semen** | |
|  | |
| **Husband and wife** | |
| **Husband- angry,cruel,due to loss of semen** | |
| **Wife- due to loss of semen she behave like cruel and angry** | |
| **Due to too much loss of semen binding between them will break,** | |
| **So save semen, lead happy life** | |
|  | |
| **Children's will spoil by the activities which are responsible for semen loss,** | |
| **Such activities keep away from child** | |
| **Save child save india** | |
| **Save semen save india** | |
|  | |
| **Too much loss of semen indicates your body abnormal growth.** | |
|  | |
| **If your body is not shining it indicates that you are loosing semen** | |
|  | |
| **Semen is god** | |
| **Semen is body power, stamina, life.** | |
| **Semen is our energy.** | |
| **Semeen is memory power.** | |
| **Semen is courage** | |
| **Semen is mental power.** | |
| **Semen is auuishya** | |
| **Semen is arogya** | |
| **So save. Semen** | |
|  | |
| **Face is the index of mind,** | |
| **Sunken eye indicates too much loss of semen** | |
| **Sunken chin and cheek indicate loss of semen** | |
| **Black colour on face indicates loss of semen** | |
| **So save semen** | |
|  | |
| **If a politician not save semen he is not a good politician** | |
| **If a teacher not save semen he is not a good teacher** | |
|  | |
| **If you give more importance to loose semen, you will not become rich** | |
|  | |
| **If you give more importance to loss of semen you do not like marriage.** | |
|  | |
| **Your character** | |
| **Loss of semen - behave like rakshasa(devil)** | |
| **Save semen - behave like devata( god )** | |
|  | |
| **Good things can do only by storing semen** | |
|  | |
| **The real and only one method to do social service is save semen,** | |
|  | |
| **Angry comes only due to loss of too much semen** | |
|  | |
| **Choice is yours** | |
| **If you loss semen you behave like a cruel,** | |
| **If you save semen you behave smooth.** | |
|  | |
| **Save semen and increase your memory power** | |
|  | |
| **Concept of worship is only to save semen** | |
| **Concept of temple is only to save semen** | |
| **Sampradaya, dharma, made only to save semen** | |
|  | |
| **Semen increases body height,semen develops bones,so save semen** | |
|  | |
| **Sunken eye indicates too much loss of semen,start storing semen** | |
|  | |
| **Semen remove fat in the body,** | |
| **Loss of semen increases fat** | |
| **Save semen** | |
|  | |
| **Burn fat naturally by storing semen. Semen burns fat in our body. Store semen, save semen** | |
|  | |
| **All types of disease comes only by loss of semen, save semen** | |
|  | |
| **99% of people do not know the value of semen, dare is required to say the word semen, one who say the word semen, he is a good nature** | |
|  | |
| **\*\*\* if you loss semen you eat more food, if you save semen you eat less food, so solve india's food problem** | |
|  | |
| **\*\*\* reason for semen loss** | |
| **1) sex audit** | |
| **2) alcohol adit** | |
| **3) tobacco adit** | |
| **4) bad food** | |
|  | |
| **Semen is food for brain,if you loose semen you loose your brain** | |
|  | |
| **Gastric comes only by loss of semen, so save semen** | |
|  | |
| **Basic problem of india is poverty.** | |
| **By implementing s-formula throughout india,** | |
| **India will be free from poverty.** | |
| **Poverty comes from loss of semen.** | |
| **Save semen-save india** | |
| **Use s-formula.** | |
|  | |
| **If you implement s-formula throughout india, india will become 100% free from corruption.s-formula is like a rama bana for destroying corruption.save semen-save country.** | |
|  | |
| **Basic problem of india is poverty.** | |
| **By implementing s-formula throughout india,** | |
| **India will be free from poverty.** | |
| **Poverty comes from loss of semen.** | |
| **Save semen-save india** | |
| **Use s-formula.** | |
|  | |
| **S-formula is knowledge based training. It is a type of meditation.s-formula is a foundation for all life. S-formula is world dharma. God only now following s-formula, let every one start following s-formula.s-formula is basic for all.s-formula means save semen** | |
|  | |
| **Do not entertain the activities which are responsible for loss of semen,save semen & save country.if semen loss everything loss,** | |
|  | |
| **Improve your memory power by using s-formula.** | |
| **Improve your health by using s-formula.** | |
| **By implementing s-formula, we can avoid 100% corruption in india.** | |
| **We can improve our indian economy by implementing s-formula,** | |
| **India will become strong country if every one use s-formula.** | |
|  | |
| **According to our investigation next after 500 years height of human beings will be less than one foot. To avoid this use s-formula** | |
|  | |
| **You want to become india 100% free from diabetics&bp, then implement s-formula in your life. S-formula is god.** | |
|  | |
| **All the problems externally and internally if you are facing it is due to only one reason, that is loss of semen, save semen save life.** | |
|  | |
| **Too much loss of semen causes your body weak,** | |
| **Save semen you will become strong.** | |
| **S-formula** | |
|  | |
| **Too much loss of semen causes your body delicate & weak.** | |
| **You will become nervous, lazy.** | |
| **Save semen your body will become strong, you will be very active.** | |
|  | |
| **Save semen you will become strong. If you loose semen you will become physically weak, if you loose semen, you will become mentally weak.** | |
|  | |
| **Manasu - mental power is located at the tip of your sexual organ.** | |
|  | |
| **If you loose semen, you will loose all your health and wealth.** | |
|  | |
| **If you loose your semen you may die at any time** | |
|  | |
| **Girls be careful, do not go for love marriage, register marriage, don’t agree marrage yourself without parents, why the reason is,** | |
| **After marrage male looses semen, female also looses semen, after losing semen they lose interest one another,** | |
| **Male hate female, female hate male, relationship will become danger.** | |
| **So traditional marriage(old method) is helps in this situation.** | |
| **Lot of people blessed will protect you.** | |
| **Marriage is not your choice, it is parents choice, please respect old marriage method, traditional method.** | |
| **Traditional method is made to save semen.** | |
|  | |
| **Protect children’s from the activities which causes lose of semen** | |
| **Children’s are future citizens** | |
| **Children when they become young & youth stage , keep away from all the activities which causes semen loss** | |
| **Do not spoil your youth by losing your semen** | |
| **Semen is required to survive your old age.** | |
|  | |
| **Do not spoil your youth by doing loss of semen.** | |
| **Save semen and enjoy your youth.** | |
|  | |
| **Child hood is a step for youth age.** | |
| **Youth is a step for middle age.** | |
| **Middle age is a step for old age.** | |
|  | |
| **Achievement in child hood helps you in youth age.** | |
| **Achievement in youth stage helps you in middle age.** | |
| **Achievement in middle age helps you in old age.** | |
| **Good achievement good effect** | |
| **Bad achievement bad effect.** | |
| **Choice is yours** | |
|  | |
| **Youth life is depended on child hood.** | |
| **Save children from all the activities which are responsible for semen loss.** | |
| **Middle age life is fully depended on youth life.** | |
| **Keep away all the youths from the activities which are responsible for semen loss.** | |
|  | |
| **All the mothers like their children’s to lead good life, happy life, but** | |
| **She will not teach their children’s value of semen.** | |
| **Due to loss of semen her children’s not reach up to her expectation.** | |
| **Children’s do not know the value of semen; they will lose energy by semen loss,** | |
| **No energy, no achievement, mother sad,** | |
| **So save semen, use s-formula, you will get lot of energy, you will satisfy your mother expectation.** | |
|  | |
| **Medicines will not work if you lose semen** | |
| **Medicineswill give good effect,one who save semen,** | |
| **Semen is the real resistance of the body.** | |
|  | |
| **Semen increases your body resistance,** | |
| **Save semen.** | |
|  | |
| **Semen remove fat content in your body , fat formed due to loss of semen,** | |
| **Save semen – no fat.** | |
| **Do not do any other method except this method.** | |
| **Semen burns fat.** | |
|  | |
| **All parents like their children to win in the game, but** | |
| **Parents and teachers not teach the value of semen** | |
| **Children donot know the value of semen** | |
| **They will not win in the game** | |
| **So children disappoints their parents and teachers** | |
| **S-formula helps you** | |
| **Save semen, semen increases your power and energy, you will win in the game.** | |
|  | |
| **Due to continuous loss of semen your brain will become weak, dry, dull,abnormal, so do not waste the semen, save semen.** | |
|  | |
| **Due to continuous loss of semen, bones become weak, you will suffer bone related diseases.** | |
| **So save semen, your bone will become strong.** | |
|  | |
| **Due to continuous loss of semen your heart become weak, you will suffer heart related diseases. Save semen, your heart will become strong.** | |
|  | |
| **Due to continuous loss of semen your kidney become weak, you will suffer kidney related diseases. Save semen, your kidney will become strong.** | |
|  | |
| **Due to continuous loss of semen your eye become weak, you will suffer eye related diseases. Save semen, your eye will become strong.** | |
|  | |
| **Due to continuous loss of semen your ear become weak, you will suffer ear related diseases. Save semen, your ear will become strong.** | |
|  | |
| **You lost your body shining due to loss of semen,save semen your body will become shining.** | |
|  | |
| **You loose your courage due to loss of semen.** | |
| **Howmuch semen you loss, that much courage you loss.** | |
| **Save semen, you will get more courage** | |
|  | |
| **You loose your knowledge due to loss of semen.** | |
| **Howmuch semen you loss, that much knowledge you loss.** | |
| **Save semen, you will get more knowledge.** | |
|  | |
| **Control of brain is done by semen in your body, do not loose semen, your brain will not be your control.** | |
|  | |
| **Loss of memory power is due to too much loss of semen** | |
|  | |
| **Loss of body power is due to too much loss of semen** | |
|  | |
| **One who do too much loss of semen, he will become criminal.** | |
| **To avoid criminals – save semen (s-formula)** | |
|  | |
| **Just like air in balloon, fill semen in our body,** | |
| **How much semen you save that much your life increases.** | |
|  | |
| **Practice good habits, it will help to save semen,** | |
| **Good child born – if you save semen.** | |
| **Bad child will born – if you loss semen.** | |
| **Choice is yours.** | |
|  | |
| **Do not spoil your child life** | |
| **Good child born – if you save semen.** | |
| **Bad child will born – if you loss semen.** | |
| **Choice is yours.** | |
|  | |
| **The strength and stamina of your child is depend upon your semen storage,** | |
| **Store semen – your child will be healthy** | |
| **Loss semen – your child suffer lot of diseases.** | |
| **Do not give trouble to your child by losing your semen.** | |
|  | |
| **Happiness in your old age is depended on your storage of semen in your life,** | |
| **If you store more semen, in old age your health is very good.** | |
| **More storage of semen in your life, gives more happiness in your life.** | |
| **Semen will survive our life in old age.** | |
|  | |
| **50 of our life body produce semen and store in our body.** | |
| **Another 50% of our life , utilise this stored semen and survive.** | |
|  | |
| **Tobacco kills semen, do not use tobacco,** | |
| **Semen is located through out the body in the form of blood.** | |
| **Tobacco enters blood and kills semen.** | |
| **If semen is lost, everything you lost.** | |
|  | |
| **Alcohol kills semen, do not use alcohol** | |
| **Semen is located through out the body in the form of blood.** | |
| **Alcohol enters blood and kills semen.** | |
| **If semen is lost, everything you lost.** | |
|  | |
| **Avoid sex thinking, sex seeing, it will cause too much loss of semen** | |
| **Semen is located entire body** | |
| **Semen is required in old age.** | |
| **If semen is low, your body parts work abnormal.** | |
| **Semen is the current for all the organs to work.** | |
| **Save semen.** | |
|  | |
| **Lover means – no loss of semen – strong bonding.** | |
| **Husbend means – loss of semen – weak bonding.** | |
| **Love your wife – donot waste semen.** | |
|  | |
| **In olden days-marrages depend upon strength of people.** | |
| **Now a days – marrages depend on money.** | |
| **For marrage strength is required** | |
| **Strength comes only by storing semen.** | |
|  | |
| **Give more important to save semen,** | |
| **You will become more important person in the society.** | |
|  | |
| **Knowingly or unknowingly some persons achieve good and become good position.** | |
| **They are doing good services.** | |
| **They do not have ideas about the people who is facing lot of problems due to loss of semen.** | |
| **All the higher officers think that all are like me.** | |
| **But common people, poor people, due to too much loss of semen they are facing lot of trouble in our society.** | |
| **If anybody like me , if says use s-formula, higher officer not understand me, common people do not believe me, what to do, how to solve this problem,** | |
| **Peoples are become crueal, doing violence due to loss of semen,if they save semen, all are become good,** | |
| **No body is there in our india to help person like me,** | |
| **How india will improve.** | |
| **How to implement s-formula in india, if every citizen ofour country follows s-formula, our india will become richest country in the world. Please reply to my mail.** | |
|  | |
| **Semen keeps our body cool in hot region** | |
| **Semen keeps our body in warm in cold region** | |
| **Semen is electrical power for us.** | |
|  | |
| **Some people says, food is not good now a days,we can not maintaingood health,** | |
| **We done research on this and found that, food is not a problem, due to too much loss of semen he is facing this problem. Do not waste semen, food is very good now a days.** | |
|  | |
| **Do not blame on food** | |
| **Some peoples waste too much semen, due to loss of semen, they lost their energy, stamina, resistance,and finally tells that food is not good now a days,but it is not their problem, they do not know it is due to loss of semen.** | |
| **My dear brothers and sisters, food is very good now a days, you are not saving semen, due to loss of semen you are facing lot of problem,** | |
| **Save semen, semen makes you strong, it increase your stamina, increases your energy.** | |
| **Please do not blame food once again.** | |
|  | |
| **Do not blame on drinking water.** | |
| **Some peoples waste too much semen, due to loss of semen, they lost their energy, stamina, resistance, and finally tells that drinking water is not good now a days, but it is not their problem, they do not know it is due to loss of semen.** | |
| **My dear brothers and sisters, drinking water is very good now a days, you are not saving semen, due to loss of semen you are facing lot of proble,** | |
| **Save semen, semen makes you strong, it increase your stamina, increases your energy.** | |
| **Please do not blame drinking water once again.** | |
|  | |
| **In cricket team all the members should be strong brave, perfect, honest, then only the team wins, only captain is not a responsible person,** | |
| **In the same way** | |
| **Political field entire publics, political leader all should work hard,only political leader impossible,** | |
| **Let publics start saving semen, you will become more powerfull, then only politician do good.** | |
| **In each and every field the same procedure.** | |
|  | |
| **Our police and our soldier become very weak day by day due to loss of semen.** | |
| **Peoples are wasting semen too much now a days.** | |
| **Peoples if they wasted semen they will become weak, our country will become weak.** | |
| **Save semen, - ,save india.** | |
|  | |
| **Foreign countries try to weak other countries through internet by sending sex related videos,** | |
| **Requesting our indians,not to see that videos,** | |
| **If you see videos, you loss your semen,** | |
| **If you loss semen you will become weak, entire india will become weak.** | |
|  | |
| **Store semen, save semen,** | |
| **Do not use internet bad purpose, use internet for good purposes.** | |
|  | |
| **Face is the index of mind.** | |
| **If you do loss of semen, your face shows how much semen you lost.loss of semen shows bad character** | |
| **Your eye will go inside, your chin and cheek will go inside.** | |
| **Lot of pimples coming on your face.** | |
| **Black colour around eyes.** | |
| **Hair turn white** | |
| **Hair fall** | |
| **Eye sight** | |
| **E n t problems.etc,** | |
| **These are all the indications of loss of semen.** | |
|  | |
| **Lot of people in india do not know the value of semen** | |
| **Lot of people involved in loss of semen** | |
| **Lot of people facing lot of problem due to loss of their semen.** | |
| **Some youths spoiling our indian culture** | |
| **They made their own rules and regulations which are helpfull to them.** | |
| **They involved in loss of semen and they are telling semen is a waste product** | |
| **You do not belive them, they spoil the country, becareful, keep away from them.** | |
| **Save semen is our indian culture.** | |
| **Indians respect all the activities which supports loss of semen.** | |
| **Use semen only once at the reproduction time.** | |
|  | |
| **What happiness you get by doing loss of semen,** | |
| **100 times more than that happiness you will get in storing semen.** | |
| **When you store the semen, you feel lot of pressure on your sex organ, 24 hours, 365 days you feel happy.** | |
| **Save semen, and enjoy more happiness in your life.** | |
|  | |
| **Lot of people making money by selling products which cause loss of semen,** | |
| **Do not spoil your life and** | |
| **Do not make them rich by** | |
| **Sacrificing your life.** | |
|  | |
| **You start storing semen, lot of marriage proposals you will get.** | |
| **By storing semen in your body you are looking very attractive, charming,** | |
| **Marrying people likes only attractive and charming.** | |
| **Save semen and enjoy marrage.** | |
|  | |
| **All civilized persons developing their life by implementing s-formula, without knowing this is s-formula.** | |
| **But lot of uncivilized citizens suffering problems in their life without following s-formula, but they do not know what is s-formula.** | |
| **Please everyone try to know the value of s-formula.** | |
| **S-formula is equal to god.** | |
|  | |
| **Secrete how to quit the alcohol habbit** | |
| **Are you alcoholic** | |
| **You want quit this habit,** | |
| **S-formula says the secrete how to quit alcohol.** | |
| **Just you start storing semen in your body, when you reach the required level, automatically, you will quit this habit.** | |
| **When you save semen, you will get lot of will power,strong mind, your body automatically rejects alcohol.** | |
| **There is no other method to quit this habit,** | |
| **Semen only have this power. When you lost your semen, your body will become unbalance; your speed of blood reduces,** | |
| **If you take alcohol, it increases your blood speed ,** | |
| **To maintain speed of blood, you will take alcohol,** | |
| **If you waste more semen, you will need more alcohol,** | |
| **If you store semen, naturally it increase your blood speed,** | |
| **How much semen you store that much blood speed increases** | |
| **How much blood speed increase that much alcohol you quit.** | |
| **This is the secrete how to quit alcohol** | |
| **Adopt s-formula, store semen, save semen, live a happy life.** | |
|  | |
| **Respect our indian culture** | |
| **Our indian culture is save semen, store semen, adopt s-formula.** | |
| **Male is very important person in every family to work outside the house.** | |
| **Female is very important person in every family to work inside the house.** | |
| **If male store the semen, his sex organs become very strong,** | |
| **He must maintain distance from female,** | |
| **Due to this reason females are not allowed to work with them in india.** | |
| **If females work with them, male is not possible to store semen, save semen,** | |
| **If male lost semen, he will become waste person in his family,** | |
| **Automatically his family become waste in society.** | |
| **It is impossible to store semen, save semen, working with female.** | |
| **So respect our indian culture, purusha samaja.** | |
|  | |
| **Indian girls** | |
| **Dear girls, respect our indian culture.** | |
| **You respect our indian old marriage methods, traditional marriage methods.** | |
| **Why the marriage is of so long procedures,** | |
| **The secret is, after marriage 99% of problems you will face. How.** | |
| **After marriage both male and female lost semen in their body.** | |
| **When they loss their semen, immediately they lose interest on each other.** | |
| **Male rejects female.** | |
| **To make strong bonding between them, lot of procedures involved in marriage programme.** | |
| **It is impossible to reject each other,** | |
| **Kindly requesting you girls, do not believe male ,** | |
| **Do not do love marriage,** | |
| **Do not go for register marriage,** | |
| **Do not go for temples,** | |
| **Do not waste your life,** | |
| **Go and respect arrange marriage, respect our indian culture,respect our traditional marrage.** | |
| **Store semen and save semen, you are looking very beautiful, attractive and charming.** | |
| **Requesting all girls save semen, store semen.** | |
| **What is semen, where it is located, how to store semen, how to save semen, everythin is explained in s-formula. Read s-formula. Adot s-formula. Implement s-formula in your life.** | |
|  | |
| **Raja and rani** | |
| **Raja says rani – do not wear skin tight dress,** | |
| **Rani asks raja – why what is the problem,** | |
| **Raja – teenagers will involve in too much loss of semen, it will effect on teen agers,** | |
| **Rani – it is not my problem, what happens if they loss semen for me.** | |
| **Raja - if they loss semen, they will become useless, waste, they are not doing good to their parents, good to society, good to himself,** | |
| **Rani – why they are effected by my dress,** | |
| **Raja – teenagers having full of semen in their body, if semen is more sex organs are very strong,they should not see girls at all, this is an indian culture.** | |
| **Rani - o k, i respect indian culture, i will not wear skin tight dress, i will help teenagers, their parents , teachers,** | |
| **Raja – thank you rani, you also save semen, i will also save semen, this is our indian culture.** | |
| **Rani – thank you raja, you introduced our indian culture, save semen.** | |
| **Raja - this is s-formula, save semen.** | |
|  | |
| **Guru and shishya.** | |
| **Shishya went to his guru and asked one question, i am in teenage, why i am very lazy, useless,and not interested in my life, why like this, what is the reason,** | |
| **Guru listened his question and he says that it is all your mistakes, you done yourself, you are only responsible for this,** | |
| **Shishya – gurugi , tell me , what is my fault,** | |
| **Guru - you done lot of semen loss, due to too much loss of semen, you are facing this problem.** | |
| **Shishya - no gurugi, i am not wasted semen, how do you says like this,** | |
| **Guru - face is the index of mind, your sunken eyes, sunken chheks, black colour around eyes,pimples, white hair , indicates too much loss of semen.** | |
| **Shishya – what is semen, where it is located, how it will waste, please explain me,** | |
| **Guru – semen comes from food,** | |
| **Food will be converted into liquid and mixed with blood,** | |
| **Liquid will converted into blood,** | |
| **Blood will be converted into flesh,** | |
| **Flesh will be converted into fat,** | |
| **Fat will be converted into bone,** | |
| **Bone will be converted into bone marrow,** | |
| **Bone marrow produces semen,** | |
| **Semen is located in entire body, jist like air in balloon, semen in our body,** | |
| **Semen is stored in entire body** | |
| **Semen will loss due to following reason (1) sex thinking, (2) alcohol drinking,(3) tabacco chewing,(4) bad food eating,** | |
| **Semen and sperm they are different, sperm is not semen,** | |
| **1% of sperm 99% of semen in one ejaculation,** | |
| **Semen is full f proteins, vitamins, 200 nutritions, to creat new baby, it is the saramsha of body.** | |
| **Shishya – now i understood the value of semen, thank you gurugi,** | |
|  | |
| **We done research on power of man, s-formula is the real power of man. Adopt and implement s-formula** | |
| **Some farmers are involved in loss of semen, loss of semen increases sucide cases more & more. Avoid this, save semen, lead happy life.** | |
| **Adopt and implement s-formula s-formula is the power of nation s-formula is the secrete of life.** | |
| **S-formula is the only one god for the whole world.** | |
| **All living beings born from s-formula** | |
| **Whole world is standing on s-formula.** | |
| **S-formula is the real power, s-formula is the real god** | |
| **S-formula is base for earth, s-formula is foundation for world,** | |
| **S-formula is the mother of all religions in the world.** | |
|  | |
| **Youths are spoiling their life wasting lot of semen, avoid the activities which cause loss of semen, save youths, save children's,** | |
|  | |
| **Modern science effecting farmers in wasting of semen, too much loss of semen causes suicide case more, educate them to save semen,** | |
| **Farmers are loosing lot of semen and they die early, educate them to save semen, modern science effect** | |
| **We done research 25 villages, farmers are dying due to wasting of lot of semen, less semen in body create suicide mentality, save farmers,** | |
| **Due to too much loss of semen, farmers are dying everyday. Educate them to save semen.** | |
|  | |
| **S-formula is the power ofnation** | |
| **Implement s-formula** | |
| **The secrete of development of india is f-formula** | |
|  | |
| **Too much loss of semen causes suicide cases more in world. Too much loss of semen give you idea itself for suicide.** | |
|  | |
| **Brain is very important organ in your body, brain controls our body, semen is food for brain, if you loss your semen, you loose your brain.** | |
| **Good charecters are coming by storing semen in your body, brain will work properly, your brain will be healthy if you save semen** | |
| **Bad charecters are coming duo to too much loss of semen. Brain will not work properly if you loss semen in your body,** | |
|  | |
| **Some of the peoples are involving in doing too much loss of semen, they are spoiling the society, they are spoiling our children’s.** | |
|  | |
| **Our culture** | |
| **Male must store semen throughout life.** | |
| **When he store semen, his sexual power is more and more,** | |
| **Male should not see female, should not touch female, should not sit with female, until marriage,** | |
| **After marriage except wife, he should not see female, should not touch female, should not sit with female,** | |
| **If you break this rule, you can not controle semen, you loose semen, if you loose semen, your life become waste, useless,** | |
| **If male waste semen, our country become weak, our family will become weak,** | |
| **Every body agree this but no body is telling in public, because no courage,** | |
| **Please follow our indian culture.** | |
| **Respect our indian culture.** | |
| **Save semen, save india.** | |
| **S-formula.** | |
|  | |
| **Dear girls** | |
| **Please help us, help our indian people, save our country,** | |
| **Please do not wear skin tight dress, do not expose your skin to publics,** | |
| **Do not go for love marriages, do not waste your life by doing this.** | |
| **If you wear tight dress, male start losing semen, if he waste semen, he will become lazy, useless, his life waste, his family will be in trouble, his parents will be under trouble, our country will be under trouble,** | |
| **Do not go for love marriages, when male loss his semen, he will not like you, your life will become danger, no body helps you,** | |
| **When male loose semen he will become mad, you please do not go for love marriage,** | |
| **Our indian culture is both male and female should store semen,** | |
| **Semen plays very important role in our life,** | |
| **Respect our indian culture.** | |
| **The secrete of beauty** | |
| **Food will be converted into semen in your body,** | |
| **Semen will store throughout your body to survive your life,** | |
| **Just like air in the balloon, semen in the body,** | |
| **How much semen you store in your body that much beauty is appearing in your body.** | |
| **Save semen, save your beauty.** | |
| **By, s-formula.** | |
| **The secrete of fitness in your body** | |
| **Food will be converted into semen in your body,** | |
| **Semen will store throughout your body to survive your life,** | |
| **Just like air in the balloon, semen in the body,** | |
| **How much semen you store in your body that much fitness increases in your body.** | |
| **Save semen, increase your fitness.** | |
| **By, s-formula.** | |
| **The secrete of power, energy,** | |
| **Semen is the real power** | |
| **Store semen in your body, your power and energy increases,** | |
| **If you loss the semen, your body power decreases, energy level decreases,** | |
| **Store semen, increase your body power, live happy life.** | |
| **The secrete of win in game.** | |
| **1)       do exercise and save semen, it is good for health.2) students save semen and read, result is 100%.3) all officials and teachers, save semen and do your duty, there is no corruption.4) store semen and practice, you will win the game.** | |
| **2)      dear sports man, the secrete how to win, if you store the semen , your body will become strong, hard, powerfull.,definitely you will win in the game. Be strong and powerful allways.preserve semen. Thank you.** | |
|  | |
| **Reason for semen loss** | |
| **1)      alcohol, tobacco, sex thinking, bad food. – these activities kills semen lot.** | |
| **How to increase semen,** | |
| **Step (1) :- do not waste semen, store semen right now,** | |
| **Step (2) :- production of semen increased by doing exercise(any type),** | |
|  | |
| **Question : -the secrete, why we have to do body building, what is the necessity of doing body building, how fitness will come in our body, how we look handsome ,** | |
| **Answer : - we do body building, gym, to increase the production of semen, by doing exercise your semen production increases, when semen volume increases in our body our body will become shaining, attractive, hard, strong,** | |
| **Note : -, when semen level increases your sex organ become hard, strong, keep your sex organ always hard, strong, if you loss semen, your body will become weak and useless.** | |
| **-------------------------------------------------------------------------------------------** | |
| **Question : -the secrete, why we have to do karate, kung fu, boxing, judo, etc., what is the necessity of doing body building, how fitness will come in our body, how we look handsome ,** | |
| **Answer : - we do body building, gym, to increase the production of semen, by doing exercise your semen production increases, when semen volume increases in our body our body will become shaining, attractive, hard, strong,** | |
| **Note : -, when semen level increases your sex organ become hard, strong, keep your sex organ always hard, strong, if you loss semen, your body will become weak and useless.-** | |
|  | |
| **(1)     difference between love and sex** | |
| **Love – no loss of semen,** | |
| **Sex - loss of semen,** | |
| **The activity which causes loss of semen is called sex.** | |
|  | |
| **(2)     true love : no touch, keep distance,** | |
| **Sex : touch** | |
| **Be careful while do love.** | |
| **Love is not harmful, but sex is harmful.** | |
|  | |
| **Make your life beautiful by implementing s-formula in your life.** | |
| **All living beings born from s-formula.** | |
| **S-formula is the foundation for life.** | |
| **S-formula is the secrete of life.** | |
|  | |
| **S-formula: - semen if food for brain, if you lose semen, you lose your brain, the secrete of memory power is semen, too much loss of semen causes brain damage,** | |
| **Save semen, save your brain.** | |
|  | |
| **Secrete of youth.(both male &female)** | |
| **If you waste semen, you will reject all marriage proposals,** | |
| **If you waste semen, your body loses strength, you become lazy, useless & weak.** | |
| **You will not interest in marriage, but you do not know this secrete.** | |
| **If you store semen, you will become more powerful; all the parts of your body become strong, hard, powerful.** | |
| **You will like marriage proposals, you like one first you look,** | |
| **If you store semen, it is highly impossible to live without marriage.** | |
| **Save semen, save energy, save your life.** | |
|  | |
| **Save childs** | |
| **Children’s are future citizens** | |
| **We cannot teach them s-formula,** | |
| **But they follow elder’s behaviour, surrounding peoples, outside the society,** | |
| **Father,mother,teacher , impossible to teach,** | |
| **But there is only one way** | |
| **Keep away all the activities which are responsible for loss of semen,** | |
| **Keep their five organs clean (eye,ear,skin,toung,nose.)** | |
| **The duty of these five organs is only loss of semen.** | |
| **Save semen, save children’s .** | |
|  | |
| **Beauty of world** | |
| **You are enjoying by seeing your front appering beauty,the nature,** | |
| **Nature is following s-formula, so for others it is beautiful** | |
| **But see your beauty, is it beautiful for others,** | |
| **If you want to see beautiful to others, follow s-formula.** | |
| **Make your life beautiful by following s-formula.** | |
|  | |
| **The duty of our five organs(eye,ear,nose,toung,skin) is only loss of semen,** | |
| **The five organs always try to waste, lose the semen in your body,** | |
| **By doing loss of semen, six(6) enemies (kama,kroda,moha,loba,mada,mathsara)will born in our body,** | |
| **These six enemies duty is to kill our body,** | |
| **So to save semen, keep yours five organs clean, if five organs clean, automatically six enemies will die.** | |
| **If there are no enemies your life become beautiful** | |
| **So save semen, make your life beautiful.** | |
|  | |
| **S-formula is the only one god for the whole world.** | |
| **All living beings born from s-formula** | |
| **Whole world is standing on s-formula.** | |
| **S-formula is the real power, s-formula is the real god** | |
| **S-formula is base for earth, s-formula is foundation for world,** | |
| **S-formula is the mother of all religions in the world.** | |
|  | |
| **The duty of five organs(eye,ear,nose,toung,skin) is always bringing semen outside the body.** | |
| **The duty of six enemies((kama,kroda,moha,loba,mada,mathsara) is always kill the body,** | |
| **Manasu means loss of semen,(name of charector)** | |
| **Atma means save semen, ,(name of charector)** | |
| **Loss of semen born six enemies.(kama,kroda,moha,loba,mada,mathsara)** | |
| **Save semen, keep your five organs clean & neat.** | |
|  | |
| **         if you store semen in your body you will not suffer from following diseases.** | |
| **Drying, loosening, weakening, and falling of hair,** | |
|  | |
| **         if you store semen in your body you will not suffer from following diseases.** | |
| **Mild or severe headache,** | |
| **         if you store semen in your body you will not suffer from following diseases.** | |
| **Pale face with anaemia,** | |
|  | |
| **If you loose semen,** | |
| **The child born to you is very weak, delicate, handicapt,** | |
| **The child may die at any time.** | |
|  | |
| **If you loose semen,** | |
| **Your body become weak, useless,** | |
| **You may die at any time.** | |
|  | |
| **Poverty comes due to loss of semen,** | |
| **Porr will become rich by saving semen** | |
| **Semen makes you rich.** | |
|  | |
| **The concept of temple made for storing semen,** | |
| **Temple says save semen.** | |
|  | |
| **The value of diet (slim).** | |
| **The method diet to become slim is 100% wrong method.** | |
| **You are forcefully going towards death,** | |
| **Slim is not healthy formula, you will become nervous, your organs not get sufficient energy to work.** | |
| **To burn fat diet is not at all solution, 100% wrong,** | |
| **Semen is the only material which burns the fat in our body,** | |
| **The indication of fat content in your body is loss of semen,** | |
| **Semen converts food into blood,** | |
| **Semen converts blood into flesh,** | |
| **Semen converts flesh into fat,** | |
| **Semen convert fat into bone,** | |
| **Semen converts bone into bone marrow,** | |
| **Semen keeps your brain healthy,** | |
| **Semen keeps your heart healthy,** | |
| **Semen keeps your liver, kidney healthy,** | |
| **Totally semen keeps all the organs in your body healthy.** | |
| **Save semen , live happy life,** | |
| **Make your life beautiful by following s-formula(save semen).** | |
|  | |
| **Basic problem of india is poverty.** | |
| **By implementing s-formula throughout india,** | |
| **India will be free from poverty.** | |
| **Poverty comes from loss of semen.** | |
| **Save semen-save india** | |
| **Use s-formula.** | |
|  | |
| **Power of semen** | |
| **Semen keeps our body cool in hot region** | |
| **Semen keeps our body in warm in cold region** | |
| **Semen is electrical power for us.** | |
| **By, s-formula team.** | |
|  | |
| **Magic of brain** | |
| **If you save semen your brain says how to live good life, happy life,** | |
| **If you lose semen your brain says how to die,** | |
| **Semen is food for brain** | |
| **If you lose semen, you lose your brain, so save semen keep your brain healthy.** | |
| **Follow s-formula(save semen)** | |
|  | |
| **Moving trees** | |
| **Human beings born from sperm ovum only, there is no other way,** | |
| **When you put mango seed, mango tree will comes,** | |
| **When you put coconut seed, coconut tree will comes,** | |
| **In the same way,** | |
| **Male is a sperm tree,** | |
| **Female if a ovum tree,** | |
| **Sperm is searching for ovum and ovum is searching for sperm,** | |
| **That is why both are attracts each other,** | |
| **The final product of male is sperm** | |
| **The final product of female is ovum,** | |
| **But when sperm and ovum goes out of body, they take semen along with them,** | |
| **Semen is very precious material for our body,** | |
| **You store semen/ovum, your sperm/ovum become strong, you will give birth to good baby,** | |
| **If you waste semen/ovum, your sperm/ovum become weak, you will give birth to bad baby.** | |
| **Save semen and get good healthy baby.** | |
|  | |
| **Choice is yours** | |
| **         if male is old, female is young,** | |
| **You get more male and less female children.** | |
| **         if female is old,male is young,** | |
| **You will get more female and less male.** | |
| **         if you both are same age,** | |
| **Male and female is depend upon semen storage,** | |
| **Semen is more in male and less in female – male baby,** | |
| **Semen is more in female and less in male – female baby,** | |
| **Please not the child health, future, is depending upon,semen storage,** | |
| **Always produce good baby to your family.** | |
| **Save semen, get good baby.** | |
| **S-formula(each one teach one)** | |
|  | |
| **Father and mother-part-01** | |
| **They never teach directly s-formula,** | |
| **But they teach indirectly s-formula,they keep away their children from the activities which are responsible for the loss of semen,** | |
| **But childrens not understands this secrete.** | |
|  | |
| **Father and mother-part-02** | |
| **They will not say that their childrens are bad, such a hope on their childrens,** | |
| **They are giving more and more food to their children thinking that they will become beautiful & handsome,** | |
| **But their children wasting their semen, and become lazy, useless, waste body,delicate,** | |
| **Father and mother donot know this secrete of loss of semen,** | |
| **They will bring more and more valuable food to feed their children,** | |
| **But childrens throughing all the food outside the body in the for of semen,** | |
| **Both the parties do not know s-formula,** | |
| **Waste of food, waste of money,waste of country.** | |
| **Save semen, solve our food problem in india,** | |
| **One who loss semen he will eat more&more food,** | |
| **One who save semen he will eat less & less food.** | |
| **Choice is yours.by s-formula(save semen).** | |
|  | |
| **Father and mother-part-03** | |
| **Why are you giving trouble to your parents,** | |
| **You waste your semen, and fall ill,when you become serious,** | |
| **Your parents take you to hospital,doctors also not able to understand your problem,** | |
| **You start eating medicines like food,** | |
| **Why are you giving trouble to your father and mother,** | |
| **They give birth to you, education to you, everything they sacrifice for you,** | |
| **But you are sitting in dark and wasting semen, your brain , heart, liver, kidney will not work properly by doing loss of semen,** | |
| **Your father and mother weeping,crying, what happened to our children,** | |
| **Both of you do not know s-formula, your family facing lot of trouble ,you also in danger,** | |
| **No body knows this secrete loss of semen by you,** | |
| **You please think this matter and try to make your parents happy.** | |
|  | |
| **Father and mother-part-04** | |
| **Your parents bring lot of marriage proposals to you, but all you reject,** | |
| **Your parents facing lot of problems about this matter,** | |
| **You are doing loss of semen, too much loss of semen decreases your sexual power,** | |
| **You will become lazy, useless, you are not interested in your life,but this secrete your parents donot know, because you are wasting semen in dark.** | |
| **Due to this reason lot of male&female is unmarried and crossing age limit,** | |
| **Why are you giving trouble to the parents of others,** | |
| **No body knows this problem we are facing due to loss of semen,** | |
| **Please try to understand the problem and try to make your parents happy.** | |
|  | |
| **S-formula(each one – teach one)** | |
| **From today to death day is punarjanma.** | |
| **From birth day to today is poorvajanma,** | |
| **You never born again.** | |
| **Your future is today what you are doing,** | |
| **Today life is what you did.** | |
|  | |
| **Tv programme to publics** | |
| **Some swamijis every day say the truth to the public, how to solve your problems,** | |
| **But all swamiji says correct thing but theywill not express the secrete of semen,** | |
| **You follow all the methods to solve your problems with s-formula,** | |
| **Then 100% good result you will find what swamijis says,** | |
| **But donot follow their words without s-formula, it is harmful,** | |
| **Follow their instruction with s-formula, is is good to you.** | |
| **Swamiji indirectly says to save semen.** | |
|  | |
| **How to adopt s-formula in our life** | |
| **Step-01 : basic concept of temple, pooja, meditation, is save semen.(s-formula).** | |
| **Step-02 : if directly says this , no one will do this,there are so many concepts are there to say this indirectly.** | |
| **Step-03 : dharma(hindu,muslim,kritien,budda,jain,sikh,etc.......) Sampradaya,religion, shastra,blind belief, 64 arts, puranas, stories,indirectly says save semen.** | |
| **Step-04 : keeping all the above three concepts ,without effecting your daily activity, you slowly adopt s-formula in your life.** | |
| **Keeping all the above in your mind, you follow the following methods.** | |
| **Method -01 :keep your eyes clean,keep your ear clean,keep your nose clean,keep your toung clean,keep your skin clean,** | |
| **You must keep all the five organs in your controle by keeping neat and clean. If one is not clean, it is impossible to adopt s-formula in your life.** | |
| **Method -02 : do meditation in your free time, use your full free time for this.** | |
| **Method -03 : involve in pooja,templevisit,worship god more and more in free time.** | |
| **Method -04 read more and more granthas, puranas, good books,** | |
| **Method -05 sit with good peoples,sing, dance, do bhajans,do yoga,exercises.** | |
|  | |
| **Value of semen(s-formula)(both male&female).** | |
| **Food will be converted into semen in our body.** | |
| **Semen is located throughout body in the form of blood, just like air in balloon,** | |
| **When semen volume increases, your body expands,you are looking charming, bright, attractive.** | |
| **Semen protect body from all diseases, increases life of you,** | |
| **All body parts of organs needs semen to work properly,** | |
| **Semen survive our body in old age,semen needs in old age,** | |
| **Semen is not sperm, both are different,** | |
| **When you ejaculate sperm, the liquid is mixer of two components,** | |
| **1% sperm and 99%semen is the mixer in one ejaculation,** | |
| **Semen goes with sperm to create new baby, nurish sperm and ovum.** | |
| **In the same way, when you ejaculate ovum, 1% of ovum and 99% semen will go out,** | |
| **There are three glands working in this ejaculation process in our body,** | |
| **Seminal vessel, copars gland and epidamis, these three glands combinedly work,** | |
| **Sperm is in epidemis above testicle,seminal vessel and capers gland is above urinary bladder,** | |
| **While your ejaculation, sperm goes from epidamis to seminal vessel,** | |
| **Seminal vessel adds the semen with sperm,** | |
| **Capers gland push sperm &semen out of body,** | |
| **Sperm if you not ejaculate , it will reabsorbed and goes to blood,** | |
| **Semen is highly valuable substance in our body both female and male,** | |
| **Both female and male store semen in your body, it is a rule,** | |
| **One who store semen is called devate(god),** | |
| **One who waste semen is called rakshasa(devil),** | |
| **Save semen, save your life** | |
| **By, s-formula(each one – teach one)** | |
|  | |
| **Moving trees** | |
| **Human beings born from sperm ovum only, there is no other way,** | |
| **When you put mango seed, mango tree will comes,** | |
| **When you put coconut seed, coconut tree will comes,** | |
| **In the same way,** | |
| **Male is a sperm tree,** | |
| **Female if a ovum tree,** | |
| **Sperm is searching for ovum and ovum is searching for sperm,** | |
| **That is why both are attracts each other,** | |
| **The final product of male is sperm** | |
| **The final product of female is ovum,** | |
| **But when sperm and ovum goes out of body, they take semen along with them,** | |
| **Semen is very precious material for our body,** | |
| **You store semen/ovum, your sperm/ovum become strong, you will give birth to good baby,** | |
| **If you waste semen/ovum, your sperm/ovum become weak, you will give birth to bad baby.** | |
| **Save semen and get good healthy baby.** | |
| **S-formula (each one teach one)** | |
|  | |
| **Choice is yours** | |
| **         if male is old, female is young,** | |
| **You get more male and less female children.** | |
| **         if female is old,male is young,** | |
| **You will get more female and less male.** | |
| **         if you both are same age,** | |
| **Male and female is depend upon semen storage,** | |
| **Semen is more in male and less in female – male baby,** | |
| **Semen is more in female and less in male – female baby,** | |
| **Please not the child health, future, is depending upon,semen storage,** | |
| **Always produce good baby to your family.** | |
| **Save semen, get good baby.** | |
| **S-formula(each one teach one)** | |
|  | |
| **Life secrete** | |
| **Life of humans in not 100 years, it is more than 1000 years,2000 years , etc,** | |
| **Common people not understand this statement, but it is true,** | |
| **If you use s-formula, you live more than 1000 years,** | |
| **There are so many examples in front of us,** | |
| **Adopt and implement s-formula ,** | |
| **Increase your life moretan 1000 years,** | |
|  | |
| **Walking-basic knowledge – secrete.** | |
| **Lot of people doing walking, without basic knowledge,** | |
| **They do not know why we want to do walking,** | |
| **What happens if we do walking,** | |
| **Please read this carefully,** | |
| **If you do walking, production of semen increases, when semen stored in your body you will get lot of power and energy,semen keeps your body healthy,strong.semen balance your body,** | |
| **But lot of people do not store the semen,\when you walk, semen will produce more in the body,** | |
| **When semen level increases, your sexual organs become more strong,** | |
| **When your sexual organ become more strong, you start wasting semen by using your own methods,** | |
| **But you do not know this sex power comes from walking,** | |
| **If you do walking without storing semen,you r body become very weak, you suffer lot of phealth problems,** | |
| **Lot of people do walking buttheir health is not improve, this is the reason,** | |
| **Do walking by saving semen, keep your sex organs always strong, do not waste semen,** | |
| **Then walking is usefull.** | |
| **Save semen, save life,** | |
| **By** | |
| **S-formula(save semen) each one- teach one.** | |
|  | |
| **Secrete how to quit the alcohol habbit-** | |
| **Are you alcoholic,you want quit this habit,s-formula says the secrete how to quit alcohol.just you start storing semen in your body, when you reach the required level, automatically, you will quit this habit.when you save semen, you will get lot of will power,strong mind, your body automatically rejects alcohol.there is no other method to quit this habit,semen only have this power. When you lost your semen, your body will become unbalance; your speed of blood reduces,if you take alcohol, it increases your blood speed , to maintain speed of blood, you will take alcohol,if you waste more semen, you will need more alcohol,if you store semen, naturally it increase your blood speed,how much semen you store that much blood speed increases,how much blood speed increase that much alcohol you quit.this is the secrete how to quit alcohol,adopt s-formula, store semen, save semen, live a happy life.** | |
|  | |
| **Tobacco kills semen, do not use tobacco,semen is located through out the body in the form of blood.tobacco enters blood and kills semen.if semen is lost, everything you lost.** | |
| **Alcohol kills semen, do not use alcohol,semen is located through out the body in the form of blood.alcohol enters blood and kills semen.if semen is lost, everything you lost.** | |
| **Avoid sex thinking, sex seeing, it will cause too much loss of semen,semen is located entire body** | |
| **Semen is required in old age.if semen is low, your body parts work abnormal.semen is the current for all the organs to work.save semen.** | |
|  | |
| **Yoga-day** | |
| **We found that on yaga day lot of people doing yoga and discussing on this subject whole day,** | |
| **By doing long observation we come to know that lot of people do not know the difference between yoga & yogasana.** | |
| **Yoga and yogasana both are different meaning,** | |
| **Yoga means the way of life, how to live happy life,to reach your goal in your life,etc,** | |
| **Yogasana means it is one type of exercise ,which heps people to reach their goals,** | |
| **Yogasana gives physical power , mental power, to our body,** | |
| **There are several types of methods to live happy life,among them yogasana is one,** | |
| **Yogasana is not yoga,yogasana is the one of the method to do yoga.** | |
| **But if you do yogasana without knowing the basic secrete it is harmful,** | |
| **Do yogasana, or any other methods to do yoga,implement s-formula(save semen), then only it gives good result, 100% result.** | |
| **Do not confuse yoga and yogasana** | |
| **100 of types of ways are there to do yoga,yogasana is one method,if you like yogasana you do it or you choose another method,** | |
| **Yogasana is a type of education,choice is your, it is not compulsory,** | |
| **Yoga is done by any other method to reach our goals, to live happy life,** | |
| **This information is given by s-formula team,** | |
| **We done 30 years research on this s-formula,** | |
| **S-formula(save semen)each one – teach one.** | |
|  | |
| **Meditation** | |
| **Lot of people don’t know what is meditation, why it is required, what is the benefit,etc,** | |
| **Thousands of people have thousands of ideas regarding this,** | |
| **We done research on this subject 25 years and found the solution exactly what is meditation,** | |
| **Here we are sharing our thoughts with you,** | |
| **Meditation is made for storing the semen, saving the semen,** | |
| **Semen is required to our body to keep health in good condition,mentally & physically fitness,** | |
| **Directly by telling this secrete to every one , it is not possible to give training,to child, female,male combinedly,** | |
| **So indirectly ,to save semen, created some stories, and make them belive in this subject, giving practice,** | |
| **But if you do meditation only semen will store in your body, no other effects, no other benifits,** | |
| **Meditation is a method to increase semen in your body,** | |
| **Semen is required to work all your organs properly,** | |
| **Semen is the power, energy of our body.** | |
| **Do meditation,save semen, save your life.** | |
| **By s-formula team,** | |
| **S-formula(save semen)each one – teach one).** | |
| **S-formula(save semen)each one – teach one.** | |
| **Semen burns the fat,** | |
| **No other medicine in this world except semen to burn fat** | |
|  | |
| **S-formula(save semen)each one – teach one.** | |
| **Due to loss of semen, fat accumulates,** | |
| **Store semen in your body,it will convert all fat into bones,** | |
| **Do not go for any other method,** | |
| **Save semen, it will remove your fat,** | |
| **S-formula(save semen)each one – teach one.** | |
| **Just like air in the balloon,** | |
| **Store semen in your body,** | |
| **All fat will disapper,** | |
| **You will be free from fat,** | |
| **Reason for loss of semen** | |
| **1)      if you take alcohol, your semen will loss** | |
| **2)      if you use tobacco, your semen will loss** | |
| **3)      if you do sex thinking, your semen will loss** | |
| **4)      if you use bad food, your semen will loss,** | |
| **Do not entertain the activities, which are responsible for loss of semen.** | |
|  | |
| **Many teens suffer from mental health issues in response to the pressures of society and social problems they encounter. Some of the key mental health issues seen in teens are: depression, eating disorders, and drug abuse.** | |
| **S-formula is the one and only way to prevent these health issues from occurring such as communicating well with a teen suffering from mental health issues. Mental health can be treated and be attentive to teens' behavior** | |
|  | |
| **If you lose more semen, you talk more,if you store more semen, you talk less,** | |
| **If you lose more semen, you give more trouble to others,if you store semen, you help more people,** | |
| **If you lose more semen, you like more sound and music,if you store more semen, you like very less sound and music(noice).** | |
| **If you lose more semen, lesser the growth of mind, growth of height,** | |
| **If you loose more semen, you always feel unhappy,if you store more semen,you always feel more happy,** | |
| **If you loose more semen, your child born abnormal, if you store more semen, your child born bright and healthy,more attractive,like a lion.** | |
| **If you loose more semen, your married life always unhappy (hell), if you store more semen, your married life will be in heaven,** | |
| **Semen is not for sex always, semen is for nourishing our body always,** | |
| **Storing of semen is a difficult job, losing of semen is easy job, it takes so many days to prepare semen,but it take only few second to waste, once you ejaculate semen, it is the product of 74 days of food you taken,** | |
|  | |
| **Secrete of formers** | |
| **Farmers are very hard workers,** | |
| **Farmers must need high stamina and strength to work in field,** | |
| **Farmers compulsory store semen to do better work,** | |
| **Farmers made some rules and regulations in their premises to store semen,** | |
| **But ,now a days , due to fast moving of science and technology, farmers are involved in wasting of their semen,** | |
| **Due to more wastage of semen , they become, weak, nervous, delicate, unable to doany work,** | |
| **Farmers are losing lot of semen now a days, they become lazy, but they do not know this secrete,** | |
| **Our government sitting by closing their eyes, no body is ready to go and strengthen the farmers by telling this secrete, now a days lot of farmers involved in wasting of time by alcohol drinking, tobacco chewing, sex thinking, they like the activities which support the loss of semen.** | |
| **Media peoples, ias officers sitting by closing the eyes,** | |
| **Kindly requesting to all the peoples of nation, go and help farmers by implementing s-formula in their life,** | |
| **S-formula give whatever you want in your life.** | |
|  | |
| **If you lose more semen your brain works obnormal,** | |
| **If you lose more semen, your digestive system fail.** | |
| **If you lose more semen, you may die at any time,** | |
| **If you lose more semen, you will not like marrage,** | |
| **If you lose more semen, your health is always in danger,** | |
| **If you lose more semen, your nerves become very weak, entire nerve system will fail.** | |
| **Why are you wasting so much of semen and fall ill,(hell),** | |
| **Start storing semen,save semen, have a bright future** | |
|  | |
| **Why people like bad habits.** | |
| **Speed of blood** | |
| **Speed of blood is plays important role in our body.** | |
| **If speed of blood is more in your body , you feel more happy,how much more speed of blood in your body that much happiness in your life,** | |
| **If speed of blood decreases in your body,you feel unhappy, uneasy,in your life, how much less speed of blood in your body that much un happiness in your life.** | |
| **The secrete how to increase the speed of blood is semen,** | |
| **Semen is the only substance which increases speed of blood in our body,** | |
| **If you store more semen, blood speed increases, you feel happy,** | |
| **When you lose your semen, your blood speed decreases, you feel unhappy,** | |
| **To maintain blood speed, somebody take alcohol, somebody take tobacco,some body use medicines etc,** | |
| **(bad habits increase your blood speed temporarily, and it kills you, and you may die at any time.)** | |
| **For every age, there is certain limit of speed of blood, but to maintain that much of speed, they take alcohol, tobacco, medicines,etc,** | |
| **If anybody quit this bad habbit, just store semen, you will automatically leave all bad habbits,** | |
| **No teacher is required for this, you yourself make your own methods and save semen,** | |
| **Your are the doctor for youself, you are the guru for yourself , in this s-formula.** | |
| **Poor girl** | |
| **Basically girls do not know the secrete of life,** | |
| **No body teaches in home and school about s-formula (save semen)** | |
| **They do not know what is life, they live like father, brother, nibhour,or any one,** | |
| **Females fight equally with male in all fields,** | |
| **But no body knows whether it is correct or not, no body knows the answer, all are supporting female to fight equally with male in all fields,** | |
| **But,** | |
| **S-formula will tell you one secrete,** | |
| **Females are losing lot of semen naturally in their life(monthly 3-days) & (child birth).** | |
| **Due to too much loss of semen in their body, they are physically become weak, not fit for hard work,** | |
| **Due to continuous loss of semen, female talk more, no concentration on any subject for long time,brain is not working properly,they need lot of support from others when they are in danger.** | |
| **Due to loss of semen their bones are not fit for hard work,** | |
| **Due to loss of semen their behaviour is abnormal in some circumstances,** | |
| **If anybody involves female in the work itwill not success all time, because their half of life is critical position,** | |
| **In olden days lot of studies done by scientists, females are not fit for hard works and they made rule for females some fixed works,** | |
| **(this will not related to girls, females who saving semen,)** | |
| **It is not females fault, it is made by nature,** | |
| **Dear girls, without knowing the secrete of life your life become waste.** | |
| **Now a days lot of science improved, lot of girls wasting semen before & after marriage,** | |
| **This will kill their future, becareful in your life, learn how to save semen from your elders(female) in home.** | |
| **Do not go forhard work out side, follow the seniors instruction,** | |
| **Follow s-formula, keep your body in good condition, do not waste semen.** | |
|  | |
| **Just like air in balloon,** | |
| **Semen is in our body,** | |
| **If the quantity of semen increases, our body expands, looks very attractive,** | |
| **If the quantity of semen decreases, body goes down, looks delicate,dull,** | |
| **If you increase the levelof semen,your health and wealth increases,** | |
|  | |
| **Normal speed of blood of healthy man is, when you cut his finger, blood should jump 30 feet height.** | |
| **Power of semen.** | |
|  | |
| **Importance of s-formula.** | |
| **If any body says save semen, suddenly you will get angry,** | |
| **Why because no body told this in your life to you,** | |
| **You not asked anybody regarding power of semen,** | |
| **We are informing to you regarding the value of semen, but you donot like me,** | |
| **No body helping us in this mission,** | |
| **Kindly requesting you, please try to know the power of semen in your life,** | |
| **If you save semen, what happens to you,** | |
| **If you loose semen, what happens to you,** | |
| **Then you really understand the value of semen,** | |
| **Power of semen is the power of nation.** | |
|  | |
| **S-formula - power of semen** | |
| **How to implement s-formula** | |
| **S-formula says you are the best teacher to teach yourself,** | |
| **No third person is required to teach,** | |
| **You made rules yourself and try to implement s-formula in your own method,** | |
| **You do not ask anybody how to store semen,** | |
| **S-formula is self knowledge trainng subject,** | |
| **S-formula gives you self knowledge.** | |
| **You follow your own method.** | |
|  | |
| **Your entire body system is working under pressure in your body,** | |
| **If you waste semen, your pressure goes out of body,** | |
| **When pressure goes out , your health also goes out,** | |
| **Our body pressure will go out of body only with the semen, there is no other outlet for it.** | |
| **Do not lose semen, do not waste your health,** | |
| **Bys-formula team.** | |
|  | |
| **Why blood pressure disease comes,** | |
| **If you waste the semen, your entire body pressure decreased,** | |
| **When body pressure decrease , your all parts of organs will not work properly,** | |
| **To maintain body pressure you will go for medicines, alcohol, tobacco, etc,** | |
| **Medicines, alcohol,tobacco all increase the speed of blood,temporarily,** | |
| **If you increase your blood speed by artificial methods, your resistance decrease slowly,** | |
| **For production of semen, do exercises,** | |
| **You find your own way to store the semen,** | |
| **Lead a good life.** | |
|  | |
| **S-formula – what is god,** | |
| **We done research on god,about 30 years, and we found that there is no god in this world as per existing stories.** | |
| **We realised that semen is the god.** | |
| **We given different names and different shapes to semen and named as god.** | |
| **God is the science and technology which controls man from danger, control on mind, control on body.** | |
| **But lot of stories made for this and all people follows this,** | |
| **But whatever the stories all tells about save semen.** | |
| **Please consider , this is only our result done by research,** | |
| **You follow all your systems keeping in your mind save semen.** | |
| **Concept of god is only to store semen in your body, save semen.** | |
|  | |
| **It is highly imposible to teach s-formula for childrens,** | |
| **But you can teach indirectly s-formula to them,** | |
| **Keep them away from all the activities which are responsible for loss of semen, when they reach teen age.** | |
| **If you say them indirectly, they will ask question why,** | |
| **You tell the story as your parents told to you,** | |
| **You tell them your religious stories.** | |
| **Save children from danger, otherwise their future become hell.** | |
|  | |
| **The persons who you worship like god , they are all human beings,** | |
| **They saved semen, so that they are called, god.** | |
| **In the same way if you save semen, you will become god,** | |
| **So that it is concluded that all human beings are god.** | |
| **The person one who semen is called god,** | |
| **The person one who waste the semen is called devil.** | |
|  | |
| **You follow s-formula along with your religious belief,** | |
| **Your religion become very strong.** | |
|  | |
| **If you store semen in your body, it will not do any effects to your body.** | |
| **Semen is to protect your body,develop your body,** | |
| **Semen is not for sex only, but it is used only when chaild is required,** | |
|  | |
| **If you store semen, it will give more happiness , 100 times more happy than wasting of semen.** | |
|  | |
| **Youths** | |
| **Lot of youths have questions in their mind about semen,** | |
| **We will clear all their doubts here,** | |
| **If you store the semen, your body fills with semen, like air in balloon,** | |
| **Semen will develop your body, and mind.** | |
| **Semen is for protecting and nourishing the body, it is not for sex,** | |
| **But if you store semen, it will try to come out of your body, but you are controlling the semen, in this exercise your urinal part become very hard, but keep always your urinary part hard, do not waste semen,** | |
| **If you waste the semen it will not come back, but you start storing semen , atleast some of it you will take benifits,** | |
| **Whatever the semen you wasted you will not get it back,** | |
| **But you donot worry, if you start storing semen, you will get more power,** | |
| **Semen moves from brain to urinary part and recirculated into brain again,** | |
| **Some of people misguiding you and progressing you for loss of semen,** | |
| **If you waste semen, your health and wealth both goes out,** | |
| **If you waste semen you may die at any time, becareful.** | |
| **But you are the best teacher , do not ask anybody how to store semen, you do your own way,** | |
| **I think you understand the power of semen.** | |
|  | |
| **Swami vivekananda says indirectly save semen,** | |
| **Whatever the speech given to youths will become real only if you store semen.** | |
| **Keeping in your mind s-formula read all his instructions, follow all his instructions,** | |
| **Lot of youths knows swamy vivekananda speech, but they do not know the secrete save semen.** | |
| **This is only for your kind information.** | |
|  | |
| **         you want money** | |
| **Do not worry, we will give you beautiful sugession** | |
| **Semen is money,and, money is semen** | |
| **You start storing semen,automatically money stores in your pocket** | |
| **How much semen you store 100times more than that money will comes** | |
| **This is the secrete of warning money** | |
| **If you loss semen,money goes out** | |
| **Think and act** | |
|  | |
| **Why we take alcohol** | |
| **Speed of blood plays very important role in our body,** | |
| **Semen maintain speed of blood in our body,** | |
| **When you waste semen, speed of blood decreases, you feel uneasy,unhappy,** | |
| **To maintain speed of blood you will choose alcohol** | |
| **Alcohol increase speed of blood tempararily,but it kills semen** | |
| **Howmuch semen decreases in your body that much of alcohol taking increased** | |
| **This will cause your lifetime become less, you may die at any time** | |
| **Do not go for artificial methods to increase the speed of blood** | |
| **Increase the speed of blood by storing semen naturally** | |
|  | |
| **Why we take medicines** | |
| **Our body is full of chemicals, more than 200 chemicals producer in our body,** | |
| **When you waste semen all chemicals goes out,** | |
| **Your body get effcted and you go to doctor,** | |
| **Doctor knows which chemical is less for your problem** | |
| **And he gives medicine,then your body becomes normal** | |
| **Why are you waste semen, why are you go for medicine,why are you wasting money,** | |
| **Semen is full of chemicals, semen means chemical,** | |
| **Do not waste semen, do not waste chemicals in your body** | |
| **Banana is made from banana tree, same way semen is producer by our body only** | |
| **Semen artificially not possible to produce** | |
| **Think twice about this** | |
|  | |
| **All world is in danger zone,all human beings reducing their power,energy,resistance day by day,** | |
| **If any one disease attacks,your body have no resistance** | |
| **S-formula borned to save you** | |
| **Follow s-formula in your life, you will be out of danger** | |
|  | |
| **S-formula is for save country,save world from danger** | |
|  | |
| **A new baby borned in this world,to save the world, its name is s-formula.** | |
|  | |
| **The power of semen** | |
| **Is** | |
| **The power of your body & mind** | |
|  | |
| **The power of semen** | |
| **Is** | |
| **The power of your family** | |
|  | |
| **The power of semen** | |
| **Is** | |
| **The power of nation** | |
|  | |
| **Semen solve all yours personal problems** | |
|  | |
| **All diseases coming due to loss of semen** | |
| **Start storing semen and cure all disease** | |
|  | |
| **Semen cures all your health problem, so start storing semen and save your life** | |
|  | |
| **Medicines will not work on your body if you waste more semen** | |
|  | |
| **Swami vivekananda says indirectly save semen,** | |
| **Whatever the speech given to youths will become real only if you store semen.** | |
| **Keeping in your mind s-formula read all his instructions, follow all his instructions,** | |
| **Lot of youths knows swamy vivekananda speech, but they do not know the secrete save semen.** | |
| **This is only for your kind information.** | |
|  | |
| **If you store semen in your body, it will not do any effects to your body.** | |
| **Semen is to protect your body,develop your body,** | |
| **Semen is not for sex only, but it is used only when chaild is required,** | |
| **If you store semen, it will give more happiness , 100 times more happy than wasting of semen.** | |
|  | |
| **You follow s-formula along with your religious belief,** | |
| **Your religion become very strong.** | |
|  | |
| **S-formula for both male and female.** | |
| **It is highly impossible to implement in any country,** | |
| **Because nobody knows this secrete,** | |
| **Nobody told them in their life,** | |
| **The one major problem we are facing to implement this s-formula,** | |
| **Nobody talks words below abdomen,** | |
| **Our culture saying that below abdomen parts name is worst name, if anybody use this words below abdomen, he is very bad fellow,** | |
| **This is created by our elders , keeping in mind, do not waste semen,** | |
| **But now a days lot of teens ( 99% ) wasting semen thinking that good for health,** | |
| **Somebody misguiding teens to do loss of semen, for their business,** | |
| **If you waste semen, 100 peoples get profit in their business,** | |
| **Please kindly requesting you, please try to understand the power of semen, speak loudly, wake up from danger, save semen, talk about this, implement s-formula, it will help future generation,** | |
| **Semen is produced in both male and female to survive your body.** | |
| **Save semen as much as possible.** | |
|  | |
| **Are you alcoholic, tobacco user, medicine audit, do not worry,** | |
| **How to implement the s-formula in your life,** | |
| **Do all your daily activities and store semen, it will give you good result,** | |
| **Automatically you leave all bad habits,** | |
| **Power of semen is 100 times more than your bad habits,** | |
| **Think this and create your future.** | |
|  | |
| **National devotees** | |
| **We are requesting our national devotees for the help to save the country,** | |
| **We selected 25 villages for our research, and we done research 10 years on these villages,** | |
| **Finally we come to know that 100% of people involved in loss of semen, too much loss of semen,** | |
| **These villages suffering from poverty, more illeterates, more cruels, more people die early, more people went for sucide, more people lack of education,no earning of money, aleays thinking easy way of earning money, lack of good character, etc,** | |
| **If this will continue what about our country, what about future generation, who will help, who will stop, who will educate them,** | |
| **Please kindly requesting you all national devotees,** | |
| **Please educate the villagers near by you, within your contacts, to save semen,** | |
| **Waste of semen --------------------waste of health.** | |
| **Waste of semen --------------------waste of wealth** | |
| **Waste of semen --------------------waste of knowledge** | |
| **Waste of semen --------------------waste of money.** | |
| **Waste of semen --------------------waste of good characters** | |
| **Waste of semen --------------------waste of humanity** | |
| **Waste of semen --------------------waste of power** | |
| **Waste of semen --------------------waste of energy** | |
| **Waste of semen --------------------waste of memory power** | |
| **Waste of semen --------------------waste of life.** | |
| **Waste of semen --------------------waste of everything.** | |
|  | |
| **How semen will waste if we take alcohol, tobacco,medicines,** | |
| **The main function of semen in our body is to maintain health,** | |
| **Keep all the internal parts clean, remove all unwanted waste material out of body,** | |
| **But if you take alcohol, tobacco, medicines, lot of impurities included in this material,** | |
| **Those are all unwanted materials to our body,** | |
| **Semen remove all unwanted these waste out of body, and try to keep our internal body clean,** | |
| **In this process lot of semen go out of body through urine and latrine, sweat,etc.** | |
| **The main function of semen is to fight with bacteria, virus,** | |
| **Semen removes unwanted impurities, cleaning of blood, cleaning of all body parts.** | |
| **In this way semen will be loss,** | |
|  | |
| **Alcohol, tobacco, medicines, all are 100 % rejected materials,** | |
| **When it enters body, our semen start removing all these dust and dirt in our body,** | |
| **While handling this process body , brain behaves abnormal activities.** | |
| **You observe your sourroundings, all other animals, plants,birds, insects, all are following s-formula, except human beings, this is shame to us.** | |
|  | |
| **Educated means what** | |
| **Educated means highly brilliant** | |
| **Educated means highly charming** | |
| **Educated means highl yattractive** | |
| **Educated means never do any mistakes** | |
| **Educated means never say lie** | |
| **Educated means never give trouble to others** | |
| **Educated means highly helping nature** | |
| **Educated means highly power full** | |
| **Educated means highly energetic** | |
| **Educated means highly national devotee** | |
| **Educated means highly healthy** | |
| **And so on .......** | |
| **But these qualities comes from semen,only if he store semen,** | |
| **Save semen, you will become great person in this world.** | |
|  | |
| **Whatever the religious is there in this world, everyone says save semen, protect semen, store semen.** | |
|  | |
| **If anybody says to save semen, suddenly you will get angry,** | |
| **Why because no body told this secrete to you in your life,** | |
| **But your parents, teachers, told indirectly to store semen, but you not known this secrete,** | |
| **No problem, just remember what your parents and teacher says, it is all about store semen,** | |
| **Semen is very important material to protect, to develop your body.** | |
|  | |
| **Dear brothers and sisters,mothers and fathers, friends,** | |
| **Please answer the following question,** | |
| **S-formula is very much useful for future generation,** | |
| **S-formula is the foundation for life** | |
|  | |
| **How to solve food problem in our country** | |
| **If you loss more semen, you eat more and more,** | |
| **If you store semen, you eat less and less,** | |
| **100% young,teen,middleage persons involved in too much loss of semen in our country,** | |
| **Think and ink.** | |
|  | |
| **How to solve corruption problem in our country** | |
| **If you store the semen in your body, you will not do corruption 100 %.** | |
| **If you store the semen in your body , you will not like corruption,** | |
| **If you store the semen in your body, you will be more rich in money,** | |
|  | |
| **How to make money (easy way)** | |
| **Eat three times daily,when you feel hungry,** | |
| **Drink sufficient water, when you feel thirsty,** | |
| **Do not eat more and more and do not drink more and more,** | |
|  | |
| **How to maintain good health (easy way)** | |
| **Eat three times daily,when you feel hungry,** | |
| **Drink sufficient water, when you feel thirsty,** | |
| **Do not eat more and more and do not drink more and more,** | |
|  | |
| **What to do to wakeup early in the morningt** | |
| **It is the duty of semen in your body,** | |
| **Semen make you wake up early in the morning,** | |
| **If you lose semen more and more,** | |
| **You sleep more and more. & viceversa.** | |
|  | |
| **More semen - more energy** | |
| **Less semen - less energy** | |
|  | |
| **More semen - more sexual power** | |
| **Less semen - less sexual power** | |
|  | |
| **More semen - good health** | |
| **Less semen - bad health** | |
|  | |
| **More semen - more memory power** | |
| **Less semen - less memory power** | |
|  | |
| **More semen - more life span** | |
| **Less semen - less life span** | |
|  | |
| **More semen - good character** | |
| **Less semen - bad charecter,** | |
|  | |
| **More semen - less money needed.** | |
| **Less semen - more money needed** | |
|  | |
| **More semen - rich person ,** | |
| **Less semen - poor person** | |
|  | |
| **Bad concept – on exercise, gym, yogasana, karate, boxing, sports** | |
| **Whatever you do, you must know deep in that subject first, and then do all the above.** | |
| **For example doctors, engineers, etc first they study well and then they help publics,** | |
| **In the same way without knowing the basic secrete you donot doany exercise,** | |
| **Lot of people who are doing exercises die early in their age,** | |
| **Only by doing exercise your health will not improve,** | |
| **Exercise is not at all good for health,** | |
| **There is a basic secrete , life secrete , you know first.** | |
| **So many expert seniors, doing exercise facing lot of problems, and they are dying early,** | |
| **The concept of doing exercise for the sack of health is wrong,** | |
| **Exercise is not the health secrete.** | |
|  | |
| **Bad political leaders – bad political parties – bad followers** | |
| **Some political leader tie banners all over roads, streets, public areas, before their programme, after completing their programme they will not remove banners and cutouts,** | |
| **This type of peoples are hate by publics, they are not good leaders for common peoples,** | |
| **They are not maintaining neatness, decipline, with publics,** | |
| **After their programme, their cutouts & banners thorn by air, mud, they are falling in drain, footpath, on roads, etc.** | |
| **This is not decipline, if any body says this in front of them,they behave harshly,** | |
| **Public always like neatness, discipline,in all activities.** | |
| **Good people will not do any advers effect on environment around publics.** | |
| **Your mind before function is not same after function,** | |
| **Your mind before winning is not same after winning,** | |
| **This is our common people ambition,** | |
|  | |
| **Why peoples are go for sucide & death** | |
| **Brain is very important organ, it controles whole body, it supplies energy to all body parts for its function.** | |
| **Semen is the electric current in our body,it is food for brain.** | |
| **If you lost semen in your body,your brain lost its energy,** | |
| **Your brain will not get sufficient energy, and it will not work properly,** | |
| **Brain will function abnormally,** | |
| **Due to insufficient energy in brain, it not able to function your body parts properly,** | |
| **Automaticall it gives signal to suicide ideas, your brain always think that go for death dueto insufficient energy,** | |
| **Lot of people who done sucide for death are only due to too much loss of semen,** | |
| **You observe sucide death persons, their eyes gone inside, means sunken eyes, sunken cheeks,bones in thebody exposing every where,** | |
| **Sunken eyes, sunken cheeks, bones visible , these are the symbols of too much loss of semen.** | |
| **Sucide cases are occur only due to loss of semen,** | |
| **We done research 25 years regarding this.** | |
| **So save semen, save your life** | |
|  | |
| **S-formula is god; s-formula is base of all dharmas. It is the base for all shasta’s. It is the force that surviving the whole world.** | |
| **It is the secrete of health. It is the real spiritual power.** | |
| **It is the real mental power.** | |
| **It is the real body power.** | |
| **It is the real internal power.** | |
| **It is the real body resistance.** | |
| **It is the real secrete of beauty & handsome.** | |
| **It is the real secrete of the people sexually powerful. It controls angry.** | |
| **It controls the people become mad.it controls the people become the criminals. It controls the corruption.** | |
| **It is the secrete of poor and rich.** | |
| **It is courage, it is memory.** | |
| **It creates good human beings.** | |
|  | |
| **Presently most of the people suffering from acidity, gastric problem.** | |
| **The person who is suffering from this disease is useless to world because he himself not good.** | |
| **How he will do good things to others.** | |
| **You know why this disease will attack, how it will attack,** | |
| **This is because you are not following s-formula.** | |
| **If you use s-formula you will be 100% free from acidity and gastric problems.** | |
| **If you adopt s-formula in your life,** | |
| **Lifelong you will not get this disease.** | |
| **S-formula is a universal formula, everybody know it. It is not a medicine; it is a type of meditation.** | |
| **Acidity & gastric will kill all the interest,** | |
| **Happiness,** | |
| **Weak the mind,** | |
| **Decrease the body resistance, etc.** | |
| **If anybody wants to cure this disease permanently,** | |
| **Use s-formula.** | |
|  | |
| **Use s-formula, improve your body resistance, and free from all diseases.** | |
| **S-formula increases height and weight** | |
|  | |
| **Poor will become rich if he use s-formula, and rich will become poor if he not use s-formula** | |
|  | |
| **The person already suffering from major disease like sugar, bp, acidity, etc. Should follow s-formula along with medical treatment, after some days, it will cure permanently. After some days you need not to continue medicine.** | |
|  | |
| **If you do walk without s-formula, no use.** | |
|  | |
| **If a boy follows s-formula, if he ready to marry, first girl, however she may be, he like that girl, and he will marry that girl. In the same way** | |
|  | |
| **Loss of memory power is due to loss of your body energy. Improve your body energy by using s-formula** | |
|  | |
| **Being a sports men your body should be very strong, energetic, charming and healthy. If you are not strong and healthy you will not win in the match. If you donot know how to strengthen your body very strong, you use s-formula. It gives more strength to your body. You will win in all the matches.** | |
|  | |
| **S-formula gives you energy, strength, resisting power, good stamina to your body..** | |
|  | |
| **S-project ----what is god, what is dharma, what is shastra,what is the force that surviving the whole world, what is the secrete of health, what is spiritual power, what is mental power, what is body power, what is internal power, what is body resistance, what is the secrete of beauty & handsome, why the peoples are sexually powerful, why angry comes, why the people become mad, why is the criminals , why is the corruption ,what is the secrete of poor and rich, what is courage, what is memory, what is human beings.** | |
|  | |
| **If nobody use s-formula, all human beings will end soon.** | |
| **S-formula is the secrete of youth.** | |
| **Person lives more than 100 years happily with good health. Person lives like 16 year boy at the age 100 years. It gives more strength, more interest to do any type of work. Do not allow weakness to enter in our body. Pimples will not come on face. Increases sexual power. The nerves of all the sex organs will be very strong. Use s-formula.** | |
|  | |
| **Whole body is glowing. Kill all diseases & weakness in the body. Rose colour to the skin. Kills the angry. Control growth of the body. Hairs will not turn into white colour. Never get eye sight problem. All joints and nerves become strong the back bone will become very strong. He will get good health. Eyes, chins, will become shining & very attractive. Use s-formula.** | |
|  | |
| **\*the growth of human being is reducing day by day.so india is also reducing day by day.we have to stop this.s-formula will increase the both citizen and country growth in all respect.so use my s-formula for the development of india.s-formula is a knowledge based training.this is invented by s.r.swamy(9632559162), and introducing today to the world.indians must take this knowledge based training for their development and country development.thank you** | |
|  | |
| **\*if the indians use s-formula will get the following benefits. No corruption no criminals no poverty no diseases rich in money. Rich in health. Rich in wealth strong and brave physically fit mentally strong. People having good in nature. Sound mind and sound body. To develop skill mind is very important. 9632559162** | |
|  | |
| **Development of india** | |
| **Develop strong mind and strong body by using s-fomula. S-formula gives you more strength,good health,super memory,courage. To develop any skills in your life you must need s-formula as it gives all the necessary requirement to your body. Every skill is based on s-formula. Skill without s-formula is useless. This formula invented by me and it took 30years hard work. But i donot know how to share with you regards s r swamy 9632559162** | |
| **\*my dream india free from corruption, free from criminals, rich in health and wealth. So i prepared one project to develop india for next generation. The project is yes-project. If we start this project today it takes minimum 100 years to implement. This project needs crores people to involve. This project mainly three steps. 1) giving seminar to the public. 2) giving training to public. 3) implmentation. I took 30 years to prepare this yes-project. Our indian peoples are responsible to use this.** | |
| **Brain is directly related with sex organs. Store semen in your body. Semen improves and develop the brain. Loss of semen causes loss of brain energy and people will become mad. The secreate of brain energy is only storing of semen in the body. Semen develops new nerves in the brain. Lot of mad people examined and proved that only due to loss of semen they become mad. Semen increases memory power, and keeps brain healthy. For more information read s-formula in yes-project, written by s.r.swamy.** | |
| **Presently no body knows the secrete of youth power. Youth means charming, attractive, brave,handsome,intelligent,honest, good health, good nature. But youths do not know how to get it. I will suggest all youths who wants the above benefits knowledge follow s-formula, read s-theory, involve in yes-project. All youths must follow s-formula. For more details contact s.r.samy(9632559162). S.r.swamy is a civil engineer, he studied 30 years about youth power secrete. He prepared s-project about this.** | |
| **Namaste indians skill development depends on your physical fitness and mental fitness.increase your fitness by using s-formula.fitness comes only by using s-formula in this world.for more details contact s.r.swamy(9632559163)** | |
| **Namaste indian many people have their own imagination about youth power.first try to understand what is youth power.how to get it.every person must be having power of 16 year old throughout life,up to 100 years is included in youth power.if you want to know how to get youth power throughout your life use s-formula. For more details contact s.r.swamy(9632559162)** | |
| **Namaste ji if mind is clean, everything is clean.for cleaning mind use s-fomula. S-formula is a type of meditation. It will give more power to mind. Good things do only if mind is power full.to clean india first clean your mind. Only s-formula has the power to clean the mind. For more details contact s.r.swamy(9632559162). Thank you** | |
| **My dear indians today i am presenting s-formula to the world. It is a type of meditation. It will give whatever you want.it will cure all type of diseases.if you use this you will become physically&mentally power full. You will become good asset to india. S-formula is founded by s.r.swamy. He took 30 years to make this formula. For more details contact s.r.swamy(9632559162). Please arrange for public seminar to introduce about s-formula to understand public. Thank you s.r.swamy. 9632559162** | |
| **Dear brothers&sisters i will give you permanent solution to cure gastric &acidity problems. Use s-formula will cure gastric&acidity problems permanently. S-formula is not a medicine, it is a type of meditation.for more details cotact founder of s-formula s.r.swamy(9632559162). Thank you s.r.swamy 9632559162** | |
| **Dear sir i will give you permanent solution for diabitic sugar problem.use s-formula, it will cure diabetis permanently. S-formula is not a medicine but it is a type of meditation. Take training for this with s.r.swamy(9632559162).diabetis is killing our india,you kill the diabetis for better india.use s-formula to strong the india. Thank you.** | |
| **Dear modi gastric,acidity,sugar problem and bp problem to our citizens is killing the development of india. I will give you permanent solution to cure these diseases that is s-formula. Use of d-formula cure all diseases permanent. S-formula is a type of meditation. I will give training how to use s-formula. I invented this since from 30 years. Give me a chance to develop india strongest in the world. Expecting your help,waiting. Thank you sir s.r.swamy. 9632559162** | |
| **Dear all , s-formula is a knowledge based training, s-formula is not a medicine, it is not available in medical shops, you do not want to pay money for this, it is type of meditation, but it is very hard to do.through proper training you will do it. The whole world is standing on s-formula. It is the foundation for world.** | |
| **Dear all, you must know this secrete, the only one thing which cures gastric & acidity problem permanent, is s-formula. Use s-formula and free from gastric & acidity. If not it is your fate.** | |
| **S-formula is the secrete of youth power. It increases the youth power. Development of india is depending upon youth power only. Requesting all the youths, follow s-formula, get more strength, more courage, more power, which improves our india.** | |
| **Dear all, (1) s-formula cures sugar problems permanently,those who suffering from sugar problems. (2) those who are not having sugar problem, they will never get in future sugar problem. It is my promise.** | |
| **Dear all, s-formula is the only one thing which will make india free from poverty. Free from corruption,free from criminals,free from diseases.** | |
| **Dear sir, there is only one thing in this world,which improves india, which develops india, that is s-formula---------------------------------------** | |
| **Dear all, what ever the disease may be, if you want to cure permanently,the only one thing in this world which cures all the diseases,i named that thing as s-formula. For more details contact s.r.swamy.** | |
| **Dear all, the only one thing in this world which gives whatever you want, i named that thing is s-formula.for more details contact s.r.swamy** | |
| **Consider looking into the following topics as well: knowing god or the oversoul (depending on whether you believe or want to explore the highest being as personal or impersonal, etc), relationship building, emotional balance or emotional resilience, discussion groups, discipline, sensitivity, methods of thinking or investigation, being thankful, leadership, wisdom, social skills, servitude or service, courage, love (various types), personal charisma, purity, hard work, energy, doing things the smart way, self-sacrifice, even good old-fashion karate kick-like power, etc.** | |
| **\*dear all** | |
| **Presently most of the people suffering from acidity, gastric problem. The person who is suffering from this disease is useless to world because he himself not good. How he will do good things to others. You know why this disease will attack, how it will attack, this is because you are not following s-formula. If you use s-formula you will be 100% free from acidity and gastric problems. If you adopt s-formula in your life lifelong you will not get this disease. S-formula is a universal formula, everybody know it. It is not a medicine; it is a type of meditation. If you want i will help you how to follow s-formula.** | |
| **Acidity & gastric will kill all the interest, happiness, weak the mind, decrease the body resistance, etc. If anybody wants to cure this disease permanently, use s-formula.** | |
| **\*dear all** | |
| **First you understand how virus will attack to human body. If the body resistance is less then only it will attack, if you have more body resistance no virus will attack. By increasing the internal body resistance you will not get any type of disease. No medicine will act to cure if you have no resistance.** | |
| **I done research 30 years and found one formula to increase the body resistance that is called** | |
| **S-formula. So use s-formula, improve your body resistance, and free from all diseases.** | |
| **\*dear all** | |
| **If you study history of 4000 years, you will come to know that the height of the people reduced from 80 feet to 3 feet. Man became dwarf in every century. Person will not come to know this difference because he lives only 100 years. Nobody recognise this, one day people become one inch or less.** | |
| **So we have to stop this. Every body should follow s-formula. S-formula increases height of a man. Again we will go to height of 80 feet or more. Choice is yours.** | |
| **A man will walk on water if he not used s-formula.** | |
| **A man will lift mountain if he use s-formula.** | |
| **\*dear all** | |
| **People who suffering from diseases always expect sudden cure & sudden relief. But if you addict for medicine you will get sudden relief, but it again repeats after some period.** | |
| **But there are some methods which increases body resistance and it will not allow any diseases, but it is slow process and permanent cure. As it takes more time to cure, nobody will like this method.** | |
| **S-formula is one of the methods, technology, which increases our body resistance, but it is slow process and permanent solution to all diseases.** | |
| **The person already suffering from major disease like sugar, bp, acidity, etc. Should follow s-formula along with medical treatment, after some days, it will cure permanently. After some days you need not to continue medicine.** | |
| **The person who do not have any diseases, if he continues his life with s-formula, he will never get any diseases in his life throughout.** | |
| **\*dear all** | |
| **There are lot of people in this world do not know what to do for good health. All are having little bit of knowledge about health, but they are not masters in that.** | |
| **But as a master i am suggesting you, what to do for good health. Use s-formula for good health. S-formula is base for all.** | |
| **If you do walk without s-formula, no use.** | |
| **If you do any exercise without s-formula, no use.** | |
| **If you study without s-formula, no use.** | |
| **If you do job without s-formula, no use.** | |
| **If you enjoy your life without s-formula, no use.** | |
| **All happiness is based on s-formula only.** | |
| **So for everything in your life use s-formula, your life will be bright in future.** | |
| **\*dear all** | |
| **By long research i am realised that why the boy or girl reject for marriage. A boy see 100 girls but he not like even a single girl to marry, why. A girl will see 100 boys but she not likes even a single boy to marry, why.** | |
| **If a boy follows s-formula, if he ready to marry, first girl, however she may be, he like that girl, and he will marry that girl. In the same way** | |
| **If a girl follows s-formula,if she ready to marry,first boy, however he may be, she likes that boy, and she will marry that boy.** | |
| **This is the power of s-formula.** | |
| **\*dear all students** | |
| **Loss of memory power is due to loss of your body energy. Improve your body energy by using s-formula. But you do not know what s-formula is. It is not possible to give you training through this mail, but i can say little bit introduction about it.** | |
| **Brain is directly related with sex organs. Store semen in your body. Semen improves and develop the brain. Loss of semen causes loss of brain energy and people will become mad. The secrete of brain energy is only storing of semen in the body. Semen develops new nerves in the brain. Lot of mad people examined and proved that only due to loss of semen they become mad. Semen increases memory power, and keeps brain healthy. For more information read s-formula in yes-project, written by s.r.swamy.** | |
| **\*dear sports men** | |
| **Being a sports men your body should be very strong, energetic, charming and healthy. If you are not strong and healthy you will not win in the match. If you donot know how to strengthen your body very strong, you use s-formula. It gives more strength to your body. You will win in all the matches.** | |
| **S-formula gives you energy, strength, resisting power, good stamina to your body. S-formula is not a medicine, it is easily available everywhere. You need not to pay money for this s-formula. It is a type of meditation. For more details contact me.** | |
| **\*dear friends** | |
| **You know one thing that the whole world is like as it is today. All animals and other living beings as it is today. Up to millions of years. But humans are not all live no longer say up to 5000 years. It is true. According to my investigation, peoples are growing dwarf day by day, one day he will become one inch, all insects and birds will eat and the entire human beings will die. No one is available after 5000 years from today. This is how human life ends.** | |
| **But it is possible to stop this situation, you know how, if you grow height day by day, after 5000 years you will become more than 100 feet height and live more than 500years. Nobody believes this, but if you believe this, this is possible 100% by using yes-formula.** | |
| **I prepared yes-formula for this; i took 30 years to prepare this formula. I want more people, crores together to implement this. From one person it is not possible. So join me.we will implement yes-formula in this world.** | |
| **\*my dear sisters** | |
| **If your husband is having lot of bad habits, don’t worry, adopt yes-formula immediately, he automatically become good person.** | |
| **Yes-formula increases body energy. It gives more health. You need not to pay any money for this. It is freely available in nature.** | |
| **I will explain you how to implement. Don’t worry.** | |
| **\*dear all** | |
| **S-formula is the technology that develops internal body resistance. S-formulaisgod; s-formula is base of all dharmas. Itis the base for allshasta’s. It is the force that surviving the whole world. It is the secrete of health. It is the real spiritual power. It isthe real mental power. It is the real body power.it is the real internal power. It is the real body resistance. It is the real secrete of beauty & handsome.it is the real secrete of the people sexually powerful. It controls angry.it controls the people become mad.it controls the people become the criminals. It controls the corruption. Itis the secrete of poor and rich. It is courage, it is memory. It creates good human beings.** | |
| **Use s-formula.** | |
| **\*dear all** | |
| **The growth of human being is reducing day by day. We have to stop this. It is a type of meditation. It will give whatever you want. It will cure all type of diseases. If you use this you will become physically mentally power full. You will become good asset to india. Therefore use s-formula. S-formula is knowledge based training (meditation).** | |
| **\*dear all** | |
| **If mind is clean, everything is clean. For cleaning mind use s-formula. S-formula is a type of meditation. It will give more power to mind. Good things do only if mind is power full. To clean india first cleans your mind. Only s-formula has the power to clean the mind.** | |
| **\*dear all** | |
| **Many people have their own imagination about youth power. First try to understand what is youth power. How to get it. Every person must be having power of 16 year old throughout life, up to 100 years is included in youth power. If you want to know how to get youth power throughout your life use s-formula.** | |
| **\*dear all** | |
| **Skill development depends on your physical fitness and mental fitness. Increase your fitness by using s-formula. Fitness comes only by using s-formula in this world.** | |
| **\*dear all** | |
| **Presently nobody knows the secrete of youth power. Youth means charming, attractive, brave, handsome, intelligent, honest, good health, good nature. But youths do not know how to get it. I will suggest all youths who wants the above benefits knowledge. Follow s-formula, read s-theory, involve in yes-project. All youths must follow s-formula.** | |
| **\*dear all** | |
| **Person lives more than 100 years happily with good health. Person lives like 16 year boy at the age 100 years. It gives more strength, more interest to do any type of work. Do not allow weakness to enter in our body. Pimples will not come on face. Increases sexual power. The nerves of all the sex organs will be very strong. Use s-formula.** | |
| **\*dear all** | |
| **Whole body is glowing. Kill all diseases & weakness in the body. Rose colour to the skin. Kills the angry. Control growth of the body. Hairs will not turn into white colour. Never get eye sight problem. All joints and nerves become strong the back bone will become very strong. He will get good health. Eyes, chins, will become shining & very attractive. Use s-formula.** | |
| **\*dear all** | |
| **The face will become shining and attractive. Increases physical power, mental power in all persons. Highly courageous and brave. Highly intelligent. He will get whatever he wants. It increases self-confidence. Highest form of energy for the befit of society. “all waste of body strength, whether voluntary or involuntary, is a direct waste of the life force. Therefore increase body strength. Use s-formula.** | |
| **\*dear all** | |
| **Strength of body, vigour of mind and keenness of intellect.power and energy for nourishing, improving and perfecting your body and brain .virility in men.the essence of life, thought, intelligence and consciousness. Use vital energy very, very carefully effeminate, weak and physically debilitated and prone to sexual irritation and disordered function, a wretched nervous system, epilepsy, and various other diseases and death. No corruption, no criminals, no poverty, no diseases, rich in money, rich in health. Rich in wealth strong and brave physically fit mentally strong. People having good in nature. Peoples will become sound mind and sound body. To develop skill, mind is very important. Use s-formula.** | |
|  | |
|  | |
| **\*dear all** | |
| **All human beings will walk on water if they not use s-formula. All human beings will lift the mountain if they use s-formula. The vital energy, the s-formula [strength; power; energy; courage] that supports your life. S-formula, which shines in your sparkling eyes, which beams in your shining cheeks, is a great treasure for you. S-formula gives colour and vitality to the human body and its different organs. If not use s-formula, it brings death; if you use s-formula gives life. S-formula is the real vitality in men. Use s-formula.** | |
| **\*dear all** | |
| **Develop strong mind and strong body by using s-formula. S-formula gives you more strength, good health, super memory, courage. To develop any skills in your life you must need s-formula as it gives the entire necessary energy required to your body. Every skill is based on s-formula. Skill without s-formula is useless. This formula invented by 30years hard work. Use s- formula.** | |
| **         dear all** | |
| **         s-formula is a god,** | |
| **         s-formula is base of all dharmas,** | |
| **         it is the base for al shasta’s,** | |
| **         it is the force that surviving the whole world,** | |
| **         it is the secrete of health,** | |
| **         it is the real spiritual power,** | |
| **         it is the real mental power,** | |
| **         it is the real body power,** | |
| **         it is the real internal power,** | |
| **         it is the real body resistance,** | |
| **         it is the real secrete of beauty & handsome,** | |
| **         it is the real secrete of the people sexually powerful,** | |
| **         it controls angry,** | |
| **         it controls the people become mad,** | |
| **         it controls the people become the criminals,** | |
| **         it controls the corruption,** | |
| **         it is the secrete of poor and rich,** | |
| **         it is courage, it is memory,** | |
| **         it creates good human beings.** | |
| **\*we done research on god about 25 years,** | |
| **It is found that what is god means, and we found god,** | |
| **So, we like to inform you that all religions, all communities, indirectly says save semen, store semen, in your body.** | |
| **Semen is very important material in our body, it contains more than 200 chemicals, proteins, vitamins, etc. It develops our body,** | |
| **In free time our five organs(eye,ear,nose,toung,skin) try to put semen out of body,** | |
| **So that free time you spend in the name of god, to save semen,** | |
| **\*dear** | |
| **Father and mother of children** | |
| **It is impossible to teach your child about s-formula,** | |
| **So you send your child(son and daughter) to s-formula home.** | |
| **We are opening shortly the s-formula home everywhere all over the world.** | |
| **We will teach your children, young, middle age, old, depending on age,we will teach s-formula.** | |
| **If you educate your children about s-formula, their life become beautiful.** | |
| **Dear all** | |
| **S-formula home will start shortly in your area.** | |
| **\*we done research on god about 25 years, we found god.** | |
|  | |
| **It is very easy to see god,it is not difficult to see god,** | |
|  | |
| **We can show you god,** | |
| **But the stories regarding god is not happens, no maya, no magic,** | |
|  | |
| **God is a science and technology to keep your brain healthy.** | |
|  | |
| **The story of god is made for bring peace in the world.** | |
|  | |
| **Concept of god is only store semen in your body.** | |
|  | |
| **Whatever you do related to god is allfor save semen,** | |
|  | |
| **Semen is very precious for us.** | |
| **Poor people-innocent people** | |
| **Lot of people do not know what is god,what is life, what is health,** | |
| **Why we do pooja, why we do studies, why we do exercise,** | |
| **Why people poor , why people rich, what is sex, why we want sex,** | |
| **What is friends, what is relations, what is happy, and so on etc......** | |
| **But s-formula say answer for all these question.** | |
| **If you know s-formula, you never face any problems in your life.** | |
| **By, s-formula team.** | |
| **--------------------------------------** | |
| **Without knowing the basic secrete of any activity,** | |
| **Do not involve in that activities,** | |
| **S-formula says the secrete of all activities.** | |
| **------------------------------------------------** | |
| **You do not know this** | |
| **What is yoga and yogasana?** | |
| **Yoga means: - the way of life, how to live happy life,** | |
| **Yogasana means: - it is a physical exercise,** | |
| **There are so many yogas are there** | |
| **But yogasana is one** | |
| **There is no relationship between yoga and yogasana** | |
| **Yoga is made for one concept** | |
| **Yogasana is made for one concept** | |
| **First you try to understand this, otherwise** | |
| **S-formula explains you.** | |
| **Welcome to the new world** | |
| **S-formula** | |
| **Use s-formula in your life for bright future.** | |
| **S-formula is the secrete of life** | |
| **S-formula is the way of life** | |
| **S-formula is for new generation** | |
| **S-formula says the power of semen.** | |
| **Make your life beautiful by following s-formula.** | |
| **S-formula is not a medicine, it is a type of meditation.** | |
|  | |
| **S-formula save world – creat new world.** | |
| **We done research on all human beings and we observed the following things** | |
| **We saw height of human beings between 1970 – 1980 – aged above 25 years – 6 feet height.** | |
| **We saw height of human beings between 1980 – 1990– aged above 25 years – 5 feet height.** | |
| **We saw height of human beings between 1990– 2000 – aged above 25 years – 4 feet height.** | |
| **We saw height of human beings between 2000 – 2010 – aged above 25 years – 3 feet height.** | |
| **This is because of not using s-formula.** | |
| **If people not follow s-formula , after next two thousand years people become one inch height.** | |
| **All animals, birds, insects will eat all humans.** | |
| **To avoid this please start implement s-formula throughout world,** | |
| **If we start using s-formula , after five thousand years the height of human beings will be more than 80 feet.** | |
| **This is for wel educateds only, ordinary people not understand.** | |
| **No human beings on earth on 5000 ad.** | |
| **Four thousand years back the height of man is 80 feet.** | |
| **Today the height of man is 3 feet(mixed 2 feet, 1 feet,)** | |
| **This is because of not following s-formula.** | |
| **If we not start following s-formula from today,** | |
| **After one thousand years height of man become one inch.** | |
| **Man will fly in air; man will walk on water,** | |
| **All birds and insects wil eat and at 5000 ad** | |
| **No human beings on earth.** | |
| **Lift mountain or walk on water** | |
| **If we use s-formula from today, after four thousand years , height of man will become 80 feet.** | |
| **He will lift the mountain,** | |
| **If we not use s-formula from today, after twothousand years , man height become one inch,** | |
| **He will walk on water.** | |
| **Do something for future generation.** | |
| **People will not come to know the growth of human reducing day by day,** | |
| **Why because mix of all height from 5 feet to 2 feet, people will not think this change,** | |
| **Only person who study thousand years history will understand this,** | |
| **Nobody lives more than 100 years to tell the difference,** | |
| **We done research on this, so we are telling this truth & secrete.** | |
| **Please implement s-formula as early as possible** | |
| **This problem avoids.** | |
| **Request for governament** | |
| **Please avoid all the activities which cause semen loss in our body.** | |
| **Lot of teens, youths, are spoiling by doing loss of semen,** | |
| **Childrens are spoiling due to sourrounding activities which implements loss of semen mentality,** | |
| **Please save our citizens, our peoples, do not sit quite,** | |
| **It is not possible from common man** | |
| **Government only avoid this at the root level.** | |
| **Kindly requesting the government please implement ,support , the activities which save semen.** | |
| **This request is on behalf of publics,** | |
| **S-formula – the way of meditation** | |
| **Father & mother will not teach s-formula to their children,** | |
| **School teachers will not teach s-formula to their children,** | |
| **Friends will not teach s-formula,** | |
| **Then who will teach s-formula to common peoples,** | |
| **S-formula is the basic knowledge, it is the secrete of life,** | |
| **So s-formula team prepared a project to teach all ages without effecting the present environment,** | |
| **S-formula has three steps (1) publicity, (2) training, (3) implementation** | |
| **S-formula is not a medicine; s-formula is a meditation.** | |
| **1)    value of semen** | |
| **2)    power of semen** | |
| **3)    benifits of semen** | |
| **4)    effects of semen** | |
| **5)    evidence of semen value** | |
| **Here are ten alleged health benefits of seminal plasma:** | |
| **1. Natural anti-depressant.** | |
| **2. Natural anxiety reducer.** | |
| **3. Improves quality of sleep.** | |
| **4. Increases energy.** | |
| **5. Improves concentration.** | |
| **6. Improves memory.** | |
| **7. Improves mental alertness.** | |
| [**8. Assists with pregnancy maintenance.**](http://www.yourtango.com/pregnancy) | |
| **9. Increases female-initiated sexual behavior.** | |
| **10. Reduces pain.** | |
| **From thousand years lot of persons tried to say about save semen, store semen, do not waste semen,** | |
|  | |
| **Lot of books available, regarding this value of semen.** | |
|  | |
| **But they are all in books, they are all in writing,** | |
|  | |
| **S-formula is not a new one, it is a continuation of old procedure, but** | |
|  | |
| **Till today no one is ready to come on stage and telling common people about the value of semen** | |
|  | |
| **S-formula team is ready to come on stage and telling common people about the value of semen,** | |
|  | |
| **S-formula name is given to talk people easily in group, in public, on stage.** | |
|  | |
| **It is not possible to say directly to people save semen, but easily we can talk follow s-formula.** | |
| **Common people indirectly support s-formula for implementation** | |
|  | |
| **But not ready to support directly for this implementation** | |
|  | |
| **This is because no courage, no confidence, do not know this subject more in their mind.** | |
|  | |
| **Only educated people required for this implementation,** | |
|  | |
| **Our culture, our parents, our education is not ready to use word semen thinking that it is a bad work** | |
|  | |
| **People agitate to speak about sex organs in public places, if this situation continues our future generation will be in lot of trouble,** | |
|  | |
| **Who is thinking about future generation those only support s-formula implementation** | |
|  | |
| **So we know that if we start implementation of s-formula it takes minimum 500 years to implement,** | |
|  | |
| **So we are trying from today, we will continue upto 500 years to implement s-formula everywhere** | |
|  | |
| **We are very much worried about future generation, we sacrifysing our life for future generation,** | |
|  | |
| **If s-formula is good for future generation you support us, there is no force in this,** | |
|  | |
| **If you are not interested you do not worry about this matter.** | |
|  | |
| **===========================================** | |
|  | |
|  | |
|  | |
|  | |
| **Value of semen** | |
| **There are more than 200 chemicals in our body.** | |
| **These chemicals balance our body, develops our body.** | |
| **These chemicals will go out through semen if you waste semen.** | |
| **When these chemicals go out , you fall ill** | |
| **Doctor will give you respective chemicals** | |
| **Why are you wasting semen and why are you wasting these chemicals, and why you take artificial chemicals,** | |
| **Semen means chemical contents in your body. Semen is full of chemicals.** | |
| **Save semen, save your life.** | |
|  | |
| **In olden days there was a rule female should not be much educated, no higher studies. Why because the following reason.** | |
| **Male should work outside the home** | |
| **Female should work inside the home.** | |
| **Female work is fully physical energy work, very hard work for body, very less mind work.** | |
| **Any body more educateds will not like to work by using physical energy.** | |
| **Any body less educateds will work more hard work by using physical energy.** | |
| **Uneducated will always like to work more hard physically.** | |
| **So for females who work inside home, physically strain work, they should not be more educated.** | |
| **Educated females will not do hard work physically.** | |
|  | |
| **"nobody can give you wiser advice than yourself."** | |
|  | |
| **"for sleep, riches and health to be truly enjoyed, they must be interrupted."** | |
|  | |
| **Always sleeping means , you are nearer to death,** | |
|  | |
| **Due to loss of semen, your internal power reduces, your organs not a ability to do work properly, so that you will get sleep.** | |
|  | |
| **If you loss more semen, you will sleep more,** | |
|  | |
| **If you sleep more, you are very near to die.** | |
|  | |
| **Rest means what** | |
|  | |
| **Due to more loss of semen, your brain, heart, digestive system, nerves system become very weak,** | |
|  | |
| **You will become lazy and useless, so you willing to take rest.** | |
|  | |
| **Rest means you are very weak.** | |
|  | |
| **How to wake up early in the morning** | |
|  | |
| **The secrete how to wake up is,** | |
|  | |
| **If your body is full of semen, it will not allow you sleep more, you are having more power in your body, you are very active, semen gives more power to yours body organs, it will not allow you sleep above four o clock, it is a natural power, (observe birds and animals around you).** | |
|  | |
| **If you waste semen, you loose your body power, it is impossible to wake up early in the morning,your body parts having no power, you are unable to work according to your mind speed, you think in your mind, but not in body action, if you waste more semen, your body will not work according to your brain instruction,** | |
|  | |
| **If you store more semen – less sleep, more work.** | |
|  | |
| **If you waste more semen, - more sleep, less work.** | |
|  | |
| **S-formula – each one teach one** | |
| **The value of diet (slim).** | |
| **The method diet to become slim is 100% wrong method.** | |
| **You are forcefully going towards death,** | |
| **Slim is not healthy formula, you will become nervous, your organs not get sufficient energy to work.** | |
| **To burn fat diet is not at all solution, 100% wrong,** | |
| **Semen is the only material which burns the fat in our body,** | |
| **The indication of fat content in your body is loss of semen,** | |
| **Semen converts food into blood,** | |
| **Semen converts blood into flesh,** | |
| **Semen converts flesh into fat,** | |
| **Semen converts fat into bone,** | |
| **Semen converts bone into bone marrow,** | |
| **Semen keeps your brain healthy,** | |
| **Semen keeps your heart healthy,** | |
| **Semen keeps your liver, kidney healthy,** | |
| **Totally semen keeps all the organs in your body healthy.** | |
| **Save semen, live happy life,** | |
| **Make your life beautiful by following s-formula(save semen).** | |
|  | |
| **Benifits of s-formula.** | |
| **         drying, loosening, weakening, and falling of hair, can be prevented by s-formula.s-formula cures all diseases.** | |
| **         mild or severe headache, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         pale face with anaemia, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         acne or eruptions on the face, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         •dark circles around the eyes, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         sunken eyes , can be prevented by s-formula. S-formula cures all diseases.** | |
| **         short-sightedness, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         pain in shoulders, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         palpitation of the heart, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         dyspnea - difficulty in breathing, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         back pain, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         stomach pain, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         gradual degradation of kidneys, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         wet dreams or nocturnal emissions,can be prevented by s-formula. S-formula cures all diseases.** | |
| **** | |
| **         -incontinence, can be prevented by s-formula. S-formula cures all diseases.** | |
| **         discharge of semen with urine,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         premature ejaculation (only 5-10 minutes instead of the normal 35-40 minutes), can be prevented by s-formula. S-formula cures all diseases.** | |
| **         enlargement of the testicles,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         pain in the testicles,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         involuntary urination in sleep,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         pain in thighs,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         pain in knees,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         pain in ankles,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         foot pain,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         palpitation of legs,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         physical, mental, and moral debility,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         early exhaustion,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         physical and mental lethargy - lack of energy,can be prevented by s-formula. S-formula cures all diseases.** | |
|  | |
| **         sudden anger,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         sudden irritation,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         drowsiness,can be prevented by s-formula. S-formula cures all diseases.** | |
| **         laziness,can be prevented by s-formula.** | |
| **S-formula cures all diseases.** | |
| **         gloominess,can be prevented by s-formula.** | |
| **S-formula cures all diseases.** | |
| **         loss of memory,can be prevented by s-formula.** | |
| **S-formula cures all diseases.** | |
| **         lack of thinking power,can be prevented by s-formula.** | |
| **S-formula cures all diseases.\*\*\*** | |
| **         bad dreams,can be prevented by s-formula.** | |
| **S-formula cures all diseases.** | |
| **         restlessness of mind,can be prevented by s-formula.** | |
| **S-formula cures all diseases.** | |
| **         sudden fear,can be prevented by s-formula.** | |
| **S-formula cures all diseases.** | |
| **         lack of masculinity,can be prevented by s-formula.** | |
| **S-formula cures all diseases.** | |
| **         effiminate or womanish behaviour,can be prevented by s-formula.** | |
| **S-formula cures all diseases.\*\*\*** | |
|  | |
| **S-formula is base of all dharmas,** | |
|  | |
| **It is the base for al shasta’s,** | |
|  | |
| **It is the force that surviving the whole world,** | |
|  | |
| **It is the secrete of health,** | |
|  | |
| **It is the real spiritual power,** | |
|  | |
| **It is the real mental power,** | |
|  | |
| **It is the real body power,** | |
|  | |
| **It is the real internal power,** | |
|  | |
| **It is the real body resistance,** | |
|  | |
| **It is the real secrete of beauty & handsome,** | |
|  | |
| **It is the real secrete of the people sexually powerful,** | |
|  | |
| **It controls angry,** | |
|  | |
| **It controls the people become mad,** | |
|  | |
| **It controls the people become the criminals,** | |
|  | |
| **It controls the corruption,** | |
|  | |
| **It is the secrete of poor and rich,** | |
|  | |
| **It is courage, it is memory,** | |
|  | |
| **It creates good human beings.** | |
|  | |
|  | **Religion** | |
|  |  | |
| **1** | **When male born , upto 16 years , he will not see semen, he do not know what is semen.** | |
|  |  | |
| **2** | **When female born , she will not see semen upto 13 years, she will not know what is semen.** | |
|  |  | |
| **3** | **It is highly impossible to teach the value of semen from their parents, teacher etc.** | |
|  | **So when they reaches matured age, they will forcefully sent to gugukula to know the value of semen.** | |
|  |  | |
| **4** | **To controle loss of semen , it is required to give preparatory training to unmatured humans upto 13/16 years.** | |
|  |  | |
| **5** | **If you not teach them the value of semen, the entire stored semen from16/13 years will completely they will through out of body, and they will suffer lot of diseases , and they die early, or at any time.** | |
|  |  | |
| **6** | **We already discussed the loss and benifits of semen in last chapter.** | |
|  |  | |
| **7** | **So we made some intresting stories to unmatured childrens to save semen.** | |
|  | **Indirectly they are made to follow save semen, made lot of stories.** | |
|  |  | |
| **8** | **The stories are made according to the questions which arise in childrens.** | |
|  | **Childrens ask always , what is this, why is this, where is this,which is this, who is this.** | |
| **9** | **But when they reach maturity stage (maturity means first time semen comes)** | |
|  | **They should know these are all made to save semen, and we have to tell them to store semen.the value of semen.** | |
|  |  | |
| **10** | **Rule** | |
|  | **The male should store semen 25 years in his life.** | |
|  | **The female also store semen upto 25 years in her life.** | |
|  |  | |
|  | **There are so many sampradayas to store semen.follow them.** | |
|  |  | |
|  | **Legally sex activities are included in sampradayas, shasthras. Follow them.** | |
|  |  | |

|  |
| --- |
|  |
| **God** |
|  |
| **God is the concept made to store the semen.** |
|  |
| **Different parts of the peoples at different parts of the country made different type of stories to convince childrens , to save from loss of semen,** |
|  |
| **No body seen the past 5000 years stories, 10000 years stories, nobody knows the civilisation of people at that time.** |
|  |
| **Man made imaginery stories which helps the people to keep their mind and body healthy.** |
|  |
| **Present is imaginery god,** |
| **You will never find this imaginery god untill earth remains,(until 1000.............n number) years.** |
|  |
| **This imaginery god is made for health purpose only , they are good health tips.** |
| **Imaginery god have 1000 of shapes,** |
| **Real god have only one shape** |
| **All imaginery gods are born from one real god.** |
|  |
| **All the religions what says is only about health, power of mind, power of body,etc.** |
|  |
| **A man is basically cruel, to reduce his voilence they made some stories, concepts,etc.** |
| **Stories are very easy to understand, it is the best method.** |
|  |
|  |
|  |
|  |
| **Body** |
|  |
| **If you store semen in your body , it will not allow you to sit even single minute.** |
| **When body get strain , it automatically take rest, when hungry it automatically take food, when thursty it will automatically drink sufficient water.** |
|  |
| **If you store semen in your body, upto 100 years you will not get any diseases , you are always 16 years of age.** |
|  |
| **If you do more loss of semen, to get semen back, some physical exercises introduced based on rules, secretes.** |
|  |
| **Exercises produces semen, more & more, but if you want to store semen , then only you do exercise, otherwise do not do it.** |
|  |
| **If you do physical exercise , and you not stored semen, you will die any time.** |
|  |
| **If you do exercise , your sex organs will become strong, keep always your sex organs strong, do not waste semen.** |
|  |
| **Mind** |
|  |
| **If you store semen in your body , it will not allow you to sit even single minute.** |
| **When body get strain , it automatically take rest, when hungry it automatically take food, when thursty it will automatically drink sufficient water.** |
|  |
| **If you store semen in your body, upto 100 years you will not get any diseases , you are always 16 years of age.** |
|  |
| **If you do more loss of semen, to get semen back, some mental exercises( meditation) introduced based on rules, secretes.** |
|  |
| **Mental exercises( meditation) produces semen, more & more, but if you want to store semen , then only you do mental exercises( meditation), otherwise do not do it.** |
|  |
| **If you do mental exercises( meditation) , and you not stored semen, you will die any time.** |
|  |
| **If you do mental exercises( meditation), your sex organs will become strong, keep always your sex organs strong, do not waste semen.** |
|  |
| **S-formula** |
| **The duty of five organs(eye,ear,nose,toung,skin) is always bringing semen outside the body.** |
| **The duty of six enemies((kama,kroda,moha,loba,mada,mathsara) is always kill the body,** |
| **Manasu means loss of semen,(name of charector)** |
| **Atma means save semen, ,(name of charector)** |
| **Loss of semen born six enemies.** |
| **Save semen, keep your five organs clean & neat.** |
|  |
|  |
| **S-formula** |
|  |
|  |
| **The duty of our five organs(eye,ear,nose,toung,skin) is only loss of semen,** |
| **The five organs always try to waste, lose the semen in your body,** |
| **By doing loss of semen, six(6) enemies (kama,kroda,moha,loba,mada,mathsara)will born in our body,** |
| **These six enemies duty is to kill our body,** |
| **So to save semen, keep yours five organs clean, if five organs clean, automatically six enemies will die.** |
| **If there are no enemies your life become beautiful** |

I done 33 years research on god and health

I am sharing my knowledge to help common people all over the world

Keeping in mind, welfare of people of all over the world, i made research.

I sacrficed my life for this

Please follow my instructions and live happy life.

It is very difficult to save semen, store semen but forcefully we have to control wasting of semen

The duty of five organs eye, ear, nose, tong & skin is only take semen out of body

Kama, krodha, moha, lobha, mada, matsara all are born from loss of semen if you store semen all in control arishedvarga is mental disease

Food will be converted into semen semen will be converted into energy if you waste semen you lose your energy no semen - no energy

Whatever food you eat it will go out if you waste more semen

The person who waste semen he will become mad mentally upset means - one who lost more semen

Mad peoples are produced from loss of semen in their body brain destroy from loss of semen mad means wasting lot of semen daily

Bad charecter generates from loss of semen bad peoples born from loss of semen in their body

The person one who waste semen is equal to devil to controle them 100 persons full of semen is required do not support semen loss activity

Once you waste semen it is the food of 74 days just think the value of semen

Daily 400 grams of food 74 days become 32000 grams from 32 kg of food you get 20 gram semen. Semen is pure blood it is our body energy

Food - chyle chyle - blood blood - flesh flesh - fat fat - bone bone - bonemarrow bonemarrow - semen each activity take 5 days

Semen is formed from the distillation of blood semen is pure blood blood changes its form seven times filtered seven times become semen

Blood is filtered seven times in your body and converted into semen semen is pure blood

If you waste more semen your sex organs become waste and useless you will become mad day by day

As you store semen in your body your sex organs will become very strong keep always your sex organs strong more semen - more sex power

We do physical exercise only to store semen in our body if you not do physical exercise semen will go out

If you store more semen in your body you will work hard you never sleep more your body is having full spirit and activeness

If you waste more semen you sleep more your body is not able to work due to loss of semen energy body wil not follow mind signals

You will wake up naturally at 4 o clock if you store the semen in your body if you waste semen, you never wake up early

Waste person means wasting lot of semen

Everybody like my message inside heart but no one express in mouth it is also indication of loss of semen

If you waste semen more and more your body growth will be abnormal

Semen burns fat in your body and convert fat into body energy fat increases in your body if you waste semen more fat - more loss of semen

Semen keeps your blood healthy and pure if you waste semen your blood will spoil you may die at any time

Semen keeps your body and mind in perfect condition if you waste semen in your body your body and mind become waste save semen-save body

If your child is not studying well, weak in education you think that your child wasting lot of semen go and check and stop them

If you want to save semen in your body then only you do physical exercise do not do exercise by wasting semen

If you do gym your sex organ become strong, if you waste semen, your body become weak, you will die soon save semen if you do gym

The duty of semen is it will always keep your body beauty / handsome no semen - no beauty no semen - no handsome semen keeps your body

If your child is thin, bones visible it is understood that they are wasting lot of semen daily no muscle - no semen in your body.

If your child is not having muscular body you think that your child is involved in wasting of semen please take care

If your child eyes gone inside, chin gone inside you understand that your child wasting more semen protect them guide them to save semen

Your sex organs will become very weak if you waste more semen semen is white, lubricant,viscous material coming through sex organs

If you reject marriage proposal it is understood that you are wasting lot of semen daily loss of semen cause loss of interest on sex

If you waste more semen in your body you never get interest for marriage forcefully you will marry save semen semen is power of the body

Dear girl if you waste semen before marriage your child born will be abnormal, not healthy please donot waste semen save semen - save child

Your beauty is hidden in your semen content in your body. Do not waste white, viscus fluid, coming through vegina. Save semen in your body

Dear girls do not spoil your beauty by wasting semen in your body white, viscous, liquid coming from vegina is semen do not waste semen

Do not touch any girl of any age if you touch them they will spoil do not spoil girls girls are very innocents and they believe you good

Do not touch any girl of any age if you touch them they will spoil do not spoil girls girls are very innocents and they believe you good

Do not spoil children by doing in front of them the activities which cause loss of semen say to child indirectly save semen save childrens

No body knows what is yoga except me in this world since from 10000 years anybody want to know please contact [srswamy1968@gmail.com](mailto:srswamy1968@gmail.com)

Scientist not done research on yoga because they do not know what is yoga nobody knows except me what is yoga in this world i am the only 1

Scientist done research on yogasana but they not found any good result what people belives scientists dissoppoited

To get more energy in your body do yoga not yogasana you will not get energy by doing yogasana

Highly energetic persons can only do physical exercise do not do for getting energy it is wrong concept

If you having full energy in your body then only do meditation if energy is less, do not do meditation for meditation you need more energy

If you having full energy in your body then only do pranayama if energy is less, do not do pranayama to do pranayama you need more energy

Do not do yogasana in yoga day do yoga in yoga day because yoga is world famous day do properly yoga on that day yoga is not yogasana

Some body mixed yoga in yogasana or yogasana in yoga it is too danger learn properly by knowing what is yoga and yogasana do not mix them

Yoga says about health only yogasana is not says about health some persons confusing people do yogasana for good health no one is healthy

Some body says yogasana as yoga and yoga as yogsana but thinking some benifits they will not get it do properly yoga and yogsana

To do yogasana - yoga is required to do yoga - yogasana not required

You will not get any energy by doing yogasana you will get more energy by doing yoga the benifits of yoga and yogasana are different

The person who is not having energy, less energy can only do yoga

The person full of energy can only do yogasana

The person full of energy can only do yogasana

Do not mix yoga in yogasana or do not mix yogasana in yoga

Yogasana is not yoga both are different

Yoga is not yogasana both are different

We cure cancer, heart diseases, diabitis, blood pressure, mentally upset, kidney failure , lunghs failure, ent failure,etc without medicine

We cure all diseases by giving yoga training without medicines we give jnanayoga, karmayoga, bhakthi yoga, dyana yoga, hatha yoga yoga cures

Are you suffering from serious disease you want to cure that disease we cure it without medicine contact us [srswamy1968@gmail.com](mailto:srswamy1968@gmail.com)

Any body is in danger zone very near to die contact us we cure your disease without medicines

We cure all diseases without giving medicines and without doing exercises for more details contact srswamy1968@gmail.com by yoga guruji

Cure all diseases without doing any type of exercise by using s-formula s-formula cures all diseases and prevents all diseases.

Cure all diseases without using medicines by using s-formula s-formula cures all diseases and prevents all diseases.

You lost your health if you lost semen in your body health comes from semen no semen - no health

You lost your memory if you lost semen in your body memory comes from semen no semen - no memory

You lost your beauty if you lost semen in your body beauty comes from semen no semen - no beauty

You lost your courage if you lost semen in your body courage comes from semen no semen - no courage

Lazzyness comes from loss of semen loss of semen causes inactive body

If a girl have fat in body it is understood that she is wasting too much semen semen burn fat save semen loss of semen increases fat

If girl boob is shaking you think that she is wasting lot of semen if boobs not shaking, she is full of semen while walking

From birth to death saving of semen is called life

Girl is useless if she waste more semen boy is useles if he waste semen life means save semen

Good people never like semen loss

Worst people like semen loss

Semen is like electric current in our body to work all the organs of body properly.

Semen makes your body cool in hot area and hot in cool area. If you not feel this then you are wasting semen you have no semen power

That the conservation of this element is essential to strength of body, vigour of mind and keenness of intellect

All waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of the life force.

Semen is a mysterious secretion that is able to create a living body

Out of food is formed chyle. Out comes blood.out of flesh come fat.out of fat come hone. Out of bone comes marrow,out of marrow comes seems.

Seminal fluid is considered an elixir of life in the physical and mystical sense its preservation guarantees health,and supernatural powers

Seminal fluid is considered an elixir of life in the physical and mystical sense. Its preservation guarantees health,and supernatural powers

However much semen you are able to retain, you will receive greater wisdom, improves action, higher spirituality and increased knowledge.

One ejaculation of semen will lead to wastage of a wealth of energy.

Semen is considered a precious material formed by the distillation of blood.

Semen is a viscous liquid

The process that results in the discharge of semen is called ejaculation

Semen, also known as seminal fluid, is an organic fluid

Fructose sugar water ascorbic acid (a.k.a., vitamin c) citric acid enzymes protein phosphate and bicarbonate buffers (bases) zinc in semen

The strength of the body, the light of the eyes, and the entire life of the man is slowly being lost by too much loss of the vital fluid.”

Look younger, think clearer, live longer if you save semen

Semen is having morethan 200 chemicals, protiens, vitamins, etc.

All god you are worshiping is a man once upon a time but he saved semen, stored semen, so that you are worshiping him

Do you want peace and happiness in your life save semen, store semen, protect semen in your body.

If you want to become good citizen you save semen

The real social service is save semen

To become rich in health you save semen you store semen health is wealth

Whatever happy is getting in doing semen loss you will get 100 times more happy by storing semen in your body it is an experience you feel

If you kill semen semen will kill you

If you save semen semen will save you

Good people - save more semen bad people - waste more semen semen is highly valuable material in our body.

Good peoples like relatives and hate friends and visa versa

Mad people do more friends mad people like friends and hate relatives and visa versa

Guru - meaning the person one who teach the value of semen is called guru guru always says that do not waste semen , save semen.

You call guru for only one person one who teach for storing semen, save semen.

Your shashtra always says indirectly do not waste semen save semen you follow what they says it is good for you

Your sampradaya always says indirectly do not waste semen save semen you follow what they says it is good for you

Your temple and dharma always says indirectly do not waste semen save semen you follow what they says it is good for you

Your father and mother always says indirectly do not waste semen save semen you follow what they says it is good for you

If any body not tell anything to you if you are doing semen loss you do not think that you are doing is correct. You are a fool

If any body is not telling anything to you if you are drinking alcohol you do not think that you are doing is correct. You are a fool

If any body not tell anything to you if you are smoking you do not think that you are doing is correct. You are a fool

If any body not tell anything to you if you are going with girl you do not think that you are doing is correct. You are a fool

Semen maintains your brain and body if you loss semen,you loss your brain and body you will become mad you are rejected person in society

Whether you are rich or poor if you do semen loss you will suffer from lot of diseases your life become hell, tragedy.

Do not entertain semen loss activities any where any time your family, your childrens will spoil society also spoil entire world spoil

The person who behave like child,abnormal activities you think that he is wasting lot of semen daily do not see their faces, kick them out

If anybody failed in exam it is 100% sure that they are wasting more semen semen loss is memory loss

If old man behave like a child you think that he/she, loosing, wasting lot of semen

If anybody is mentally effected you think that they are wasting too much semen in their body

Loss of semen causes mental problems storage of semen cures mental problems save semen

Lot of mad peoples are in society make them good by storing semen tell them to save semen semen cures mental problems

If you store more and more semen in your body your vegina become very strong and powerfull

If you store more and more semen in your body your penis become very strong and powerfull

If you waste more semen your vegina become weak, loose, useless your life waste

If you waste more semen your penis become weak and useless no strength, no value

Your penis is useless if you waste more semen in your body keep always your penis strong and power full store and save more semen

Your vegina is useless if you waste more semen in your body keep always yor vegina strong and powerfull

Do not make them rich the person who sold loss of semen products do not sacrifice your life for this you keep away from them

Do not sacrifice your life to do rich for the person who do bussiness of bad habbits related products. You kick them

\*.do not support any activities which cause loss of semen in television, cinema, drama or any other it spoil society and your children s.

Do not support any activities which cause loss of semmen in television, cinema, drama or any other it spoil society, your children s.

If anybody support you to do loss of semen it is understood that he is dead enemy for you you go away from them they are very danger

The person who waste semen more , he earn money illegally the person who save semen he earn money legally semen is money

Semen develops blood, flesh, fat bone, if you waste semen development stops do not do foolish by wasting semen do not act smart

Semen converts fat into body energy if you have no semen , you have no energy, but more fat content in your body more diseases you suffer

Loss of semen increases fat content in your body if you are fat, it is understood that you are wasting more and more semen

The person male or female who waste semen is called fool they give lot of trouble to others useless and waste persons in society

The person who store semen in body he is called gentle men he is very good person he is very attractive and charming

India only says that save semen - store semen - donot waste semen semen maintain our body, develops our body, from birth to death

Dear girls do not expose your body in public lot of youth people will waste more semen it will effect their family one day your family

Girls, womens, all age peoples are involved today in

Wasting of lot of semen please requesting them do not waste semen in your body

The person who do not know the value of semen he is called foolish, useless, person

More girls are mastrubating today who will stop them who will tell them the value of semen society will spoil any body supporting me

If your child is suffering from any diseases it is understood that they are wasting lot of semen

If your child is not studying well it is understood that , your child is wasting lot of semen

If your child is not healthy it is understood that he is wasting lot of semen you tell them to store semen immediately

If your child is not attractive and shining it is understood that he is wasting lot of semen unnecessarily tel them to save semen immediate

Mad peoples only do friendship the person expect something from you is called friend. If not they go away.

Friend is a slow poison you will be slowly killed by him that you do not know it is happened by him do not do friends, do not die slowly

Mad peoples fall in love with girl mad comes from loss of semen mad peoples give lot of trouble to others, semen cure mad save semen

\*.if any body is mentally effected & nervous it is only due to too much loss of semen it can be cured by storing semen only semen cures

If any body is mentally effected & nervous it is only due to too much loss of semen it can be cured by storing semen only semen cures

.if anybody suffering from fever it is clearly understood that you are wasting too much loss of semen semen level is very low in body

If anybody suffering from fever it is clearly understood that you are wasting too much loss of semen semen level is very low in body

How fever comes fever comes due to loss of semen only if you store semen you never get fever in your life fever means very near to death

If you waste more semen, your body will not act according to your brain signal(thinking) you will not do whatever you says semen is power

Secrete if you store more semen in your body you automatically wake up at 4 o clock, if you waste semen, you never wake up at 4 o clock,

All diseases comes only by wasting of semen all diseases cured by storing of semen there is no other way do not eat medicines for this

Dear girl if your eyes goes inside , if your chin goes inside , if you are lean body no muscle, it is understood that you are wasting semen

You are the rejected person in the society if you do smoking, tobaco chiwing , alcohol drinking, enjoying with girl unknowingly suffer lot

Do marriage always with relatives do not go for outsiders relatives are best in our life.

Friends - enemies - danger relatives - well wishers - good do not make friends - it is danger make relatives closer to you & love them

The one who teach to store semen , to save semen he is called guru - you call him only guru. You do not call others, one who not teach.

If your sex organ is 180 degress - full of semen if it is 90 degress - 50 percent - useless if it is 45 degree - 25 percent - no semen

If your sex organ is 180 degress - full of semen if it is 90 degress - 50 percent - useless if it is 45 degree - 25 percent - no semen

My dear girls your tip of your boobs must see sky if not you lost more semen in your body beware of this everybody will understand

Semen is food for brain if you lose semen you lose your brain save semen - save your brain

Government do not have knowledge of value of semen so that they are supporting for loss of semen and crime increased in the society

Government is responsible for the increase of crime in the society government is not controlling bad activities which causes semen loss

\*\*government closed eyes they are not able to control & prohibit the activities which cause loss of semen government have no dum, guts,

Mad people born in society due to loss of semen. Stop those activities which cause loss of semen and avoid mad people vice versa

Due to too much loss of semen your sex organs become weak & useless the power of sex organs depending upon semen storage in your body only

Child, youths, middle age, &, old age people all are must involve in storage of semen through out your life. This gives real happiness.

If you are of any age if you waste semen you will become mad you may die at any time.

If you do more semen loss before marriage you never like marriage proposal and vice versa

If your wife semen is more strong than your semen thenonly you will get female baby and vice versa

If your semen is more strong than your wife then only you get male baby and vice versa.

If you loss semen more before marrage you will not get child

You do not do smoking, drinking alcohol while your wife is prgnent it will effect your child growth child is abnormal due to bad habbits

If you and your wife involve in semen loss during pregnent your child born will be handicap so that do not touch your wife in prgnent

If your wife is pregnent and you do not controle semen your child become abnormal save semen - save your child do not disturb you wife.

If your wife is pregnent stay away from her store and preserve semen in your body control sex thinking this is for your better child

Nobody knows except me in this world what is health as i done 33 years research on health and i found the secrete of health.

Doctor will not study about health doctor studies only diseases treatment do not ask doctor for health tips they also get diseases,

Some doctors says that loss of semen is bad for health they are very good doctors we need this type of doctors in our society.

Some doctors says that loss of semen is good for health this is wrong statement patients will increases by doing loss of semen .

Doctor give suitable good medicines for disease but they will not give suitable advice for health because they studied only diseases curing

Health - doctor (oposite word) disease - doctor (attractive word) doctor will not teach about health but they give treatment for disease.

.\*.guru means - it refers to only one person one who teach the value of semen one who teach to save semen not others - other than this

Guru means - it refers to only one person one who teach the value of semen one who teach to save semen not others - other than this

\*you born from semen you survive from semen you die from semen semen is real power in your body do not waste semen - save semen ..

You born from semen you survive from semen you die from semen semen is real power in your body do not waste semen - save semen

For all age people do not waste semen semen is for body maintenance and development of your body only.

Do all the activities in your daily life by storing semen in your body your life is full of happy and health and wealth do not waste semen

Dear sports men store semen in your body and practice definitely you will win the game semen is the secrete power in your body/

Dear students store semen in your body and read, you will become rank student.

Dear sports man the secrete how to win the game is by storing semen in your body , if you do practice , then only you win the game sports.

Dear mother do you want your childrens become more strong & healthy tell them to store more semen in body they will become good citizens

Dear gents you want your wife like you more then tell them to store semen in the body they love you more & more

Dear ladies you want your husband like you more then tell them to store semen in the body they love you more & more

Message for govt- i done 33 years research on god & found god. 25 years research on health & found the secrete of health. Successfull

Naturally more semen will loss in female naturally less semen will loss in male so that males are very strong females are very weak.

Development of brain stops due to waste of semen loss of memory power is due to loss of semen save semen - save your life.

If you waste semen your body growth stops your life become waste

If you waste semen your body growth stops your life become waste

Gastric and acidity can be cured permanently by storing semen in your body gastric comes due to loss of semen only. Semen cures all diseases

Problems caused by loss of semen can be rectified by doing storing of semen, there is no other way diseases comes only by the loss of semen

Fall of hairs in your head is due to too much loss of semen. Everybody knows that you are wasting lot of semen becarefull - save semen.

If you are pregnent do not do sex , do not think sex if you neglect this - it will effect your child keep away from husband...

If you waste semen your eye and chins go inside beware of this do not waste semen face is the index of mind.

Indirectly your childrens will spoil if you entertain the activities which spoil semen save your childrens - avoid these activities

More semen - more good people less semen - less good people do not waste semen - do not spoil society.

Youth power is in governament hand youths are spoiling by wasting semen please avoid this - save our country , save youth power.

Request for governament avoid all the activities which are responsible for semen loss , make in india.

More youths are spoiling by wasting of semen do not waste semen semen is the youth power youth power is in elders hand , senior people.

\*\*who will preserve our indian culture in future you are right person save semen , store semen , preserve semen in your body

Who will preserve our indian culture in future you are right person save semen , store semen , preserve semen in your body -indian culture

Dear parents please teach your childrens the value of semen male@16 and female [@13](https://twitter.com/13) , must know this. If not their life is in hell

Indian culture is only store semen in our body. If you are purely indian - you must follow indian culture. Neglect foreign culture ,please

Purush pradana desha india is made for the safety of female. If you break this - your life will break do not follow wrong way

All females work inside home all males work outside the home it is the secrete of happy life if you neglect this - you are in hell

Dear girls tight dress, body expose is against indian law youths spoil - they are the future citizens save semen - save country

Increase your sex power by storing semen more semen more sex power less semen less sex power save semen - save your life

I sacrifised my life 33 years for the research on god and health but the peoples are not respecting my words s-formula is 100 true god.

Do not afraid to speak about semen semen is god semen is health semen is very precious material in our body. Each one - teach one

Love means no semen loss sex means semen loss use these words properly in the society. Some body miss using these words harmfull to life

Alcohol,tobacco, spit of saliva, sweat, more urine, more latrine , bad food, these are all killers of semen, sperm & ovum. Save semen

Weak sperm - weak baby strong sperm - strong baby it is in your hand choice is yours

If female is ten years younger than male - they never get female baby, they only get male baby

Sperm weak and ovum strong - you get female baby sperm strong & ovum weak - you will get male baby choice is yours

Male is more powerfull outside and female is more powerfull inside home. So both are powerfull but female is safe under male protection

Today you are girl tomorrow you are mother do not spoil childrens by exposing your body it will effect your childrens save semen my sister

Keep always your sex organs more power full, it is the secrete of health power full sex organs come from storing semen in your body

The power of your child is depending upon the power of your semen. Old semen is powerfull do not waste more semen save semen and save child

S-formula says alcohol kills semen in your body loss of semen is loss of health and wealth do not do foolish save semen save your life

Due to continuous loss of semen your brain will become weak, dry, dull,abnormal, so do not waste the semen, save semen.

Due to continuous loss of semen your brain will become weak, dry, dull,abnormal, so do not waste the semen, save semen.

\* if you loss semen you eat more food, if you save semen you eat less food, so solve india's food problem

Burn fat naturally by storing semen. Semen burns fat in our body. Store semen, save semen

All types of disease comes only by loss of semen, save semen

Semen remove fat in the body, loss of semen increases fat

Semen increases body height,semen develops bones,so save semen

Concept of worship is only to save semen concept of temple is only to save semen sampradaya, dharma, made only to save semen

Concept of worship is only to save semen concept of temple is only to save semen sampradaya, dharma, made only to save semen

I done research on god and found god

Sharing of my knowledge

For welfare of people

God means - semen dharma means - the way of saving semen, protect semen, store semen, preserve semen. If you do not know this you suffer

All the people of world wasting semen more daily no body knows the value of semen all are suffering from lot of problems and diseases

Do not think sex always it will spoil your life it will burn your future do sex legally by doing marriage for one male only one female

No body says in this world i have no semen every body must agree the semen presence then semen is the only one god for all in this world

Eat when ever you hungry drink water when ever you thirsty there is no time and rule for this if you eat more and you waste semen more

If you eat whatever you want the semen will goes out when semen goes out you behave like a animal loss of semen makes you animal

You are not seeing attractive because you are wasting semen you will be very attractive if you store semen semen gives attraction to you

It is impossible to wake up at 4 o clock if you waste more semen your body will not follow your mind instructions, signals semen is power

If you want to wake up at 4 0 clock you just start storing semen in your body automatically you wake up semen makes you wake up at 4 o cl

Rest means you are very near to death it means the level of semen in your body is very low your body not works as per mind signals

Rest means what your body is not responding to your mind signals it is due to too much loss of semen in your body you get sleep

Your body should obey the signals of your mind if not you are wasting semen too much you always need rest or sleep

1. Your body should obey the signals of your mind if not you are wasting semen too much you always need rest or sleepe
2. The person always think to waste semen if he do not know the value of semen knowingly or unknowingly waste of semen - is the waste of lifey
3. More semen in body - eat less less semen in body - eat more save semen - save food please solve india s foodproblem**etweets0**
4. The person one who waste lot of semen will eat more the person one who store semen will eat less
5. Once you waste semen it is the food of 74 days please save india from food problem save semen - save food[**s r swamy** ‏@srswamy1968](https://twitter.com/srswamy1968) [2h2 hours ago](https://twitter.com/srswamy1968/status/707458582724349954)

\*if you eat 32ooograms food you will get 20 grams of semen daily 400grams-in 74 days become 32000gram3 one ejaculation 20 grams go out

All your body organs work by the influence of semen only semen is current for them no semen - no current - no organs all require semen

The duty of semen is to work all organs of body properly if you loose semen all organs work disorderly you will become mad

To the youth do not do any activities infront of child which cause loss of semen children will spoil save semen - save child

To the youth do not mastrubate do not waste semen do not involve in the activities which cause loss of semen store semen in your body

To the youth you call the person one who teach you to store the semen as a guru do not call others

To the youth if you want guru all the persons who teach you to store semen in your body they are all guru for you

Reply

To the youth no body told this to you in your life i am the first person to you then you treat me as your guru follow my instructions

Reply

To the youth father and mother always telling you indirectly save semen, store semen, protect semen you must follow their instruction only

Reply

To the youth if you are going with a girl if no body says nothing you do not think that all are supporting all rejects you in heart

Reply

To the youth you do not think that all are supporting to me if i do whatever i want no body helps you if you think like that

Reply

To the youth follow sampradaya it is made to store semen in your body if you not follow you will waste lot of semen no semen - no life

To the youth do not make rule yourself and behave like animal follow the rules of society do not give trouble to others by wasting semen

Retweet

To youth do not do what ever you want do what people want do always the activities which store the semen you will become good citizen

Reply

To youths your sex organs become weak if you waste semen in your body store more semen sex organs become strong full of semen is youth

Reply

To youths semen is the youth power store semen in your body your body becomes steel body nerves becomes steel sex organs become steel

Reply

To youths no body will stop you if you waste semen no body help you if you are in danger loss of semen is danger for you do not waste

Reply

To youths please do not waste semen in your body this age is your body development age if you waste your growth stops you suffer lot

Reply

Lot of people destroying today by seeing tv and film they wasting lot of semen who will stop this

Do not entertain sex feeling in tv programme it is the social work

Reply

What is social work advise the people to save semen is the real social work if you store semen it is the social work

Reply

To the military department please advice the people to save semen, store semen, protect semen, preserve semen to become national devoties

Reply

To the education department please advice the people to save semen, store semen, protect semen, preserve semen to make good citizens

\*lazyness comes from loss of semen in your body lazyness goes from storing semen in your body do not worry be happy

Brain effect comes from loss of semen in your body brain effect goes from storing semen in your body do not worry be happy

Mad comes from loss of semen in your body mad goes from storing semen in your body do not worry be happy

Heart attack comes from loss of semen in your body heart attack goes from storing semen in your body do not worry be happy

Kidney problem comes from loss of semen in your body kidney problem goes from storing semen in your body do not worry be happy

Paralysis comes from loss of semen in your body paralysis goes from storing semen in your body do not worry be happy

Diabitic comes from loss of semen in your body diabitic goes from storing semen in your body do not worry be happy

Sugar problem comes from loss of semen in your body sugar problem goes from storing semen in your body do not worry be happy

B p comes from loss of semen in your body b p goes from storing semen in your body do not worry be happy

Acidity comes from loss of semen in your body acidity goes from storing semen in your body do not worry be happy

Gastric comes from loss of semen in your body gastric goes from storing semen in your body do not worry be happy

Fever comes from loss of semen in your body fever goes from storing semen in your body do not worry be happy

Angry comes from loss of semen in your body angry goes from storing semen in your body do not worry be happy

The duty of your skin is only take out all the semen from your body and send outside the body do not touch any body, anything.

The duty of your toung is only take out all the semen from your body and send outside the body

The duty of your nose is only take out all the semen from your body and send outside the body please control nose first and save semen

The duty of your ear is only take out all the semen from your body and send outside the body please control ears first and save semen

The duty of your eye is only take out all the semen from your body and send outside the body please control eyes first.

\* any physical exercise and worship of any god these two helps to control sex helps to save semen there is no other way to avoid sex

Physical exercise and worship of pooje these two helps to control sex helps to save semen there is no other way to avoid sex

Worship of god is mental exercise worship helps you to control sex thinking worship helps you to save semen

Physical exercise helps you to control of sex when body get strain sex thinking stops

There is only one method to save semen that is avoid sex thinking to avoid this , you do 1) worship of god or 2) physical exercise

Making of cinema is to earn only what people like they will show if you like to save semen that type of cinemas only come like is life

You live 100 yearss it is your duty to store semen 100 years in your body waste of semen is the waste of life

What is your mind when you are in pregnent same type of child born think always good child born is also good do not think sex

When you are pregnent semen in your body is very important no sex thinking what you think it is feeded in your child brain think good

\*\*when you are pregnent your semen is developing the body of your baby you do not waste semen at this time go away from husband no sex

When you are pregnent your semen is developing the body od your baby you do not waste semen at this time go away from husband no sex

\*if you save semen you will become good citizen if you waste semen you will become bad citizen

Please try to understand this semen loss is injurious to health please do not waste semen if you waste you spoil yourself please save semen

S-formula means save semen in your body implement s-formula all over world all are live happy life

Semen is highly valuable

Semen is the real god

Semen is the health

Semen is the courage

Semen is the strength

Semen is the energy

Semen increases memory power

Semen makes sex organs more strong

All your body development is done by semen

All your body organ works by semen

Keep more semen in your body always this is the secrete of happy life

Semen is the secrete kept by old people written lot of stories to say indirectly you are not understanding

Slim is a bad word the person who is wasting lot of semen they become slim by doing diet you will not become slim slim means near to death

By wasting semen you became slim you do not guide other to become slim fools only says that slim is good for health

If you think that i am fool to tell save semen if you think that semen loss is good for health you are really fool in this world

Dum is required to say save semen no semen - no dum

What is love no loss of semen is called love loss of semen is called sex lot of people miss using theses words

What is love no loss of semen is called love loss of semen is called sex lot of people miss using theses words

You love her untill semen goes out you hate her after semen goes out so that old type marriage made lot of steps

More semen - more love less semen - less love utilize this tips in your life

Your husband not likes you do not worry you tell him to store semen he love more to you semen increases love

If youare suffering from any type of disease it is understood that you are wasting more semen in your body everybody knows this secrete

If you go many times urine it is under stood that you are wasting more semen

If you waste more semen your chin & chick goes inside everybody knows this secrete be care full do not waste semen it is danger

If you waste more semen your eye goes inside everybody knows this secrete be care full do not waste semen it is danger

If you eat tonns of food by wasting semen everything goes out why are you wasting money and food

If you kill the semen semen will kills you if you save the semen semen will save you it is in your hand

Lot of youths wasting semen the child born to them will be like animals life long they see their child and suffer

You ask your father why you wasted semen before marriage why you give birth to me if you are physically abnormal

Old semen - strong baby new semen - weak baby choice is yours

Your life, your strength, is fully depend upon the strength of your father and mother semen quality of semen - quality of child

If you borned abnormal it is understood that your father wasted more semen before marriage so that you are like this

If your height is not equal to your grand father then it is understood that your father wasted more semen before marriage

Cure all diseases without using medicine semen is a organic material semen is a chemical substance semen cure all disease semen is god

Cure all diseases without using medicine save semen, semen cure all diseases semen contain more than 200 chemicals in your body

Cure all diseases by saving semen in your body semen cures all diseases semen is a natural resistance of our body

Some people believed that semen is a very worst word any body say semen he is the bad person so that their family not grow always in hell

When your age increases your body weight will also increases if you save semen old - strong young - no strong this is real life

If you save semen you are looking 16 years boy at the age of 100 years when age increases, you body weight must increase old is gold\*

If you want your chilld healthy and charming like a tiger then you save semen power of semen is the power of child no semen - no child

The people who waste semen they like hell the people who save more semen they like heaven loss of semen - goes to hell save semen – heaven

What happens if i lost semen your life is full of sorrow entire your family fall in hell you think that hell is real life

If any body says to you save semen you will get laugh and feel joke but you do not know your life become joke

\*peoples are worshiping heroes who is responsible for more loss of semen more semen goes you like more heroes then how is your chrector

Peoples are worshiping heroes who is responsible for more loss of semen more semen goes you like more heroes then how is your chrector

Your life is depending upon the speed of blood the speed of blood decreases due to semen loss pressure goes out through semen

What happens if we lost semen you live your life 100 years in hell

If you do not know that semen loss is injurious to health then you will spoil the society, all people, and yourself

You do not expect good citizens if you are giving more support to semen loss activities in the society all citizen will spoil

You do not expect good child, healthy child if you are wasting lot of semen before marriage

You do not expect boy child if you are wasting lot of semen before marriage

Male semen is weak - girl born male semen strong - boy born

If you got female child it is understood that you made lot of semen loss before marriage

Your child strength is depending up on your strength be always strength save semen

Your child is as per your habits

Your thinking, your habits reflects in your child

The shape of your child is depend upon shape of your thinking

Your child is your thinking

When you are in pregnent what ever you think it will be feeded to your child same type of child born do good always, you get good child

When your wife is pregnent both of you controle sex both of you save semen you will get health, bright child.

Marriage is for legal sex do sex when you need child not always you do sex with your wife once in 25 years or 50 years or once in 75 years

Do not do sex with your wife more both of you become weak, lot of diseases will attack controle in sex once in a month or year good to you

There are more than 100 symptomps appering on your body if you waste semen in dark place do not act as a monkey every body know you

All are wasting semen in dark , unknown place, and acting as god people face is the index of mind if your eys goes inside then you are sure

One teenage girl, she waste semen average one litre in one month she do not know the loss of semen is injurious to health who save her

One teenage boy, he waste semen average one litre in one month he do not know the loss of semen is injurious to health who will save them

One teenage boy, he waste semen average one litre in one month he do not know the loss of semen is injurious to health who will save them

Lot of boys wasting semen how to stop them they do not know loss of semen is injurious to health parents are suffering lot from this

Girls asking what happens if we waste semen who will tell her your child born abnormal your life is in hell no body save her life ends

Lot of girls wasting semen the child in stomach is depending up on the quality of storage of semen in girls body how to educate them

Girls are wasting lot of semen the children born will be abnormal, not healthy who will educate her that semen loss is injurious to health

No body on this world believing that semen loss is injurious to health who will save the country who will educate them who will save them

If all are wasting semen how can i educate all of them semen loss is injurious to health no body knows this no body believes this o god

If you are not saving semen then you are not a indian

Do yogasana to maintain semen level in your body to store&protect semen

Do yoga only to save semen

Why indians are great indians save semen more in the body indians never wastes semen india is great all over the world

Indians love to store semen always in body indians not waste semen this is the secrete of indians

If you do not have semen in your body if anybody says save semen suddenly you get more angry.

The real social work you say others save semen, store semen, protect semen everybody will give respect to you

You say others to save semen all your problem will solve you live happy life

Common people, illeterate not read this you are educated, but you will not communicate this then how to do good for people say to others

There is no other power in this univers which gaurd humans only semen gaurds you no semen - no life this kept secrete by old people

If you kill semen semen will kill you if you save semen semen will save you choice is yours it is in your hand

\*you are born from semen developing from semen but you do not know the value of semen you are playing with semen

Animals always think killing and eating if you eat animals you also always think killing and eating

Animals always think sex if you eat animals you also always think sex impossible to control semen is you eat animal

You always look like 16 years boy throughout life if you store semen you live more than 100 years

When you are at the age of 100 years you are looking as a 16 years boy if you store semen in your life it is the secrete of life

I know you neglect this but it is not for you it is for future generation only semen loss is injurious to health each one - teach one

You will not understand the value of semen you will not save semen because you do not know the value of semen it is your parent fault

Rakshasa is like thin or very fat in nature devata is handsome and beautiful in nature semen is the reason for this save semen - d loss –r

Upto 40 years you like to play with semen above 40 years you will come to know the value of semen what ever you losses - is not come back

\*if i say save semen 0- 25 years - full joke 25-50 - full thinking 50-75 - realised the value of semen 75 - 100 years - 100% agree

If i say save semen 0- 25 years - full joke 25-50 - full thinking 50-75 - realised the value of semen 75 - 100 years - 100% agree

Bad girl the girl who is responsible for loss of semen to you she is a bad girl for you

Gentle man the person who support to save semen, to store semen who advice to protect semen he is called gentle man

What is intelligent the person who saved more semen is called intelligent

What is the meaning of good the activity which save semen, store semen is called good

What is negetive thinking the thinking which cause loss of semen, is called negetive thinking

What is positive thinking the thinking which support to save semen , to store semen is called positive thinking

Dharma means the method you follow to store semen, save semen there are many number of methods are there to save semen so that more dharma

Pooja is made to store semen in your body the time you spent for this is equal to volume you stored to save semen you do pooja

Meditation is for storing , saving semen in your body the time you spend for this is the volume you saved there is no other benifits

Temple is made for saving semen, storing semen the time you spend in temple is the volume of semen you saved save semen - go to temple

Female is a tree the final product of female is production of ovum

Female is a tree the final product of male is production of ovum if you save semen it will re obsobed by your body

Male is a tree the final product of male is production of sperm if you save semen it will re obsobed by body and you will get quality sperm

You are eating all plants and animals it means semen is contain in all animals and plants so semen is god semen controls our body

You are a factory what ever you put in your mouth that will be converted into semen semen produces sperm in male and ovum in female

What ever you eat that will be converted into semen in your body quality of semen is depending upon quality of food you eat

If you eat animals you think always that animal what is thinking when it is alive if you eat plant same thinking veg and non veg effect

Semen is the real power semen is the real energy if you not know this your life is waste

If you have less semen in your body all organs and body parts not work properly

If you not having semen in your body your internal body is not clean lot of impurities present in your body

Semen is always cleaning your internal body parts and keep it very clean it remove all the impurities immediately when it enters

Science is developing only external body not for internal body save semen is the internal body science i am the first scientist for this

Diseases will not attack you if you save semen, store semen in your body

It is impossible you will not get any disease if you save semen in your body

You save semen you advice others to save semen all human beings will be happy our world will become more bright

You do not waste semen you do not advice others to waste semen if you neglect this entire human beings will destroy soon

No body will come and advice you the value of semen i am the world guru i only advising you make your life bright, your future bright

Dear girl do not mastrubate do not waste semen semen is the energy for your body and your child happy life is present in semen storage

Lot of girls wasting semen today life they are playing with semen who will teach them how to stop this she become mad she burns her life

I do not know this in my childhood after 33 years research i come to know the value of semen but i am advising future generation i am trying

You see film on screen if you get angry you will not beat them if you see drama if you get angry you will go and beat them which is good

You save semen everybody will save semen automatically all over country all save semen it is the real social work you be first person

You are wasting semen means you are not giving respect to ladies your bad imagination only kills semen all will know your mentality

The person who is physically fit he is very good charector person in society without saving semen you will not get physical fitness

The person one who is wasting semen automatically he will not respect ladies, girls, woman.

The person one who is saving semen and storing semen automatically he will give more respect to ladies, girls, woman.

Save semen - rama rajya loss of semen - ravana rajya choice is yours

The person one who save semen he automatically become national devotee national devotees are having lot of semen in their body

If you are a national devotee then only you advice the publics to store semen, to save semen, to protect semen our nation become powerfull

To the rss please advice the people to save semen, to store semen it is the real social work i am not find till today in rss please help

If you have saving semen then you advice others to save semen is the real social work

If i say save semen it is not for you the person one who suffering from loss of semen he only follow this you just support him to save

If i say the value of semen you do not angry you think that lot of innocent peoples spoiling by wasting semen you advice them to save semen

The person who is wasting more semen is always thinking that how to spoil society he is very danger person if all are like that then what

The person one who waste semen always like to die only he likes to die always trying to die he always planning how to kill others

Suicide thinking come from loss of semen loss of semen make your brain to think about sucide lot of suicide case is only due to semen loss

Villagers are very innocents they do not know the value of semen they are spoiling society their family is in danger who stop this

Please advice youths the value of semen power of youth is the power of nation advice youths to save semen, store semen, and protect semen

You sacrifice your life for future generation advice the people to save semen and the value of semen it is the real social work

You do not think about you think future generation advise the people to save semen each one - teach one all family will be happy

Save village people advice them to save semen villagers do not know semen loss is injurious to health they believe that semen loss is good

Lot of village peoples wasting semen daily more and more they do not know the value of semen all educates advice villagers to stop this

Uneducated peoples wasting semen more and more today they need advice about the value of semen they are spoiling society how to stop this

If you are wasting semen you not like to stop it your entire life burns your entire family burns you spoil society you spoil yourself

The person up to 25 years nobody stop wasting semen they feel this is good when they reach 50 years but it is useless save semen immedi

You are already wasting semen it is impossible to stop it but you think about future generation welfare you say every one save semen

Save semen – live happy life, (s-formula).

I done research on god and found god

Sharing of my knowledge

For welfare of people

God means - semen dharma means - the way of saving semen, protect semen, store semen, preserve semen. If you do not know this you suffer

All the people of world wasting semen more daily no body knows the value of semen all are suffering from lot of problems and diseases

Do not think sex always it will spoil your life it will burn your future do sex legally by doing marriage for one male only one female

No body says in this world i have no semen every body must agree the semen presence then semen is the only one god for all in this world

Eat when ever you hungry drink water when ever you thirsty there is no time and rule for this if you eat more and you waste semen more

If you eat whatever you want the semen will goes out when semen goes out you behave like a animal loss of semen makes you animal

You are not seeing attractive because you are wasting semen you will be very attractive if you store semen semen gives attraction to you

It is impossible to wake up at 4 o clock if you waste more semen your body will not follow your mind instructions, signals semen is power

If you want to wake up at 4 0 clock you just start storing semen in your body automatically you wake up semen makes you wake up at 4 o cl

Rest means you are very near to death it means the level of semen in your body is very low your body not works as per mind signals

Rest means what your body is not responding to your mind signals it is due to too much loss of semen in your body you get sleep

Your body should obey the signals of your mind if not you are wasting semen too much you always need rest or sleep

1. Your body should obey the signals of your mind if not you are wasting semen too much you always need rest or sleep
2. The person always think to waste semen if he do not know the value of semen knowingly or unknowingly waste of semen - is the waste of life
3. More semen in body - eat less less semen in body - eat more save semen - save food please solve india s foodproblem
4. The person one who waste lot of semen will eat more the person one who store semen will eat less
5. Once you waste semen it is the food of 74 days please save india from food problem save semen -

\*if you eat 32ooograms food you will get 20 grams of semen daily 400grams-in 74 days become 32000gram3 one ejaculation 20 grams go out

All your body organs work by the influence of semen only semen is current for them no semen - no current - no organs all require semen

The duty of semen is to work all organs of body properly if you lose semen all organs work disorderly you will become mad

To the youth do not do any activities in front of child which cause loss of semen children will spoil save semen - save child

To the youth do not masturbate do not waste semen do not involve in the activities which cause loss of semen store semen in your body

To the youth you call the person one who teach you to store the semen as a guru do not call others

To the youth if you want guru all the persons who teach you to store semen in your body they are all guru for you

To the youth no body told this to you in your life i am the first person to you then you treat me as your guru follow my instructions

To the youth father and mother always telling you indirectly save semen, store semen, protect semen you must follow their instruction only

To the youth if you are going with a girl if no body says nothing you do not think that all are supporting all rejects you in heart

To the youth you do not think that all are supporting to me if I do whatever i want no body helps you if you think like that

To the youth follow sampradaya it is made to store semen in your body if you not follow you will waste lot of semen no semen - no life

To the youth do not make rule yourself and behave like animal follow the rules of society do not give trouble to others by wasting semen

To youth do not do whatever you want do what people want do always the activities which store the semen you will become good citizen

To youths your sex organs become weak if you waste semen in your body store more semen sex organs become strong full of semen is youth

To youths semen is the youth power store semen in your body your body becomes steel body nerves becomes steel sex organs become steel

To youths nobody will stop you if you waste semen no body help you if you are in danger loss of semen is danger for you do not waste

To youths please does not waste semen in your body this age is your body development age if you waste your growth stops you suffer lot

Lot of people destroying today by seeing tv and film they wasting lot of semen who will stop this

Do not entertain sex feeling in TV programme it is the social work

What is social work advice the people to save semen is the real social work if you store semen it is the social work

To the military department please advice the people to save semen, store semen, protect semen, preserve semen to become national devotees

To the education department please advice the people to save semen, store semen, protect semen, preserve semen to make good citizens

I done 33 years research on god and health

I am sharing my knowledge to help common people all over the world

Keeping in mind, welfare of people of all over the world, i made research.

I sacrficed my life for this

Please follow my instructions and live happy life.

It is very difficult to save semen, store semen but forcefully we have to control wasting of semen

The duty of five organs eye, ear, nose, tong & skin is only take semen out of body

Kama, krodha, moha, lobha, mada, matsara all are born from loss of semen if you store semen all in control arishedvarga is mental disease

Food will be converted into semen semen will be converted into energy if you waste semen you loose your energy no semen - no energy

What ever food you eat it will go out if you waste more semen

The person who waste semen he will become mad mentally upset means - one who lost more semen

Mad peoples are produced from loss of semen in their body brain destroy from loss of semen mad means wasting lot of semen daily

Bad charecter generates from loss of semen bad peoples born from loss of semen in their body

The person one who waste semen is equal to devil to controle them 100 persons full of semen is required do not support semen loss activity

Once you waste semen it is the food of 74 days just think the value of semen

Daily 400 grams of food 74 days become 32000 grams from 32 kg of food you get 20 gram semen. Semen is pure blood it is our body energy

Food - chyle chyle - blood blood - flesh flesh - fat fat - bone bone - bonemarrow bonemarrow - semen each activity take 5 days

Semen is formed from the distillation of blood semen is pure blood blood changes its form seven times filtered seven times become semen

Blood is filtered seven times in your body and converted into semen semen is pure blood

If you waste more semen your sex organs become waste and useless you will become mad day by day

As you store semen in your body your sex organs will become very strong keep always your sex organs strong more semen - more sex power

We do physical exercise only to store semen in our body if you not do physical exercise semen will go out

If you store more semen in your body you will work hard you never sleep more your body is having full spirit and activeness

If you waste more semen you sleep more your body is not able to work due to loss of semen energy body wil not follow mind signals

You will wake up naturally at 4 o clock if you store the semen in your body if you waste semen, you never wake up early

Waste person means wasting lot of semen

Everybody like my message inside heart but no one express in mouth it is also indication of loss of semen

If you waste semen more and more your body growth will be abnormal

Semen burns fat in your body and convert fat into body energy fat increases in your body if you waste semen more fat - more loss of semen

Semen keeps your blood healthy and pure if you waste semen your blood will spoil you may die at any time

Semen keeps your body and mind in perfect condition if you waste semen in your body your body and mind become waste save semen-save body

If your child is not studying well, weak in education you think that your child wasting lot of semen go and check and stop them

If you want to save semen in your body then only you do physical exercise do not do exercise by wasting semen

If you do gym your sex organ become strong, if you waste semen, your body become weak, you will die soon save semen if you do gym

The duty of semen is it will always keep your body beauty / handsome no semen - no beauty no semen - no handsome semen keeps your body

If your child is thin, bones visible it is understood that they are wasting lot of semen daily no muscle - no semen in your body.

If your child is not having muscular body you think that your child is involved in wasting of semen please take care

If your child eyes gone inside, chin gone inside you understand that your child wasting more semen protect them guide them to save semen

Your sex organs will become very weak if you waste more semen semen is white, lubricant,viscous material coming through sex organs

If you reject marriage proposal it is understood that you are wasting lot of semen daily loss of semen cause loss of interest on sex

If you waste more semen in your body you never get interest for marriage forcefully you will marry save semen semen is power of the body

Dear girl if you waste semen before marriage your child born will be abnormal, not healthy please donot waste semen save semen - save child

Your beauty is hidden in your semen content in your body. Do not waste white, viscus fluid, coming through vegina. Save semen in your body

Dear girls do not spoil your beauty by wasting semen in your body white, viscous, liquid coming from vegina is semen do not waste semen

Do not touch any girl of any age if you touch them they will spoil do not spoil girls girls are very innocents and they believe you good

Do not touch any girl of any age if you touch them they will spoil do not spoil girls girls are very innocents and they believe you good

Do not spoil children by doing in front of them the activities which cause loss of semen say to child indirectly save semen save childrens

No body knows what is yoga except me in this world since from 10000 years anybody want to know please contact [srswamy1968@gmail.com](mailto:srswamy1968@gmail.com)

Scientist not done research on yoga because they do not know what is yoga nobody knows except me what is yoga in this world i am the only 1

Scientist done research on yogasana but they not found any good result what people belives scientists dissoppoited

To get more energy in your body do yoga not yogasana you will not get energy by doing yogasana

Highly energetic persons can only do physical exercise do not do for getting energy it is wrong concept

If you having full energy in your body then only do meditation if energy is less, do not do meditation for meditation you need more energy

If you having full energy in your body then only do pranayama if energy is less, do not do pranayama to do pranayama you need more energy

Do not do yogasana in yoga day do yoga in yoga day because yoga is world famous day do properly yoga on that day yoga is not yogasana

Some body mixed yoga in yogasana or yogasana in yoga it is too danger learn properly by knowing what is yoga and yogasana do not mix them

Yoga says about health only yogasana is not says about health some persons confusing people do yogasana for good health no one is healthy

Some body says yogasana as yoga and yoga as yogsana but thinking some benifits they will not get it do properly yoga and yogsana

To do yogasana - yoga is required to do yoga - yogasana not required

You will not get any energy by doing yogasana you will get more energy by doing yoga the benifits of yoga and yogasana are different

The person who is not having energy, less energy can only do yoga

The person full of energy can only do yogasana

The person full of energy can only do yogasana

Do not mix yoga in yogasana or do not mix yogasana in yoga

Yogasana is not yoga both are different

Yoga is not yogasana both are different

We cure cancer, heart diseases, diabitis, blood pressure, mentally upset, kidney failure , lunghs failure, ent failure,etc without medicine

We cure all diseases by giving yoga training without medicines we give jnanayoga, karmayoga, bhakthi yoga, dyana yoga, hatha yoga yoga cures

Are you suffering from serious disease you want to cure that disease we cure it without medicine contact us [srswamy1968@gmail.com](mailto:srswamy1968@gmail.com)

Any body is in danger zone very near to die contact us we cure your disease without medicines

We cure all diseases without giving medicines and without doing exercises for more details contact srswamy1968@gmail.com by yoga guruji

Cure all diseases without doing any type of exercise by using s-formula s-formula cures all diseases and prevents all diseases.

Cure all diseases without using medicines by using s-formula s-formula cures all diseases and prevents all diseases.

You lost your health if you lost semen in your body health comes from semen no semen - no health

You lost your memory if you lost semen in your body memory comes from semen no semen - no memory

You lost your beauty if you lost semen in your body beauty comes from semen no semen - no beauty

You lost your courage if you lost semen in your body courage comes from semen no semen - no courage

Lazzyness comes from loss of semen loss of semen causes inactive body

If a girl have fat in body it is understood that she is wasting too much semen semen burn fat save semen loss of semen increases fat

If girl boob is shaking you think that she is wasting lot of semen if boobs not shaking, she is full of semen while walking

From birth to death saving of semen is called life

Girl is useless if she waste more semen boy is useles if he waste semen life means save semen

Good people never like semen loss

Worst people like semen loss

Semen is like electric current in our body to work all the organs of body properly.

Semen makes your body cool in hot area and hot in cool area. If you not feel this then you are wasting semen you have no semen power

That the conservation of this element is essential to strength of body, vigour of mind and keenness of intellect

All waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of the life force.

Semen is a mysterious secretion that is able to create a living body

Out of food is formed chyle. Out comes blood.out of flesh come fat.out of fat come hone. Out of bone comes marrow,out of marrow comes seems.

Seminal fluid is considered an elixir of life in the physical and mystical sense its preservation guarantees health,and supernatural powers

Seminal fluid is considered an elixir of life in the physical and mystical sense. Its preservation guarantees health,and supernatural powers

However much semen you are able to retain, you will receive greater wisdom, improves action, higher spirituality and increased knowledge.

One ejaculation of semen will lead to wastage of a wealth of energy.

Semen is considered a precious material formed by the distillation of blood.

Semen is a viscous liquid

The process that results in the discharge of semen is called ejaculation

Semen, also known as seminal fluid, is an organic fluid

Fructose sugar water ascorbic acid (a.k.a., vitamin c) citric acid enzymes protein phosphate and bicarbonate buffers (bases) zinc in semen

The strength of the body, the light of the eyes, and the entire life of the man is slowly being lost by too much loss of the vital fluid.”

Look younger, think clearer, live longer if you save semen

Semen is having morethan 200 chemicals, protiens, vitamins, etc.

All god you are worshiping is a man once upon a time but he saved semen, stored semen, so that you are worshiping him

Do you want peace and happiness in your life save semen, store semen, protect semen in your body.

If you want to become good citizen you save semen

The real social service is save semen

To become rich in health you save semen you store semen health is wealth

Whatever happy is getting in doing semen loss you will get 100 times more happy by storing semen in your body it is an experience you feel

If you kill semen semen will kill you

If you save semen semen will save you

Good people - save more semen bad people - waste more semen semen is highly valuable material in our body.

Good peoples like relatives and hate friends and visa versa

Mad people do more friends mad people like friends and hate relatives and visa versa

Guru - meaning the person one who teach the value of semen is called guru guru always says that do not waste semen , save semen.

You call guru for only one person one who teach for storing semen, save semen.

Your shashtra always says indirectly do not waste semen save semen you follow what they says it is good for you

Your sampradaya always says indirectly do not waste semen save semen you follow what they says it is good for you

Your temple and dharma always says indirectly do not waste semen save semen you follow what they says it is good for you

Your father and mother always says indirectly do not waste semen save semen you follow what they says it is good for you

If any body not tell anything to you if you are doing semen loss you do not think that you are doing is correct. You are a fool

If any body is not telling anything to you if you are drinking alcohol you do not think that you are doing is correct. You are a fool

If any body not tell anything to you if you are smoking you do not think that you are doing is correct. You are a fool

If any body not tell anything to you if you are going with girl you do not think that you are doing is correct. You are a fool

Semen maintains your brain and body if you loss semen,you loss your brain and body you will become mad you are rejected person in society

Whether you are rich or poor if you do semen loss you will suffer from lot of diseases your life become hell, tragedy.

Do not entertain semen loss activities any where any time your family, your childrens will spoil society also spoil entire world spoil

The person who behave like child,abnormal activities you think that he is wasting lot of semen daily do not see their faces, kick them out

If anybody failed in exam it is 100% sure that they are wasting more semen semen loss is memory loss

If old man behave like a child you think that he/she, loosing, wasting lot of semen

If anybody is mentally effected you think that they are wasting too much semen in their body

Loss of semen causes mental problems storage of semen cures mental problems save semen

Lot of mad peoples are in society make them good by storing semen tell them to save semen semen cures mental problems

If you store more and more semen in your body your vegina become very strong and powerfull

If you store more and more semen in your body your penis become very strong and powerfull

If you waste more semen your vegina become weak, loose, useless your life waste

If you waste more semen your penis become weak and useless no strength, no value

Your penis is useless if you waste more semen in your body keep always your penis strong and power full store and save more semen

Your vegina is useless if you waste more semen in your body keep always yor vegina strong and powerfull

Do not make them rich the person who sold loss of semen products do not sacrifice your life for this you keep away from them

Do not sacrifice your life to do rich for the person who do bussiness of bad habbits related products. You kick them

\*.do not support any activities which cause loss of semen in television, cinema, drama or any other it spoil society and your children s.

Do not support any activities which cause loss of semmen in television, cinema, drama or any other it spoil society, your children s.

If anybody support you to do loss of semen it is understood that he is dead enemy for you you go away from them they are very danger

The person who waste semen more , he earn money illegally the person who save semen he earn money legally semen is money

Semen develops blood, flesh, fat bone, if you waste semen development stops do not do foolish by wasting semen do not act smart

Semen converts fat into body energy if you have no semen , you have no energy, but more fat content in your body more diseases you suffer

Loss of semen increases fat content in your body if you are fat, it is understood that you are wasting more and more semen

The person male or female who waste semen is called fool they give lot of trouble to others useless and waste persons in society

The person who store semen in body he is called gentle men he is very good person he is very attractive and charming

India only says that save semen - store semen - donot waste semen semen maintain our body, develops our body, from birth to death

Dear girls do not expose your body in public lot of youth people will waste more semen it will effect their family one day your family

Girls, womens, all age peoples are involved today in

Wasting of lot of semen please requesting them do not waste semen in your body

The person who do not know the value of semen he is called foolish, useless, person

More girls are mastrubating today who will stop them who will tell them the value of semen society will spoil any body supporting me

If your child is suffering from any diseases it is understood that they are wasting lot of semen

If your child is not studying well it is understood that , your child is wasting lot of semen

If your child is not healthy it is understood that he is wasting lot of semen you tell them to store semen immediately

If your child is not attractive and shining it is understood that he is wasting lot of semen unnecessarily tel them to save semen immediate

Mad peoples only do friendship the person expect something from you is called friend. If not they go away.

Friend is a slow poison you will be slowly killed by him that you do not know it is happened by him do not do friends, do not die slowly

Mad peoples fall in love with girl mad comes from loss of semen mad peoples give lot of trouble to others, semen cure mad save semen

\*.if any body is mentally effected & nervous it is only due to too much loss of semen it can be cured by storing semen only semen cures

If any body is mentally effected & nervous it is only due to too much loss of semen it can be cured by storing semen only semen cures

.if anybody suffering from fever it is clearly understood that you are wasting too much loss of semen semen level is very low in body

If anybody suffering from fever it is clearly understood that you are wasting too much loss of semen semen level is very low in body

How fever comes fever comes due to loss of semen only if you store semen you never get fever in your life fever means very near to death

If you waste more semen, your body will not act according to your brain signal(thinking) you will not do whatever you says semen is power

Secrete if you store more semen in your body you automatically wake up at 4 o clock, if you waste semen, you never wake up at 4 o clock,

All diseases comes only by wasting of semen all diseases cured by storing of semen there is no other way do not eat medicines for this

Dear girl if your eyes goes inside , if your chin goes inside , if you are lean body no muscle, it is understood that you are wasting semen

You are the rejected person in the society if you do smoking, tobaco chiwing , alcohol drinking, enjoying with girl unknowingly suffer lot

Do marriage always with relatives do not go for outsiders relatives are best in our life.

Friends - enemies - danger relatives - well wishers - good do not make friends - it is danger make relatives closer to you & love them

The one who teach to store semen , to save semen he is called guru - you call him only guru. You do not call others, one who not teach.

If your sex organ is 180 degress - full of semen if it is 90 degress - 50 percent - useless if it is 45 degree - 25 percent - no semen

If your sex organ is 180 degress - full of semen if it is 90 degress - 50 percent - useless if it is 45 degree - 25 percent - no semen

My dear girls your tip of your boobs must see sky if not you lost more semen in your body beware of this everybody will understand

Semen is food for brain if you lose semen you lose your brain save semen - save your brain

Government do not have knowledge of value of semen so that they are supporting for loss of semen and crime increased in the society

Government is responsible for the increase of crime in the society government is not controlling bad activities which causes semen loss

\*\*government closed eyes they are not able to control & prohibit the activities which cause loss of semen government have no dum, guts,

Mad people born in society due to loss of semen. Stop those activities which cause loss of semen and avoid mad people vice versa

Due to too much loss of semen your sex organs become weak & useless the power of sex organs depending upon semen storage in your body only

Child, youths, middle age, &, old age people all are must involve in storage of semen through out your life. This gives real happiness.

If you are of any age if you waste semen you will become mad you may die at any time.

If you do more semen loss before marriage you never like marriage proposal and vice versa

If your wife semen is more strong than your semen thenonly you will get female baby and vice versa

If your semen is more strong than your wife then only you get male baby and vice versa.

If you loss semen more before marrage you will not get child

You do not do smoking, drinking alcohol while your wife is prgnent it will effect your child growth child is abnormal due to bad habbits

If you and your wife involve in semen loss during pregnent your child born will be handicap so that do not touch your wife in prgnent

If your wife is pregnent and you do not controle semen your child become abnormal save semen - save your child do not disturb you wife.

If your wife is pregnent stay away from her store and preserve semen in your body control sex thinking this is for your better child

Nobody knows except me in this world what is health as i done 33 years research on health and i found the secrete of health.

Doctor will not study about health doctor studies only diseases treatment do not ask doctor for health tips they also get diseases,

Some doctors says that loss of semen is bad for health they are very good doctors we need this type of doctors in our society.

Some doctors says that loss of semen is good for health this is wrong statement patients will increases by doing loss of semen .

Doctor give suitable good medicines for disease but they will not give suitable advice for health because they studied only diseases curing

Health - doctor (oposite word) disease - doctor (attractive word) doctor will not teach about health but they give treatment for disease.

.\*.guru means - it refers to only one person one who teach the value of semen one who teach to save semen not others - other than this

Guru means - it refers to only one person one who teach the value of semen one who teach to save semen not others - other than this

\*you born from semen you survive from semen you die from semen semen is real power in your body do not waste semen - save semen ..

You born from semen you survive from semen you die from semen semen is real power in your body do not waste semen - save semen

For all age people do not waste semen semen is for body maintenance and development of your body only.

Do all the activities in your daily life by storing semen in your body your life is full of happy and health and wealth do not waste semen

Dear sports men store semen in your body and practice definitely you will win the game semen is the secrete power in your body/

Dear students store semen in your body and read, you will become rank student.

Dear sports man the secrete how to win the game is by storing semen in your body , if you do practice , then only you win the game sports.

Dear mother do you want your childrens become more strong & healthy tell them to store more semen in body they will become good citizens

Dear gents you want your wife like you more then tell them to store semen in the body they love you more & more

Dear ladies you want your husband like you more then tell them to store semen in the body they love you more & more

Message for govt- i done 33 years research on god & found god. 25 years research on health & found the secrete of health. Successfull

Naturally more semen will loss in female naturally less semen will loss in male so that males are very strong females are very weak.

Development of brain stops due to waste of semen loss of memory power is due to loss of semen save semen - save your life.

If you waste semen your body growth stops your life become waste

If you waste semen your body growth stops your life become waste

Gastric and acidity can be cured permanently by storing semen in your body gastric comes due to loss of semen only. Semen cures all diseases

Problems caused by loss of semen can be rectified by doing storing of semen, there is no other way diseases comes only by the loss of semen

Fall of hairs in your head is due to too much loss of semen. Everybody knows that you are wasting lot of semen becarefull - save semen.

If you are pregnent do not do sex , do not think sex if you neglect this - it will effect your child keep away from husband...

If you waste semen your eye and chins go inside beware of this do not waste semen face is the index of mind.

Indirectly your childrens will spoil if you entertain the activities which spoil semen save your childrens - avoid these activities

More semen - more good people less semen - less good people do not waste semen - do not spoil society.

Youth power is in governament hand youths are spoiling by wasting semen please avoid this - save our country , save youth power.

Request for governament avoid all the activities which are responsible for semen loss , make in india.

More youths are spoiling by wasting of semen do not waste semen semen is the youth power youth power is in elders hand , senior people.

\*\*who will preserve our indian culture in future you are right person save semen , store semen , preserve semen in your body

Who will preserve our indian culture in future you are right person save semen , store semen , preserve semen in your body -indian culture

Dear parents please teach your childrens the value of semen male@16 and female [@13](https://twitter.com/13) , must know this. If not their life is in hell

Indian culture is only store semen in our body. If you are purely indian - you must follow indian culture. Neglect foreign culture ,please

Purush pradana desha india is made for the safety of female. If you break this - your life will break do not follow wrong way

All females work inside home all males work outside the home it is the secrete of happy life if you neglect this - you are in hell

Dear girls tight dress, body expose is against indian law youths spoil - they are the future citizens save semen - save country

Increase your sex power by storing semen more semen more sex power less semen less sex power save semen - save your life

I sacrifised my life 33 years for the research on god and health but the peoples are not respecting my words s-formula is 100 true god.

Do not afraid to speak about semen semen is god semen is health semen is very precious material in our body. Each one - teach one

Love means no semen loss sex means semen loss use these words properly in the society. Some body miss using these words harmfull to life

Alcohol,tobacco, spit of saliva, sweat, more urine, more latrine , bad food, these are all killers of semen, sperm & ovum. Save semen

Weak sperm - weak baby strong sperm - strong baby it is in your hand choice is yours

If female is ten years younger than male - they never get female baby, they only get male baby

Sperm weak and ovum strong - you get female baby sperm strong & ovum weak - you will get male baby choice is yours

Male is more powerfull outside and female is more powerfull inside home. So both are powerfull but female is safe under male protection

Today you are girl tomorrow you are mother do not spoil childrens by exposing your body it will effect your childrens save semen my sister

Keep always your sex organs more power full, it is the secrete of health power full sex organs come from storing semen in your body

The power of your child is depending upon the power of your semen. Old semen is powerfull do not waste more semen save semen and save child

S-formula says alcohol kills semen in your body loss of semen is loss of health and wealth do not do foolish save semen save your life

Due to continuous loss of semen your brain will become weak, dry, dull,abnormal, so do not waste the semen, save semen.

Due to continuous loss of semen your brain will become weak, dry, dull,abnormal, so do not waste the semen, save semen.

\* if you loss semen you eat more food, if you save semen you eat less food, so solve india's food problem

Burn fat naturally by storing semen. Semen burns fat in our body. Store semen, save semen

All types of disease comes only by loss of semen, save semen

Semen remove fat in the body, loss of semen increases fat

Semen increases body height,semen develops bones,so save semen

Concept of worship is only to save semen concept of temple is only to save semen sampradaya, dharma, made only to save semen

Concept of worship is only to save semen concept of temple is only to save semen sampradaya, dharma, made only to save semen

Save semen – live happy life, (s-formula).

|  |
| --- |
| S-formula for  Blood pressure (bp) |
| S-formula says that you can cure permanently this disease and life long you will not get these diseases, by following our instructions. |
| Blood pressure (bp), comes only due to loss of semen in your body, if you waste more semen in your body then only this disease will come. |
| If you waste more semen, your nerve system become weak, your nerve system will not work properly , entire body become weak, |
| There are morethan 200 chemicals in semen, it keeps our body normal and healthy. Semen controles blood pressure (bp) in our body. |
| Semen keeps your blood speed normal and healthy, semen purify blood and remove all impurities present in your blood. Semen controls your blood speed; if the speed of blood becomes abnormal then you feel this problem. |
| If you have already this problem, you start storing semen in your body, automatically yourblood speed become very strong and active, automatically your blood pressure (bp) proble solve permanently. |
| Keep the level of semen more than that normal level, so you never get this problem again in your life. |
| If you not have this problem then maintain the same level of semen in your body throughout your life, you will never get this problem throughout your life. |
| The permanent solution for this disease is only storing semen more and more in your body. Semen cures this disease permanently. |
| I done 33 years research on this, practical experice is this. You must believe this.  I promise this is true and correct.  I am the only one person in this world who invented permanent solutio for this problem.  No medicine, no money is required for this problem to cure. |
| If you want to increase the level of semen, production of semen, you must follow s-formula. |
| All diseases are coming due to loss of semen only. |
| Reason for loss of semen – how semen loss in our body. |
| The following are the reasons for the semen loss in our body |
| If you think about sex matter, masturbation, cause mor loss of semen. |
| If you drink alcohol , too much loss of semen occurs |
| If you use tobacco , it kills semen in your body, too much loss of semen |
| If you eat more salt in food, more spicy in food, it kills semen in yout body.  Bad food kills semen in your body. |
| Semen is in the form of saliva juice in mouth, if you put saliva outside mouth, it is waste of semen |
| Semen is in the form of sweat, if you more sweat, it is the loss of semen. |
| Semen is in the form of tears, if you waste more tears, it is the symbol of loss of semen. |
| If you do more urine it is the loss of semen |
| If you do more latrine, it is the waste of semen |
| If you talk more , it is the loss of semen. |
| If you hear more noice it is loss of semen |
| If you talk more it is the loss of semen. |
| If you sleep more it is the loss of semen |
| If you eat more and more , it will cause loss of semen,.... And so on... |
| The s-formula says that , you please store more and more semen in your body. |

|  |
| --- |
| S-formula for  Diabitis or sugar problem. |
| S-formula says that you can cure permanently this disease and life long you will not get these diseases, by following our instructions. |
| Diabitis or sugar problem,comes only due to loss of semen in your body, if you waste more semen in your body then only this disease will come. |
| If you waste more semen, your nerve system become weak, your nerve system will not work properly , entire body become weak, all glands become weak , the glands will not nutralise and balence your sugar level, then you feel this problem. |
| There are morethan 200 chemicals in semen, it keeps our body normal and healthy. Semen controles sugar in our body. |
| Semen keeps all glands very healthy, very active and all the function of glands normal. The entire glands is controlled, managed by semen. |
| If you have already this problem, you start storing semen in your body, automatically your glands become very strong and active, automatically your proble solve permanently. |
| Keep the level of semen more than that normal level, so you never get this problem again in your life. |
| If you not have this problem then maintain the same level of semen in your body throughout your life, you will never get this problem throughout your life. |
| The permanent solution for this disease is only storing semen more and more in your body. Semen cures this disease permanently. |
| I done 33 years research on this, practical experice is this. You must believe this.  I promise this is true and correct.  I am the only one person in this world who invented permanent solutio for this problem.  No medicine, no money is required for this problem to cure |
| If you want to increase the level of semen, production of semen, you must follow s-formula. |
| All diseases are coming due to loss of semen only. |
| Reason for loss of semen – how semen loss in our body. |
| The following are the reasons for the semen loss in our body |
| If you think about sex matter, masturbation, cause mor loss of semen. |
| If you drink alcohol , too much loss of semen occurs |
| If you use tobacco , it kills semen in your body, too much loss of semen |
| If you eat more salt in food, more spicy in food, it kills semen in yout body.  Bad food kills semen in your body. |
| Semen is in the form of saliva juice in mouth, if you put saliva outside mouth, it is waste of semen |
| Semen is in the form of sweat, if you more sweat, it is the loss of semen. |
| Semen is in the form of tears, if you waste more tears, it is the symbol of loss of semen. |
| If you do more urine it is the loss of semen |
| If you do more latrine, it is the waste of semen |
| If you talk more , it is the loss of semen. |
| If you hear more noice it is loss of semen |
| If you talk more it is the loss of semen. |
| If you sleep more it is the loss of semen |
| If you eat more and more , it will cause loss of semen,.... And so on... |
| The s-formula says that , you please store more and more semen in your body. |

|  |
| --- |
| S-formula for  Gastric , acidity problem |
| S-formula says that you can cure permanently this disease and lifelong you will not get these diseases, by following our instructions. |
| Gastric, acidity, comes only due to loss of semen in your body, if you waste more semen in your body then only this disease will come. |
| If you waste more semen , your digestive system become weak , your digestive system will not work properly , whatever you eat it will not digest in your stomach , you will not feel comfortable, easy to live your life. |
| The acid produced in your stomach is very strong in nature, to nutralise that one semen is required, if sufficient semen is not ther in your body, you feel burning sensation in your stomach. |
| Semen keeps your digestive system very healthy, very active and all the function of digestive system normal. The entire digestive system is controlled, managed by semen. |
| If you have already this problem, you start storing semen in your body, automatically your digestive system become very strong and active, automatically your proble solve permanently. |
| Keep the level of semen more than that normal level, so you never get this problem again in your life. |
| If you not have this problem then maintain the same level of semen in your body throughout your life, you will never get this problem throughout your life. |
| The permanent solution for this disease is only storing semen more and more in your body. Semen cures this disease permanently. |
| I done 33 years research on this, practical experice is this. You must believe this.  I promise this is true and correct.  I am the only one person in this world who invented permanent solutio for this problem.  No medicine, no money is required for this problem to cure |
| If you want to increase the level of semen, production of semen, you must follow s-formula. |
| All diseases are coming due to loss of semen only. |
| Reason for loss of semen – how semen loss in our body. |
| The following are the reasons for the semen loss in our body |
| If you think about sex matter, masturbation, cause mor loss of semen. |
| If you drink alcohol , too much loss of semen occurs |
| If you use tobacco , it kills semen in your body, too much loss of semen |
| If you eat more salt in food, more spicy in food, it kills semen in yout body.  Bad food kills semen in your body. |
| Semen is in the form of saliva juice in mouth, if you put saliva outside mouth, it is waste of semen |
| Semen is in the form of sweat, if you more sweat, it is the loss of semen. |
| Semen is in the form of tears, if you waste more tears, it is the symbol of loss of semen. |
| If you do more urine it is the loss of semen |
| If you do more latrine, it is the waste of semen |
| If you talk more , it is the loss of semen. |
| If you hear more noice it is loss of semen |
| If you talk more it is the loss of semen. |
| If you sleep more it is the loss of semen |
| If you eat more and more , it will cause loss of semen,.... And so on... |
| The s-formula says that , you please store more and more semen in your body. |

|  |
| --- |
| All diseases are coming due to loss of semen only. |
| Reason for loss of semen – how semen loss in our body. |
| The following are the reasons for the semen loss in our body |
| If you think about sex matter, masturbation, cause mor loss of semen. |
| If you drink alcohol , too much loss of semen occurs |
| If you use tobacco , it kills semen in your body, too much loss of semen |
| If you eat more salt in food, more spicy in food, it kills semen in yout body.  Bad food kills semen in your body. |
| Semen is in the form of saliva juice in mouth, if you put saliva outside mouth, it is waste of semen |
| Semen is in the form of sweat, if you more sweat, it is the loss of semen. |
| Semen is in the form of tears, if you waste more tears, it is the symbol of loss of semen. |
| If you do more urine it is the loss of semen |
| If you do more latrine, it is the waste of semen |
| If you talk more , it is the loss of semen. |
| If you hear more noice it is loss of semen |
| If you talk more it is the loss of semen. |
| If you sleep more it is the loss of semen |
| If you eat more and more , it will cause loss of semen,.... And so on... |
| The s-formula says that , you please store more and more semen in your body. |

|  |
| --- |
| What is the role of semen in our body  What is the function of semen in our body |
| Semen is present in all animals, plants, insects, birds, livig beings inside water and outside the water.  Totally all living beings on earth is having semen in their body. |
| The people of world thinks that only male body having semen,  This is wrong,  Both male and female have semen in their body, this is true. |
| |  | | --- | |          semen is formed out of food. | | The formation of semen form is very lengthy process. | | Out of food is formed chyle. | | Out of chyle comes blood. | | Out of blood comes flesh, | | Out of flesh come fat. | | Out of fat comes bone. | | Out of bone comes marrow, | | Out of marrow comes semen. | |  | |
| Semen is petrole for running our body  Semen is current working all organs in our body |
| Semen develops, maintain, controles our body  Semen develops all organs in our body throughout life. |
| Semen develops baby in the mother stomach nine months.  When the baby able to produce semen in the body, it come out of mother stomach.  When the baby come out of mother stomach upto twentyfive years semen develops our body fully.  After twenty five years , upto seventy five years it is maintaing & controlling body. |
| If you waste semen at any age, at any stage, your entire development of body and mind stops.  Production of blood stops,  Production of brain stops  Production of body resistance stops,  Production of bones, flesh stops. |
| If you waste more semen ,  Your body grows abnormal  Your entire digestive system become failure  Your entire nerves system become failure  Your entire breathing system becomes failure  Your brain works abnormal...etc.. |
| S-formula says that  Semen is very precious material to our body  Do not waste more semen in your body  Store as much as semen in your body.  Save semen – save life. |
| |  | | --- | | All diseases are coming due to loss of semen only. | | Reason for loss of semen – how semen loss in our body. | | The following are the reasons for the semen loss in our body | | If you think about sex matter, masturbation, cause more loss of semen. | | If you drink alcohol , too much loss of semen occurs | | If you use tobacco , it kills semen in your body, too much loss of semen | | If you eat more salt in food, more spicy in food, it kills semen in your body.  Bad food kills semen in your body. | | Semen is in the form of saliva juice in mouth, if you put saliva outside mouth, it is waste of semen | | Semen is in the form of sweat, if you more sweat, it is the loss of semen. | | Semen is in the form of tears, if you waste more tears, it is the symbol of loss of semen. | | If you do more urine it is the loss of semen | | If you do more latrine, it is the waste of semen | | If you talk more, it is the loss of semen. | | If you hear more noise it is loss of semen | | If you talk more it is the loss of semen. | | If you sleep more it is the loss of semen | | If you eat more and more, it will cause loss of semen, and so on... | | The s-formula says that, you please store more and more semen in your body. | |

WORLD MAGIC – Religion JANGAMA

There are thousand varieties of castes, religions in this world

All are following their own religions

One religion will not follow other religion

But there should be something result is same.

But this is secrete

That secrete is s-formula

S-formula is the basic secrete of all religions

If you implement s-formula with your religion, it will grow fast and strong.

But there is only one religion is still following s-formula that is JANGAMAS.

What Jangamas following is only jangamas follow but it will not match other religion

The methods which Jangamas follow is world best policies,rules ,

Jangamas are world gurus

If you follow Jangama your life become beautiful

If you not follow Jangamas, your life become sorrow.

It is certified that the world number one religion is Jangamas

Wish you happy new year-2016.

Wish you all the success in your life by following s-formula-2016.

God sent s-formula to this world to save world-2016

The secrete of world

S-formula

The new world

I done 33 years research and invented s-formula.

S-formula is the power and energy of all living beings. It is the energy of development of whole body of all living beings. Here we discuss only about human beings here.

From starting to end of our life s-formula plays very important role.

S-formula is responsible for making baby in the stomach of mother.

S-formula develops baby from day one to nine months in the stomach of mother.

When the baby gets the ability to follow s-formula it will come out of mother.

Nine months is required for the baby to get that ability of following s-formula.

After coming out of mother stomach the baby starts following s-formula.

S-formula is the responsible for the development of body and mind throughout life.

At all age of life of man s-formula develops mind , body, all organs, brain development,heart development, flesh development, bone development, production of blood,throughout life of man.

But nobody knows this secrete in this world. Nobody is following s-formula, because nobody is there in this world to say about s-formula, so that the peoples are not following s-formula.

All the holy books in this world not say about s-formula.

All the scientists in this world do not know about s-formula.

All doctors do not know s-formula and they are not telling about s-formula.

All peoples in this world not following s-formula.

Whatever the methods people following is wrong methods,

Concept of god is wrong, concept of health tips is wrong, all holy books concept is wrong, but people believe that it is right methods.

The people of world are experiencing lot of trouble daily because they are moving in wrong direction.

The people follow concept of god but they are not happy

The people follow concept of health but no one is healthy, so on...etc..

Please follow s-formula and make your life beautiful, happy, healthy.

What are thebenifits of s-formula is mentioned below. Please follow this.

|  |
| --- |
| S-formula  The new world |
| If you follow s-formula you will get 100 times more power and energy in your body, 100 times mor health & wealth with you, what you have today.  Whatever you speak, you thought, you discuss in s-formula it belongs to that world, do not compare your present life with s-formula while discussing.  You think that if you are having 100 times more power, otherwise you will not understand what s-formula is.  S-formula is new world. |
| Benifits of s-formula |

|  |
| --- |
| What happens if we  Following s-formula |
| Rich in health and wealth |
| Rich in courage |
| Good life |
| Good heart |
| Goof charecter |
| Devate |
| God |
| Body is glowing & shining |
| Production of good citizens |
| Production of good persons |
| He make good to society |
| Cure all diseases |
| Kills angry problem |
| Controles growth of body |
| Haire will not fall |
| Haires will not turn white |
| Never get eye sight problem |
| All joint become strong |
| All nerves become strong |
| The backbone will become very strong |
| Good health improving |
| Eye become very attractive and healthy |
| Chins , skin become very attractive and shining |
| The face become very shining and attractive |
| Increase physical power |
| Increase mental power |
| Highly inteligent |
| Increasse high memory power |
| Good acheivement of goal |
| Increase of more self confidence |
| Gives more power and energy for nurishing, improving and perfecting your body and mind |
| Gives more power and energy for nurishing, improving and perfecting your brain |
| Good concentration |
| No corruption mind |
| No criminals in the society |
| No povery in the country |
| No diseases in the country |
| Rich in money |
| Rich in health |
| Strong and brave |
| Strong and physically fit |
| Strong and mentally fit |
| Good helping nature |
| Sound mind and sound body |
| Happy life |
| Lift mountain |
| Made for future generation |
| Strong bonding between wife and husband |
| No angry |
| No crual |
|  |
| Body shaining |
| More intrest in god |
| Good body power |
| Good stamina |
| Good life |
| Good energy |
| Good memory power |
| Good courage |
| Good mental power |
|  |
|  |
|  |
| Good politician |
| Good teacher |
| Like marrage life |
| Behave like god |
| Do always good things |
| Good social service |
| Concept of worship |
| Concept of temple |
| Concept of meditation |
| Concept of dharma |
| Concept of sampradaya |
| Concept of god |
| Increase body height |
| Develop bones |
| No fat, remove fat, burns fat |
| Some people donot know s-formula but they are following unknowingly. |
| Eat less food |
| Solve food problem |
| No bad habits |
| No alcohol |
| No sex |
| Only love |
| Avoid bad food |
| Clean five organs |
| No six enemies |
| No tobacco |
| Healthy brain |
| No gastric |
| No bp |
| No sugr |
| No heart attack |
| No poverty |
| Knowledge base training |
| Economically strong |
| No weakness |
| No lazyness |
| No nervous |
| Atma very strong |
| Manasu very strong |
| Rich in wealth |
| Rich in property |
| Youth become very strong |
| Good acheivement |
| Good effect |
| Increse body resistance |
| No medicine is required |
| Win in game |
| No dull |
| Heart become very strong |
| No ent problem |
| Good knowledge, more knowledge. |
|  |
|  |
| No criminals |
| Good habits |
| Born good baby |
| Happiness in life more |
| High sex power |
| Good lovers |
| Cool in hot region  Hot in cool region |
| 100 times more happy |
| Civilized people |
| Secrete how to quit bad habbits |
| Respect indian culture |
| All living being happy |
|  |
| Power of nation for development. |
| Secrete of beauty |
| Good fitness |
| Foundation of life |
| Secrete of life |
|  |
| Brain always gives ideas for good life. |
| Increase life span |
| More charming, bright & attractive |
| Walking good results |
| Farmers become very strong |
| Students become very strong |
| Youths become very strong |
| Nation become very strong |
|  |
|  |
|  |
|  |
|  |
|  |
| Heaven |
| Bright future |
| Speed of blood normal |
| Development of flesh & bone |
| High body pressure |
| You become god |
| Religion become strong |
| Happy family life |
| Group family |
| Unity |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| Highly brilliant |
| Highly charming |
| Highly attractive |
| Never do mistake |
| Never say lie |
| Never give trouble to others |
| Highly helping nature |
| Highly powerfull |
| Highly energetic |
| Highly national devotee |
| Highly healthy |
| Wakeup early in the morning |
| Handsome |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| What happens if we  Not following s-formula |
| Poor in health and wealth |
| Poor in courage |
| Bad life |
| Bad heart |
| Bad charecter |
| Rakshasa |
| Devil |
| Body is not glowing & shining |
| Production of bad citizens |
| Production of bad persons |
| He make bad to society |
| Increases all diseases |
| Increase angry problem |
| Walk on water |
|  |
|  |
|  |
|  |
| Abnormal growth |
| Body not shining |
| Less intrest in god |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| Sunken eye |
| Sunken chin |
| Black colour around eyes |
|  |
|  |
| Not like marrage life |
| Behave like devil |
| Eat more food |
| Creat food problem. |
| Bad achievent |
| Bad effect |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| Loss of memory |
| Loss of body weight |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| More sucide case |
|  |
|  |
|  |
|  |
|  |
| Cause brain damage |
| Brain always gives ideas for death |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| Brain work abnormal |
| Digestive system fail |
| May die at any time |
| Not like marrage |
| Health is always in danger |
| Nerve system fails |
| Hell |
|  |
|  |
|  |
|  |
| You become devil |
|  |
|  |
|  |
|  |
| Waste of health |
| Waste of wealth |
| Waste of money |
| Waste of power |
| Waste of energy |
| Waste of memory |
| Waste of life |
| Waste of everything |
| |  | | --- | | -----drying, loosening, weakening, and falling of hair | | -----mild or severe headache | | -----pale face with anaemia | | -----acne or eruptions on the face | | -----dark circles around the eyes | | -----sunken eyes | | -----short-sightedness | | -----incomplete beard | |
| |  | | --- | | -----pain in shoulders | | -----palpitation of the heart | | -----dyspnea - difficulty in breathing | | -----back pain | | -----stomach pain | | -----gradual degradation of kidneys | |
| |  | | --- | | -----wet dreams or nocturnal emissions | | -----incontinence | | -----discharge of semen with urine | | -----premature ejaculation  (only 5-10 minutes instead of the normal 35-40 minutes) | | -----enlargement of the testicles | | -----pain in the testicles | | -----involuntary urination in sleep | |
| |  | | --- | | -----pain in thighs | | -----pain in knees | | -----pain in ankles | | -----foot pain | | -----palpitation of legs | |
| |  | | --- | | -----phthisis - wasting of tissues | | -----boils on the body | | -----early exhaustion | | -----physical and mental lethargy - lack of energy | |
| |  | | --- | | -----physical, mental, and moral debility | | -----mental imbalance | | -----sudden anger | | -----sudden irritation | | -----drowsiness | | -----laziness | | -----gloominess | | -----loss of memory | | -----fickle-mindedness | | -----lack of thinking power | | -----bad dreams | | -----restlessness of mind | | -----sudden jealousy | | -----sudden fear | | -----lack of masculinity | | -----effiminate or womanish behaviour | |
| |  | | --- | | Yours nerve system weak. | |  | | Yours nerve system weak. | | Your brain weak. | | Your kidney weak. | | Your heart weak. | | Your lunghs weak. | | Your bones weak. | | Loss your sex organs weak. | |
| |  | | --- | | Paralysis comes | | Diabetis comes | | B p comes. | | Heart attack comes. | | Gastric, acidity, comes. | | Kidney failure comes. | | Lunghs disease comes. | | Mental problems comes. | |
| |  | | --- | | Lot of problem in your life. | | Lot of diseases in your life. | | Makes you poor. | | Cause you death shortly. | | Makes you mad. | | Makes you criminal | | Makes you lazy, useless. | | Burns your future. | | Burns your family. | | Makes the country weak, poor. | |  | |  | |

Follow s-formula and make your life beautiful

We are conducting coaching classes and training classes regarding s-formula.

Please contact us , in case if you are interested in s-formula.

For more details contact us

Contact number – 9632559162 (india)

E-mail : [srswamy1968@gmail.com](mailto:srswamy1968@gmail.com)

[Swamysr90@gmail.com](mailto:Swamysr90@gmail.com)

Our training programmes

1. Yoga training
2. Physical exercise training
3. Karate training
4. S-formula training.

All programmes are on chargeable basis, no free training.

: please contribute money to the following account, for the implementation of s-formula.

Account holder name :- s.r.swamy.

Bank name :- state bank of mysore , siddaganga mutt branch , kyathsandra , tumkur , karnataka , india , pin-572104.

Account number – 64017739582

Contact number – 9632559162 (india)

E-mail : [srswamy1968@gmail.com](mailto:srswamy1968@gmail.com)

Note :- if you understood fully about s-formula then only follow.

S-formula for all

Introduction

Objective

1. S-formula for mother
2. S-formula for father
3. S-formula for children
4. S-formula for boys
5. S-formula for girls
6. S-formula for youths
7. S-formula for married couples
8. S-formula for middle age people
9. S-formula for old age
10. S-formula for sports
11. S-formula for employees
12. S-formula for students
13. S-formula for politicians
14. S-formula for matadipathi, guru, saint.
15. S-formula for police and military
16. S-formula for national development
17. S-formula for religious development
18. S-formula for god
19. S-formula for health
20. S-formula for temple
21. S-formula for yoga
22. S-formula for yogasana
23. S-formula for all.
24. S-formula for pragnent
25. S-formula for teacher.
26. How to adopt s-formula in your life.
27. Pray god
28. Good imagination
29. Remove bad things
30. Pure & simple life
31. Good matters
32. Good books
33. Cold water bath
34. Food
35. Fasting & diet
36. Two times urine and soil
37. Washing of sex parts
38. Early bed and early rise
39. Extra drawer inside
40. No worry
41. No single
42. Clean atma
43. Controle of atma
44. Follow promise
45. High level thinking
46. Always work
47. High sprit
48. Wooden foot wear
49. Good air
50. Two times sun bath
51. Controlling
52. Follow own religion
53. Self confidence
54. Peace of mind
55. Bad things observing
56. Beware of society
57. Physical exercise
58. Breathing exercise
59. Sun bath exercise
60. Devotion
61. Review daily thoughts
62. God of house
63. Helping nature
64. Honest
65. Selfish
66. Meditation

---------\*\*\*\*\*---------

|  |  |
| --- | --- |
| S-formula  The new world | |
| If you follow s-formula you will get 100 times more power and energy in your body, 100 times mor health & wealth with you, what you have today.  Whatever you speak, you thought, you discuss in s-formula it belongs to that world, do not compare your present life with s-formula while discussing.  You think that if you are having 100 times more power, otherwise you will not understand what s-formula is.  S-formula is new world. | |
| Benifits of s-formula | |
| New world (future ) | Old world (present) |
| What happens if we  Following s-formula | What happens if we  Not following s-formula |
| Rich in health and wealth | Poor in health and wealth |
| Rich in courage | Poor in courage |
| Good life | Bad life |
| Good heart | Bad heart |
| Goof charecter | Bad charecter |
| Devate | Rakshasa |
| God | Devil |
| Body is glowing & shining | Body is not glowing & shining |
| Production of good citizens | Production of bad citizens |
| Production of good persons | Production of bad persons |
| He make good to society | He make bad to society |
| Cure all diseases | Increases all diseases |
| Kills angry problem | Increase angry problem |
| Controles growth of body |  |
| Haire will not fall |  |
| Haires will not turn white |  |
| Never get eye sight problem |  |
| All joint become strong |  |
| All nerves become strong |  |
| The backbone will become very strong |  |
| Good health improving |  |
| Eye become very attractive and healthy |  |
| Chins , skin become very attractive and shining |  |
| The face become very shining and attractive |  |
| Increase physical power |  |
| Increase mental power |  |
| Highly inteligent |  |
| Increasse high memory power |  |
| Good acheivement of goal |  |
| Increase of more self confidence |  |
| Gives more power and energy for nurishing, improving and perfecting your body and mind |  |
| Gives more power and energy for nurishing, improving and perfecting your brain |  |
| Good concentration |  |
| No corruption mind |  |
| No criminals in the society |  |
| No povery in the country |  |
| No diseases in the country |  |
| Rich in money |  |
| Rich in health |  |
| Strong and brave |  |
| Strong and physically fit |  |
| Strong and mentally fit |  |
| Good helping nature |  |
| Sound mind and sound body |  |
| Happy life |  |
| Lift mountain | Walk on water |
| Made for future generation |  |
| Strong bonding between wife and husband |  |
| No angry |  |
| No crual |  |
|  | Abnormal growth |
| Body shaining | Body not shining |
| More intrest in god | Less intrest in god |
| Good body power |  |
| Good stamina |  |
| Good life |  |
| Good energy |  |
| Good memory power |  |
| Good courage |  |
| Good mental power |  |
|  | Sunken eye |
|  | Sunken chin |
|  | Black colour around eyes |
| Good politician |  |
| Good teacher |  |
| Like marrage life | Not like marrage life |
| Behave like god | Behave like devil |
| Do always good things |  |
| Good social service |  |
| Concept of worship |  |
| Concept of temple |  |
| Concept of meditation |  |
| Concept of dharma |  |
| Concept of sampradaya |  |
| Concept of god |  |
| Increase body height |  |
| Develop bones |  |
| No fat, remove fat, burns fat |  |
| Some people donot know s-formula but they are following unknowingly. |  |
| Eat less food | Eat more food |
| Solve food problem | Creat food problem. |
| No bad habits |  |
| No alcohol |  |
| No sex |  |
| Only love |  |
| Avoid bad food |  |
| Clean five organs |  |
| No six enemies |  |
| No tobacco |  |
| Healthy brain |  |
| No gastric |  |
| No bp |  |
| No sugr |  |
| No heart attack |  |
| No poverty |  |
| Knowledge base training |  |
| Economically strong |  |
| No weakness |  |
| No lazyness |  |
| No nervous |  |
| Atma very strong |  |
| Manasu very strong |  |
| Rich in wealth |  |
| Rich in property |  |
| Youth become very strong |  |
| Good acheivement | Bad achievent |
| Good effect | Bad effect |
| Increse body resistance |  |
| No medicine is required |  |
| Win in game |  |
| No dull |  |
| Heart become very strong |  |
| No ent problem |  |
| Good knowledge, more knowledge. |  |
|  | Loss of memory |
|  | Loss of body weight |
| No criminals |  |
| Good habits |  |
| Born good baby |  |
| Happiness in life more |  |
| High sex power |  |
| Good lovers |  |
| Cool in hot region  Hot in cool region |  |
| 100 times more happy |  |
| Civilized people |  |
| Secrete how to quit bad habbits |  |
| Respect indian culture |  |
| All living being happy |  |
|  | More sucide case |
| Power of nation for development. |  |
| Secrete of beauty |  |
| Good fitness |  |
| Foundation of life |  |
| Secrete of life |  |
|  | Cause brain damage |
| Brain always gives ideas for good life. | Brain always gives ideas for death |
| Increase life span |  |
| More charming, bright & attractive |  |
| Walking good results |  |
| Farmers become very strong |  |
| Students become very strong |  |
| Youths become very strong |  |
| Nation become very strong |  |
|  | Brain work abnormal |
|  | Digestive system fail |
|  | May die at any time |
|  | Not like marrage |
|  | Health is always in danger |
|  | Nerve system fails |
| Heaven | Hell |
| Bright future |  |
| Speed of blood normal |  |
| Development of flesh & bone |  |
| High body pressure |  |
| You become god | You become devil |
| Religion become strong |  |
| Happy family life |  |
| Group family |  |
| Unity |  |
|  | Waste of health |
|  | Waste of wealth |
|  | Waste of money |
|  | Waste of power |
|  | Waste of energy |
|  | Waste of memory |
|  | Waste of life |
|  | Waste of everything |
| Highly brilliant |  |
| Highly charming |  |
| Highly attractive |  |
| Never do mistake |  |
| Never say lie |  |
| Never give trouble to others |  |
| Highly helping nature |  |
| Highly powerfull |  |
| Highly energetic |  |
| Highly national devotee |  |
| Highly healthy |  |
| Wakeup early in the morning |  |
| Handsome |  |
|  | |  | | --- | | -----drying, loosening, weakening, and falling of hair | | -----mild or severe headache | | -----pale face with anaemia | | -----acne or eruptions on the face | | -----dark circles around the eyes | | -----sunken eyes | | -----short-sightedness | | -----incomplete beard | |
|  | |  | | --- | | -----pain in shoulders | | -----palpitation of the heart | | -----dyspnea - difficulty in breathing | | -----back pain | | -----stomach pain | | -----gradual degradation of kidneys | |
|  | |  | | --- | | -----wet dreams or nocturnal emissions | | -----incontinence | | -----discharge of semen with urine | | -----premature ejaculation  (only 5-10 minutes instead of the normal 35-40 minutes) | | -----enlargement of the testicles | | -----pain in the testicles | | -----involuntary urination in sleep | |
|  | |  | | --- | | -----pain in thighs | | -----pain in knees | | -----pain in ankles | | -----foot pain | | -----palpitation of legs | |
|  | |  | | --- | | -----phthisis - wasting of tissues | | -----boils on the body | | -----early exhaustion | | -----physical and mental lethargy - lack of energy | |
|  | |  | | --- | | -----physical, mental, and moral debility | | -----mental imbalance | | -----sudden anger | | -----sudden irritation | | -----drowsiness | | -----laziness | | -----gloominess | | -----loss of memory | | -----fickle-mindedness | | -----lack of thinking power | | -----bad dreams | | -----restlessness of mind | | -----sudden jealousy | | -----sudden fear | | -----lack of masculinity | | -----effiminate or womanish behaviour | |
|  | |  | | --- | | Yours nerve system weak. | |  | | Yours nerve system weak. | | Your brain weak. | | Your kidney weak. | | Your heart weak. | | Your lunghs weak. | | Your bones weak. | | Loss your sex organs weak. | |
|  | |  | | --- | | Paralysis comes | | Diabetis comes | | B p comes. | | Heart attack comes. | | Gastric, acidity, comes. | | Kidney failure comes. | | Lunghs disease comes. | | Mental problems comes. | |
|  | |  | | --- | | Lot of problem in your life. | | Lot of diseases in your life. | | Makes you poor. | | Cause you death shortly. | | Makes you mad. | | Makes you criminal | | Makes you lazy, useless. | | Burns your future. | | Burns your family. | | Makes the country weak, poor. | |  | |  | |
| Follow s-formula and make your life beautiful | |

Please contribute money to the following account , for the implementation of s-formula.

Account holder name :- s.r.swamy.

Bank name :- state bank of mysore , siddaganga mutt branch , kyathsandra , tumkur , karnataka , india , pin-572104.

Account number – 64017739582

Contact number – 9632559162 (india)

E-mail : [srswamy1968@gmail.com](mailto:srswamy1968@gmail.com)

I hope cetainly you help me, to implement s-formula through out the world.

I hope certainly you will not disoppoint me.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Wel come to s-formula home

S-formula change the world

S-formula is a new world

S-formula is the basic secrete of life

I took 33 years to make s-formula by doing research on god.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

|  |  |
| --- | --- |
| 1. S-formula for mother |  |
| 1. S-formula for father |  |
| 1. S-formula for boys |  |
| 1. S-formula for girls |  |
| 1. S-formula for youths |  |
| 1. S-formula for married couples |  |
| 1. S-formula for middle age people |  |
| 1. S-formula for old age |  |
| 1. S-formula for sports |  |
| 1. S-formula for employees |  |
| 1. S-formula for students |  |
| 1. S-formula for politicians |  |
| 1. S-formula for matadipathi, guru, saint. |  |
| 1. S-formula for police and military |  |
| 1. S-formula for national development |  |
| 1. S-formula for religious development |  |
| 1. S-formula for god |  |
| 1. S-formula for health |  |
| 1. S-formula for temple |  |
| 1. S-formula for yoga |  |
| 1. S-formula for yogasana |  |
| 1. S-formula for all. |  |
| 1. S-formula for pragnent |  |
| 1. S-formula for teacher. |  |
| 1. Pray god |  |
| 1. Good imagination |  |
| 1. Remove bad things |  |
| 1. Pure & simple life |  |
| 1. Good matters |  |
| 1. Good books |  |
| 1. Cold water bath |  |
| 1. Food |  |
| 1. Fasting & diet |  |
| 1. Two times urine and soil |  |
| 1. Washing of sex parts |  |
| 1. Early bed and early rise |  |
| 1. Extra drawer inside |  |
| 1. No worry |  |
| 1. No single |  |
| 1. Clean atma |  |
| 1. Controle of atma |  |
| 1. Follow promise |  |
| 1. High level thinking |  |
| 1. Always work |  |
| 1. High sprit |  |
| 1. Wooden foot wear |  |
| 1. Good air |  |
| 1. Two times sun bath |  |
| 1. Controlling |  |
| 1. Follow own religion |  |
| 1. Self confidence |  |
| 1. Peace of mind |  |
| 1. Bad things observing |  |
| 1. Beware of society |  |
| 1. Physical exercise |  |
| 1. Breathing exercise |  |
| 1. Sun bath exercise |  |
| 1. Devotion |  |
| 1. Review daily thoughts |  |
| 1. God of house |  |
| 1. Helping nature |  |
| 1. Honest |  |
| 1. Selfish |  |

|  |  |
| --- | --- |
| You will not get energy by eating nutricious food ,  You will get lot of diseases,  Try to know the secrete. | |
| Strong food - you will not get power and energy simply by eating nutricious food, without basic knowledge, your body grows abnormal , lot of fat in your body , lot of diseases in your body, try to know the secrete of food. | |
| Step -01 | S-formula is  The basic secrete of food.  It is the basic knowledge of food. |
| Step -02 | Without following s-formula ,  You do not eat as you like,  It is very dangerous to you. |
| Step -03 | Eat food with s-formula ,  If you are following s-formula then only you eat food for health. |
| Step -04 | The person who found god is only eligible to teach for food or  He is trained by such a guru (teacher) |
| Step -05 | We found god and we are eligible to teach regarding food for health. |
| Step -06 | If you eat food whatever you want,  Without following s-formula ,  First you feel happy , later on your energy slowly goes down ,  You will face lot of problem , you will not come to know  That is due to fault from food what you taken.  Lateron you stop eating strong food. |
| Step -07 | Lot of examples are there in this world,  One who eat food whatever he likes, facing lot of diseases,  This is because, they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply one who eat food whatever he likes,  Without proper guidence  It is very dangerous. |
| Step -09 | If you not got such a teacher,  You do not do it,  You live without strong food,  No problem to you. |
| Step -10 | Without knowing what is the secrete of food taking  You do not do it, with blind knowledge. |
| Step -11 | We are giving perfect ,training to you  Please arrange training camp in your area  We will come and teach you the secrete of food. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you eat whatever you like without basic knowledge s-formula ,  You may die at any time. |

|  |  |
| --- | --- |
| S-formula will prove that –  Religion all over the world is same-god all over the world is same. | |
| We done research 33 years on the religious matter and found that there is no only one subject which all religion like, aggree, follow, and adopt in their life. | |
| Since from ten thousand years we found that no one told the truth clearly about god, religion, humanity, health. All are imaginery till today, all the people of world following good charecters of the people who lived before. | |
| So many people wrote books , depending on their own experience and knowledge, withrespect to the people living at that time.keeping in mind that to bring peace in the world. | |
| In ancient time peoples are very cruel, mercyless, they do not know how to live happy life,  But so many people at that time tried to controle the mind and body through writting books.these books are called holy books. | |
| People all over the world following holy books only. Practically nobody done research about this. Peoples do not have time to do research on the god and religion. | |
| We done 33 years research on this subject, by sacrifysing our life, for the welfare of people all over the world, and finally we found god.we found the secrete of religious books, and we made s-formula . | |
| S-formula is consolidated result of all god and all religion of all world. | |
| Nobody knows in this world the real god. We found real god. But whatever the picture is there in the peoples mind is another god.it is imaginery god. | |
| To understand the real god this imaginery god is compulsory require.it is very complecated subject to understand real god, high knowledge is required to see real god.  But till today nobody reached towards real god because not done research about this subject. | |
| God is present in this world is true. God is everywhere all over the world, god has one perticular shape, colour,but it will not speak, it will not walk. The real god and imaginery god both are required to live good and happy life. | |
| S-formula is not a easy subject that everyone understand easily, fully, guru (teacher) is require to make you understand what is s-formula. | |
| S-formula shows the real god, it proves that all god is same, all religions is same throughout the world. By this we can bring peace all over the world. | |
| Real god is for elders, imaginery god is for childrens, this will explained in s-formula.  The presence of god in this earth is true. We found god. | |
| We will give presentation on the presence of god. We will prove that god is one and religion is one. | |
| S-formula is the only one subject which all religion people accept for implementation all over the world. | |
| Pleases contact in case if you want any information or help. | |
| Contact number | 9632559162 (india) |
| E-mail | Srswamy1968@gmail.com |

|  |  |
| --- | --- |
| Gym is very harmful to you,  Do not do it. | |
| Step -01 | S-formula is the basic secrete of gym  It is the basic knowledge of gym |
| Step -02 | Without following s-formula ,  You do not do gym  It is very dangerous to you. |
| Step -03 | Do gym with s-formula ,  If you are following s-formula then only you do gym |
| Step -04 | The person who found god is only eligible to teach gym  Or  He is trained by such a guru |
| Step -05 | We found god and we are eligible to teach gym yoga |
| Step -06 | If you do gym without following s-formula , first you feel happy , later on your energy slowly goes down , you will face lot of problem , you will not come to know that is is due to fault in gym ,lateron you stop practicing gym. |
| Step -07 | Lot of examples are there in this world, gym guru , gym yoga trainie, facing lot of diseases, this is because they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply by doing gym , without proper guidence is very dangerous. |
| Step -09 | If you not got such a teacher, you do not do it, you live without gym , no problem to you. |
| Step -10 | Without knowing what is gym, you do not do gym with blind knowledge. |
| Step -11 | We are giving perfect gym training to you  Please arrange training camp in your area  We will come and teach you realgym. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you do gym without basic knowledge , you may die at any time. |

|  |  |
| --- | --- |
| What is health, what is the secrete of health , health meaning, how to get health. | |
| I done 25 years research on the above subject and found the secrete of health. | |
| Since from ten thousand years we observed that no body knows what is health.  No body done research on health and nowhere it is told what is health. | |
| So many books written on the subject health but it is all imaginery. | |
| If you follow any method you will not get healt, but you will face lot of problems. | |
| Finally we done twentyfive years research on health and finnaly we found the secrete of health, we understood 100% what is health, what is the meaning of health, how to get good health and what to do to get good 100% health. | |
| At last we made s-formula  S-formula is the secrete of health  S-formula is the meaning of health  By following s-formula we get 100% health. | |
| The books available allover the world regarding health is without s-formula,  In all old books there is no s-formula.  In olden days people do not know about s-formula  Since from teh thousand years peoples are suffering lot of health problems due to lack of this knowledge.  Eventhough all are following holy books, but they are all suffering lot of health problems and died early. | |
| S-formula is made for godd health. You will get 100% health in your body.  You live morethan 100 years with good health if you follow s-formula. | |
| Health means at the age of 100 years you look like a 16 year boy with charming face and good health. It is possible from s-formula only.if you follow s-formula you will not get any disease , (0%) diseases in your life is nill. | |
| |  | | --- | | S-formula | | The basic secrete of human power is s-formula. | | Follow s-formula, you will become more powerful, | | S-formula is the real power | | S-formula is knowledge based training. It is a type of meditation. | | S-formula is a foundation for all. | | S-formula is world dharma. | | God only now following s-formula, let every one start following s-formula. | | S-formula is basic for all. | | The vital energy, the s-formula [strength; power; energy; courage] that supports your life. | | • s-formula, which shines in your sparkling eyes, | | •s-formula which beams in your shining cheeks, is a great treasure for you. | | • s-formula gives colour and vitality to the human body and its different organs. | | • if not use s-formula, it brings death; if you use s-formula gives life. | | • s-formula is the real vitality in men. | | • develop strong mind and strong body by using s-formula. | | • s-formula gives you more strength, good health, super memory, courage. | | |
| |  | | --- | | S-formula is the power of nation | |  | | S-formula is a anti corruption weapon. S-formula kills 100% corruption. | |  | | S-formula cures all diseases | |  | | S-formula makes your bones strong and hard. | |  | | S-formula increases power of sex organs | |  | | S-formula gives you more sexual power | |  | | S-formula increases your body strength. | |  | | S-formula increases your body resistance. | |  | | S-formula increases your beauty | |  | | S-formula increases your memory power | |  | | S-formula increases your knowledge. | |  | | S-formula increases your good characters. | |  | | S-formula increases your wealth | |  | | S-formula increases your health. | |  | | S-formula increases your courage. | | |
| |  | | --- | |          s-formula is a god, | |          s-formula is base of all dharma’s,(religions) | |          it is the base for all shasta’s, | |          it is the force that surviving the whole world, | |          it is the secrete of health, | |          it is the real spiritual power, | |          it is the real mental power, | |          it is the real body power, | |          it is the real internal power, | |          it is the real body resistance, | |          it is the real secrete of beauty & handsome, | |          it is the real secrete of the people sexually powerful, | |          it controls angry, | |          it controls the people become mad, | |          it controls the people become the criminals, | |          it controls the corruption, | |          it is the secrete of poor and rich, | |          it is courage, it is memory, | |          it creates good human beings. | |  | | |
| We will give training programme regarding s-formula  We will give you seminars regarding good health. | |
| Please arrange training camps in your area, we will come and give you training. | |
| Lot of people asking are you a doctor, if i say about health  Doctor means what   |  | | --- | | You do not know what is doctor, | | Doctor will give treatment for diseases | | Doctor will not give treatment for healthy person, | | There is no relationship between health and doctor | | Health is different , doctor is different | | Healthy person will not see doctor, doctor will not see healthy persons, | | Doctor will not teach about health, | | Father, mother, teacher,..etc... Teach about health | | Doctor will not study about health, he study only about diseases, treatment, | | Doctor is corrective action, | | Health is preventive action | | Do not confuse the matter | | I done research on health 30 years, and found the secrete what is health, | | I know what is health, | | I am only one person in this world, whoknows about health. | | Lot of people asking me are you a doctor, | | I am very much worried about these poor people | | Doctors are also suffering from diseases, it means they .... | | Nobody knows what is health except me in this world. | | |
| I am a scientist, i am a researcher, i studied all the subjects regarding health, i am eligible to teach about health. | |
| Pleases contact in case if you want any information or help. | |
| Contact number | 9632559162 (india) |
| E-mail | [Srswamy1968@gmail.com](mailto:Srswamy1968@gmail.com) |

|  |  |
| --- | --- |
| Meditation – try to know the secrete of meditation | |
| Lot of people doing meditation,  They have their own imagination,  They are not getting any benifits with respect to their imagination,  Without knowing the basic secret of knowledge about meitation, you do not do it. | |
| I done research 33 years on this subject and found the secrete of meditation, and made s-formula. | |
| Step-01 | Meditation is very harmful and danger if you do without s-formula. |
| Step-02 | Do meditation along with s-formula, it will give 100% good result.  You will get whatever you want according to your own imagination |
| Step-03 | One who found god, he is the only eligible person to teach about meditation or trained by such person. |
| Step-04 | We found god, we are eligible to teach meditation |
| Step-01 | Please arrange training camp , we will come and teach about meditation perfecctly. |
| Step-05 | Lot of secrete is there to teach about meditation  You do not do meditation yourself as you like. |
| Step-06 | With following s-formula only we have to do meditation  Otherwise it is very danger to health. |
| Step-07 | You will not do long practice if you do your own method  You will not get any benifits if you do own |
| Step-08 | If nobody is there to teach you properly, you do not do it, nothing happens to you. |
| Step-09 | We will coducting regular training classes and we will give perfect training, |
| Step-10 | Pleases contact in case if you want any information or help. |
| Contact number | 9632559162 (india) |
| E-mail | Srswamy1968@gmail.com |

|  |  |
| --- | --- |
| Any type of physical exercises  Is very harmful & danger to you,  Do not do it. | |
| Any type of physical exercises means , yoga, gym, karate , boxing, wrestling, judo, dance, music, sports etc. | |
| Step -01 | S-formula is  The basic secrete of physical exercises  It is the basic knowledge of physical exercises |
| Step -02 | Without following s-formula ,  You do not do physical exercises,  It is very dangerous to you. |
| Step -03 | Do physical exercises with s-formula ,  If you are following s-formula then only you do physical exercises |
| Step -04 | The person who found god is only eligible to teach physical exercises or  He is trained by such a guru (teacher) |
| Step -05 | We found god and we are eligible to teach physical exercises |
| Step -06 | If you do physical exercises  Without following s-formula ,  First you feel happy , later on your energy slowly goes down ,  You will face lot of problem , you will not come to know  That is due to fault in physical exercises,  Lateron you stop practicing physical exercises |
| Step -07 | Lot of examples are there in this world,  Physical exercises guru , physical exercises trainie, facing lot of diseases,  This is because, they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply by doing physical exercises ,  Without proper guidence  It is very dangerous. |
| Step -09 | If you not got such a teacher, you do not do it, you live without physical exercises,no problem to you. |
| Step -10 | Without knowing what is physical exercises, you do not do physical exercises with blind knowledge. |
| Step -11 | We are giving perfect physical exercises , training to you  Please arrange training camp in your area  We will come and teach you real physical exercises. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you do physical exercises without basic knowledge s-formula ,  You may die at any time. |

I done my duty, it is left to you , you do your duty ,

I done research on s-formula , you follow s-formula.

Read carefully and understand what is the concept of s-formula .

Part – 01 : you born from male and female both ,

Part -02 : only from one male or only from one female you will not born.

Part – 04 : only sperm is not possible or only ovum is not possible to creat new baby.

Part – 05 : sperm mixed with liquid and ovum mixed with liquid , when they combine , then only you will born.

Part – 06 : male semen – the liquid mixed with sperm, (1% sperm + 99% semen)

Female semen – the liquid mixed with ovum, (1% ovum + 99% semen)

Part -07 :-the mixture of sperm + ovum +semen , these three combined work together , then only you will born.

Part – 08 : semen manufactures sperm in male body and ovum in female body.

Part – 09 : semen is present both in male both body and female body.

Part – 10 : semen produced from food what we take in seven stages as explained earlier.

--------------------------------

Step -01 : semen plays very important role in the development of body and mind.

Step -02 : when you are in the stomach of your mother nine months , the entire development of your body and mind is done by semen.

Step -03 : when you come out after nine months from your mother stomach , you are having an ebility to produce semen yourself , then semen will start developing your body and mind.

Step -04 : the entire life semen is protecting your body and mind and also developing your body and mind.

Step -05 : semen is manufactured in your body daily, throughout life for the nourishment of your body and mind.

Step -06 : if you have semen in your body up to required level , you are perfect man in this world.

Step -07 : if you have semen below required level , you lose your body control and mind control,

But semen is trying to balance your body and mind. Due to less semen in your body , the development of your body and mind stops. You will face lot of problems, lot of diseases, and you may die at any time.

Step -08 : if you have semen in your body above required level , you will have good stamina , good body controle and good mind controle . Semen is increase your body power and mind power. Due to excess semen in your body , the development of your body and mind grows fast. Semen produces new nerves in the brain and increase muscular energy , bones become strong,giving good health.

Step -09 : lot of people do not know this secrete, and all are involving in loss of semen activities, and they are facing lot of problems in this world.

Step -10 : to help people in this world , to solve all their problems, it is necessary to implement

S-formula all over the world.

Step-11 : lot of people is required to implement and lot of money is required to implement

S-formula in this world.

Step -12 : please help me , come with me , contribute money , with the co-operation of you people it is possible to implement s-formula throughout the world.

Step 13 : loss of semen bring loss of peace in this world. Saving of semen bring peace in this world.

S-formula is made for, to bring peace in this world.

Step – 14 : please contribute money to the following account , for the implementation of s-formula.

Account holder name :- s.r.swamy.

Bank name :- state bank of mysore , siddaganga mutt branch , kyathsandra , tumkur , karnataka , india , pin-572104.

Account number – 64017739582

Contact number – 9632559162 (india)

E-mail : srswamy1968@gmail.com

Step 15 : lot of youths, lot of child , lot of people in this world are involving the activities which are responsible to waste of semen , and creating lot of trouble to his family, society , country . By implementing s-formula we can avoid all this problems.

Step -16 : i hope certainly you will not disappoint me in this operation,

Come with me, join with me , contribute money and your mind , sacrifice your life for the welfare of your country , s-formula save world.

Step -17 : i done 33 years research and invented s-formula. I promise that whatever the benifits of s-formula is introduced to you is my own experience, my own feeling , because i sacrificed my body for the live experiment, s-formula is true, follow s-formula and save your life.

S-formula makes your life beautifull.

I done my duty, it is left to you , you do your duty ,

I done research on s-formula , you follow s-formula.

If you follow s-formula--s-formula will save you

If you not follow s-formula -- s-formula will not save you.

S-formula means

1. Save semen , store semen in your body , protect semen in your body.
2. Keep away all the activities which are responsible for loss of semen.
3. Do not do any activity regarding loss of semen.

Semen is very precious content of our body.

It nourish our body and brain. It develops all the organs in our body. It develops brain energy in our body.

Semen from birth to death controls the development of body.

If you waste semen, it is a waste of your life.

Save semen - save your life.

Conducting coaching classes, training classes about s-formula

Dear sir / madam

We are conducting coaching classes and training classes regarding s-formula.

Please contact us , in case if you are interested in s-formula.

For more details contact us

Contact number – 9632559162 (india)

E-mail : [srswamy1968@gmail.com](mailto:srswamy1968@gmail.com)

[Swamysr90@gmail.com](mailto:Swamysr90@gmail.com)

Our training programmes

1. Yoga training
2. Physical exercise training
3. Karate training
4. S-formula training.

All programmes are on chargeable basis, no free training.

|  |  |
| --- | --- |
| Yoga is very harmful to you,  Do not do it. | |
| Step -01 | S-formula is the basic secrete of yoga,  It is the basic knowledge of yoga. |
| Step -02 | Without following s-formula ,  You do not do yoga ,  It is very dangerous to you. |
| Step -03 | Do yoga with s-formula ,  If you are following s-formula then only you do yoga. |
| Step -04 | The person who found god is only eligible to teach yoga  Or  He is trained by such a guru |
| Step -05 | We found god and we are eligible to teach yoga |
| Step -06 | If you do yoga without following s-formula , first you feel happy , lateron your energy slowly goes down , you will face lot of problem , you will not come to know that is is due to fault in yoga, lateron you stop practicing yoga. |
| Step -07 | Lot of examples are there in this world,yoga guru , yoga trainie, facing lot of diseases, this is because they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply by doing yoga , without proper guidence is very dangerous. |
| Step -09 | If you not got such a teacher, you do not do it, you live without yoga, no problem to you. |
| Step -10 | Without knowing what is yoga, you do not do yoga blind knowledge. |
| Step -11 | We are giving perfect yoga training to you  Please arrange training camp in your area  We will come and teach you real yoga. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you do yoga without basic knowledge , you may die at any time. |

|  |  |
| --- | --- |
| Gym is very harmful to you,  Do not do it. | |
| Step -01 | S-formula is the basic secrete of gym  It is the basic knowledge of gym |
| Step -02 | Without following s-formula ,  You do not do gym  It is very dangerous to you. |
| Step -03 | Do gym with s-formula ,  If you are following s-formula then only you do gym |
| Step -04 | The person who found god is only eligible to teach gym  Or  He is trained by such a guru |
| Step -05 | We found god and we are eligible to teach gym yoga |
| Step -06 | If you do gym without following s-formula , first you feel happy , later on your energy slowly goes down , you will face lot of problem , you will not come to know that is is due to fault in gym ,lateron you stop practicing gym. |
| Step -07 | Lot of examples are there in this world, gym guru , gym yoga trainie, facing lot of diseases, this is because they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply by doing gym , without proper guidence is very dangerous. |
| Step -09 | If you not got such a teacher, you do not do it, you live without gym , no problem to you. |
| Step -10 | Without knowing what is gym, you do not do gym with blind knowledge. |
| Step -11 | We are giving perfect gym training to you  Please arrange training camp in your area  We will come and teach you realgym. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you do gym without basic knowledge , you may die at any time. |

|  |  |
| --- | --- |
| Walking is very harmful & danger to you,  Do not do it. | |
| Step -01 | S-formula is the basic secrete of walking  It is the basic knowledge of walking |
| Step -02 | Without following s-formula ,  You do not do walking,  It is very dangerous to you. |
| Step -03 | Do walking with s-formula ,  If you are following s-formula then only you do walking |
| Step -04 | The person who found god is only eligible to teach walking  Or  He is trained by such a guru (teacher) |
| Step -05 | We found god and we are eligible to teach walking |
| Step -06 | If you do walking without following s-formula ,  First you feel happy , later on your energy slowly goes down ,  You will face lot of problem , you will not come to know  That is due to fault in walking ,lateron you stop practicing walking . |
| Step -07 | Lot of examples are there in this world,  Walking guru , walking trainie, facing lot of diseases,  This is because, they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply by doing walking , without proper guidence it is very dangerous. |
| Step -09 | If you not got such a teacher, you do not do it, you live without walking ,no problem to you. |
| Step -10 | Without knowing what is walking, you do not do walking with blind knowledge. |
| Step -11 | We are giving perfect walking training to you  Please arrange training camp in your area  We will come and teach you real walking. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you do walking without basic knowledge, s-formula ,  You may die at any time. |

|  |  |
| --- | --- |
| Any type of physical exercises  Is very harmful & danger to you,  Do not do it. | |
| Any type of physical exercises means , yoga, gym, karate , boxing, wrestling, judo, dance, music, sports etc. | |
| Step -01 | S-formula is  The basic secrete of physical exercises  It is the basic knowledge of physical exercises |
| Step -02 | Without following s-formula ,  You do not do physical exercises,  It is very dangerous to you. |
| Step -03 | Do physical exercises with s-formula ,  If you are following s-formula then only you do physical exercises |
| Step -04 | The person who found god is only eligible to teach physical exercises or  He is trained by such a guru (teacher) |
| Step -05 | We found god and we are eligible to teach physical exercises |
| Step -06 | If you do physical exercises  Without following s-formula ,  First you feel happy , later on your energy slowly goes down ,  You will face lot of problem , you will not come to know  That is due to fault in physical exercises,  Lateron you stop practicing physical exercises |
| Step -07 | Lot of examples are there in this world,  Physical exercises guru , physical exercises trainie, facing lot of diseases,  This is because, they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply by doing physical exercises ,  Without proper guidence  It is very dangerous. |
| Step -09 | If you not got such a teacher, you do not do it, you live without physical exercises,no problem to you. |
| Step -10 | Without knowing what is physical exercises, you do not do physical exercises with blind knowledge. |
| Step -11 | We are giving perfect physical exercises , training to you  Please arrange training camp in your area  We will come and teach you real physical exercises. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you do physical exercises without basic knowledge s-formula ,  You may die at any time. |

|  |  |
| --- | --- |
| You will not get energy by eating nutricious food ,  You will get lot of diseases,  Try to know the secrete. | |
| Strong food - you will not get power and energy simply by eating nutricious food, without basic knowledge, your body grows abnormal , lot of fat in your body , lot of diseases in your body, try to know the secrete of food. | |
| Step -01 | S-formula is  The basic secrete of food.  It is the basic knowledge of food. |
| Step -02 | Without following s-formula ,  You do not eat as you like,  It is very dangerous to you. |
| Step -03 | Eat food with s-formula ,  If you are following s-formula then only you eat food for health. |
| Step -04 | The person who found god is only eligible to teach for food or  He is trained by such a guru (teacher) |
| Step -05 | We found god and we are eligible to teach regarding food for health. |
| Step -06 | If you eat food whatever you want,  Without following s-formula ,  First you feel happy , later on your energy slowly goes down ,  You will face lot of problem , you will not come to know  That is due to fault from food what you taken.  Lateron you stop eating strong food. |
| Step -07 | Lot of examples are there in this world,  One who eat food whatever he likes, facing lot of diseases,  This is because, they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply one who eat food whatever he likes,  Without proper guidence  It is very dangerous. |
| Step -09 | If you not got such a teacher,  You do not do it,  You live without strong food,  No problem to you. |
| Step -10 | Without knowing what is the secrete of food taking  You do not do it, with blind knowledge. |
| Step -11 | We are giving perfect ,training to you  Please arrange training camp in your area  We will come and teach you the secrete of food. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you eat whatever you like without basic knowledge s-formula ,  You may die at any time. |

|  |  |
| --- | --- |
| Walking is very harmful & danger to you,  Do not do it. | |
| Step -01 | S-formula is the basic secrete of walking  It is the basic knowledge of walking |
| Step -02 | Without following s-formula ,  You do not do walking,  It is very dangerous to you. |
| Step -03 | Do walking with s-formula ,  If you are following s-formula then only you do walking |
| Step -04 | The person who found god is only eligible to teach walking  Or  He is trained by such a guru (teacher) |
| Step -05 | We found god and we are eligible to teach walking |
| Step -06 | If you do walking without following s-formula ,  First you feel happy , later on your energy slowly goes down ,  You will face lot of problem , you will not come to know  That is due to fault in walking ,lateron you stop practicing walking . |
| Step -07 | Lot of examples are there in this world,  Walking guru , walking trainie, facing lot of diseases,  This is because, they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply by doing walking , without proper guidence it is very dangerous. |
| Step -09 | If you not got such a teacher, you do not do it, you live without walking ,no problem to you. |
| Step -10 | Without knowing what is walking, you do not do walking with blind knowledge. |
| Step -11 | We are giving perfect walking training to you  Please arrange training camp in your area  We will come and teach you real walking. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you do walking without basic knowledge, s-formula ,  You may die at any time. |

|  |  |
| --- | --- |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you eat whatever you like without basic knowledge s-formula ,  You may die at any time. |

|  |  |
| --- | --- |
| Why we do worshipping of god – try to know the secrete of worshipping of god | |
| God is present in this world , if you do worship properly, you will get 100% benifits,do worship of god properly by knowing the basic secrete og worship.  Try to know the secrete of god and worship by s-formula | |
| Lot of people do not know the basic knowledge , the basic secrete of worship, they will do as they like and they will not get any good result or any benifits from worshipping god, simply time waste and money waste. | |
| I done research 33 years on this subject and found the secrete of worship of god, and made s-formula. | |
| S-formula says that what is worship,why we have to do worship,the secrete of worship,how you will get benifits,what is the necessity of doing worship of god.  S-formula is purely the secrete of god. | |
| Step-01 | Worship of god is very harmful and danger if you do without s-formula. |
| Step-02 | Do worship of god along with s-formula;  It will give 100% good result.  You will get whatever you want according to your belief. |
| Step-03 | One who found god, he is the only eligible person to teach about worship of god or trained by such person. |
| Step-04 | We found god, we are eligible to teach worship of god |
| Step-01 | Please arrange training camp, we will come and teach about worship of god perfecctly. |
| Step-05 | Lot of secrete is there to teach about worship of god  You do not worship of god yourself as you like. |
| Step-06 | With following s-formula only  We have to do worship of god  Otherwise it is very danger to health & wealth. |
| Step-07 | You will not do long practice if you do your own method  You will not get any benifits if you do own  Do worship along with s-formula |
| Step-08 | If nobody is there to teach you properly, you do not do it, nothing happens to you. |
| Step-09 | We will coducting regular training classes and we will give perfect training, |
| Step-10 | Pleases contact in case if you want any information or help. |
| Contact number | 9632559162 (india) |
| E-mail | [Srswamy1968@gmail.com](mailto:Srswamy1968@gmail.com) |

|  |  |
| --- | --- |
| Yoga is very harmful to you,  Do not do it. | |
| Step -01 | S-formula is the basic secrete of yoga,  It is the basic knowledge of yoga. |
| Step -02 | Without following s-formula ,  You do not do yoga ,  It is very dangerous to you. |
| Step -03 | Do yoga with s-formula ,  If you are following s-formula then only you do yoga. |
| Step -04 | The person who found god is only eligible to teach yoga  Or  He is trained by such a guru |
| Step -05 | We found god and we are eligible to teach yoga |
| Step -06 | If you do yoga without following s-formula , first you feel happy , lateron your energy slowly goes down , you will face lot of problem , you will not come to know that is is due to fault in yoga, lateron you stop practicing yoga. |
| Step -07 | Lot of examples are there in this world,yoga guru , yoga trainie, facing lot of diseases, this is because they donot know s-formula. |
| Step -08 | S-formula is the power of your body and mind. |
| Step -03 | Simply by doing yoga , without proper guidence is very dangerous. |
| Step -09 | If you not got such a teacher, you do not do it, you live without yoga, no problem to you. |
| Step -10 | Without knowing what is yoga, you do not do yoga blind knowledge. |
| Step -11 | We are giving perfect yoga training to you  Please arrange training camp in your area  We will come and teach you real yoga. |
| Step -12 | S-formula training is knowledge based training. |
| Step -13 | If you do yoga without basic knowledge , you may die at any time. |

VEG and NON-VEG

Which food is better for eating and good health, Please read carefully and answer.

1. Human beings contain semen in body, this semen develops the body, maintenance of body,energy for body.
2. This semen contains more than 200 chemicals to nurish our body.
3. 200 chemicals are manufactured from food we taken
4. If you take Vegitarian food, raw direct, you will get sufficient chemicals from food.
5. If you take boiled you will get less chemicals from food.
6. If you eat raw meat, you will get more chemicals from food.
7. If you eat boiled meat, you will get very less chemicals from food
8. If your body is rich in chemicals then you will be more healthy.
9. Semen is produced by semen in your body.
10. Semen is formed by food what we taken
11. Quality of semen is depending upon quality of food we taken.
12. Good semen means good health you have.
13. For example , certain animal eat other animal (raw) they are very healthy and strong. If they eat boiled meat, they will die soon.
14. For example, certain animal eat plant only, they are very strong and healthy, if they eat boiled food they die soon.
15. Semen plays very important role in body development.
16. All humans eat food and produce semen, semen is the final product.
17. Semen contains chemicals only
18. Which food will give more chemicals directly to body you decide.
19. My best suggession is raw meat or raw vegitables.
20. But presently all are eating boiled food no one eating raw food.

YOGA IS MENTALLY EXERCISE

AND

YOGASANA IS A PHYSICALLY EXERCISE

YOGA AND YOGASANA BOTH ARE DIFFERENT

BENIFITS ARE DIFFERENT

YOGA IS MADE FOR SAVING SEMEN AND STORING SEMEN

YOGASANA IS MADE FOR CONTROLLING LOSS OF SEMEN

DO NOT DO YOGASANA ON JUNE 21ST AND DO NOT SAY IT AS YOGA

YOU ALREADY ANNOUNCED THAT JUNE 21 ST IS A YOGA-DAY

SO YOU DO ONLY YOGA

YOGA IS NOT INCLUDED ANY PHYSICAL EXERCISE

YOGA INCLUDES POOJA, BHAJANE, PRARTHANE, KEERTHANE, PURANA, PUNYAKATHE, DYANA, DHRAMA PALANE, SHASTRA AND SAMPRADAYA PALANE, BHAKTHI, KARMA YOGA, HATA YOGA, BHAKTHI YOGA, RAJAYOGA, DYANA YOGA, JNANA YOGA ETC.

PLEASE DO NOT INSULT YOGA BY DOING YOGASANA

|  |
| --- |
| **Evidence of the Value of Semen for Physical & Mental Health**. |
|  |
| [Dr. Simon-Auguste-Andre-David Tissot (1728-1787).](http://www.semenloss.info/node/17/index.html) |
| Swiss professor of medicine |
| ·          He followed in the tradition of the Greek medicine when he wrote that the body is an energy system which needs constant care to maintain equilibrium.1 |
| ·         ‘Losing one ounce of sperm is more debilitating than losing forty ounces of blood’, in Treatise on the Diseases Produced by Onanism.His tenet was that debility, disease and death are the outcome of semen loss |
| ·         Tissot describes as follows the effects of sexual excess: |
| "The debility caused by these excesses derange the functions of all organs... Digestion, perspiration and evacuation do not take place in their usual healthy manner; ... and astonishing weakness in the back, debility of the genital organs, bloody urine, deranged appetite, headache and numerous other diseases ensue; in a word, nothing shortens life so much as the abuse of sexual pleasures... Excesses in the gratification of sexual desire not only cause the diseases of languor, but sometimes acute diseases; and they always produce irregularities in those affections which depend on other causes, and very readily render them malignant when the energies of nature are at fault." |
|  |
| [Dr. Leopold Deslandes MD (1796 - 1850)](http://www.semenloss.info/node/27/index.html) |
| French medical writer and doctor. Member of the Royal Academy of Medicine, Paris |
| ·         Deslandes observes: "The diseases affecting the nervous system, that system which is powerfully disturbed by coition, are not the only ones resulting from venereal excess. We shall see that all alterations of tissue, every physical disorder, may be caused by this. We may fearlessly assert that most of the inconveniences and diseases afflicting the human species arise from venereal excesses." |
|  |
| [Dr. Claude-Francois Lalleman](http://www.semenloss.info/node/18/index.html) |
| French surgeon, (1790 - 1853) |
| ·         Lallemand warned that loss of sperm could be dangerous to health.1 |
| ·         Lalleman traces spermatorrhea to an inflammation, congestion and hypersecretion of the mucous membranes of the urethra, primarily initiated by frequent sexual orgasms and intensified by the irritation of toxic blood resulting from wrong diet and autointoxication. Alcohol, coffee, tea and spices, by irritating the genital mucous membranes, he believes to contribute to this condition. |
|  |
| [Cladius Galen of Pergamum-Claudius Galenus of Pergamum (131 - 201 AD)](http://www.semenloss.info/node/54/index.html) |
| Ancient Greek physician and philosopher. His works on medicine & philosophy total 22 volumes. |
| ·          Hippocrates and Galen believed that semen came from all humors of the body. 1 |
| ·         Involuntary loss was termed ‘gonorrhoea’: ‘it robs the body of its vital breath’; ‘losing sperm amounts to losing the vital spirits’; exhaustion, weakness, dryness of the whole body, thinness, eyes growing hollow, are the resulting symptoms2 |
|  |
| [Aristotle-Aristotle (350 BC)](http://www.semenloss.info/node/15/index.html) |
| If you haven't heard of him you have learnt too much in sex-ed. |
| ·          If men start to engage in sexual activity at too early an age... this will affect the growth of their bodies. Nourishment that would otherwise make the body grow is diverted to the production of semen. ... Aristotle is saying that at this stage the body is still growing; it is best for sexual activity to begin when its growth is 'no longer abundant', for when the body is more or less at full height, the transformation of nourishment into semen does not drain the body of needed material. |
| ·          For Aristotle, semen is the residue derived from nourishment, that is of blood, that has been highly concocted to the optimum temperature and substance. This can only be emitted by the male as only the male, by nature of his very being, has the requisite heat to concoct blood into semen. |
|  |
| ·         ‘Sperms are the excretion of our food, or to put it more clearly, as the most perfect component of our food’ |
|  |
| [Democritus- Democritus (400 BC) of Abdera Thrace was called "The Laughing Philosopher"](http://www.semenloss.info/node/13/index.html) |
| How he could be so happy without having a date with Rosy Palm and her five daughters is beyond me (and beyond modern medicine too). |
| ·          "Coition", said Democritus, "is a kind of epilepsy." "It is", said Haller, "an action very similar to a convulsion, and which of itself astonishingly weakens and affects the whole nervous system."1 |
| ·         "Democritus, an ancient physician, believed that this semen was derived from the whole body "particularly the important parts such as bones, flesh and sinews."2 |
|  |
| Pythagoras -Of the Pythagorean theorem fame. If he was smart enough to figure out a triangle you can be sure he could figure out how to go for a few days without jerking his gerkin. |
| [·          Pythagoras advocated continence as a practice of utmost physiological value both to body and brain, for he considered the semen as 'the flower of the purest blood,'1](http://www.semenloss.info/node/49/index.html#nutri-sex-control) |
|  |
| [·         Pythagoras taught that there was a direct connection between the semen and the brain and that loss of semen weakens the brain, while its conservation improves brain's nutrition, since the substances thus conserved act as brain nutrients 2](http://www.semenloss.info/node/49/index.html#nutri-sex-control) |
|  |
| [Dr. Paul Charles Dubois (1848 - 1918)](http://www.semenloss.info/node/33/index.html) |
| Siwss neurologist, professor, writer and pioneer of psychotherapy |
| ·         Ssexual indulgence, not continence, is the cause of neurasthenia1 |
|  |
| [Aguste Henri Forel (1848 - 1931)](http://www.semenloss.info/node/32/index.html) |
| Swiss myrmecologist, neuroanatomist and psychiatrist, notable for his investigations into the brain structure of humans and ant. |
| ·         "Abstinence, or sexual continence, is by no means impractical for a normal young man of average constitution, assiduous in intellectual and physical work and abstaining from artificial excitants", adding, "The idea is current among young people that abstinence is something abnormal and impossible, and yet the many who observe it prove that chastity can be practiced without prejudice to health".1 |
|  |
|  |
| [Dr. Jean Alfred Fournier(1832 - 1914)](http://www.semenloss.info/node/29/index.html) |
| French dermatologist, professor and medical writer, |
| ·         Professor Alfred Fournier, a physiologist of note, ridicules the idea of "the dangers of continence for the young man", and that during his years of medical practice, he has never come across one such case.1 |
|  |
| [Dr. Charles Marie Edouard Chassaignac](http://www.semenloss.info/node/28/index.html) |
| French Surgical Pioneer, |
| ·         Chassaignac claims that the healthier the individual, the easier to practice complete abstinence; it is only the diseased and neurotic person who finds it difficult to do so. |
|  |
|  |
| [·          Professor Charles Edouard Brown Sequard](http://www.semenloss.info/node/24/index.html) |
| (1817 - 1894) |
| British physiologist and neurologist |
| Brown-Sequard has shown that spermatic secretions increase nerve and brain vitality.1 |
| ·         Brown Sequard discovered that the voluntary supression of the ejaculation of semen strengthens a man and is conducive to long life. This is due to the semen being thus returned to the body which thus acts as a tonic for the nervous system.2 |
|  |
| [Dr. Oskar Lassar](http://www.semenloss.info/node/23/index.html) |
| German dermatologist |
| ·         Sexual continence is not injurious to young men. |
|  |
| What Important People Says |
| Dr. Nicole says: “It is a medical and physiological fact that the best blood in the body goes to form the elements of reproduction in both the sexes. |
| Dr. Dio Louis thinks that the conservation of this element is essential to strength of body, vigour of mind and keenness of intellect. |
| Another writer, Dr. E.P. Miller, says: All waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of the life force. |
| It is almost universally conceded that the choicest element of the blood enters into the composition of the spermatic secretion. |
| One ejaculation of semen will lead to wastage of a wealth of energy. This belief can be traced back to the Holy Scriptures (Sushruta Samhita, 1938; Charak Samhita, 1949; Gandhi, 1957; Kuma Sutra, 1967). |
| One ejaculation of semen will lead to wastage of a wealth of energy. It is being propagated by the lay and pseudoscientific literature (Mishra, 1962; Chand, 1968) and has fascinated many scientific investigators..." (Malhotra and Wig, 1975: 526) “(Bottero, 1991: 306). |
| However much semen you are able to retain, you will receive in that proportion greater wisdom, improves action, higher spirituality and increased knowledge. Moreover, you will acquire the power to get whatever you want. (Yogacharya Bhagwandev 1992: 15) “[Alter, 1997: 280]. |
| Semen! What a beautiful, sparkling word! When reflecting on it one's mind is filled with grand, great, majestic, beautiful, and powerful emotions. [Shastri n.d.[a]:10]"[Alter, 1997: 284]. |
| A large segment of the general public from all socioeconomic classes believes that semen loss is harmful. Seminal fluid is considered an elixir of life in the physical and mystical sense. Its preservation guarantees health, longevity, and supernatural powers" (Malhotra and Wig, 1975: 519). |
| Natural emission, or svapna dosh (dream error), is given special consideration by all authors. Kariraj Jagannath Shastri devotes his whole book to the subject, and because of its 'involuntary' nature, calls svapna dosh the worst of all 'personal diseases‘" (Alter, 1997: 287). |
| The secret of magnetic personality. Conservation of semen results in the emergence of a charismatic power in the body, which is named ojas by the ancient Ayurveda physician Dhanvantrai. |
| This new science is based upon thousands of years of study, observation, and experimentation. It has been refined and developed to a new degree, thus entitling it to the appellation “new”. The science of seminal conservation allows you to conserve seminal fluid for nourishing, improving and perfecting your body and brain when reproduction is not mutually desired. |
| Nature puts the most valuable ingredients in the seed in all forms of life in order to provide for continuation of the species.The fluid (semen) a man discharges during sexual relations contains the human seed.The human seed, of course, contains all essential elements necessary to create another human being when it is united with an ovum.It contains forces capable of creating life!. |
| Doesn’t common sense decree that such a vital fluid be carefully conserved, rather than thoughtlessly squandered?How can a state of health, energy, and power be built when the most basic elements are being excessively squandered? |
| The seminal fluid is a viscid, proteinaceous fluid composed of secretory products of the testes epididymis seminal vesicles prostate gland and Cowper’s gland.It is rich in potassium, iron, lecithin, vitamin E. protease, spermine, albumen, phosphorous, calcium and other organic minerals and vitamins. |
| The average normal ejaculation, about two to five cubic centimeters of semen, contains 200 to 500 million sperm which are rich in nuclear proteins, the male hormones or androgens such as testosterone, or other essential elements.The Sertoli cells in the testes produce another hormone, Inhibin. These hormones, or androgens, including testosterone, go directly into the blood stream if not ejaculated and are carried to every part of your body.They stimulate your pituitary gland and creative centers of your brain. |
| Each one of these millions of sperm carry 23 chromosomes, split chromosomes, prostaglandins, genes, bioelectricity, and all vitamins, enzymes and minerals necessary for the creation of another human being when united with an ovum. |
| An analysis of both brain cells and semen shows great similarities. Both are very high in phosphorus, sodium, magnesium and chlorine.The sex glands and brain cells are intimately connected physiologically, but are adversaries in the sense that they are both competing for the same nutritional elements from the identical blood stream.In this sense, the brain and the sexual organs are also competitors in using bodily energy and nutrition. |
| There are only so many nutrients in your blood stream.Your body can only assimilate limited quantities of nutrients in a given period of time. Phosphorus, for example, is required in both the thinking and reproductive processes. Still, your body can only assimilate finite or limited quantities of phosphorus from the diet to meet these demands in a twenty-four hour period. |
| If most nutrients in your blood are going into meeting demands of your gonads, and being ejaculated there will be little left over to meet nutritional demands of the rest of your body and brain.The energy of your body is most potent when used in one direction. |
| If you were to open the spigot in your kitchen sink while all other faucets were shut, you’d have great water pressure from that faucet,you simultaneously flush your toilet, turn on your shower, water your lawn, fill your bath tub and run your washer, the water pressure at each outlet would drop dramatically.The same is true of your body. A man cannot think or perform his best when much of this energy and blood’s nutriments are expended in the discharge of semen. |
| Drinking water dispensary method. How much quantity of water discharged at bottom, The same quantity comes from top and filled, Afterfilling water at top remains same. The body and semen same as above. |
| Most sexual relationships begin with a great deal of sexual activity during which the man ejaculates frequently.He just can’t seem to get enough. After each ejaculation he becomes more depleted and exhausted. |
| The loss of energy due to excessive ejaculation is a slow and subtle process that most men don’t usually notice until it’s too late. After countless episodes, a deterioration of your body sets in. As a man gets older, he may rationalize this lack of energy and loss of sexual vigour on his age. He is only too happy to continue pumping out his semen, sometimes even paying for the privilege and accelerating his deterioration.. |
| I want to reassert at this point that vigorous health is your best aphrodisiac. And an important factor in obtaining vigorous health is the fuller knowledge of nutrition in meeting the demands of an active, sexual, fulfilling life. |
| Not only is a proper diet necessary to keep arteries clean so blood can flow freely to all vital organs as well as your corpora cavernous penis, but also to replenish body chemistry. |
| Cooked, canned, fried, processed, irradiated, barbecued, microwaved, DE germinated, preserved, chemicalized, homogenized, pasteurized and otherwise devitalized foods are not the best materials to be converted into healthy tissues, blood and vital organs needed for vigorous health – and certainly not to meet the demands of an active sexual life. Poor health and/or poor diet demand that a man ejaculate no more than once a month if he wants to avoid mental and physical bankruptcy. |
| The master of Taoist philosophy, Dr. Stephen Chang wrote: “When the average male ejaculates, he loses about one tablespoon of semen.According to scientific research, the nutritional value of this amount of semen is equal to that of two pieces of New York steak, ten eggs, six oranges, and two lemons combined.That includes proteins, vitamins, minerals, amino acids, everything… Ejaculation is often called ‘coming’. |
| The precise word for it should be ‘going,’ because everything – the erection, vital energy, millions of live sperm, hormones, nutrients, even a little of the man’s personality goes away. It is a great sacrifice for the man, spirituality, mentally, and physically.” |
| Edwin Flatto is a retired doctor living in Florida and has been an NHF member since the 1950s. He is a graduate of the University of Miami and the Escuela Homeopathic de Allos Estudios de Guadalajara (Medico Homeopatico). |
| Over the years Ed has written 16 books on health, including, "Super Potency At Any Age", "Miracle Exercise That Can Save Your Life", and "Home Birth- Step by Step Instructions”. He is currently Gold’s Gym instructor, has a son age 7, and has won four gold medals in the Senior Olympics. Order his book called "Super Potency At Any Age". |
| In Nietzsche's NOTES (1880-1881) he writes: "The reabsorption of semen by the blood is the strongest nourishment and, perhaps more than any other factor, it prompts the stimulus of power, the unrest of all forces toward the overcoming of resistances, the thirst for contradiction and resistance. |
| Nietzsche's did not mean reabsorption of semen by the blood thro digestion (oral sex). There is a hermit belief that by practising certain spiritual exercises one can redirect the sexual power into spiritual/intellectual/physical energy.The feeling of power has so far mounted highest in abstinent priests and hermits. |
| What Important People Says |
| As for this theory on reabsorption of sperm, “sperm is full of protein". Also would have thought that some mysterious component of sperm capable of enhancing the mind in any way, somebody amongst the hordes of scientists performing research in the world today would have discovered it. |
| What Important People Says |
| the effect may result in either very high intellectual/physical power OR outright lunacy if gone wrong.! Modern science may interpret this as controlling associated hormones for good/bad. |
| The scientists of old have put great value upon the vial fluid and they have insisted upon its strong transmutation into the highest form of energy for the befit of society.” |
| Mahatma Ghandi, 1959“The strength of the body, the light of the eyes, and the entire life of the man is slowly being lost by too much loss of the vital fluid.” |
| Jewish Code of LawsSec. Orach Chaim.Ch. 240; Parag. 14“The stuff of the sexual life is the stuff of art; if it is expended in one channel it is lost for the other. |
| Havelock Ellis“I am quite willing to believe in the correctness of the regimens you recommend...and I do not doubt all of us would do better if we followed your maxims.” |
| Eminent European medical men also support the statement of the Yogins of India. |
| The Virya comes out of the very marrow that lies concealed inside the bones. There are three divisions in each Dhatu. Semen nourishes the physical body, the heart and the intellect. Semen is a mysterious secretion that is able to create a living body. Semen itself is living substance. It is life itself. Whenever the seminal secretions are conserved and thereby reabsorbed into the system, it goes towards enriching the blood and strengthening the brain. |
| Just as bees collect honey in the honeycomb drop by drop, so also, the cells of the testes collect semen drop by drop from the blood. |
| If wasted, it leaves him effeminate, weak and physically debilitated and prone to sexual irritation and disordered function, a wretched nervous system, epilepsy, and various other diseases and death. |
| Nature puts the most valuable ingredients in the seed in all forms of life in order to provide for continuation of the species. And the fluid (semen) a man discharges during sexual relations contains the human seed. The human seed, of course, contains all essential elements necessary to create another human being when it is united with an ovum. It contains forces capable of creating life. |
| Falling of semen brings death; preservation of semen gives life. Semen is the real vitality in men. |
| A new thing is required for new generation. |
|  |
| [Dr. William Acton (1813 - 1875)](http://www.semenloss.info/node/19/index.html) |
| [British doctor and medical writer. Authored Functions and Disorders of the Reproductive Organs in Childhood, Youth, Adult Age, and Advanced Life Considered in Their Physiological, Social, and Moral Relations. (1894)](http://books.google.com/books?id=9neX5mybqqsC) |
| -------------------------------- |
| ·         Chastity no more injures the body than the soul1 |
| ·          Acton says that "it is only mature individuals who can bear even infrequent acts of copulation without more or less injury. In young persons all the vital powers should be conserved for growth and development."2 |
| ·         In a state of health no sexual impression should ever affect a child's mind or body. All its vital energy should be employed in building up the growing frame, in storing up external impressions, and educating the brain to receive them. |
|  |
| [Dr. Claude-Francois Lalleman](http://www.semenloss.info/node/18/index.html) |
| French surgeon, (1790 - 1853) |
| ·         Lallemand warned that loss of sperm could be dangerous to health.1 |
| ·         Lalleman traces spermatorrhea to an inflammation, congestion and hypersecretion of the mucous membranes of the urethra, primarily initiated by frequent sexual orgasms and intensified by the irritation of toxic blood resulting from wrong diet and autointoxication. Alcohol, coffee, tea and spices, by irritating the genital mucous membranes, he believes to contribute to this condition. |
|  |
| [Dr. Leopold Deslandes MD (1796 - 1850)](http://www.semenloss.info/node/27/index.html) |
| French medical writer and doctor. Member of the Royal Academy of Medicine, Paris |
| ·         Deslandes observes: "The diseases affecting the nervous system, that system which is powerfully disturbed by coition, are not the only ones resulting from venereal excess. We shall see that all alterations of tissue, every physical disorder, may be caused by this. We may fearlessly assert that most of the inconveniences and diseases afflicting the human species arise from venereal excesses." |
|  |
| [Dr. Simon-Auguste-Andre-David Tissot (1728-1787)](http://www.semenloss.info/node/17/index.html) |
| Swiss professor of medicine |
| ·          He followed in the tradition of the Greek medicine when he wrote that the body is an energy system which needs constant care to maintain equilibrium.1 |
| ·         ‘Losing one ounce of sperm is more debilitating than losing forty ounces of blood’, in Treatise on the Diseases Produced by Onanism.His tenet was that debility, disease and death are the outcome of semen loss |
| ·         Tissot describes as follows the effects of sexual excess: |
| "The debility caused by these excesses derange the functions of all organs... Digestion, perspiration and evacuation do not take place in their usual healthy manner; ... and astonishing weakness in the back, debility of the genital organs, bloody urine, deranged appetite, headache and numerous other diseases ensue; in a word, nothing shortens life so much as the abuse of sexual pleasures... Excesses in the gratification of sexual desire not only cause the diseases of languor, but sometimes acute diseases; and they always produce irregularities in those affections which depend on other causes, and very readily render them malignant when the energies of nature are at fault." |
|  |
| [Dr. Arnold Lorand](http://www.semenloss.info/node/47/index.html) |
| Austrian Doctor and author |
| ·         The ancient Hindoos recommended to men sexual abstinence of long duration, thinking that by this means the internal secretion of the sexual glands would be absorbed into the system and that they would thereby reap all the benefits inherent in such a secretion. By this it seems that thousands of years before Claude Bernard and Brown-Sequard the Hindoos already appreciated the great importance of the internal secretions. |
|  |
| [Dr. Leopold Lowenfeld (1857 - 1924)](http://www.semenloss.info/node/46/index.html) |
| German gynecologist, psychiatrist and author |
| The gynecologist, Loewenfeld, considers it possible for a sexually normal individual to live in permanent continence without any ill-effects whatsoever. |
|  |
| [Dr. Herbert Macgolfin Shelton (1895 - 1985)](http://www.semenloss.info/node/45/index.html) |
| Natural hygienist. |
| ·          By producing enervation and by exciting the nervous system, Dr. Shelton claims that sexual excess can further the development of any disease to which the individual is subject.1 |
| ·          "No function is so exhausting to the whole system as this. If excessively indulged in, no practice can possibly be so enervating.2 |
| ·         "What constitutes excess? The reply has been given: Anything is excess when procreation is not the end. Man is sexually perverted. He is the only animal that has his `social problem,' the only animal that supports prostitution, the only animal that practices self-abuse, the only animal that is demoralized by all forms of sexual perversions, the only animal whose male will attack the females, the only animal where the desire of the female is not the law, the only one that does not exercise his sexual powers in harmony with their primitive constitution." |
|  |
| [Dr. Rita Sapiro Finkler (1888 - 1968)](http://www.semenloss.info/node/44/index.html) |
| Pioneer endocrinologist, founded the department of endocrinology a the Beth Israel Hospital. |
| Finkler answered that sexual continence is not injurious to young men, but, on the contrary, is beneficial to body and mind. |
|  |
| [Arthur Hiler Ruggles](http://www.semenloss.info/node/43/index.html) |
| President of the American Psychiatric Association |
| ·         Ruggles writes: "Sexual abstinence is compatible with perfect health and tends to increase vitality through resorption of the semen." |
|  |
| [Max Thorek (1880 - 1960)](http://www.semenloss.info/node/42/index.html) |
| Surgeon, writer and professor of medicine & plastic surgery |
| The gonad elaborates through its internal secretions the chemical products which are taken up by the circulation and carried to the central nervous system, and there erotization results. That these substances of internal secretion have a selective action seems probable, and that such substances are stored in the central nervous system, seems, in view of recent experiments, quite certain... O'Malleey thinks that the direct action of the chemical products of the gonads through the nervous system influences the growth and increased metabolism of every tissue of the body. That there is a direct relationship between the gonads and the hypophysis is fairly well established... Since the time of Hippocrates and Aristotle, it has been believed that there was a coordination between the testicular fluid and the nervous system, brain and cord." |
|  |
| [Sir Robert McCarrison (1878 - 1960)](http://www.semenloss.info/node/41/index.html) |
| British physician to the King (1928 - 1935), knighted for his medical work |
| ·         McCarrison, found that atrophy of the testicles is frequently found in cerebral and spinal diseases. |
|  |
| [Francis Hugh Adam Marshall (1878 - 1949)](http://www.semenloss.info/node/40/index.html) |
| Eminent English physiologist at Edinburgh University |
| ·         Marshall, in his "Introduction to Sex Physiology", points out the need for such restraint over the reproductive function and the sublimation of sex energy into higher cerebral forms of expression, as was the case with many intellectual geniuses of the past, who led continent lives.1 |
|  |
| [Sir Frederick Walker Mott (1853 - 1926)](http://www.semenloss.info/node/38/index.html) |
| Neurologist, author and pioneer of British biochemistry. |
| ·         Tthe majority of these insane subjects studied by Mott were habitual masturbators, which practice should have a relation to their testicular degeneration, which Mott considers the primary cause of their brain involution and degeneration. Mott's observations were confirmed by Obregia, Parhon and Urechia(?) who also found degeneration of the seminiferous tubules and absence of spermatogenesis in dementia praecox. These investigators conclude that spermatozoa may have an internal function that is necessary for the normal metabolism of the brain, and that dementia praecox may be due to an alteration or deficiency of their production due to degeneration of the seminiferous tubules of auto-intoxication.1 |
|  |
| Mohandas K. Gandhi |
| 'The horror with which ancient literature regarded the fruitless loss of the vital fluid was not a superstition born of ignorance. . . Surely it is criminal for a man to allow his most precious possession to run to waste.' |
| [Talk with Margaret Sanger, 1935, Dr. Bernard. R.W., Nutritional Sex Control & Rejuvenation. Health Research: Pomeroy](http://www.semenloss.info/node/49/index.html#nutri-sex-control) |
|  |
| Dr. Dr S Chidambaranathan, Homeopathic Doctor |
| Semen is a rich source of calcium, phosphorus, lecithin, cholesterol, nucleoproteins, iron, vitamin-E, sodium, magnesium, etc. So, excessive loss of semen will deprive our body of calcium, phosphorus, lecithin, etc. Researchers find many similarities between cerebrospinal fluid (which nourishes the brain and nervous system) and semen in constituents/composition. |
|  |
| [Dr. Charles Eucharist de Medicis Sajous (1852 - 1929)](http://www.semenloss.info/node/35/index.html) |
| Physician, endocinologist, teacher, author, and editor. |
| ·         Sajous states his conviction that the myelin of the nerves is not a mere insulating material or sheath, but a phosphorus-containing substance (lecithin) which, when in contact with oxygen-laden blood, generates nerve-electricity through oxidation. The importance of sufficient lecithin to keep the myelin sheaths properly nourished is therefore apparent. ... the lecithin and lipins of the myelin sheaths have a nutritive function in relation to the nerves. ... "Lecithin, therefore, becomes the functional ground-substance of the cell- body of the neuron, just as it is in the nerve. Both in the neuron and its continuation, the nerve, therefore, the vascular fibrils carry blood-plasma, which, by passing through their walls, maintains a continuous reaction, of which the phosphorus of the lecithin and the oxygen of the blood-plasma are main reagents, and chemical energy is the end-result." |
|  |
| [Dr. Edward Charles Spitzka (1852 - 1914)](http://www.semenloss.info/node/36/index.html) |
| Brain anatomist, neurologist, and psychiatrist |
| ·         Excessive venery and masturbation have from time immemorial been supposed to be the direct causes of insanity. Unquestionably they exert a deleterious influence on the nervous system, and may provoke insanity partly through their direct influence on the nervous centres, partly through their weakening effect on the general nutrition. That there is a close connection between pathological nervous states and the sexual function is exemplified in the satyriasis of mania and the early stages of paretic dementia as well as in the sexual delusion of monomania and the abnormal genital sensations of that condition. |
| In his "Masturbatic Insanity," Dr. Spitzka presents a study of twelve cases of insanity, all of which he attributes to masturbation. He claims that the occurrence of psychoses as the result of masturbation is primarily due to arrested brain nutrition. This results from the withdrawal from the circulation of brain-nourishing lecithin and other phosphorus compounds through excessive seminal discharges. For we must remember that lecithin is a chief constituent of the myelin sheaths of nerve- cells and essential for their activity, during which it is consumed--for it is the nerve-oil that keeps the fire of nerve and brain activity burning. Since lecithin is also a principal constituent of the semen, we can readily understand why excessive sexual activity should lead to lecithin deficiency and undernutrition of nerve and brain cells. |
|  |
| [Max von Gruber (1853 - 1927)](http://www.semenloss.info/node/37/index.html) |
| Austrian physician, bacteriologist, and hygienist. |
| ·         It is absurd to regard the semen as an injurious secretion like the urine, which requires periodic evacuation, but as vital fluid which is not only reabsorbed during sexual abstention, but this reabsorption appears to have a beneficial effect on the physiological economy, as shown by the large number of intellectual geniuses who have led continent lives. |
| frequent discharges of semen lead to a "reduction of the peculiar internal secretion of the testes," which is otherwise resorbed into the blood-stream. The immediate effects of sexual excess, he states, are depression, fatigue and exhaustion. As further symptoms there is pressure in the lumbar region, nervous irritability, a feeling of pressure in the head, stupidity, insomnia, ringing in the ears, spots before the eyes, shunning of light, a feeble trembling and actual shaking, pounding of the heart, tendency to sweating and muscular weakness. There is also weakness of memory, neurasthenia, melancholic depression and disinclination to physical or mental effort. The digestive activity becomes less efficient and food is less well utilized. There is a deficiency in blood and a lowered resistance to infectious bacteria, the tubercle bacillus in particular, for which reason sexual excess is known to predispose to consumption aside from its tendency to drain the body of calcium. There is irritable weakness of the genitals, premature ejaculation, frequent nocturnal emissions, and increasing impotence. The more frequent nocturnal emissions that result increase the nervous irritability and exhaustion (i.e., neurasthenia). All these effects are more marked in the young and the aged; in the former, sexual excess, by its detrimental influence on metabolism and the process of growth, stunts physical and mental development, while in the aged it hastens death, often by causing heart failure.2 |
|  |
| [G. Frank Lydston (1858 - 1923)](http://www.semenloss.info/node/39/index.html) |
| Professor of Genito-Urinary Surgery and Syphilology in the Medical Departmentof the University of Illinois ; Professor of Surgery, Chicago Clinical chool, Chicago, Illinois. |
| ·         "Continence per se, probably never is harmful. The non- elimination of the seminal secretion from the testes often is productive of great bodily and mental vigor." In his opinion, "one may be perfectly healthy and physically vigorous while leading a life of absolute continence."1 |
| ·         Professor Lydston mentions cases of apoplexy, paralysis and fatal cardiac conditions occurring in predisposed persons as the result of sexual excess. "From a priori considerations," he writes, "involving the immediate effects of sexual excitement and indulgence upon the brain and spinal cord, we might naturally expect insanity to be a frequent result of masturbation and excessive venery." While the majority of persons are protected against such serious affects upon the cerebrospinal functions by their natural resistance, in those in whom this resistance nervous equilibrium incidental to faulty or imperfect nerve structure, whether due to heredity, congenital defect or acquired disease, the conditions are different. Under such circumstances, repeated sexual orgasms, according to Prof. Lydston, can procure "actual structural alterations of nerve-fibers and cells and vessals of the brain, with coincident psychopathic phenomena," which "are naturally to be expected as occasional results of these severe and repeated shocks to the susceptible nervous system produced by the sexual orgasms."2 |
| ·         According to Prof. Lydston, the results of sexual excess are similar to those of masturbation, and both result from the disturbance of blood chemistry and general metabolism caused by the withdrawal from the body of the substances of which the semen is composed: calcium, phosphorus, lecithin, cholesterol, albumen, iron, etc. Though physical impairment, as well as mental impairment, from sexual excess is very common, less attention, has been paid to it than to the evil results of masturbation, in view of the current belief that, unlike masturbation, coitus is harmless under all circumstances. However it is Lydston's opinion that "sexual excess is the most prolific cause of that most civilized and most fashionable of all hydra-headed diseases, neurasthenia, adding, "Moderation in sexual intercourse is not only conducive to prolonged virility, but to longevity. It is certain that many cases of neurasthenia in both male and female are due to sexual excess."3 |
| ·         In an article, "Sexual Neurasthenia and the Prostate" (Medical Record, Feb., 1912), Prof. F. G. Lydston presents evidence to prove that neurasthenia has its roots in prostatic dysfunction caused by sexual indulgence, which results in depletion and derangement of the prostatic hormone. He writes: |
| "There is almost always some functional derangement of the sexual apparatus behind which lies a varying degree of organic disorder (in neurasthenia). My experience leads me to the conclusion that neurasthenia in the males is associated with prostatic hyperemia and hyperesthesis of the prostatic urethra more than with any other condition.... Practically all of these subjects have been masturbators, many of them have indulged in sexual excesses, and not a few have had gonorrhea.... I doubt if it is possible for one to indulge in either masturbation or sexual excess for any length of time without producing disturbance of prostatic circulation and innervation... Practically every masturbator who has practiced the habit for any length of time may be considered as having a more or less tender and swollen prostate. My experience goes to show that this condition underlies many of the cases of nocturnal emissions with which we meet." 4 |
| ·         "As might be inferred from the fact that sexual excess and masturbation bear an important relation to locomotor ataxia, spermatorrhea is associated with that form of nervous disease more often than any other. The evil habit of masturbation, if continued, produces great irritation of the procreative organs -- especially of the seat of sexual sensibility in the prostatic urethra... Erotic dreams result, with losses of seminal secretion. This may merge into true spermatorrhea, the morbid condition finally becoming so pronounced that with little or no provocation, losses occur in the daytime. |
| "Spermatorrhea, in the majority of instances is the result of sexual excess or masturbation, and, moreover, the effects of the venereal organs being expended upon the nervous system, it is rational to infer that the disease when fully developed essentially is a neurosis."5 |
|  |
| [Dr. Frederick Humphreys MD (1816 - 1900)](http://www.semenloss.info/node/20/index.html) |
| Homeopathic doctor and founder of the New York State Homeopathic Medical Society. Writer of "Manual of Homeopathic Remedies (1930) and many other works. |
| ·          Nervous debility is often brought on in young persons by the habit of masturbation, which, if persisted in from time to time, is inevitably followed by consequences immediate and remote, and are of the most formidable character.1 |
| ·         "[Nervous debility] is almost invariably the result of some drain upon the vital forces, such as excesses of various kinds: excessive morbid indulgence, involuntary losses of vital fluids, too long and too constant excitement of the sexual system, and more especially when such indulgences are allowed in connection with mental and physical overwork. Nervous debility is often brought on in young persons by the habit of masturbation, which, if persisted in from time to time, is inevitably followed by consequences immediate and remote, and are of the most formidable character. |
|  |
| [Dr. Oskar Lassar](http://www.semenloss.info/node/23/index.html) |
| German dermatologist |
| ·         Sexual continence is not injurious to young men. |
|  |
| [·          Professor Charles Edouard Brown Sequard](http://www.semenloss.info/node/24/index.html) |
| (1817 - 1894) |
| British physiologist and neurologist |
| Brown-Sequard has shown that spermatic secretions increase nerve and brain vitality.1 |
| ·         Brown Sequard discovered that the voluntary supression of the ejaculation of semen strengthens a man and is conducive to long life. This is due to the semen being thus returned to the body which thus acts as a tonic for the nervous system.2 |
|  |
| [Dr. Leopold Casper (1859-1959)](http://www.semenloss.info/node/26/index.html) |
| Highly regarded Berlin urologist. Founder of ureteral catheterisation and functional renal diagnostics. |
| ·         The nervous system's power of resistance, especially that of the affected centers, is so slight that the most trivial stimulation produces the maximum of irritability, as the result of which ejaculation ensues; or, conversely, the normal tonicity of the ejaculatory duct is raised to the highest point, so that the semen flows away spontaneously or escapes upon the slightest pressure. |
| Thus, sexual excesses may cause this symptom, either directly or by inducing neurasthenia. Of the sexual excesses masturbation occupies the first rank; it is immaterial whether it be physical, that is, practised by frictioning the penis, or only psychical, an ejaculation being induced by conjuring up voluptuous fancies. |
|  |
| At present we do not believe in the dreadful results of masturbation described by Lallemand and Tissot, but yet it must be conceded that if the habit is persisted in for years it will impair the soundness of both body and mind, that it will result in enfecblement and hyperaesthesia of the nervous system. It is not so much the numerous losses of semen as it is the effect of the frequently repeated stimulation upon the nervous system which brings about this condition. The frequency with which masturbation is practised explains why abnormal pollutions result more frequently from this habit than from sexual excesses.1 |
| ·         Casper regarded spermatorrhea [the involuntary emission of semen without orgasm] and neurasthenia [nervous disorders] as going hand in hand, and that both result from excessive seminal losses through sexual excess.2 |
|  |
| [Dr. George Miller Beard (1839 - 1883)](http://www.semenloss.info/node/30/index.html) |
| Yale graduate who went on to become a distinguished doctor, medical writer and researcher. |
| ·         Dr. Beard notes that [American] Indian boys do not masturbate and young men remain chaste until marriage, conditions which we do not find among so-called civilized races.1 |
| ·         Neurasthenia has a sexual origin, the weakened condition of the nerves being intimately related to the sexual life of the individual. He came to the conclusion that neurasthenia has its origin in abnormal functioning of the sexual organs by the observation that in patients who came to him with functional nervous diseases, examination invariably showed that there was a condition of inflammation of the prostatic urethra. He wrote: "In men, as in women, a large group of nervous symptoms, which are very common indeed, would not exist but for morbid states in the reproductive system... A morbid state of this part of the body is both an effect and a cause of nervous exhaustion." |
| Beard then proceeded to determine what caused this morbid condition in the reproductive organs (inflammation of the prostatic urethra), which he considered the predisposing cause of neurasthenia. A study of the symtomatology of spermatorrhea, a disease characterized by an involuntary loss of sexual secretions (in the urine, after defecation, or at other times), led him to a solution of this problem. Beard noted that spermatorrhea was a frequent symptom of all kinds of neurasthenic as well as other debilitating diseases, and that there was a direct relationship between the amount of seminal fluid discharged and the intensity of the nervous symptoms. He also found that frequent nocturnal emissions likewise led to neurasthenic symptoms. |
| "Seminal emissions," he concluded, are frequently the cause of nervous and other diseases." In spite of their universality (among civilized males, but not among animals), Beard believed that nocturnal emissions are pathological; and like spermatorrhea, a related condition of seminal emission, they are suscepstantially cured, he stated. This, he claimed, by the conservation of nerve- nourishing seminal constituents that results, would markedly reduce the nervous symptoms thus produced. |
| As the result of his observations, Beard came to the conclusion that neurasthenia is a direct effect of the withdrawal from the blood of certain chemical substances needed for the nutrition of nervous tissue, which results from seminal discharges; and that the loss of considerable quantities of seminal fluid, involuntarily or voluntarily, leads to undernourishment of the cells of the central nervous system, causing them to be weakened and exhausted. He also pointed out that this condition is usually associated with an inflammatory state of the prostatic urethra "which is so often the source whence all these difficulties originate, and by which they are maintained." The prostatic urethra, he claimed, is the most important center of reflex irritation of the body, a morbid state of which is both an effect and cause of nervous exhaustion.2 |
|  |
| [Dr. Joseph William Howe (1843 - 1890)](http://www.semenloss.info/node/31/index.html) |
| Professor of clinical surgery at Bellevue Hospital Medical Schoo |
| ·         Dr. Howe, professor of clinical surgery at Bellevue Hospital Medical School, believes that sclerosis of nerve fibers of the cerebellum may be caused by involuntary emissions of semen by night or day. He also thinks that "diseases of the brain and cord are ushered in and accompanied by frequent ejaculations of seminal fluid. Many of the cases are accompanied by impotence, others develop satyriasis and priapism. He adds: |
| "In one case of partial cerebral sclerosis which involved a small portion of the cerebellum, the patient suffered from frequent emissions before any symptoms of cerebral trouble manifested themselves. Coincident with manifestations of the sclerosis, the pollutions were increased in frequency, and as the disease progressed, were of daily and nightly occurrence. |
| "Progressive locomotor ataxia was at one time supposed to arise from inordinate sexual congress and onanism.... A majority of patients suffering from locomotor ataxia have spermatorrhea of troublesome nature. In the later stages of the disease there is complete loss of virile power. In the cases which are preceded by spermatorrhea, the disease is of a more serious nature, and is more apt to run a rapid course and reach a fatal termination. |
| "Other diseases of the spinal cord, such as white softening, tumors and injuries, are all accompanied by some disarrangement of the genital functions. In some instances, they are characterized by frequent ejaculations and loss of virility; in others priapism and aspermitism are present. In injuries which produce a certain amount of irritation and inflammation, the latter conditions are more likely to be present, while in anemic conditions, or chronic softening, seminal emissions and impotence are usual. Chronic or white softening of the spinal cord may arise as a result of masturbation and sexual excess."1 |
|  |
| [Dr. Charles Arthur Mercier (1852 - 1919)](http://www.semenloss.info/node/34/index.html) |
| English psychiatrist and author of several books on neuroscience |
| ·         With each reproductive act the bodily energy is diminished; the capacity for exertion is lessened; the languor and lassitude that follow indicate the strain that has been put upon the forces of the body, the amount of energy that has been abstracted from the store at the disposal of the organism. |
| Now, the seat of the reservoir of energy is the nervous system, and any drain upon the energies of the body is a drain on the nervous system, whose highest regions will, on the general grounds already familiar, be the first and most affected. Hence the reproductive act has an effect on the highest regions of the nervous system which is of the nature of a stress, and tends to produce disorder. |
| With a normally constituted organism the stress of the reproductive act is not sufficient to produce disorder, unless it is repeated with undue frequency ; on the contrary, by providing a natural and legitimate outlet for surplus activity, its influence is distinctly beneficial. But in an organism whose energies are naturally defective, the tendency of the reproductive act will be to increase the deficiency ; and in an organism which is inherently below the normal stability, the tendency of the stress of the reproductive act will be to produce disorder. |
| This tendency will be especially severe when indulgence in the sexual act is begun at too early an age.1 |
|  |
| Hence it is in males chiefly that are exhibited the ill-consequences of excessive sexual indulgence ; and in the male sex a very large proportion of cases of dementia are either due to, |
| or are aggravated, enhanced, and prolonged, by undue sexual indulgence.2 |
| ·         there are an enormous number of cases, forming together a considerable proportion of the total population, in which premature decadence of the mental powers, premature exhaustion of |
| the energies, premature inability for vigorous and active exertion, result from excessive sexual indulgence in early life. The young man, full of vigour, boiling over, as it were, with energy and activity, recently let loose from the restraint of school or college, unaccustomed to control himself or to deny himself any gratification, launches out into excesses which at the time appear to be indulged in with impunity. But sooner or later comes the day of reckoning. He has felt |
| himself possessed of abundance of energy, and he has dissipated it lavishly, feeling that after each wasteful expenditure he had more to draw upon ; but he is in the position of a spendthrift who is living on his capital. Had he husbanded his resources and lived with moderation, the interest on his capital would have sufficed to keep him in comfort to old age ; but he has lavished his capital, has lived a few short years in great profusion, and before middle life he is a beggar.3 |
|  |
| Hippocrates- You remember hearing about the Hippocratic oath, right? So why this "Father of Medicine" didn't approve of greasing your monkey everyday to fall asleep is beyond the scope of modern medicine. We are after all, "advanced." |
| ·          Hippocrates and Galen believed that semen came from all humors of the body. 1 |
| ·          Since the time of Hippocrates and Aristotle, it has been believed that there was a coordination between the testicular fluid and the nervous system, brain and cord. 2 |
| ·          The ancients note a relation between the semen and the spinal cord, and Hippocrates believed that involuntary seminal losses can cause tabes dorsalis. That they cause spinal weakness is well known. 3 |
| ·         Hippocrates called the disease Tabes Dorsalis. He says "it proceeds from the spinal cord, and is frequently met with among newly married people and libertines. There is no fever, the appetite is preserved, but the body falls away. If you interrogate the patients, they will tell you that they feel as if ants were crawling down the spine. If they have connection the congress is fruitless;they lose semen in bed, whether they are troubled with lascivious dreams or not. They lose on horseback or in walking. Their breathing becomes difficult; they fall into a state of feebleness, and suffer from a weight in the head and a singing in the ears. If in this condition, they become affected with a strong fever, and die with cold extremities.4 |
|  |
| Traditional |
| This theory that semen comes from the body is an ayurvedic understanding wherein different materials of the body "distill" to form purer substances which are then extracted by the testicles as semen. The fact that semen comes from the testicles is no big discovery. The value of semen was stressed by ancient philosophers & doctors. |
| The basic principles of ayurveda involve a metaphysical understanding of the elements. The bodies tissues are divided into seven: |
| ·         Rasa (Plasma) |
| ·         Rakta (Blood) |
| ·         Mamsa (Muscle) |
| ·         Meda (Fat tissues) |
| ·         Asthi (Bone) |
| ·         Majja (Marrow) |
| ·         Shukra (Semen) |
| The semen can be extracted by the testicles or reabsorbed to strengthen the body and brain. |
| Here is a doubt asked to Swami Shivananda |
|  |
| Semen is a mysterious secretion that is able to create a living body. Semen itself is living substance. It is life itself. Therefore, when it leaves man, it takes a portion of his own life. A living thing cannot be put to laboratory tests, without first killing it. The scientist has no apparatus to test it. God has provided the only test to prove its precious nature, viz., the womb. The very fact that semen is able to create life is proof enough that it is life itself. |
| I have thousands of letters from young men who have wasted this precious fluid and are in a miserable plight. Several young men even go to the point of committing suicide! Through reckless waste of semen, they lose all their physical, mental and intellectual faculties. Those who are perfect Brahmacharins have lustrous eyes, a healthy body and mind, and a keen, piercing intellect. |
| Scientists with their test tubes and balances cannot approach subtle things. No amount of dissection of the body will be able to tell you where the soul is, where life is, or where the mind is. Through the practice of Yoga, the seminal energy— not the gross physical semen— flows upwards and enriches the mind. This has been declared by the sages. You will have to experience it yourself. |
| -- Swami Shivananda |
|  |
| WHT IMPARTANT PEOPLE SAYS |
|  |
| Havelock Ellis |
| “I am quite willing to believe in the correctness of the regimens you |
| recommend...and I do not doubt all of us would do better if we followed your maxims.” |
| Jewish Code of Laws |
| Sec. Orach Chaim. |
| Ch. 240; Parag. 14 |
| “The stuff of the sexual life is the stuff of art; if it is expended in one channel it is lost for the other |
| Muhatma Ghandi, 1959 |
| “The strength of the body, the light of the eyes, and the entire life of the man is slowly being lost by too much loss of the vital fluid.” |
|  |
| “The scientists of old have put great value upon the vial fluid and they have insisted upon its strong transmutation into the highest form of energy for the befit of society.” |
|  |
| Nietzche's did not mean reabsorption of semen by the blood thro digestion (oral sex). there is a hermit belief that by practising certain spritual exercises one can redirect the sexual power into spritual/intellectual/physical energy. the effect may result in either very high intellectual/physical power OR outright lunacy if gone wrong.! modern science may interpret this as controlling associated harmones for good/bad. |
|  |
| In Nietzsche's NOTES (1880-1881) he writes: "The reabsorption of semen by the blood is the strongest nourishment and, perhaps more than any other factor, it prompts the stimulus of power, the unrest of all forces toward the overcoming of resistances, the thirst for contradiction and resistance. The feeling of power has so far mounted highest in abstinent priests and hermits (for example, amoung the Brahmans)." |
|  |
| In Nietzsche's NOTES (1880-1881) he writes: "The reabsorption of semen by the blood is the strongest nourishment and, perhaps more than any other factor, it prompts the stimulus of power, the unrest of all forces toward the overcoming of resistances, the thirst for contradiction and resistance. The feeling of power has so far mounted highest in abstinent priests and hermits (for example, amoung the Brahmans)." |
|  |
| Personally I've always found Nietzsche to be a bit of a loon, as for this theory on reabsorption of sperm, i'd say its a myth he either started or became enamoured with. It bears an uncanny resemblance to that old "sperm is full of protein" rubbish men used to tell women in the hope of getting them to swallow during oral sex, and as many medical practioners have pointed out regarding that particular claim, the amount of proteins and nutrients in sperm is minute. I also would have thought that if some mysterious component of sperm WAS capable of enhancing the mind in any way, somebody amongst the hordes of scientists performing research in the world today would have discovered it. |
|  |
| Edwin Flatto is a retired doctor living in Florida and has been an NHF member since the 1950s. He is a graduate of the University of Miami and the Escuela Homeopatic de Allos Estudios de Guadalajara (Medico Homeopatico). Over the years Ed has written 16 books on health, including, "Super Potency At Any Age", "Miracle Exercise That Can Save Your Life", and "Home Birth- Step by Step Instructions”. He is currently a Gold’s Gym instructor, has a son age 7, and has won four gold medals in the Senior Olympics. |
|  |
| The master of Taoist philosophy, Dr. Stephen Chang wrote: “When the average male ejaculates, he loses about one tablespoon of semen. According to scientific research, the nutritional value of this amount of semen is equal to that of two pieces of New York steak, ten eggs, six oranges, and two lemons combined. That includes proteins, vitamins, minerals, amino acids, everything… Ejaculation is often called ‘coming’. The precise word for it should be ‘going,’ because everything – the erection, vital energy, millions of live sperm, hormones, nutrients, even a little of the man’s personality goes away. It is a great sacrifice for the man, spirituality, mentally, and physically.” |
| I want to reassert at this point that vigorous health is your best aphrodisiac. And an important factor in obtaining vigorous health is the fuller knowledge of nutrition in meeting the demands of an active, sexual, fulfilling life. Not only is a proper diet necessary to keep arteries clean so blood can flow freely to all vital organs as well as your corpora cavernosa penis, but also to replenish body chemistry. Cooked, canned, fried, processed, irradiated, barbecued, microwaved, degerminated, preserved, chemicalized, homogenized, pasteurized and otherwise devitalized foods are not the best materials to be converted into healthy tissues, blood and vital organs needed for vigorous health – and certainly not to meet the demands of an active sexual life. Poor health and/or poor diet demand that a man ejaculate no more than once a month if he wants to avoid mental and physical bankruptcy. |
| Most sexual relationships begin with a great deal of sexual activity during which the man ejaculates frequently. He just can’t seem to get enough. After each ejaculation he becomes more depleted and exhausted. The loss of energy due to excessive ejaculation is a slow and subtle process that most men don’t usually notice until it’s too late. After countless episodes, a deterioration of your body sets in. As a man gets older, he may rationalize this lack of energy and loss of sexual vigor on his age. He is only too happy to continue pumping out his semen, sometimes even paying for the privilege and accelerating his deterioration! |
| The energy of your body is most potent when used in one direction. An analogy: If you were to open the spigot in your kitchen sink while all other faucets were shut, you’d have great water pressure from that faucet, but if you simultaneously flush your toilet, turn on your shower, water your lawn, fill your bath tub and run your washer, the water pressure at each outlet would drop dramatically. The same is true of your body. A man cannot think or perform his best when much of this energy and blood’s nutriments are expended in the discharge of semen. |
| There are only so many nutrients in your blood stream. Your body can only assimilate limited quantities of nutrients in a given period of time. Phosphorus, for example, is required in both the thinking and reproductive processes. Still, your body can only assimilate finite or limited quantities of phosphorus from the diet to meet these demands in a twenty-four hour period. If most nutrients in your blood are going into meeting demands of your gonads, and being ejaculated there will be little left over to meet nutritional demands of the rest of your body and brain. |
| This new science is |
| based upon thousands of years of study, observation, |
| and experimentation. |
| It has been refined and developed to a new degree, |
| thus entitling it to the appellation “new”. |
| The science of seminal conservation |
| allows you to conserve seminal fluid |
| for nourishing, improving and perfecting |
| your body and brain |
| when reproduction is not mutually desired. |
| The secret of magnetic personality. |
| Conservation of semen |
| results in the emergence of |
| a charismatic power in the body, |
| which is named ojas |
| by the ancient Ayurveidc physician Dhanvantrai. |
| Nocturnal emission, or svapna dosh (dream error), |
| is given special consideration by all authors. |
| Kariraj Jagannath Shastri devotes his whole book to the subject, |
| because of its 'involuntary' nature, |
| calls svapna dosh |
| the worst of all 'personal diseases‘ |
| " (Alter, 1997: 287). |
|  |
| A large segment of |
| the general public |
| from all socioeconomic classes believe that |
| semen loss is harmful. |
| Seminal fluid is considered an elixir of life in the physical and mystical sense. |
| Its preservation guarantees health, longevity, |
| and supernatural powers" |
| (Malhotra and Wig, 1975: 519). |
|  |
| Semen! |
| What a beautiful,sparkling word! |
| When reflecting on it |
| one's mind is filled with |
| grand, great, majestic, beautiful, |
| and powerful emotions. |
| [Shastri n.d.[a]:10]"[ |
| Alter, 1997: 284] |
|  |
| However much semen you are able to retain, |
| you will receive in that proportion |
| greater wisdom, |
| improves action, |
| higher spirituality and increased knowledge. |
| Moreover, |
| you will acquire the power to get whatever you want. |
| (Yogacharya Bhagwandev 1992: 15)“ |
| [Alter, 1997: 280] |
|  |
| One ejaculation of semen |
| will lead to wastage of |
| a wealth of energy. |
| It is being propagated by |
| the lay and pseudoscientific literature |
| (Mishra, 1962; Chand, 1968) |
| and |
| has fascinated many scientific investigators.. |
| ." (Malhotra and Wig, 1975: 526) “ |
| (Bottero, 1991: 306). |
|  |
| One ejaculation of semen |
| will lead to wastage of |
| a wealth of energy. |
| This belief can be traced back to the holy scriptures |
| (Sushruta Samhita, 1938; |
| Charak Samhita, 1949; |
| Gandhi, 1957; |
| Kuma Sutra, 1967). |
|  |
| Another writer, Dr. E.P. Miller, says: |
| All waste of spermatic secretions, |
| whether voluntary or involuntary, |
| is a direct waste of the life force. |
|  |
| Dr. Dio Louis thinks that |
| The conservation of this element |
| is essential |
| to strength of body, |
| vigour of mind |
| and |
| keenness of intellect. |
|  |
| Dr. Nicole says: |
| “It is a medical and physiological fact that |
| the best blood in the body |
| goes to form |
| the elements of reproduction |
| in both the sexes. |
| God has provided |
| the only test to prove |
| its precious nature, viz., the womb. |
| The very fact that |
| semen is able to create life |
| is proof enough |
| that it is life itself. |
| A living thing cannot be put to laboratory tests, |
| without first killing it. |
| The scientist has no apparatus to test it. |
| Semen itself is living substance. |
| It is life itself. |
| Therefore, |
| when it leaves man, |
| it takes |
| a portion of his own life. |
|  |
| Semen is a |
| mysterious secretion |
| that is able to create |
| a living body. |
|  |
| The semen can be extracted by the testicles |
| and |
| reabsorbed to strengthen the body and brain. |
|  |
| Takes 74 days or about 10 weeks |
| for sperm to be produced and fully mature |
| to be ready for ejaculation. |
| So any sperm |
| that you ejaculate today |
| is at least 74 days old! |
| THEORY-03 |
| kind of combines these first two, |
| with the thought that |
| these glands reabsorb excess fluid |
| to some extent, |
| but production of new fluid is constant |
| at some nominal level, |
| with the ability to increase |
| production based on need. |
| But the constant nominal production |
| may exceed the reabsorption capacity of the glands, |
| leading to a gradual build-up of seminal fluid, |
| And |
| eventual ejaculation |
| through a nocturnal emission (wet dream) |
| Or |
| a spontaneous ejaculation. |
|  |
| THEORY-02 |
| the glands only produce |
| what is needed |
| to fill their storage capacities, |
| And |
| then stop producing |
| until needed again |
| after an ejaculation. |
|  |
| Production of seminal fluids among these 3 glands |
| is thought to be regulated based on need, |
| however there does appear to be |
| a constant, nominal production of fluid |
| in these glands as well. |
| In other words, |
| the more often ejaculation occurs, |
| the more fluid these glands will produce |
| to attempt to keep the average |
| volume of semen ejaculated |
| at about 2.5ml - 5.0ml, |
| Or |
| about 1-2 teaspoons. |