

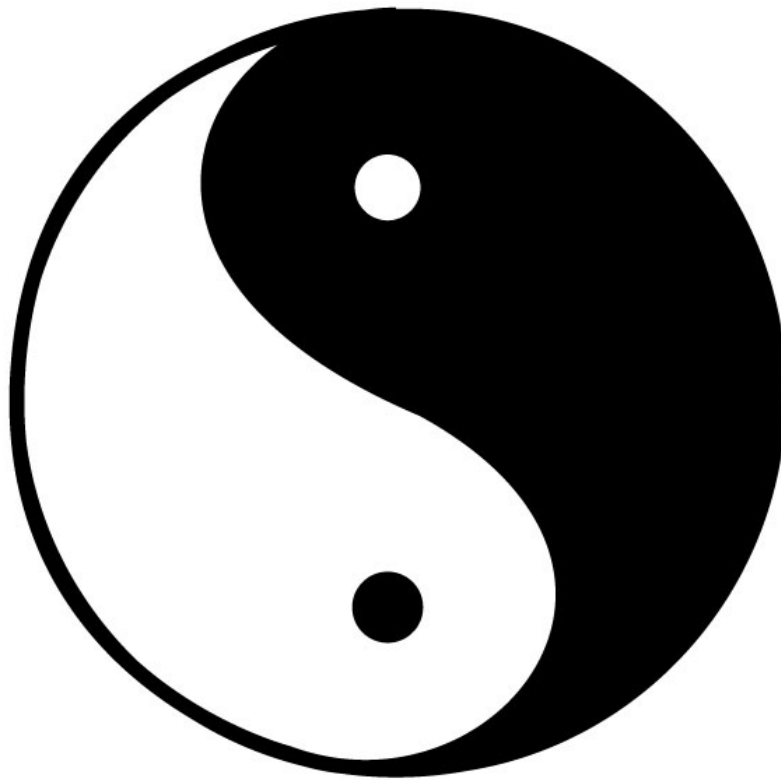
Tantric Secrets



Ethan Vorly

Tantric Secrets

Alchemy Realm Publications
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Tantric Sex

Tantric Sex refers to having sex while consciously cultivating, blending, exchanging and circulating sexual energy throughout yours and your partner's bodies. Instead of building up sexual energy and then expelling it through ordinary orgasm the energy is circulated and stored, therefore rejuvenating the body, clearing the meridians and raising your vibration. Through doing this; all sexual repression, sexual issues and emotional blockages linked with your sexuality will be cleared and released leading to freedom from past conditioning and freedom of expression. Heightened full body orgasm will result from sex as well as a merging and balancing of energies with your partner. Tantric Sex is a spiritual practice and at higher stages you will experience an orgasm that dissolves all boundaries and allows you to merge with your higher selves and spirit as well as the universe. These states are indescribable. By far the greatest reward will be the clearing of energetic and emotional blockages and the rise in vibration which will allow higher dimensional forces and your higher self to incarnate into the physical. Indeed cultivating and raising sexual energy is an essential part of any spiritual path. More information on Spiritual Awakening and Transformation can be found at www.AlchemyRealm.com.

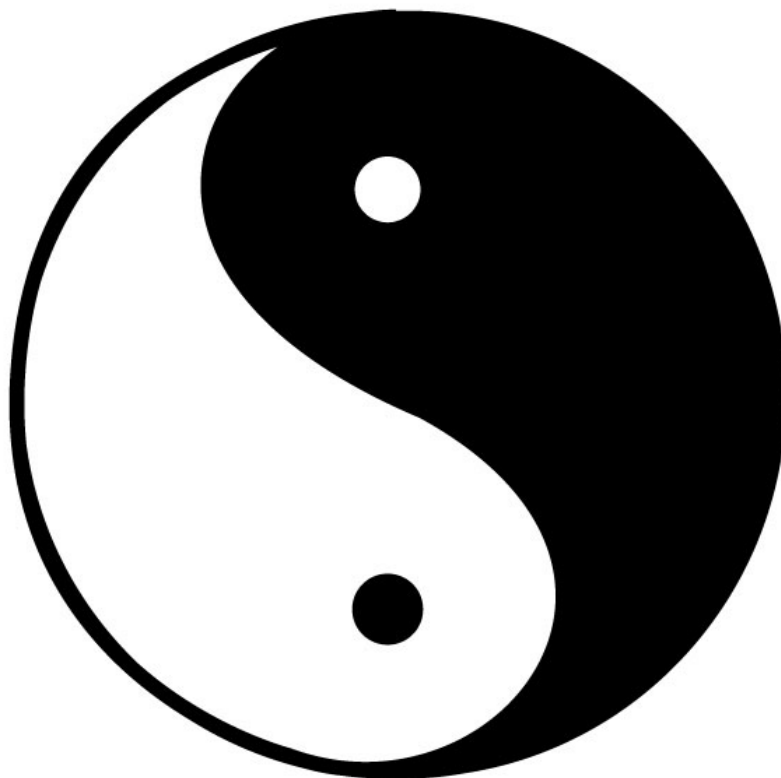
All that is needed to succeed at Tantric Sex is discipline, practice and the right techniques. Luckily the practice is always fun as I am sure you enjoy having plenty of sex. In fact with Tantric Sex you will be able to have far more sex than you could have managed normally, for much longer periods and well into old age. Males will never experience impotence or erection problems and females will never experience menopause or loss of libido. The practices given here are the essential practices needed for full success. They are all you will ever need. This book is not overly long as it is not a book of theory; it is for people who want experience and success and so the only goal in its writing was to give clear instructions on the techniques and to give all necessary practices. Please note that by reading this book you will gain absolutely nothing. The only way you can gain in Tantra or in Spiritual Transformation is through practice and experience.

The next section will describe the three main energies involved in Tantric Sex then you will be presented with the practices. Good luck and remember the more you do the more you get.

Please note: Past Life-Regression and Meditation will help your progress enormously. Past Life Regression is a very effective way of releasing emotional imprints and erasing negative conditioning from past lives and this life. It also awakens your subtle senses and multidimensional vision. The Meditation Solution is also recommended if you desire swift results in your spiritual path. You can find more information at www.alchemyrealm.com, www.pastlife-regression.com and www.themeditationsolution.com.

Update: Some sound tracks are now available at www.harmonicsex.com which can be used on any stereo (headphones are not required) and which induce an altered brainwave state perfect for Tantric Practice, either solo or with a partner. It makes the practices much easier and is highly recommended.

Chí, Chíng & Jíng



Chi/Etheric

Chi is the life force energy that permeates the physical body and gives us life. We receive chi from air, food, water, and the sun. The chi received from these sources is digested by our etheric body (chi body) and then becomes a part of our life force chi. The life force chi circulates through the system of meridians or channels which permeate the body.

The organs all have an energetic reservoir which holds and supports them. If you lose a physical organ you will still have this energetic part which will continue to function on the chi level, although often not as well as if the physical organ was still there. The organ reservoirs transform the life force chi into the type of chi that the particular organ needs. For example liver chi is different to kidney chi. The system of meridians takes the various organ chi and circulates it throughout the energy body to wherever it is needed. The organ chi is still very similar in form to life force chi and is constantly changing as it runs through the body. If an organ is low on energy or there are blockages preventing the flow, the organ will suffer, becoming weak and susceptible to disease. If this happens then the meridians that rely on this organs chi flow will also become weak or blocked. This will lead to various physical symptoms related to the meridians and their flow. As the whole system is connected and chi is continually moving and transforming this will inevitably affect all other areas of the energy body. Acupuncture is based on this system and works by adjusting the flow of chi through the effected meridians.

Note: I do not want to create confusion but I would like you to understand something here. There are astral forces which interact with Chi. The chi of a grapefruit is different from the chi of a watermelon because they interact with different astral forces. They are still life force chi and are both digested by the chi body when eaten. Similarly the organs have different types of life force Chi because of the Astral forces they interact with. For instance the liver resonates with the Jupiter Astral force and the Kidney with Venus. It is the interaction with the Astral Force that makes the chi slightly different by changing its vibration.

The belly is the storehouse of life force chi and can hold a huge amount for use by any part of the body. The intestines are like a coil that can absorb many types of chi, mix it and store it. The chi stored in the belly is basically chi that may be used anywhere in the system where it is easily transformed into the type of chi needed. For example if the liver is weak and the liver chi has become stagnant, instead of using acupuncture we may consciously send chi from the belly to the liver which will get the stagnant liver chi moving and therefore revitalize the liver and all meridians running through it.

Chi can be felt quite easily as it is fairly close to physical substance. It can be felt as a kind of buzzing or tingling feeling or just the feeling of energy.

Ching/ Sexual Energy

Ching is sexual energy which is produced and stored in the testicles or ovaries. It is a synthesis of all other types of chi as all of the organs and glands, including the brain give some of their chi to the reproductive organs for the production of sexual energy. The testicles/ovaries are unique in that if you lose the physical organs you cannot create ching; it is a very special energy that requires the physical organs for its production.

The production of this highly refined energy is very taxing on the energy body as it takes a large amount of organs, glands, brain and life force chi to produce just a small amount of ching. 30 – 40% of your daily chi energy goes into the production of sexual energy and this energy is then put to use in the production of sperm or eggs (the eggs are already there from the female's birth but a massive amount of ching goes into the eggs that are becoming ready to be released through the menstrual cycle. These eggs are brought to fruition and made ready for fertilization through their interaction with the ching). Sperm and eggs are overflowing with ching. It is the substance that can recreate life, a fully potent creative energy. Our bodies are basically factories for the production of this vital power.

Ching is far denser than life force chi or the various organs and glands chi and has a much stronger vibration. In fact everyone has felt this energy as it is so dense and has such a strong vibration. When you have an orgasm, the sensations you feel are simply the release of ching from the Testicles or Ovaries. The ching is so dense and strongly vibrating that your physical nerve endings are stimulated by it and this is where the orgasmic feelings come from. When the ching is aroused which is basically whenever you are sexually aroused it expands enormously and begins to vibrate more strongly. Most people have some serious energetic blockages in the lower abdomen, anus, genitals and perineum so the ching (sexual energy) cannot rise up the body and is restricted to these lower areas. Because of this the pressure can build very quickly and then it must be released. In men the release of this pressure comes through ejaculation where the ching along with the sperm are released into the universe. In females the built up pressure is released through orgasm also but for them the ching is simply released into the genitals and the surrounding areas and does not leave the body. For this reason they do not lose nearly as much ching through orgasm as men.

So the orgasmic feelings are caused by the aroused and expanding ching being released and therefore stimulating the physical nerve endings of the genital region. For a male this release means that the vital ching is lost and now more must be produced which is very taxing on the Chi body and in turn the physical body. For women it is menstruation that expels sexual energy into the universe. The lost eggs, uterine lining and blood are overflowing with ching.

Ching is basically a highly refined, super potent form of chi which we have all felt in the form of orgasm. It can be easily assimilated, transformed and used by any part of the energy body and is the greatest nutrient available, especially for the brain. It can rejuvenate the brain like nothing else and bring superior health, strength and vitality to the entire body.

For a male, if he was to stop ejaculating his vital ching into the universe and to instead draw it into his body, cultivate it and transform it he may find an orgasm that fills his entire body, stimulating all nerve endings, organs, glands and brain which can go on, in pulsating bursts for as long as he wishes. Similarly females may experience this bliss through stopping the loss of ching through menstruation by drawing the energy out of the ovaries. This will firstly reduce the amount of energy

lost in the evacuated eggs and eventually can even reduce the physical period in length and flow until stopping menstruation completely. This is reversible by simply discontinuing the practice and if you instead draw Chi into the ovaries you will be producing extremely healthy eggs, which you would not have otherwise been capable of.

Ching or sexual energy is extremely important when it comes to spiritual awakening and inner alchemy. Trying to raise and strengthen your energetic vibration and consciousness to higher levels can be sped up enormously by cultivating sexual energy and must not be neglected if you desire real spiritual transformation. If you continue to expel your ching into the universe your progress will be slow and arduous. Tantric sex techniques for raising, transforming and cultivating sexual energy are essential.

Jing

Jing is a more elusive type of energy and is not simply produced by the refinement and transformation of chi energy. It is much harder to feel and direct as it is basically what holds you together. More than energy, it is better described as a force. It is the foundation for life, a primordial force that animates life in the first place, the glue that holds your cells together. It regulates growth and form in the same way as DNA but it is not DNA. It is actually the force that holds DNA together, you could call it DNA Chi. Jing is found throughout your entire body holding you together, regulating growth and also the flow of Chi and production of ching.

You are born with a finite amount of jing which is stored in the Kidneys. It is burned up through life itself and as the jing throughout the body is used up you begin to draw on the stores in the Kidneys. When these are all gone it will lead to weakness, disease and eventually death. Excesses such as drug use and high stress will deplete the jing faster while inner power martial arts methods combined with tantric sex, or other specific etheric exercises can strengthen it and make it last much longer. By doing such exercises the jing is not only strengthened but the rest of the body becomes strong and healthy so there are less unnecessary loads on the jing.

Jing is used in the production of sperm and eggs but is not simply a part of the sexual energy. It is another level of substance altogether and without it the sperm and eggs would be infertile. Since we only have a finite amount of jing, every time a male ejaculates or a female menstruates some of their jing is lost forever. This is the reason that fertility decreases so dramatically as women age. Also the rate of Down syndrome babies born increases from (1 / 1500 at the age of 25) to (1 / 32 at age 45). The jing is vital for babies as it is this that gives the base of primordial substance for their growth. When a woman has an already depleted store of jing, less is given to the egg as the woman's body needs it for her own survival. The same goes for the man except that each sperm may still have the same amount of jing, but he will produce less of them. Therefore the age of the father is not nearly as important.

When the two jing's of the parents combine, it causes an implosion into the lowest material dimension's allowing a massive expansion of the two jing's. Being a primordial substance means that the jing can actually expand enormously by reconnecting with the primordial source from whence it came. At the moment of conception this occurs, therefore expanding the jing given by the parents enormously (only a tiny amount of the mother and fathers jing is given in the sperm and egg so it must expand to give the baby a full store of its own jing). This will never happen again for the given life and this original amount of jing created at conception will last for the whole lifetime. It can then only be strengthened and stored, or expelled and exhausted.

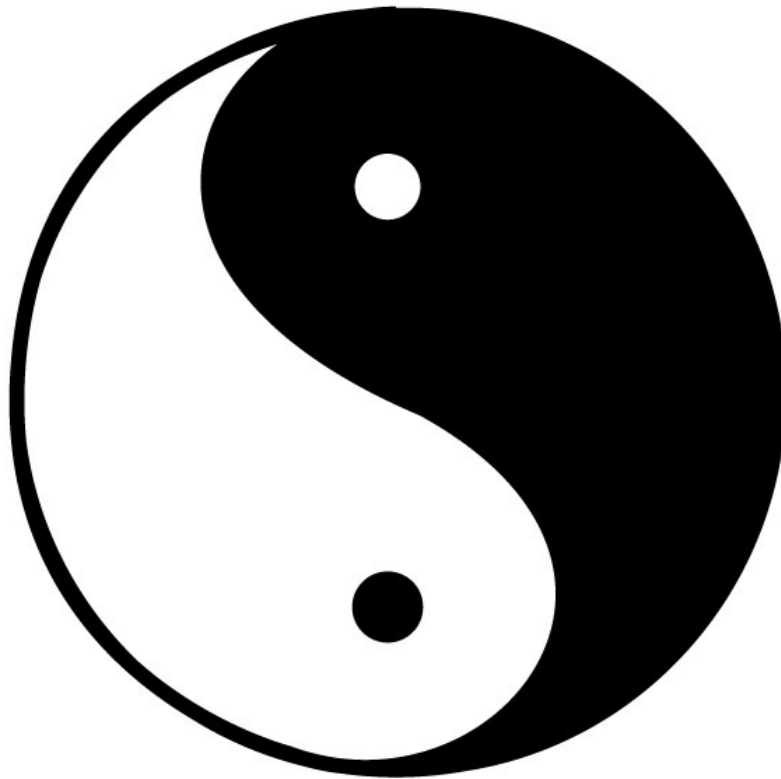
The lower dimensions are the background of all matter in the physical dimensions and hold all things together. It is the ultimate yin energy being totally passive and ready to be formed into anything. It is important to realize that the expansion of jing at conception is an expansion of the two combined jing's of the sperm and egg. If the jing of either of these is weak or depleted then the expansion will not be as complete and so the life form created will not be as strong and healthy. (Down syndrome is a problem with the DNA and is actually caused by weak jing as this is the force which animates DNA and holds it together).

Jing is extremely precious and should be looked after to the utmost. By strengthening the jing your physical body can become amazingly strong and vitalized. A long and disease free life can be had with energy to do with as you wish.

Your creative powers will not diminish and your brain will stay vigilant to the end. www.freepowerkungfu.com gives some important practices for strengthening the jing and also shows how to use the power it can make available. Smashing large river stones with a light slap of the bare hand is just one demonstration of the possible powers of the cultivated jing. In the martial arts chi may be sent into an opponent causing damage to the chi body but to cause internal physical damage or to damage physical objects it is the jing that is used. Jing is the force that can smash material by splitting the actual force that holds that object together. When this is done you do not lose any jing at all. If you were to send Chi into an opponent you would lose this Chi. When jing is used in the Martial Arts, your jing simply smashes the jing of the object or opponent.

Another interesting point is that of morning sickness in newly pregnant women. On a metaphysical level it is caused by the sudden huge expansion of jing in the new life form. As it is inside the mother this force will play havoc with the organs, especially in her sleep when her body is relaxed. Similarly the glowing radiant skin of pregnant women which most people have witnessed is due to the enhanced jing. After giving birth it is not surprising that many mothers suffer from post natal depression as they suddenly lose the large amount of jing that was in their belly.

Male & Female Practices



The Throat

As this book is dedicated to giving the most effective practices for controlling, re-circulating and transforming sexual energy we must start with the throat. The energy centers contained in the throat, when activated, instantly quiet the mind, putting you in a state where the energy body and all energy centers can be felt more easily. The throat energy is like an amplifier to the energy body and can amplify any other chakra, meridian or even psychic phenomena throughout the body. There are many references to the powers contained in the throat in Hindu and Christian traditions among others. For example "In the beginning was the word and the word was with god and the word was god" (John 2:1) shows the creative powers of the voice and indeed that the universe was created with these powers. In Sanskrit "*vac*" meaning voice is often synonymous to "*sakti*" which is creative power. Also in the Hindu tradition are many stories of gurus who had mastered the "*siddhi*" (extraordinary, or magical power) of the voice, "*vac-siddhi*". These gurus had the power to create whatever they desired simply by speaking it into manifestation.

The energies of the throat have a special affinity with sexual energy and are especially useful in helping to control it. When boys hit puberty, their voice deepens, due to the influx of testosterone into their bodies and the development of the sexual organs. A change can also be noticed in the voice of women after menopause. In astrology Taurus and Scorpio are opposed as Taurus is the sign related to the throat and Scorpio to the sexual organs. It is when the throat and sexual centers become linked that great control over material manifestation can be gained.

When you begin practice you will see for yourself the connection and gain first hand knowledge of the power of the throat in helping to control your energies and in particular the sexual energy. This book is for people who want to experience things for themselves and primarily who want to control their sexual energy so I will not go on further. If you are interested in more esoteric principles, then certainly research further in other areas but if you would like to see for yourself and know for yourself then practice is the only way. Once you have experienced for yourself you will have

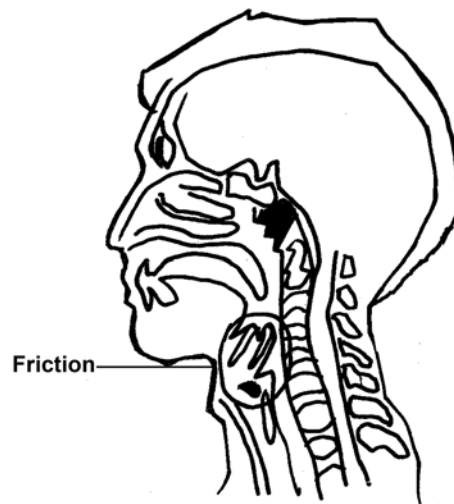
no need to learn esoteric principles from outside as you will gain an inner knowledge of them.

Throat Friction

Throat friction is the secret and very powerful technique of activating the throats energy centers. This technique is extremely simple and has been a closely guarded secret for thousands of years. It is not known where it was first discovered or used but it could be traced back as far as Atlantis where the people were far more in tune with their energy. It could have even come naturally to some early Atlantiens.

The Technique

When breathing in and out simply breathe with a slight friction at the lower part of the throat. This friction will create a wind sound which should be the same on inhale and exhale. The friction and sound should come from the lowest part of the throat that you can accomplish and should be a deep sound rather than a high one. If you do the friction at a higher point in the throat it will make a higher sound. Just play around with it and you will naturally come to do it correctly.



When performing this technique it will naturally deepen and lengthen your breathing but this is not its purpose. It is the friction that actually has an effect on the energetic centers in the throat which in turn have an effect on subtler energies. It is this effect that induces a change in consciousness. The change in consciousness caused by the friction makes it easier for you to feel your energy body and therefore to begin to gain control of it. At the same time the throat centers activation causes a strengthening of the vibration of the entire energy body which also makes it more tangible and controllable.

This technique can be used at any time and in conjunction with any type of meditation and will always have an amplifying effect on your energy even to the subtlest realms. For the purposes of controlling and transforming sexual energy it is of even greater use because of the natural affinity between the throat and sexual energy centers. As soon as the throat center is activated the sexual center will also be activated and so this technique is very helpful for the rest of the techniques in this book. It is an amplifier which will help you gain control of your sexual energy, circulate it throughout your entire body and transform it into subtler energy.

When you begin practicing the other techniques it is recommended that you try them with and without the throat friction, to see and feel for yourself the effect that it has. You will feel its amplifying effect which will make it even more powerful for you as it will become more than just a mechanical technique. Eventually you will gain control over the throat centers and will be able to use their amplifying powers without using the friction at all, you will only need your mind to amplify your energy.

The Microcosmic Orbit

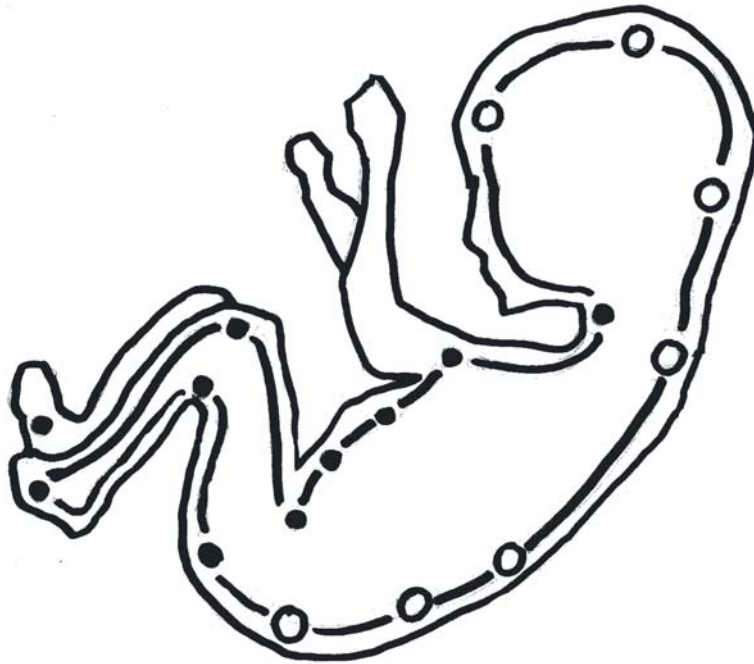
The next technique comes from the Taoist Masters and is the most important technique for all etheric energy work including sexual energy. It is the foundation for circulating energy throughout the body safely. Other schools of Tantra that do not give you a way to circulate energy throughout the body are either being irresponsible or are unaware of a technique for this purpose.

Unfortunately there are people expounding techniques that they have acquired from the East where they have only been given parts of the overall teachings. The secrecy which surrounds Spiritual and Tantric techniques throughout the world has made it hard for Westerners to gain the full knowledge. This has led to some people coming back to the West and teaching what they know which may be lacking in very important techniques. If you have tried other methods that have not been as effective as you had hoped it is probably because some important aspects were missing.

When we begin to cultivate sexual energy, a huge amount of pressure can be created in the genital area which can be quite dangerous. Techniques that teach the retention of ejaculation without teaching how to circulate the sexual energy throughout the body can cause such problems. Any male who has had sex over an extended period of time and not ejaculated at the end will be aware of the effects. These may include extreme pain in the testicles and lower abdomen commonly called "Blue Balls". This pain is due to the large amount of sexual energy in the area which causes pressure on the physical structures. This energy must be drawn up the spine, transformed and circulated to avoid such problems.

Origins of the Microcosmic

Thousands of years ago the Taoist Sages of the time had immense powers of observation and could observe not just the physical plane but also the energy or etheric plane as well as more subtle spiritual levels. Through observing the energy of young infants as well as unborn babies, still in their mother's womb they realized that there was a current of warm energy that ran around their bodies. This current ran up the back from the perineum to the top of the head, and back down the front of the body to the perineum where it would continue up again. They noticed that in unborn babies, energy enters through the umbilical cord into the navel and then circulates through the above route. It was also noticed that the babies tongue would be pressed up against the pallet creating a bridge for the energy to flow from the head down to the channel at the front of the body.



This warm energy flow was referred to as the Microcosmic Orbit. The Sages who had a good understanding of nature and energy could see that this flow was important in keeping the energy of the baby in balance. The Taoists refer to two main types of energy, Yin and Yang. Yin energy is cool and is associated with a female or passive quality while Yang energy is hot and is associated with a male or active quality.

Throughout the body there is both Yin and Yang energy which can create imbalances in certain areas with too much hot or cold energy accumulating. It was realized that before any physical illness became manifest in an individual there was always an imbalance of energy that preceded the illness. Through experience the Taoist sages found that the circulation of energy through the Microcosmic Orbit would cure imbalances by mixing yin and yang energies and circulating them throughout the body, creating a warm current (the balanced yin and yang energies of hot and cold).

These early sages were able to gain superior health, strength, and power over their lives due to their cultivation and circulation of energy. Their methods of energy cultivation were handed down to generation after generation but as their society became larger many people were not receiving the teachings as before. This was when acupuncture and herbs started to be used to help balance peoples energies. It

is interesting to note that to the Taoist sages, the Microcosmic Orbit and other such practices were considered far superior to acupuncture and other forms of Chinese medicine which were only really for those who didn't practice the microcosmic orbit. The microcosmic orbit fast became secret as the society got larger and power struggles became imminent as with many large communities.

Learning To Move Your Energy

The average person is very low on energy in general and for this reason it is hard for them to feel their energy at all let alone move it consciously throughout their body. The main reason which really does outweigh all others is that they are expelling sexual energy constantly and continue to do so. For women their menstrual period causes a massive loss of energy. The production of eggs and the uterine lining takes an enormous amount of energy. Around 30 - 40% of a females daily energy gained from food, water, air and sunlight goes into the production of eggs. In fact all the organs and glands of the body, including the brain give a portion of their energy to the ovaries to be used in the production of eggs. These eggs which are literally bursting with creative energy (as well as Jing) are then expelled.

In males it is the production of sperm that takes up 30 – 40% of daily energy. The organs and glands feed the testicles with their most precious energy so that it can be transformed into sexual energy and then used in the production of sperm. Every time a male ejaculates this energy is lost and the production process must continue. All men tangibly experience this loss every time they ejaculate. Suddenly sexual desire is lost completely, tiredness takes over and sleep ensues. It seems that sex has relaxed the man to a point of sleepiness but this is not the case. Relaxation and tiredness are not the same and what happens with ejaculation is tiredness. As soon as the male has ejaculated his body including his brain starts pouring energy into the testicles for the production of more sperm. If he stays awake he will probably become quite hungry very soon as the body needs more nutrients and energy for the production process.

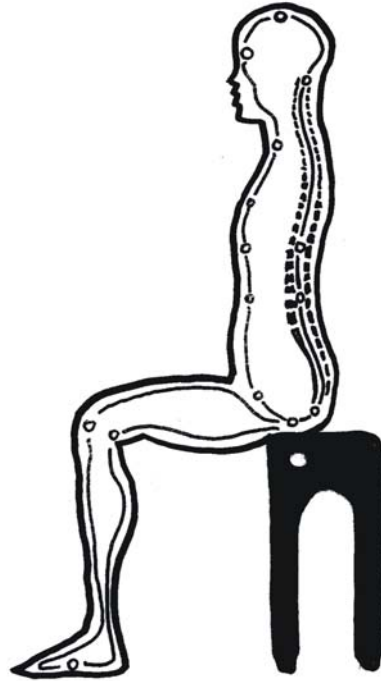
For women their menstrual cycle ensures the loss of their most precious energy while for the man it is the constant ejaculations that sap his power. The common person is so under-energized that they cannot even feel their energy. If you cannot feel your energy it is going to be mighty hard to start circulating it. Luckily the answer is to begin with all the practices in this book together.

The throat friction is used in conjunction with all other practices as it makes all energy work easier. The sexual practices to come which are slightly different for males and females, and which include ways for men to stop ejaculating during sex and for women to draw the energy out of the ovaries and back into the body will begin to stop the loss of energy and start to build it instead. As the energy level is increasing the microcosmic orbit becomes infinitely easier and we may begin to circulate our energy so that it does not cause problems and so that more and more energy can be stored. The practices work perfectly together and ensure the fastest progress possible.

Some teachers will give a student the microcosmic orbit and then wait until this has been mastered before they will give out the sexual practices. This is to be sure that the student is able to circulate his energy before they begin to build it. This is fine from a safety point of view but the problem is that because the student's energy is low it may take a very long time to complete the microcosmic orbit. It's a bit of a catch twenty two...

Experience has shown that by starting the practice of all techniques you will learn in this book together and just playing with them on a daily basis (keep it fun), you will have much faster growth than if you had been given the practices in order. It has also been found that if the guidance is followed there will be no problems or safety issues.

The Practice



Sitting Position

As can be seen in the above picture the ideal sitting position for the microcosmic orbit is on the edge of a chair. Many people who meditate chose to sit in the lotus or half lotus position which is fine and if they like they may use this position for the microcosmic orbit but there are a few reasons why sitting on a chair is preferred. Firstly, there have been quite a few yogis in the past who have done serious damage to their knees by sitting with crossed legs for long periods. This is a needless hazard and can easily be avoided by sitting on a chair. Secondly, by sitting on the floor there is a chance that earth energies may enter through the perineum point and cause some kundalini type sicknesses. Earth energies are actually supposed to enter

through the feet and as they travel up they are transformed in the legs to be ready to enter the body. The feet are designed to connect directly to the earth and therefore a better meditation position is to sit with your feet firmly planted on the floor. Another reason for males is that the testicles should hang freely to allow for the proper flow of chi. It is also much easier to feel the energy in the testicles and to move it if they are hanging freely.

When sitting, first you should ensure that the chair is the right height. Your feet should be flat on the floor. Males should sit with their testicles hanging freely and females should ensure that their genitalia are covered and free from cool breezes. The back should be straight and should balance. It should not require excessive muscle strength to hold you're back straight. If you have had poor posture for a while there may be some discomfort initially as the muscles adjust. The head should be tilted forward slightly with the chin tucked in.

The hands are held clasped with the right hand covering the left. (See diagram)



Incorrect sitting position



Correct sitting position

Some other important points for practice are to wear loose comfortable clothing, to not practice on a full stomach and to be free from all distractions. You should practice somewhere quiet where nobody can disturb you, turn the phone off if possible.

Starting The Microcosmic Orbit

The starting point for the microcosmic orbit is the navel. This point is the gateway to the storage of chi held in the belly region and especially the intestines. The intestines are like a coil that can hold enormous amounts of chi. Although most people are low on energy and their bellies are not storing anywhere close to the amount of chi that they could, there will still be some stores of chi here. To start the microcosmic orbit first you must feel at least some energy. Once you are sitting in the correct position you may close your eyes and begin the throat friction. This will instantly take you into a deeper state of consciousness which makes feeling your chi much easier.

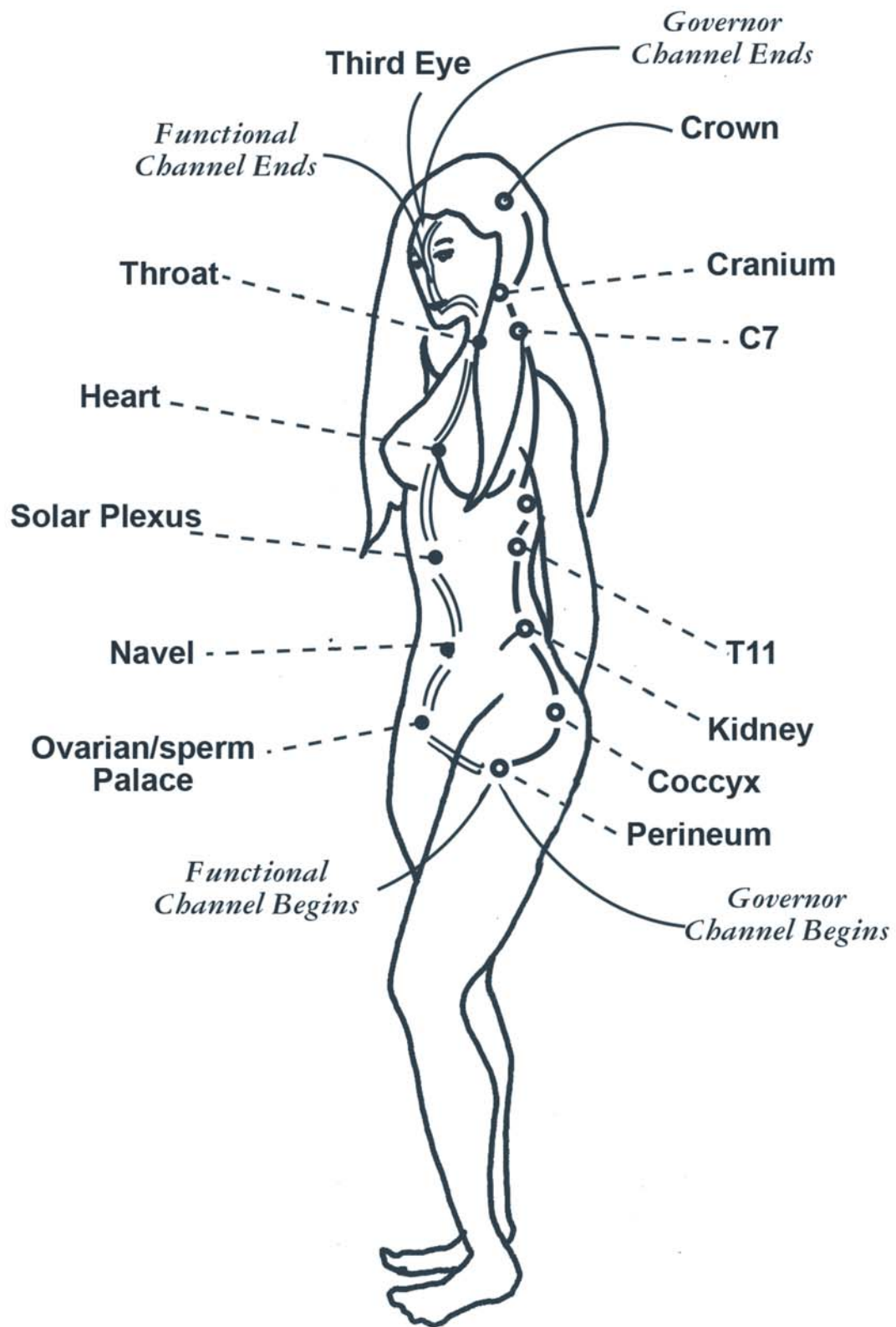
Now, put all of your awareness on your navel. You can feel the navel itself and then move your awareness inside your body an inch or two and then back out. You want to get a feel of your body, both inside and on the surface. Just let your awareness sink into the area of the navel and feel what's there. By doing this the energy of the belly will be activated and will start to build. Even if you cannot feel anything you are affecting your energy, by focusing on any point you automatically activate the energy in the region and start to amplify it.

Depending on how sensitive you are and how low your energy is to start with you may feel the energy in the navel area straight away or it may take days or weeks of practice on this point before you can feel it. The feeling may be a tingling or warmth or just a feeling of energy. Through practice you will become very accustomed to the feel of your chi. If you are having trouble, place the palm of one or both of your hands about an inch in front of your navel. This will help to create a sensation in the navel area to start with. Building up energy in the belly or navel point will be much faster if you are also practicing the sexual techniques.

Once you can feel the energy in the navel it is time to start moving it. The microcosmic orbit consists of two main channels (or meridians) which must first be opened and unblocked and then connected to create a continuous current of chi which circulates around the body. These channels are called the Governor Channel and the Functional Channel. Both of these channels start at the perineum which is the point at the base of the body, between the anus and the genitals. The Governor Channel goes up the back to the crown of the head and then over to the point between the eyes (third eye point) and finishes in the upper palate of the mouth. The functional channel goes up the front of the body to the throat finishing just under the tongue near the salivary gland.

To join the two channels the tongue must be pressed to the roof of the mouth. The microcosmic orbit actually reverses the flow of the Functional Channel to come downwards from the tongue to the perineum where it joins the Governor Channel which then ascends to the crown and down past the third eye and through the roof of the mouth into the tongue and back down the Functional Channel. This creates the continuous warm current that is essential for cultivating sexual energy.

See Diagram on next page:



Once you can feel the energy at the navel point it is moved by simply putting your awareness on the next point. The energy will automatically try to flow to wherever you put your awareness. If there is a blockage between the two points or at one of them you will feel it as pressure builds up at the blockage. This is the chi trying to push through the blockage. It is a good thing and with perseverance the blockage will be healed by the energy and opened so that the current can flow.

Blockages are usually caused by emotional issues which could have their beginnings in early childhood experiences or even past life traumas. The earthly ego is basically made up of blockages in your energy, caused mainly by past traumas. This work can truly free you from your past and is the vital foundation needed for the work of regression and awakening of spiritual vision and sentience. ("Past Life Regression", will go much deeper into emotional blockages and their dissolution and the remembrance of your past lives and your true self. It is also the foundation for awakening spiritual vision and sentience.)

You should work from point to point until eventually you will be able to simply suck the energy around the orbit with ease. The next point is the Ovarian/Sperm Palace and then the perineum and so on until you reach the Third eye point. Once you have reached the third eye you must push the energy through the palate into the tip of the tongue and then down the functional channel and back to the Navel Point. Once this has been achieved the circuit is complete and you can just keep the energy circulating with your mind. It will become easier and easier and eventually all you will have to do is put your tongue to the palate and the energy will start to flow. It will become very tangible as your energy increases.

The tongue should be pressed to the soft palate at the back of the mouth. This can be a little uncomfortable at the start but you will quickly become used to it and it will feel totally natural. Do not neglect this point, you should always put the tongue to the palate when practicing the orbit. Even at the beginning when you are just working on the Navel Point you should still put your tongue up. It is important so that energy does not build too much in the head. The circulation is very important, energy must keep moving, wherever it gets stuck and stays still it will build up pressure and this can cause problems. Before you have completed the orbit it is inevitable that there will be times when pressure builds up in certain points as the

energy tries to clear out blockages. Just keep it up and the blockages will eventually disappear, allowing greater and greater flow of energy. At the end of each practice it is very important to bring the energy back to the navel where it is stored. This will prevent the build up of too much pressure before you have completed the orbit. It is also recommended to drink plenty of water while working on the microcosmic orbit as it tends to create heat in the body.



Correct Tongue Position

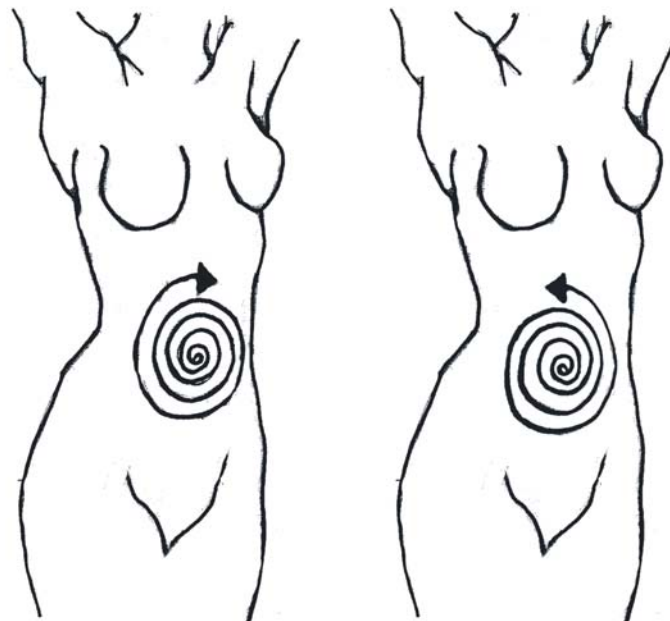
In some systems of Tantra they push energy up the spine and out the top of the head and don't actually recirculate it. In the microcosmic orbit it is seen as a waste of energy to pour it out the top of the head when it can be used and recirculated. In some kundalini based systems the kundalini is forced to rise in an individual and will therefore need to escape out the top of the head. The problem is that Kundalini is an extremely powerful force and if raised prematurely can cause very severe problems such as burning organs or insanity. Many yogis have been crippled for life from these techniques and it certainly is not safe to practice without a guru.

With the orbit these dangers are not nearly so prevalent. We begin by circulating our energy which begins to heal blockages gradually. Sexual energy is added to the mix which increases our energy even more to clear out all obstructions through the meridian system. Kundalini energies are also awakened automatically and gradually by the orbit and added, further clearing the system. By the time the kundalini energies are allowed to flow upwards completely and unhindered the channels are so

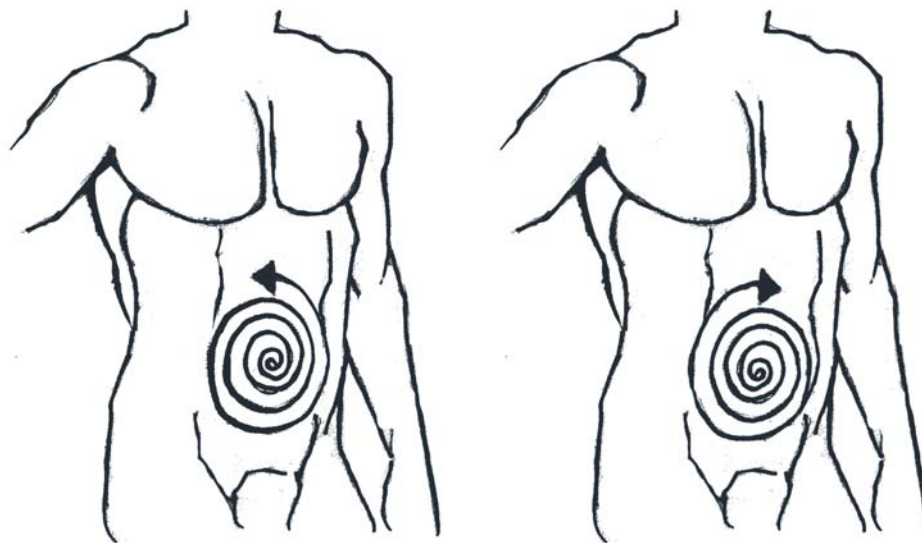
clear that orgasmic pleasure is felt instead of burning organs and the extreme pain and insanity caused by the kundalini blasting through blocked channels. Indeed at this point the kundalini is let out the top of the head as it is an infinite force and does not need to be circulated. It is because of the safe and gradual nature of the techniques given here that I am able to give the full system through books. A personal guru is not needed for the safety of the student and as the practitioner becomes more experienced they will be ready when it comes time for the kundalini's full expression.

The Energy Centers

1. **The Navel point** is always the first and last point when we run the orbit. It is very important to store the excess energy at the navel at the end of each session. It can hold a tremendous amount of energy so if you ever feel a bit strung out or over energized you can store the excess in the navel. To do this you should circulate the energy as shown below. This should also be done at the end of each session.



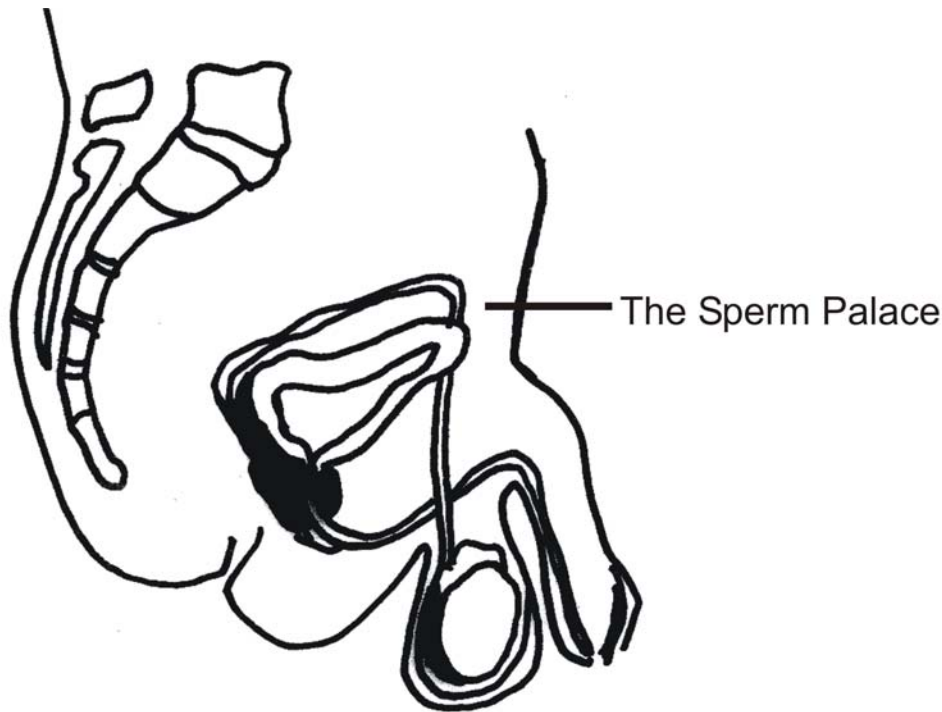
A. Women finish by circling the energy clockwise then counterclockwise.



B. Men finish by circling the energy counterclockwise then clockwise.

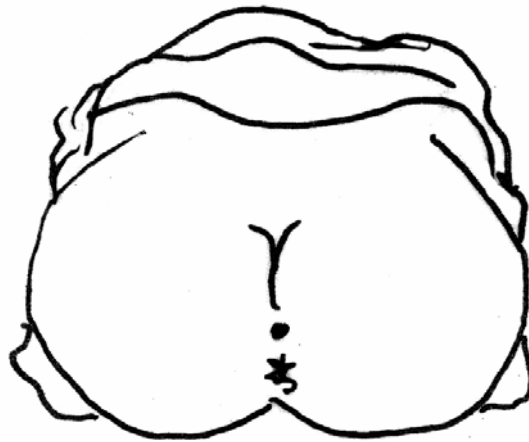
2. The Ovarian/sperm palace is the storage center for sexual energy and is a common place for blockages to do with your sexuality. Through these practices and if you continue with the regression techniques you will be able to verify much of Freud's work and theories for yourself. In Universities today and mainstream psychology there has been a strong tendency to steer away from Freud and depth psychology which I believe has a lot to do with the obstructions most people have at this energy point. The psychologists themselves are often very blocked here and this is why they are averse to the theories. It's really a matter of their fear of looking inside themselves as subconsciously they do indeed know the pain of the traumas held here. They don't accept the theories without actually investigating them because any investigation will confront them with their own sexual repression. When this center opens you will feel the sexual energy start to flow into the abdomen. It feels like waves or bubbles of orgasmic energy moving into the abdomen and then to other parts of the body. This will strengthen the organs and glands immensely,

increase the flow of the orbit and unlock much hidden power.



3. The perineum is located at the base of the body, between the genitals and the anus. This is the site of many blood vessels and nerve endings and also the location of the root chakra. There is a cord of metaphysical substance that goes from this point to the middle of the earth which is referred to as the grounding cord. When this energy center opens completely the kundalini power will rise through the column which goes from this point straight up the middle of the body and out the top of the head. Kundalini can also rise up the governor channel straight up the spine. This is great if the channels are open and the body is ready but if not then the power can cause all types of physical and energetic problems as the kundalini fire burns through blockages. The microcosmic orbit will release kundalini gradually and open the channels for its ascension. This book is primarily for the cultivation of sexual energy and circulating it throughout the body but it will also begin to awaken kundalini and other energies and powers. Tantric sex practice really is the foundation for all other spiritual practice as it gets the body ready for higher and more powerful energies.

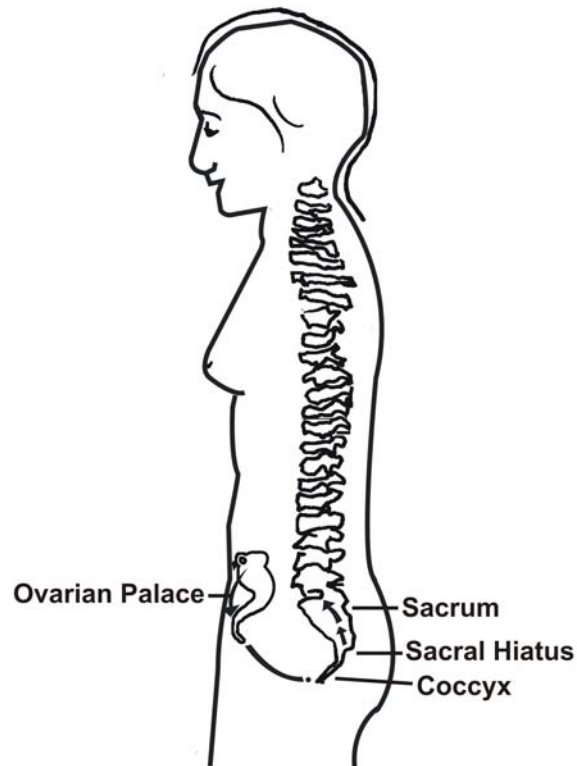
4. The coccyx is the point where sexual energy enters the central nervous system.



Coccyx Center

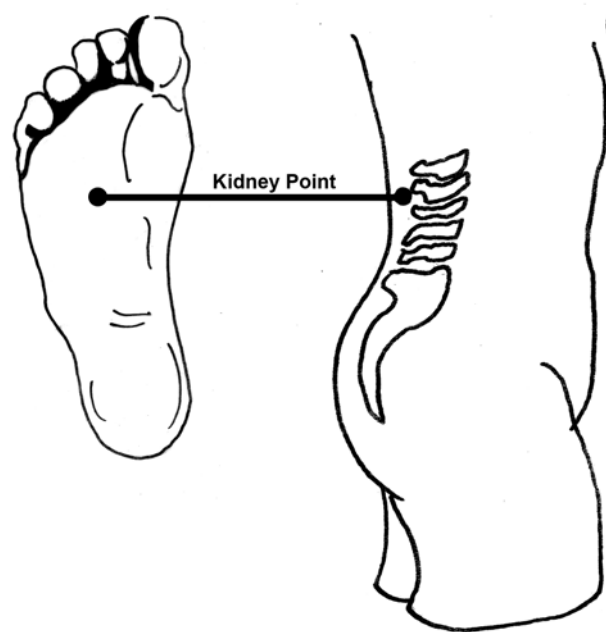
There is a small opening in the coccyx where the energy enters the spinal cord. It travels through the coccyx and then up through the hiatus opening in the sacrum and into the spinal cord. Once the energy has reached this point the sacrum helps it on its way. The sacrum area is actually like a pump for the chi and sexual energy (ching). It may take some effort to push the chi through the coccyx and into the sacrum but once this point is reached the pump will begin to push the energy up the spinal cord to the brain. Just by concentrating on the sacrum its pumping action will begin. You will feel the energetic pump as it is quite unmistakable. It may take a while for you however, depending on your level of experience.

The sacrum is the first transformation point for sexual energy. Just by traveling through the sacrum the sexual energy is transformed into a more subtle energy, ready to enter the central nervous system.



Guiding Energy Through Sacral Hiatus
and Up the Sacrum

5. The Kidney Point lies opposite the navel and between the kidneys, at about the 3rd lumbar spine. The right kidney is yang and the left is yin so the kidney point is a balance of both. This is an important venting point for if the energy rises too much into the head. In the early stages, before you have complete control over your energy there may be times when it can become fairly intense in the head. By concentrating on this point the energy is brought back down and you can then channel it down the spine and the back of the legs to the kidney point on the feet. This will help ground you and also vent the excess energy.



6. The T-11 Point is the second transformation point for sexual energy as it rises through the spinal cord on its way to the brain. It is located directly opposite the solar plexus and between the adrenal glands. By concentrating on this point the adrenal glands and the pancreas are activated which can have beneficial effects for people with diabetes. It will also have an energizing effect so young people should not focus here close to bed time as it may keep them awake.

7. The C-7 Point is located at the back of the neck between the top of the shoulders.

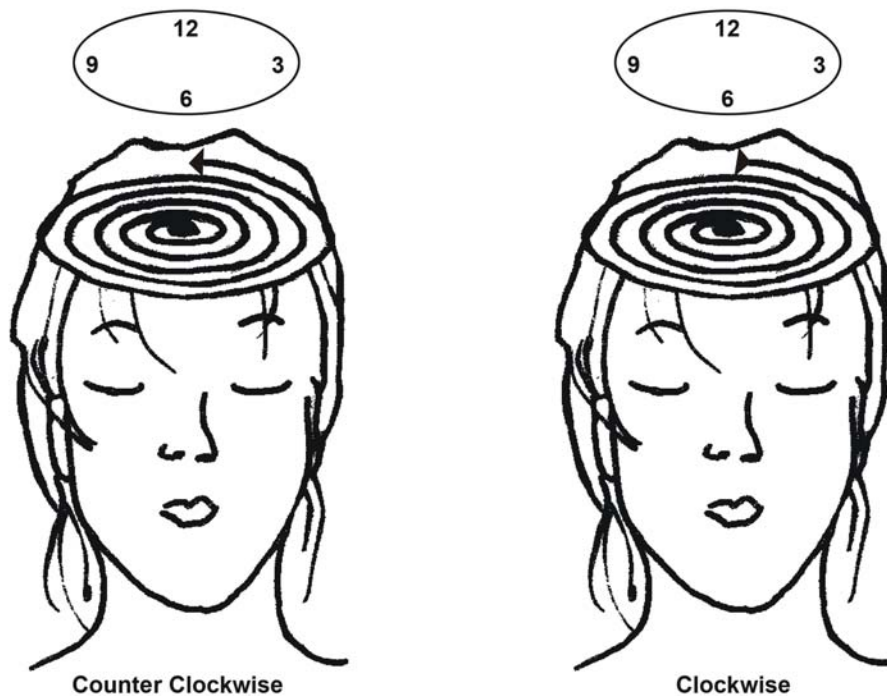
8. The Cranial Point is the third transformation point for sexual energy and is the second pump. Like the sacral pump the cranial pump will activate by focusing on the area and you will feel it start to pump the power up into the brain. The sacral and cranial pumps work together, drawing energy up the spine and into the brain. The cranial point is at the base of the skull and is in the area of the cerebellum. This part of the brain is involved in breathing and heart beat as well as movement. When this area has been rejuvenated it is not uncommon for breathing patterns to change and become much smoother. Also coordination may improve noticeably.

9. The Crown Point is at the top of the head. When this point is reached the energy is flowing into the brain, rejuvenating it and all sorts of phenomena can occur. Headaches are a common occurrence here as the power starts to unblock many illusions and negative beliefs. This creates heat, so again remember to drink plenty of water. Also your perceptions may awaken and lights, colors or visions may be seen while practicing on this point. Attached to the Crown Point is a column of metaphysical substance which goes up infinitely and connects us to many realms and higher parts of ourselves. For most the opening to the column is blocked for if it wasn't you would have a clear perception of many non-physical realities as well as a connection to your higher self and all of its wisdom and memories.

As this point is energized by the energy the brain begins an amazing rejuvenation process making it similar to a baby's brain. It becomes more fluid, learning becomes easy and fun again and all sorts of false adult beliefs and preoccupations begin to disappear. The pineal gland is stimulated and begins to gain the health it had only as a baby. As a baby and small child the pineal is very active, releasing many chemicals and hormones but by the age of seven it begins to regress until adulthood where it has shrunk to an almost useless piece of tissue. This has a lot to do with the rapid aging of the physical body.

The pineal is at the bottom of the crown energy point and is in fact the point of communication with the column (for more information on the column see "Metaphysics" and "Multidimensional Being") and therefore the higher dimensions of ourselves. Not surprising then the state of most adults and their lack of connection with themselves. The blockages in the Crown Point have a lot to do with the shrunk and inactive state of the pineal and therefore will not become unblocked without the regeneration of the gland itself. Luckily the pineal loves sexual energy. As the flow from the energies below increases and we are able to raise the sexual energies to the crown, the pineal begins a regenerative process bringing it back to health. The connection created between the reproductive organs and the pineal makes orgasms amplify, and rise to the brain as the pineal and testicles/ovaries make love. The activation of this gland also makes it possible for the higher self to incarnate more fully in the physical body.

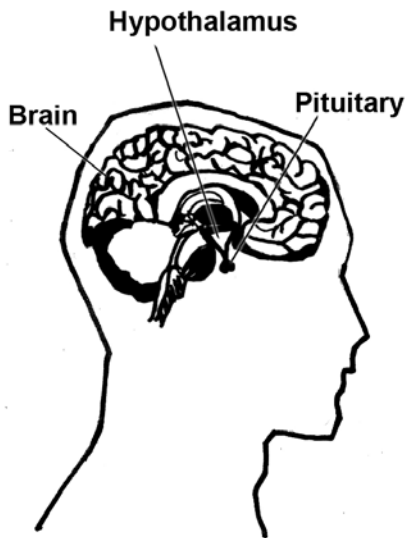
Once you have gathered energy at the crown, the energy should be circulated counterclockwise in the brain (outwards) and then clockwise (inwards). This will balance both sides of the brain and begin to fill the cranial cavities with chi, improving memory and all cognitive functions.



10. The Third Eye Point is the seat of spiritual vision, located between the eyebrows. The pituitary gland lies within this energy center and is the endocrine control gland that regulates all other glands in the body. The personality operates through the third eye and through the pituitary in particular. It is the point of integration between the personality and the spirit, when the pineal and pituitary begin to vibrate in unison the spirit will merge with the earthly personality.

The third eye is just like a physical eye in that once you have awakened it you may look at anything you like. The feeling is just like opening the physical eyes but with this eye, all kinds of spiritual and non-physical phenomena can be seen. Generally it is belief systems that block the third eye's vision. When you bring the energy to this point you will feel many subtle blockages in the area and as the energy begins to put pressure on these they will begin to clear. Along with this clearing your belief systems will begin to dissolve leading to much clearer vision of ordinary reality let

alone non physical reality. (Please note that belief systems can be about anything, such as whether you feel people are trustworthy or not, and are not just in reference to your beliefs about life and death etc. As the third eye opens you will see your previous negative beliefs very clearly as they start to disappear.)



11. The Throat center is related to self expression and as stated earlier has some very important functions. The throat has a calming effect on the mind, helping to induce altered states of consciousness so when this point is fully awakened you will find yourself a lot calmer and therefore life will be much easier to deal with. Another benefit of activating the throat is that you will gain more control over life in general. Your words will start to carry far more weight and what you say will begin to come true. The more powerful you become the more responsibility you will carry so it is very important to cultivate the heart center. You will soon realize the words that come out of your mouth do create your reality. The microcosmic orbit joins all of our energy centers on the etheric level, and awakens them together, which leads to a much smoother process than Teachings that concentrate on particular centers at the expense of others without connecting them and circulating their energies.

12. The Heart Center is the home of the spirit. Love, joy, compassion and the very heart of the Spirit lies within but all too often this center has some serious blockages. Many traumas have been sustained in the heart as so many lives have been lived on earth. Many people have a build up of heart ache from previous lives which becomes newly activated upon incarnation. When the energy reaches this point it will begin its healing work and start to undo many of the blockages. Some

emotional pain may come up as a result of this but will inevitably pass. (“**Past Life Regression**” explores the way traumas from past lives are reactivated upon incarnation and the way these often shape the personality.)

13. The Solar Plexus energy center is connected to the spleen, pancreas, stomach, liver and adrenal glands. Bringing the energy to this center will begin to nourish and clean these organs and glands which could cause your digestion to go a bit hay wire for a while. This is completely normal and will subside with time leaving the organs far healthier and more energized than before. The solar plexus is the site of will power so its activation will give you more power over the material world, your self and your future.

Summary of the Microcosmic orbit

1. Sit on the edge of a chair with your feet firmly planted on the ground, back straight and your eyes closed.
2. Press the tongue to the palate.
3. Begin the throat friction which will automatically make feeling the energy easier and put you into a deeper state of consciousness. You should play with the throat friction to see for yourself the difference it can make. (Try practicing without it for a while and then use it to feel its effect.)
4. Bring your awareness to the belly button point, about 2 inches in from the surface of the skin.
5. Build the energy at this point by simply keeping your awareness there. This will become much easier with continued practice.
6. Once you feel the energy there you can move to the next point. Simply move your awareness to the sperm/ovarian palace. The energy from the belly will follow with your awareness.
7. Feel the energy build at this point before moving to the next one. You may feel blockages or empty spaces at the point or between the two points and if so you will feel the pressure build as the energy tries to push through the blockage. With perseverance all blockages will eventually disappear while emptiness's will fill.

8. Continue in this manner all the way around until you have completed the Orbit. This may take anywhere from a couple of days to weeks, months or years depending on the current state of your energy body and your experience in meditation etc. (You can practice for as long as you like, for 5 minutes or even hours if you have time. The more you do the faster you will get results)
9. As you gain greater control of your energy you will be able to simply suck the energy around your body with your mind. You may simply put the tongue to the pallet and the energy will begin to flow.
10. Remember that all techniques should be played with as they are simply a means to gain control over your energy. Eventually no technique should be needed as you gain greater and greater control.
11. You may practice anywhere you like, at work, while driving, while cooking, but obviously do this with your eyes open.
12. While you cannot complete the orbit you should always reverse its flow and store the energy back in the belly at the end e.g. If you are only feeling the energy move to the sacrum and cannot go any further for that session then finish by moving it back to the navel. If you can complete it you should still collect the energy at the navel at the end but there is no need to reverse the flow.
13. It is also a good idea to sometimes reverse the flow of the orbit and run it backwards. This will give you more conscious control over your energy.

Note: You can use brainwave entrainment technology with the microcosmic orbit meditation. This technology puts the brain in the perfect state for meditation. By using this technology you are effortlessly placed in the ideal brainwave state for the microcosmic orbit so your progress will be quicker and easier. To learn more about this technology please go to www.themeditationsolution.com

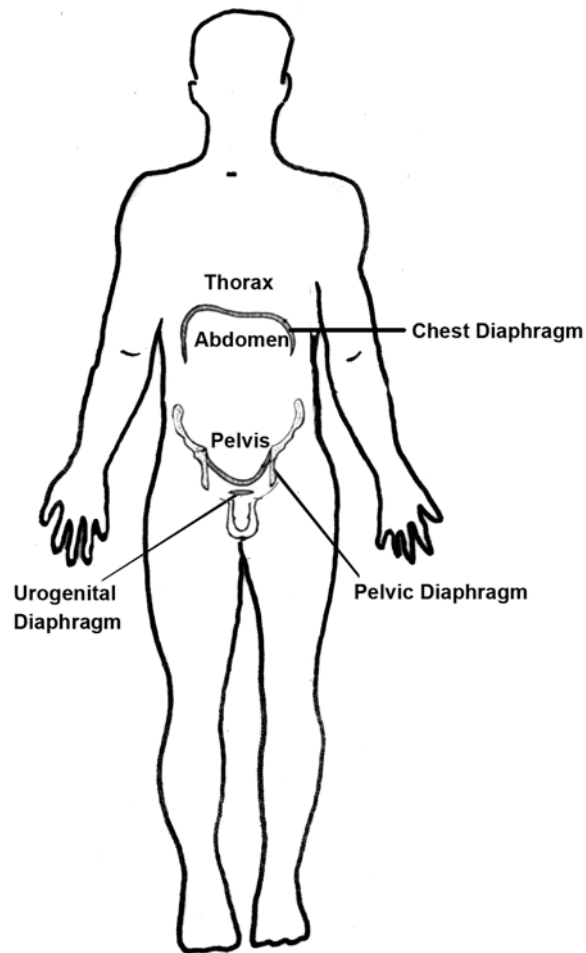
Perineum Power (The Foundation of Health)

Perineum power cannot be stressed enough. It is absolutely vital that your perineum, the surrounding muscles and the urogenital and pelvic diaphragms be toned and in good health. When it comes to exercise there are not many that

strengthen these areas and although someone may spend hours at the gym, play lots of sport and be very fit these areas are often neglected. When we are babies these areas are healthy and the energies and blood are flowing well but it does not take long before some early traumas cause them to be shut down. At a very young age we are chastised for playing with our private parts, told that they must be covered up and basically taught to be ashamed of our genitals. Add to this the conflicts arising between mothers and children and the relationship becoming more and more distant as the child develops.

Sexual issues often cause a physical contraction of the muscles of the lower abdomen and perineum. The muscles here can get to a point where they are in a constant state of contraction which causes the energies and blood to stop flowing properly and actually disconnects one from their sexuality and animal/instinctual nature. Another possibility is that the muscles become very weak and lack any sort of tone which will lead to the leakage of energy as well as the improper flow of blood. Again this will disconnect the person from their sexuality. The correct amount of muscle tone is very important for the proper flow of energy through these areas. In people who do not practice Tantric techniques these muscles are very often if not always unbalanced.

The Urogenital diaphragm often becomes tense also which begins to affect the breathing of the child. This then leads to the pelvic diaphragms tension which further changes the breathing of the individual which effect's all of the organs in the lower trunk. With proper breathing the organs are constantly massaged and kept healthy but without it they can easily become stagnant and sick. Shallow breathing is sometimes a result of these lower muscles and the urogenital diaphragm being in a state of contraction. Tension in the chest diaphragm also restricts the breathing as this diaphragm moves more than the others. There are also a lot of emotions stuck here. It begins to not move at all, becoming hard and weak. Typically this will become worse with age if nothing is done and will lead to energy (Chi and Ching) flowing out of the anus and vagina/penis. Basically when it doesn't have enough tone energy will fall out but if the area is overly contracted energy will get stuck and will probably be reflected in the persons personality e.g. if someone was considered anal there is probably too much contraction.



When the muscles are in this state there is bound to be some large energetic blockages which you will quickly find when practicing the Microcosmic Orbit. If not attended to it may take the energy a long time to unblock them. Luckily there is a quick and effective fix.

We must exercise these muscles and the urogenital diaphragm to get the blood and chi flowing back into them. At first, exercising these muscles may feel a bit unpleasant as they have become so weak and dormant throughout the years but soon you will gain control of them and you will even be able to move each muscle or diaphragm on its own. Once they come back to health your breathing will automatically become deeper, therefore massaging your organs, energy will stop leaking out through the lower holes, and the energetic blockages will quickly disappear with the help of the Microcosmic. Through this, many traumas and issues to do with your sexuality will quickly disappear. Sexual problems such as premature ejaculation, impotence, frigidity and inability to orgasm will be cured

and you will become far more in touch with your sexuality. Tantric Sex and full body orgasms become a possibility once these muscles become toned and healthy.

The Practice

These exercises should be practiced as much as possible and can be done anywhere. In the car, at your desk at work, while you watch TV, while you read a book, in fact you should start right away as you read this.

Start by pulling up your anus. Suck it in and pull it up like you are trying to pull it inside your body. Hold it up for a few seconds and then relax completely. Do this as many times as you like (the more the better) and you can hold it for varying amounts of time. Practice short and fast pulls or long and slow ones. You will soon see how weak these muscles were and how quickly you can make them strong again. You should practice every day, make it a habit. Whenever you remember just do some quick reps.

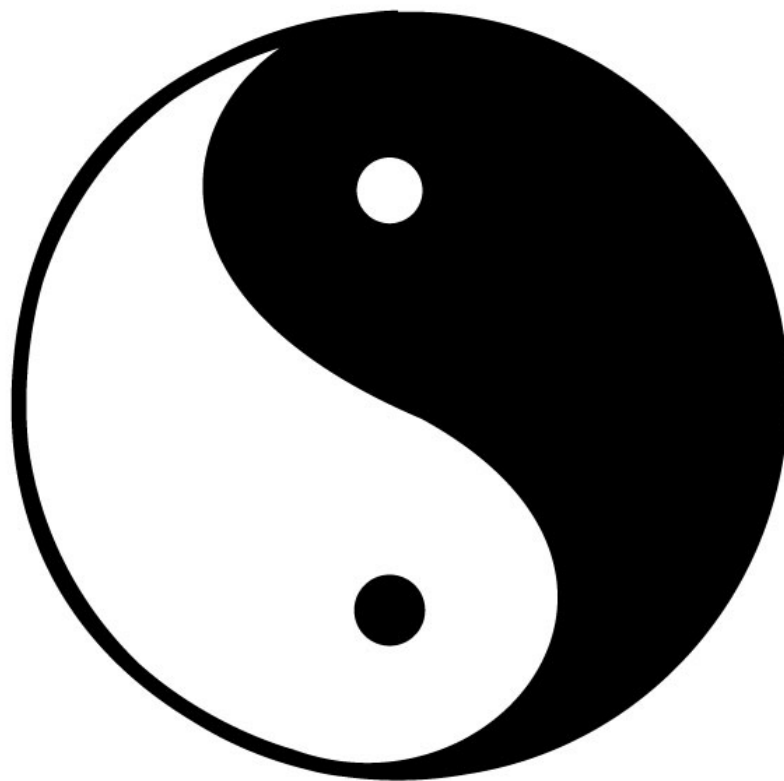
Now you can pull up from the perineum back to the anus and back further up to the top of the buttocks, like you are trying to suck something from the perineum up to the top of the sacrum (kind of like a wave motion with the muscles). Males will soon realize that the scrotum is also a muscle and you will be able to pull it up also. Females should begin to try and pull up the vagina and try to gain control of all the muscles in the region. This will benefit your sex life immeasurably. In the female practices there are also egg exercises for females which will develop these muscles even further and can give you amazing control. This will enhance yours and your partner's sexual pleasure immeasurably as you will eventually have the control and strength in your vagina to grasp the man's penis.

As the muscles begin to loosen up, strengthen and get the blood and chi flowing again you will automatically find yourself controlling the urogenital diaphragm as well. Once this has loosened up you will begin breathing with it again. Your

breaths will become much deeper as the urogenital and pelvic diaphragms begin to move. You can actually feel these areas moving with your breath.

Note: Do not be lazy and neglect these exercises. They are vital for your practice of Tantric Sex. Having strong and healthy lower muscles forms a foundation for the rest of the work. The health benefits from these exercises alone can be truly amazing and the amount of energetic blockages that can be released by them is outstanding. You will stop leaking vital chi out, into the universe and therefore have far more to play with. This will help your microcosmic orbit practice enormously.

Male Sexual Practices

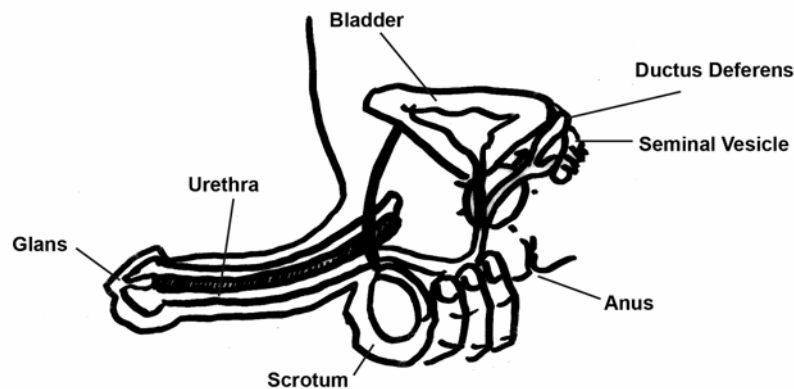


Male Sexual Practices

For males the most important thing at the start is to stop ejaculating. The Ching is what we want to cultivate and circulate throughout the body so if you keep ejaculating it you will never have enough to begin the process. In the beginning it can be quite hard to have sex without ejaculating so the first technique is an external finger lock to hold the sperm inside during a normal orgasm. You will probably succeed with this first go. The other techniques include strengthening the Ching, and then drawing it into the microcosmic orbit, up the spine and into the brain. You will learn to first do this while masturbating and then with practice you will be able to do it while having sex and if your partner is Tantric you can exchange energy. A genital massage is also used which will strengthen the Ching as well as the physical structures and help you to draw the Ching out of the testicles and into the body.

The External Finger Lock

To perform the finger lock you should use the three longest fingers of your strongest hand. Between the anus and the testicles there is a spot where if pressed you will stop the flow of semen. It is easy to find this spot as it is soft. When you press it your fingers will go in quite a bit. If you feel from your testicles and moving back towards the anus you will feel the point easily. Simply press in and when you come to the soft spot, that's it. This spot was referred to as the million dollar point by the Taoists as they would charge a million dollars to reveal it. If you press fairly hard on this spot you will be massaging the prostate which is excellent for its health also.



External Finger Lock

When you are about to ejaculate, simply press this spot hard and hold it. You must push it hard enough to close the urethra and stop the flow. You must begin pressing before the orgasm begins and until all pulsations have finished completely. This lock will prevent the loss of the sperm but some Ching will still be lost during the orgasm. You will lose about 40% of the Ching you would have lost had you ejaculated normally so it is not ideal. The external lock is only used in the beginning to stop the loss of so much Ching but will soon be discarded as you become experienced in the other more advanced practices. (**Note:** When you use the lock, the orgasm will not feel as good as a normal orgasm and it is important that you understand this. If you keep on pursuing the normal orgasm you will never achieve the full body orgasms that are possible. You must deny yourself in the beginning so that in the future you may have far greater experiences.)

You should start using the lock next time you have sex or masturbate. Make sure you are in a position where you can apply the required pressure for the duration of the entire orgasm. If you want to succeed with Tantric Sex and experience far greater full body orgasms then you must stop losing your Ching.

Testicular Breathing

Testicular breathing is a simple meditation that will increase the flow of chi and blood to the testicles and therefore increase their strength and the production of Ching. It will bring you back in touch with your testicles which many men have lost. You will be able to feel the actual Ching or sexual energy, even in its un-aroused state and then to draw it into the microcosmic orbit and up into the brain.

The Practice

1. Sit in the same position as for the microcosmic orbit. Make sure your testicles are hanging freely.
2. Close your eyes, take a few deep breaths, put your tongue to the pallet and start the throat friction.
3. Now put all your awareness into your testicles. You will feel the Ching and it will start to expand as you put more and more awareness into the testicles. As you are not aroused, the Ching will feel cool. Male sexual energy is a cool energy in its un-aroused state which is why it is harder to feel. When aroused the Ching of the male becomes hot very quickly, it's like lighting a match, just the sight of a beautiful woman can instantly ignite the Ching. In this practice we do not want to ignite our desire but to feel the cool, yin energy of the un-aroused Ching.
4. Once you have brought your awareness down to the testicles you may begin breathing with them. On the in breath you pull the testicles up (with the mind only) and on the out breath you let the testicles drop. You literally start breathing with the testicles, like they are another diaphragm. After you have become proficient in this practice which will not take long, you can practice in front of a mirror and you will see that the testicles are indeed moving up and down with the breath. This testicular breathing will expand and energize the Ching.

5. Once you have performed this for a while and you can feel the Ching becoming stronger you may begin to draw it up into the spine and into the brain. Just like with the microcosmic orbit you start by moving your awareness to the perineum and then to the sacrum and so on up to the Crown Point. You may fill the brain cavities with this cool Ching which is the most potent brain tonic available. You will feel its effect as it instantly calms your mind and the pleasurable cool sensations fill the brain. (If you have a drug history your brain is probably in worse shape than you realize. Its regeneration will begin as the Ching starts to nurture and restore it). Cool Ching may be stored in the brain and does not need to be taken back down to the navel (When all the cavities are full it will naturally flow down the front channel but you do not need to consciously bring it down). Eventually you will be able to suck the Ching straight up the spine and into the brain just like you are sipping it through a straw.
6. You should play with these techniques and feel them out for yourself. This is why I have not given times for each step and do not go into great detail. What I am giving you is all the knowledge you need to succeed completely. What is important is not the complexity of technique but each person's diligence to the practice of the technique and its usefulness in giving you complete control over your energy so that all techniques become redundant.

The idea is that you begin to know your own energy and gain control over it. By doing this you will have far greater knowledge than someone who has read a thousand books and understands the complexities of metaphysics but failed to practice for themselves. You should not try to perform the full practice first go as it will take time to build up enough Ching and gain enough control to draw it up to the brain. You will make very fast progress however if you practice daily and stop ejaculating. When you ejaculate you will lose the Ching stored in the testicles. If you have succeeded in drawing it into the body then whatever you have stored elsewhere will not be lost but it will still take a fair while to build up the Ching again and this will slow your progress dramatically.

7. The last and probably most important point to remember is to not give up. Depending on your previous level of experience, your energetic health, the amount of sexual issues and blockages you carry and the amount of effort

and practice you put in, you could succeed in getting Ching to the brain within days or it could take months. If you do happen to ejaculate, especially in the beginning, don't beat yourself up about it, it happens. Just remember that the more you do the more you get and with practice success is inevitable.

Your Ching will be greatly strengthened by this practice, and also your control and connection with it will be enhanced greatly. This practice gives you control over your un-aroused (cool) Ching which is vital if you are to ever control the hot, aroused Ching during the passions of sex.

The next practice is a solo practice which is the beginning of controlling hot, aroused sexual energy.

The Orgasmic Draw (Solo)

For a male to learn to control his sexual energy when aroused is quite hard and really the only way you can succeed is if you practice regularly. The more you practice the sooner you will succeed and so the solo practice here must be practiced as often as possible. This is the practice that must be mastered before you will be able to really experience Tantric Sex. When you are with a woman your Ching will be at its hottest and by far the hardest to control but if you can succeed it will also provide for the most unbelievable, mind blowing full body orgasms. With the right partner you will be able to exchange sexual energy and enjoy the rhythmic pulsations of orgasmic pleasure for hours on end. Again without mastering your aroused Ching on your own it will be very hard with a partner so practice, practice, practice.

Another reason for practicing regularly on your own is that while having sex we want to let ourselves go and be taken over by passion. If you have to practice techniques while having sex to try and control your sexual energy the sex will not be the same. It will become mechanical as you both try to control your energy and this will undoubtedly take much of the passion away. Some teachers of Tantric Sex actually teach you to practice this way, totally changing the way you have sex and basically making it a chore as you must control yourself and implement the techniques. It is

much better to gain control through solo practice so that when having sex your sexual energy will naturally rise into your body, up the spine and into the brain. You can retain the passion and the way you have sex now and add to this the full body orgasm instead of the normal ejaculatory orgasm that you are used to. In the beginning you will still need to implement some practices during sex to refrain from ejaculating but we want to keep this to a minimum. Sex should be enjoyed and so I feel that any advice on positions, thrusting techniques, what toys to use, etc is totally up to you (If you are interested in this there are many fine books already out there and these can be a good combination with the prowess you will gain here). The only thing I wish to teach is control of your own energy. You can then play with it and explore your sexuality to far greater depths than would have been possible before. Your sexuality is yours to be enjoyed

The Practice

This practice can be done sitting on a chair, standing with your feet shoulder width apart or lying down on your back. In fact you can use any position you like as we want to gain control in all positions. At the start it is a good idea to sit in a chair with a straight back, the same way as in the microcosmic orbit as this is the best position for the natural flow of energy up the spine. It will be easier for you to start off with this position but once you gain some control feel free to use any position you like.

1. You should be naked or at least have your penis exposed for this exercise.
2. Sit in the chair making sure your back is straight and your testicles are hanging freely.
3. Begin the throat friction and bring your awareness down into the testicles, feeling the energy there.
4. Begin to arouse yourself with your hands.
5. Your sexual energy will expand rapidly and become hot. Feel this and try to draw this energy from the testicles into the spine like in the testicular breathing exercise. (use only the mind to draw this energy up)
6. Bring yourself close to the point of orgasm but do not go past the point of no return. This is an important point to learn. Just before the point of no return tense the muscles of the base of your body like in the perineum power

exercise. Tense them in a wave like motion from the perineum all the way up your back to the head. When you get to the head then start again, create another wave from the perineum all the way up to your head. While doing this you should also use your mind to suck the energy up to the head. Do this until your erection has halved in size, then begin stimulating yourself again. When you get close to the point of no return again do the muscular waves again. You can do this as many times as you like, for as long as you like and as many times per day as you like. (The muscle action will help to force the aroused Ching up the spine)

7. Make sure you do not ejaculate or your stores of Ching will be lost.
8. When you finish you should then always perform the testicle massage (*Described later*), and then run the microcosmic for a few minutes.
9. So as simple as it is this is the technique that will give you control over your sexual energy. With practice you will begin using more mind control and less muscle contraction to raise the Ching until eventually it will naturally rise when you become aroused instead of rushing out the penis. When you have achieved this you will be able to have sex however you like, with as much passion as you like and without even trying you will naturally have orgasms that flood your body with Ching. This is a very privileged position to be in as few have experienced this level of bliss and sexual gratification in the past 10000 years.

For this technique to work it is essential that you refrain from ejaculating. In the beginning the amount of Ching you have stored in you testicles is minute and even if you could raise it into your body it would not give you the amazing full body orgasms that we are striving for. You only have enough to produce a genital orgasm which covers a very small area. Mainly the tip of the penis will be stimulated by the Ching and the rest of the body feels almost nothing. For the full body orgasm to occur there must be enough Ching to fill the entire body so you can see that for this to happen we must cultivate and store it.

The way it works is that every time you practice the techniques of Testicular breathing or the orgasmic draw you are drawing Ching into the body. Wherever this Ching goes it will invigorate the area and in effect raise and strengthen the vibration of the energ. For instance if your liver is very weak and sluggish its

vibration will be low and it will be hard to draw Ching into it. If however you do draw some Ching into it you may not feel much right away but it will indeed begin to heal the liver and raise its vibration. If this is done repeatedly, eventually the Liver will be so healthy and its vibration will be so high that you could send Ching into it easily and when you did you would feel it as an orgasmic type feeling in the liver. This orgasmic feeling will be slightly different to all the other organs and glands and even muscles if they were to be flooded with Ching. So when we finally achieve a full body orgasm it is when the whole body, organs, glands, brain, etc are already at a vibration where the influx of Ching causes the vibration to go so high that the physical nerves are stimulated, thereby giving you a full body orgasm. The pleasure of this is simply indescribable...

Fortunately we do not have to wait for this before we can enjoy orgasms in various parts of the body. Even in the early stages when you raise it into the spine you will feel orgasmic sensations and when you reach the brain you will certainly be pleased that you have this book... So although the heights of pleasure that we are working towards may be a fair way off your pleasure will steadily increase all the way there.

Another important point when it comes to aroused, hot Ching is that it should not be left in the brain. At the end of either solo practice or Tantric sex you should always run the microcosmic orbit to be sure to circulate your energy. This will prevent hot Ching from remaining in the head which could cause some pressure to build there. It is fine to draw hot Ching into the head and this will give you some amazing orgasmic feelings in the brain as well as being excellent for the brains regeneration but the hot energy should not be left there. Always run the microcosmic and store the energy at the navel at the end of the orgasmic draw. Remember to drink plenty of water.

The Orgasmic Draw (During Sex)

The orgasmic draw is the same during sex as for the solo practice except that in the solo practice the idea is to bring yourself to the point of no return many times and then use the orgasmic draw many times. This is to build the necessary muscles and control so that it becomes easier and more natural for Sexual energy to rise up the spine. During sex we do not want to be continually practicing this as your partner might get a little bored. We want to pleasure our partner and let our passions run wild so the goal is to have control over your ejaculation without having to stop and do the orgasmic draw. You may still use it during sex however if you are getting too close to losing control. Other things you can do are to change positions or stand up and walk around for a bit. Remember the more you practice the sooner you will succeed and to always play with the techniques. All practices are to be played with and you should never take it too seriously. Sex is meant to be fun, its play time so don't be too hard on yourself. If you accidentally ejaculate then so be it, if you have drawn much of the Ching off the sperm then you will not have lost as much as you would have and you can always build up more. All it takes is time and the practices are enjoyable anyway.

So you should have sex as normal and through the other practices you should have already gained far greater control than you had before. You will be able to get an erection anytime you like, have sex for as long as you like and as often as you like and the energy previously expelled will begin to rise into your body giving you hugely expanded orgasms. As you will not be ejaculating you will be able to have sex every day as often as you like so it's a good idea to get your partner into Tantra as well. In the last chapter you will learn how to exchange energy with your partner and really begin on the Tantric path. From there it is for you to explore, sex can be that bottomless well of pleasure that we all wish it was, without the constant loss of vital energy. Once you have gained first hand knowledge and control over your energy, you become the master and no further reading is required.

The Testicle Bath

There are some very important points with regards to the male's testicles that you need to be aware of.

The testicles are where sexual energy or Ching is produced and stored. They can only hold so much energy and when they begin to hold too much they will become enlarged and this can cause some serious pain. Say a normal guy hasn't ejaculated for 2 weeks and then has sex for 20 minutes and does not ejaculate. His testicles were large and full of energy, then he had sex which expanded this energy (his Ching) enormously but it had nowhere to go. He did not ejaculate and so all this energy is stuck in his testicles. 30 minutes after having sex when the Ching starts to cool he begins to feel pain in his testicles like he would not wish on his worst enemy. Most men have experienced something like this and it is certainly possible that in the early stages, when you may not be drawing enough energy out of the testicles and into the body you may experience it again. If you do the best thing you can do is the testicle bath.

The Testicle Bath

Get some sort of container large enough to dip your testicles and penis in. Fill it with cold water and ice (it should be as cold as possible). Now while standing up with your feet shoulder width apart put your testicles and penis in the water and hold it there. While doing this use your mind to draw the energy out of your testicles and up the spine. This should be easier as the coldness actually helps to release the energy out of the testicles. Do this for as long as you feel is necessary and then perform the testicle massage (coming up). This should relieve the pain completely. As you practice your testicles will actually become far stronger both physically and energetically and will be able to hold larger amounts of Ching without any pain. If you do experience any pain due to these exercises, don't worry as it will surely be short lived. Very soon the Testicle Bath will become redundant as you are able to draw energy out of the testicles at will.

The Testicle Massage

The Testicle massage is an excellent way to help draw Ching out of the testicles and into the body. This becomes essential as soon as we stop ejaculating as the energy will quickly build and it will become too much to be stored there. The massage is very effective and it should be performed regularly and should also be used after the Orgasmic draw practice and after having sex without ejaculating. Like the testicle bath it is more important in the early stages when you may have difficulty drawing the energy out with your mind only. As well as helping to draw energy from the testicles the massage will also increase their strength and vitality, increase blood flow and the flow of chi around the genitals and is probably the best thing you can do to prevent testicular and prostate cancer.

The massage can be performed either sitting as in the microcosmic orbit, standing or lying on your back. During the entire massage you should pull the anus up and keep it tight like in perineum power. This will prevent energy from escaping out from the anus. Also during the massage you should pull the energy up with the brain. This may sound a bit complicated but it isn't once you have experienced it.

Once you can feel the Ching in the testicles you then connect it with the brain and actually pull from the brain. This is done with the mind but you will soon realize that it is more like using a muscle. When you have gained control of your energy body it is like gaining control of another body of muscles, accept these muscles are energetic. These practices are actually like exercise for the energy body and therefore the stronger it gets the more control you have over it. So in the beginning just try pulling from the brain (trust me, you will soon see what I am talking about). You may also pull up from the organs in the same way, first one at a time and then eventually use them all at once. .

First and most important is the brain. We want to really open the route going up the spine to the brain as this is the main route to draw sexual energy up. Once you can get the energy to the brain it will begin to overflow down the front of the

body and to all the major organs. Eventually it will travel through all the meridians thereby flooding your entire body with Ching.

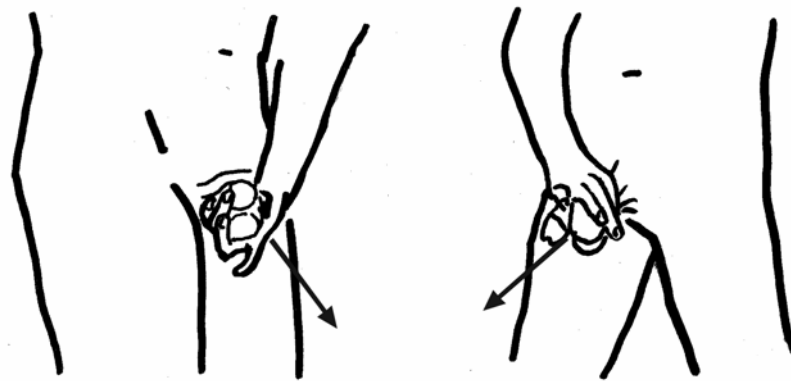
The Massage

Put your hand around the scrotum and penis (this must be done with a flaccid penis) as in the diagram below. You then pull straight down on the testicles and hold it down for about 10 seconds. While doing this you are pulling up from the brain and later the organs as well. You will quickly realize that the harder you can pull up the energy from the brain the harder you can pull down on the testicles without causing pain. This is much like weight lifting for the testicles and you will soon be able to pull down much harder and for longer as they gain in strength. This exercise releases large amounts of cool Ching from the testicles into the body and begins to build up the strength of the entire energy body.



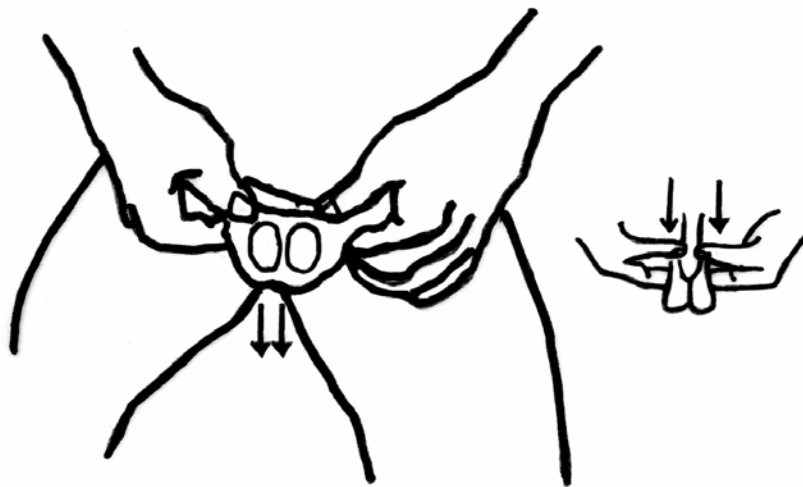
**Pull down on the penis and testicles
as you pull up from the internal organs
and brain.**

Now you may stretch the scrotum and penis tendons as shown below.



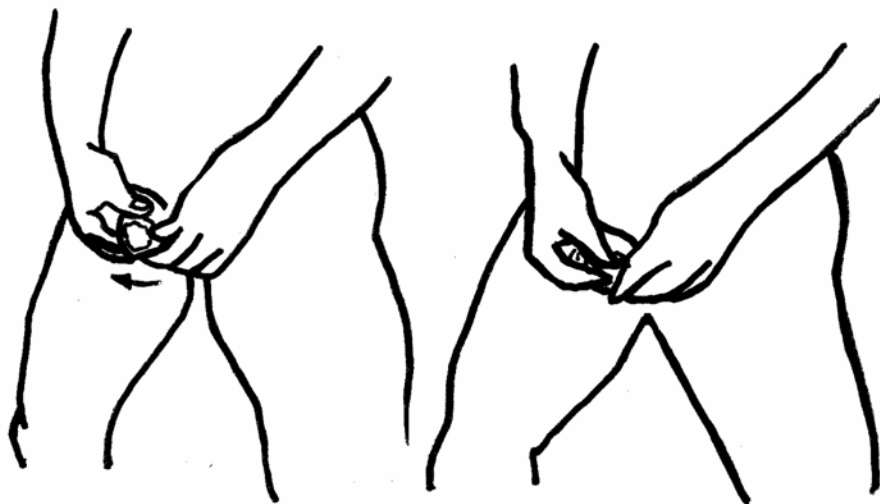
Stretching the scrotum and penis tendons

The next step is to gently massage the ducts between the thumb and forefingers. You want to stretch the ducts and also massage them gently as shown below. This will greatly increase their strength and elasticity and also release more Ching into the body. While performing this you should be drawing the cool Ching into the spine with your mind.

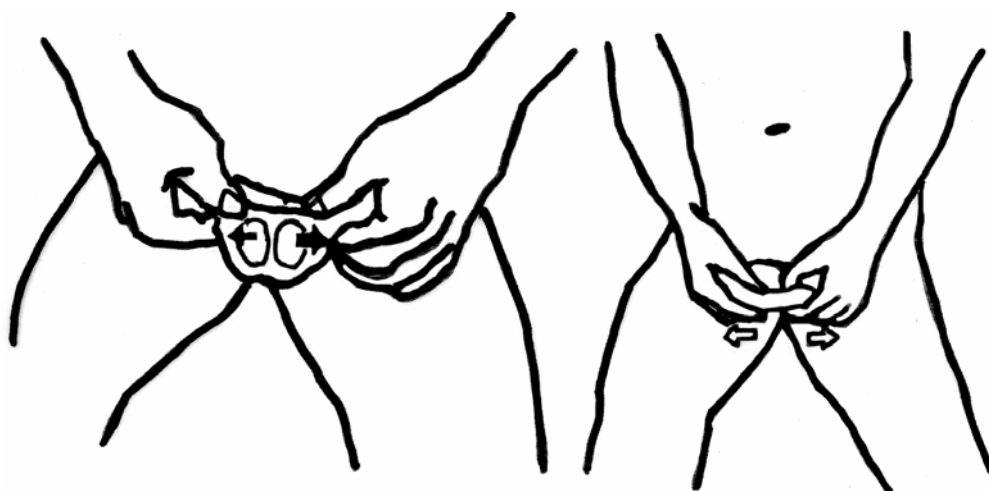


Gently stretch the ducts downward

Next is the finger massage of the testicles. Simply massage the testicles between the thumb and fingers while continuing to draw Ching up into the spine. (See next 2 diagrams)



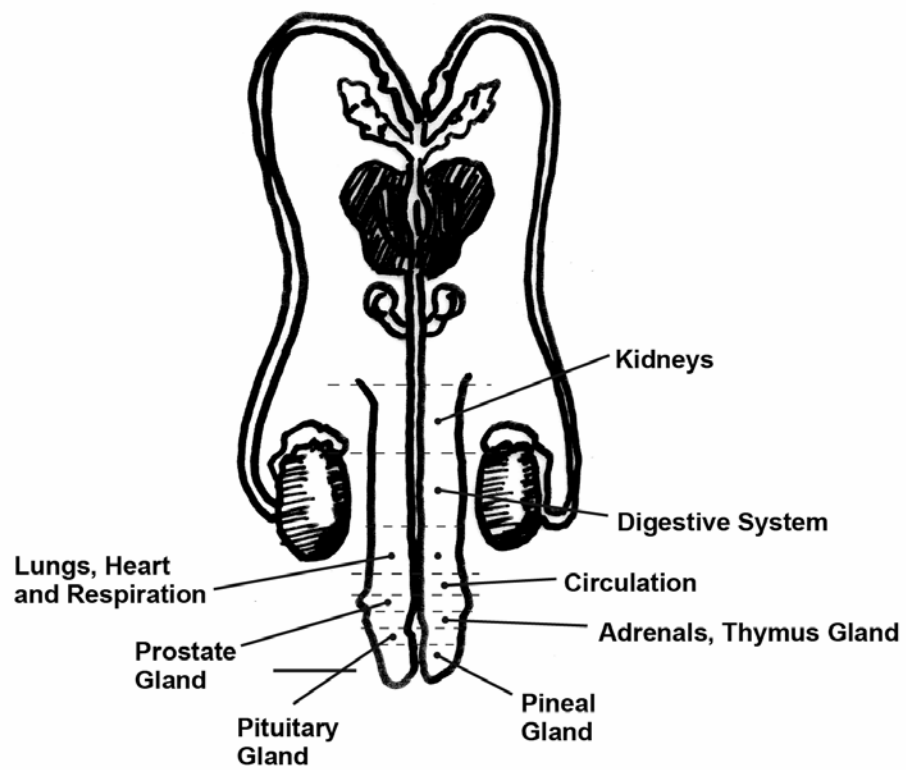
Testicle Massage



Rolling the testicles

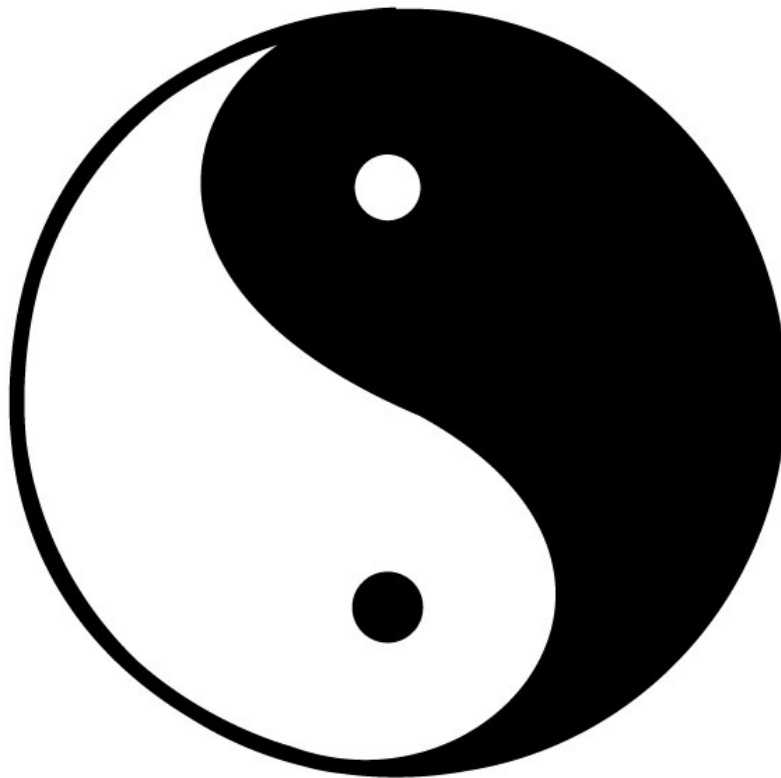
The above testicle massage is a very important part of Tantric Practice and should not be overlooked. Below is a diagram of the reflexology points of the penis. You may use this as a guide if you wish to experiment with different points.

PENIS REFLEXOLOGY



Different zones of the penis
connect with the vital organs

Female Sexual Practices



Female Sexual Practices

The female is sexually superior to the man and for her Tantric Sex often comes more naturally and easily. Women may find that they already have an intuitive feel for the practices and that they can expand their orgasm into the body more easily than men. Partly this ease comes from the fact that their ovaries are inside the body as opposed to the male's testicles which are hanging out in the cold, so to speak. Women also tend to be more sensitive and therefore can feel their energy body more easily. In China it was known that if a woman was trained in the internal martial arts she would become far superior in combat to the man.

Females are lucky and any male who has a Tantric female as a partner is blessed as she will be able to help him to become Tantric far easier than without her. As the females skills increase she will be able to help her partner to move his energy, withhold ejaculation and begin the journey to full body orgasm. If your partner does not practice Tantric Sex you should be aware that with your skills you could easily suck his energy during sex, leaving him exhausted. This will not be good for you either as the large amounts of energy may be hard for you to digest as it will be polluted with his emotional issues and negativity. For Tantric energy exchange to be benevolent both parties must freely give their energy to the partner with a feeling of love as this will ensure that the energy received will be clean and positive.

If you were to take in someone's negative energy you could transform it but it is far easier for them to transform it before its release as it is their own energy. The energy required to transform large amounts of other peoples negative energy will probably outweigh the benefit of the sexual energy you receive from them. However, when energy exchange is done with two loving partners who freely exchange their energy it is a source of rejuvenation that cannot be rivaled. Males are polarized towards yang energy and so are in need of the woman's yin energy and the woman being polarized to the feminine is in need of the male's yang energy. As we are all polarized beings, to balance our energies and live truly harmoniously we need the energy exchange that Tantric sex can allow. It forms the most solid base for further

spiritual work possible as it begins a balancing and blending of yin and yang within the individual which is very hard to gain elsewhere.

Ovarian Breathing

While the male loses sexual energy through the ejaculation of sperm the female's loss comes from menstruation where the eggs and uterine lining are evacuated. To begin any sort of cultivation of the sexual energy, first we must stop losing it. If a woman continues to allow her Ching to be evacuated she will have almost no hope of truly succeeding with Tantric Sex and the rejuvenation that this brings. She will begin to lose firmness, skin tone, her organs and glands will become weak and menopause will not be far away. 40% of her daily chi energy is transformed into Ching and goes into the expansion of the eggs. By the time ovulation comes around the eggs are overflowing with Ching. 40% of the woman's chi reserves for the past 2-3 weeks **have** gone into the eggs so they are literally packed with life force. When menstruation comes they are evacuated completely. All this energy is totally wasted when it could have gone into rejuvenating the entire energetic and physical system making her super healthy and leading to amazing full body orgasms. The healing and nurturing abilities of a woman who has stopped losing her vital sexual energy would be truly outstanding...

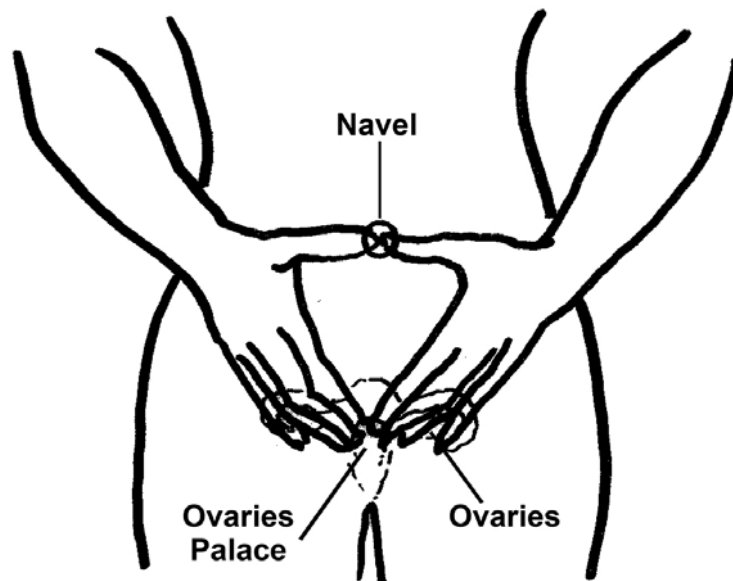
As you can see it is a good idea to draw the huge amount of sexual energy from the eggs and into the body so that when the eggs are lost they do not take as much Ching with them. When this is done many premenstrual symptoms will vanish, bleeding will be less severe, there will be less or no pain and the period will be shortened significantly. As you become even more proficient you may stop the period completely and you will then have the ultimate birth control method, especially if your partner has learned to control his ejaculation. If you want to fall pregnant after you have achieved this you should stop the practice for at least a couple of months and you can actually reverse it by consciously feeding the ovaries and eggs with more energy. This will produce far healthier eggs than would have been possible, firstly because you will have so much more energy from all the Ching you didn't lose in previous periods and the fact that you have gained the ability to increase the flow of Chi into the ovaries.

An important point to be made here is that while you are drawing energy from the ovaries you should be sure to not become pregnant as the eggs will be lacking in vital energy. It is only this initial stage that is a problem as you will be drawing energy from the ovaries but not enough to make the eggs infertile. Once you have succeeded in preventing menstruation from the use of these practices the possibility of becoming pregnant will be very, very slim.

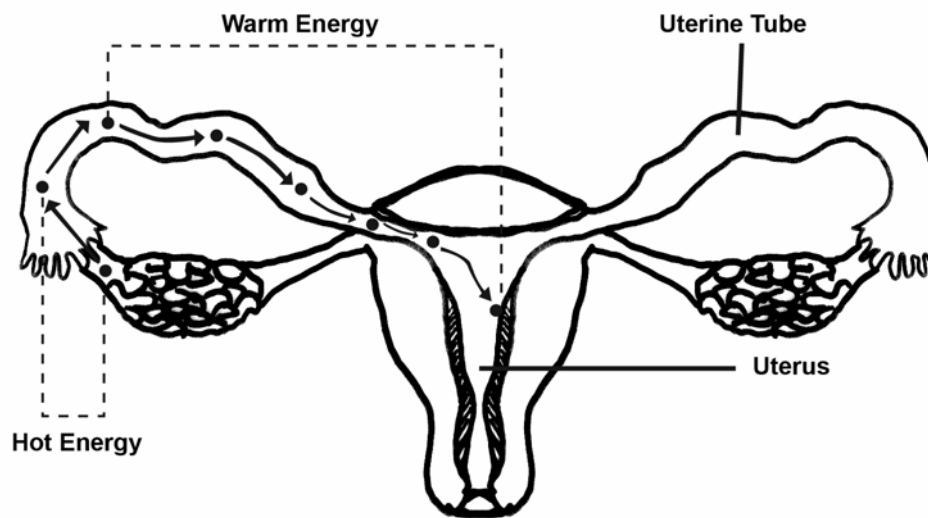
The Practice

Ovarian breathing is to be done anytime during the monthly cycle except for during menstruation. While the eggs are being expanded or during ovulation you can draw energy from the eggs and ovaries but during menstruation there is no point in doing the practice. During this time you can just take a break.

See the below picture to locate your ovaries. Place your hands as in the picture and your ovaries will be around the tips of the pinky fingers and the ovarian palace will be where the index fingers meet.



1. Sit in the same position as for the microcosmic orbit, with eyes closed, tongue to pallet and begin the throat friction. Keep your genitals covered and warm.
2. Bring your awareness to the location of the ovaries. The energy of the ovaries will be a warm or hot energy depending on where you are in your cycle.



During the first stages of ovulation the energy is hot. As the egg travels toward the uterus the energy turns warm

3. Continue your concentration in the area of the ovaries until you can feel the energy and it begins to expand.
4. As you breathe in, very gently contract the opening to the vagina and as you breathe out relax the muscles. Use your mind and muscles to do this and be very gentle. Eventually you will not need to consciously use the muscles and just the mind with the breath will do the action. This breathing and subtle opening and closing of the vagina combined with your awareness on the ovaries and the warm energy there will begin to draw out energy into the ovarian palace.
5. Continue in this manner and begin to collect the warm energy at the ovarian palace. This may be a little slow at the start but will soon become much easier. Soon you will be able to draw energy out of the ovaries and collect it in the ovarian palace with just a thought. You will be able to do it

anywhere you like with ease and then draw it up the spine or to anywhere else in the body.

6. As the energy builds in the ovarian palace you may then begin drawing it down to the perineum and so on, following the route of the microcosmic orbit.
7. Once you can complete the orbit you may circulate the energy and continue to draw more energy from the ovaries and into the orbit.
8. As the Ching from the ovaries is warm or hot you should not leave it in the head after practice. For males, un-aroused Ching is cool and so can be safely left in the brain but for females you should always finish with the microcosmic orbit and then store the energy at the navel. Remember to drink plenty of water.

Through this practice your ovaries will be rejuvenated which will effect not only their energetic side but also the physical side as well. The production of hormones and various chemicals by the ovaries will become more efficient and balanced which will in turn affect the rest of the body. Your skin will begin to glow and all sorts of skin problems will disappear, your cognitive functions will improve dramatically, mood swings will become far less intense and your emotions will be smoothed out especially during PMS. As the rest of the body is receiving the warm ovarian energy it will become far healthier and your energies will begin to flow, invigorating the organs and glands. This will in turn lead to more energy available to the ovaries which means more Ching can be created for recirculation. So as you can see your energy will begin to multiply as you cultivate and circulate the Ching. Now the possibilities of full body orgasms are close.

The Orgasmic Draw

With the orgasmic draw, aroused Ching is drawn into the body, organs, glands and brain to produce orgasmic feelings anywhere in the body. In the beginning muscles are used to help move the sexual energy up into the body but soon you will be able to send the energy with the mind only.

The orgasmic draw can be done alone or with your partner but it will be far easier practiced alone at the start. By practicing alone you gain control of your energies so expanding and raising your orgasm into the body becomes automatic. Once this is achieved it will come naturally during sex and no practice will be needed. This is the goal of the practices and it can be achieved quickly with determined practice. I will explain the technique for solo practice and you can adapt it yourself for while having sex. Of course during sex your partner will be stimulating you so it will be harder to control your energy but with practice you will easily gain control even in the most heated passion.

The Practice

1. A good position to start in is lying on your back with your head resting on a pillow. You may use any position you like however so just get comfortable. You should be naked but it is also important to stay warm so use your own judgment. Keep eyes closed during the practice to help bring your awareness inside your body. You can also use the throat friction to heighten your senses.
2. Begin stimulating yourself with your hands. You can stimulate any part of your body but obviously you will concentrate on the genitals and breasts. You may use toys if you like. The point is to get yourself as aroused as possible without having an orgasm.
3. Feel your energy building in the genitals and in the ovarian palace. There is no rush so just move with your instincts. Consciously draw energy out of the ovaries and into the genitals and ovarian palace. Wherever you feel the energy you can bring your awareness to the area and this will help to expand the ching.
4. Begin drawing the energy to different parts of your body with the mind. You can draw it up the spine and into the head, into the belly filling it with energy, up the front of the body into the breasts or into any organ, gland or part of the body.
5. When you feel like you are close to orgasm you can stop stimulating yourself and tighten the anus and vagina. Try to create waves of muscle

contraction from the vagina all the way up the spine to the head. The physical muscle contractions help to draw the energy up into the body and brain.

6. When you have regained control begin stimulating yourself again. Continue to move the energy around the body with the mind only while stimulating yourself.
7. Again when orgasm becomes close stop stimulation and use muscle contractions to draw the energy into the body and up the spine.
8. Continue with this process for as long as you like.
9. You may allow yourself to orgasm at the end if you like. Females do not lose a large amount of ching during orgasm so it is not as important as for males to refrain from orgasm. The goal of the process is to bring sexual energy into the body and begin circulating it throughout. An orgasm at the end can actually have a good effect as the built up energy is dispersed. During the orgasm you should continue to draw the orgasmic energy into the body and away from the genitals however which will minimize losses.
10. Eventually as your energy body becomes healthier and gains a stronger and higher vibration it will become very easy to draw sexual energy into the body and move it around. As the Ching is cultivated and circulated your orgasms can expand almost infinitely. You can amplify your orgasm, literally by thousands.

In the beginning it may be hard to feel the energy building and to move it. This is because you are probably very low on energy and it will take time to build up enough ching to begin circulation. With these practices your energy will quickly expand and results will be apparent very soon.

As your energy expands and multiplies and your control over your sexual energy increases your experiences with your partner will be far more intense and satisfying. The main reason for failed relationships is to do with low energy levels and sexual issues. Through the raising of your energetic vibration and the cultivation of sexual energy it is inevitable that all sexual issues and emotional conditioning centered around your sexuality will be healed completely. You will become a much happier and freer person who is capable of having loving and meaningful relationships free of emotional issues. Your current partner may need to follow suit and cultivate their

sexual energy also to keep up with you as your energy and magnetism grows. If the path of cultivating your energy is important to you but your partner is not interested you may want to find someone who is also on the Tantric path so as to continue expanding your energy. Don't be too impatient though, when they see the changes happening to you they will probably start the practices too.

Egg Exercises

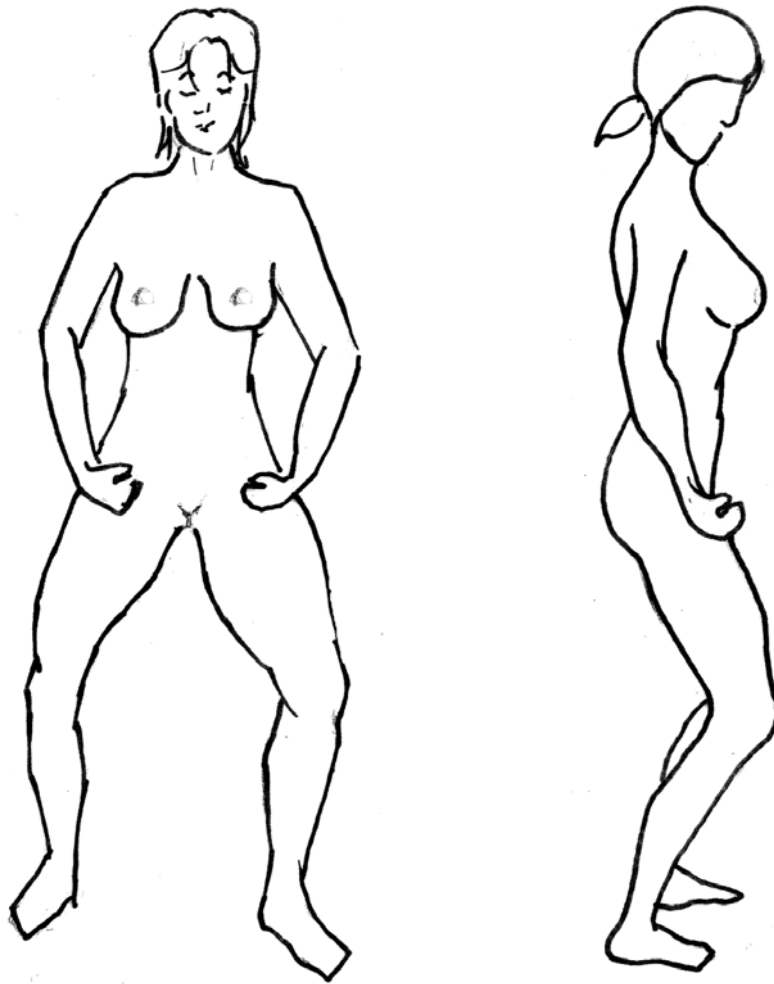
Egg exercises are an important way for the female to gain strength and control over her lower muscles. When this is achieved it becomes far easier to move your sexual energy upwards and into the body. Another benefit of these exercises is that you will have control of your vagina during sex. You will be able to squeeze your partner's penis and help him to gain control over his orgasm. Your vagina will also remain healthy and youthful for your entire life. The strength that can be trained in these muscles is truly amazing, you will actually be able to hold your man inside you, just think of the possibilities for increased pleasure for you and your partner with the prowess you will soon acquire. Do not neglect these exercises as they are an important basis for Tantric success.

The Egg: Eggs come in various sizes and made from different materials. It is best to use one made from some type of rock which is heavy and has a smooth surface. The size can vary, just choose one that you think will feel comfortable. In the beginning it will be easier to use a larger egg and as you gain prowess you can move on to a smaller one which will require more strength and control to move. Below are some examples. You will find eggs at various spiritual shops or precious stone sellers. Check the internet if you have trouble finding one.



The Practice

These exercises are done standing with feet shoulder width apart with the knees bent slightly, the back held straight and the fists clenched in front of the body. Please see the below diagram for the proper stance.

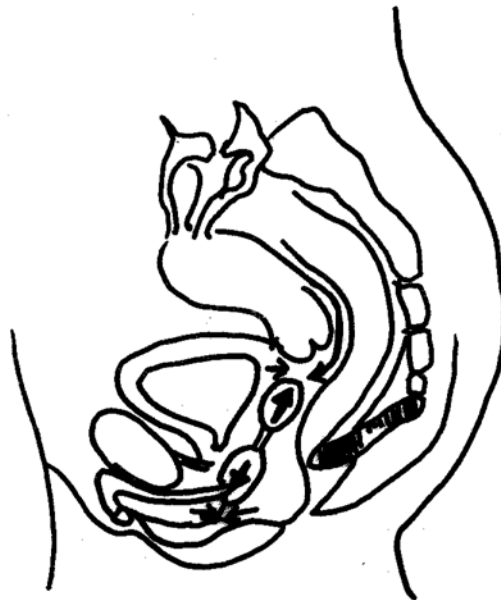


Egg Exercise Stance

Once in the stance you can insert the egg into the vagina. You can insert the egg either way but it will be easier to move if you insert the large end first. Simply try to move the egg with your muscles. Move it up and down. It will be difficult at first but with practice you will succeed. Try to practice every day for a few minutes and increase your practice time gradually. If you ever have trouble releasing the egg

simply lie down with your back supported by pillows, relax your muscles and it should slide out. You can also try squatting which will help you to move it out. Always wash the egg after each use. At the start, if you are very worried about the egg getting stuck you could try putting it in a condom so that you can easily pull it out at the end.

Once you have gained proficiency in moving one egg you can move on to using two eggs. This will give you even greater control over your muscles and sexual energy. Insert both eggs and move them apart and together as shown below. Try to click them together.

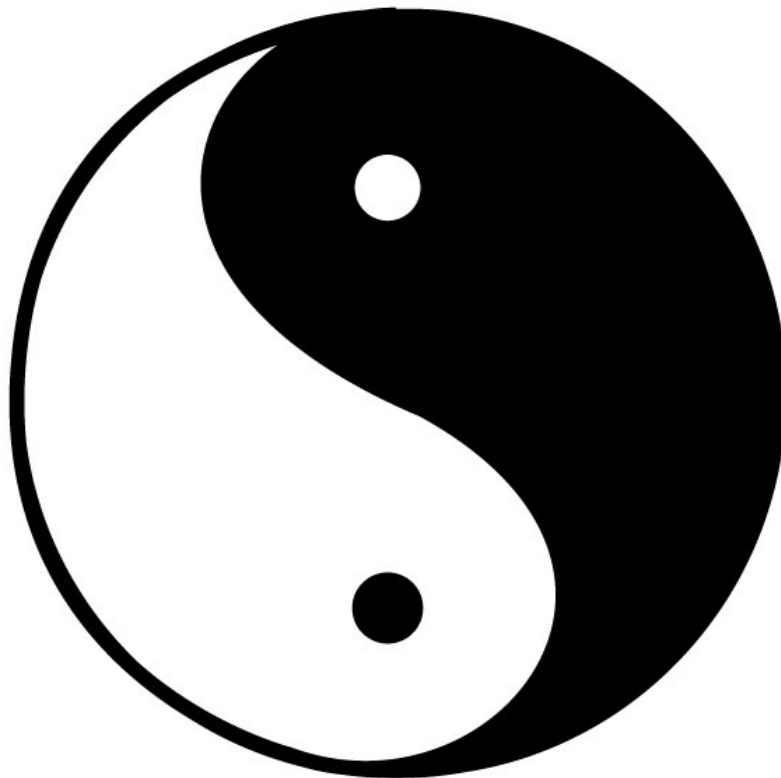


Squeeze the two eggs apart and together

Have fun with it and increase your skills. The results you will soon achieve will astound you and your partner will be truly amazed. Sex will never be the same, your orgasms will expand to levels that you never dreamed possible and your physical, mental, emotional and spiritual health will increase dramatically.

All of the above practices should be played with and enjoyed. The more you do the sooner you will succeed so you must be the judge of how much to practice. Remember, don't practice any of these techniques during menstruation, but between periods you may do as much as you like.

Energy Exchange



Energy Exchange

Now that you have stopped the loss of your sexual energy and gained control of its movement within your body you can begin to exchange it with your partner. The exchange of sexual energy does occur naturally during sex but is often hindered by the sexual issues and energetic blockages of each partner. In cases like these there is never a true blending of energies as the partners continue to hold back from one another on a subconscious or even conscious level. As we are polarized beings we are in an unbalanced state with males having an excess of yang (active) energy and females an excess of yin (passive) energy. As our sexual energy is the most polarized of all our energies it is here that the largest imbalances can be found. Sexual repression and emotional issues around our sexuality have created even greater polarization. With unbalanced energy especially sexual energy we cannot achieve a peaceful state of being and cannot transform our subtle bodies to the extent necessary for spiritual transformation and incarnation. These are the reasons that we need a partner to help us to balance our energies. The yin from the female is vital for the male to help balance his volatile yang energy and the female is in need of yang energy to balance her excessive passive energy.

With the prowess gained through the practices here your energy body will become much stronger, all meridians will be unblocked and flushed out and you will be able to move your own energies with ease. The microcosmic orbit begins the balancing of your energy by circulating it in a continuous loop around the body. This allows for your energies to blend and balance with one another. With a partner you can join energies and circulate each others sexual energy through your microcosmic orbit. This is extremely beneficial for each partner as they are in need of the energy of the other. The microcosmic orbit blends your energy with your partners and circulates it throughout the body to wherever it is needed. The benefits of this to each individual are massive and also the benefits to any relationship will be astounding. For a truly honest and loving sexual relationship to succeed, each partner must give freely and lovingly of their own energy for the other.

In the beginning of energy exchange sexual energy is shared between the partners and circulated throughout their bodies. At higher levels of Tantric practice there

comes a point where cosmic orgasm becomes a possibility. This is where the energy bodies of each partner have become purified and refined enough that some degree of spiritual incarnation has occurred. The Chakras and various structures of the light body have activated and incarnated into the etheric and physical bodies. When this has been achieved, an enormous amount of sexual energy is released during intercourse and the vibration of each partner rises dramatically. The lightbody begins to vibrate faster also and is further impacted into the physical body. A melding of subtle and physical substances occurs leading to an orgasm of the entire being. This is far more than a full body orgasm which mainly affects the etheric body but incorporates all dimensions of both partners' beings. It is beyond description, an experience where boundaries disappear completely, time and space stand still and partners become one with each other and the universe. The truth is revealed that all of creation is made of pure ecstatic love.

To get to this type of experience you will have outgrown practices and techniques and will have no need to read about such things. Experience is the only thing that will ever show you the truth or reveal the heights of ecstasy that Tantric sex can lead to. After a while using the techniques in this book you will have enough understanding to take yourself all the way to Cosmic Orgasm. It is unnecessary for me to go into detail about how to achieve it as your own intuition will take you there. All you have to do is begin practicing and you will awaken to your own energy. As you gain greater control and your meridians are cleared you will easily be able to exchange energy with your partner in numerous ways. With the ability to feel and control your own energy you gain the ability to feel others energy and also to have some control of it. Because of this it does become possible to consciously draw energy out of someone else especially during sex when their energy bodies naturally open up. You should never do this. The way to exchange energy with a partner is through mutual exchange. You release your energy into your partner in a loving way, like giving them a gift and they do the same.



There are many ways to exchange energy with your partner. The main gateways for this are the genitals, belly, mouth and heart although any part of the body can be used. One of the most common ways to exchange energy is shown in the picture above. It is a good idea to practice with this position. Before consciously exchanging energy you would have sex in whichever way your passions like to build and expand your sexual energy. When both partners are close to orgasm you can stop and sit in the above position. Be still but keep the penis inside the vagina. Close your eyes and become aware of your energy. Begin circulating the microcosmic orbit. As your energy comes down the front channel you allow it to go into your partner through the genitals and you draw the energy your partner gives you through the same area and up the spine. You create a continuous flow of sexual energy between you in this way and the energy is mixed and balanced on its way around the orbits. Do this for as long as you like and then have normal sex again until the energy builds up, then exchange once again.

You can also reverse the flow through the microcosmic orbit and go the other way. You can exchange energy via the tongues which are very receptive like the genitals.

During oral sex is an excellent time for energy to be exchanged. The person receiving oral will release their energy into the other who (almost literally) drinks it. This can be done in a 69 position where both partners share energy or in a normal position where only one partner receives oral. For males who may become very excited at the beginning of sex it can be an excellent idea to give your partner oral at the beginning. You can drink her sexual energy which is cooling and will temper your hot yang energy making it possible to last much longer easily. You may also give her some of your hot yang energy while giving her oral sex which will get her more excited and help to cool your own energy.

Remember that male energy is like a flame which is instantly alight but can be easily extinguished and females energy is like water which needs a lot of fire to gradually bring it to the boil. Females who cannot have orgasms are often running cold sexual energy which can take a long time to heat up. If the male does not have enough fire or cannot keep it burning without losing control he will fail to bring her to the boil. The exchange of energy is the cure for all sexual problems. It is up to you to explore your energy and share it with a partner that you trust. The solo practices here will heal most sexual problems on their own and bring your energy into much greater balance. This means that females will be running warm energy ready to be brought to the boil and males will be able to keep a strong fire going indefinitely. If both partners are like this the exchange of energy and full body orgasms can last for many hours. In fact there is almost no limit for the length of time two Tantric partners may ride the waves of bliss. Cosmic orgasm will not be far off.

The only advice left to give is to practice often. Have as much sex as you desire and play with your energy. Play with all the techniques and begin exchanging energy with your partner. There are so many ways you may exchange energy. Just use your imagination and go by feel. Try raising your sexual energy into your heart and passing it across to your partners heart and vice versa. Try one orbit between you with the energy coming up the male's spine and down through his tongue into the females tongue where it then travels over her head, down her spine and out from her vagina into the man's penis, or do the reverse. You can even send energy out the tops of your heads to then shower down upon you. The possibilities are endless; all you have to do is play with sex, explore your sexuality, become Tantric and experience bliss...

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