

THE REJUVENATING POWER OF MASTURBATION

Dr. William Kolbe

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Preface

What a marvelous system we have within us to maintain our bodies and minds healthy and strong. Simply said, sexual activity allows us to stay younger longer. Sexual stimulation excites the testes and ovaries to produce sex hormones that keep the reproductive system intact while maintaining the integrity of the skeletal and muscular systems. Sexual activity also stimulates certain sense centers of the cerebral cortex and the pituitary, thyroid, and adrenal glands. The hormones produced by these glands, especially the sex hormones, are part of a cocktail of enzymes, sugars, trace elements, amino acids, and vitamins in purified forms that are essential for our health.

The Rejuvenating Power of Masturbation offers a transformational approach to self-stimulation that enables us to cultivate the hormones necessary for maintaining the body and mind in harmony. Masturbation can be considered one of the healthiest forms of exercise available promoting emotional well-being, physical vigor, muscle tone, and stamina. This practice extends sex drive and bolsters the auto-immune system well into the later phases of life. The more the genitals are stimulated, the more sex hormones are produced and the longer the sex organs will function normally.

The purpose of this book is to educate the reader about the physical and mental well-being that result from masturbation. The practitioner can achieve a renewed or expanded sense of self-love that enhances how life unfolds to the senses, creating a timeless journey of ecstasy out of every moment. In essence, masturbation becomes a path of liberation leading to a deeper, more conscious experience of life.

Over 30 years of research and practice have been integrated into this understanding of how people can cultivate lasting mental and physical health from their sexual experiences when they understand the inner workings of their bodies and avoid adopting conventional ideas about what should be satisfying to them.

ACKNOWLEDGEMENTS

I wish to thank the following contributors who enabled me to establish links between the Taoist-Hindu esoteric understandings of human sexuality and modern medical knowledge.

Nik Douglas and Penny Slinger, authors of ***Sexual Secrets: The Alchemy of Ecstasy***, document a comprehensive study of ancient and modern perspectives on human sexuality that formed the backbone for this book. Their work made the arcane sexual teachings of Taoism and Hinduism understandable and practical.

Samael Aun Weor and El Movimiento Gnóstico for its prolific literature and its school of initiation into the mysteries of sexual transmutation and astral explorations. The Gnósticos provided the world with a workable alchemy within our own bodies that defied the predominant limiting procreational and recreational functions associated with sexual activity.

George Katchmer, author of ***The Tao of Bioenergetics*** , provides an in-depth look at Taoist concepts of human energy cultivation linked to martial arts. His book elucidated some specific genital self massage techniques leading to the accumulation, refinement, and storage of Qi energy.

Dr. Stephen T. Chang, author of ***The Tao of Sexology: The Book of Infinite Wisdom***, provides sexual techniques that improve and unify the physical, mental, and spiritual aspects of the individual practitioner. His book contains a map of the reflexology points of the sex glands that correspond to six major body organs.

The World Wide Web for providing the means to access abundant sources of encyclopedic, historical, medical, and scientific information that enabled this matrix of divergent philosophies and practices to emerge into a cohesive, eternal affirmation of the potential that lies within us all, and as a call to rethink the prevalent narrow Western views of sexuality.

Migdalia Bachman, whose sincere, profound interest in this research set into motion the first publication of this work and the ensuing course of events that continue to gestate in a womb of possibilities and exploration.

Brie who so aptly guided me to explore and advocate for how women fit in this sexual paradigm that historically has been the domain of male-oriented literature and research. Brie's insightful inquiries and comments were a 'sounding board' that directed me to research how similar women are to men anatomically and hormonally. This understanding radically opened up Taoist and Tantric perspectives to more completely address female sexuality and substantiate the many benefits of cultivating Life Essence for women.

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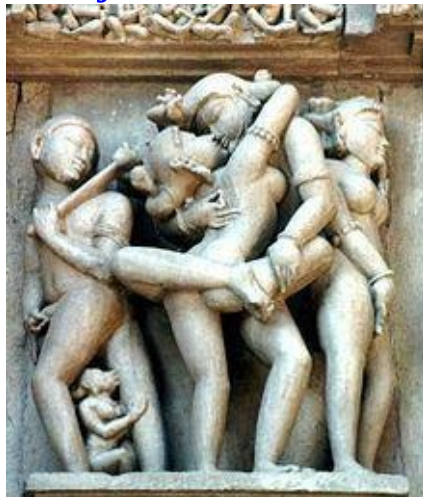
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PART ONE

An Introduction to Masturbation

Understanding the Endocrine System

A [temple relief](#) at [Khajuraho](#) in [Madhya Pradesh](#), [India](#)



Introduction

We humans, along with a number of other species (porcupines, chimpanzees, and rats to name a few), masturbate as a means of sexual gratification, auto-eroticism, or self-love. Anatomically speaking, having genitals within the reach of nimble fingers does facilitate this act of self-stimulation. Whether it be in the shower, the car, on a couch or bed, or even in a moment of solitude in the great outdoors, masturbation is readily on hand to relax, stimulate, or to satisfy a fantasy. Little wonder the vast majority of men and women masturbate.

This pleasurable, invigorating, and fun exercise offers numerous health benefits including menstrual cramp relief, stress reduction, endorphin release, stronger pelvic muscles, reduction of prostate gland infection for men and resistance to yeast infections for women. Masturbation is also an excellent cardiovascular workout that stimulates the immune system to help build up resistance to common infections.

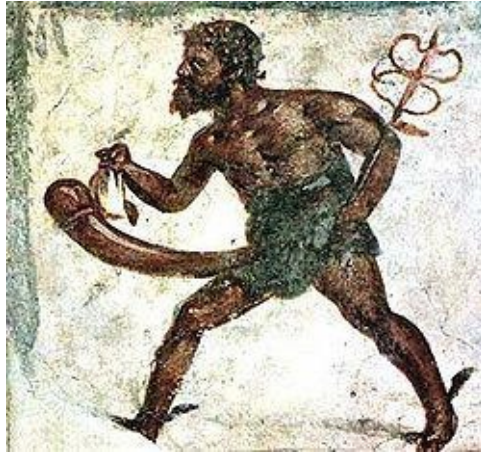
Surgeon General Joycelyn Elders in 1994 suggested discussion of masturbation in school classes on sexuality claiming that masturbating helps young people (and even adults) find realistic control over their sexual appetites, empowering them to make better choices about whom they have sex with, when, and why. Even before, the music industry promoted the cause to 'whip it good' when "Whip It" earned Devo a gold record in 1980. More recently, Britney Spears' ode to onanism, "Touch of My Hand", elevated masturbation to a sacred form of self-indulgence.

Masturbatory pioneer Betty Dodson is devoted to liberating masturbation, erotic sex education, and promoting sexual diversity. She not only advocates masturbation, but has conducted workshops for more than 30 years in which groups of about 10 or more women would talk, explore their own bodies, and masturbate together.

Masters and Johnson as well as Kinsey, who were famous researchers of the human sexual response and sexuality, studied masturbatory practices in males and females. Their work has advanced the concept that sexuality is an important aspect of development and sexual behavior should be an enjoyable feature of human behavior. Masters & Johnson's sexological legacy was insisting that people could not make assumptions about their sex partners' desires or pleasures and instead had to take responsibility for their own pleasure. Alfred Kinsey published results in the 1950's of over fifteen years of studies in human sexual behavior indicating that 95% of males and 60% of females masturbate.



Masturbation across Cultures and History



Mural of Mercury in Pompeii

Among some cultures, such as the Hopi in Arizona, the Wogeno in Oceania, and the Dahomeans and Namu of Africa, masturbation is encouraged, including regular masturbation between males as part of their puberty rites. In certain Melanesian communities, this is expected between older and younger boys and is believed efficacious in establishing patriarchal unity. Other cultures have rites of passage into manhood that culminate in the first ejaculation of a male, usually by the hands of a tribal elder. In some tribes such as the Agta, Philippines, stimulation of the genitals is encouraged from an early age.



Delos Phallic Statue, Mykonos, Greece

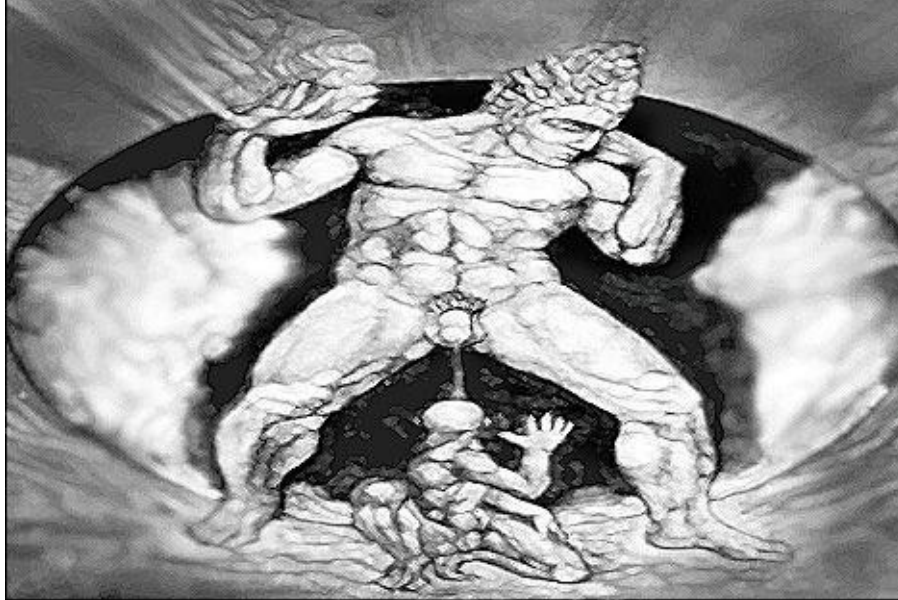
The ancients were no strangers to the pleasures of hand and phallus. In ancient

Egyptian cosmology, masturbation performed by a god could be considered a creative or magical act. Min, the god of male potency, was always shown standing with an immense erection, often held in his own hand. He was also the god of reproduction, and as [Khnum](#), he was the creator of all things.



[Min](#), the Egyptian god of fertility

A Hindu myth from India described the phallic god Shiva being masturbated by Agni, the god of fire, who swallowed his semen. Agni then gave birth to [Skanda](#), a god of male beauty.



Drawing of phallic god Shiva being masturbated by the God of Fire, Agni
The ancient Greeks had a more relaxed attitude toward masturbation than the Egyptians did, regarding the act as a normal and healthy substitute for other forms of sexual pleasure.



Numerous Greek vase paintings depict male and female masturbation as a regular part of daily life. Diogenes credited the god Hermes with its invention: he allegedly took pity on his son Pan, who was pining for Echo but unable to seduce her, and taught him the trick of masturbation in order to relieve his suffering.



A [satyr](#) masturbating. [Greek krater](#) from 6th century BC

Throughout time, masturbation has been ritualized, scribed into myth and folklore, depicted on handicrafts, composed into song, and studied scientifically. Social acceptance of masturbation did pass through 'dark ages' of the Puritan and Victorian eras when the act was demonized as a sin of the flesh and self-indulgence. In the late 18th century, Kant deemed it a violation of moral law and prominent physicians labeled the practice a debilitating disease. However, one physician of this time period, Samuel-Auguste Tissot, gave a more specific medical assessment of the consequences of frequent masturbation that involved a loss of semen. The loss of this "essential oil" would cause "a perceptible reduction of strength, of memory and even of reason; blurred vision, all the nervous disorders, all types of gout and rheumatism, weakening of the organs of generation, blood in the urine, disturbance of the appetite, headaches and a great number of other disorders." (web)

Tissot's treatise, presented as a scholarly, scientific work in a time when experimental physiology was practically nonexistent, affirmed what the ancient Taoists and Hindus had long since based their mystical-sexual alchemy: semen and ovarian fluids contain life force, the cornerstone of transcendence into higher planes of consciousness as well as prolonging physical and mental health, and an essence to be accumulated, refined, and cultivated. These fluids contain all the physical attributes of mankind(sperm/egg) as well as vital nutrients such as enzymes, sugars, trace elements, amino acids, and vitamins in purified forms. The Taoists equated the loss of semen(chi, life energy) with unbalanced emotions, a depressed mental body, and a degeneration of the physical body. The object of Taoist and Chinese Qigong spiritual practices is to cultivate Qi(chi) through individual or paired stimulation and eroticism.

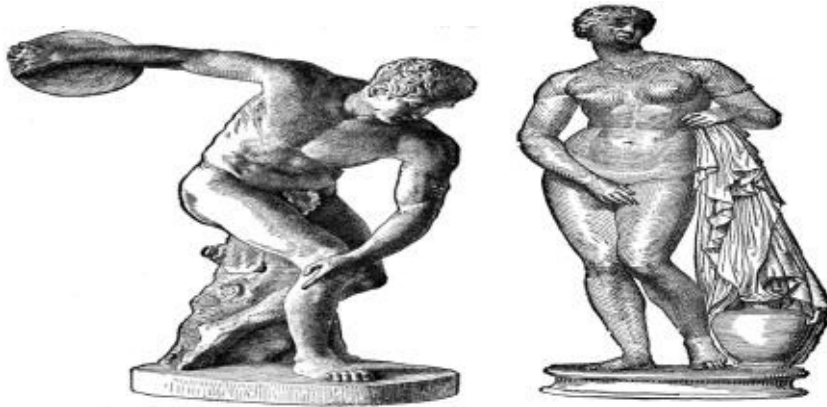
Contemporary Perspectives on Sex Hormones

Hormones are chemicals which circulate in the blood stream and spread around the body to carry messages or signals to different parts of the body. The name hormone comes from the Greek word hormao meaning "I excite" and refers to the fact that each hormone excites or stimulates a particular part of the body known as the target gland.

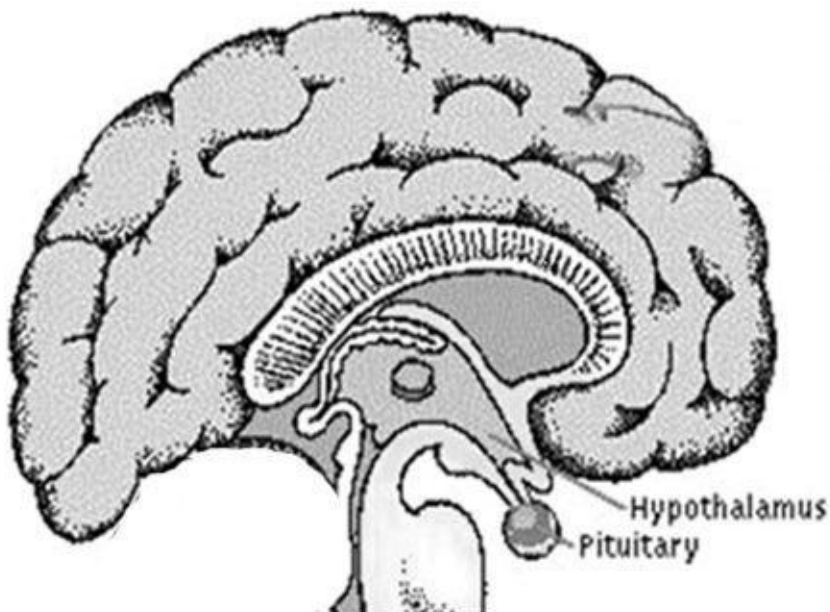
Semen(male and female) is a rich chemical brine containing testosterone, estrogen, progesterone(involved in the female menstrual cycle), and other sex hormones(androgens). Testosterone and estrogen are the most important sex hormones produced in the body. These hormones are primarily responsible for producing and maintaining the typical adult male and female attributes.

At puberty, testosterone stimulates the physical changes that characterize the adult male, such as enlargement of the penis and testes, growth of facial and pubic hair, deepening of the voice, an increase in muscle mass and strength, and

growth in height. Throughout adult life, testosterone helps maintain sex drive, the production of sperm cells, muscle and bone mass, and influences male hair patterns. In females, estrogen promotes the development of female characteristics such as enlargement of the [breasts](#), [uterine](#) growth, and bone formation.



Discobulus making the cast Aphrodite



The pituitary gland at the base of the brain, and a part of the brain called the hypothalamus, tell the testes how much sperm and testosterone to produce and the ovaries how much estrogen. It is sometimes called the master gland of the body because all the other endocrine glands depend on its secretions for stimulation.

During sexual stimulation, the hypothalamus sends neurohormones to the pituitary which, in turn, releases hormones into the bloodstream to specific targets in the body. The hypothalamus links the nervous system to the endocrine system via the pituitary gland. The hypothalamus is responsive to neurally transmitted information arising in particular from the heart, the stomach, and the reproductive tract and governs certain emotional behavior and sexual activity.

Table of pituitary hormones, targets and function

| Hormone | Target(s) | Function |
|----------|---|---|
| ACTH | Adrenals | Stimulates the adrenals to produce a hormone called cortisol . |
| TSH | Thyroid | Stimulates the {thyroid} thyroid gland to secrete its own hormone, which is called thyroxine . |
| LH & FSH | Ovaries (Women) Testes (Men) | Controls reproductive functioning and sexual characteristics. Stimulates the ovaries to produce estrogen and progesterone and the testes to produce testosterone and sperm. |
| PRL | Breasts | Stimulates the breasts to produce milk. This hormone is secreted in large amounts during pregnancy and breastfeeding, but is present at all times in both men and women. |
| GH | All cells in the body | Stimulates growth and repair. Research is currently being carried out to identify the functions of GH in adult life. |
| MSH | | Exact role in humans unknown, but increases skin pigmentation in amphibians. |
| ADH | Kidneys | Controls the blood fluid and mineral levels in the body by affecting water retention by the kidneys. |
| Oxytocin | Female reproductive system, Uterus, breasts | Affects uterine contractions in pregnancy and birth and subsequent release of breast milk. |

Table of endocrine glands regulated by the pituitary

| Hormone | Organ | Function |
|--------------|----------|--|
| Cortisol | Adrenals | Cortisol has a number of functions. It promotes normal metabolism; maintains blood sugar levels and blood pressure; provides resistance to stress and acts as an anti-inflammatory agent. It also plays a part in regulation of fluid balance in the body. |
| Thyroxine | Thyroid | Thyroxine controls many body functions, including heart rate, temperature and metabolism. It also plays a role in the metabolism of calcium in the body. |
| Estrogen | Ovaries | Estrogen facilitates growth of the tissues of the sex organs and other tissues related to reproduction. Estrogen also acts to strengthen bones and has a protective effect on the heart. |
| Progesterone | Ovaries | Progesterone promotes the changes in the uterus that occur in preparation for the implantation of a fertilized ovum and prepares the breasts for milk production. |
| Testosterone | Testes | Testosterone is responsible for the characteristics of the masculine body, including hair growth on the face and body and muscle development. Testosterone is essential for the production of sperm and also acts to strengthen bones. |

Science has demonstrated that perhaps the most important hormonal regulator of testosterone production in males is estrogen produced by the conversion of testosterone (and other androgens) to estrogen in the body and the brain. Estrogen sends a signal to the hypothalamus to shut down production of a substance that stimulates the pituitary to produce a hormone which signals the testicles to produce testosterone. Therefore, men with elevated estrogen levels will have suppressed testosterone levels and perhaps even atrophied testes. Estrogen is made in the adrenal glands in both sexes as well as in the testes in males and ovaries in females. Estrogen is clearly involved in numerous additional processes in the male, including bone turnover, behavior, and the cardiovascular system.

Researchers say there may be a link between estrogen deficiency and obsessive-compulsive disorder (OCD) in men. The male brain works much differently than the female brain but both need the female sex hormone estrogen for good memory. And like women, men who take hormone replacement therapy can improve their verbal memory.

Estrogen is important for memory in both men and women, but there are gender differences as to which aspects of memory improve in men and women. Estrogen in women improves verbal memory, visual memory, and attention. In men, estrogen improves only verbal memory.

In females, the ovaries produce the majority of the testosterone. Ovaries in females are [homologous](#) to [testes](#) in males. The term [gonads](#) refers to the ovaries in females and testes in males. The sex hormone testosterone may help guard against Alzheimer's disease, based on lab tests in mice. The most serious side effect of out of balance testosterone production is hypercalcemia, a condition in which too much calcium circulates in the blood leading to loss of bone density. Other serious (but less common) side effects are the development of tumors in the liver as well as deepening of the voice, development of facial hair and acne,

fluid retention, and nausea, symptoms often associated with menopause.

Therefore, the smooth balanced running of the human body depends upon a regular supply of hormones under the direction of the hypothalamus and pituitary glands. Sex excites all the major endocrine glands, especially the sex glands, to release their healthy hormones into the bloodstream.

The Power of Hormones: Research on Transsexualism

Transsexualism is when a person with apparently normal bodily sexual differentiation of one sex is convinced that he or she is actually a member of the opposite sex. This sense is so pronounced and persistent that transsexuals seek treatment to, as far as medically possible, physically change their bodies from male into female or vice versa. Prior to surgical sex reassignment, transsexuals receive treatment with cross-sex hormones. Male-to-female transsexuals (MFs) are treated with estrogens and anti-androgens (to suppress the production and biological effects of circulating androgens) and female-to-male transsexuals (FMs) are treated with androgens (in FMs, androgens, without additional hormone treatment, usually suppress menstruation). There is no known fundamental difference in sensitivity to the biological action of sex steroids on the basis of gender. Thus, in transsexuals, the influence of cross-sex hormones can be studied relatively independent of their original endocrine status as male or female.

It is well established that differences in male and female brain structures can be reversed by sex hormones, even in adulthood. In human adults, the volumes of the brain and hypothalamus of males tend to be larger than those of females. The preoptic nucleus of the hypothalamus is even twice as large in males as in females. Treatment of MFs with estrogens and anti-androgens decreases the male brain size towards female proportions, whereas treatment of FMs with androgens (not substantially affecting circulating estrogen levels) increases the female brain size towards male proportions. There is plasticity of adult human brain structure to develop towards the size of the opposite sex under the influence of cross-sex hormones.

Transsexuals who undergo cross-sex hormone treatment can experience changes in behavior and cognitive performance. In MFs, 3 months of estrogen addition and testosterone suppression resulted in a decline in anger and aggression proneness, sexual arousal, sexual desire, and spatial ability (usually males outperform females) and in an increase in verbal fluency (usually females outperform males). In FMs, 3 months of testosterone treatment was associated with an increase in aggression proneness, sexual arousal, and spatial ability performance, whereas it had a deteriorating effect on verbal fluency tasks. These behavioral and cognitive findings in transsexuals following cross-sex hormone treatment are in line with other studies reporting influences of sex hormones on behavior and cognition, as well as on cortical brain activation, in non-transsexual adult humans. (web)

This research reaffirms the profound effects that sex hormones have on the plasticity of the brain in terms of brain morphology and cognitive functions. Our sex hormones can enhance the quality of our brains and ultimately nurture the integrity of our minds.

If transsexuals respond to hormone replacement therapies with such marked behavioral and brain size changes, imagine how non-transsexual people can benefit from increasing their own sex hormone production and consciously recycling these hormones into the central nervous system and throughout the body.

Male and Female Semen

Now researchers believe that female semen is produced by the Skene's glands, which are located in a woman's urethra and are made of tissue that is similar in composition to a man's prostate gland. Because they are increasingly perceived as merely different versions of the same gland, some researchers are moving away from the name *Skene's gland* and referring to it instead as the female prostate. The female prostate contains hormones, such as serotonin, believed to play an important role in the regulation of anger, aggression, body [temperature](#), mood, sleep, sexuality, and appetite.

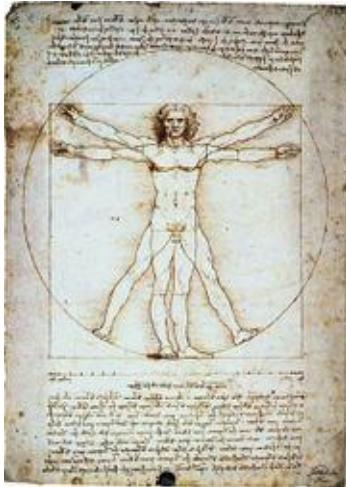
In women, Skene's glands are also thought to produce a watery substance that may explain female "ejaculation". The tissue surrounding these glands, which includes the part of the clitoris that reaches up inside the vagina, swells with blood during sexual arousal. And there's some evidence that nerves in the area produce an orgasm different to one produced by clitoral stimulation. A chemical analysis of female ejaculate reveals the presence of high levels of prostatic acid phosphatase (a chemical secreted by the prostate gland and found in semen), glucose, fructose, carbohydrates, amino acids, proteins, and an enzyme(PDE5). This would seem to indicate that a woman's ejaculation is similar in composition to semen (only without the sperm).

Semen is a rich source of calcium(bone health, nerve transmission),

phosphorus(bones, teeth, repair of cells), lecithin(liver and nerve function), cholesterol(cell membranes intact, production of sex hormones), nucleoproteins(cell reproduction and protein synthesis), iron(hemoglobin, brain function), vitamin-E(protects skin and red blood cells), vitamin-C(for tissue maintenance), vitamin-B12(for proper function of nervous system and metabolism), fructose(sugar used for energy), potassium(essential for the proper functioning of the heart, kidneys, muscles, nerves, and digestive system),sodium(maintain blood pressure and function of muscles and nerves),and magnesium (bones, teeth, healthy nervous system). Semen contains two cancer-fighting agents: selenium and glycoproteins.

How Frequent Ejaculation Effects the Gonads and Brain

Researchers have found similarities(several microproteins, nucleoproteins, lecithin, cholesterol, calcium, phosphorus, sodium, magnesium and chlorine, and is alkaline) between cerebrospinal(CSF) fluid(which nourishes the brain and nervous system) and



Vitruvian Man, Leonardo Da Vinci, 1487

semen. The purpose of the CSF is as a medium for the transport of the chemicals to and from the brain, and also to provide buoyancy and protection for the brain.

The brain and the genitalia depend upon similar nutrition for their proper functioning. Interesting to note how the brain and genitalia are connected by the spinal cord and that their respective fluids, cerebral spinal fluid and semen, are similar in constitution. These two systems are inextricably linked to each other such that the quality of function of one system influences the function of the other.

Frequent ejaculation thus can cause a chronic drain of the vital components that the brain and spine require for their proper function and nutrition. This can cause such increasingly common conditions as premature senility, inability to concentrate, chronic depression, loss of sexual drive and a host of other related symptoms.

“The fluids elaborated by the testes, the prostate gland and the accessory sex glands are very rich in phosphorus, as are the spermatozoa themselves. The loss of semen must therefore lower the phosphorus content of the blood, for it is from here that these glands derive the phosphorus for the manufacture of their secretions. This must deprive the nervous system of an element so necessary for its nutrition and normal well-being. This explains the neurasthenic (exhaustion of the nervous system) effects of masturbation and sexual excess, which are due to loss of phosphorus through seminal emissions. In the brain phosphorus is present chiefly in the form of lecithin, a phosphorized fat. Now since both the brain and the semen depend for their supply of lecithin on what exists in the

blood, it is clear that excessive withdrawal of lecithin by the sex glands would mean that a smaller amount would be available for the nutrition of nerve and brain tissue.”

(web source: Dr. Raymond Bernard)

“The sex glands are the master glands in the endocrine chain, for they alone, through their external secretion, are able to withdraw considerable amounts of lecithin and phosphatides from the circulation, and thus directly affect the functioning of the other glands, which are so dependent on phosphatides for their normal functioning. But while the immediate effect of such phosphatide withdrawal is overactivity of the other endocrines, the final effect is to produce underactivity and atrophy of the endocrines, due to chronic phosphatide deficiency, and this is why sexual excess leads to an earlier appearance of senility, a condition resulting from endocrine hypofunction and degeneration. Thus the basic cause of endocrine dysfunction, hypoactivity or hyperactivity, is to be found in the sex glands and their ability to alter the lecithin or phosphatide content of the blood, which is the primary raw material from which the endocrines manufacture their hormones.” (Dr. Bernard)

“The phosphatide withdrawal caused by activity of the sex glands and seminal emission exercises a most powerful effect upon the thymus glands, which are most dependent on adequate phosphorus supply for their normal well-being and activity. Now it is interesting to note that coincident with the increased activity of the sex glands at puberty and the subsequent withdrawal by them of phosphatides, the thymus gland degenerates. Such degeneration may be viewed as a product of lecithin deficiency.”(Dr. Bernard)

Similarly, female ejaculation during pregnancy can have serious effects upon embryonic development. “There is no time in life when the endocrine glands of the individual may be more powerfully affected by a deficiency of phosphatides

than during the months of embryonic development, when these glands are most sensitive to their chemical environment, the maternal bloodstream. Deficiency of phosphatides in the mother's blood at this time, due to ovarian overactivity (as the result of sexual intercourse) may affect the development of the thyroid and other endocrine glands of the embryo, as well as of its central nervous system.”(Dr. Bernard)

“Since both the brain and the sex organs extract identical substances from the blood (lecithin, cholesterol, etc.), this would mean that there exists a chemical antagonism between them, since increased activity of the latter means decreased nutrition of the former. The more lipoids that the sex glands withdraw from the blood, the less is available to the brain... [A]ll loss of seminal lipoids, whether through coitus, masturbation or nocturnal emissions, are at the expense of the brain: and this effect is most detrimental during childhood and before maturity, when the brain is in the process of growth.”(Dr. Bernard)

“Contenance/[Semen Retention] results in a greater supply of lecithin, cholesterol and phosphates in the blood, and consequently in the brain increasing nerve and brain vitality. The sex glands may be considered as reservoirs of lipoids, which they release into the blood to energize the brain. And conversely, through external emission, they can withdraw lipoids from the blood, and thus indirectly from the brain.”(Dr. Bernard)

Ejaculation can be compared with convulsions (nervous twitching), since during ejaculation the body jerks, the neck retracts and muscles contract violently. This process is followed by great exhaustion and complete relaxation of the muscles although women can have multiple orgasms with quicker recovery time between each one.

There is a big change of body chemistry when one excessively masturbates. The side effects of such changes to the body include fatigue, lower back pain, hair loss, weak erections and seminal leakage in males, and groin pain. **Sexual exhaustion results in hormonal imbalances that distress liver and nervous system functions.**

Furthermore, recent medical evidence indicates that with each and every ejaculation men suffer a significant loss of zinc, a rare but vital trace element. Frequent ejaculation can result in a chronic, critical deficiency of zinc, symptoms of which include loss of memory, mental confusion, paranoia and hypersensitivity to sunlight. Additionally, men can suffer from drops in normal sperm count and sperm depletion.

Sex Therapy for Menopause



Drawing of woman and Chinese yang dragon

In females, menopause starts as the [ovaries](#) begin to fail to be able to produce an egg or [ovum](#) every month. Since the process of producing and ripening the egg is also what creates several of the key hormones involved in the monthly cycle, this in turn interrupts the regular pattern of the hormone cycles, and gradually leads to the somewhat chaotic and long-drawn out shutting down of the whole reproductive system.

The break-up in the pattern of the menstrual cycles not only causes the levels of most of the reproductive hormones to drop over time, but also causes the reproductive hormones to fall out of phase with one another. This often leads to extreme and unpredictable fluctuations in the hormone levels causing numerous different symptoms such as hot flashes, etc, in most women. After a number of years of erratic functioning, the ovaries almost completely stop producing hormones like estrogens, progestin and [testosterone](#), and the reproductive [system](#) ceases to function.

Male menopause, also called andropause, refers to a gradual decline in a man's testosterone levels. Not all men will go through andropause and it is unknown why those that will, do. Male menopause symptoms are very similar to those experienced by women during menopause, only much less intense. Common male menopause symptoms include [hot flashes](#), night sweats, fatigue, muscle and joint aches. Men also suffer from emotional symptoms like mood swings irritability, depression, and listlessness.

The primary treatment for menopause is Hormone Replacement Therapy (HRT). Estrogen replacement in women and testosterone replacement in men aim to bring hormonal levels back up to a healthy level. Once testosterone/estrogen levels are increased, most men and women begin to experience fewer symptoms. However, the use of artificially produced hormones to supplement a deficiency in internal hormone production has associated risks such as causing dementia, ovarian cancer, heart disease(stroke and heart attack), and reduction of libido.

The Taoists knew that the sexual glands could be used as a source of life force for their own bodies. The importance of the sexual glands is that they are the fundamental driver of rejuvenation. If sexual glands producing hormones function improperly as with the phases leading up to and including menopause, cell/tissue regeneration and mental/physical performance diminish. Thus the processes of menopause and aging accelerate; however, this can be reduced or corrected by properly functioning sexual organs.

When the machinery of rejuvenation is activated through the practice of sexual stimulation, menopause can be delayed. Taoists believe that immortality can be attained by transforming the physical body through continuous rejuvenation.

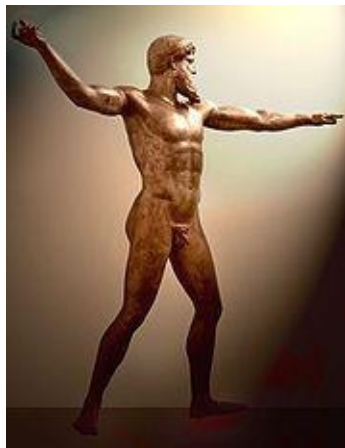
A state of weakness or susceptibility to disease arises when one system, or in this case one endocrine gland, is deprived of energy or nutrients as in the case of sexual hyperactivity or abstinence, or a glandular disorder. Balancing and raising life energy to its proper level through sexual stimulation is the Taoist way of strengthening the entire endocrine system. Through increasing the energy and availability of nutrients to strengthen the endocrine system, we can then reverse our existing weakness and heal ourselves, as well as utilize the higher order of energy to open up our spiritual centers and delay the onset of menopause.

Sexual exercises such as masturbation work to stimulate sex hormone production in men and women and maintain reproductive health and physical/mental well-being well into the later phases of life. Masturbation is an effective and safe therapy to address the issues relating to menopause. In essence, our genitals are like fountains of youth and our semen is the rejuvenating water restoring the vitality of our bodies and minds.



19th century [Shunga](#) print by [Kunisada](#).

Harnessing Sexual Energy for Health



Bronze Sculpture, thought to be either [Poseidon](#) or [Zeus](#),
c. 460 B.C,

Sex hormones are powerful determinants of the quality of life in terms of stimulating and transmitting information to many parts of the brain and maintaining the integrity of the skeletal and muscular systems. Reproductive hormones are also vitally important to human sexual development and the maintenance of reproductive health across the lifespan. The Taoists understood the importance of practicing internal hormone replacement to continually enhance sexual functioning and mental well-being. Taoist and Hindu wisdom and tradition concerning sexuality predicate the male and female sex glands as our most precious possession containing brain stimulants as well as powerful hormonal secretions.

Sexual stimulation has excellent health benefits including production of the hormone prolactin which causes stem cells in the brain to develop new neurons in the brain's olfactory bulb improving the sense of smell. Additionally, there is a reduced risk of heart disease, weight loss, overall fitness, reduction of depression, boosted immune system, reduced skin infections, and increased feelings of euphoria.

Sexual activity triggers the adrenal glands to produce sex hormones in addition to those produced by the testicles and the ovaries. The adrenal glands are endocrine glands that produce hormones. They are shaped like a boomerang and located on top of each kidney. The adrenal glands are about the size of the end of your thumb and consist of two portions: the inner core (medulla) and the outer layer (cortex). The inner core produces hormones called catecholamines. The 2 most important catecholamines are adrenaline and noradrenaline. Physical and emotional stress usually trigger their release. The outer layer of the adrenal gland produces hormones called corticosteroids. There are three types of corticosteroids: sex hormones (androgens and estrogens), glucocorticoids that aid in the conversion of starchy foods into glycogen, help regulate the immune system, help maintain proper blood pressure and blood volume, and help the body deal with physical stress, and, mineralocorticoids control the body's content of the minerals sodium and potassium.

In brain mapping studies during sexual arousal, five areas of the brain become more active including the visual and emotional areas, as well as several sexual arousal and activity areas. The pituitary is stimulated to send signals to the thyroid gland, adrenal glands, ovaries and testes, directing them to produce thyroid hormone, cortisol, estrogen, testosterone, and many more. These hormones have dramatic effects on metabolism, blood pressure, sexuality, reproduction, and other vital body functions.

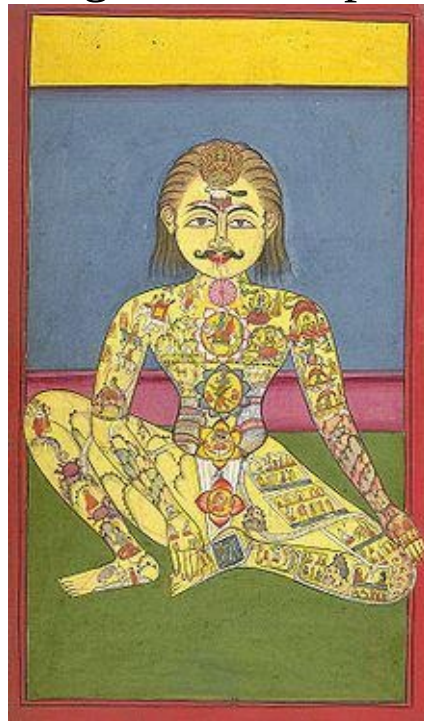
Sexual activity is the quintessential exercise for creating hormonal balance in the body. We are equipped with an intricate hormone system that can be coached into action when we choose to excite sexual energy and feel the run of its course through our bodies and brains.

PART TWO

TAOIST AND TANTRIC MASTURBATION PRACTICES

CHANNELING SEXUAL ENERGY THROUGH THE MAJOR ENERGY MERIDIANS

Sapta Chakra, from a Yoga manuscript in [Braja Bhasa](#)



language

A Preface to the Practices

I hope this guide provides a fertile reference for those with questions about masturbation. As explained by contemporary medical, psychological, or sociological sources, masturbation has acquired recognition primarily as a sexual outlet, part of an archetypal sexuality within us all. All too absent from this predominant lineup of medical and psychological expertise is some mention of alternate modes of masturbation, studied during millennia of human endeavor, which highlight a spiritual benefit as well as the known physical and mental benefits.

Both Hindu Tantric and Chinese Taoist teachings present an enlightened view of sexuality that has much to contribute to Western culture. These eternal, optimistic, and transcendental teachings are a practical and evolutionary way of imparting sexuality with physical health as well as spiritual benefits. Positively oriented sexuality offers direct and harmonious methods of resolving physical, psychological, and spiritual challenges.

The exercises described in this book will help you to practice genital massage and reap the benefits of increased hormone production and the recirculation of vital substances throughout your body. There are also exercises using visualization that enable you to cultivate and channel your sexual energy throughout your body bringing you to sexual and spiritual ecstasy.

Eastern Teachings on Masturbation

An Eastern approach to masturbation is based on the retention of semen and the

directing of energy through the genitals to ascend the tailbone and spine to the brain. The ascending sexual energy stimulating the energy centers of the body is the process of changing sex essence(semen) into spirit. Raising the spirit coincides with an increasing sensitivity and energy level of the brain related to the strength of life force. Coincidentally, in Leviticus 15 in the Old Testament of the Bible, there is mention of distilling semen since semen was considered sacred and housing life itself.

Taoist masturbation techniques are essentially the same for women and men. Whereas men's exercise starts with the testicles, women's start in the ovaries. Life essence is found in sperm and egg, prime sources of sexual energy. Semen is an essential medium for the accumulation and synthesis of chi in men and women.

Hindu texts and Tantras describe how during erotic exercises, life energies become vibrant, elated, and expansive. This is experienced as an electric feeling accompanied by increased respiration and heart rates. This inner energy spreads throughout all parts of the body while kindling changes in the brain. Tantric methods also include visualizations leading to an expansion of consciousness and heightened awareness, the spirit and mind joined together in a cauldron of gentle fire.

There are also mental mantra to chant in conjunction with the energy arriving at each of these 'energy stations'. The mantra help direct and focus the sexual energy in conjunction with your visualization. The visualization-masturbation-mantra are the mind-body-spirit essence of this sacred practice.

Taoist Alchemy



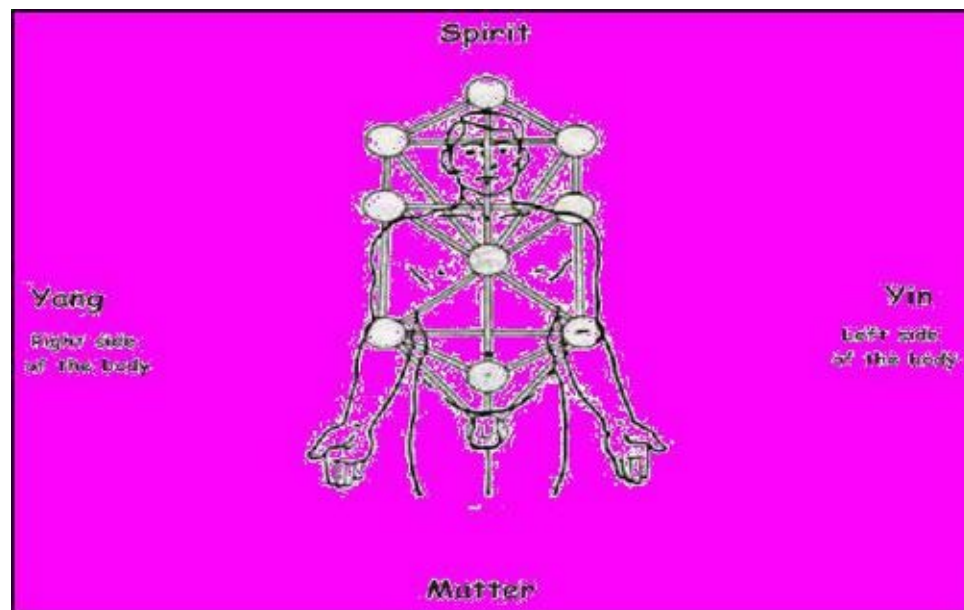
Laozi depicted as a Taoist teacher

Taoists prescribe that chi, or life essence, be carefully cultivated in the human body. Chinese medicine has a long history of studying and practicing with chi, a universal cosmic energy governing life and health. The Taoists related chi to the origin of life in the Life Essence (male and female sperm/egg). Chi is also referred to as the energy body that extends beyond the surface of the skin. The Taoist ideal here is to gather and accumulate pure, balanced chi throughout the body.

Taoist alchemy deals with practices enabling the fusion and transformation of forces within the human body. In Shii Soei Ching training for males, the energy produced by genital stimulation is led to the brain to raise the Shen or spirit. The basis of this practice is warming/refining the essence(semen) and converting it into chi which nourishes the brain and raises the spirit of vitality and our life force.

In Shii Soei Ching training, there are two general methods for stimulating semen production. One is Wai Dan and uses physical stimulation of the groin and the other is Nei Dan which uses mental stimulation. The more the groin is stimulated, the more semen will be produced and the longer this organ will function normally. Wei Dan enables the practitioner to convert his/her semen into chi more effectively than is normally absorbed and recycled by the body. With extended practice, the accumulated semen is more refined and improved for releasing its essence.

Nei Dan focuses on visualizing the reversal of energy from the penis[vagina] to ascending the tailbone and spine to the brain. Once the semen has been energized through self-stimulation, a scrotal[sphincter] contraction pushes the energy out on its way to revitalize major organs and the nervous system. Taoists relate that by circulating chi this way one can maintain good health and youthfulness and live longer.



The Hindu Subtle Body



Agni, Hindu God of Fire

Hindu esoteric teachings contend that men and woman have an 'auric' or Subtle Body as well as a physical body. The Shiva Samhita gives a detailed physiology of this body including the two energy channels, ida and pingala, that twine around the spinal chord, sushumna, as well as the chakra system. Life force, or Prana(Apana), is first circulated alternating between ida and pingala and then continues to the main channel connecting the pineal, pituitary, thyroid, thymus, adrenals, and gonads. The life energies that reach the head center invigorate the whole mind body system to be pure and balanced.

The path of ida and pingala is essentially that of the Caduceus of Mercury, the symbol of our medical doctors. It shows a double helix looping around a staff and intersecting at various points. This is the way energy ascends along the spinal column to the base of the neck. From there it goes straight up over the top of the head stimulating the crown chakra(pituitary)and then continues down to the 'third eye'(pineal). Then the prana descends to the throat chakra, the heart, solar plexus, the sacrum, ending in the root chakra in the perineum(between gonads and anus).

Tantrism maps how refined sexual energy reaches the brain and stimulates the major chakras. A different mantra vibrates each of the chakras: Crown Chakra 7th(AUM),Third Eye 6th(OM), Throat Chakra 5th(HUM),Heart Chakra 4th(YAM), Solar Plexus 3rd(RAM), Sacral Chakra 2nd(VAM), and the Root Chakra 1st(LAM) situated at the coccyx and known as the seat of Kundalini, the psycho-sexual energy that ascends the spinal chord.

"Semen retention is very valuable for both spiritual and material health. Semen retained in the body goes upwards to nourish the brain, rendering the body robust, and the memory and intellect incredibly sharp. Confidence, determination, optimism, willpower, fixed intelligence, noble character, photographic memory and shining good health are all fruits of conserved semen." (web)

Continued practice of Tantric masturbation can lead to episodes of physical ecstasy accompanied by deep breathing, pleasure, and warmth throughout the body. These are the optimal conditions for energy transformation to occur. The excited genitalia release Prana(Apana) to circulate along the major paths of our internal energy meridians.

In Tantric love-making, one must exercise control of breath, thought, and refrain

from getting to the point of ejaculation. The testicles/ovaries serve as a depository where warming and distillation of life essence occur. This stimulated essence is then visualized ascending one of the energy channels and then on through the chakras.

"The Science of the ancient Sages (SIDDHAS) teaches that the sexual reproductive power (the Life Force) can be transmuted into superior forms of energy called OJAS and TEJAS. The practitioner causes his seed to rise up to his crown center (SAHASRARA), where it becomes transformed into SOMA, the Nectar of Immortality. Through the TANTRIC procedures, the semen reaches the brain where it is processed into the extremely subtle energies OJAS and TEJAS used by the higher mind. As the physical brain needs oxygen and proteins to function properly, the higher mind (superconsciousness) needs big quantities of OJAS and TEJAS energy. The TEJAS energy is that energy which produces the halo around the saints' head. The OJAS energy is that energy which confers an extraordinary vigor, power and virility" [Also possible in women.] (web)

The Erotic Mood



Lesbos, Greek Vase painting

Masturbation is an act of personal intimacy to be practiced where time and space offer a harmonious setting. Lighting, aromas, and oils can enhance the gratification and joy of the exercise. Sensuality should fan the fires of sexuality in order to experience the masturbation on hormonal, neural, and spiritual levels. Be uninhibited while touching and exploring the parts of the body and corners of the mind that lead to sexual ecstasy. Human sexuality is a dimension of social life that is often rich with many different sorts of fantasies. Sexual fantasies can entail mental scenarios involving persons other than one's regular partner and include sexual activities considered exploratory and exhilarating.

Sexual excitement can be accomplished and maintained by a mixture of erotic fantasy and physical sensation. Eroticism is a focus on [sexual desire](#), especially the feelings of arousal and anticipation of sexual activity. This fire of sexual excitement can readily kindle the erotic sentiment and its radiant heat intensely

stimulates the area between the scrotum/vagina and the coccyx, territory of the Kundalini, the Hindu serpent of inner fire. This fire of sexual excitation can readily invoke the erotic sentiment and its radiant heat intensely stimulates the area between the scrotum/vagina and the coccyx, territory of the Kundalini, the Hindu serpent of inner fire. This alignment makes a path for your divine self energies to flow through, creating an enhancement of the senses and an increased openness to life.



David, by Michelangelo (1504)

Eroticism is the experience of ourselves as fulfilled, whole beings. When in alignment with our own wholeness we are in contact with our divinity (a state of being known as Eros) and the very experience of being alive can produce feelings of pleasure, bliss and love in its unconditional form. Eroticism is our innate, natural state of being, waiting to be remembered (embodied). When you remember eroticism, you will be able to feel it everywhere in everyone and everything. It is the pleasure and joy that comes from being fully alive. When you can live this way, beyond mental conditioning/illusion, you feel life with a

depth and breadth that makes every thought and every moment a deeply sensual experience that is not limited by fear or lack. The experience of eroticism can have long lasting impact, causing a person to see beyond the boxes of conditioning in which we live usually unaware.

The mind is the foremost erogenous zone. The two main functions of the mind are thought and imagination. The stimulated imagination will stir the body through the sense organs. Allow yourself the experience of feeling entirely good about your body, the way it moves, feels, smells, the way it looks clothed, or unclothed, how you respond to it, and how you feel about you, your sensuality, and your eroticism. Your mind can create the optimal pleasant sensual setting to be sexually stimulated, hormonally activated, neurally charged, and spiritually focused. You can choose to configure any sexual situation that conjures an intense eroticism fueling sexual energy throughout the body. You alone determine the characters and choreography of your passion play.

Fantasy and eroticism can fuel your desires for the sustained pleasure and performance of your genitalia. While we are on this planet, nobody spends more time with us than we do within ourselves. Love thyself. Be your best lover by bringing yourself to feel physical and spiritual ecstasy.

Peak and Valley Orgasms

A peak orgasm occurs when the brain signals the body to pulsate and release sexual fluids via the genitals in spasmodic, highly pleasurable contracting motions that take from three to ten seconds to culminate. Men typically have one peak orgasm per sexual act while women can experience multiple peak orgasms. To arrive at a peak orgasm we must usually expend considerable physical effort. The aim is to intensify the stimulation and bring the deliciously exciting sensations into one glorious crescendo. This involves repeated mechanical movements of the pelvis, which get faster and faster toward the end. This activity is necessary in order to build energy to a peak but at the same time it also builds up a lot of tension, which compresses the energy into the genitals.

When a man nears orgasm during stimulation of the [penis](#), he feels an intense and highly pleasurable pulsating sensation of [neuromuscular euphoria](#). These pulses begin with a throb of the anal sphincter and travel to the [tip of the penis](#). They eventually increase in speed and intensity as the orgasm approaches, until a final "plateau" of pleasure is sustained for several seconds. During orgasm, [semen](#) is usually ejaculated and may continue to be ejaculated for a few seconds after the euphoric sensation gradually tapers off. It is believed that the exact feeling of "orgasm" varies from one man to another, but most male human beings agree that it is highly pleasurable. Following orgasm, most men experience lower energy levels. The quality of semen, and in particular the sperm in an ejaculate, is affected by the interval between ejaculations, meaning it can take some time for quality sperm to be replenished after frequent ejaculations take place.

A typical woman's orgasm lasts much longer than that of a man. It is preceded by erection of the [clitoris](#) and moistening of the opening of the [vagina](#). Some women exhibit a [sex flush](#), a reddening of the [skin](#) over much of the body due to increased [blood](#) flow to the skin. As orgasm becomes imminent, the outer third of the vagina tightens and narrows, while overall the vagina lengthens and dilates and also becomes congested. The [uterus](#) then experiences muscular contractions. A woman experiences full orgasm when her [uterus](#), vagina, [anus](#), and pelvic muscles undergo a series of rhythmic contractions. Most women find these contractions very pleasurable.

However, excessive orgasm/ejaculation can be involved in inhibiting bone marrow stem cell function because of diminished production of a particular enzyme(MMPs-Matrix Metalloproteinases) found in the ovaries and also important in matrix formation. **Related chronic conditions due to frequent ejaculation are inflammatory pains and arthritis.**

Valley orgasms are internal waves of neuromuscular euphoria occupying the genital area and spreading sexual energy into the core and extremities of the body. This magnifies the sensual erotic nature of the sexual act but does not culminate in ejaculation. The valley often begins from deep within where explosive waves of energy arise that can last a long, luscious time... and then continue to the next wave of continuous bliss. The valley orgasm is a more sustained state, a timeless experience without a specific start or finish. It can be five seconds or five hours, the time span is irrelevant. In a valley orgasm, an ecstatic peace descends upon us, surrounds us, embraces us, we are suspended in it--we “become orgasmic.” It is an expanded state of consciousness--not a momentary event recordable in seconds--allowing the orgasm to be a fully satisfying full-body experience.

Male Genital Massage



Drawing of Greek statue, reclining man

The most common male masturbation technique is simply to hold the [penis](#) with a loose fist and then to move the hand up and down the shaft. The speed of the hand motion will vary from male to male, although it is common for the speed to increase as ejaculation nears. When uncircumcised, stimulation of the penis in this way comes from the "pumping" of the [foreskin](#). This [gliding motion](#) of the foreskin reduces friction. When circumcised, there is more direct contact between the hand and the glans, thus a [personal lubricant](#) is sometimes used to reduce friction.

Circumcised or not, men may rub or massage the, the rim of the glans, and the frenular delta, an area of concentrated nerve endings. Another technique is to place just the index finger and thumb around the penis about halfway along the shaft and move the skin up and down. A variation on this is to place the fingers and thumb on the penis as if playing a flute, and then shuttle them back and forth.

There are many other variations on male masturbation techniques. Some men place both hands directly on their penis during masturbation, while others use their free hand to fondle their testicles, nipples, or other parts of their body.

Some may keep their hand stationary while pumping into it with pelvic thrusts in order to simulate the motions of [sexual intercourse](#). Others may also use vibrators and other sexual devices more commonly associated with female masturbation. A few extremely flexible males can reach and stimulate their penis with their tongue or lips, and so perform [autofellatio](#).

The [prostate](#) gland is one of the organs that contributes fluid to [semen](#). As the prostate is touch-sensitive, some directly stimulate it using a well-lubricated finger or [dildo](#) inserted through the [anus](#) into the [rectum](#). Stimulating the prostate from outside, via pressure on the [perineum](#), can be pleasurable as well.

For men, various pressure points near the base and on the shaft of the penis allow for erections with enhanced turgidity, size, and sensations. The penis should be erect during the entire exercise and sensually stroked after each scrotal massage and channeling of energy. It is important to cultivate sexual energy with continued stroking and full breathing, taking delight in the excitation of the sensitized nerve network throughout the genitals and the body. Massaging the penis and scrotum prepares the sexual energy for looping through the path of the major chakras.

The scrotum is sensitive to erotic stimulation. Massaging the scrotum produces feelings in the whole genital region. Stimulation of the scrotum also increases the blood circulation and engorgement of all the genital organs around the scrotum. This technique increases the amount of sexual energy being stored in the penis and available for circulation throughout the body, especially along the chakras.

In case the level of stimulation brings one into the domain of the peak orgasm

and ready to ejaculate, quickly place the middle and ring fingers of one hand firmly on the pressure point(perineum) halfway between your scrotum and anus. Your other hand can reinforce this action by applying additional pressure on the left hand. Continue this pressure until the intense sexual energy in the penis recedes past the stage of scrotal contractions and into a phase of controllable sensation. This allows the semen to stay in the prostatic region.

Female Genital Massage



[Danaë](#) by Gustav Klimt, painted 1907

In Chinese and Hindu tradition, the woman was the custodian and initiator of the sexual secrets. The initiatory power of women is tremendous, resting primarily in their mental attitude toward sensual mysticism. Given the fact that a woman's clitoris has twice as many nerve endings as the penis, sexual fire is very

intense in women.

Female masturbation techniques are quite numerous and much more varied than those of males. Techniques include stroking or rubbing of the [vulva](#), especially the [clitoris](#), with the [index](#) and/or [middle fingers](#). Sometimes one or more fingers may be inserted into the vagina to repeatedly stroke the frontal wall of the vagina where the [g-spot](#) is located. Masturbation aids such as a [vibrator](#), dildo, or Ben Wa balls can also be used to stimulate the vagina and clitoris. Many women caress their breasts or stimulate a [nipple](#) with the free hand, as these are receptive areas for sexual stimulation. Anal stimulation is also enjoyed by some.

The clitoris is "the spot" that is the major pleasure center in most women. In fact, the majority of women need stimulation of this area in order to reach sexual ecstasy because the clitoris is physiologically similar to the penis, being a concentration of nerve endings. During sexual arousal, the genital area engorges with blood and begins to swell. A gathering tension in the vaginal area and a build-up of warmth indicate orgasm is on the way. Nurturing the erotic sensations of sexual ecstasy while staying close to orgasm, but not going all the way to vaginal spasms, enhances the inner sexual fires. The clitoris will become increasingly sensitive whether you are stimulating it directly or not.

Beginning the Practice



G

ustav Klimt's *Woman seated with thighs apart* (1916)

Find a private, comfortable, aesthetic setting conducive to feeling sexually stimulated. Caress your genitals and indulge in whatever fantasy excites you to feeling aroused. Your respiration and heartbeat will increase as sexual energy enters your nervous system and stimulates sensitivity in your genitals and other erogenous zones.

Once you feel deliciously stimulated and moist, channel your sexual energy by contracting the sphincter to pull energy from the genitals past the perineum and anus and into the coccyx. Feeling the sexual energy and contractions along this path, sense the coccyx vibrating with heat. Stimulate yourself again bringing yourself to feel valley orgasms. Then try multiple sphincter contractions, sending sexual energy to kindle the brewing fire in the coccyx. In between channeling the sexual energy, massage the genitals and indulge in eroticism to maintain the inner fire. This is the fundamental beginning of Taoist masturbation, using sphincter contractions to pull sexual energy from the genitals to the coccyx.

Channeling Sexual Energy

During this extended sexual ecstasy, feel the vibrant sexual energy in the gonads also present in the spinal cord and in the head and permeating the whole body. Use sphincter contractions to pull the sexual energy from the excited gonads to the coccyx, up the spinal cord, and into the head. Maintain the physical stimulation of the genitals to continue the sensation of sexual energy filling the genitals and flowing throughout the body.

An interesting aspect of masturbation are the reflexological zones of the genitalia that are stimulated and produce healthful benefits for the organs located

near chakras connected to the endocrine system. Just as with the reflexological zones of the hands and feet, the genitals have zones that correspond to these major organs: the kidneys, bladder, spleen, pancreas, heart and lungs. The kidneys and bladder are linked to the base of the penis and the mouth of the vagina. The midsection of both correspond to the spleen and pancreas. The heart and lungs correspond to the head of the penis and the deepest part of the vagina. Taoist tradition dictates that masturbation should cover all the areas of the genitalia in order to provide a balanced stimulation of these organs.

Taoists texts prescribe that as we age we should indulge in fewer peak orgasms and nurture our chi. You alone determine how far you want to take these exercises. Genital massage on its own, without the visualizations and mantra, produces many of the health benefits mentioned in this book. By masturbating and refraining from ejaculation, you will kindle and maintain your sexual fires, stimulate and increase hormone production, and feel thrilling and rewarding changes in your mind and body. You can integrate these feelings into an evolving sense of who you are sexually, erotically, and aesthetically. Genital massage is an act of self-love designed to nurture your Life Essence and well-being.

What follows is an exploration into the Taoist-Hindu practices of consciously channeling sexual energy into the major energy centers of the body. Stimulating the Subtle Body and its energy pathways balances, purifies, and vitalizes the mind and body. Some prior knowledge of Hinduism or Taoism can facilitate your understanding of the exercises associated with transmuting and directing your sexual energy.

Although not covered in this book, there is also extensive ancient wisdom on the function of these energy centers and their relation to occult or psychic powers such as clairvoyance(the 3rd eye found at the pituitary gland), clairaudience, clairsentience, and intuition. You may want to explore this arcane realm and coordinate your exercises with the development of these powers. Your beliefs are

the architects of your experience.

Visualizing Sexual Energy



A

According to Eastern teachings, in the world of imagination contact is made with the true source of wisdom and intelligence. When practicing genital massage, imagine the inner fire from the testicles/ovaries streaming over to the coccyx, its first stop along the major chakra meridian, filling it with light. Our genitals act as reservoirs that fill with sexual energy during stimulation which is then consciously channeled inside the body. The path between the scrotum/ovum and coccyx can be visualized as a narrow conduit of light energy. Do this

visualization with a sphincter contraction and visualization channeling sexual energy. Massaging the testes/ovaries provides additional sexual energy available for channeling. Practicing this massage, breath, and mental exercise sets the stage for raising the fire into the head.

Chakras in the human body depicted with their residing deities.

Once sexual energy has been focused in the coccyx(base of the spine), it now begins to ascend through the two major helical meridians weaving along the spinal cord to the base of the neck. These are the two nerve-currents one on either side of the spinal column. In Hindu tradition, the left one is called Ida and the right is known as Pingala. These are Nadis or Subtle Body tubes carrying Prana emanating from the coccyx. Sexual energy from the right testicle/ovary, moves in the Ida(left) and the energy from the left testicle/ovary in the Pingala(right).

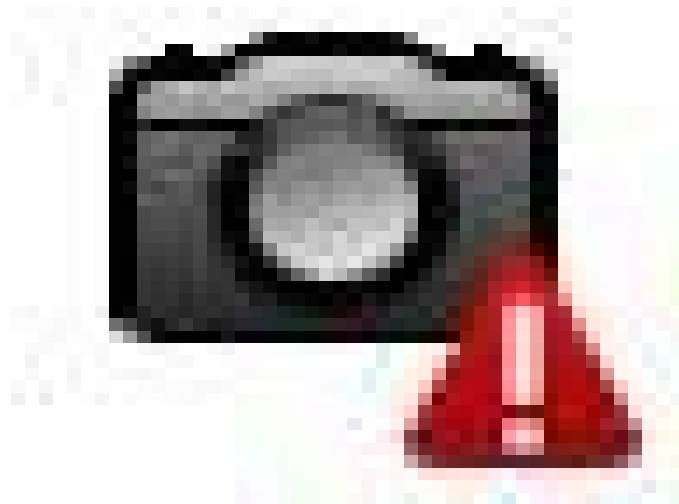
First, practice doing a sphincter contraction pulling energy from the right testicle/ovary into the coccyx. Then visualize the energy entering the left tube and weaving four times up across the spinal cord to the base of the neck. Now do the same with the left testicle/ovary moving the energy into the right tube. Take your time to be able to focus the ascending energy in this pattern.

Raising sexual energy to the head

The mantra, or vocalizations, associated with raising sexual energy to the brain vary greatly among Tantric, Hindu, and Taoist traditions. The word Mantra is a Sanskrit word combining the two syllables: man, meaning mind, and tra translated as deliverance. A mantra is a pure sound-vibration intended to assist your mind to focus when it is scattered. By chanting mantras, one is able to

produce a spiritual effect which is associated with the physical sensation of the vibration the chant produces. Thus when the mantra is chanted the effect is felt. Chanting mantras is also used to make the intent of the mantra a physical reality. Energy naturally follows intent and thus the chanting of a mantra will eventually lead to the physical manifestation of the mantra. Chanting mantras affects your subtle body (electromagnetic energy field) which holds your consciousness. Since your subtle body is made up of small vibrations, chanting affects the energy vibration of your subtle body directly.

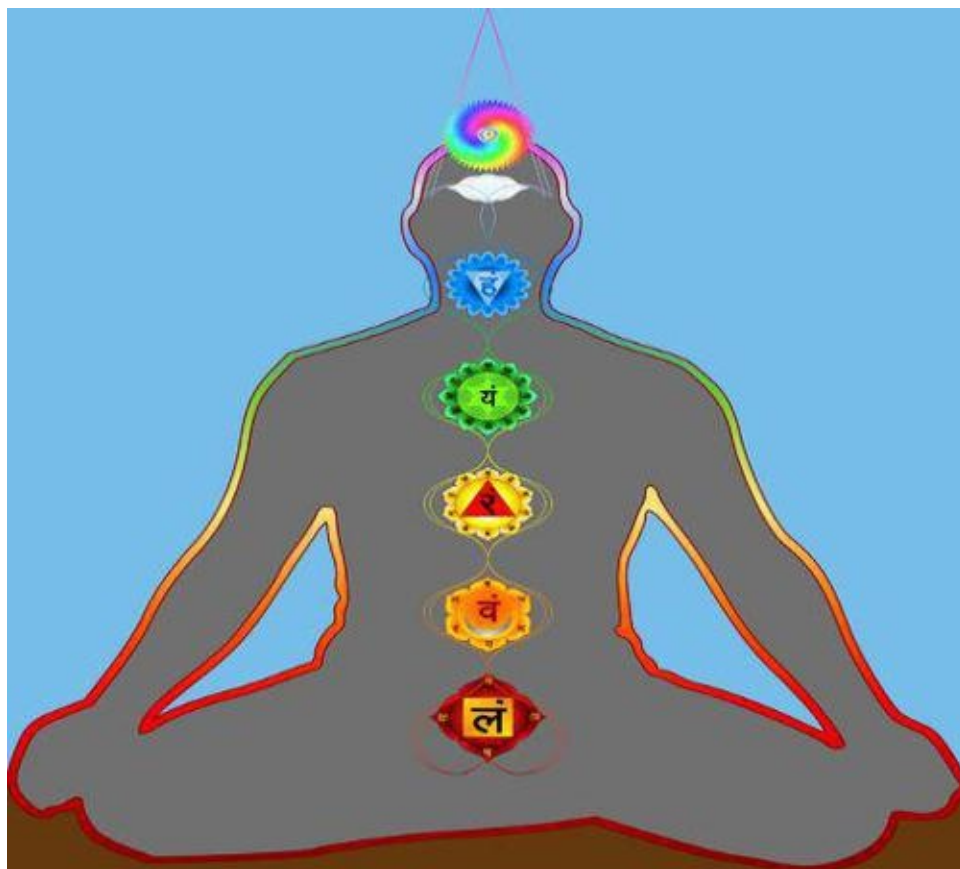
Ida and Pingala Subtle Tubes



I use a variation of the mantra suggested by the Gnósticos to stimulate, raise, and send sexual energy to the major chakras. The mantra can be either mentally or vocally chanted and serve to focus the mind on the visualizations and the physical sensations associated with this exercise. You may want to explore other systems of chanting or develop your own set of mantra. What is important is your individual effort to achieve your spiritual and physical needs.

The genital massage and sphincter contractions pulling energy to the coccyx are accompanied by the sound of TOM(long O sound). This same mantra is used for the massage on both sides of the genitals. Now in the coccyx, energy pulled from

the right testicle/ovary ascends the left subtle tube with the consonant S. Use the hissing sound of the consonant S for raising this energy up the subtle tube to the base of the neck. Practice together the genital massage, sphincter contractions, visualizations, and mantra for raising sexual energy to the head. When channeling energy from the left testicle/ovary, use the consonant R to raise the energy to the base of the head along the right subtle tube.



Yoga asana pose and chakras

A review: a right testicle/ovary produces energy channeled with sphincter contractions, mantra(TOM), and visualization to the coccyx. Once the energy is in the coccyx, the consonant S is repeated mentally or vocally to raise the energy crossing up the spinal cord. The same applies when starting with the left ovary/testicle only that the consonant R is used to raise the energy from the

coccyx to the base of the head.

In simpler terms:

Coordinate a GENITAL SQUEEZE, MANTRA(TOM), VISUALIZATION to get the sexual energy to the coccyx.

Coordinate a MANTRA(S or R), VISUALIZATION as the energy ascends the subtle tube and crosses the spinal cord four times arriving at the head crown.

You are now ready for the entrance and descent into the major chakras.

Nurturing Your Subtle Body

The descent of sexual energy into the major chakras follows a path that connects the pineal, pituitary, and thyroid glands, and then continues to the heart(thymus), solar plexus, sacrum, then ending in the base or perineum.

The sexual energy brought to the base of the neck ascends to the crown of the head(#7), the pituitary, and this is where we pronounce the vowel A(ah). Imagine this center filling with energy. Then the energy is brought to the pineal gland(#6)with the sound of the vowel I(ee). Again, visualize this chakra filling with energy. You will do this for each chakra or energy center along this path. The energy continues to the throat chakra(#5) and is stimulated with the vowel E(eh). From here, the energy proceeds to the heart chakra(#4) with the vowel (O) (oh).

Next, the energy enters the solar plexus(#3) with the vowel(oo) and then

continues to the sacrum(#2) with the letter M. Finally, the sexual energy is returned to its source(#1)- the perineum.

So the sequence of mantra goes as follows:

A(Ah) at the crown-pineal

I(Ee)at the third eye, pituitary

E-(ey)at the throat/thyroid

O-(oh) at the heart

U(Oo) at the solar plexus

M(Mm) at the sacrum

and visually return the energy to its source: the perineum.

Sexual energy has been channeled up through your spine and into your major chakras and a rejuvenating cocktail of hormones, minerals, vitamins, enzymes, and proteins has been added to your brain, gonads, and bloodstream. You have become a factory of wellness on mental, physical, and spiritual planes. The inner orgasm, your eroticism, is with you as you feel the beauty of who you are.

Each day is a unique tapestry of novel moments in which we exercise mindful control of our focus of attention. That which we choose to attend to ultimately becomes our experience. Our fulcrum lies in our choice, our lever is the power of our beliefs. Allowing the river of life force to flow within your organism is giving yourself the freedom to live an uncharted course of personal ecstasy in your waking and dreaming moments and realities.

Part Three

Finding the Tao in El Salvador



Tetragrammaton, Gnóstico Symbol

Finding the Tao in El Salvador

A stint in the Peace Corps in El Salvador put me on a collision course with a radical approach to sexuality. A lot of energy has always brewed in this sun-bathed nation. The land is lavishly fertile from eons of volcanic eruptions. The sea is a spa of salt-laden breezes and churning surf that breathe life into the Salvadoreans just as it did for the original Mayan Pipil inhabitants. The people here have a zest for life only surpassed by the love the sun has for this land. The Salvadorean rhythm of life is the drumbeat of earth and fire, the relentless power of stored geothermal heat, the perpetual transformer of magma into spirit.

Were it not for my dear friend Ricardo Moreno, I would not be writing this book. A humble man conjoined to nature and the esoteric arts, Ricardo led a simple life as an agronomist, husband, and father of six children. His strong Mayan features; prominent nose, high cheeks, dark skin, and intense eyes, chronicled his pureblood Indian heritage. I marveled at his ability to run like a deer and jump great distances. He was just as versatile in his lucid dreams where he explored multiple realities and become a savant of the astral plane. The night he put a book by the *Gnósticos* in my hands, I knew I had found novel perspectives on life I wanted to explore further.



P

hilosopher's Stone

The *Gnósticos* have brandished their unique take on life since the late fifties when the Columbian prophet Samael Aun Weor started speaking and writing about Eastern sexuality in Latin America, acts that eventually landed him in jail. His groundbreaking work, *El Matrimonio Perfecto*, unveiled arcane aspects of sexuality as the cornerstone of the world's great ancient religions. Sex became the primary means for physical, mental, and spiritual development.



Samael Aun Weor

Here was mention of the alchemy that had scratched my curiosity as an adolescent. The magic of Merlin now was connected with an arcane society of alchemists seeking to transform themselves through an inner alchemy. I saw a Biblical reference in Leviticus 15 addressing the Creator's legacy to mankind of being able to cultivate and accumulate creative energy through a practice of distilling semen. The wisdom of the Hindus, Maya, Egyptian, Judeo-Christians and Chinese were all integrated into a new world perspective for me.

Within this gnosis I accepted a major invitation to change my modes of perceiving and behaving. I felt as though a tornado of ideas and experiences was mixing these unique principles and practices of sexuality and penetrating my psyche with wonder. The gnóstico teachings reunited me with a facet of life I had been unaware of, but totally committed to explore. The Gnóstico literature and class meetings I attended at a local school provided me with answers about

how we can be more than who we are.

I found a transparent portal into the essence of my being, a revelation clarifying my perennial questions about arcane aspects of the human condition. These questions continue to lead me on an initiation into the beauty, spirituality, science, and mysticism of sex.

Bringing sexuality into harmony with spirituality opens up a whole new dimension of reality



A statue of Shiva in Yogic meditation

.....where living is the alchemy of ecstasy.

Reflections

Sexual stimulation is paramount for maintaining mental health and the integrity of the skeletal and muscular systems.

Integrating a balanced diet, regular physical exercise, and frequent sexual stimulation are fundamental for healthful living.



A [Sexual](#) Pose from [Mukteswar Temple](#) in [Bhubaneswar](#),
[Orissa](#)

No other exercise stimulates the production of testosterone and estrogen better than sex.

We begin to fall apart when we abandon or abuse our sexuality.

Adolescents are experiencing the development of their body attributes via the actions of testosterone and estrogen. Frequent ejaculations can compromise the function of the sex glands and effect physical and mental development.

Ancient Chinese traditions and modern medicine dictate that as we age, we should gradually refrain from peak orgasms.

Athletes and people into fitness would benefit by incorporating valley orgasms in their sexuality. Valley orgasms save the body from working overtime in order to replenish the lost fluids and energy during peak orgasm. Valley orgasms stimulate the entire body with sexual energy and hormones.

Sexual energy is creative energy. Having creative energy is a gift from our Creator. The Greeks called the Creator Eros. When we are sexually stimulated, erotic, we are in a state of Eros. Eroticism is a pathway connecting us to our divinity.

We can be more than who we are.



C
hinese dragon, symbol of power, strength, and good luck.

Our sexuality is fundamental for realizing our potentials.

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"Mastering yourself is true power. "

Lao Tzu



Drawing by Nicolaas Hartsoeker, 1694

"Work out your own salvation.

Do not depend on others."

Buddha