

## THE TANTRIC PENIS LESSONS

Although Yoga has been used mainly for Self-Realization, the ancients knew that if their disciples did not gain control over their sex drive, they would waste a tremendous amount of their vital forces, which could ultimately be used in other ways, such as strengthening their bodies, minds and Will.

These few exercises that the Yogis gave their students allowed the students to not only gain complete control of their sexual energies, but it was also discovered that it gave the students larger and thicker penises. In addition, the students also developed complete control of their sex.

The young men who did not go on to become celibate, members of the order of Swamis or a renunciate, discovered that they could now please their partner better with their new and improved larger penis.

Thus the following exercises have the ability:

- 1: To give a man a larger and healthier penis plus a more exciting sex life.
- 2: If one wishes, one can use these exercises to develop and enrich his spiritual nature by controlling his sexual energies.

Here then are the 3 simple exercises needed to achieve these results.

### POSE 1

Stand behind a kitchen chair with hands on the back of the chair. Slightly bend the knees and thrust the pelvis forward as far as you can without changing knee position. Then thrust backwards. It is not necessary to be violent in this action. It is solely to exercise the lumbar area of the back and revitalize all the nerve endings connected to the coccyx center at the base of the spine. This arouses the sexual energies and strengthens the muscles in the lower back.

Do this as long as you comfortably can for up to 7 minutes.

### POSE 2

Coat your penis with a jelly or oil and stroke the penis until it is as hard as it can possibly go. Now keep using this masturbation method as it gives you the greatest pleasure.

**IF YOU FEEL YOU ARE GOING TO EJACULATE THEN REVERT TO THE FIRST PART OF THE LESSON, THEN RETURN TO THE STROKING ONCE YOUR BODY IS CALM. DO NOT EJACULATE AT THIS POINT IN THE LESSON.**

Keep repeating this procedure. If it becomes unbearable, and difficult to control your need to ejaculate, then jump immediately to the third exercise, which is the breathing technique to lift these energies up into the brain.

If you go to the third exercise at this point then you can do one of the following:

1. Return to pose 1 once your desire to ejaculate has subsided...

or

2. Finish the lesson and carry on with your day or night.

Doing the 2 pose helps give you absolute control over your ejaculations. Not only does this give more pleasure to your partner but it will also lengthen and thicken the penis by extended use.

The Penis is muscle and cartilage and needs blood to enlarge it. The more you do this, the grander shall be the results.

**NEVER EJACULATE WHILE DOING THE EXERCISES.**

In the beginning, you will have to ejaculate as you have not developed the Will yet to sustain the rock hard erection. With repeated practice of these three simple exercises you will gain more and more control.

### POSE 3

When you have practiced the 2nd position long enough, then sit in the chair in a comfortable upright position, and take in a deep breath to the count of 12 - hold for 3 counts, then breath out for the count of 12 and hold out for 3 counts.

The secret here is to imagine all that sexual energy you have accumulated during the 1st and 2nd stage is being lifted up the spine as you take in the breath, and for the count of 3 swirl that energy around the head as a cool light.

Repeat this breathing exercise 28 times and no more.

Do these 3 exercises twice a day, time permitting. It is not a good idea to keep the sperm which has been accumulated during these exercises, **SO IF THE BREATHING HAS NOT COOLED YOU DOWN TO NORMAL, THEN EJACULATE.**

In time, ejaculating will not be necessary as you will have gained ejaculation control. Furthermore, the breathing exercise will have taken care of your need to ejaculate also.

Please take measurement of your Penis before you start, and then again in six months.

## THE CHINESE TAOIST DEER EXERCISES

### INCREASE YOUR SEXUAL STAMINA NATURALLY

#### DIRECTIONS FOR MEN

Over 2000 years ago, the Taoist in China realized that the animal we know of as the deer had a long life and strong sexual abilities. The Taoists realized the deer exercised its buttocks when it wiggled its tail.

The Taoists used this new found knowledge and created a tail wiggling exercise for humans which are now known as the Deer exercises.

These exercises are designed to rejuvenate the body and create an environment for increasing sexual arousal for men. The Deer exercises for women, which are different than the exercises for men, are said to rebalance the female hormones naturally, encourage sexual energy and to help keep women looking young and beautiful.

Here are the Deer exercises for men:

Warm your hands either by rubbing them together or letting warm water flow over your hands.

Once your hands are warm, sit in a cross legged position and cup your testicles in one hand gently. The other hand should be placed flat on your stomach. Now, using a circular motion massage the left side of your stomach 81 times and then repeat on the right side.

After you have done the above it is then time to strengthen your anal muscles which in turn massage the prostate.

Squeeze your anal muscles tightly and hold as long as you comfortably can and then release. Relax for about a minute and then repeat. Do this as many times as you can without discomfort. Chinese Taoists say that anal contractions help to massage the prostate gland producing hormone secretion and a natural high.

If done correctly, you should feel wonderful tingling sensation run up your spinal column that ends somewhere between your ears when you relax.

That's all there is to the Deer exercises!

**MEN! RECAPTURE YOUR SEXUAL VIBRANCY THE NATURAL WAY**

As a Swami I have had countless numbers of men come to me looking for secrets to find happiness and especially happiness with their partner.

At least some of the most volatile complaints I have heard have been, "I am no longer sexually attractive to others" or "I have lost my sexual desire" or "I am impotent" or even, "Why can't I find a mate?"

Well the answers are so simple and natural to all these questions, but as usual, people will not look for the answers from the other side of the question - in other words - what is it that your potential partner desires in you, and can you make yourself desirable.

I have explained some sexual techniques to you already, but one of the most important things I would like to explain is how important "all" your five senses are in being attractive to the opposite sex - or if you happen to be homosexual, then to the same sex.

In sexual "things", smell is your most important sense and it is where most men fail the test. I am not talking about being clean, using colognes or after shaves. I am talking about the body's natural odor. This is called your auric odor.

Natural odor has been lost since the advent of fast food products. There are many foods which make the body and especially your sex glands, smell sour and putrid. It is enough to turn off any potential partner. More than that though, your natural auric odor does not come through - and it's a good auric odor that turns potential partners on.

You must remember, these body odors are all subtle. It is like the pheromones animals and insects secrete to attract their mates from miles away.

Can you imagine turning a potential partner on who is miles away from you just by your odor?

Well it is possible. Humans are not meant to live without a sexual mate - unless of course it is by choice.

I will explain how you can secrete these natural pheromones. This odor must have your personal stamp - not some one else's that has come out of a bottle or the smell of a soap.

The next most important sense is SIGHT. A lot of these men who come to me and ask why they cannot find a mate, look dirty and grubby, unkempt, disheveled and not groomed.

What partner would want to be with a person like this?

Their teeth are dirty and their tongues are yellowed, their skin is blotched and they smell bad. No partner would want to even kiss them.

Then TOUCH becomes most important. Let's face it, your partner likes to feel a good body. But if your body is rough, lumpy or zitted it simply is not a turn on. Your body should feel smooth and silky as skin should be.

TASTE is next in line, and when partners are kissing and licking each another, one does not want to be tasting acrid sour tastes.

Once the phony smells of soap have worn off, your "real" body odor comes through. This is what literally stinks, smells and tastes so sour. I am not talking about B.O. here, as first time sweating can be attractive if your auric odor is pure.

We can't forget the sense of HEARING as the words that come from your mouth either please or displease a partner. It's up to you how you talk to your partner, but always remember, it's what you say to your partner that pleases or displeases. Some restraint and control of the usual verbiage you are used to must be put in to effect in order to attract and keep a viable mate.

When all these five senses have been cleaned up and made natural to you then you will feel like Superman, and partners will notice you and be attracted to you. It is guaranteed.

Now I will explain how you can achieve this state of the "art of being a desirable man".

The Skin is the largest organ of elimination. What goes in to your body has to be eliminated. It is this elimination of all the junk you put in to yourself that smells so bad. It is not just body odor. It is more than that, it is what goes to the very root of your attractiveness to the opposite sex - your auric body odor!

You will begin a regime of eliminating certain foods from your diet, so that you won't have to eliminate them through the skin.

Coffee makes the body smell sour, and worse than sour is that acrid bad odor which comes from the milk drinker.

Now milk is NOT good for you. I repeat, it is NOT good for you.

Milk contains rennin, a completely indigestible substance to the adult human, therefore, rather than sour in the system, it rots!

Not only that, but the constituents in milk rob calcium from the bone mass, and not only does milk NOT contribute to healthy bones, it actually causes osteoporosis and arthritis. For those looking for a natural source of calcium, try sesame seeds or buy sesame seed butter known as Tahini. A small serving of sesame seed can contain more calcium than a glass of milk. Furthermore, you body can digest and assimilate the nutrients found in sesame seeds so much more easily.

The Milk Consortiums see to it through their advertising, that you think it is a healthy drink. No way!

Milk causes more problems than you might think. Why do you think we have a rampant occurrence of arthritis and osteoporosis?

Milk is just not good for you in any disguise. Babies can digest rennin up until they are six months of age. That is the time they are naturally weaned from their Mother's milk anyway. That is how nature intended it. No other species drinks milk after it is weaned. Milk and the overuse of white sugar are the two most dreaded foods that modern man has introduced into his diet.

A test for anyone who has arthritis, is to stop eating all white sugar products, breads and cakes and stop drinking milk, and their arthritis will either disappear or reduce.

Our habits become so ingrained and addictive, that it now seems foolish that only the tobacco companies have been singled out as villains. Sugar is addictive and so is fat. Food does not taste as good without fat.

Although I am vegetarian, as most Yogis are, it is not essential to having a natural attractiveness.

I will give a list of foods which should be eliminated totally from your diet. This does not mean that you have to be rigid. In other words, if you are invited out to a dinner, you will naturally eat what is placed before you. That is good manners and pleases your hosts.

But you will, when preparing food for yourself, eliminate the following foods. These are listed because they sour the body, they are unhealthy and they are what are called Rajasic and Tamasic foods. That means anger and negative inducing foods.

Straight away eliminate milk, sugar, (a bit of dark chocolate is okay), white flour (eat chewy grained breads), coffee (black and green tea plain is okay), cigarettes (if you can break the addiction), any form of liquor (be moderate in this if you like to drink), and fats (cut out fats from meats, butter and margarine). If you have to have butter or margarine, then choose butter. It is a natural fat.

Although the Yogis have known for centuries what fats to eat, our scientific findings today have verified that only unsaturated fats are needed. Olive oil is an excellent source.

Meat eaters should consider switching over as much as possible to white chicken and fish. If you wish to really clean up your body take more Soya proteins into your system. These can be found in powder mixes for drinks, Soya milk, Soya hamburger and patties, cheeses, etc.

Soya milk on cereals is good. Chocolate Soya milk is great.

Now where does the rot come from? In red meats the sinews and gristles do not digest or breakdown. They remain in the intestines and rot. Coffee sours the skin and makes the inside of your body acidic when your body should be alkaline. Milk putrefies the skin. Sugars create too much acid in the system upsetting the pH balance of the oil and sweat gland.

Remember this whole article is about becoming attractive to a partner. If you are having difficulty in attracting a mate or even just sexual partners, then you have to clean up your act.

Here "clean" is the operative word. Soak and scrub. Wash smells from clothes and jackets. Get rid of smoke odors. Eat CLEAN FOODS and not junk food. Let your greatest appeal of cleanliness come from within.

Two things which you can do and should do is drink lots of water, 6 to 8 glasses a day. That's not to say you shouldn't have a glass of wine with your dinner, BUT MAKE SURE YOU GET YOUR WATER QUOTA EACH DAY. Water flushes the kidneys and helps in cleaning away sludge and reduces the work load on elimination. Other liquids you take do not count.

Another interesting thing is that there was a poll taken on a few thousand women, asking them what there most favorite odor was. The majority of them said licorice. Oddly enough, Yogis have used natural licorice throughout history.

You can now buy it in the health food store. It must be the pure natural licorice. As you eliminate this wonderful odor that women love so much, it will be exuded through your skin. Another plus for you. The Yogis use licorice as an eliminator for the bowels, so it will enhance a complete bowel evacuation also.

Another sense is the SIXTH SENSE. A partner can tell immediately if you are hungry for sex. You give off an aura of a beggar licking crumbs from the table. Remember, potential partners like to hunt also and feel that they have conquered. So you have to learn to be aloof to some degree. No one likes a dog salivating all over you.

You will be able to afford to be aloof when you have become clean from within, as potential partners will "DESIRE YOU". YOU WILL BE ABLE TO PICK AND CHOOSE.

This has nothing to do with your God given appearance. You can be the homeliest of men, but if you do as I have suggested, you will be cozied up to. Potential partners will LET YOU KNOW they are ready for you. It is natural. It is guaranteed. It is nature's way with the pheromones.

THE YOGIC COMPLETE BREATH

If you wish to utilize one great Pranic breathing exercise to your "tightening up" routine, then find a quiet seat, sit erect but not stiffly, fold hands together in your lap and breath in to the count of twelve - hold the breath in for the count of three, then breath out to the count of twelve, and hold the breath out for the count of three.

To do this pranic breath properly you should take the first part of the breath low into the abdomen by stretching the abdomen outwards, then the next part should come up into the rib cage by spreading the rib cage open, then the last part of the breath is taken into the top part of the lung.

This is called the Yogic complete breath and will get the most pranic energy into your system. It will also help reduce wrinkly skin, as you will oxygenate from within out.