

**Benefits from Optimal Orgasms (the Tao of Sexual Orgasms):** Orgasm triggers the pituitary to release prolactin. Although chronically excessive prolactin can disable the sexual function, induce cancerous development, screw up the reproduction system and cause depression, an optimal prolactin release from your pituitary and eyes, as a result of an orgasm, is good for hGH production, cancer and tumor prevention and for healthy eyes, brain, heart, liver, kidneys, uterus and prostate. Particularly, if **chondrocytes** (bone marrow stromal stem cells) can release the enzyme matrix metalloproteinases to convert prolactin into 16K-prolactin (16 kDa N-terminal fragment of the hormone prolactin), you will benefit from the antiangiogenic effects from 16K-prolactin. 16K-prolactin can block the **blood vessel invasion or new blood vessel growth**, associated with the endochondral bone formation (blocking mitogen-induced vascular endothelial cell proliferation, involved activation of programmed cell death) and tissue repair after injury and inflammation (by prostaglandin E2!), which is an important mechanism underlying human diseases such as cancer, diabetic retinopathy, rheumatoid arthritis, and heart diseases. It is antiangiogenic, but excessive 16K-prolactin inhibits the penile or clitoral growth, or other normal cellular or nervous repair and regeneration/rejuvenation. Therefore, you need an optimal orgasm frequency to prevent cancers (including prostate cancers), tumors and **retinopathy** (non-inflammatory damage to the **retina** of the eye, due to lack of the blood supply, damaged or constricted blood vessels.) However, you should not have an excessive sex or orgasm since it will produce excessive stress hormones to inhibit the release of the enzyme matrix metalloproteinases, to suppress the neuro-immune system, and to activate the inflammatory factors triggering your health alarm system, as a result of the excessive prostaglandin E2 production. The inflammatory factors actually damage the bone marrow cells. Due to the fact that semen contains high concentration of Phosphorylcholine essential to the brain and nervous function and repair, the old Taoists theorized that men can return semen (actually phosphorylcholine) to revert the brain. Generally speaking, the concept is correct; however, when the brain's dopamine or testosterone level is too high for excessive semen production, your pituitary will be over-excited, leading to excessive oxytocin release and prolactin deficiency, in addition to neuroexcitotoxicity from dopamine-induced excessive glutamate and histamine production, the deamination of dopamine to DOPAL and the oxidative stress from the demination byproduct **Hydrogen Peroxide**. Therefore, Optimal orgasm and ejaculation can help you burn some dopamine and testosterone out, and then induce the prolactin release from the pituitary and retina tissues for some protective and anti-inflammatory hormone 16K-prolactin in cooling down the nervous systems. In this way, you can avoid the side effects of excessive dopamine or testosterone, and benefit from sex. **That is, an optimal orgasm or sex can improve your health.**

Remember this:

Bone Marrow and Sperms: Reuters (April 13, 2007) said Dr. Karim Nayernia at the University of Gottingen, discovered stem cells taken from the bone marrow of men may be able to transdifferentiate to sperm cells in 3-5 years - <http://search.yahoo.com/search?p=Karim+Nayernia+sperm+marrow&ei=UTF-8&fr=moz2>

The Traditional Chinese Medicine considered bone marrow is Essence (Jing) for semen production. What is a coincidence! This means that over-ejaculation or excessive orgasm will cost your bone marrow and weaken your bone. Other stem cells researches have done similar work in female mice and turned bone marrow cells into egg cells. What does this mean to women's body pains or arthritis? This means excessive orgasm/sex/ejaculation, job-related stress, substance abuse or toxins can inhibit the **enzyme matrix metalloproteinases** from the bone marrow stromal stem cells. This is why our readers kept reporting inflammatory pains and arthritis induced by orgasm/ejaculation, job-related stress, substance abuse or toxins.

As of today, a high level of prolactin has been realized as a promoter or co-initiator of breast and prostate cancers, in addition to disable the sexual function. It appears to play a key role in the

development and progression of breast and prostate cancer and tumors. So, keep your prolactin level in the normal range and avoid the synergistically biological effects of the prolactin on the estrogen or/and DHT receptors.

You will get another benefit from sex and orgasm if you get a resulted elevation of both GABA and glutathione which are converted from excitotoxicity glutamate. GABA is synthesized from [glutamate](#) using the [enzyme L-glutamic acid decarboxylase](#) and [pyridoxal phosphate](#) as a [cofactor](#), and glutathione from the amino acids [L-cysteine](#), [L-glutamate](#) and [glycine](#) in two [adenosine triphosphate](#)-dependent steps: by combining L-glutamate and cysteine via the enzyme [gamma-glutamylcysteine synthetase](#) to form gamma-glutamylcysteine, and then adding glycine to gamma-glutamylcysteine via the enzyme [glutathione synthetase](#) to produce glutathione. Elevation of GABA with serotonin, norepinephrine and prolactin after sex or orgasm will trigger the pineal gland and retina to release melatonin for better sleeping, hGH production, nervous regrowth, neuro-endocrine restoration, cellular repair, and sharper vision; Elevating of glutathione can reduce the formation of oxidative toxins, such as **Hydrogen peroxide** ( $H_2O_2$ ), associated with oxidative injury and cellular/nervous damage.

However, if you lack of these liver enzymes ( [L-glutamic acid decarboxylase](#), [pyridoxal phosphate](#) , [gamma-glutamylcysteine synthetase](#) and [glutathione synthetase](#) ) and amino acids [L-cysteine](#) and [glycine](#), you will get excitotoxicity and brain/nervous damage from your orgasm sponsoring neurotransmitters glutamate, dopamine, norepinephrine, epinephrine and histamine which stimulate the gene over-expression of monoamine oxidase in your brain, liver, kidneys, adrenal glands, heart and other organs for premature ageing, brain and nervous damage, and sexual exhaustion symptoms (as listed in <http://www.actionlove.com/cases/case9848.htm>).

Sexual arousal, ejaculation or orgasm induces a burst of norepinephrine and epinephrine release. For a health person, the norepinephrine and epinephrine release is supposed to stop in few minutes after sex and drops in maintaining the homeostasis. Overall, the norepinephrine and epinephrine level will stay higher for few hours. Norepinephrine and epinephrine can trigger both proinflammatory and anti-inflammatory cytokines and kinases in the immune system via the stimulation of the alpha- and beta-adrenergic receptors. Moderate increase in norepinephrine and epinephrine during and after sex results in increase in the concentration of lymphocytes in the bloodstream for immune enhancement; and the anti-inflammatory cytokines overpower the side effects produced by proinflammatory cytokines. That is why optimal sex, like moderate exercises, can improve your health and neuroimmune function. However, excessive norepinephrine induces more proinflammatory effects than anti-inflammatory ones, leading to excessive prostaglandin E2 production to set your brain and body on fire - overheating, immune disorder and inflammatory responses. This is what you have to concern about.

To achieve multiple male orgasms, you must have a spontaneous (natural) erection to start with, and then, apply the ballooning method (Natural Penile Enlargement Method) to expand your penis to an extreme size so that the blood pressure inside the penile cylinders can block the nervous communication between the glans and prostate. To achieve this level, you must hold your ejaculation back 3-5 times during lovemaking. Each ejaculation-holding will balloon your penis to a maximum size, under which condition your partner will feel very stimulated. Repeating this penile ballooning procedure several times and following the penile ballooning method given in <http://www.actionlove.com/cases/case7648.htm> your penis will be expanded upto 140% in length, depending on the level of both your testosterone burst/burning and her excitement.

By the way, to hold ejaculation back several times, you must have a hard erection and practice the Sexual ChiKong Intercourse, as described in

<http://www.actionlove.com/cases/case2res.htm>

and

<http://www.actionlove.com/cases/case7715.htm>

You should learn the [Anal Breathing Method](#) which enable you to channel the sexual energy from you prostate back to your brain, through your tail bone, via your spinal cord and the Governing Vessel of the acupuncture network. You have to periodically contract your tail bone muscle ( to synchronize with each penile stimulation stroke if you are in a sexual act, or each love stroke if you are thrusting her or she is thrusting you.) While a sequence of sexual energy pulses passes through the tail bone, you will feel a sequence of orgasmic(heat ) waves running into your spinal cord up to your brain. This is what the male orgasm without ejaculating is all about! Of course, you can ejaculate at the same time.

For the responses of Sexual Chikong practice from our readers, please read

You may be able to have multiple orgasms without ejaculation (termed as Dry Orgasms) when **your heart pumps at a rate below 100 (75, preferred) beats per minute (this is the most critical factor!)**, the blood pressures are below 150/100, and you breath rhythmically and deeply at about 4 times per minutes (about 15 seconds for a breathing sequence consisting of short step-wise/digital inhaling at a rate of 0.8 second for 5-10 seconds, holding breath for 3-5 seconds, and slowing exhaling for 2-5 seconds ) during intercourse. Heart rate and blood pressure will alternate your brain's sympathetic function associated your ejaculation control. To prolong sex, you must put your brain and heart function in the parasympathetic mode, that is, [let your mind do nothing but guide the circulation of your sexual energy along the Governing and Conception Vessels of the acupuncture network.](#)

**The Key:** Apply a light pressure against your bladder, lightly expand your low abdomen, lightly contract your tailbone muscle between the anus and tailbone at about at a rate of 0.8 second (this is the natural orgasmic contraction rate) **All The Time in the suggested breathing sequence above**; ascend your mind from the tailbone to your rear brain along the spinal cord while inhaling; focus your mind onto the rear brain first and slowly move your mind to your third eye between your two eye bows while holding your breath, and then descend it down to your prostate along your Conception Vessel - the central line of your front body while exhaling. Always keep a slight pressure against your bladder to relax your prostate even when you exhale. **You will feel your tailbone muscle is vibrating during the off-line (non-intercourse) practice - practice it anytime when your body is in relaxation. During online (intercourse) practice, the vibrating tailbone muscle will pace orgasmic contraction across the anus toward the prostate muscle and penile shaft once the tailbone muscle traps sufficient sexual energy. If you don't know how to practice this advanced Sexual ChiKong, go to read <http://www.actionlove.com/love/chikong.htm> first.**

Don't contract the prostate and its surrounding muscles. Instead, relax them. Load your thrusting forces or body tension on your knees, legs, shoulders and hands and contract your tailbone muscles and bend your head/neck backward against your spinal cord to allow sexual energy to flow into your spinal cord via the tail bone from the prostate. The trick is, the tailbone nerve will trap a part of the sexual energy. When Sexual energy elevates at the tailbone nerve over -40 mV, the tailbone autorhythmic fibers induces Orgasmic Contraction which spreads from the tail bone muscle to the penis and the prostate muscle. The orgasmic contraction does not deeply reach the seminal vesicles for induction of ejaculation, even the prostate lightly contracts. Therefore, ejaculation does not occur, but your woman can feel your penis contracting at that moment. She can sense your penile contracting 3-5 times without ejaculating! When your orgasmic contraction occurs, don't move or thrust, but inhale deeply or hold your breath and widely open your eyes to allow your pupils to dilate upon the orgasmic wave pounding your head. If your glans penis is kissing her cervix at the moment (see the central graph of <http://www.actiontao.com/imagen/resonant.jpg>), your contracting penis, acting like a vibrator stimulating her Epicenter/cervix, may induce her orgasm at the same time (Note: if you ejaculate a powerful, hot semen jet when your glans penis is gripped and kissed up by her Epicenter/cervix, she will achieve a powerful orgasm with you!). The feeling is very beautiful for both of you! It is like an orgasm orchestra performed by the uterus and the glans penis. For us, we feel like the bioelectric sparking across the glans penis and the Epicenter/cervix. Therefore, we preserve the bioelectric energy for another orgasm again and again in one love session.

If the seminal vesicles are full of semen, the shallow prostate contraction may pop out one small drop of semen, which would not affect the erection power for continuous lovemaking. That is, your refraction period in re-arming your penis is almost in zero second!

Note: You may fail to achieve this when your prostate tension is high as a result of the excessive dihydrotestosterone (DHT) building up due to an excessive testosterone burning in the prostate tissues. You need DHT in the penile tissues to power up the penis, but you don't want it in the prostate tissues. The excessive testosterone burning occurs when the pituitary produces too much LH (Luteinizing Hormone) and the liver supplies sufficient 5-alpha reductase for burning testosterone. This is also a main cause of young men's premature ejaculation (PE). Contracting the prostate and its muscle to assist erection during sex is the second cause of PE for men of all ages. Blood congestion in the perineum area may cause prostate tension as discussed in <http://www.actionlove.com/love/message.htm>

**Nervous Excitotoxicity: Amphetamines (speed), Methamphetamine,** or its precursor ephedrine or their cousins stimulate the dopamine and noradrenaline (norepinephrine) for excessive dopamine/norepinephrine-epinephrine conversion although the increased dopamine and norepinephrine function causes the patients' brain to experience a more intense level of concentration, to focus for extended periods of time, and to heighten interest in performing focus based tasks. That is why we call amphetamines "Speed." When you chronically speed up your dopamine-norepinephrine-epinephrine conversion, your brain will be burned out. For the causes and consequences of methamphetamine, please check this link - <http://www.aapsj.org/view.asp?art=aapsj080238> .

Alcohol can open the blood-brain barrier for more drugs or nutrients to get into the cerebrospinal fluid and to exert their effects on the brain and nervous function immediately. Alcohol + amphetamines (or ephedrine) will over-heat the dopamine/norepinephrine/epinephrine and sympathetic nervous function in a short time. Chronic over-heating of the brain and nervous systems will result in exhaustion for all the internal organs.

The main side effects includes aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, Tourette's syndrome, decreased appetite, difficulty falling asleep, stomachache, emotional ability, weight loss, dry mouth, headache, seizures or abnormal brain waves, high blood pressure, irregular cardiovascular output, initially heightened sex but eventually sexual exhaustion and premature ejaculation, even sudden death.

**Warning:** Street drugs and excessive sex are extremely destructive. Both directly or indirectly alternate the gene and enzyme expressions for physiological and psychological disorders (brain/nervous), chronic sleeping disorder (pineal gland gene expression disorder in response to light), and body pains, via the excessive conversion of stress neurohormones norepinephrine and epinephrine from dopamine and its induced over-expression of COX-2 and Protein Kinase C (PKC). These problems are created by chronic tyrosine hydroxylase, dopamine beta-hydroxylase and phenylethanolamine-N-methyl transferase gene expressions while excessive orgasm or ejaculation adds chronic prolactin gene over-expression and oxytocin gene under-expression for severe sexual and orgasmic dysfunctions and chronic exhaustion. It is very expensive to cleanse the brain and nervous systems polluted by the street drugs which alternates or even destroys the gene expression of a nervous receptor or synapse. Parkinson's and Alzheimer's disease are the two most common of a class of diseases associated as neurodegeneration - the brain cells sickness (gene expression disorder) or death. Don't fry your brain and nervous systems by mixing drugs with excessive sex (over-ejaculation or excessive orgasm), where over-ejaculation or excessive orgasm is destructive enough to alternate the gene expression of the dopamine D1 and D2 receptors, Serotonin C2 receptor, GABA A receptors and acetylcholine receptors for psychological disorders and brain damage. A chronic use of street drugs also destroys or damages testicular/ovarian functions for sexual and orgasmic disorder and dries the prostate's seminal production and the vaginal natural lubrication production mechanisms

**Good News:** He said 'I have taken your products periodically for some time and sexual function has improved considerably. Prior to taking your products my libido was almost non-existent. If I did have sex (an orgasm) I was always very exhausted thereafter.' New formula pro-dopamine, pro-acetylcholine, cardiovascular-friendly formulation ViaPal-hGH-V for faster recovery of post-orgasm exhaustion and illness symptoms

==> <http://www.actionlove.com/cases/case15498.htm>

How come there are about 5-10% of sexual exhaustion cases that never recover? cut off testicular arteries by prolactin, norepinephrine and/or epinephrine induced arterial constriction and inflammation for the death of the testicular somatic stem cells.

==> <http://www.actionlove.com/cases/case16681.htm>

**Warning, Warning:** Finally, some conscious researchers want to tell you that [high-frequency sexual activity](#) (intercourse, masturbation, overall) may increase risk of prostate cancer as given in <http://www3.interscience.wiley.com/journal/121510647/abstract>. It is not a joke! But, do you believe in them this time since the last time you were told that masturbation can reduce prostate cancer risk (yes, and you got excited by the "good" news which becomes your nightmare now!)? Dr Lin has collected the ill effects (sexual exhaustion symptoms) from Over-masturbation/Over-ejaculation/Excessive Orgasm since 1997 to prove what the 5000-year old Chinese medical text said. Dr. Lin has concluded [sex/psychological-induced excessive prolactin, norepinephrine, epinephrine and prostaglandin E2 can cause autoimmune disorders \(more reference?\), skin disorders, allergy, asthma, and cancerous/tumorous cellular development and locomotion, and ignite negative neuro-immune-reaction, arterial constriction \(via the alpha-adrenergic receptors\) / inflammatory narrowness and venous constriction for blood-cutoff castration of the hypothalamus-pituitary-testicular axis and heart diseases, and inflammatory responses](#). Interrupting the stimulation of neurohormones norepinephrine and epinephrine on the beta-adrenergic receptors via the sympathetic nerves (T10-L2) results in the prostate atrophy for spinal-injury men- <http://www.nature.com/sc/journal/v44/n1/abs/3101804a.html> while sympathetic nervous over-excitation of the neurohormones on the prostate causes prostate enlargement and pains. For more information on Cancer, Sex and Stress, please click here - [Stress Increases Prostate \(and Ovarian\) Cancer Risk](#). By the way, if you have been misled to over-masturbation, over-ejaculation (high-frequency ejaculation), or excessive sex, our products can help you get recovery from [sexual exhaustion symptoms](#) unless your testicular function was fully castrated by excessive sex.

Over-masturbation/over-ejaculation/excessive-orgasm can castrate your hypothalamus-pituitary-testicular(ovarian) axis by arterial constriction and inflammatory narrowness in your brain and pelvic organs (testicles, prostate, seminal vesicles, penis, ovaries, uterus, vagina and clitoris) due to excessive release of prolactin, norepinephrine, and epinephrine, excessive binding of norepinephrine/epinephrine on the alpha-adrenergic receptors, the norepinephrine/epinephrine induced excessive prostaglandin E2, and the post-sex deficiency of nitric oxide and prostaglandins E1/E3 production. Once your hypothalamus-pituitary-testicular(ovarian) axis is locked (tightened up), you will lack of androgen hormones (DHEA, testosterone or/and DHT) to unlock it. In the good old days, we castrated animal testicles by mechanically tightening up the arteries to the testicles. Over-masturbation, over-ejaculation, excessive sex or/and excessive orgasm produce the similar castration

effects as the mechanical one. To prevent the castration effects, you have to keep your blood flow to your brain and testicles after having sexual activities and experiencing sex-induced stress. The post-sex androgen hormones and oxytocin in your bloodstream or/and residual semen are essential to keep arterial dilation via the nitric oxide and cGMP release from the vegal/parasympathetic nervous endings, as well as the action of the stress hormones norepinephrine and epinephrine on the sympathetic nervous beta-adrenergic receptors where partially blocking the alpha-adrenergic receptors may be required. Also, excessive prolactin, norepinephrine, epinephrine and/or prostaglandin E2 increase the risk of autoimmune disorders.

**Over-Masturbation and Over-Ejaculation (Document 1); [For Document 2, click here](#); [For Document 3, click here](#); For Girls' Over-Masturbation and Excessive orgasm, [Click Here](#); Want to know Why Over-masturbation / Over-ejaculation / Excessive Orgasm are so destructive ? [Please click here!](#) Get [Eye Floater ? \(click here\)](#), or **"Why over-masturbation induces dopamine, cholinergic, serotonin, GABA and norepinephrine/sympathetic nervous disorders for psychological disorders with neuoplasticity - Homosynaptic and Heterosynaptic plasticity** <http://www.actionlove.com/cases/case16175.htm>**

Chronic over-masturbation since age 10 gives this 18 years old massive back pains, knee pains, easy to get muscle and joint injuries, poor memory, absentmindedness, premature ejaculation and laziness (slow reaction); can he get recovery by semen retention or reverse the long-term potentiating neuroplasticity?

==> <http://www.actionlove.com/cases/case16502.htm>

Crazy masturbation at 2-3 times a day results in acne outbreak, and then taking acne drug for dry skin/lips, bad mood swing; after treatment, resuming over-masturbation for sympathetic nervous hot flushes, sickness, infection, mood swing, depression, excessively sweating, but cold body and numbed hands and feet, penile numbness, sleeping disorder (insomnia), and poor memory.

<http://www.actionlove.com/cases/case16497.htm>

**What is POIS ( Post Orgasmic Illness Syndrome)? Traditional Chinese Medicine (TCM) terms POIS as Qi (Chi)-Blood Stagnation or Blockage, as parts of Sexual Exhaustion Symptoms**

==> <http://www.actionlove.com/cases/case16665.htm>

**Why ejaculation/orgasm causes his mood swing, anger, aggression, anxiety, stress, fatigue, tiredness... for no more sexual orgasm - On the brain and body chemistry change in response to ejaculation or orgasm.**

==> <http://www.actionlove.com/cases/case13755.htm>

**Chronic Over-Masturbation and over-ejaculation in last 5 years results in persistent sexual arousal (satyriasis), sexual exhaustion, adrenal fatigue and dizziness for no more sexual orgasm**

==> <http://www.actionlove.com/cases/case16745.htm>

**Drug abuse with pot (marijuana) smoking along with anti-anxiety, anxiolytic and antidepressant drugs results in severe head pains, tremors ( parkinson's syndromes), loss appetite, leg pain, testicular and scrotum pains, anxiety, blurred vision, hearing hallucinogenic voices, no erection and no more sexual orgasm**

<http://www.actionlove.com/cases/case16408.htm>

After sexually exhausting his the brain's and internal Hypothalamus-Pituitary-Adrenal (HPA) axis, he has gotten headache and felt death and exhaustion from wet dream, even once a week. Why he felt worse on the 2nd day after ejaculation? He may have to rely on the Cutaneous Hypothalamus-Pituitary-Adrenal (CHPA) function to assist post-ejaculation or post-orgasm recovery.

<http://www.actionlove.com/cases/case15761.htm>

The destructive testing results of over-masturbation from a 17-year-old boy - sexual exhaustion symptoms for no more life and sexual orgasm, including, body pains, arthritis, testicular pain, penile pain, prostate pain, back pain, face pain, gum pain, tinnitus (excessive glutamate and inflammatory hormone prostaglandin E2), headaches, fatigue, anxiety, nightmare, chilliness and shivering attacks, hypothyroidism, hot flashing/fever (premature male menopause), cracking joints, fibromyalgia, impotence, Restless Leg Syndromes (pre-parkinson's disease) and so on.

==> <http://www.actionlove.com/cases/case15655.htm>

Chronic over-masturbating 2-3 times day killed his 18-years-old penis for no more erection and sexual relationship.

==> <http://www.actionlove.com/cases/case15651.htm>

Sexual exhaustion symptoms are still UFO for western doctors and medical societies although the Chinese Sex Bible and medicine documented them 5000 years ago.

==> <http://www.actionlove.com/cases/case15448.htm>

After his acetylcholine/parasympathetic, dopamine, serotonin and GABA nervous system, neuro-endocrine function and liver system has been damaged or blown up by excessive norepinephrine, epinephrine, glutamate, histamine, cortisol, prolactin, prostaglandin E2, or/and excessive Monoamine oxidases (MAO) toxins such as 3,4-dihydroxyphenylacetaldehyde (DOPAL), 3,4-dihydroxyphenylglycoaldehyde (DOPEGAL), hydrogen peroxide (H2O2) and 5-Hydroxyindoleacetic acid (5-HIAA), he could not heal his damaged brain, neuro-endocrine system, liver and prostate, associated with the sympathetic Fight (premature ejaculation) and Flight (going limp), by simply stopping masturbation.

==> <http://www.actionlove.com/cases/case15629.htm>

**Bone Marrow and Sperms:** [Reuters \(April 13, 2007\)](#) said Dr. Karim Nayernia at the University of Gottingen, discovered stem cells taken from the bone marrow of men may be able to transdifferentiate to sperm cells in 3-5 years.

The Traditional Chinese Medicine considered bone marrow is Essence (Jing) for semen production. What is a coincidence! This means that if over-ejaculation will cost your bone marrow and weaken your bone. Other stem cells researches have done similar work in female mice and turned bone marrow cells into egg cells. What does this mean to women's body pains or arthritis?

**Ejaculatory Frequency and Season Change vs Semen Quality:** according to <http://www.ncbi.nlm.nih.gov/pubmed/15302284?dopt=Abstract>, Increasing your ejaculatory frequency will drop your sperm concentration, but there is no seasonal variations in sperm concentration, motility, or morphology. Compared with one ejaculation per week, sperm concentration fell 29% with two ejaculations per week, and by 41% with three ejaculations per week. Noticeable, the spring ejaculatory frequency is significantly higher in spring months than the winter's. Note: the pituitary-testicular axis



and the skin endocrine function respond to the seasonal temperature change, and more active in warm weather.

### **Ejaculation Frequency vs. Testosterone Level:**

1. <http://www.ncbi.nlm.nih.gov/pubmed/12659241?dopt=Abstract> - "The purpose of this study is to gain understanding of the relationship between ejaculation and serum testosterone level in men. The serum testosterone concentrations of 28 volunteers were investigated daily during abstinence periods after ejaculation for two phases. The authors found that the fluctuations of testosterone levels from the 2nd to 5th day of abstinence were minimal. On the 7th day of abstinence, however, a clear peak of serum testosterone appeared, reaching 145.7% of the baseline (  $P < 0.01$ ). No regular fluctuation was observed following continuous abstinence after the peak. Ejaculation is the precondition and beginning of the special periodic serum testosterone level variations, which would not occur without ejaculation. The results showed that ejaculation-caused variations were characterized by a peak on the 7th day of abstinence; and that the effective time of an ejaculation is 7 days minimum. These data are the first to document the phenomenon of the periodic change in serum testosterone level; the correlation between ejaculation and periodic change in the serum testosterone level, and the pattern and characteristics of the periodic change." also in [http://www.ncbi.nlm.nih.gov/pubmed/12506329?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/12506329?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)
2. <http://www.ncbi.nlm.nih.gov/pubmed/11760788?dopt=Abstract> - "This current study examined the effect of a 3-week period of sexual abstinence on the neuroendocrine response to masturbation-induced orgasm. Hormonal and cardiovascular parameters were examined in ten healthy adult men during sexual arousal and masturbation-induced orgasm. Blood was drawn continuously and cardiovascular parameters were constantly monitored. This procedure was conducted for each participant twice, both before and after a 3-week period of sexual abstinence. Plasma was subsequently analysed for concentrations of adrenaline, noradrenaline, cortisol, prolactin, luteinizing hormone and testosterone concentrations. Orgasm increased blood pressure, heart rate, plasma catecholamines and prolactin. These effects were observed both before and after sexual abstinence. In contrast, although plasma testosterone was unaltered by orgasm, higher testosterone concentrations were observed following the period of abstinence. These data demonstrate that acute abstinence does not change the neuroendocrine response to orgasm but does produce elevated levels of testosterone in males."
3. American population testosterone level dropped about 50 ng/dl for men at around age 64-65 between 2 groups of men born in 1920-1924 and 1930-1934, according to in <http://jcem.endojournals.org/cgi/reprint/92/1/196>. When the 1920-1924 group reached the median age 65, their mean testosterone level was 500 ng/dl; when the 1930-1934 group reached the median age 56 and 64, their mean testosterone was 529 ng/dl and 444 ng/dl, respectively. The 1930-1934 group has a testosterone drop rate at about 10.65 ng/dl per year during ages 56-64. This report also shows that the testosterone drop rate generally becomes faster for the men from 55 to 65. If we use the same annual drop rate of the 1930-1934 group, the extrapolated, averaged testosterone level of 20 year old men born during 1930-1934 should be about 911 ng/dl. Assuming that the mean 20-year old testosterone level for both groups are the same is about 911 ng/dl, the overall-averaged testosterone drop for the 1920-1924 group is about 9.13 ng/dl/year, while the overall-averaged testosterone drop for the 1930-1934 group is about 10.61 ng/dl/year I suspect the higher masturbation/ejaculation frequency in the younger generation after the 60's

sexual revolution resulted in a higher cortisol/ prolactin level (or faster ageing of the hypothalamus-pituitary-adrenal and -testicular axis) accelerates the testosterone drop, since some high-frequency over-masturbation young men experience male menopause (andropause) between ages 20-30.

In addition, semen has high concentrations of potassium, zinc, calcium, magnesium, citric acid, fructose, phosphorylcholine, spermine, prostatic acid phosphatase, free amino acids, prostaglandins and enzymes, which nourish and protect the sperm. Due to the high concentration of Phosphorylcholine in semen, the old Taoists theorized that men can return semen (actually phosphorylcholine) to revert the brain. Generally speaking, the concept is correct; however, when the brain's dopamine or testosterone level is too high for excessive semen production, you still have to ejaculate to burn the dopamine and testosterone and to induce the prolactin release in the pituitary and retina for some protective and anti-inflammatory hormone 16K-prolactin to cool down the nervous systems, so that you can avoid the side effects of excessive dopamine or testosterone. In this way, you can benefit from sex. Note that testosterone and acetylcholine can excite the dopamine-hypothalamus-pituitary axis and oxytocin release for sex.

Futhermore, **Semen contains a lot of GABA (**

<http://www.andrologyjournal.org/cgi/content/full/25/1/140> ,

[http://www.ncbi.nlm.nih.gov/pubmed/6237538?ordinalpos=1&itool=](http://www.ncbi.nlm.nih.gov/pubmed/6237538?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVAbstractPlusDrugs1](http://www.ncbi.nlm.nih.gov/pubmed/6237538?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1) ) and **beta-**

**endorphin** [http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=](http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVAbstractPlusDrugs1](http://www.ncbi.nlm.nih.gov/pubmed/6291653?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlusDrugs1) ,

[http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=](http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/2216060?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)), both of which are the calm/inhibitory neurochemicals. For a healthy man, ejaculation triggers glutamate-GABA conversion with the liver enzyme glutamate decarboxylase while glutamine is converted to glutamate by the liver enzymes glutamate synthase and synthelase. In a male rat model, the cerebrospinal fluid(CSF)'s GABA and [Asparagine](#)/glutamate concentration increases 1000% and 200%, respectively, and there is a small decrements in amino acids such as serine, arginine, [Alanine](#) and [leucine](#) (

[http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=](http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

[EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/2877423?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum) ). If there is a lack of

the liver enzyme glutamate decarboxylase, glutamate in CSF becomes too high and GABA becomes too low. This is why ejaculation causes deficiency of GABA and excessive glutamate for the brain and nervous instability and sympathetic nervous Fight or Flight responses. Semen's GABA and beta-endorphin in the vaginal and cervix can block the female dopamine, oxytocin and glutamate nervous excitation in the brain via the pituitary-uterus/cervix vagal nervous pathway, Both GABA and beta-endorphin also increase the female cerebrospinal fluid's GABA and beta-endorphin concentration right after male ejaculation, leading to calming the female central nervous system and reducing the oxytocin release. That is why premature ejaculation will disable libido immediately, unless the semen's prostaglandin E2 and glutamate can continue exciting the clitoral, G-spot, cervix and uterus vagal nerves. However, semen/CSF's GABA and beta-endorphin can help male and female post-orgasm pains in the urethra, prostate, bladder, clitoris, vagina, uterus, and tailbone

<http://endo.endojournals.org/cgi/reprint/145/3/1331>. Note: Beta-endorphin is mainly produced by the hypothalamus-pituitary-adrenal and -testicular/Ovarian axis in response to stress. A sexual exhaustion

person will fail to release sufficient beta-endorphin in help suppress pains. A persistent sexual arousal person lacks of GABA and beta endorphin, but has a high level of glutamate, dopamine, norepinephrine, epinephrine and/or histamine. Obviously, a person with a lack of serotonin, GABA and beta-endorphin will experience severe anxiety, depression, mood swing, de-realization, irrational thinking, irritation, panic responses, premature ejaculation, penile or clitoral over-sensitivity, and pains.

**Extra side effects of Sex and Drugs: Over-ejaculation, over-masturbation, excessive sex, excessive orgasm or drug abuse can induce brain's arterial inflammation to narrow down the arteries and to constrict the blood flow to the brain. The narrowed arteries in the brain require a high blood pressure to pump blood up to your brain. This results in hypertension, headaches, migraine, blurred vision, gum inflammation, sleeping disorder, and ear ringing addition to brain disorders, body or joint pains and inflammation, liver and kidneys fires, and prostate(uterus/cervix)/bladder/urethra disorders !!!.**

How to kick the pornography addiction: Reduction of the inflammatory hormone prostaglandin E2 production, Excessive epinephrine and norepinephrine induces inflammatory responses, persistent sexual arousal, and brain/nervous excitotoxicity, and enhancement of the serotonin and GABA nervous modulation and control

==> <http://www.actionlove.com/cases/case15570.htm>

**Chronic Over-masturbation at about twice a day during puberty, following by using the erectile drugs PDE-5 inhibitors for impotence, resulted in poor vision, stress, anxiety, mood swing, and hair loss for no more sexual orgasm - you can prove the sexual exhaustion symptoms yourself too! why Not? Suffering is Believing.**

==> <http://www.actionlove.com/cases/case15310.htm>

**Chronic over-masturbation since age 13 retracted 3.5 inches of his penis into his belly (perineum), and downsized his penis from 8.4 inches to 4.9 inches**

==> <http://www.actionlove.com/cases/case15642.htm>

The Root of Over-Masturbation/Excessive Sex: Male/Female Persistent Sexual Arousal Syndrome - <http://www.actionlove.com/extra/psas.htm>

LoveLonger can help young men avoid over-masturbation addiction for restoration of sexual orgasm

==> <http://www.actionlove.com/cases/case14813.htm>

He said 'I want you to know that you've helped me over come a bad pornographic habit. I know what you mean you become addicted to that shit. They say that shit is almost like heroin. .... I feel better and have been taking via package J moodax in the morning via growth 3 at noon and dopefibra at night. Erection strength is getting alot better.' Now how to solve the side effects of over-ejaculation and marijuana on the brain disorders: anxiety, stress, insomnia, restless, precum leakage, and ear ringing for better sexual orgasm

==> <http://www.actionlove.com/cases/case15171.htm>

Chronic over-masturbation since age 14 results in thinner hair, weak erection, memory loss, acne, stress, low back pain, premature ejaculation, stomach pains, and some blurry vision. But he could not heal his damaged brain, neuro-endocrine system, liver and prostate, associated with the sympathetic Fight (premature ejaculation) and Flight (going limp), by simply stopping masturbation

==> <http://www.actionlove.com/cases/case15630.htm>

Why a over-ejaculator or over-masturbator can experience craving of sweet or carbohydrate foods after sexual orgasm

==> <http://www.actionlove.com/cases/case15300.htm>

Experiences of sexual exhaustion due to low testosterone: more eye floater, joint and muscle pains, Occipital Neuralgia (pains in the head, neck, shoulder and behind the ears, both sides of head) for no more sexual orgasm

==> <http://www.actionlove.com/cases/case15107.htm>

Post-ejaculation sexual exhaustion symptoms: penile pain, testicular pain, testicle pain, low abdominal pain, pubic pain, erectile dysfunction (curved-down erection), dead mind, loss concentration and memory, and blurred or poor vision for no more sexual orgasm - why and solution

==> <http://www.actionlove.com/cases/case15120.htm>

On the Interaction between his and her orgasms; how often men can have sexual ejaculation orgasm without inducing sexual exhaustion.

==> <http://www.actionlove.com/cases/case14802.htm>

Sex is a most strange, addictive drug without ingredients. Sexual exhaustion symptoms won't let him be unhooked - no sexual orgasm

==> <http://www.actionlove.com/cases/case14218.htm>

why ejaculation or orgasm can induce sleeping disorder( insomnia ) , hot flashes and mood swings - solution.

<http://www.actionlove.com/cases/case15054.htm>

Over-masturbation ruined his health and led to excessive prostaglandin E2 production for persistent sexual arousal and more masturbation for no sexual orgasm. How to regain control of masturbation habit.

==> <http://www.actionlove.com/cases/case15236.htm>

Chronically over-masturbating 3-7 times a day from age 12 to 19 for erectile dysfunction, destruction of testicular and adrenal function (extreme low testosterone level), and woman-wild-ride fracture, ultimately resulted in penile deformation, shrinking from 9 inches to 5 inches for no more sexual orgasm

==> <http://www.actionlove.com/cases/case15213.htm>

His experience on Over-masturbating 1-2 times a day since age 12, 'My symptoms include....dizziness...heart palpitations...wheezing when i breath sometimes..but when i stop for about 1 month the symptoms get better..Why do all doctors say, its totally normal, do it as much as you like?' for no sexual orgasm

==> <http://www.actionlove.com/cases/case15089.htm>

He can not get recovery from sexual exhaustion by simply stopping ejaculation

==> <http://www.actionlove.com/cases/case14776.htm>

Chronically over-masturbating 2-3 times a day since age 13 destroyed dizziness, fatigue, tiredness, blurry vision, sore muscles, weakness, drowsiness, yawning, watery eyes, memory loss, low back pains, and light headedness for no more sexual orgasm. Why the high-tech medical instruments such as CT Scan, MRI, and hearing tests found nothing wrong!

==> <http://www.actionlove.com/cases/case14709.htm>

Solution for post-ejaculation/post-orgasm exhaustion symptoms (irritability, anger, mood swing, muscle stiffness, fatigue, stress, tiredness...) - for restoration of sexual orgasm.

==> <http://www.actionlove.com/cases/case14512.htm>

Over-masturbating twice a day during 13-18 years old gave this 24-year old man a 2-3 days refraction (recovery) time, like a 50 years old man have, for no sexual orgasm

==> <http://www.actionlove.com/cases/case14236.htm>

Over-masturbation/Over-ejaculation and long-term non-orgasm semen retention are two extremes for no sexual orgasm!

==> <http://www.actionlove.com/cases/case14184.htm>

Over-masturbation caused his 15 years old brain and body for severe anxiety, pains in testicles / back / tailbones, and no more sexual orgasm, but pains

==> <http://www.actionlove.com/cases/case14077.htm>

Chronically over-masturbating 3-6 times a day turned his 19-year old hypothalamus-pituitary-testicular function to be 70 years old for no more sexual orgasm.

==> <http://www.actionlove.com/cases/case14151.htm>

Chronic Over-masturbation resulted in bladder irritation, urethral tenderness / soreness, persistent sexual arousal with inflammatory pains, excessive precum leakage, IBS, fatigue, and body pains for no sexual orgasm. Again, why his doctors and drugs couldn't solve his sexual exhaustion symptoms.

==> <http://www.actionlove.com/cases/case14071.htm>

Factors causes male and female over-masturbation for self sexual abuse and no sexual orgasm

==> <http://www.actionlove.com/cases/case13729.htm>

Male Persistent Sexual Arousal Syndrome due to Excessive Prostaglandin E-2 release is responsible for over-masturbation and no enjoyable sexual orgasm <http://www.actionlove.com/cases/case13556.htm>

Warning: why sexual exhaustion symptoms can not be solved or detected by whatever doctors, psychologists or high-tech medical toys - no more sexual orgasm!

==> <http://www.actionlove.com/cases/case13448.htm>

Chronically Over-masturbating 3 times a day resulted in memory loss for no more sexual orgasm, but his doctors still wants to do it. Again, why modern medical societies don't understand the sexual exhaustion symptoms?

==> <http://www.actionlove.com/cases/case14043.htm>

His Chronic Over-masturbation experiences for sexual exhaustion symptoms - of course, no more sexual orgasm. Why this young man can not get a recovery from sexual exhaustion

==> <http://www.actionlove.com/cases/case13983.htm>

He experienced over-masturbation induced sexual exhaustion symptoms for no sexual orgasm; why modern medical societies don't understand the sexual exhaustion symptoms?

==> <http://www.actionlove.com/cases/case13808.htm>

He said 'i had a spontaneous erection with my girlfriend last night and it seemed to be

powered up straight away with me just kissing her and that's it. my girlfriend commented on how huge it had become it felt more harder and it was thicker around the shaft . ' with our DopaFibra and ViaGrowth-IV; On safety of multiple ejaculations in one love game. ==> <http://www.actionlove.com/cases/case11185.htm>

He said ' I have been taking your Viapal C for a month and a half now at the heaviest dosage - want to get better quicker! ... I feel that my addiction to masturbation has been cured thanks to you! ' for regulation of sexual orgasm !

<http://www.actionlove.com/cases/case13232.htm>

Chronic over-masturbating 7-8 times a day shut down his 25 year old hypothalamus-pituitary-testicular axis for penis and testicles shrinkage (75-80%), muscle loss, memory loss, and no libido for no more erection or sexual orgasm

<http://www.actionlove.com/cases/case13320.htm>

**Problems associated with Over-Masturbation and Over-Ejaculation (Document 1); [For Document 2, click here](#); For Girls' Over-Masturbation and Excessive orgasm, [Click Here](#); For ejaculating blood, [click here](#) or [Male Ejaculation/Orgasm and Semen Production disorders, click here](#) or [Sexual Destruction by Marijuana \(click here\)](#) or other [Street Drugs \(click here.\)](#)**

**The result: Sexual Exhaustion - What? Why? and How? Over-ejaculation melts down the acetylcholine/parasympathetic nervous functions first and then the liver functions that release essential enzymes for the syntheses of the neurotransmitters acetylcholine, dopamine and serotonin and the chains of hormone production; it causes the brain and adrenal functions to perform excessive dopamine-norepinephrine-epinephrine conversion and turn the brain and body functions to be extremely sympathetic. It results in the brain's and nervous dysfunctions, stress, anxiety, impatience, eye floaters or fuzzy vision, buzzing (noisy) ears, cardiovascular irregularities, urinary incontinence, male and female "prostatitis," weak kidney functions, pain or cramp in the pelvic cavity or/and tail bone, weak muscles or ligaments, and so on. The solution is to take the jump-start formula [ViaPal-hGH-E \(3-011\)](#) or [ViaPal-hGH-M \(3-014\)](#) which powers and restores the brain's acetylcholine/parasympathetic, dopamine and serotonin, reduces the stress hormone level or sedates sympathetic nervous function, and partially block the sympathetic alpha receptors. Please read the following cases for more!**

**Penile Enlargement Exercises, Weight Lifting, Bending Or Stretching with extreme forces for Penile Damage and Collagenization ([Click Here for Natural Penile Rejuvenation from Damage;](#) or [Click Here for Natural Penile Rejuvenation and Repair](#))**

We know you will **stupidly beat up your penis for Inflammation (Swelling), Collagen-Scarring and Destruction of erectile nerves/tissues and blood vessels, in the name of Penile Enlargement. No joke!**

**There is no muscle in your penis!! Your initial damage is in the [tunica albuginea sheathing spongy corpus cavernosa and Corpus Spongiosum !!](#) For solution of penile damage, please click here to [save your penis \(Thank You! Your penile enlargement exercises help us grow our business; that is, after shrinking or damaging you penis with penile enlargement exercises, stretching or pumping, you will enlarge your penile veins, and then, of course, our bank account in order to save your penis and love life!! Here is how!\)](#)**

Chronically inflammatory damage of the erectile tissues by mechanical stretching, bending, vacuum pump or vibrating forces will stimulate collagen protein release and activate the transformation growth factor beta-1 and -2 genes for scar development, in particular under stress or a lack of hGH and beta endorphin. If you scarred your erectile tissues, nerves and blood vessels in your penis (or clitoral and G-spot), you have to rejuvenate your neuro-endocrine action to emulate your puberty state and reduce your stressors cortisol and epinephrine release first. The solution is: improve your blood flow down there, upgrade your DHT and 5-alpha reductase receptors in your erectile tissues, increase your hGH production to activate the somatic stem cells, boost the release of beta endorphin, and activate the genes cytokeratin 16 and transformation growth factor beta-3 for embryonic scar-free healing and cellular growth!

Modulation of type I and type III collagen production in normal and mutant human skin fibroblasts by cell density, prostaglandin E2 and epidermal growth factor -

[http://www.ncbi.nlm.nih.gov/pubmed/6295694?log\\$=activity](http://www.ncbi.nlm.nih.gov/pubmed/6295694?log$=activity)

Chronic inflammation will promote tissue scarring (penile exercise induced inflammation will destroy the erectile tissues with excessive collagen proteins that harden the penile erectile tissues, nerves and arteries):

Role of Cytosolic Phospholipase A2 in Prostaglandin E2 Production by Lung Fibroblasts

<http://ajrcmb.atsjournals.org/cgi/reprint/30/1/91>

**Penile damage risk factors:**

PGE1 suppresses the induction of collagen synthesis by transforming growth factor-beta 1 in human corpus cavernosum smooth muscle.

<http://www.ncbi.nlm.nih.gov/pubmed/7861547>

Cyclic AMP modulates TGF-beta 1-induced fibrillar collagen synthesis in cultured human corpus cavernosum smooth muscle cells.

<http://www.ncbi.nlm.nih.gov/pubmed/9788104>

Stretch-induced collagen synthesis in cultured smooth muscle cells from rabbit aortic media and a possible involvement of angiotensin II and transforming growth factor-beta.

<http://www.ncbi.nlm.nih.gov/pubmed/9588872>

Stretch-induced proliferation of cultured vascular smooth muscle cells and a possible involvement of

local renin-angiotensin system and platelet-derived growth factor (PDGF).

<http://www.ncbi.nlm.nih.gov/pubmed/9328803>

Angiotensin II stimulates collagen synthesis in human vascular smooth muscle cells. Involvement of the AT(1) receptor, transforming growth factor-beta, and tyrosine phosphorylation.

<http://atvb.ahajournals.org/content/19/8/1843.full.pdf+html>

Effect of elastic fiber alterations in the tunica albuginea of the penis on erectile function of diabetic rats

<http://www.ncbi.nlm.nih.gov/pubmed/17425970> or

<http://www.j-smu.com/pdf2/200703/200703276.pdf>

Transforming growth factor beta 1 stimulates type V collagen expression in bovine vascular smooth muscle cells.

<http://www.jbc.org/cgi/pmidlookup?view=long&pmid=8144547>

Phenotypic modulation of corpus cavernous smooth muscle cells and its influencing factors

<http://www.ncbi.nlm.nih.gov/pubmed/20369559>

Transforming growth factor-beta 1 and the development of vascular hypertrophy in hypertension.

<http://hyper.ahajournals.org/cgi/pmidlookup?view=long&pmid=9535425>

**Penile Enlargement essentials:** the superhormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue; Prostaglandin E-1 allows your penile erectile/elastic tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa and Corpus Spongiosum to expand and stretch without inducing collagen release; Oxytocin and prostaglandin E2 (not a bad guy when its level is not high, and grows your bone with Ca/Mg/Zn/Vitamin-D and sex hormones too) stimulate the testicular function to produce more testosterone and DHT; the cardiovascular system has to work harder and pump more blood into your penis. Without prostaglandins E-1 and E-3 and Nitric Oxide, penile stimulation (including masturbation, pumping, stretching and jelqing) will induce excessive prostaglandin E-2 release for inflammatory pains and abrasion, leading to collagen scarring of the penile erectile tissues for penile shrinkage, although DHT and prostaglandin E-2 can grow penile cells (actually any androgen-hormone receiving cells, good or bad (tumors or cancers), so do prostaglandin E-2 and estrogen for any estrogen-hormone cells). It is very similar to pregnancy-induced enlargement of breast and abdominal/uterine tissues under the orchestrating action of prostaglandins E-1/E-2/E-3 and estrogen, without producing collagen scar. For the penile, clitoral and G-spot enlargement, it requires the orchestrating action of prostaglandins E-1/E-2/E-3, Nitric Oxide (cGMP) and DHT.

**Penile Busters:** Excessive stressors epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and expansibility of) the tunica albuginea and its sheathing spongy corpus cavernosa for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage will induce collagen scarring of the erectile tissues. You have to think 3 times before doing penile exercises - stretching, bending or pumping your penis. You should read the following articles first. If you don't believe it, please go to the



[Historical Lessons](http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list_uids=10962334&dopt=Citation) session, although historical lessons told us you don't believe the historical lessons. When history repeats itself, we will have no choice, but profit your penile exercise damage! Are you ready for penile enlargement exercises????? OK. please read this link before torturing your penis - [http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list\\_uids=10962334&dopt=Citation](http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list_uids=10962334&dopt=Citation)

**Skin is a Peripheral Neuroendocrine organ. This is why penile ballooning can help your penile skin and tissues convert DHEA and testosterone into DHT, and omega-3 and -6 into prostaglandins E1/E2/E3, for growing your penis when** the penile bloodstream contains enough hGH (human Growth Hormone) or factors, oxytocin, and sufficient enzymes such as 5-alpha reductase and COX-1/2 for the hormone or biogenic amine productions under the powerful sympathetic nervous action and stimulation on the androgenic beta receptors in the penis. Penile milking, jelqing, stretching, pumping and clamping can kill the penile **Peripheral Neuroendocrine function.**

He said 'Your products for 5 months know and I feel much better, my erections are getting stronger and with higher angle then it was before.' and got recovery from his penile damage for better sexual orgasm

==> <http://www.actionlove.com/cases/case15168.htm>

He said 'My penis became a lot more numbed, in one night 4 years ago, because of sleeping with a lengthening device. I took your pills before, and it had many positive effects, ..' Repair the penile nervous damage induced by the penile extender lengthening device

==> <http://www.actionlove.com/cases/case16453.htm>

**Jelqing injury - no Corpus Spongiosum and glans inflation, no spontaneous and nocturnal erections - due to hardening of erectile tissues by collagen proteins as a result of increasing the collagen-erectile tissue ratio.**

==> <http://www.actionlove.com/cases/case16536.htm>

**Jelqing penile exercises ruined his erection and love night for no sexual orgasm**

<http://www.actionlove.com/cases/case16768.htm>

**A chronic over-ma**

**jelqing penile enlargement exercises give him erectile dysfunction and premature ejaculation.**

==> <http://www.actionlove.com/cases/case16742.htm>

**Rejuvenate penile damage due to cock ring constriction or/and penile pump over-expansion, with release of hGH, prostaglandins E1 and E3, nitric oxide and Transforming growth factor beta-3**

==> <http://www.actionlove.com/cases/case16734.htm>

**3-year manual penile enlargement has grown his flaccid penis, but experienced erectile dysfunction, killed spontaneous erection, and retracted his erectile penis into his body - due to the change of erectile-collagen tissue ratio.**

==> <http://www.actionlove.com/cases/case16535.htm>

Dick damage by an intense stretching exercise - collagenization of the penile nerves, arteries and erectile tissues for weak erection and no more orgasm

==> <http://www.actionlove.com/cases/case16836.htm>

Over-masturbation, penile enlargement jelqing exercises, and PC muscles exercises result in penile

injury, weak erection, premature ejaculation and no spontaneous erection at age 21

==> <http://www.actionlove.com/cases/case16675.htm>

Penile weightlifting exercises resulted in urinary stinging pain

==> <http://www.actionlove.com/cases/case16561.htm>

Practicing penile enlargement jelqing exercises with Over-masturbation results in scarring penile erectile tissues, nerves and blood vessels

==> <http://www.actionlove.com/cases/case16669.htm>

Penile jelqing stretching exercises results in penile damage, leading to erectile dysfunction.

==> <http://www.actionlove.com/cases/case16525.htm>

Penile enlargement jelqing exercises numb and bend his penis for no sexual orgasm

==> <http://www.actionlove.com/cases/case16513.htm>

3-week penile enlargement exercises gave him erectile dysfunction, bruises, fracture and bending for no more sexual orgasm

==> <http://www.actionlove.com/cases/case16442.htm>

Penile enlargement exercises, weightlifting and stretching damaged his penis, resulting in penile pain.

==> <http://www.actionlove.com/cases/case16422.htm>

Chronic over-masturbation at young age resulted in hair loss, retarded growth, premature ejaculation and a hypersensitive glans

<http://www.actionlove.com/cases/case16406.htm>

Penile enlargement exercises resulted in penile shrinkage with lost damage for the post traumatic soft glans and no more erection.

==> <http://www.actionlove.com/cases/case16385.htm>

jelqing penile enlargement exercises with PC exercises induced penile burning penis for no more erection and sexual orgasm

==> <http://www.actionlove.com/cases/case16253.htm>

Penile enlargement stretching device damages and shrinks his penis for erectile dysfunction and no more sexual orgasm, even PDE-5 inhibitor erectile drug won't work.

==> <http://www.actionlove.com/cases/case16363.htm>

He became impotent at 26 due to stretching exercises/penile weight lifting/penile pumps, and has experienced depression, stress, body heat, anxiety, panic disorders, sleeping disorder, cold hands/feet, asthma, ear ringing, heart racing, difficult breathing, short breathing, suicidal thought, in particularly after masturbating.

<http://www.actionlove.com/cases/case16215.htm>

Penile jelqing enlargement exercises gives him penile pain!

==> <http://www.actionlove.com/cases/case16336.htm>

Good Old Days Sexual exhaustion causes persistent body pains, patellar tendinitis (knee pains, ankles aches, buzzing ears, eye floaters, depression, anxiety, broken penis by CowGirl wild ride, jelqing penile damage, premature ejaculation, hair loss, weak erection (going limp), penile shrinkage and ADD, even if you cut down sexual frequency.

==> <http://www.actionlove.com/cases/case16170.htm>

Pornography addition, pre-puberty over-masturbation, penile exercises, and weight lifting stressed his hypothalamus-pituitary-adrenal and -testicular axis for sexual exhaustion symptoms: weak erection,

premature ejaculation, penis shrinkage, prostate pain, semen deficiency, penile bending, blurry vision, post-sex headaches, urethral pain and semen leakage

==> <http://www.actionlove.com/cases/case16197.htm>

2- month Jelqing penile enlargement causes his erectile dysfunction

==> <http://www.actionlove.com/cases/case16109.htm>

Penile pumping and penile exercises causes inflamed thrombosed vein, weak erection, and weak ejaculation; chronic over-masturbation during age 14-21 results in depression, procrastination, sexual addiction (persistent sexual arousal), memory loss, no concentration, cloudy mind and frequent urination.

==> <http://www.actionlove.com/cases/case16039.htm>

Jelqing penile enlargement exercises enlarges his penile and testicular veins and gives him testicular pains

==> <http://www.actionlove.com/cases/case15960.htm>

Drug abuse (methamphetamine, marijuana and alcohol) and over-masturbation result in severe depression, social anxiety, body pains, buzzing ears, eye floaters, dizziness, memory loss, persistent muscle tremors (parkinson's disease), severe ADD, penile numbness, prostate pain, hypertension, masturbation addiction (persistent sexual arousal), penile deformation and no more orgasm; Penile enlargement exercises, jelqing and stretching hardened his erectile tissues for no more erection.

==> <http://www.actionlove.com/cases/case15837.htm>

A penile enlargement exercise and stretching victim said ' Let the people watching your webpage be wise, and stay away from bogus enlargement techniques that could kill the most precious part of our body.'Chronic over-masturbation induced Female ejaculation without sexual orgasm

<http://www.actionlove.com/cases/case15123.htm>

The similarity between the penile jelq-induced damage and heart failure as a result of increased collagen synthesis for no more sexual orgasm - A special Penile Enlargement advice

<http://www.actionlove.com/cases/case14906.htm>

The role of DHT, prostaglandins E-1/E-2/E-3, and Nitric Oxide in the penile (clitoral) enlargement for more sexual orgasm

<http://www.actionlove.com/cases/case13917.htm>

Penile stretching exercises resulted in poor low body blood circulation, penile nervous damage and erectile dysfunction for no more sexual orgasm! OK, healing with prostaglandin E-1 and Nitric Oxide!

<http://www.actionlove.com/cases/case14274.htm>

Solution for multiple penile/prostate/bulbourethral damage due to penile enlargement jelqing and PC muscle exercises for premature ejaculation (3 sec after penetration!), frequent urinary urgency, penile bending, random prostate/PC muscle spasms, severe precum flooding, varicose veins, cold glans, impotence, penile sensationless, and no more sexual orgasm

==><http://www.actionlove.com/cases/case14734.htm>

**The historical lessons of Penile Exercises: No Joke! Only a stupid man will beat up his penis for no more sexual orgasm in the name of penile enlargement! If you hate your penis so much, why not simply chop it off!**

**Warning: You have one and only one penis. If you screw it up, you are about to end your love life, physically and psychologically! You don't have to kill or torture your penis for enlargement by inducing**

COX-2 expression for penile tissue/blood-vessel/nervous inflammation with a protein collagen release for penile scar formation inside the penile erectile tissue! Particularly, don't pull your glans penis or hang a weight on it since it is the external ending of the fragile Corpus Spongiosum which embeds the thin, hollow urethral tract that connects the prostate and bulbourethral glands (please read <http://www.actionlove.com/image/abrasion.jpg> or <http://www.actionlove.com/image/fig6-17b.jpg> ). Pulling the Corpus Spongiosum with a force will damage the nerves in your urethra, bulbourethral glands and prostate for erectile dysfunction and premature ejaculation with a flooding of precum discharged from your bulbourethral glands or with a frequent semen leakage when you get excited. It may also damage the connection tissue between the Corpus Spongiosum and the Corpora Cavernosa, resulting in penile deformation. If you damage any erectile spongy tissue and blood vessels, your penis will shrink and deform and you will get penile vein enlargement , varicose and spider veins & chronic venous leakage (valve damage!); if your stretching or bending force damages (inflames) your prostate and urethra, you will experience urination sensation. Remember that the mechanical penile enlargement negatively affects the tissues, nerves and blood vessels in the urethral, bulbourethral glands and prostate too when the local tissues can not produce enough prostaglandins E-1/E-3 and NO to support the mechanical stress and strain! If you damage any one of them, you will need a long-term penile repair with [ViaPal-hGH-P \(or ViaPalhGH-J for young men\)](#), [PinealTonin](#), [L-Arginine \(500 mg 3 times day\)](#) (new product [ArgiNOx](#)) and [Fish/Borage Oil \(1000 mg with each meal\)](#) in boosting the prostaglandin E-1/E-3 and Nitric Oxide for healing and rejuvenation.

### **The historical lessons of Penile Exercises for no sexual orgasm. -**

<http://www.actionlove.com/cases/case13503.htm>

The fact is that there is no muscle in the penis for you to exercise. When your penile spongy tissue produces insufficient Prostaglandin E-1, your penile tissue, nerve and blood vessel become inelastic or inflexible. Under this condition, the strain induced by your penile exercises , stretching or bending will stimulate the tissue to stimulate fibrogenic cytokine over-expression. Fibrogenic cytokine will stimulate collagen release for the scar tissue and fibroblast cells to grow over the damaged erectile tissue, leading to the erectile nervous dysfunction and the restriction of the penile blood flow in addition to damaging your penile nerve and blood vessel. Only prostaglandin E-1 and Nitric Oxide can help dissolve the collagen scar and restore nerve and blood vessel. Frequent abrasion of the penile tissue will also trigger the over-expression of enzyme COX-2 for an excessive production of the harmful prostaglandin E-2 and an over-expression and release of histamine in the tissue. Prostaglandin E-2 will inflame, but not enlarge, your penis after you beat up your penis for a few days, and then killed your testicular function and manhood! Therefore, if you damage or abrade the delicate penile spongy tissue and nervous fiber or ending, your penis will deform and weakly erect, or even lose your erection. Your penis is your 2nd head. Don't damage your heads.

**He said ' I have tried most of you advices on orgasm and they work!' How about Penile enlargement exercises? increase the elasticity of the erectile tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa first. Penile ballooning is a friendly penile enhancement method for sexual orgasm**

## **Penile Enlargement - The Penile Ballooning Method (you should [also have to know how to screw up your penis?](#)) or [Examples](#), [More Exmaples](#), or [More and More Examples](#)**

News Reports: [Penile Pumping](#) and [Penile Exercises](#) or you like this link [the penile enlargement examples!!!!](#)

Enlarge Your penis?

Yes! it is possible! The best time for self practice of penile ballooning is in the morning upon wakeup and still in the bed when the bloodstream contains a high level of androgen hormones and HGH without external stress. Generally, you can practice penile ballooning in any positions; a supine or sitting relaxation position is better than a standing position although I usually prefer a semi-squatting (horse-riding) position with a body-weight loading on the leg muscles and joints. However, jumping out of bed or standing up may result in quickly going limp by redirecting the blood flow from your penis and testicles to your skeleton muscles and joints to support the body weight for some androgen-deficient men. In this regard, he will have to boost androgen hormone level first. Spontaneous erection is essential to penile ballooning. Natural spontaneous erection can occur when androgen hormones, HGH, and dopamine function run high without external stress upon the morning wake up, and when oxytocin (requiring a dopamine nervous burst) runs high with stress hormone norepinephrine acting on the sympathetic nervous beta-adrenergic receptors during lovemaking with a testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively. Both occasions are the best time to practice penile ballooning. However, HGH is essential to activation of the stem cells in the erectile tissues for regrowth with prostaglandin E-2 while release prostaglandins E1 and E3 and nitric oxide are necessary for penile tissue and nervous relaxation and flexibility. All the chemistrial factors are to activate gene **Cytokeratin 16 and Transform Growth Factor Beta-3 (TGFbeta3)** for fine-tuning or suppressing pain and inflammatory responses as well as for avoiding collagen protein release that leads to scarring penile erectile tissues, nerves and blood vessels for deformation and erectile dysfunction as common results of mechanically penile stretching, pumping and weightlifting. Excessive prostaglandin E2 and stress hormone norepinephrine are the common factors for stimulation of the collagen protein release. Don't be fooled by temporary penile tissue inflammation due to excessive prostaglandin E2 and stress hormone norepinephrine as penile enlargement. It is a sign of penile tissue hardening for erectile dysfunction.

OK. here is my Penile Ballooning secret:

*Step 1: Have a spontaneous erection.*

*Step 2: Stimulate the vagal nerves in the pubic bone (pubis) and superior side of the penile shaft to continuously maximize the erection for expansion from the initial spontaneous erection to the 2nd or 3rd stage erection. This vagal stimulation is to power up the dopamine-hypothalamus-pituitary axis for promoting the NOergic and oxytocinergic nervous function that drive both the parasympathetic and sympathetic beta-adrenergic nervous erectile mechanism. You also need sufficient androgen hormones, with serum testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively, for an initial erection, and 600 ng/dl and 60 ng/dl, for a sustaining erection. Spend about 5 minutes in this step.*

*\*\*\* Note: Intercourse with Dr. Lin's [3-point excitation love position](#) is the most effective way for stimulating the vagal nerves in both the pubis and the superior side of the penis. Or, use [the high-attack angle love position](#) can provide a powerful stimulation for the superior side of the penis. Alternating both love positions can increase the penile size by intercourse itself. That is, you can use the vagina to balloon your penis! Both love positions also stimulate the women's vaginal nerves from the clitoris, G-spot and Epicenter (the superior side of the cervic and the vaginal anterior fornix) for women to achieve a powerful orgasm.*

*Step 3: Compress or squeeze the penile shaft the force the blood toward the glans for internal erectile tissue expansion and promote prostaglandins release. Spend about 2 minutes in this step.*

Step 4: Massage your testicles to increase your testicular function. Spend about 1 minute in this step.

Step 5: Repeat step 2-4 until you are about to ejaculate; then pull down your scrotum and testicles and slightly pinch both groins and penile shaft to induce endorphin to knock ejaculation urgency. Spend about 1 minute in this step.

Step 6: Repeat Steps 2-5 for 3-5 times, for about 20-30 minutes.

You can not do penile ballooning without a spontaneous erection and you also have to last for 20-30 minutes without ejaculating.

### **Important notes for Dr. Lin's Penile Ballooning Method:**

Rejuvenate your neuro-endocrine action to emulate your puberty state and reduce your stressors cortisol and epinephrine release first. That is, have a frequent spontaneous, long-lasting erection to upregulate your DHT and 5-alpha reductase receptors in your erectile tissues, increase your hGH production to activate the penile somatic stem cells, boost the release of beta endorphin, and activate the genes cytokeratin 16 and transformation growth factor beta-3 for embryonic scar-free healing and cellular growth! Please read the following links first:

On superior penile size and growth for sexual orgasm and the limitation of the erectile angle with penile size - the cantilever beam theory and the deflection induced tissues scarring

==> <http://www.actionlove.com/cases/case16713.htm>

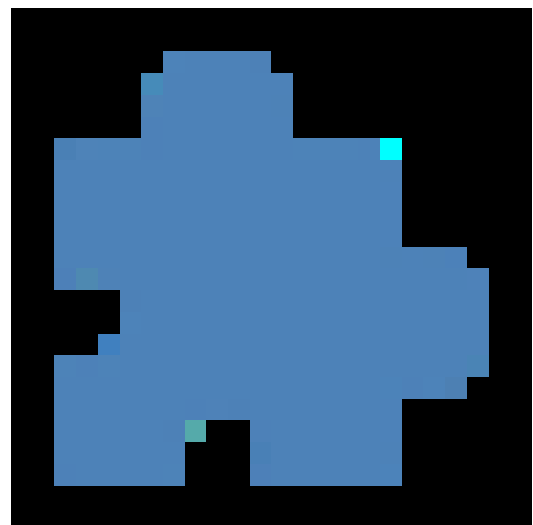
hGH, DHEA, testosterone and DHT in conjunction with Nitric Oxide and prostaglandins can reactivate penile adult (somatic) stem cells for penile enlargement and regrowth- of course, more sexual orgasm

<http://www.actionlove.com/cases/case16550.htm>

DHT is essential to penile regrowth. Penile ballooning increases prostaglandins and nitric oxide release to sensitize the androgen receptors for DHT action.

<http://www.actionlove.com/cases/case16813.htm>

Penile Enlargement essentials: the superhormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue; Prostaglandin E-1 allows your penile erectile/elastic tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa to expand and stretch without inducing collagen release; Oxytocin and prostaglandin E2 (not a bad guy when its level is not high, and grows your bone with Ca/Mg/Zn/Vitamin-D and sex hormones too) stimulate the testicular function to produce more testosterone and DHT; the cardiovascular system has to work harder and pump more blood into your penis. Without prostaglandins E-1 and E-3 and Nitric Oxide, penile stimulation (including masturbation, pumping, stretching and jelqing) will induce excessive prostaglandin E-2 release for inflammatory pains and abrasion, leading to collagen scarring of the penile erectile tissues for penile shrinkage, although DHT and prostaglandin E-2 can grow penile cells (actually any androgen-hormone receiving cells, good or bad (tumors or cancers), so do prostaglandin E-2 and estrogen for any estrogen-hormone cells). It is very similar to pregnancy-induced enlargement of breast and abdominal/uterine tissues under the orchestrating action of prostaglandins E-1/E-2/E-3 and estrogen, without producing collagen scar. For the penile, clitoral and G-spot enlargement, it requires the orchestrating action of prostaglandins E-1/E-2/E-3, Nitric Oxide (cGMP), and DHT in conjunction with stimulation of hGH. Penile or clitoral/G-spot ballooning will also stimulate syntheses of opioid peptides, such as such as enkephalins and endorphins, in the central and peripheral nervous system, local neurons, endocrine cells, cells of any internal organs, immune cells,



nociceptive nerve endings, keratinocytes, monocytes/macrophages and B and T lymphocytes. The released beta endorphin will decrease penile sensitivity and even numb the penile surface skin, sub-layer nerves and the urethral tract when the penile erectile tissues expand to the extreme in the 2nd or 3rd stage erection. The endogenous opioid peptide beta endorphin interacts directly with opiate receptors in the penis and testicles and located on immune cells and nociceptive nervous terminals for fibroblast proliferation and growth of capillaries in addition to fine-tuning or suppressing pain and inflammatory responses, by activating gene Cytokeratin 16 and Transform Growth Factor Beta-3 (TGFbeta3). A powerful orgasm also elevates the beta endorphin level in the blood stream.

Ballooning your penis into the extreme, in which state you feel semi-numbed and your penis is about to explode, can prolong your sexual intercourse, and then, after all, have a powerful orgasm that induces another surge of beta endorphin release into your blood stream to assist penile regrowth. Noticeably, only a power orgasm that lets you experience instantaneous body numbness, in addition to penile numbness, indicates a surge release of beta endorphin. Both my and I experience this phenomenon once a while. For women, a ballooned clitoris will be looked like a cherry after achieving a powerful body-shaking and numbing orgasm.

that androgen hormones testosterone and DHT are responsible for penile enlargement and size. The studies conclude that androgen hormone regulate trabecular smooth muscle growth and connective tissue protein synthesis in the corpus cavernosum, responsible for stimulating differentiation of progenitor cells into smooth muscle cells and inhibiting their differentiation into adipocytes. Androgen deficiency reduces the smooth muscle cells, stimulates the collagen release for scar tissue development, and increase the ratio of the collagen-to-smooth muscles and hardening the erectile smoothing tissues. nerves and blood vessels, resulting in venous leakage and erectile dysfunction. It also harden the heart and arterial smooth muscles too.

**Can you grow a big penis with a high DHT level while retaining your hair? Yes, you can increase your DHT level and reduce your stress hormone release to achieve it. This is what innocent, puberty teenagers get - growing their penis with a peak of DHT surge and having full hair. Once the kids lose their innocence, they start to experience stress and hair loss. Please also read this articles:**

**CRF Receptor Antagonist Arestressin-B Reverses and Prevents Alopecia in CRF Over-Expressing Mice - <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0016377>**

Comments: This is a very interested research report! It proves our conventional belief that stress causes hair loss and graying and skin-color alternation. Reducing stress can stop hair loss, regrow hair and restore cause normal skin/hair pigmentation.. The Corticotropin-releasing factor receptor blocker won't reduce the cortisol level, but may cause deficiency of norepinephrine, leading to poor memory, neuroimmune disorders, pituitary functional disorders, and sympathetic nervous erectile dysfunction. Neuroimmunology of stress: skin takes center stage -

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2232898/pdf/nihms38083.pdf>

**About DHT effect on sexual differentiation and penile growth:**

"Paternity by Intrauterine Insemination with Sperm from a Man with 5 $\alpha$ -Reductase-2 Deficiency"

<http://www.nejm.org/doi/pdf/10.1056/NEJM199704033361404>

states: "At the age of 34 years, penile length (stretched) was 3.5 cm, with a circumference of 7 cm. He was treated once daily with 25 mg of dihydrotestosterone cream administered topically as 1/4 teaspoon of 2 percent dihydrotestosterone in cold-cream base just above the pubic area. After five months of this therapy, the penile length (stretched) was 6.5 cm, with a circumference of 6 cm. After treatment with

two daily applications of dihydrotestosterone cream for three months, the stretched penile length was 7.5 cm and the circumference was 6.5 cm. Hair growth on the chin, upper lip, and abdomen along the linea alba increased progressively during the eight months of treatment." .."In men who were not treated in childhood, topical dihydrotestosterone therapy may also stimulate penile growth after puberty."

"Male pseudohermaphroditism due to steroid 5alpha-reductase 2 deficiency. Diagnosis, psychological evaluation, and management"

<http://www.ncbi.nlm.nih.gov/pubmed/8606628?dopt=Abstract>

States: "Treatment of the prepubertal boys with testosterone and/or dihydrotestosterone resulted in a doubling of penis size."

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC425320/?tool=pubmed>

However, when the DHT level is too high, it may downgrade the androgen receptors in the penis and upgrade them in the prostate. That is a bad news for administration of DHT to the normal men with a upper high DHT level, as given in <http://www.ncbi.nlm.nih.gov/pubmed/2301571> Thus, that is why you need help from penile ballooning. Penile ballooning can help normal men to stimulate the prostaglandins and nitric oxide release in the penile tissues to increase the binding of DHT into the penile receptors while stimulating the testicles to release more at the same time.

**Conservation of semen for penile enlargement - although a long-term semen/sperm retention may reduce the testicular testosterone and DHT output , but don't fully empty your seminal vesicles every time you practice sex! Here is why!**

Semen contains human growth hormone, Insulin-like growth factor-I, alpha2-macroglobulin, testosterone, and other therapeutic and pharmaceutical proteins. Don't fully empty your seminal vesicles. Keep some semen to help you get recovery and grow your penile erectile tissues and cells even after ejaculation. This is very critical for penile enlargement practices.

Pre-puberty overmasturbation may limit the body and penile growth. Vasectomy can significantly drops hGH and testosterone at about 30-60% and 25-53%, respectively, in seminal plasma.

Note: Chronic stimulation of sex organs can lead to over-production of  $\alpha$ -MSH and Trapping excessive  $\alpha$ -MSH in certain areas of skin results in extra skin darkness, particularly in eye cycles, labia minors, penile and clitoral foreskin, and perineum if the local skin neuroendocrine function is working. Abrasive the skin in sex organs may scar the tissues with excessive release of collagen protein and Transformation Growth Factor Beta-1 and/or Beta-2.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1693363/pdf/15293811.pdf>

**Special Note for Male Orgasm Control, applicable to Penile Ballooning and prolonging sex -** Orgasm /ejaculation is triggered by the sympathetic nervous acting potential (voltage).

The acting voltage = the DC biased voltage + the pulsing voltage produced by sexual stimulation. If you elevate your DC level but limited or clipped the pulsing amplitude, you can hold the near-ejaculation plateau very long without triggering ejaculation.

Elevating the DC potential can be done by increasing the acetylcholine level in the nervous systems and the nitric oxide release in the muscular endings of sex organs; limiting/clipping the stimulating pulsing amplitude can be achieved by elevating the serotonin and GABA nervous modulation in the adrenal medulla and interneuron synapses, enhancing the prostaglandin E-1 modulation on the sensory



nerves in the muscular endings of sex organs, and reducing the prostaglandin E-2 level in muscular endings of sex organs.

**Penile Busters:** Excessive stressors norepinephrine, epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and expansibility of) the *tunica albuginea and its sheathing spongy corpus cavernosa* for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage, including penile enlargement stretching, jelqing, weightlifting, penile pumping, cock ring use, over-bending, over-masturbation, and so on, will induce collagen scarring of the erectile tissues, by stimulating release of inflammatory hormone prostaglandin E2 and collagen protein, in conjunction with activating Transform Growth Factor Beta-1 and -2 gene expression in repairing the damaged tissues. That is, chemically or mechanically induced Transform Growth Factor Beta-1 and -2 gene expression will harden your penile erectile tissues, nerves and blood vessels, leading to penile shrinkage or deformation.

Penile Enlargement stretching and jelqing with Kegel/PC muscle exercises have damaged his penis and gave tingling pain around the groins, penile shaft and testicles, deformed the penis into an hour-glass shape for erectile dysfunction and anxiety. Why does repetitive damage by penile Penile Enlargement stretching and jelqing turn the erectile tissues into scars?

<http://www.actionlove.com/cases/case16706.htm>

Finasteride killed his liver and testicular function for penile shrinkage, erectile dysfunction, low semen production, and no sexual orgasm; on the role of the liver enzyme 5-alpha reductase in DHT production, semen production and penile growth.

<http://www.actionlove.com/cases/case15287.htm>

Pregnancy, orgasm disorders (due to high placenta's progesterone) and penile erection; the high estrogen and progesterone level in the pregnant woman's vaginal secretion can shrink the penis and disable the erection; the natural protection of pregnancy

==> <http://www.actionlove.com/cases/case15997.htm>

Testosterone injection gave him high libido and a bigger penis, but also an enlarged prostate and then taking DHT blocker (5-alpha inhibitor) shrinks his penis and damages his ligaments; he also experience vertigo and slow skin healing.

==> <http://www.actionlove.com/cases/case16286.htm>

## **Natural Penile Enlargement - The Ballooning Effect (The Penile Power-up or Ballooning Method)**

This website is created, based upon [Dr. Lin's "Resonant Excitation Of Sexual Orgasms - Tao of Love Coupling"](#):

the orgasmic wave theory for excitation of sexual pleasure and for solutions of orgasmic pain/cramp/blackout, and the bioelectric theory for rejuvenation.

**THE FACT:** Yes, You can "balloon" your penis to gain extra couple inches. But, [What does the "balloon or power up" means? Sorry, I don't like the word "Enlarge."](#) I had been reluctant to disclose my Natural Penile Enlargement Method, from which I have gained about 2 inches,

before a young reader e-mailed me on the penile enlargement with sexual intercourse as described in

'Readers testified Dr. Lin's "Penis Power-up Method" - Expand your penis.

==> <http://www.actionlove.com/cases/case7506.htm>'

(One of the main reasons is that men don't need a big penis to make women achieve sexual orgasm. My finger pliers with only one finger of 0.5 inches diameter and 3-4 inches long, inside the vagina can trigger Level-7 orgasm in less than one minute when the woman become very hot! The trick is you have to massage the female clitoral shaft and urethral nerves at the same time. If you know this trick, you can make her come at your finger or penile Tip, please read <http://www.actionlove.com/love/method.htm> . If you really want to enlarge your penis, please continue your reading. Advice: The more you work on your penis, the faster you ejaculate. Things are in your brain, not in your penis!)

After that, I disclosed this Natural Penile Enlargement Method in <http://www.linplaza.com/cases/case7648.htm>

The most interested thing is, Sexual Intercourse can help "enlarge" the penis, clitoris, G-spot, Epicenter and vaginal/urethral spongy tissues. if you have a lot of hormones to burn during sex. The density of testosterone, DHT and Oxytocin (orgasm hormone) receptors in these special tissues seems to increase, when the sex organ tissues are stimulated in the hormone bath - the hormone-enriched blood. The hormone receptors trap more and more hormones to stimulate the tissues to expand, leading to the natural enlargement. (Oop! You have to avoid the DHT receptors developing in your prostate; otherwise, you will have your prostate enlarged after midlife! But, [How to avoid this problem????](#) ) These spongy tissue textures are like a lot of small blood balloons that form the penis, clitoris and vaginal/urethral tissues, so that you can enlarge them like the air balloons for your birth party. The question is how much hormones are required to enlarge the sex organs. Oop! I almost forgot the ultimate erection power driver - the brain/parasympathetic nervous system. You won't get a spontaneous erection without the kick-in of the parasympathetic nervous function to link your brain to your love tools. **How it works: The Brain/Mind Action -> the parasympathetic sexual motor nerve -> the neurotransmitter Acetylcholine (ACH) -> the erection neurotransmitter Nitric Oxide (NO) in your sex organ -> the erection dilator cyclic Guanylate MonoPhosphate (cGMP) -> Powered-up Love Tools.** If you can not have a spontaneous erection without blow or hand jobs, you can not "enlarge" your penis because your brain and your love tools are not linked properly. Sorry :- (..... On the other hand, If your Brain/Mind acts on your sympathetic sexual motor nerve, your erection will be withdrawn (go limp!) or you will experience premature ejaculation. This is known as "Flight or Fight", that is "Run Away or Shoot it Out!"

Anyway, I give the principle, method and other readers' experiences on my Natural Penile Enlargement method here.

Theoretically, you can not regrow your elastic, spongy penile tissue after your 25 or your growth period depending on your Human Growth Hormone (HGH) level. The highest HGH level occurs during age 12-15; the second high, during age 16-24. The old Taoists have considered that the male penis stops growing after 25 if masturbation or ejaculation is limited to retain sufficient HGH, DHEA and testosterone hormones in the bloodstream. The penile tissue is very special,

unlike the regular muscle which you can use destruction and reconstruction (healing) processes to increase the muscle size as body builders do. The penile tissue can not be regenerated after broken. Once the penile tissue is destructed, the penis will be deformed to certain degrees. Excessive use of any mechanical devices or external forces applied to elongation of the penis may result in penile crooking or curving. That is why I have to introduce the Natural Penile Enlargement Method to help men out.

This method is to emulate teenagers' "Growth" Process. Instead of "Growth", we have to make the penile tissue more elastic to balloon with the internal sexual energy. Erection is powered by the parasympathetic sexual nerve via the burning of testosterone and an enzyme called 5-alpha reductase to balloon the penis. The burning of testosterone produces DHT (Dihydrotestosterone), resulting in tissue expansion and heating, and bioelectricity to charge the nervous system, resulting in increment of nervous sensitivity and responsibility. The testosterone burning occurs every where in the body: skins, tissues, bones/joints/marrow, internal organs, and the excessively generated bioelectricity is stored in the parasympathetic nervous subsystem which produces the acting, healing or erecting/engorging power whenever or wherever necessary. For ballooning or expanding the penis in the Natural Penile Enlargement, it requires DHEA to increase the elasticity of the penile tissue and the testosterone production, an optimal amount of estrogen to help dilate the local blood vessel for more blood to fill the penile, and sufficient HGH to help the body to produce suitable amounts of DHEA, testosterone, estrogen and 5-alpha reductase. Noticeably, estrogen plays an important role in cooling down the sex organs during sexual excitement, where most of testosterone is burned into bioelectricity and the end product DHT. The Penile Ballooning Method is to use the massage method to direct more DHT and hormone enriched blood into the glans penis and penile tissue to increase the penile expansion pressure for popping out the hidden portion of the penile shaft out of the body.

**\*\*\*\*\* Special Note On Natural Penile Enlargement\*\*\*\*\***

**DHT (dihydrotestosterone) is responsible for penile/clitoral growth during adolescence. Without sufficient DHT, the penis becomes defective. To produce sufficient DHT, it requires sufficient testosterone and enzyme 5-alpha reductase. 5-alpha reductase is produced by the liver. When the liver function becomes weak, the liver also produces a large amount of enzyme Aromatase that converts testosterone and its precursors into estradiol - the most potent estrogen. Estradiol stimulates cell multiplication in the hormonal-receptor-rich tissues like the breasts and reproductive organs such as labia, uterus and prostate. It is considered that Excessive Estradiol is responsible for the cancerous/tumorous development in the breast and reproductive organs. For men, the action of Excessive estradiol, with excessive binding of DHT in the prostate tissues may be solely responsible for prostate enlargement and cancers. It is also recognized that the DHT level in the male body during adolescence reaches the maximum in the male life (for the natural growth of the penis, testis and prostate!), but there is not prostate problem during that time. The prostate problem occurs when men ages or when the testosterone level and the burning of testosterone into DHT becomes low! In fact, at this time of life (midlife!), the liver produces a large amount of enzyme Aromatase and the Estradiol level is significantly increased. It is well-known that Estradiol grows labia, clitoral hood and breasts and makes them wrinkly or saggy. For this reason, our anti-aging products have to include a lot of ingredients to deal with the liver function. Without a proper liver function, the body can not get sufficient "Good" enzymes to synthesize amino acids and hormonal precursors to power the brain/nervous/endocrine/cardiovascular functions, and at the same time, to stop the Aromatase of testosterone and its precursors to Estradiol. The fringe benefit of the products is to stop the cancerous/tumorous development in the breasts and reproductive organs, naturally also reversing the prostate enlargement. We also should pay special attentions to the mimic growth hormone, testosterone and estrogen in the drugs, meats, dairy products, pesticides and**

**artificial Hormonal Replacement Drugs that are foreign to our human body. These mimic hormones can bind to the hormonal receptors tightly to change good cells into tumors or cancers. Another feature of our products is to use plant hormones (such as Plant Estrogen also known as Isoflavones or phytoestrogen) to free Estradiol from hormonal (androgen) receptors of the breast, uterine and prostate, and excessive testosterone and DHT from the prostate.**

**\*\*\*\*\* End of Special Note\*\*\*\*\***

**To make this natural enlargement method work properly, a minimum level of DHEA, testosterone and estrogen in the bloodstream is required to help the Central Nervous System (CNS) command the pituitary to produce sufficient HGH, since the CNS bioelectricity is charged by the burning of the testosterone. This is self-stimulation chain of the endocrine system, or a bioelectric recharging system, like the automobile engine. When the chain is broken due to aging, overmasturbation or overejaculation, you have to Jump Start the CNS and endocrine system and relink the chain by feeding the body with balanced electrolytes: HGH Releaser, DHEA, Androstenedione (testosterone precursor), Isoflavones (plant estrogen), and tribulus terrestris (5-alpha reductase releaser). I call these magnificent five ingredients "Xmale Power Cycle 5X." This is the nickname of the product [ViaGrowth-III](#). Seniors and some middle agers may requires more HGH releaser. That is why I invent a new product called [ViaGrowth-IV](#) and more powerful package called [ViaPal-hGH-D or -X](#) to help them. .**

**Note: My Grandma always said teenagers' bottom has three (3) fires that can cook egg, boil water, and steam rice cakes. I believe she means that teenagers have sufficient testosterone being continuously burned into DHT and bioelectricity to heat up the body and to recharge the nervous system. That is why teenagers have so much energy to tirelessly act! HGH, DHEA , Testosterone and DHT play the trick!**

# Tantra Kundalini

According to the philosophy of Tantra, the entire universe is a manifestation of pure consciousness. In manifesting the universe, this pure consciousness seems to become divided into two poles or aspects, neither of which can exist without the other. Each requires the other in order to manifest its total nature.

One aspect, Shiva, is masculine, retains a static quality and remains identified with unmanifested consciousness. Shiva has the power to be but not the power to become or change.

The other aspect, Shakti, is feminine, dynamic, energetic and creative. Shakti is the Great Mother of the universe, for it is from her that all form is born.

According to Tantra, the human being is a miniature universe. All that is found in the cosmos can be found within each individual, and the same principles that apply to the universe apply in the case of the individual being.

In human beings, Shakti, the feminine aspect is called Kundalini. This potential energy is said to rest at the base of the spinal cord. The object of the Tantric practice of Kundalini-yoga is to awaken this cosmic energy and make it ascend through the psychic centers, the chakras, that lie along the axis of the spine as consciousness potentials. She will then unite above the crown of the head with Shiva the pure consciousness. This union is the aim of Kundalini-yoga: a resolution of duality into unity again, a fusion with the Absolute. By this union the adept attains liberation while living which is considered in Indian life to be the highest experience: an union of the individual with the universe. Once Kundalini Shakti has ascended to above the crown of the head and merged with Shiva, it is made to reverse its course and return to rest at the base of the spine.

In Tantrism the state of ultimate bliss is a transcendence of dualities male-female, energy-consciousness, Shiva-Shakti...

## Chakras

Chakras, meaning "wheel", are psychic centers that lie along the axis of the spine as consciousness potentials. They are usually represented as lotuses. The chakras are not materially real and are to be understood as situated, not in the gross body, but in the subtle or etheric body. Repositories of psychic energies, they govern the whole condition of being. What is most commonly known is a more recent system dating to around the eighth century C.E. with the main 7 chakras. But the ancient spiritual Indian texts refer to various other systems with variations in the number of chakras and their location.

When kundalini is struck, she awakens, uncoils and begin to rise upwards like a fiery serpent, breaking upon each chakra as she ascends, until the Shakti merges with Shiva in sahasrara chakra.

As kundalini reaches each chakra, that lotus opens and lift its flower; and as soon as she leaves for a higher chakra, the lotus closes its petals and hangs down, symbolizing the activation of the energies of the chakra and their assimilation to kundalini. The dynamization of kundalini when it passes from one

chakra to another is an unfoldment of spiritual consciousness stage by stage and is said to enable the acquirement of yogic powers called siddhis.

The increasing number of lotus petals, in ascending order, may be taken to indicate the rising energy or vibration-frequencies of the respective chakras, each functioning as a transformer of energies from one potency to another. Each of the 50 petals of the first 6 chakras are associated with one of the letter of the Sanskrit alphabet.

Each of the chakras, according to the Tantras, corresponds to one of the elements of which the known world is compounded. Muladhara represents solidity; Svadhisthana, liquidity; Manipura, the gaseous; Anahata, the aerial; Vishuddha, the etheric, or space. One can see the whole process as a progressive transformation of the elements, with an increase of volatility. Each of the elements of the first five chakras are associated with a sound: Lam, Vam, Ram, Yam, Ham.

This ascent through the chakras can be viewed as an upward journey through the self which refines and subtilizes the energy that is the kundalini, until at the sixth chakra, the Ajna, center of command, a qualitative change has taken place. The chakras are centers of transformation of psychic or mental energy into spiritual energy.

## Nadis

In addition to the seven chakras of the subtle body, the Tantras have described a network of subtle channels known as nadis through which the life force (prana) circulate. Nadi means "stream". According to the tantric treatise Shiva Samhita, there are fourteen principal nadis. Of these, Ida, Pingala and Sushumna are considered the most important.

**Ida** is the left channel. Ida is white, feminine, cold, represents the moon and is associated with the river Ganga (Ganges). Originating in Muladhara, Ida ends up in the left nostril.

**Pingala** is the right channel. Pingala is red, masculine, hot, represents the sun and is associated with the river Yamuna. Originating in Muladhara, Pingala ends up in the right nostril.

**Sushumna** is the central channel and is associated with the river Saraswati. Within the Sushumna nadi there are three more subtle channels: Vajra, Chitrini and Brahma nadi through which Kundalini moves upwards running up the body from just below Muladhara chakra to Sahasrara chakra at the crown of the head.

The kanda in Muladhara chakra is the meeting place of the three main nadis and is known as Yukta Triveni (Yukta: "combined", tri: "three", veni: "streams"). In Muladhara, Shakti, the static unmanifested Kundalini, is symbolized by a serpent coiled into three and a half circles around the central axis Svayambhu-linga at the base of the spine. The serpent lies blocking the entrance to Sushumna, the central channel with his mouth. Sushumna remains closed at its lower end as long as Kundalini is not awakened.

The technique of Kundalini Yoga consists in using Prana (the vital air), guiding its circulatory movement through Ida and Pingala down to the base of the spine into the space where Kundalini lies

coiled. The vital energies of the opposite forces circulating in Ida and Pingala will be unified and **Shakti Kundalini will then awaken and rise up Sushumna, energizing the seven chakras.**

From Muladhara chakra, Ida and Pingala alternate from the right to left sides at each chakra until they reach Ajna chakra where they meet again with Sushumna.

In Ajna chakra the meeting of the three main nadis is called Mukta Triveni (Mukta: "liberated"). Continuing beyond Ajna chakra, Ida and Pingala end in the left and right nostrils respectively.

Once the Kundalini Shakti has ascended through Sushumna to Sahasrara, the highest psychic center at the crown of the head, it is made to reverse its course and return to rest in the base center again.

## Sri Yantra

Sri yantra, also known as Sri Chakra, is called the mother of all yantras because all other yantras derive from it. In its three dimensional forms Sri Yantra is said to represent Mount Meru, the cosmic mountain at the center of the universe.

The Sri Yantra is conceived as a place of spiritual pilgrimage. It is a representation of the cosmos at the macrocosmic level and of the human body at the microcosmic level (each of the circuits correspond to a chakra of the body).

Sri Yantra is first referred to in an Indonesian inscription dating to the seventh century C.E. It may have existed in India, its country of origin, long before the time of its introduction to Indonesia.

The Sri Yantra is a configuration of nine interlocking triangles, surrounded by two circles of lotus petals with the whole encased within a gated frame, called the "earth citadel". The nine interlocking triangles centered around the bindu (the central point of the yantra) are drawn by the superimposition of five downward pointing triangles, representing **Shakti** ; the female principle and four upright triangles, representing **Shiva** ; the male principle. The nine interlocking triangles form forty three small triangles each housing a presiding deity associated with particular aspects of existence.

Man's spiritual journey from the stage of material existence to ultimate enlightenment is mapped on the Sri Yantra. The spiritual journey is taken as a pilgrimage in which every step is an ascent to the center, a movement beyond one's limited existence, and every level is nearer to the goal. Such a journey is mapped in stages, and each of these stages corresponds with one of the circuits of which the Sri Yantra is composed from the outer plane to the bindu in the center.

The Sri Yantra is a tool to give a vision of the totality of existence, so that the adept may internalize its symbols for the ultimate realization of his unity with the cosmos.

The goal of contemplating the Sri Yantra is that the adept can rediscover his primordial sources. The circuits symbolically indicate the successive phases in the process of becoming.

- Kundalini, The Arousal of the Inner Energy by Ajit Mookerjee
- Yantra, The Tantric Symbol of Cosmic Unity by Madhu Khanna
- The Alchemical Body by David Gordon White

- Kiss of the Yogini by David Gordon White
- Tantric Yoga and the Wisdom Goddesses by David Frawley
- The Tantric Way by Ajit Mookerjee and Madhu Khanna
- Layayoga, The Definitive Guide to the Chakras and Kundalini by Shyam Sundar Goswami
- The Yoga Tradition by Georg Feuerstein
- The Tirumantiram by Tirumular

## Concerning Kundalini Yoga

Satan wanted me to write this article and to make sure that everyone is aware of this and to post it to the groups as well. I will get to the point. Nearly everyone knows about how the enemy works through infiltration to destroy and corrupt spiritual knowledge. The roots and foundations of True Satanism can be found in Kundalini [SERPENT] Yoga. Unfortunately, many of the teachings have been infested with procedures and practices that are designed to make damned good and sure anyone who follows them will not have any personal powers. A good example of this is the numerous practitioners of yoga who have been indoctrinated with lies, many namely in India, who own nothing, live in a shelter nothing more than a glorified dog house, cover themselves with ashes from the dead, only wear a 'christ rag' and live a death like existence. Tourists, who visit ashrams and temples, for a few cents given to these pathetic beggars, receive their 'blessings' which is their giving of their own life force and energies. These poor souls are filled with much spiritual power, but have no idea on how to use it, due to the enemy teachings deliberately misguiding them.

There aren't really any rules in obtaining personal power except for consistent meditations and doing the necessary work to advance one's self spiritually.

Enemy corrupted crap is blatant. It is in most books out there now a days on yoga. This garbage is SICK and has nothing to do with obtaining the godhead. Following these enemy corruptions will only make sure you have no powers and that you are not a threat to their agenda of using occult powers to enslave the world.

The worst is self-mutilation and related practices, which are not only insane but potentially deadly. The only 'SIN' in Satanism is that of STUPIDITY!!

- Cutting the underside of the tongue so that the tongue can reach back up into the pineal gland. This is not only very dangerous, but totally unnecessary! Fools who have done this can no longer speak normally, nor eat properly. Texts that laborate on this mutilation relate that the mutilated one normally "retires to live in a cave, cannot speak normally, nor eat very much food



at all." One can obviously choke to death. This is total insanity! Anyone who has meditated consistently and extensively upon his/her pineal gland knows this is totally foolish and unnecessary.

- Swallowing a long cloth/rag.

The above speaks for itself. Like the cutting of the tongue, this is very unnatural and unnecessary, and can be deadly. This is how one is disemboweled.

- Taking in water in the rectum up into the colon

- Washing out the nostrils, or inserting objects into the nose aka 'Neti.'

- Celibacy [sexual abstinence]

This is another one. Human beings are social by nature and have a need to be touched and loved sexually. Orgasm is a necessary release.

**SEXUAL ABSTINENCE IS EXTREMELY UNHEALTHY!**

If one is unable to find a suitable partner, it is important that sexual energy in the form of a good orgasm be relieved as needed by one's self. This is personal and individual. Denying one's self sexual orgasm usually leads to not only serious psychological problems, but physical problems as well and contrary to those popular yogic teachings, celibacy actually impedes spiritual progress.

- Another one is diet.

This is an individual choice. A vegetarian diet is not at all necessary in practicing yoga or in developing one's spiritual powers. This is pushed in nearly all texts on yoga and in many other writings. What you eat is your own personal choice. Of course anyone who has a consistent diet of fast and junk food – this leads to ill health eventually, but as for over-eating on occasion, eating spicy foods, meats and so forth, this has absolutely nothing to do with any interfering on your spiritual progress. I speak from my own experience here.

- Ignoring the feet and lower chakras.

The lower chakras are essential. If you want to heal yourself, perform ANY magick, and have decent self-esteem, you **MUST** have powerful lower chakras. The reasons most popular and readily available yoga texts now a days advise against developing the lower chakras is to see to it you have no personal powers. The feet are also very important, as this is where one pulls in energy to use for rituals and in healing others and much more.

- Ignoring the Siddhis

Any siddhis should be worked on and developed. This is what kundalini yoga and spirituality are all about.

- The need for a human "Guru" [spiritual teacher]

Again, this is unnecessary. Much of this sort of thing is often a money-making gimmick, and in many cases, the blind leading the blind.

Satan and his Demons are our "Gurus." They are the **REAL** Masters.

Much of what we have readily available today in the way of spirituality has been hideously corrupted. The public has been deliberately lied to in order to make sure no one advances to where they are a threat to the enemy powers who know the truth and use occult powers to enslave the world.

In closing, there will be much more knowledge forthcoming very soon. Kundalini [Serpent] Yoga, properly done, is the path to the godhead, and is the foundation of True Satanism. The cobra with its hood puffed out, as can be seen in many areas of the world in ancient engravings and such, symbolizes the expanded consciousness of enlightenment once the serpent energy is activated. This manifests as more and more awareness.



## Important Information About Serpent Yoga

I have read many, many different books on yoga, meditation and kundalini. Much of this knowledge was preserved in the Far East as we know. The true origins of Satanism are in the Far East, NOT the Middle East, or in Mesopotamia, though it is evident our Gods were at one time in this area.

The Seven Towers of Satan are both an allegory for the chakras and also are physical markers across the territory spanning from the Far East to the Middle East, marking the trek of physical migration from east to west.

The point of this sermon is through Satan, we can make much more and unheard of rapid progress in our meditations and in raising our serpent. Most yoga texts and related meditation texts will relate that through hard work, consistent meditation [over an hour a day minimum] and advanced hatha yoga practice, a non-Satanist just might be able to raise their serpent after a period of 22 years. Most of these involved secluding one's self in what is known as an 'ashram,' denying normal sex, suppressing orgasm, adherence to a strict vegan [no meat, no dairy, no eggs or any animal products] diet and all sorts of other restrictions.

Through Satan, some of our people have raised their serpent in a very short period of time.

The enemy = restrictions. It is no wonder many non-Satanists who are intense practitioners of yoga and meditation, who are without, go through all kinds of problems, frightening experiences, and a strict anti-life program that in truth is designed by the enemy to discourage and block any true spiritual progress.

In ancient times, before Christianity reared its ugly head, a requirement to become a legitimate priest was a risen serpent.

My entire point of this post is to remind everyone- IN ORDER TO RAISE YOUR SERPENT, YOU MUST BE FREE. This is the entire message of yoga, beyond the corrupted teachings the enemy has infested it with. Hatha [physical yoga] is to make the body more flexible and to open joints and other areas where energy is trapped due to being tight.

Eat as you please, have sex as you please, indulge as you please, be free.

Sexual orgasm opens the chakras. As I wrote before, many authors of meditation books out there advocate retaining the semen and such. Most are now dead and none has ever lived to any great age. There are exercises one can do with the above, but these are not to be done continuously, as these books claim. Orgasm is necessary for both physical, psychological and emotional health.

Our Beloved Father Satan guides us to the truth and gives us knowledge and abilities that are far beyond where those who are without are at, regardless of how dedicated these people are to their programs.

As I wrote before, the enemy promotes everything that is unnatural, and anti-life. Sexuality is condemned and suppressed to make damned good and sure that no one raises his/her serpent or experiences any spiritual advancement. Remember this when reading or studying for yourselves from any Eastern teachings, meditation or yoga texts. Our people are advancing in unheard of short periods of time through Satan, in a safe and healthy manner.

As the serpent grows powerful and begins to ascend [often it retreats back into the base chakra until it rises above the solar chakra], past hang-ups [whatever they may be] and any psychological issues are brought to consciousness so they can be dealt with and eliminated. The serpent is also cleansing the soul through the astral element of fire.

**SATANISM = BEING FREE**



Sermon 11/21/10

This is something I need to address here. There are no dietary restrictions in Satanism. However and whatever you choose to eat is your own personal business. Videos and documentaries exposing what is known as 'Industrial Farming' are enough to make many consider vegetarianism.

For those of you who are vegetarian, if it works for you and you are happy with it, this is great and to be given credit.

Years ago, after watching a documentary on Industrial Farming, I tried vegetarianism and I lasted about a month. It didn't work for me, as I was into heavy weightlifting, gymnastics, martial arts, and running some 20+ miles per week, and doing manual labor as a cook. I got sick.

My point here is human beings are omnivores [designed for eating both meat and vegetables]. No matter what we eat, we have to kill to eat. Lions, wolves and other carnivores kill to eat. Every living being on the face of this earth must kill in order to eat. Plants are living organisms. The whole issue is HOW it is done.

Industrial farming is horrific. This is not natural. It is animal torture, exploitation, and abuse in the extreme. This bleeds over into the food chain and the overall quality of the food we consume, as well as society as a whole. The majority of society is unhealthy [especially in the west] in many ways and many are prescription drug dependent. In addition, many unnatural and harmful methods are used in growing and harvesting vegetables which directly affect the health of consumers for the worst. This has been going on for a long time [decades].

For those of us who eat meat, there are certain companies now that sell 'cage free' raised and humanely managed food animals. I have found some of these meats to be even cheaper priced at the supermarket, than the main brands who engage in industrial farming. In the larger cities, there are even eggs available from 'free range' chickens. The more the concerned public becomes aware of the

vicious exploitation of food animals, the more changes for the better will be made.

For those of you who choose to be vegetarians, it is important to know HOW to eat in order to have a healthy diet. Certain nutrients come to humans only through animals proteins, such as vitamin B-12, and taurine. Dogs and cats who do not get taurine in their diet can go blind. Both are natural carnivores designed to eat meat. It is important to be knowledgeable regarding nutrition and getting a balanced diet, and if any vitamin supplements are needed. I am mainly writing the above for teens. If you choose to be a vegetarian, it is important to read up on it and to make sure you are getting all of your nutrients. Plants and legumes do supply nearly all of the nutrients we need, but there are a very few you need to be aware of in getting a balanced diet, and in supplementing these.

Satanism is with nature and natural law. Again- there are NO dietary restrictions in Satanism. How and what you choose to eat is your own personal business. Satan IS VERY strong on treating animals and the environment with respect. Satan is Lord of the Earth. We Satanists are to treat the earth with respect and care.



Since coming to Satan and advancing in meditation, along with the input and experiences given by other Brothers and Sisters in Satan, it is glaringly apparent that much of what is available on Yoga in the mainstream bookstores, etc., especially Serpent [Kundalini] Yoga, is designed to PREVENT one from achieving spiritual powers, and raising their serpent.

These books and resources PUSH celibacy, dietary restrictions, and many other restrictions- ALL WHICH IN TRUTH WORK \*AGAINST\* SPIRITUAL POWER AND ADVANCEMENT.

Given intense research [which I have done, in reading many, many different books on all branches of Yoga], so-called 'Masters' have taken decades and even

more to raise their serpent. One book stated the average being 'Over 20 years' and this included living these years in a monastery/ashram, where the entire focus was on daily meditation and physical yoga for hours each day. Through Satan, there are some of you, along with High Priest Vovim, who have successfully raised your serpents in under 2 years. This, along with having to work a full-time job and having many other distractions. Those of you whom I know of who have done this eat meat, have an active sex life and live life as you choose- WITHOUT ANY RESTRICTIONS.

I eat meat every day and have never had any problems in advancing spiritually. My issue is how these books and resources out there ZEALOUSLY PUSH veganism [no animals or meat products whatsoever]. I was raised Catholic and I remember the restrictions on meat, like during that stupid 'Lent' and the 'no meat on Fridays' crap. Eating meat was a sin that one had to confess in the confession box to some asshole pedophile priest. Now, we all know the Christian programs were created and enforced to REMOVE spirituality.

Also, I happen to know that orgasm and an active sex life are essential to spiritual advancement. This is the main reason the Christian churches have attacked human sexuality; mainly sexual pleasure, vehemently. Orgasm acts to open the chakras and to stimulate the Serpent.

Hatha [physical Yoga] manipulates the body; mainly the spine, so that the body can be free, so the Serpent can rise without blockages, and so the energy of the soul can circulate freely. Restrictions act to create major obstacles, whether these be psychological or physical. The multitude of psychological hang-ups the average active Christian has are enough to prevent him/her from ever advancing spiritually. Sex hang-ups are the worst, as these keep the Serpent locked in the base chakra and dormant.

Meditations work the mind to remove psychological hang-ups and issues, so that the Serpent can rise freely.

In closing- IT IS VERY IMPORTANT TO ALWAYS REMEMBER- the exercises- in physical [Hatha] and Serpent Yoga DO WORK, such as the breathing techniques, the stretching asanas and so forth. Most of the so-called spiritual advice in these books and resources is TRASH, and is designed, like Christianity to PREVENT you from advancing spiritually. Remember this.





### **Tips for women to achieve orgasm:**

I have classified three essential stages for women to achieve vaginal orgasms:

#### 1. Warm-up stage:

The vaginal/vulva warm-up time is about 5-10 minutes including clitoral foreplay, vaginal massage and screwing sex with a warm penis.

<http://www.actionlove.com/love/screw.htm>

The Finger Pliers method with a gentle force can be used for clitoral/vaginal simultaneous massage.

<http://www.actionlove.com/love/fgpliers.htm>

Avoid skin abrasion and friction during this stage. If there is a lack of vaginal secretion for lubrication of the vulva and vagina, please use VIP Cream to stimulate release of vaginal lubricant.

Women with high sexual energy and pre-engorged clitoris and G-spot can achieve vaginal orgasm with the Finger Pliers massage, screwing sex, or 3-point excitation position in this stage.

<http://www.actionlove.com/love/method.htm>

However, men should provide a hard, hot penis for their partner to power up (to erect) and to sensitize the G-spot. The penile heat can activate the g-spot nerves and stimulate the vagina to release its natural lubricant. Our studies show that the penile firmness and temperature are more important than the penile size. The G-spot and vaginal erection produce a tight gripping (or vaginal suction) force against the penis. It is like a suction force produced by a penile pump.

#### 2. G-spot/vaginal ballooning (power-up)stage:

Generally, it will require about one-thousand vaginal thrusts to wake the G-spot nerves. The thousand vaginal thrusts will be carried out over 15-20 minutes with an in-and-out speed (stroke) at about 75 or 150 rounds per minute (rpm) and with 1-2 minutes intermission every 5 minutes for changing the love position. Alternating the thrust speed between 75 and 150 rpm produces the best and most effective result in powering up the G-spot and penile erection. After accepting the thousand vaginal thrusts, the woman will develop a very sensitive (itching) spot around the G-spot area, which is responsible for triggering the ultimate orgasm; and, at the same time, the man should also bring his penis into a 2nd-stage erection, which is very hard, hot and shiny and fully ballooning. A ballooning, hot penis can help the clitoris, g-spot and vagina to engorge and power up and heat up the g-spot nerves for itchiness (with extra histamine and prostaglandins release). A ballooning clitoris is very large, a ballooning G-spot is very protrusive, and a ballooning vagina is very tight with a suction force against the penis. Don't change the love position too often. When the woman feels very good and sensitive in a love position, stimulate her vagina and G-spot with 300-400 continuous strokes without intermission, but alternating the stimulation speed between 75 rpm and 150 rpm. Persistent stimulation on the erectile, spongy tissues (and nerves) between the vagina and the urethra without taking a break is essential to increase the release of histamine and prostaglandins which produce the G-spot and vaginal ballooning effect and sensitization, leading to orgasm. That is why I recommend to have 300-400 continuous strokes for each love position.

#### 3. Orgasm stage:

Generally, women need a simultaneous stimulation on the clitoris, g-spot and epicenter with a rhythmic pressure of 3-6 PSI to achieve the ultimately explosive orgasm. In this regard, the Finger Pliers stimulation or the 3-point excitation love position with a ballooning, hot penis will bring women to get there.

<http://www.actionlove.com/love/method.htm>

<http://www.actionlove.com/love/fgplier.htm>

<http://www.actionlove.com/love/resonant.htm>

This stage usually take about 3-5 minutes. The entire vulva and vagina should be under a rhythmic pressures at a stimulation speed of 75 rpm (0.8 seconds per cycle) or 150 rpm (0.4 seconds per cycle). The high-speed thrusting with 150 rpm is preferred..

Overall, it will take about 20-30 minutes with a proper stimulation help women achieve orgasm. The



man has to maintain a hard erection and to balloon his penis into the 2nd stage erection for such a duration without premature ejaculation. If the man ejaculates a little bit too quickly, don't worry; pull out the penis and continue vaginal/G-spot and clitoral stimulation with the Finger Pliers Method to finish the job - bring her to orgasm. Under these conditions, women will have about 99% chance to experience orgasm. If a man can last than 40-50 minutes, with help of the Finger Pliers Method, he will be able to take care of 2 women at the same time.

A Hint for Vaginal Orgasm: Erection of the urethral/vaginal/cervical/uterine erectile tissue is the key for vaginal orgasm without an over-stimulation of the urethral nerves, the so-called G-spot stimulation. With a sizeable erection or painless inflammation or enlargement of the cervix and uterus, women can experience auto-rhythmic orgasm upon the cervical/uterine repositioning (moving) against the Epicenter's L1/L2/Vagus nerves when walking, running, driving, sleeping or sneezing (On Persistent Sexual Arousal Syndrome for too much sexual orgasm - <http://www.actionlove.com/cases/case13217htm>) . It is interested to read this example - <http://www.actionlove.com/cases/case11569.htm> . So, under the same principle, if you want to experience vaginal orgasm during sex, you have to erect your the urethral/vaginal/cervical/uterine erectile tissue during sexual arousal, where the L1/L2/Vagus nerves will relay signals to your dopamine nervous system which triggers your hypothalamus/pituitary gland to flood your body with the orgasm hormone oxytocin for induction of vaginal/uterine orgasmic contraction upon a proper vaginal-urethral nervous stimulation (with a resonant speed and rhythmic pressure as given in <http://www.actionlove.com/love/resonant.htm> ). That is, women need an erecting clitoris and G-spot (actually swelling vulva, vagina, cervix and uterus), a hard erecting penis which can last about 30 minutes, and [a simultaneous stimulation of the clitoris, G-spot and Epicenter, with a rhythmic pressure](#)

at about 3-6 PSI, as shown below -

The Tools for orgasm:  
 1. A powered-up penis  
 2. An engorged vagina  
 3. Loving minds  
 to please each other!

**Gentleman:**

**Don't Ejaculate before  
 you can power your  
 penis UP!**

**You must train yourself  
 for YOUR and HER Orgasms.**



Engorging the Clitoris and G-spot/Epicenter is the pre-requirement for the female sexual orgasm.  
 Grow your Clitoris, G-spot and Epicenter? Yes!  
 The **Finger Plier Method** plus **ViaGrowth-III** and **Paragon** or **Heat Tea** can help you out!

Copyrighted (C), 1999 Dr. Newman K. Lin

Note: 20-cycle multiple orgasms was recorded.

To achieve this, women need a balanced power of DHEA, testosterone and estrogen to pop the Clitoris, G-spot and Epicenter.

Use a finger to check the the degree of the G-spot engorgement before having a hard drive for orgasm.  
**Work smart, no hard.**



The G-spot zone must be extruded out like a upside-down ridge hanging over the vaginal ceiling.

Overall, the penis/clitoris/G-spot must be hard and hot; the vagina must be hot (and tight) and naturally lubricating. This link tells you that all you need is a hard erecting, 6-inch (15-cm) penis which can last for 20-30 minutes without ejaculating since the vaginal length is about 6.5 cm - 12.5 cm (2.58 inches - 4.96 inches) with an averaged length of 9.6 cm (3.81 inches) and a standard deviation of 1.5 cm (0.6

inches), based upon 50 female genital structures of the age from 18 to 50, with a mean age of 35.6 around 2004-2005 in the Department of Gynaecology, Elizabeth Garret Anderson Hospital in London, UK..

<http://www.newviewcampaign.org/userfiles/file/BJOG%2005-normal-genitalia.pdf>

The sexually-arousal vagina can expand to 15 cm (6 inches) or so.

This study confirms Dr. Lin's Finger Pliers Method can stimulate the Epicenter near the front ending of vagina, around the cervix, as described in <http://www.actionlove.com/love/g-spot.htm>, <http://www.actionlove.com/love/fgplier.htm> and <http://www.actionlove.com/love/resonant.htm> . Based up the Finger Pliers method, it is recommended the penis should erect to an 1-2 o'clock position, so that it can exert a rhythmic stimulation pressure (3-6 PSI) on the G-spot and Epicenter -

<http://www.actionlove.com/love/clock.htm>

The vagina can be mechanically dilated and stretched according to <http://humrep.oxfordjournals.org/content/22/7/2020.full.pdf+html> . Frequent vaginal dilation and stretching may help sexual responses and satisfaction via the vagal nervous stimulation in the vagina, cervix and uterus. It may also improve uterine prolapse symptoms. Therefore, practicing Dr. Lin's screw method ( <http://www.actionlove.com/love/screw.htm> ) with a deep penetration to push the cervix and uterus inward and to stretch the vagina may also improve uterine prolapse symptoms. We also find the labia minor length is about the maximum penile diameter that a vagina can take without over-expanding (tearing) pain. According to that report, the averaged labia minor length is 6.02 cm (2.39 inches) with a standard deviation of 0.94 cm (0.37 inches).

Tips of female orgasm. How to help women develop an itching, sensitive point inside her vagina for orgasm responses. and how to improve the uterine support strengthen of a tilted uterus for orgasm ==> <http://www.actionlove.com/cases/case16324.htm>

The role of cervix in the Epicenter's sexual orgasm - the brief history of Dr.Lin's discovery and the other researchers' studies on the vagus nerves to the cervix, uterus, G-spot and clitoris. Save your vagus nerves, uterus and cervix for sexual orgasm if possible

==> <http://www.actionlove.com/cases/case14852.htm>

Formula for vaginal rejuvenation, clitoral and G-spot enlargement and more sexual orgasm

==> <http://www.actionlove.com/cases/case15299.htm>

He said 'she feel that my penis is bigger and coupled with your products and VIP cream she is very high with me and when we have sex she will come around 2-3 times every day at around 30 minutes sex. Really thanks for your products' How to last longer than 30 minutes?

<http://www.actionlove.com/cases/case16763.htm>

He said ' TI from India, read your site some 4 years back and also used your finger plier technique to satisfy my wife. Thank you for this technique.' Power the erection, balloon the penis, and practice anal breathing to prolong sex. The artificial progesterone in the birth control devices, injection or pills causes vaginal dryness.

==> <http://www.actionlove.com/cases/case16300.htm>

**[To read more cases of how our products help women achieve powerful orgasms, please click here.](#)**

Pregnancy, orgasm disorders (due to high placenta's progesterone) and penile erection; the high estrogen and progesterone level in the pregnant woman's vaginal secretion can shrink the penis and disable the erection; the natural protection of pregnancy

# Tantra Kundalini

According to the philosophy of Tantra, the entire universe is a manifestation of pure consciousness. In manifesting the universe, this pure consciousness seems to become divided into two poles or aspects, neither of which can exist without the other. Each requires the other in order to manifest its total nature.

One aspect, Shiva, is masculine, retains a static quality and remains identified with unmanifested consciousness. Shiva has the power to be but not the power to become or change.

The other aspect, Shakti, is feminine, dynamic, energetic and creative. Shakti is the Great Mother of the universe, for it is from her that all form is born.

According to Tantra, the human being is a miniature universe. All that is found in the cosmos can be found within each individual, and the same principles that apply to the universe apply in the case of the individual being.

In human beings, Shakti, the feminine aspect is called Kundalini. This potential energy is said to rest at the base of the spinal cord. The object of the Tantric practice of Kundalini-yoga is to awaken this cosmic energy and make it ascend through the psychic centers, the chakras, that lie along the axis of the spine as consciousness potentials. She will then unite above the crown of the head with Shiva the pure consciousness. This union is the aim of Kundalini-yoga: a resolution of duality into unity again, a fusion with the Absolute. By this union the adept attains liberation while living which is considered in Indian life to be the highest experience: an union of the individual with the universe. Once Kundalini Shakti has ascended to above the crown of the head and merged with Shiva, it is made to reverse its course and return to rest at the base of the spine.

In Tantrism the state of ultimate bliss is a transcendence of dualities male-female, energy-consciousness, Shiva-Shakti...

## Chakras

Chakras, meaning "wheel", are psychic centers that lie along the axis of the spine as consciousness potentials. They are usually represented as lotuses. The chakras are not materially real and are to be understood as situated, not in the gross body, but in the subtle or etheric body. Repositories of psychic energies, they govern the whole condition of being. What is most commonly known is a more recent system dating to around the eighth century C.E. with the main 7 chakras. But the ancient spiritual Indian texts refer to various other systems with variations in the number of chakras and their location.

When kundalini is struck, she awakens, uncoils and begin to rise upwards like a fiery serpent, breaking upon each chakra as she ascends, until the Shakti merges with Shiva in sahasrara chakra.

As kundalini reaches each chakra, that lotus opens and lift its flower; and as soon as she leaves for a higher chakra, the lotus closes its petals and hangs down, symbolizing the activation of the energies of the chakra and their assimilation to kundalini. The dynamization of kundalini when it passes from one

chakra to another is an unfoldment of spiritual consciousness stage by stage and is said to enable the acquirement of yogic powers called siddhis.

The increasing number of lotus petals, in ascending order, may be taken to indicate the rising energy or vibration-frequencies of the respective chakras, each functioning as a transformer of energies from one potency to another. Each of the 50 petals of the first 6 chakras are associated with one of the letter of the Sanskrit alphabet.

Each of the chakras, according to the Tantras, corresponds to one of the elements of which the known world is compounded. Muladhara represents solidity; Svadhisthana, liquidity; Manipura, the gaseous; Anahata, the aerial; Vishuddha, the etheric, or space. One can see the whole process as a progressive transformation of the elements, with an increase of volatility. Each of the elements of the first five chakras are associated with a sound: Lam, Vam, Ram, Yam, Ham.

This ascent through the chakras can be viewed as an upward journey through the self which refines and subtilizes the energy that is the kundalini, until at the sixth chakra, the Ajna, center of command, a qualitative change has taken place. The chakras are centers of transformation of psychic or mental energy into spiritual energy.

## Nadis

In addition to the seven chakras of the subtle body, the Tantras have described a network of subtle channels known as nadis through which the life force (prana) circulate. Nadi means "stream". According to the tantric treatise Shiva Samhita, there are fourteen principal nadis. Of these, Ida, Pingala and Sushumna are considered the most important.

**Ida** is the left channel. Ida is white, feminine, cold, represents the moon and is associated with the river Ganga (Ganges). Originating in Muladhara, Ida ends up in the left nostril.

**Pingala** is the right channel. Pingala is red, masculine, hot, represents the sun and is associated with the river Yamuna. Originating in Muladhara, Pingala ends up in the right nostril.

**Sushumna** is the central channel and is associated with the river Saraswati. Within the Sushumna nadi there are three more subtle channels: Vajra, Chitrini and Brahma nadi through which Kundalini moves upwards running up the body from just below Muladhara chakra to Sahasrara chakra at the crown of the head.

The kanda in Muladhara chakra is the meeting place of the three main nadis and is known as Yukta Triveni (Yukta: "combined", tri: "three", veni: "streams"). In Muladhara, Shakti, the static unmanifested Kundalini, is symbolized by a serpent coiled into three and a half circles around the central axis Svayambhu-linga at the base of the spine. The serpent lies blocking the entrance to Sushumna, the central channel with his mouth. Sushumna remains closed at its lower end as long as Kundalini is not awakened.

The technique of Kundalini Yoga consists in using Prana (the vital air), guiding its circulatory movement through Ida and Pingala down to the base of the spine into the space where Kundalini lies

coiled. The vital energies of the opposite forces circulating in Ida and Pingala will be unified and **Shakti Kundalini will then awaken and rise up Sushumna, energizing the seven chakras.**

From Muladhara chakra, Ida and Pingala alternate from the right to left sides at each chakra until they reach Ajna chakra where they meet again with Sushumna.

In Ajna chakra the meeting of the three main nadis is called Mukta Triveni (Mukta: "liberated"). Continuing beyond Ajna chakra, Ida and Pingala end in the left and right nostrils respectively.

Once the Kundalini Shakti has ascended through Sushumna to Sahasrara, the highest psychic center at the crown of the head, it is made to reverse its course and return to rest in the base center again.

## Sri Yantra

Sri yantra, also known as Sri Chakra, is called the mother of all yantras because all other yantras derive from it. In its three dimensional forms Sri Yantra is said to represent Mount Meru, the cosmic mountain at the center of the universe.

The Sri Yantra is conceived as a place of spiritual pilgrimage. It is a representation of the cosmos at the macrocosmic level and of the human body at the microcosmic level (each of the circuits correspond to a chakra of the body).

Sri Yantra is first referred to in an Indonesian inscription dating to the seventh century C.E. It may have existed in India, its country of origin, long before the time of its introduction to Indonesia.

The Sri Yantra is a configuration of nine interlocking triangles, surrounded by two circles of lotus petals with the whole encased within a gated frame, called the "earth citadel". The nine interlocking triangles centered around the bindu (the central point of the yantra) are drawn by the superimposition of five downward pointing triangles, representing **Shakti** ; the female principle and four upright triangles, representing **Shiva** ; the male principle. The nine interlocking triangles form forty three small triangles each housing a presiding deity associated with particular aspects of existence.

Man's spiritual journey from the stage of material existence to ultimate enlightenment is mapped on the Sri Yantra. The spiritual journey is taken as a pilgrimage in which every step is an ascent to the center, a movement beyond one's limited existence, and every level is nearer to the goal. Such a journey is mapped in stages, and each of these stages corresponds with one of the circuits of which the Sri Yantra is composed from the outer plane to the bindu in the center.

The Sri Yantra is a tool to give a vision of the totality of existence, so that the adept may internalize its symbols for the ultimate realization of his unity with the cosmos.

The goal of contemplating the Sri Yantra is that the adept can rediscover his primordial sources. The circuits symbolically indicate the successive phases in the process of becoming.

- Kundalini, The Arousal of the Inner Energy by Ajit Mookerjee
- Yantra, The Tantric Symbol of Cosmic Unity by Madhu Khanna
- The Alchemical Body by David Gordon White



- Kiss of the Yogini by David Gordon White
- Tantric Yoga and the Wisdom Goddesses by David Frawley
- The Tantric Way by Ajit Mookerjee and Madhu Khanna
- Layayoga, The Definitive Guide to the Chakras and Kundalini by Shyam Sundar Goswami
- The Yoga Tradition by Georg Feuerstein
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