

Taoist Techniques for the Control of Sexual Energy

A Man's strength, his efficiency, his capacity for action, his vital, mental and spiritual resources are in close connection with his Sexual Potential Energy.

In the following, you will know 3 Efficient Taoist Techniques designed especially for the Control of the Sexual Energy.

The Exterior Blocking: The 3-Fingers Method

The 3-Fingers method has its origins in China, and goes as far as 5.000 years. It is a very simple method and anyone can learn it in no time. Basically, it implies stopping the loss of the sperm through the pressure applied with the Fingers.

How To Do It:

A few Seconds before Ejaculation, pull out from your lover's Vagina and press the point between the anus and Sex with the 3 Longer Fingers of the Right Hand. Thus, this pressure applied in this area prevents Ejaculation and the waste of the Sexual Energy.

First, Locate the Exact Spot: Press the point placed between Anus and Scrotum – a “Gate” through which the Energy comes in and out of the body.

Second, Press with a Medium Force, Feeling the Exact Pressure to Apply. Usually, as the Fingertips are quite strong, the pressure should not be very strong in order to stop the fluid.

Next, Use All the 3 Fingers (*Index, Middle Finger and Ring Finger*) to stop the fluid. If we use one Finger only, the seed would tend to pass by.

Two Fingers will not totally block the channel, and therefore use the index and the ring Finger in order to press both sides of the urethra and immobilize it, and then the middle Finger presses directly on the urethra, consequently the fluid will not pass by. Bend the Fingers, most of all the Middle Finger.

When To Do It:

Immediately after you feel that Ejaculation is imminent, pull out of your Lover's Vagina, and apply the pressure to stop the fluid. If you wait too long, the pressure will not be enough to stop the fluid.

This pressure should be applied before, during and after the Contractions announcing the Ejaculation. Block the “*Gate*” with your Fingers until you are absolutely certain that the Ejaculation will no longer occur. The result of this blockage is that an important part of the seed will flow back inside the seminal reservoirs it came from.

PART 2

There is no danger in affecting the internal channels, as the tissues from this area are very elastic and capable of receiving the fluid.

One might think that the seminal reservoir could not contain the sperm over a certain level. This hypothesis would be correct if the male reproductive system would have been a simple reservoir with a hose.

Nevertheless, it is nothing like that. When the fluid stored there reaches a certain level, several processes occur.

First, the secretion of sperm diminishes, saving Energy and the nutritional substances required for the secretion of sperm.

Second, the body has a natural tendency of reabsorbing this fluid.

Third, the Taoists and Tantric have perfected a “vaporizing” system, channelling the Energy to the upper centers of force, reducing the pressure in the inferior seminal channels and in the prostate.

This fact indicates that the seminal liquid is transmuted into other substances necessary for the body and the Energy resulted from the transmutation process is then sublimated in more refined Energies.

To a certain degree, this process resembles to that of the boiling water that changes into vapours, property that allows the water to transform and in the same time preserve the qualities of the water.

The spermatic liquid is thus transmuted in other substances needed for the body, resulting into a superior, more refined form of Energy.

The force of the seed means more than the chemical analysis may comprise. Any scientist may mix the constituents of sperm.

However, the laboratory-sperm can never have the reproductive force of life. The Qi Energy is the very life contained in the seed, the force we seek to preserve and transform.

The main practitioners of this method are the beginners and medium practitioners of Sexual continence that do not master it entirely.

In fact, this method is quite helpful, but you should abandon it when you master the sublimation of the Sexual Energy.

In the first stages of the practice, you may experience a sensation of discomfort. This is normal and you should not become anxious as this method implies the external blocking of Ejaculation.

PART 3

Practical Advices

1. *Do not overdo it in the beginning. Use this powerful method only once in 2 or 3 days and not more often. The old and the weakened should practice this method only once a week.*
2. *After using this method, your inner “fire” will raise. Therefore, it is good if you drink more water.*
3. *After practicing the method of the external blockage for 1-3 months, or even less, you will notice an increase in your Sexual appetite. Your erection will appear more often and faster.*
 - *However, do not abuse of your newfound power, increase your Sexual activity gradually. In order to sublimate effectively the Sexual Energy, we recommend that you practice the Vitality Qi Gong described in detail on our site.*
4. *The practice of this method requires a powerful pressure applied with the fingertips. If you cannot do it from the beginning, practice daily this pressure.*
5. *Because a small quantity of sperm will still remain in the urethra, a part of the seed will be lost after the erection disappears.*

Thus, in order to use this method in Contraceptive purposes, you have to pull out of your lover's Vagina before the erection fades away.

It is also compulsory that you urinate before entering your lover again. For total safety, you may also use spermicide or other Contraceptive means, at your choice.

6. *In the beginning, you may feel a little tired after lovemaking, because of the effort in focusing on avoiding Ejaculation.*
 - *Nonetheless, your reserves of vital Energy will benefit of a boost of Energy shortly after lovemaking. The previous tiredness will leave room to a delicious state of euphoria.*
7. *Nonetheless, a part of your vital Energy will be consumed through this method. In order to avoid this loss entirely, you should master the internal blockage method, which will be described later in our articles.*

The Energy lost through the external blockage represents between 40 and 60% of the total force of your seed.

Nonetheless, even this method is preferable to the uncontrolled Ejaculation. The external blockage offers considerable power and virility. This is an excellent method for beginners and precedes the internal blockage.

PART 4

The Perineal Massage

After performing the external blockage, you have to massage two important pressure points. First of them is Hui-Yin, placed between the anus and the scrotum, and the second point is Chang-Chiang, placed at the middle distance between the anus and the coccyx.

Hui-Yin: *is the point where the energetic path of the anterior part of the trunk starts. Hui-Yin connects the upper point, "The Crown" (of the Head) Bai-Hui with the inferior point Yung-Chuan, placed on the sole.*

The cosmic Energy enters the body through Bai-Hui, the tellurian Energy comes in through Yung-Chuan, while Hui-Yin is placed at the middle distance between the two. This makes it an essential point in the circulation of the Energy through the body. The tellurian Energy enters the body through Hui-Yin. The Sexual Energy contained in the testicles enters and leaves the body through this gate.

In other words, when the Hui-Yin gate is closed, the vital Energy stays inside the body.

Nonetheless, when this gate opens through the process of Ejaculation, the vital force flows over, diminishing the vital reserves of Energy. Hui-Yin deposits certain sanguine currents, which also stagnate at this level.

When the blood stagnates here, due to low level of CHI and to gravity, some health problems might appear. Haemorrhoids and thickening of the blood vessels determine a constant flow of CHI in the inferior part of the body.

Chang-Chiang: *the point placed between the Coccyx and the Anus. This point directs the Energy to the crown of the Head, from which it irradiates in the whole body.*

In Chang-Chiang, we find the nervous endings of many important nerves. This is the beginning of the second path of "electrical" Energy in the body.

This path starts from Chang-Chiang, passes through Bai-Hui, and ends in the palate.

Massage Hui-Yin and Chang-Chiang, performing 27 up to 81 rotations, using a soft silk cloth, and all your 3 middle fingers. The silk prevents the irritation of this area, and increases the flow of Energy through these points.

This massage helps relaxing the tensed Muscles and facilitates the re-absorption of the seminal fluid. This massage is essential for preventing the prostate problems and stimulates the ascension of the Energy to Bai-Hui (the Crown).

PART 5

Internal Blockage: Channelling The “Nectar” Upwards

This method requires perseverant practice to a greater degree than any other method you will encounter.

It explains in detail the essential practice of seminal retention, the transmutation and sublimation of the Energy, the changes and exchange of Energy between man and woman during lovemaking.

For starters, nonetheless, you should practice primarily the method described in this article, and only after mastering it completely, pass on to experiment other techniques as well.

Most certainly, you will discover other effective techniques. Each individual is unique and special; therefore, practice the technique that best suits you.

Remember that the seminal retention is simply a means to an end, not the end itself. Preserve your seed and your Sexual Energy and use them to reach fulfilment in love and in your life.

Authentic esoteric methods are anything but complicated. They are simple, so that anyone may practice them. If the geniuses were the only persons suitable for the practice of esoteric methods, these methods would most certainly lose their practicality. The simplicity of love is itself a great mystery.

Nonetheless, once you get to practice this method, everything becomes simple. This technique, when practiced correctly, becomes one action performed with body, mind and soul at the same time. If you consider that these 3 aspects of your being are not in harmony, practice the Vitality Qi Gong (especially the reversed ones) so that you will be prepared for the Great Ascension.

If your body is impure, then the vital Energy has to unblock the Energy stagnating and to purify the impurities, and consequently you might pass through a rough time. However, due to perseverant practice, you will feel the vital Energy in your physical body more invigorating than ever before. You will know this because your life will become peaceful and filled with love.

Secret Steps in Blocking Ejaculation with the Great Ascension

You have to “**Block**” the nervous impulse that causes Ejaculation, if you wish to resist to the pressure of imminent Ejaculation.

The technique we are about to introduce to you is particularly powerful: it consists of a strong Contraction of your perineal Muscles, of your jaws, and of your fists. Perform this Contraction after you finished the first set of penetrations.

The First Step: Stop Penetrating, Contract Your Muscles and Pull Out

As a technique for beginners, perform 3 superficial thrusts followed by a deep one. The most sensitive part of the Vagina is the area between the entrance to the Vagina and the first 5 Centimetres, as this area is filled with nervous endings and corresponds to the first 5 centimetres of the Man’s Penis.

If you penetrate your lover even deeper, your lover will Contract her Vaginal Muscles even more, making your seminal retention a little more difficult. Pulling out from a deep penetration is risky and complicated, and requires a great deal of control in order to be successful.

Practice will get you to perform 6 and then 9 superficial thrusts, alternating with a deep one. If you are a beginner in Sexual Continence, or you’ve just met a woman that you are very attracted to, it will be quite difficult for you to go all the 81 superficial thrusts and 9 deep thrusts without pausing.

Whenever you feel that Ejaculation is imminent, stop and pull out (regardless of the number of penetrations) and contract the Genital Area. You also do not need to pull out entirely. You may stay inside your lover's Vagina, but only with the Head of your Penis.

Remain still until you are in control again. Penetration generates a great wave of Energy, as hundreds of billions of reproductive cells are more active than usually.

Once the Energy builds up in the genital area, the local nerves transmit the stimuli up the Spine, to the Head, where the impulse that unleashes Ejaculation. In fact, Orgasm is a happening in your mind. Consequently, all you need to do is train your mind to experience a different kind of Orgasm.

If your lover attempts to wrap her legs around you, to pull you closer, you have to take the distance you need to regain the control on your Sexual Energy. Teach her to stop when you need to cool down. Remember that she is your best ally if you can make her cooperate.

PART 6

The Second Step: The 9 Powerful, Rapid Contractions While Retaining Your Breath

Perform 9 Rapid Contractions of the perineum, jaws and fists Muscles. Perform 9 such powerful and rapid Contractions for the Great Ascension, while retaining the breath with your lungs filled with air.

These Contractions “*Absorb*” the surplus of Energy that may lead to Ejaculation. Go as far as six sets of nine Contractions, until the Ejaculatory-impulse disappears. With this method, the aroused Sexual Energy tends to leave the nerves and goes to the Contracted Muscles. Make the retention of your breath as fast as possible, so that the nervous impulse is cut as often as possible. Repeating the nine Contractions for 6 times should reduce the Ejaculatory impulse to zero.

However, you do not have to perform all 6 sets of 9 Contractions. Essential is to regain your control over the Sexual Energy. As you are on top of your lover, supporting yourself on the forearms, with your Penis inside your lover’s Vagina, your seed will be quite “effervescent”.

The Nine Contractions performed as mentioned above will help you control the Sexual Energy. Meanwhile, you will have the time to enjoy the calm force that springs from this technique. The genital glands enlarge when you get close to the point of non-return. The Contractions for the Great Ascension reduce their dimensions, extract the extra-Energy from them and diminish the Sexual tension.

A short interval between the Contractions enhances the power of the Muscles to block the seed. If the interval between two Contractions is too long, the Muscles will perform an ineffective Contraction.

The inhalation should not be too fast or too slow, so that the Energy has the time to flow back to the genital area. The breath retention during the nine Contractions weakens the impulse leading to Ejaculation. The purpose of these Contractions is to change the direction of the seminal fluid. From a physical point of view, this means that you have to accelerate the flow of the Sexual Energy upwards, through the Spine.

This acceleration occurs only in the moment of the Contraction, and not when you relax the Muscles. Thus, it is required that you perform several successive Contractions in order to direct the fluid into the body and to defeat the tendency of the seed to dissipate.

The Third Step: The Contraction of the Buttocks

The importance of this step should not be neglected. The greatest Muscle of the body has to be used for our advantage. Contract the buttocks so that if you sit, your body lifts a little. Having a good Muscular tonus of your buttocks is important for your health.

When these Muscles are flaccid, the vital Energy flows out of the body. When these Muscles are toned, one of the two basic Energies of the body is held inside.

The other Energy gets out of the body through the Penis, when Ejaculating. The Pain becomes easily bearable if the Muscles are Contracted. Just as the nervous impulse named “Bain” is weakened by a Muscular Contraction, so is the Ejaculatory impulse.

In both cases, the Muscles absorb Energy, and this interferes with the nervous impulse. The Contraction of some important Muscles takes the Energy from the genital area.

The Contraction of the buttocks is recommended mainly for the interruption of the nervous circuit between the brain and the genitals, at the base of the Spine. Consequently, Contract firmly the buttocks, as this action stops the Ejaculatory impulse from reaching the final.

PART 7

The Forth Step: The Clenching of the Teeth

Clench the teeth and press the tongue on the palate. The clenching of the teeth interrupts the nervous flux between the body and Neck. Moreover, this helps the Contraction of the buttocks.

These two Contractions should be simultaneous because they help one another and ensure a complete blockage. During the Contraction, the seed is directed deeper and deeper into the body.

The most intense transmutation of the fluid occurs at the end of the counting, by the *Seventh, Eighth, and Ninth Contraction*. The firmness of the Contraction determines the forced ascension of the fluid. The Contractions should be stronger and stronger, from the first to the *Ninth*.

If you prolong lovemaking, the pleasure will grow in intensity. In the moment in which the pleasure increases, you have to maintain the Uro-Genital Diaphragm closed.

This will help you prevent the sperm from going beyond the “*Gate*”. Try to stop it or you will find it impossible to control it. It is necessary that you stop Ejaculation before the sperm begins to “*Agitate*”.

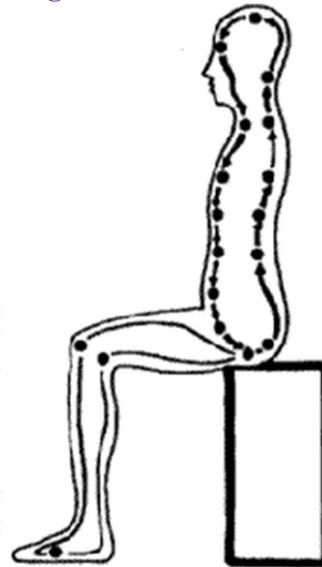
The Fifth Step: Channel the Flow of Energy from the Genital Organs to the Head Area

Exhale, releasing the yang Energy and relax the Head, Neck, Chest, abdomen and pelvis areas. Allow the Energy to flow into your beloved. Inhale and direct the Energy to the Head area. If this is difficult for you, lead the Energy to Hui-Yin and then up the Spine.

One may look upon the Great Ascension as an internal current, beginning with the Contraction of the Penis, goes through the perineum and buttocks, on the Spine, to the Head area.

If you have difficulties in directing the Energy to the Head area, you may channel the Energy to the navel in the first stage. Thus, the Energy will follow the voluntary Muscular Contractions, being forced to go up to the Head area.

After the Energy builds up in this area, you may direct it downwards, to Hui-Yin, and then through the Spine towards the Head. If you deposit carefully the Energetic Fluid, it will be a lot easier for you to direct it afterwards.



The relaxation after the Great Ascension determines the expansion of the sanguine vessels Contracted in the Penis. Thus, you absorb a great quantity of Yin Energy without any effort. During the great ascension, the woman's Energy enters her body through the inferior part of the man's body.



During relaxation, the Energy is “attracted” towards the upper centers. This effect is obvious even from the early stages of the practice.

In the beginning, the systematic practice of the Great Ascension may seem difficult, even exhausting for some people, but practice will make it easy and at hand. Close the inferior gate so that your seed stays inside.

The power of the will to control the seed grows as you practice. Increasing your will power to retain your seed will amplify your will in all domains: in work, sports, and family. Consequently, love and desire to grow spiritually will benefit from a restless vigour, full of surprises.

The Sixth Step: The Delicate Absorption

If the erection weakens, start the penetrations again and use the Delicate Absorption. After the first series of penetrations and strong Contractions, you may sometimes Contract the Head of the Penis during the penetration.

The Head of the Penis is just as a baby gently sucking his mother’s breast. Begin to direct the Energy in this manner.

The Great Ascension has a greater effect if the Penis is already filled with yin Energy through the Delicate Absorption.

The difference between the Delicate Absorption and the Great Ascension should be clear by now: the Delicate Absorption accompanies the usual penetration, and the Head of the Penis, the testicles and the Uro-Genital Diaphragm are Contracted. The rest of the Muscles are relaxed, and do not contribute to the channelling of the Energy.

This technique is mainly about preventing the Energy from getting out, not necessarily about channelling it upwards. Moreover, the Energy builds up on the level of the Penis, and we will transfer it upwards later, using the Great Ascension.

