



THE ART OF SEXUAL KUNG FU

YOUR SEXUAL ENERGY CAN BE TRANSFORMED

“There is no medicine, or food, and no spiritual salvation that can prolong a man’s life if he fails to understand or practice the harmony of sexual energy.”

—P’eng Tsu, physician to the Emperor

SEX ENERGY IS STORED IN ITS SEED



For more than 8,000 years of Chinese history, the “Sexual Kung Fu Method” of retaining the seminal fluid during the act of love remained a deep secret. At first it was practiced exclusively by the Emperor and his innermost circle, who learned it from the Taoist sages that advised the court.

These wise men claimed in earlier times it was a natural gift of all mankind.

The Emperor needed the method to prevent impotence and illness; improperly educated monarchs were exhausted at an early age by the sexual demands of their wives and concubines. In aristocratic families it the knowledge was held sacred, passed from father to chosen son alone, excluding wives, daughters and other family members.

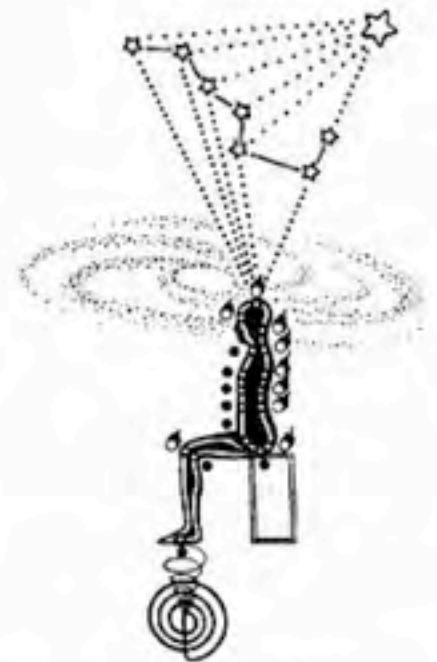


SEXUAL KUNG FU

Sexual Kung Fu is an internal practice that permits men to retain certain bodily secretions which are a source of extraordinary energy, when stored and recirculated to higher vital centers. One prevents loss of this biochemical energy by not ejaculating. The accumulated energy can then be “steamed” up the spine, to form the microcosmic orbit.

Stopping ejaculation is not to be confused with stopping orgasm. The Sexual Kung Fu Method provides an altogether unique type of orgasm, which repeated multiple times, during lengthy periods of love making. Its secret is simple, there is no loss of seminal fluid during orgasm.

By practicing control of certain muscles and tendons, you will learn how to easily hold in your ejaculation and by allowing the genital pressure to spread over the entire body, you will experience multiple organism. The joys of this kind of love must be considered quite different from ordinary physical pleasure; the intensity is so great that it often leads to a spiritual awakening.



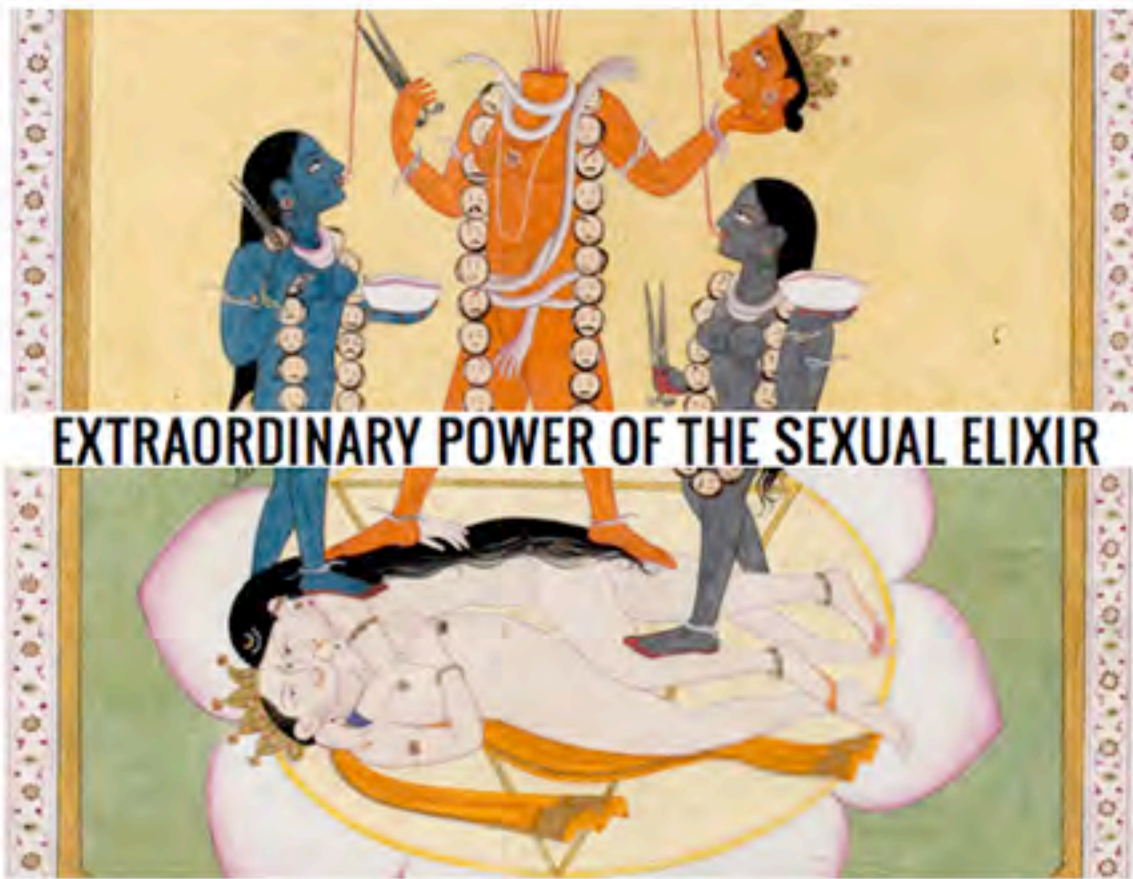
A man who masters this method will find his sexuality so enhanced that he will feel a revolution has occurred in his life. The pair of lovers becomes a dynamo, generating great quantities of electromagnetic energy. With this method one can make love more often than before, with tremendous benefits to one's health. Sexual Kung Fu stimulates production of precious hormonal secretions instead of depleting them.

Real sexual fulfillment lies not in feeling the life going out of you, but in increasing awareness of the vital current that flows through the loins.



The body is further replenished by a method of “steaming” the vital energy up from the sexual centers to the brain and higher organs; similar to chakra system of hindu tantric yoga. The life-enhancing process is completed by exchanging energy with one's lover during a relaxed meditation following the creation of this supercharged sexual energy.

This powerful release and sharing of life's vital force is the fundamental bond in human love. To awaken this dynamic energy is also to experience the force behind man's biological and spiritual evolution, also known as the Rising Kundalini.



EXTRAORDINARY POWER OF THE SEXUAL ELIXIR

Wise men of the Orient have, from time immemorial, sought means of increasing vital energy and lasting longevity. It would appear that preventing discharge of the seminal fluid was a universal technique in this endeavor. Without exception they have understood the tremendous implications of the sexual act: when performed with love and discipline, it may awaken dormant powers in the mind and body.

The act of love has long been recognized as healing, but the Taoist masters sought to go beyond this and find the principles of physical immortality within it. Many schools arose proposing various ways of tapping the secret elixir of sexuality.

The sages considered one drop of semen equal in vital power to one hundred drops of blood. The Hindu holy men refer repeatedly to Amrita, the elixir of life, a rejuvenation substance that may be produced during prolonged sexual activity without ejaculation. The production of this elixir, which westerners might call a higher hormonal secretion, requires a sexual technique that prevents ejaculation and thereby allows the body to enter higher and higher states of energy.



Extraordinary powers, including healing, clairvoyance, and more may evolve when one retains the semen and drives its power back up into the body. Many gifted minds, the Saints, Christian, Buddhist, Moslem, or Taoist—all used the power dwelling in the vital seed to perform “miracles.”



Chinese aristocrats, and adepts into alchemy, seeking the deepest level of fulfillment have long had the capacity to return the energy of the seminal fluid to the brain and vital bodily centers. But ordinary people in our society have, until now, had no technique for recycling this great life power to the body. Most men have found the sexual lure irresistibly attractive and have happily lost their seed when succumbing to it, unaware of the consequences to their health or that there was even an alternative available to them.



The Taoist method of cultivating sexual energy recirculates the hormones, proteins, vitamins, enzymes, minerals and electrical energies of the semen, into the blood and back to the body. When they are conserved and transformed, one enjoys a marvelous sexual life, improved health, deep inner balance, and rising spiritual consciousness.

The Taoist method of love actually stimulates the production of hormonal substances of unusually high quality. One can learn to focus energy on the endocrine glands, or chakras, during the act of love, for enhanced spiritual and physical effects. When the glands are bathed in energy, the quantity of their secretions increases; more importantly, their quality improves. At higher stages in the practice the hormones develop extraordinary properties from each respective organ.

This excess vitality may be channeled to strengthen the body and to raise mental and spiritual abilities. When lovers are in close embrace subtle Yin and Yang energies are concentrated into vortices from the sexual region to the head and eventually remain in the head at all times.



WHY HAS THE POWER OF SEX BEEN KEPT A SECRET?



The Taoist masters felt bound to reveal their potent secrets to only the most select disciples, those who had proven their devotion to the Master's ideals by years of arduous self-sacrifice and service. Why did the Masters feel so strongly compelled to hide their tremendous knowledge from the public?

The reason for this secrecy is not easily comprehended by the western public today. Advertisers assure their clients today "Nothing sells unless it is sexy." This mentality has made sex, in America, into a disposable commodity, making it harder in our private lives to experience sex as an intimate pleasure that can be cultivated over time to ever deepening levels.

The ancient Taoist masters were not superstitious. They were natural scientists who laid the foundation for amazing technological advances in medicine, chemistry, biology, navigation. They had their reasons for secrecy, and their reasons were well-founded at the time. They were custodians of the doctrine taught to them by their masters, and feared the misuse of the great force unlocked by the secret principles. Perhaps, they felt an obligation to protect the public from its tendency to distort the purest teaching to suit its own base instincts. In rural China, which was much less populous then, someone with such esoteric knowledge could easily become a chieftain or a king. A warrior could use his power to defeat his opponents.

The Taoist Masters thus thought it dangerous to spread their teachings too widely, and passed them on to only a few chosen disciples before departing their earthly life. To guarantee that the formula not be used for selfish purposes, these Masters often transmitted to each disciple only a part of the doctrine. Thus, only if the disciples banded together and shared their learning could the supreme potencies be unleashed. If anyone selfishly withheld his learning, they would never receive the whole doctrine. In the course of many generations, fragments of the innermost secrets came to be regarded as the whole.





WHY REVEAL THE SECRET NOW?



Our race has finally grown aware of the need to conserve natural resources, lest we consume ourselves to total ruin. Fresh water, soil, and forests must be preserved. Fuels must be spared, and new renewable ones need to be developed further. Everyone is eager to conserve natural resources, but few even dream of conserving the most critical resource of all: one's own vital energies. The careful harboring of the energy stored within man's seed is a truly rational energy program. Yet this aspect of conservation is entirely overlooked by politicians and health experts.



Despite the current mediocrity of the popular culture, there are tremendous forces driving the race into expanded consciousness. It is clear that the reason for the chaotic state of planetary affairs is the revolutionary advance in human consciousness. Among the most important implications of this soaring up of consciousness is that the ordinary man will be admitted to secrets of life and mind that were formerly reserved for the chosen few. . .

THE CULTIVATION OF SEXUAL ENERGY

THE SECRET OF SECRETS

Inside of each and every one of us, there is an energy of untold power and potential. It is a force hiding in plain sight; often abused, but rarely spoken about.

Your sexual energy is a powerful force that few in the west understand. It is used for the perpetual marketing of consumer goods, the saying that "sex sales" applies that this sexual drive does indeed have an deep impact on our lives.

The wise sages of the past clearly knew of this force, and began to explore their sexual energy. They appeared to have a fascination with an esoteric form of sexual intercourse, which encourages as much pleasure as humanly possible, without ejaculating.



The teaching were passed down through the ages, of how to gain complete mastery over the body, mind and spirit. These works are a true uncensored look at the history of yoga. For someone to have complete control over their body, mind and spirit, they must have complete control of the sexual energy.





THE CULTIVATION OF SEXUAL ENERGY

The universe is filled with different kinds of dynamic energy, or “chi.” The Tao, or “way,” for each man, is to creatively find a way to transform his energy over a course of a lifetime back to its original state of harmonious balance.

Sexual essence, or “ching,” is a powerful, vital energy that is generated continuously within the human body. Sexual drive propels the course of man’s evolution biologically by transmitting the genetic lineage. Emotionally it harmonizes the love between man and woman, and spiritually provides a tangible link between the “ordinary” creative powers of man and the eternal creative process of the cosmos.

Refining one’s awareness of sexual energy is one of the simplest ways of humans to return to pure consciousness and experience the deepest rhythms of life.



CULTIVATE

Sperm is the storehouse of male sexual energy. The manufacture of a sperm fluid consumes up to a third of a man’s daily energy output and is especially taxing on the male system. A single ejaculation has 200 to 500 million sperm cells, each a potential human being. There are enough spermatozoa lost in a single orgasm to populate the entire United States if each cell was to fertilize an egg.



CONSERVE

Conservation of sexual energy is the first principle of cultivation. The energy loss over long periods of time weakens the physical health of the male.

For this reason many traditional spiritual orders in the world require male celibacy. Taoists accept sexual love as natural and healthy, but know the momentary pleasure of genital orgasm with ejaculation, is superficial compared to the profound ecstasy possible when love is enjoyed without the loss of the powerful male seed.



It's every man's birthright to have full control over his bodily functions and prevent this loss.



TRANSFORM

Transformation of sex energy is the second principle of cultivation. During sexual arousal, the "ching" or sexual essence stored in the testicles expands rapidly and causes some energy to naturally rise to higher centers in the heart, brain, glands, and nervous system. This upward movement is cut short by ejaculation outward, so most men never become aware of the full power of their sexuality.

These methods perfects this upward transformation of sex energy by opening subtle channels from the genitals up the spine to the head and back down the spine to the navel. The expanding sexual energy is channeled into this "microcosmic orbit" so it flows past all the major vital organs and harmonizes the etheric energy complexes in the body, called "Tan Tiens" by the Taoists (or "chakras" by the Hindus).

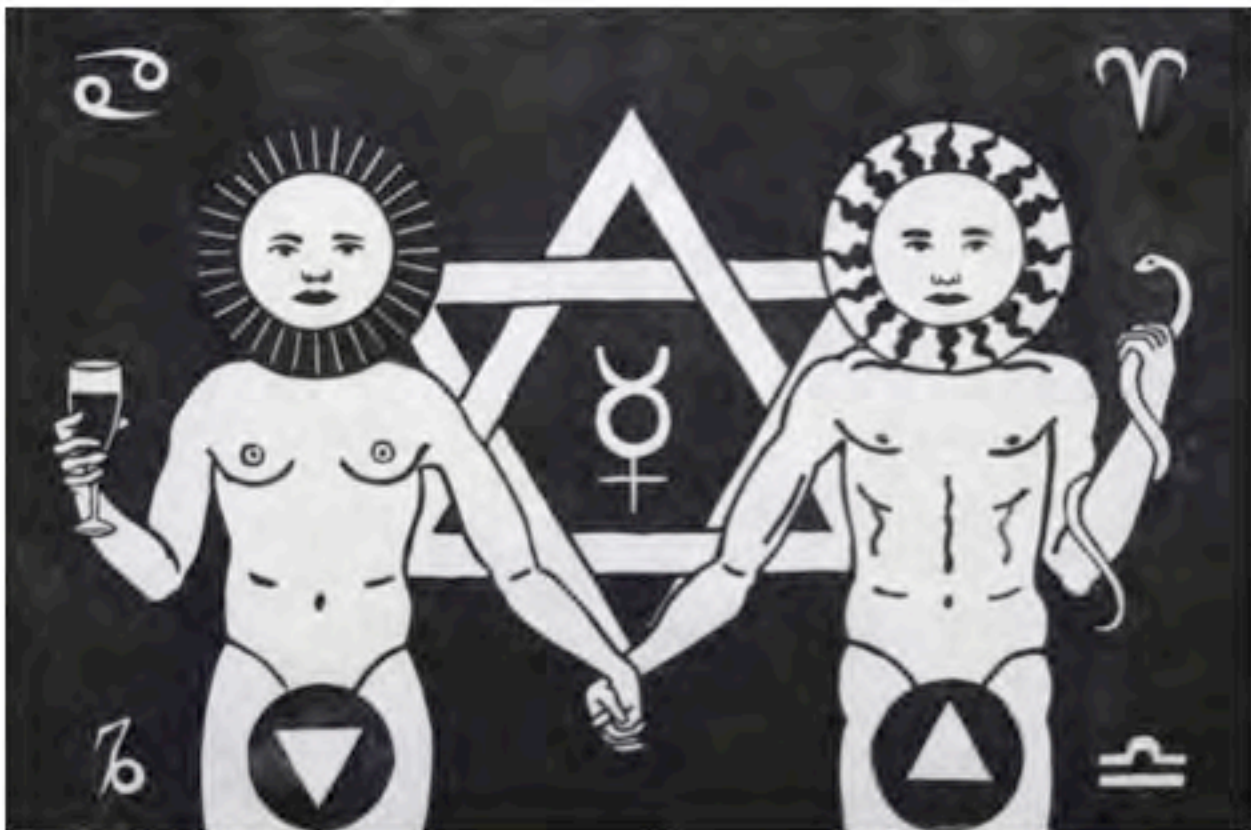


HARMONIZE



Balancing the polarity of female-male (yin-yang) forces is the third principle of cultivation. Once the sex energy has been conserved and transformed, a single man can use meditation to balance the male and female poles which exist inside every male body.

In the practice of "dual" cultivation, a couple balances this field of energy between them by sharing and circulating their subtle energies. The relationship becomes a springboard to transform the sexual attraction into personal love and then into spiritual awareness and service.



Balancing this core sexual polarity in a couple is true depth psychology, as it nourishes man and woman at their innermost root.

WHAT IS “CHI” ENERGY?

THE LIFE FORCE

Taoist cultivation of sexual energy cannot be understood until the Chinese concept of “chi” is clear. Chi, also known as prana, the warm current, Kundalini power, or the electro-magnetic life force that animates our very being. It is very difficult to describe because this life energy is invisible and cannot be seen. However, we can feel it. “Chi” is simply the Chinese word for “breath.” On the physical level it is the raw air we breathe in and out, revitalizing us and keeping us alive. Our life hangs by this thin thread of breath every second of our lives, and that thread is seemingly empty air.

We transform that raw air by mixing it with other nutrients and refining it into a different kind of energy, one that takes a solid form. It becomes our blood, flesh and bones, but never loses an inner rhythm of pulsation that flows through each cell. Our vital organs—heart, liver, kidney, and glands—in turn refine this energy and send chi power to the higher functions of our brain, thus creating our thoughts, dreams, and emotions.

As this “chi” follows a self-perpetuating cycle, its rhythm becomes so natural we hardly ever notice it. When was the last time you marvelled at the simple fact you are breathing and your heart is beating?



The ancient Taoist masters spent a lot of time observing the flow of this “chi”, which they recognized as the breath of the universe that moves through everything. Chi is the glue between our body, mind, and spirit, the link between our perception of the inner and outer worlds. Living close to nature with few of the distractions of modern civilization, the Taoists were able to map in fine detail the workings of the chi energy both within the human body and in the world at large.

The Chinese never bother trying to analyze exactly what this “chi” is. Whether it is matter or energy or a process of changing between the two is irrelevant. All that matters is how the chi functions, in short, what it does. When you want light in your room you turn on the lamp, the electricity flows and radiates light. You don’t analyze it, you simply flip the switch. When an acupuncturist inserts a needle into a point on a liver meridian, he switches on the liver “chi” so it flows more powerfully.



CHI: ELECTRICITY OF THE HUMAN BODY



“Your entire body is a giant electric machine: body chemistry (like all chemistry) is based on electrical bonds. It even runs on electricity. The energy you need to see these words comes from the egg you ate for breakfast; the egg got its energy from the corn consumed by the hen; the corn extracted that energy directly from the electromagnetic light of the sun through photosynthesis.

“When you think about it, the universe is positively (and negatively) electrifying. But because of the usually perfect balance between positive and negative forces, most of the electrical power around you is neutralized—and therefore unnervingly invisible, at least in the normal sense . . . Essentially, everything around us is electrically charged empty space.” K. C. COLE,

Discover Magazine, Feb. 1984

HOW DOES “CHING”, OR “SEXUAL ESSENCE” FUNCTION IN HUMANS?

For the Taoists, sexual energy is called “ching,” or “essence.” It can also be understood as a kind of “human electricity” because like “chi” it is an invisible energy that flows through the body. However in its raw physical form, it is stored in men in their sperm and women in their ovaries. Thus it is a kind of chi energy that has been transformed by bodily process into a more potent form. It is raw matter distilled into a powerful essence that has the ability to recreate the entire human organism. For men, their sperm power is the essence of their “yang” or male energy.

When you feel sexually aroused, this is your “ching” essence expanding at a phenomenally powerful rate. Your whole being is suddenly charged with new energy, your body fired with passion and your heart transfixed with desire. It’s like turning on the light switch. Your entire world of touch and feeling is dramatically changed from night to day within seconds. This happens in men when they feel attracted to a woman because their hundreds of millions of sperm cells begin vibrating and generating a larger field of sexual electro-magnetic energy.



MAJOR PHASES OF CHI ENERGY

The following lists in simplified form some of the major phases of “chi” in humans and their relationship to “ching” essence as well as “shien,” or spirit, the highest stage of refinement.



These three: are known as the “three treasures” because their proper cultivation leads one to enlightenment.

1. Prenatal Energy: Combines “chi” and “ching” inherited from mother and father, expressed in the gene code and visible as the innate vitality that people have.
2. Breath Energy: Body absorbs cosmic energy from the inhalation and exhalation of air. Those who breathe properly, relaxed, deep breaths to the abdomen, will receive more energy.
3. Food Energy: The purity of chi received from food will depend on quality of diet and ability of body to digest and assimilate nutrients.
4. Meridian Energy: Comes from different types of body cells that produce the energy. It courses through the acupuncture channels linking all the vital organs and glands.
5. Pulsation Energy: The deep rhythm of your body, felt especially in veins and arteries, also seen in biorhythm energy fluctuations that harmonize our emotional, mental and physical bodies.
6. Sperm (Ovarian) Energy: “Ching” is the sexual essence that exists from birth but grows more powerful when fed by other types of chi (food, breath, etc.) Sex essence is the source of all energy available for creative and thinking processes (shien).
7. Spirit Energy: “Shien” is the light behind our personality, the ability to discriminate, human self-awareness. At its purest level, it is our very being.
8. Wu Chi: The emptiness, or void from which all chi energies originate and must return. (Original Chi)

THE ART OF SEXUAL KUNG FU

Originally the Taoist sexual exercises were known as "Kung Fu". The first word, kung, means skillful work, hard training, or endeavor. The second, fu, means time spent. This would imply it is an art that needs to be practiced, in order to achieve any considerable satisfaction. Sexual Kung Fu is just that, an expression of our own power and control. The ability to take command of our own body, mind and soul.

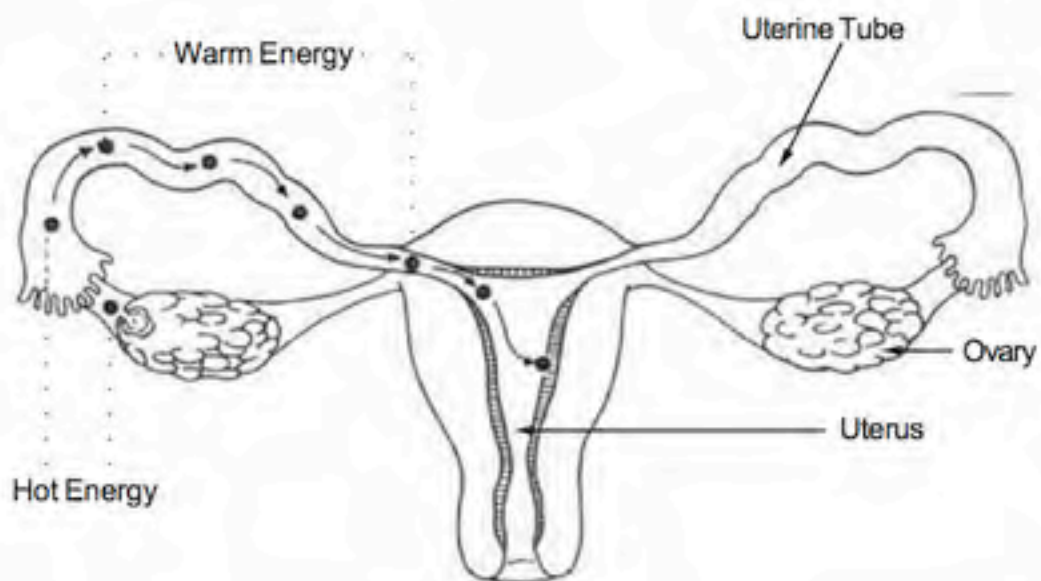
In the art of Sexual Kung fu, both male and female learn to amplify their own personal energy to extraordinary levels, resulting in healing, clairvoyance and astral projection. The process begins by identifying the major energy centers in both sexes, which we must interact with in order to accumulate as much energy as possible.



Sexual energy can be built up significantly in people who practice sexual kung fu, and once it is collected, it can be transmuted into various forms of energy.

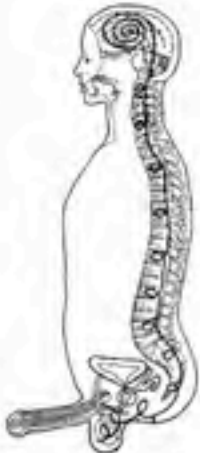
OVARIAN KUNG FU

In the universal Tao system's ovarian kung fu training is the practice to increase and transform ovarian (sexual) energy. Taoism explains that while male's lose of energy occurs during ejaculation, a female's major loss happens through menstruation.



A female can have as many as 300 to 500 menstrual periods in her lifetime. Every month the ovaries produce an egg that contains highly creative energy, as well as the necessary hormones for the fertilization of the egg. This process can be very taxing on women, as they feel the energy pouring outward.

SEMINAL KUNG FU



Each sperm cell contains 23 chromosomes, prostaglandins, ions, enzymes, and trace elements; essential parts of human life. Only the elements of the egg and the nurturing environment of the mother is needed to form a living human being of infinite potential.

By gathering this life-generating force within oneself, one collects tremendous energy. In a very real sense every man can create a stockpile of sexual energy. If this immense reservoir of psychic energy were to be redirected towards love and spiritual harmony, the possibilities are endless.

THE THREE BODIES

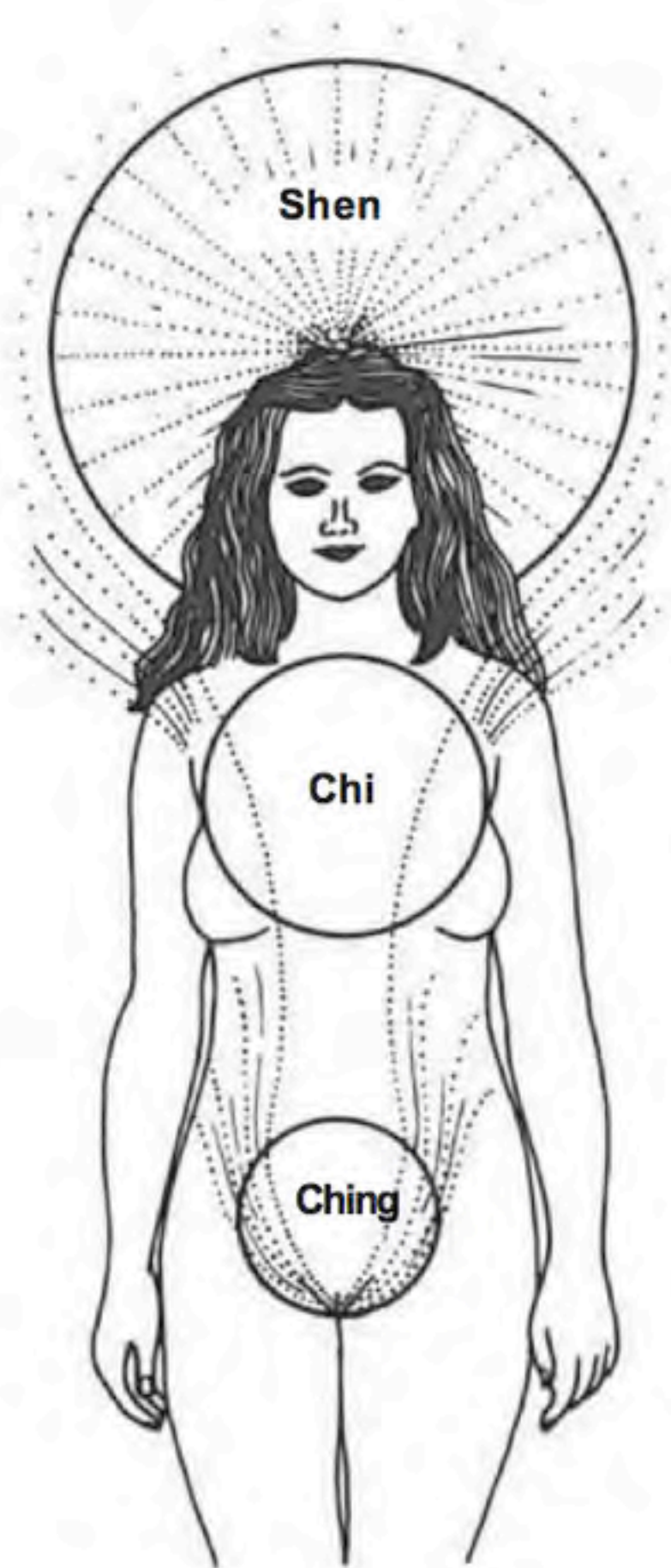
Through practical application of sexual kung fu, an increased awareness of your body will begin to form. You will be able to work with your subtle bodies, and increase the production of energy, to off-set any losses. With some practice you will begin to notice the body is comprised of 3 parts;

The physical body; Deals with the tension and stress of daily life. Its energy relationship is with the environment, animals and people it comes into contact with. It produces **Ching**.

The soul body; The emotional body, is created by the physical body sending its essence to the organs. The way the energy moves in this body will determine your emotions. It produces **Chi**.

The spirit body; The immortal spirit which seeks to harmonize the energy so it can return back to source. It produces **Shen**.





Spiritual Energy



Life Force



Principal Energy

SEXUAL ENERGY - CHING

We are all born with an abundance of energy, Ching, the principal energy. For woman this generative power is in charge of the reproductive system, it determines whether a woman is sexually active or not. The energy from the air you breathe and the food you eat mix with your Ching, to endow the eggs with the creative essence necessary to foster the next generation.



For males, the Ching is used to produce semen and the energy is stored in the scrotum. When faced with instinctual attraction from a female, the sperm begin to become excited. Their collective rapid movement produces a profound amount of energy.

LIFE FORCE - CHI

The organs who have utilized the Ching, now have their own unique Chi signature that is felt throughout the body. The Chi is experienced in the body as our emotions. Becoming aware of their presence, will help move the energy effectively throughout the body. If the energy gets trapped, it will cause negative emotions and may lead to illness;

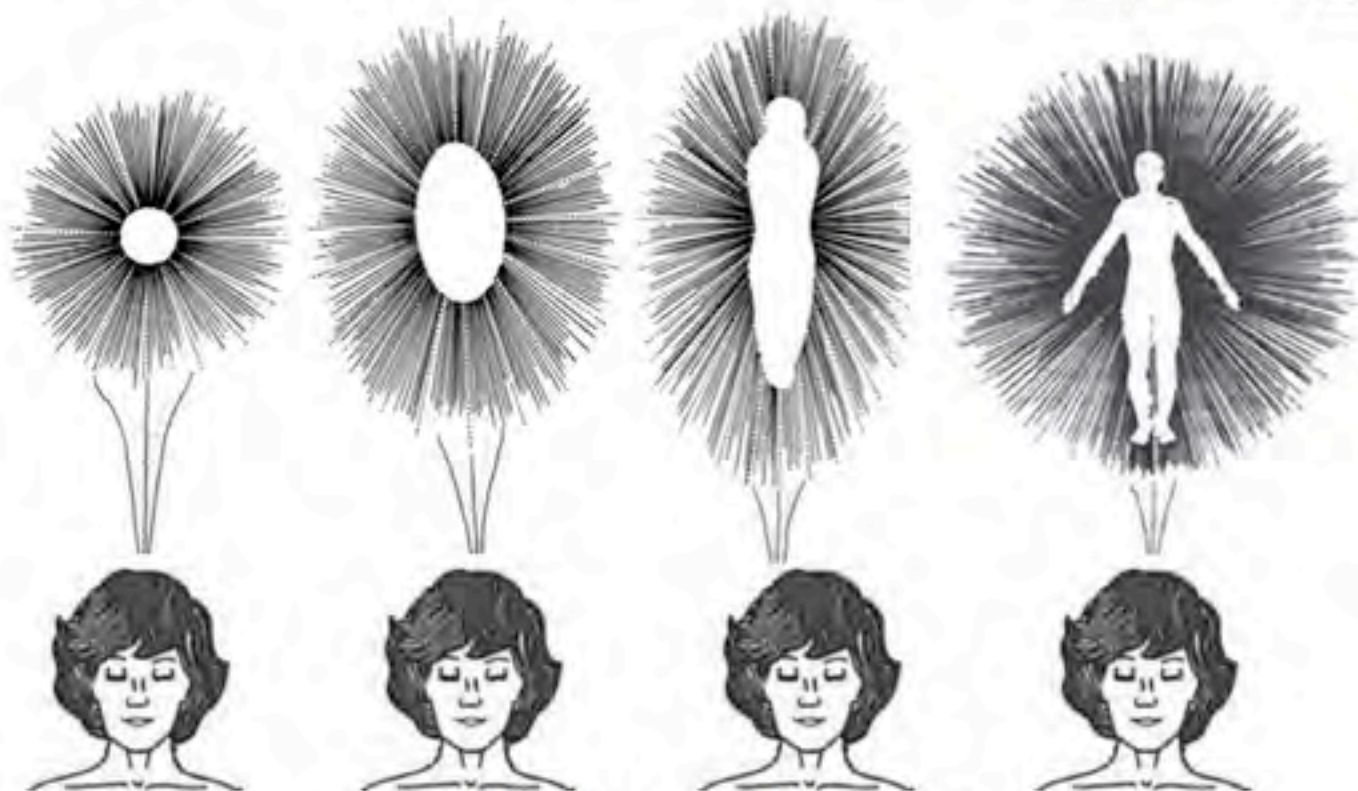
- Heart: Impatient and hasty
- Kidney: fearful
- Liver : Anger
- Spleen: Worry
- Lungs: Sad and grief



SPIRITUAL ENERGY - SHEN

The practice of transforming the sexual energy into Chi provides the foundation for spiritual practices. After identifying this type of conversion, the ancients observed that conserving or restoring ching energy could promote a longer and healthier life. They continued to refine Ching into Chi and finally into Shen, a sheer spiritual energy. This process of cleansing of the internal organs of trapped energy, converts negative emotions into something else, and is the the basis of "inner alchemy".

By restoring your organs to their state of love, joy, gentleness, kindness, respect, honesty, fairness and righteousness, you have successfully transformed your sexual energy into refined Chi. Your spiritual development will begin as you create your subtle bodies, and give birth to yourself on the astral plain.



THE BIRTH OF THE SELF

Giving Birth to the self is the goal. Awakening that part of oneself which perceives and acts freely, independent of space and time. The birth of the self is the actual process of energy conversion, that leads to the formation of a subtle body. It can have its own experiences, feeling, reasoning and will of its own. Giving birth to your spirit body is an ancient way of attaining enlightenment, and exploring the worlds beyond this one.

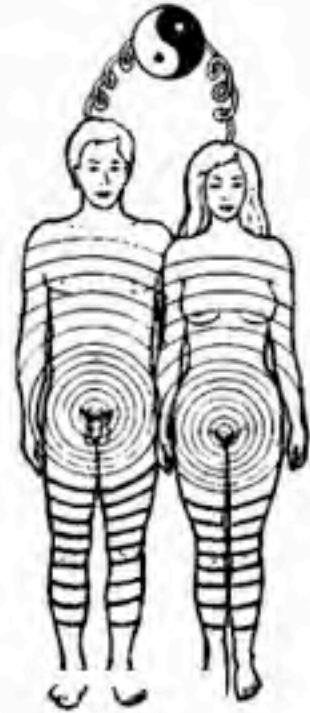
TESTICLE BREATHING

SEXUAL KUNG FU

In the "testicle breathing" exercise you use your mind to draw the sexual energy up the spine to your head. When you are aroused the sperm in your testicles begin to move faster and faster. You do not draw from the sperm itself, but the energy generated by the sperm. At first it's slow going, but the energy is easy to deal with through experience. With some practice, just a thought will send a refreshingly delightful cool wave of energy up your back to your head.

This exercise may be performed anywhere: in the subway or car, at your desk or television, in bed, etc. The main consideration is that the back be properly straight, chest relaxed, and scrotum hanging freely.

*A woman can substitute her ovaries as the source of energy.



THREE POSTURES OF TESTICLE BREATHING:

Sitting:

- Sit on the edge of a chair, scrotum hangs free in the air.
- The feet are firmly planted on the floor with hands resting palm down on the knees.
- Back should be quite straight at the waist but slightly round at the shoulders and neck.
- Keep the chin slightly tucked in. Military posture, with shoulders thrown back and head held high, tends to lodge power in the upper body

Standing:

- Standing is favorable for scrotal breathing because the testes hang quite freely.
- Standing up straight in a relaxed manner encourages good posture.
- The hands are at the sides and the feet at shoulder width.
- Discipline yourself to relax if you get too tense.

Lying:

- The proper lying position is on the right side.
- A pillow placed beneath the head, so that the head sits squarely on the shoulders.
- The right leg is straight; the left leg, which rests on the right one, is slightly bent.
- This position allows the scrotum to hang free of the thighs.
- The left hand rests on the outer left thigh.
- The four fingers of the right hand area are placed immediately in front of the right ear, while the thumb sits behind the ear and folds it slightly forward to keep it open. The ear must stay open to permit air flow.
- You may have noticed that lions often sleep in a similar posture. The animals are informed by wise instinct. The position frees the spinal column of the oppression of gravity and allows it to assume its natural curvature. Lying on the right side relieves the spine from stress.

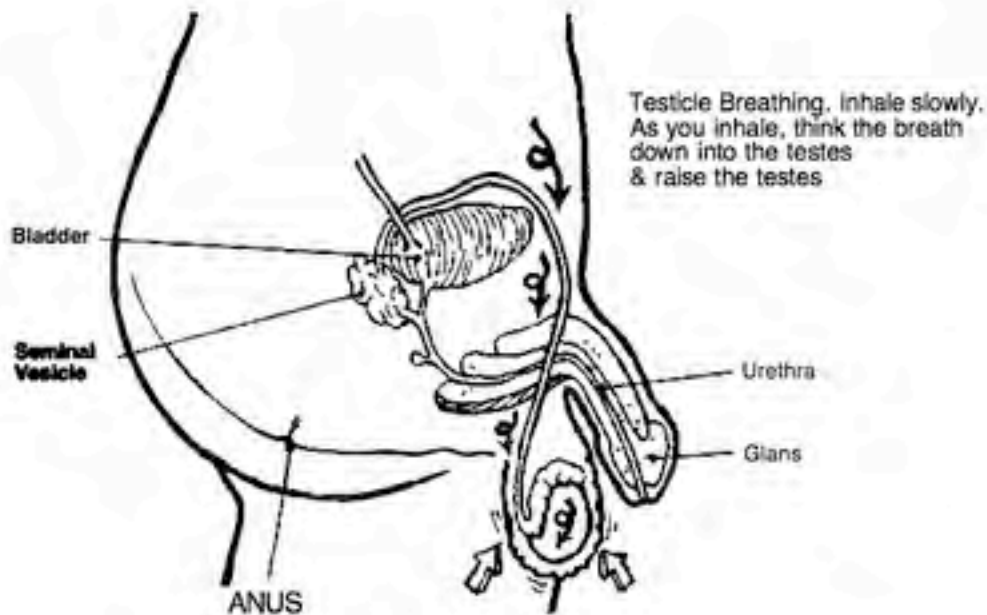


Lie on the right side so you do not press on the heart. Curve the legs so the testicles hang freely

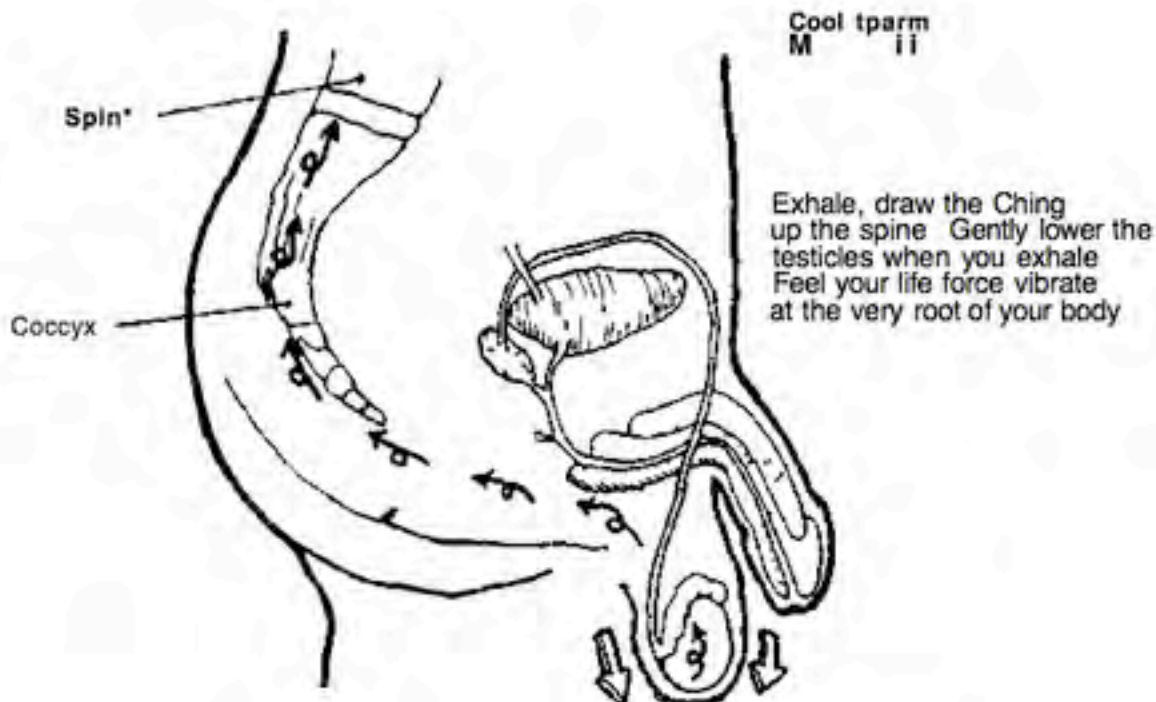
TESTICLE BREATHING: STEP BY STEP

1. Allow your attention to center around your scrotum between the two testicles and you might be surprised to discover that it really is cold, or yin, down there. Make sure you feel very relaxed.

2. Inhale slowly and pull the testicles up. Hold for awhile, then exhale slowly and lower the testicles. As you inhale, think of the breath going down into the testes and filling them up. At the same time raise the testes with the breath. Gently continue inhaling and



Try and use the mind alone to cause the movement of the testes up and down



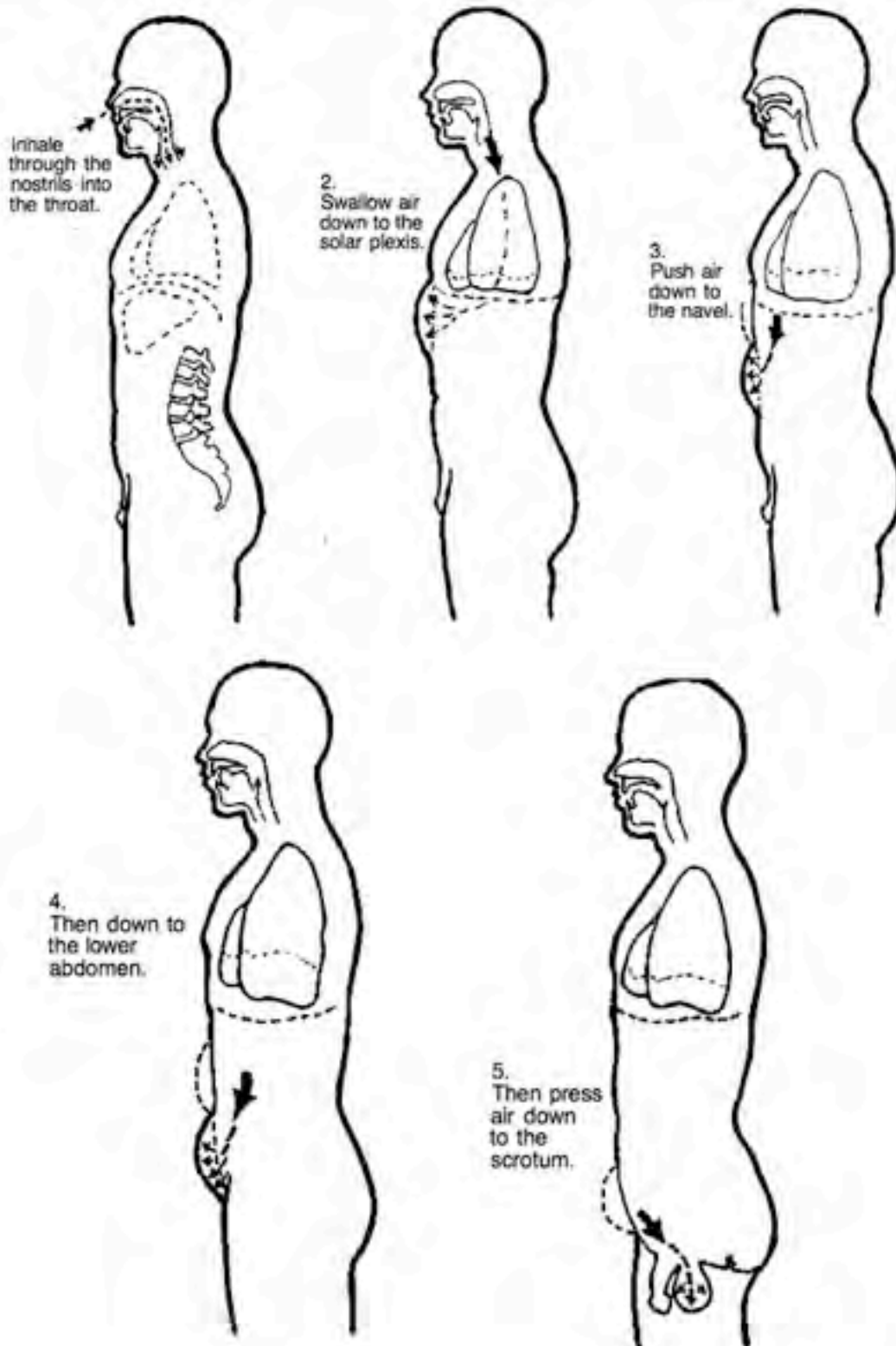
3. Begin to draw the sex energy from the testes up the back channel, as if sipping on a straw. Always start with testicle breathing, inhaling and exhaling till you feel the ching energy is ready. Inhale, draw the "cold" from your testicles to the perineum and then draw it up to your coccyx, the very bottom end of your spine.
4. You can actually feel the cold energy move up a little at a time. If you're having trouble feeling this, try rocking your sacrum back and forth and then hold still and observe the effect of this pumping.
5. you have to accommodate to it by flexing that part of your back in and out to straighten it. That loosens it for freer passage of the "cold" energy.
6. When the energy finally goes up into your head, men will have the very distinct feeling that it's spinning and usually in a clockwise direction, as you look up. the extra energy should help your creative power and improve your memory. You can think more clearly, and are at the beginning stage of controlling
7. Finally you can bring the sexual energy from the testes up to the head in one sweet draw up the straw, a single clean inhale. In the beginning you can just go from station to station, till you feel the back channel (governor channel) is more open. Eventually you will be able to put your mind in the testicles and the crown of the head and just mentally move the sexual energy from the testicles up all the way to the brain.

SCROTAL COMPRESSION EXERCISE: STEP BY STEP

1. Sit on the edge of your chair with your feet flat on the floor about a shoulder apart. Wear loose pants or wear nothing from your waist down, so your testicles literally hang out.
2. Inhale through the nostrils into the throat. From there swallow the air down to the solar plexus, midway between your heart and your navel. Imagine the air as a ball.
3. First the ball sits behind the solar plexus. From this point roll it down to the navel. Then into the pelvis and scrotum.
4. Forcibly compress the air into the scrotum for as long as you can do so. The minimum period for each compression should be 30 to 40 seconds. Slowly work up to at least one minute. Every single scrotal compression shoots tremendous energy into the testes. With compression of an entire minute the exercise takes full effect. The anal sphincter and perineum muscle must be squeezed tight during this exercise to prevent leakage of energy.

5. When you have finished the compression, exhale and relax completely. If saliva accumulates in the mouth during compression, swallow it before exhaling.

6. After complete exhalation take a number of quick, short breaths to recover your wind. Dart the air in and out of the nostrils to quickly regain capacity for another compression. Remember to breath through the nose, and do not inhale unduly large quantities of air. This is called "Bellows Breathing", because you must pump your lower abdomen in and out quickly in order to do it.



THE GOLDEN NECTAR

When your head is filled with sperm energy, the excess, may spontaneously combust with the chi in your higher centers and spill over into the Microcosmic Orbit and flow down through your palate and down the tongue. This will taste different to different people. It's generally called the Golden Nectar but it can taste like champagne, honey, coconut juice, or fragrance of all kinds of things, or it can simply feel like a warm tingling sensation on your tongue.



