

## *Healing Sexual Positions for Men & Women*

### **Eight Healing Positions for Men**

**Position 1** - For sex-related problems, including impotence, premature ejaculation and difficulty in achieving orgasm: The woman lies on her side with her hips twisted so that her pelvis is facing upward as far as possible. The man is on top and penetrates with his penis. In this position, follow the preceding general instructions, or do up to two Sets of Nine each day for fifteen days.

This position heals all sex-related problems such as impotence. You have to work very slowly to gain self-confidence. In the beginning just insert the penis and work from there at your own pace. Most men have some sexual ability. It is unusual to be completely impotent. Usually the erection is lost either halfway into the vagina or partway through intercourse. If a man has trouble reaching orgasm, it is generally because he is not totally present. His mind wanders and he fantasizes. In reality, he is two different personalities -- one is having sex and the other is off somewhere else. Because this position is somewhat awkward for the man, it forces him to concentrate on what he is doing, thus preventing his mind from wandering or fantasizing. The important thing is for the man to work up to the point where he can do the two Sets of Nine each day. In fifteen days he should be completely healed of any sex-related problem. It is a very enjoyable way to spend your time, and much more effective for sexual problems than hormones, vitamins or surgery. I recommend that for vacations you stay at home and heal yourselves this way. Conventional vacations are usually very stressful and expensive and seldom provide the relaxation people hope for.

**Position 2** -- For energizing the body

The woman lies on her back with her head and shoulders supported by a big, high pillow, and bends forward at the neck. This position slightly curves the vagina, allowing the penis to be massaged where it is needed. The man comes in front of her and penetrates with his penis. In this position follow the preceding general instructions, or do up to three Sets of Nine three times a day. In twenty days the body will be completely energized.

This position also benefits the woman by drawing air up into the vagina, which stimulates certain internal organs.

**Position 3** -- For strengthening the internal organs, including the liver and kidneys

Both the man and woman lie on their sides (either side), facing each other. The woman keeps her lower leg straight and bends her upper leg backward, while the man penetrates with his penis. In this position, follow the preceding general instructions, or do up to four Sets of Nine a maximum of four times a day for twenty days.

**Position 4** - For bone weakness

The woman lies on her left side with her left leg bent as far as possible toward the back. Her right leg is kept straight. The man comes face to face with her, finding the angle where he can insert his penis. He may be either a little bit on top of her or directly face-to-face. In this position do up to five Sets of Nine a maximum of five times a day for ten days or follow the preceding general instructions.

This position is good for healing arthritis, leukemia, bone marrow disease and for speeding up the healing of broken bones.

**Position 5** -- For blood vessel problems

The position for this is exactly like Position 4 except that the woman lies on her right side and her right leg is bent. The man enters the same way, facing her but a little bit on the top. In this position follow the preceding general instructions, or do six Sets of Nine a maximum of six times a day for twenty days. This position is good for all types of blood vessel problems, including varicose veins and hardening of the arteries. It also helps high or low blood pressure if the arteries are causing the problem.

**Position 6** -- For blood problems, including blood pressure

The position for this is with the man on his back relaxed. The woman faces him on her knees and the man penetrates. The woman does not move, but the man moves up and down from underneath. In this position do up to seven Sets of Nine a maximum of seven times a day for ten days, or follow the preceding general instructions.

This position is good for anemia, low blood pressure, poor blood quality and "blood clots." (A large number of physical problems can be caused by clotted blood.) Blood clots form in the body much in the same way as milk curdles when it is cooked. When the body is drained of its energy, this lack of energy causes a slowdown of blood circulation. This slowing of the circulation causes the body temperature to rise, and this heats up the blood. The blood forms a skim layer just as milk does when it is cooked. This thickened portion of the blood remains in the body and accumulates in certain areas, causing a good deal of pain. X-ray equipment does not pick up the presence of these blood clots in the body, but they become a habitat for all kinds of germs.

**Position 7** - For lymphatic system problems

For this the man lies relaxed on his back and the woman kneels over him on her hands and knees.

The woman faces the man and can do a little movement, but basically the man moves after penetration. Do up to eight Sets of Nine a maximum of eight times a day for approximately fifteen days.

**Position 8 - For all-purpose healing**

This one is difficult for the woman because the position is hard to assume. The woman gets on her knees and then bends all the way back with her feet under her buttocks until her head and back rest on the floor. The man penetrates from the top front. (A pillow in back may help the woman.) In this position do up to nine Sets of Nine a maximum of nine times a day for ten days.

By changing the woman's position in the above methods, the shape of the vagina is changed and the friction from the penile thrusts affects different areas of the penis. Through the process of reflexology this affects different parts of the body, providing healing stimulation to these areas. The man works to heal himself and the woman serves as his tool. In the woman's healing positions, which I will cover next, the woman works to heal herself and the man is the tool.

**Seven Healing Positions for Women**

In these positions the man completely serves the woman. Unlike the benefits the woman derives from the man's healing positions, there is no real healing benefit here for him. The degree of penile penetration is important in the woman's healing positions because the various Zones of Reflexology are located along the length of the vagina. Therefore, different portions of the vagina require massage, and penetration is shallow or deep depending on the different requirements. Once the penis is inserted in these positions, the woman rotates her pelvis for the purpose of massaging and stimulating the vagina. The man does holdbacks when necessary and must communicate with the woman when he needs to slow down. He should not ejaculate or have an orgasm while in these positions.

Each of the following positions require the same amount of repetition: they should be done up to nine times a day for a maximum of ten days.

**Position 1 -- For lack of energy as indicated by blurred vision, excessive perspiration, weakness, fainting, rapid heartbeat and weak, shallow and rapid breathing**

For this position the woman lies flat on her back. The man is on top of her and penetrates as deeply as possible. The woman rotates in circles underneath him, moving both clockwise and counterclockwise. The man lets the woman work and remains in this position until she feels she has had enough. She may or may not have an orgasm; this is not the object of these healing exercises.

**Position 2 -- For the pancreas and liver, especially diabetes; for hot flashes, weak knees and painful feet and knees when standing for long periods**

For this position the woman lies on her back and wraps her legs around the man's thighs -- not his back or shoulders. The man is on top on his hands and knees and only penetrates with the head of his penis, or about one and one-half to two inches. Again, the woman rotates in both directions for as long as she can continue comfortably. The man's position on his hands and knees enables shallow penetration, and the penis only touches the lung, pancreas and heart zones of the vagina. (Note: this position is also good for all the joints of the body.)

**Position 3 -- For the stomach, spleen and female organs; all digestive problems**

Here the woman lies on her back with her legs locked around the man's waist and with her arms around him. The man is on his hands and knees and penetrates her halfway. The woman rotates in both directions for as long as she can continue comfortably.

**Position 4 -- For water retention, kidney and bladder problems, constant high fever, water poisoning, dried blood, pituitary gland problems**

For this position the man lies on his back. The woman is on her knees facing the man's feet. Only the head of the penis penetrates the woman can hold the penis for more control--and she rotates in both directions for as long as she can continue comfortably. (Water retention slows down the blood circulation by pressing on the blood vessels. This raises the body temperature and creates what the Taoists called blood clots as explained before. Water retention is generally a woman's problem--few men have it.)

**Position 5 - For the nervous system, liver, ulcers and eyesight**

In this position the man lies on his back and the woman is on her knees facing him. The penetration of the vagina goes from shallow to deep as the woman moves up and down on the penis, while at the same time rotating. This method gives the vagina a thorough massage.

Nervous problems are generally women's problems. The female organs often have some problems with such things as menstruation and blockages and the resulting hormonal imbalance affects the nervous system. As a matter of fact, women in general have more physical problems than men and they are more difficult to treat because the female body is more complicated than the male. Childbearing depletes a woman's body even further.

**Position 6 - For energy blockages in the meridians, headaches, poor blood circulation, menstrual problems (i.e., cramping, abnormally heavy or light flow or no period at all)**

For this position the man lies on his back relaxed. The woman is on her knees and supporting herself with one elbow, a little to one side of the man. She holds his penis with one hand and his head

with the other, and allows the penis to penetrate halfway, holding it all the while. The woman rotates in this position for as long as she can continue comfortably. (It is very hard for the penis to penetrate in this position, and that is why the woman has to hold it.)

**Position 7** -- *For blood shortage and anemia, poor circulation and pale, dry skin*

This is an easy position. The woman lies on her back with her knees up to her chest and her feet in the air. The man kneels on his knees in front of her and penetrates very deeply. The woman rotates while the man holds steady. This position shortens the vagina, allowing for very deep penetration. If the penis is too long, the man can wrap the base of the shaft with a handkerchief to prevent it from going too far into the vagina. (He should always do this if his penis is longer than his partner's vagina.) Also, the use of a handkerchief makes the penis more erect and helps maintain the erection longer. It works the same as a "cock ring" --by blocking the blood vessels, the blood cannot flow back out of the penis as easily.

You will have to arrange your time for these exercises. It is possible that the women's exercises take less time than the men's. In five minutes she may have had enough, whereas the Sets of Nine require a certain amount of time to complete. Remember, all the healing positions are to be done without the man ejaculating, so that he can continue to be the instrument for the healing as long as necessary. He probably will need to do the Holdbacks to accomplish this.

**Morning or Evening Prayer**

Love plus Truth equals True Love. Of course the word "love" has different meanings. True Love means two hearts united with no gap between them, not a social love. The love you have for your wife or husband is different than the love you have for a friend. Even close friends still have a distance between them.

Neither man nor woman should live alone. Not necessarily in the sense of physically living together, but in the sense of a sexual relationship. Men and women need each other for satisfaction and to heal, balance and adjust their physical bodies. Taoism teaches us that every part of the body is holy. And, if we are enjoying a full life as human beings with the use of Sexology, this is equal to a Divine Life. Suffering is not divine. When you reach a certain level of existence you become spiritual. Suffering to become spiritual is an idea of the ego. Man has not been forced to suffer. God gave him a choice.

Without will power or choice, man is only a machine. God told Adam not to eat from the Tree of Knowledge, giving him a choice. ("Knowledge" in this case is synonymous with religion.) God told Adam he would "die" if he ate from this Tree, death-meaning separation from God. Man chose to have the knowledge and then became ashamed and tried to cover himself. Before this, man felt pure. We have to go back to this purity. To please God we have to please ourselves first, because God is in us. If we live a Divine Life, we are already in the Kingdom of God. We don't have to pay any duty to God. He can do whatever He needs for Himself. God's will was to have one perfect person. Because man is part of woman and she part of him, it pleases God that they live together. During what is known as the Morning and Evening Prayer, man and woman are united together and become one perfect person. To perform the Morning Prayer, the man first does the Sets of Nine and brings the woman to orgasm. But if time is limited, you may completely ignore the "orgasm" and proceed directly to the Missionary Position.

The Bible always refers to the Spirit, the Soul and the Body, not just the Soul and the Body. The circle represents the spirit. It is surrounded by a triangle representing the soul or mind and by an outer square representing the mortal body.

The Nine Levels of Orgasm and the counting involved with the Sets of Nine require considerable discipline on the part of the man so that he does not succumb to lust. The man serves the woman with his body. With the morning and evening prayers people will start and end the day in peace away from worries and conflicts. Since we have our bodies, we must use them and discipline them. They should be used as a tool for the Soul-Mind to follow the Spirit. When we let our Spirit lead us and follow our intuition, conscience and communication with God, our thinking, emotions and decisions follow. As human beings, we cannot get rid of our bodies. We have to satisfy them. The Morning and Evening Prayer satisfies and disciplines the body at the same time. When approaching the Prayer, we should ask our bodies to listen to our Spirit. We should make a decision to please God. The feeling should be one of Pure Love. When two people meet, they become like a square. During the Morning Prayer they are locked together and share a meeting point. The square then becomes a triangle. The woman is completely opened up and receiving, completely yin. The man is at his Taoist orgasm and is in the position of complete giving, which is complete yang. Her complete yin state and his complete yang state constitute a perfect yin -yang balance. This balance becomes a circle with no beginning and no end. There is no gap and no sharpness in the circle because no criticism exists between the man and woman. For the couple there is only feeling, no judgment or thinking. They have their eyes closed and are feeling each other. This feeling is complete love, pure unification. This unification represents the yin-yang, the microcosm and the macrocosm of the universe and is everlasting.