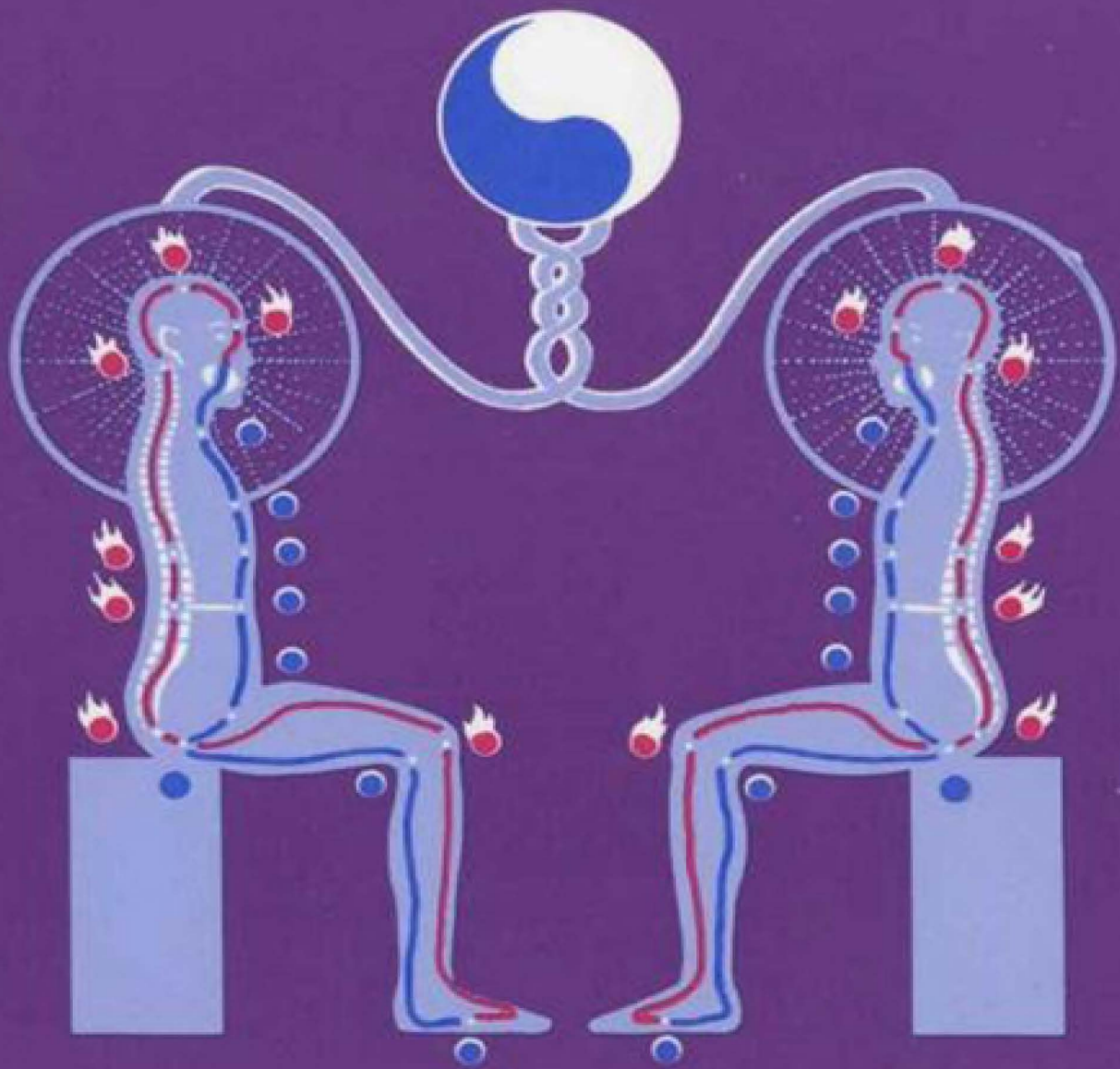


# TAOIST SECRETS OF LOVE



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## CHINESE SEXUAL KUNG-FU: Will It Work in the West?

America's fascination with sex in the 1980's is matched only by its massive confusion of attitudes towards it. We need the pleasure of sex but can't decide how to deal with the emotional pain and complexity that often accompanies it. We have all felt guilty, conflicted or alienated by our sexual involvements and commitments at one time or another. From where does sex draw such enormous power to influence our lives?

No doubt, there is a biological imperative at work—the species' need to reproduce and continue itself. Less clear but equally powerful is the way sexual feelings become ensnared in the complex web of our culture. Eventually the culture-wide sex habits become a powerful set of unconscious influences. Most of us have been carrying the excess baggage of the sexual mores of our age for so long that we've forgotten how heavy the load is.

The cultural legacies of the Judeo-Christian ethic were the axis around which the sexual experiments of the 1960's revolved. The neurotic and barren life-styles of this ethic in previous generations were among the major causes of the sexual revolution of the 1960's. Alienated by sexual hypocrisy and the obvious destructive effects of sexual repression, people began searching for new and more honest ways of expressing their desires. Over the last twenty years we have seen the sexual revolution come full circle. What was previously illicit and forbidden became commonplace and banal. Some seek a solution to this current dilemma by returning to the old morality. Some seek refuge in celibacy. And some of us are still searching\_\_\_

The far reaching implications of the sexual revolution of the 1960's, including the various liberation movements that have accompanied it, are now being re-examined in the wake of widespread conflict and unhappiness between men and women. The recent quest for a "new frontier" for the sexuality of the 1980's, a trend that is beginning to appear in the popular media, is essentially a reaction to the unhappy results of the new morality experiments of the last two decades. We thought we knew what we wanted, but when we got it we realized something else was missing. Individu-

# SUMMARY OF THE PRINCIPLES OF TAOIST CULTIVATION OF SEXUAL ENERGY

1. The universe is filled with different kinds of dynamic energy, or "chi." The Tao, or "way," for each man is to creatively transform his energy over a course of a lifetime back to its original state of harmonious balance. Sexual essence, or "ching," is a powerful, vital energy that is generated continuously within the human body. Sexual drive propels the course of man's evolution biologically by transmitting the genetic lineage. Emotionally it harmonizes the love between man and woman, and spiritually provides a tangible link between the "ordinary" creative powers of man and the eternal creative process of the cosmos. Refining one's awareness of sexual energy—with or without a partner—is one of the simplest ways of humans to return to pure consciousness and experience the deepest rhythms of life. (Chapters 1 and 2.)

2. Sperm is the storehouse of male sexual energy. A single ejaculation has 200 to 500 million sperm cells, each a potential human being. There are enough spermatozoa lost in a single orgasm to populate the entire United States if each cell was to fertilize an egg. The manufacture of a sperm fluid capable of such psychic super potency consumes up to a third of a man's daily energy output and is especially taxing on the male glandular/immunological system. (Chapters 3 and 4).

3. Conservation of sexual energy is the first principle of cultivation. Ejaculation of the male seed for purposes other than having children is a wasteful loss of an extremely precious treasure. The energy loss over long periods of time weakens the physical health of the male, can lead to unconscious emotional anger towards women and gradually robs the male higher mind/spirit of its power to rejuvenate itself. For this reason many traditional spiritual orders in the world require male celibacy. Taoists accept sexual love as natural and healthy, but know the momentary pleasure of genital orgasm with ejaculation is superficial compared to the profound ecstasy possible when love is enjoyed without the loss of the powerful male seed. It's every man's birthright to have full control over his bodily functions and prevent this loss. The secret Taoist methods of sealing the penis in order to conserve "ching" are given in Chapters 5 thru 8.

4. Transformation of sex energy is the second principle of cultivation. During sexual arousal, the "ching" or sexual essence stored in the testicles expands rapidly and causes some energy to

## CHAPTER I

### MALE SEX ENERGY IS STORED IN ITS SEED

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

—*P'eng Tsu, physician to the Emperor*

For more than 8,000 years of Chinese history, the "Sexual Kung Fu Method" of retaining the seminal fluid during the act of love remained a deep secret. At first it was practiced exclusively by the Emperor and his innermost circle, who learned it from the Taoist sages that advised the court. These wise men claimed in earlier times it was a natural gift of all mankind. The Emperor needed the method to prevent impotence and illness; improperly educated monarchs were exhausted at an early age by the sexual demands of their wives and concubines. In aristocratic families it passed from father to chosen son alone, excluding wives, daughters and other family members.

Sexual Kung Fu is an internal practice that permits men to retain certain bodily secretions which are a source of incomparable energy when stored and recirculated to higher vital centers. One prevents loss of this biochemical energy by not ejaculating. Stopping ejaculation is not to be confused with stopping orgasm. The

Sexual Kung Fu Method provides an altogether unique and superior type of orgasm repeated over lengthy periods of love making. Its secret is simply, there is no loss of seminal fluid during orgasm.

By practicing control of certain muscles, tendons, and fascia of the lower trunk and by allowing the genital pressure to spread over the entire body, the seminal fluid is withheld. At the same time one thrills to pleasures of infinite variety. Indeed, the joys of this kind of love must be considered quite different from ordinary physical pleasure; the intensity is so great that it often leads to a spiritual awakening.

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

Every vital function is invigorated because one no longer discharges life energy through the genitals. Real sexual fulfillment lies not in feeling the life going out of you, but in increasing awareness of the vital current that flows through the loins. The body is further replenished by a method of "steaming" the vital energy up from the sexual centers to the brain and higher organs such as the heart and crown of head. The life-enhancing energy process is completed by exchanging energy with one's lover during a relaxed meditation following the creation of this supercharged sexual energy.

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

### **EXTRAORDINARY POWER OF THE SEXUAL ELIXIR**

Wise men of the Orient have from time immemorial sought means of preventing discharge of the seminal fluid. Without exception they have realized the tremendous implications of the sexual act: when performed with love and discipline, it may awaken dormant powers in the mind and body. The nervous and endocrine systems are particularly open to improvement. The act of love has long

## CHAPTER 5

# SEX IN THE ESOTERIC TRADITIONS OF THE WORLD

". . . It is impossible for us to learn elsewhere what we are incapable of learning within our own bodies."

—*Schwaller de Lubicz, The Temple In Man*

Religions have nearly always tried to control the sexual habits of their followers. Their success seems to swing in cycles of the public submitting and rebelling, but I would guess that ultimately they have failed because for most people the experience of sex is more powerful than their experience of religion. As a biological impulse, sexual drive so completely permeates our actions and desires that it is not easily harnessed by any system of belief, however dogmatic. Hence the adage that prostitution is the world's oldest profession.

In my travels I have noticed that prostitution seems to flourish side by side with the most fanatic religious communities. Sex is like an inflatable ball floating on the surface of a pool—the deeper you push it down into the water, the more strongly it presses back up. If you lose control of the ball for even a split second, it will shoot up into the air out of control.

The attempt by religions to publicly dictate sexual morality is actually a vestige of an earlier, less material era when spiritual experience was more intense than the fleshly pleasures of sex. The

founders of the earliest religions—then known as Mystery Schools or Fertility Cults—understood the role of sexuality in spiritual development, which is why their practices and rites held such powerful experiences for converts. Many modern spiritual leaders, whether Catholic, Jewish or Hindu etc., have forgotten the link in their religious rites connecting sexual power and spirituality. Circumcision rites, Spring fertility festivals (*e.g.* Easter), and communion ceremonies are all remnants of a time when the esoteric and hidden meaning of sexuality was understood and incorporated into religion.

The task for twentieth century man is to peel off the layers of his outer or "exoteric" religious beliefs and free his mind to experience the ecstatic core of his existence in his body. Then the outer ritual and the beliefs of the old religions will either fall away, or take on a new and profound meaning. By accepting sex as sacred, the role of religion will be revitalized in society and made more meaningful in ordinary personal relationships.

Taoism is different from the major religions in that it is a spiritual philosophy and not an organized religion with a body of believers obeying a holy scripture. Faith in God (or the Tao) is not enough for the Taoist; devotion to higher harmony must be accompanied with the self-knowledge that comes from cultivating one's own energy. In a sense, a Taoist must "grow" his soul in order to fully gain knowledge of it. Every human has the same seed within, but unless it is properly nourished, its bearer will never see its fruit. The divine world within man is patterned after the natural world—as a child will never know its full self until adulthood, so must a man cultivate to maturity his subtle spiritual energy if he wishes to enjoy and participate in the fullness of the Tao.

There were some folk cults with Taoist priests that rose up to compete with the arrival of Buddhism in China, but I am concerned here only with the original esoteric teachings of the Taoist masters. These Taoists are famous for permitting the use of sex on their spiritual paths. There were many Taoist sects which sprung up on the five holy mountains of China, and each emphasized different aspects of chi cultivation in their spiritual development. A few sects taught the path of "single cultivation", which utilizes the Taoist principle of mating male and female subtle energies within one body, but strictly forbids physical sexual intercourse as either unnecessary or too risky.

## CHAPTER 6

### THE DANCE OF THE TESTES: EXERCISES FOR PELVIC STRENGTH

"If a man has intercourse once without spilling his seed, his vital essence is strengthened. If he does this twice, his hearing and vision are made clear. If three times, all his physical illness will disappear. The fourth time he will begin to feel inner peace. The fifth time his blood will circulate powerfully. The sixth time his genitals will gain new prowess. By the seventh his thighs and buttocks will become firm. The eighth time his entire body will radiate good health. The ninth time his lifespan will be increased."

—*from the Canon of Taoist Wisdom collected by Emperor Tang*

All of us are familiar with the shoot-out scene in which someone in danger pulls a gun which doesn't fire. If it's a good guy, he usually finds some heroic way out of his predicament. But when the "weapon" is the male penis, a "misfire"—a failure to erect—is a fiasco for the simple reason that no heroic alternative is easily found. Repeated and chronic misfire is impotence, the incarnation of male misery and the ruin of many relationships. In this chapter we study two excellent pelvic diaphragm exercises that build your urogenital and anus ring muscles and thus greatly strengthens your control of your erection and reduce the likelihood of misfire. Careful practice of these exercises will also prepare you for learning to retain the vital seed during intercourse.



America is presently exercise-crazy. Yet, except for sexual activity, few exercises strengthen the crucial pelvic muscles. There exist pelvic exercises which greatly strengthen the reproductive organs and the complex network of tendons surrounding them. Strength in this department is of inestimable importance—it is the root of man's health. Leading into the pelvis are a vast number of nerve endings, and channels for your veins and arteries. Here terminate tissues communicating with every square inch of the body. All of the major acupuncture meridians carrying chi between the vital organs pass by this area. If it is blocked or weak, energy will dissipate and the organs and brain will suffer. This is what happens to most men in old age—their rectal and pelvic muscles become loose and their vital chi energy slowly drains out, leaving them weak and feeble.

It is important to remember that the foundation of penis strength is seminal retention. Without this nothing permanent may be accomplished, even with exercise. Spending the semen brings about premature impotence and decay. No one, no matter how strong or brutish, can ejaculate often without ultimately paying a stiff price. These exercises massage and stimulate the pelvic region. Life energy is driven down into the testes, filling them with extraordinary vitality. These exercises, combined with the "Big Draw" method of semen retention in Chapter Seven, will allow you to create a permanent store of sexual essence in your body. Only then can you begin to refine it into a higher state and combine it with your chi and spirit to regain wholeness.

### **THE PELVIC AND UROGENITAL DIAPHRAGMS**

The body possesses not one but several diaphragms. Everyone is familiar with the thoracic diaphragm in the chest that causes it to expand on inhalation. Lesser known is the pelvic diaphragm and the urogenital diaphragm which separates the pelvis from the perineum. To practice Sexual Kung Fu properly you must use not only the chest diaphragm but also the pelvic one. Real deep breathing issues from this lower diaphragm. They are exceedingly important in transmitting energy during love-making in the Taoist practice of dual cultivation.

The pelvic diaphragm is a muscular wall that extends across the lower part of the torso. It is suspended concavely downward

## HIGHER ORGASM IS A DELICATE BALANCE OF POLAR ENERGIES

But how to reach that point of tenderness, where both lovers joyously yield and receive life from one another? It sounds great on paper, but what happens to tense energies left over from a tough day at work and an argument with your wife about whether she should go back to work? How do you keep daily politics out of the bedroom? This chapter will offer some practical ways to approach love-making with the goal of balancing the flow of yin and yang power. But first understand the principle of polarity is dominant in this sexual practice.

The single most important point to remember about polarity is that yin and yang energies are not separate energies: they are one and the same energy, but with two different charges. They never exist apart from one another, but are always in fluid motion, like a pendulum swinging back and forth, passing from hot to cold, and gradually moving to stillness at the perfect moderate temperature. Another metaphor is to see man and women as two sides of the same coin. During love, the coin spins rapidly, fusing the two sides into one.

That is how man and woman can become "one": they simply realize the flow of sexual energy between them is continuous and belongs to them both. Each lover is at opposite ends of the polar flow. When the exchange of ching chi reaches a certain intensity and balance the solid bodies of the two lovers begin pulsating as if charged with electricity. The feeling of having solid flesh disappears. You are suddenly a pillar of vibrating energy held in exquisite balance by your lover's field of energy. This is a total orgasm of body and soul. The battling ego shrinks to its true size, a tiny grain of sand, and reluctantly begins humming in chorus with the ocean of the subtle universe that rhythmically washes over it.

Many men may have a glimpse of this, but few are able to sustain the experience because they discharge the energy from their half of the polar field by ejaculating. This is not true orgasm; it is merely releasing the discomfort, the exquisite "itch" of too much excited energy that has nowhere to move but out.

A true orgasm occurs when both man and woman continue to pulsate together. Their sexual energy completes a full circuit between their two magnetic poles, charging each of them more fully

than before. This circle is the Tao, the black and white teardrop symbols of yin and yang flowing into each other in perfect circular harmony.

The flow of sex energy alone cannot complete this circle; love must be present. The mind must participate in sex with a totally attentive feeling. This circle of energy cannot connect if a man only joins his penis with a woman's vagina without loving her with his heart. That is like holding the ends of two horse shoe magnets close and then only touching one arm from each magnet. The other arm also wants to connect, to seal the magnetic attraction. Only when both positive and negative poles of both the man and the woman are locked in place can the energy flow with any power and stable balance. That is why sex alone, without love makes you unhappy—you're only connecting one half of yourself to the woman, and your lower half at that. The flow of chi in the Tao's circle is broken, and without that total flow between yin and yang no amount of sex will satisfy your deeper desire for wholeness.

The ejaculatory orgasm to which most men are so deeply attached restricts their life force to the genitals. During sex the penis literally bursts with life, as it is too small to contain the expanding sexual force. The penis was not designed to hold your life-force anymore than it was designed to be your brain and central nervous system. The real function of your penis is to conduct life into and out of the body. The sex organs are only doors through which life enters and issues forth.

When the upper poles of men and women are connected—at the heart and mouth—as well as the genitals, then the magnet can become an electro-magnetic dynamo. Then the chi can nourish the ching chi in the lower half of the body, and combine together to be transformed into spirit in the upper half. If both man and woman cultivate their chi upward, and refine it to a high level through meditation and love, they can develop a polarity which creates a super magnet and conducts even higher spiritual energies through their human form. Such experiences break through the bounds of individual pleasure and sensation, and go beyond the satisfaction of their personal egos to attain an entirely different state of being.

Perhaps you know a couple who is radiantly happy and deeply loving and do not practice any esoteric method of love-making and who you assume ejaculate and have orgasm to their heart's content. You are right to ask—why bother learning these seemingly

## CHAPTER 9

# THE YIN AND YANG EXCHANGE: CULTIVATING THE VALLEY ORGASM

"Yang can function only with the cooperation of **Yin**, **Yin can grow** only in the presence of Yang"

—*Yellow Emperor's Female Consultant on Sex.*

Our universe changes perpetually because of the eternal flow of yin and yang energies. The very essence of yin-yang exchange is the cyclical alternation of day and night. Due to this alternating energy flow, this respiration of the heavens, living things can grow. Were there only day and no night, all would be burnt; or if there were only night and no day, nothing would have strength to grow. As living things, humans are also subject to the law of yin and yang exchange.

The human being can live happily only if he/she is in harmony with the principles of life. If one violates the law of the yin and yang interchange, by forbidding the sexual communion of yin and yang energy, energy will not flow in the body. The life force will slowly stagnate and leach out. Life will become a long slide into depression interspersed by spasms of enslavement to the passions.

If you have learned to block the urge to ejaculate, or even decided that you have the will to learn the Tao of love, you are on the threshold of a new experience. That experience will alter your perceptions of your own body and mind. It will change the way you

see your lover, and change your understanding of sex and love.

Drawing Nectar up to the Golden Flower is incomplete without the Exchange of Yin and Yang energy. The Golden Flower is the light at the crown of the head. The Big Draw conserves your nectar, the sexual essence. It is exchanging your ching with your lover that transforms it, and in the process gives you an experience of sex which is deeply shared as love. Your orgasm will be totally unlike that known to simple ejaculators. As you make love over periods of time, the pleasure spreads over and fills the entire body. This orgasm of the whole body is unknown to quick-ejaculating males whose thrill is confined primarily to the genital area. Most important you will gain a new sense of inner equilibrium that will be stored in your body long after your pleasure has become a flitting memory.

This method prolongs penetration to one-half hour, one hour, two hours, or more. You can enjoy this form of sexual love indefinitely without paying for your pleasure with your life force. The difference is in the type of orgasm. The ordinary one may be called the Peak Orgasm: one fleeting moment of intense, even excruciating pleasure, then nothing.

Taoists advocate the Valley Orgasm: continual rolling expansion of the orgasm throughout the whole body. The Valley Orgasm provides more gradual, but ultimately greatly heightened ecstasy. Carlos Suarez used an image similar to the Taoist Valley Orgasm to distinguish true loving in sex from ejaculation: "Erotically, the man is more like a valley watered by innumerable streams than like a deep gorge where an overwhelming torrent rushes along."

During the Valley Orgasm, lovers can relax and have all the time in the world to share their tenderness. There is no frenzied explosion, only wave after wave of higher subtle energies bathing the entwined man and woman. The Valley Orgasm is not a technique, but rather a certain kind of experience that the lovers allow to happen to themselves. But it can be encouraged by following this time-tested process:

**1. Timing:** after thrusting, relax and exchange energy.

Following the Hard Contractions of the Big Draw return to thrusting. After another round of 81 shallow (and 9 deep) thrusts, you may again be drawing near ejaculation. Meanwhile, the woman has been highly stimulated by your passion. She, too, may be approaching orgasm.

When she becomes very excited, the vaginal lubricant flows

## CHAPTER 11

# ORGASM AND WU WEI

"Man is aroused by the chi of woman, and his Jade Stalk is called to action. Woman is aroused by the chi of man, causing the waters within her Secret Gate to flow. These movements are the natural outcome of the universal yin and yang. They cannot be duplicated by human will alone."

—*Taoist Canon*

There is some historical debate about whether the female has an infinite amount of yin essence and thus is capable of endless multiple orgasms. This is the point of view of the Taoist medical texts from the 8th century, which suggest that men should stimulate women to have as many orgasms as possible, thus releasing the maximum yin essence.

Women's energy is lunar, following a monthly cycle. She loses her energy each month through menstruation. But she is also renewed by the earth energy every month, which does give her tremendous orgasmic potential. But multiple orgasms can be very draining, depending on the type of orgasm and the woman's level of energy. Because a woman's sex organs are inside her body it is far easier for her to transmute the orgasmic energy up to higher centers than it is for a man. That is why many uncultivated women are more spiritual than similarly unaware men. These men instinctively toss their seed outward and lose its spiritual benefit.

**End of Preview.**

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