

# Revive Your Sex Drive

The Yang Man's Guide to Increased  
Sexual Energy, Confidence, and Power



By Ryan Randolph

A  **YANG TOWN** Creation

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# Introduction

Disclaimer:

I am not a licensed medical professional. Please check with your health practitioner before performing any of the following exercises.

The Revive Your Sex Drive eBook package contains both this ebook and The Heart Chakra Tuning Fork mp3 audio track:

If you didn't receive the audio track, you can download the entire eBook package for free by visiting [www.ReviveYourSexDrive.com](http://www.ReviveYourSexDrive.com)

## ***Sexual Energy, Confidence, and My Story***

Sexual energy is often overlooked in much of the seduction and dating material out there, yet it's the cornerstone of enjoying a satisfying life with women and with your self.

No amount of good pickup lines or mastering body language will make up for a lack of sexually charged confidence.

Why do some guys just seem to ooze this sexual energy while others seem like sexually-neutral nice guys?

Is there a precise, step-by-step method of harnessing this sexual energy?

I remember a few years ago, before I learned any of this dating stuff, I would go to bars and clubs to have a good time, drink a few beers, and meet women.

Usually, one of my friends would be the one to start up the interaction with women otherwise we would just end up talking to each other.

Many times it ended up with us going to the bar, paying three times as much for beer, and then standing around all night without meeting any women. The whole thing seemed pointless and frustrating.

I can recall some sort of mental block that would surface if I even *thought* about approaching women that I didn't know. It was as if deep down, I didn't feel like I could satisfy her sexually, so why even try. I felt like I was just one of those guys that didn't have that sexual spark that women craved and probably never would.

Even when women approached me and *hit on me*, I would *still* hesitate to take it any further. Since I was inexperienced, I feared that she would be let down if we ended up having sex.

"What if" questions raced through my head: "What if I wasn't good enough? What if we got physical and didn't 'perform' well? What if she would tell all of her friends that I was horrible and fumbled around in bed?"

The possibility of her thinking of me as a loser was too much for me to handle, so I *didn't even try*.

Through some drunken and awkward sexual interactions with women, I realized a couple things :

1.) Many of the attractive women I slept with were either just as inexperienced as I was or just as self-conscious.

2.) Women seemed to respond well to the emotional connection between us during sex.

This allowed me to break through my old mental barriers pretty quickly which led to a good amount of success with women. But somewhere down the line something went wrong.

I thought that I was living a healthy life. I ate a variety of foods with a lot of protein, went to the gym at least once a week and usually drank only on the weekends. I ran a part time computer business and attended college. I thought I had it all figured out.

Then slowly, I began feeling sick and tired all the time. I didn't want to go out as much and my confidence started dropping. I was losing interest in women and my sex drive and sexual potency was not as strong as it was before.

I couldn't figure out why this was happening or even how to fix it.

When I went to clubs, I no longer felt like having fun and women picked up on this, which led to less success with them. Many nights I came home from the bar drunk and frustrated only to turn to my last bastion for sexual needs: Porn.

Porn was always there; easy to start up and turn off with no hassles. I didn't have to argue with it and it always had a happy ending. I felt in control. I thought I regained just a little bit of my power with it.

Slowly my social skills began declining. Old feelings of nervousness around women started to creep back into my life. I tried using all the pickup and seduction routines but my spirit just wasn't in it.

Little did I know that the porn was draining my energy and causing me to be more nervous around women. Lonely and dejected, I would turn to porn again leading to a vicious negative cycle.

Finally, I reached a point where I was fed up with it. I had to get a handle on my physical and sexual health. I dove into all kinds of books, websites, attended seminars, health expos and found health practitioners in a search for an answer.

How could I regain my sexual energy and drive?

Through two years of this journey from the dating and seduction world into the health and spirituality world, I've found a powerful, ancient technique to help rapidly regain your sexual energy and vitality.

It's a simple, step-by-step process that will take you only a couple minutes a day.

As I do this exercise each day, I can feel my inner power and confidence growing. I have more self-appreciation and self-respect as I honor my body.

When I see a woman I am sexually attracted to, I feel that powerful urge ravish her yet I can take her or leave her. When I look at any woman, I no longer just see her body, I see her feminine essence and I appreciate and connect with that part of her.

*I love women again.*

Before, I would be instantly captivated by a gorgeous woman. Now, I appreciate her beauty but am not as influenced by it. The sexual power that beautiful women used to hold over me is falling away since now my power comes from within, rather than outside.

My standards are rising and I am embracing the qualifier mindset; I am more concerned with what kind of person she is rather than if she likes me or not. This allows me to let go of needing approval from her and instead, see if she is the kind of woman I want to get to know better.

This difference is *the* subtle shift from a guy who gives his power away to a man who owns his own strength.

Rare is a man who owns his strength and power. Rare is a man who is not easily swayed by looks alone. Women pick up on this energy, *especially the high quality ones.*

It's easy to say "Don't seek approval from beautiful women" but it's another thing to actually *live it.*

In this ebook, I'm going to give you the ideas and techniques that I've learned from studying Traditional Chinese Medicine (Taoism), spiritual practices, various energy work, and my own sexual and emotional experiences.

The good thing about the Taoist exercise in this book is that it will actually draw energy from the inside that you didn't even know existed. It will improve your confidence, sexual endurance and your overall health, allowing you to change your own beliefs about sex which can create a self-reinforcing positive cycle.

Sound good?

Let's begin with some basics definitions so we are on the same page.

What do I mean by energy?

Look at your body like a battery. When you are feeling good, your body is fully charged with energy. When you are feeling down or sick, there is less energy flowing through you. When you die, your energy completely leaves your body.

*Energy is the life force that flows through you.*

## What do I mean by sexual energy?

We have all kinds of drives within us; the drive to make friends, the drive to create works of art, the drive to interact and communicate and so on. At the heart of it all is the drive to procreate; our sex drive.

The energy that fuels this drive comes through the man's sexual glands; the testes and the prostate. This energy fuels all the other glands in the body and is therefore of major importance.

*Sexual energy is the energy that flows through our sexual glands and drives us to mate with the opposite sex.*

The Taoists realized that just as the sperm in our testes held the seeds for creating a new person, a man can redirect the creative life forces within these glands inward to rejuvenate and nourish his own health and vitality. We're going to use this ancient wisdom and apply it to fit today's lifestyle.

Unfortunately, most guys out there right now do not know these techniques and ideas. In fact, most live a lifestyle that drains their sexual energy in little ways everyday.

***Stress, porn, poor diet and other factors are draining our sexual energy and no one has shown us how to protect or regenerate it...until now.***

What is going on with us that causes all these problems? Better yet, what can we do to regain our sexual power and endurance?

I'm going to address these issues as best I can.

## ***Yin and Yang Balances***

We are going to talk about yin and yang so a quick overview of that will be helpful.

Yin and yang is a simple way to describe two opposing forces that make up everything that exists. Yang is expansive, hot, light, fire and so on, whereas yin is contractive, cool, dark, and water.

In the context of relationships yang is the leader, masculine, and purpose driven whereas yin is the follower, feminine, and full of loving radiance.

A man's body and outward expression is masculine (yang) while his inward expression and feelings are feminine (yin). For a woman it is the opposite; her body and outward expression is feminine (yin) while her inward expression and feelings are masculine (yang).

So this means that for a man to become to most powerful and masculine man he can be, he must get a few things handled on the inside (don't worry, it's nothing too touchy-feely or woowoo; just practical techniques for feeling better).

This “Yang Man’s Guide to Increased Sexual Energy, Confidence, and Power” is intended to be used by men looking to increase their inherent masculine energy. The rest of this book will be devoted to helping you discover and channel the highest form of your masculine sexual energy.

So how do we summon more of our yang energy? We’ll cover that in chapter 3 but first we need to find out how to protect the energy that we do have.

# Chapter 1 - Keeping Your Sexual Energy

To begin with, we discuss areas where you may be leaking sexual energy and ways to maintain and increase it.

## ***Porn: The Real Energy Drainer***

One of the most common habits among guys, is that we all have (or have access to) a porn collection that we frequently or occasionally jerk off to when we are horny, lonely, or just plain bored.

The masturbation isn't a bad thing by itself, since it's good to develop a relationship with one's self, but combining it with porn is where a few deeper problems arise.

When a guy is masturbating to porn, he is subconsciously training himself to put women on a pedestal and to give his power away to women (doing anything for them, letting women walk all over them etc.).

He imagines a sexual act in his mind but that act has shame/guilt tacked onto it. The guilt and shame arises from society, parents, the church or other authorities. (It's not their fault, they were just trying to do what they thought was best but it was coming out of a fear-based reality).

This programming that says that sexuality is partly wrong is often deeply embedded within the guy, (this is why many guys hide their porn, downplay its role in their life, and otherwise avoid talking about it except with some of their friends).

*Masturbating to porn triggers this programming and summons the energy of guilt and shame.*

The mind is unable to tell the difference between an imagined reality and reality itself. When a guy masturbates, his mind believes porn to be real and how the world works. The mind over generalizes and links things together in groups.

When he goes out into the real world, all that guilt and shame he received while jerking it to porn gets associated with any beautiful women that he sees or talks to.

The two get linked together and *anxiety around women is increased a thousand fold.*

Any guy who frequently masturbates conditions himself to associate beautiful women with the feelings of guilt and shame (just like how pavlov trained his dogs to salivate when he rang a bell). He also ends up placing too much importance on looks and no other qualifications because that's his only focus while masturbating to porn.

He doesn't care if the porn star has a sense of humor or likes to read. He is focused solely on which body part turns him on the most simply because that is the only part of her that he can access (he can't talk to her, or feel her, or smell her...he can only look at her).

So when he goes out to look for women to date, he will have trained himself to look for one qualification: *looks*.

Good looking women are all over, though if you don't qualify them for looks and heart, you may get a lot of unwanted baggage with those good looks.

When a guy only cares about looks yet subconsciously believes that he can't get women because he isn't good enough, feel tremendous inner conflict, frustration, and loneliness.

In this loneliness, he may turn to porn for a momentary relief from his frustration and sadness. This leads him to masturbate to porn, further reinforcing his loneliness, turning into a negative addictive cycle.

Women become fantasies and the guy starts to believe that real life women are unobtainable. Jerking it to porn is a double edge sword: On the one hand it feels good but on the other hand it reinforces the fact that the guy can't get sexual pleasure from a real woman and is forced to watch porn.

Not only that, orgasm puts the guy in a vulnerable and suggestive state. At the moment of orgasm, his energy field (ie, his subconscious mind) is opened tremendously. This is why many unrealistic beliefs are deeply programmed into the guy when he jerks off to porn.

One belief is that only hot women fall for guys who are in shape and have large members (which is another illusion perpetuated by guys who make these movies). Since most guys don't fit those descriptions, they develop beliefs that they are "not good enough" to get hot women or to keep them satisfied.

Since these guys put so much emphasis on looks and size, they project these beliefs onto women and believe that they care about looks and size as well.

Another problem many guys experience is ejaculating too fast when they become physical with a woman. On a deep level they may feel guilty about masturbating to porn or about someone "catching" them do it. This fear of getting caught can condition the body to ejaculate quickly before someone sees them.

*[To learn a powerful 90-second technique boosting sexual stamina, [watch this free video](#) by my friend Alex Allman]*

## **Leaking Sexual Energy**

A friend of mine describes this process of giving away your power using the phrase "leaking sexual energy." Women leak sexual energy by looking for sexual validation in clubs, whereas guys leak it by masturbating to porn. This is especially crucial if these things happen within a relationship.

“Porn is definitely leaking, plus it trains the man to give his power away to women. Porn is the number one training ground for this kind of imbalance, for training one’s self to give power away to women.”

Most approach anxiety is programmed in through that channel. In the days before porn, there was SHYNESS, it wasn’t as debilitating as we see in the men of today. Also, porn will cause one to attract lower energy fields of lust, shame, guilt, pride, apathy, depression, anger, madonna/whore, etc.” -Steph

A guy who puts women on pedestals will give away his power to them. He will allow women to walk all over him, treat him badly and he will jump to meet any need a woman has because he is conditioned to “get” sex even if it means paying with his own integrity. This reinforces the “nice guy” attitude and is counter-productive in creating sexual attraction.

## The Emotional Connection within Sex

The sex in porn is often very physical and leaves out the crucial element that has been proven to make women have more powerful orgasms: emotional connection.

Women that feel a strong emotional connection with a man (in addition to the physical part) are more relaxed and their biology responds better, allowing them to enjoy sex more.

According to new information and research about female ejaculation, a woman must feel safe and secure in order to be relaxed enough for her to have a full body orgasm.

*[If you want to learn how to give women intense mind-blowing orgasms, check out the [Revolutionary Sex](#) program by my friend Alex]*

When you masturbate to porn, you don’t personally know the women in the videos, so you are training yourself to orgasm based on their physical attractiveness and downplaying the emotional connection element.

You are also training yourself to orgasm by *looking at a woman* rather than *being with a woman*.

Do you have problems holding eye contact?

I know the times when I was “using” porn, I had trouble holding eye contact with women even when I consciously tried to hold it.

The reason for poor eye contact is likely because when we see an attractive woman, subconsciously our brain references some of the recent memories of attractive women which point to us jerking off to porn, which then causes us to feel guilt and shame.

Then we think “Oh no, I better look away so she doesn’t feel like I’m gawking at her like a sex object.”

That’s our own projection of reality, it’s not what she’s actually thinking.

For some guys, this may not affect them much since they have these areas covered naturally, live in their own reality, and porn is just a side thing to do in their spare time.

For guys that are still getting their inner game together, it can be an unnecessary addiction that drains our sexual energy, confidence, and power.

### **Letting Go of the Addiction to Porn**

If we logically understand the addiction to porn is bad for us, then why can it be so hard to stop?

I believe the addiction is not the problem, but rather, a symptom of a deeper problem. The true problem is with energy, and addiction is the brain’s way of dealing with the problem; a form of improper self medication.

I also believe that the solution is not to ‘destroy’ the addiction but to ‘let it go’ by bringing in more of the *right energy* that our body is craving.

This way we focus on what we want rather than pushing against what we don’t want. This way the law of attraction works with us rather than against us.

If we look at the addiction to porn as our attempt to create balance, then what are we trying to balance? What is at the heart of the drive to masturbate to porn?

I believe it is a lack of love.

Think about it. If we had an amazing girlfriend who loved us emotionally and sexually and with whom we had great chemistry, would we *really* need porn?

I’m going to say no.

If we look to women to give us love and then feel rejected or lonely about it, our brain is going to try to reach out and get love from somewhere.

Porn is the brain’s way of trying to fill that emptiness.

So if we give up porn yet still feel lonely, then our body is going to search for

another way to fill us with love (usually in the form of a new addiction to foods, alcohol, drugs, etc).

You see, the goal is not to “give up porn forever,” the goal is to “heal that feeling inside us that drives us to porn, so we don’t need to watch it.”

*Letting go of porn is only half of the solution. The other half is to create self love within us.*

Think about it. If we have high self love, then we won’t need it from women; we can take them or leave them.

*This is **the** true source of our power.*

The energy of love is what we are really searching for and until we feel it, we will be drawn into porn or some other addiction. Women will be able to control us by dangling the prospect of love in front of us (if they are less than integritous).

How can we summon self love?

One way is by doing the Self-Acceptance Tuning Fork Meditation daily.

### **Self-Acceptance Tuning Fork Meditation**

This meditation is a quick way to instill loving energy into yourself. Simply sit in a quiet place, close your eyes, and play the included Heart Chakra Tuning Fork audio file (put it on repeat if you want to go longer than 2 minutes).

As the tuning fork gently clangs, place your hands over your heart and genuinely say these affirmations:

- 1) I accept myself just the way I am, even though I am not perfect.
- 2) I am truly loved.
- 3) Why am I so loved?
- 4) I love myself just the way I am.
- 5) I love you.

The frequency emitted from this fork is specifically set to communicate with the energy in your heart. If you do it enough, you will feel a growing tingling sensation in your chest. This means your cells are opening and becoming more receptive to energy.

*This is your heart opening.*

The more open it becomes, the more confidence and self love you will have, and the easier it will be to let go of porn and approach women.

Remember, its not the tuning fork that is doing the work; *it's you*. You could play the tuning fork for 3 years daily or you could have 5 minutes of quiet intention and you would accomplish the same inner work. You see, the power does not come from the technique or the tool that you use, the power comes from how deeply devoted your spirit is to opening and embracing love.

### **Consciously Participating in the Addiction to Porn**

Another difficulty in overcoming an addiction is the fact that our conscious, logical brain wants us to stop but our primitive, survival brain doesn't. This creates stress and conflicting drives within us.

A powerful way to transfer power from our primitive brain over to our conscious brain is through simply *choosing to participate in the addiction and becoming fully conscious while doing it*.

Since we know that the addiction is bad for us, when our primitive brain drives us to do it, our higher brain starts to judge ourselves during or after the addiction.

In an effort to shut off the guilt induced by the thoughts of this logical brain, we ignore or repress the thoughts altogether, effectively giving our primitive brain total power over the addiction until it becomes an automatic and unconscious reaction and we are powerless to stop it.

By *consciously* choosing to watch and masturbate to porn, we are shifting power back to our higher brain until the addiction becomes a choice rather than an unconscious reaction.

Being conscious means being fully present to the experience. This means being aware of all our senses and focusing on what we are doing in the moment.

Can you remember the last time you scratched your nose? Can you remember what it sounded like, what sensations you felt? Chances are that you can't remember because it was unconscious.

This is how many guys masturbate. It's done without being present or focused on one's senses.

Now scratch your nose. Ignore everything else that is going on around you and feel your hand moving towards your nose. Feel the muscles moving and the skin of your hand. Feel your finger touching your nose and then feel the skin where your finger is touching.

This is an example of being consciously aware, fully present, and focused. This is how you overcome an addiction to porn, not through denial but to masturbate while being as conscious as you were when you touched your nose.

You don't have to stop masturbating to porn cold turkey, just do it consciously.

Continue this practice of conscious masturbation until the addiction just fades away naturally on its own accord.

Every once in a while I will feel the urge to look at porn. When this comes up, I don't repress it or deny it, I allow myself to feel it. I then direct myself to a website that has porn and I look at it while totally present. It only takes me a few moments for me actually become turned off by porn.

It's all in the eyes. As I just feel into their eyes and connect with their essence, I can feel the energy of it all and I again realize it's just not what I want to bring into my life. Each time, I reaffirm my standards of integrity and step into my power by choosing something else.

## **Developing a Sexual Relationship with Yourself**

There's a powerful saying that goes like this: "Once you learn how to love yourself, you will automatically be able to love others."

Most people have a hard enough time developing a mental and emotional relationship with themselves let alone a sexual relationship.

Masturbating to porn isn't really a relationship with one's self; it's more of a part relationship with self, part imagined relationship with others.

If we let go of porn completely, how are we going to give ourselves some "self-love"?

A better way is to set aside some alone time and become fully present while you "pleasure" yourself.

Here is my friend Evolver's solution to letting go of addiction to porn and creating healthy masturbation habits:

"Focus on the sensations in your body and if any images of porn, girls, etc. cross your mind just let go of them.

Do anal contraction exercises [*instructions are found in the 2<sup>nd</sup> stage of the deer exercise in chapter 3 of this ebook*] and breathe deeply when you find yourself close to orgasm. When the time really feels right then release, all the while repeat affirmations such as "I know I am truly loved" and "I know I accept myself fully as I am."

I also listen to music that I would imagine calibrates high [*this just means it has good energy*], such as Delerium and Enigma. This seems to be a great way to actually raise your consciousness,

get rid of addictions to porn, help you to last longer when you are with women and eliminates any guilt and shame associated with masturbation and sex. It also helps with any body image issues or sexual frustration.

You anchor this routine in your consciousness until it replaces the old context and when you have sex with women your associations with it get played out with a love-based context rather than one of fear, guilt, shame, and worry.

When you are able to accept your sexuality fully and accept yourself fully, you will be able to accept women you have sex with fully and will see women (and everything) through the lens of light and love.

This should get rid of neediness, performance anxiety, and any premature ejaculation problems. It becomes a form of meditation, rather than feeding a porn addiction.” -Evolver

For more in-depth techniques to let go of porn and become more sexually confident, check out [\*Sexual Mind Mastery: How to Condition Your Mind to Attract Women, Initiate Sex, & Perform in the Bedroom with Maximum Confidence, Power, & Stamina\*](#)

## ***Energizing Your Life and Overcoming Inactivity***

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” - Plato

Health is an important aspect to one's sexual appetite and sexual energy.

Many of us are living lives where our work resides online and at home or in an office. This results in a very sedentary lifestyle. When you sit around all day toxins start to collect and your body begins to break down.

Think of the blood, nutrients, and energy that run through your veins, intestines, and meridians (energy pathways) like a river. Is that river stagnating or flowing? If you are very active, you can bet your body is like a fast moving river.

Your body mirrors your actions. If you sit around all day your blood, nutrients, and energy are going to slow down and stagnate as well. This is not helpful to your sexual energy.

You don't have to become an all star athlete overnight but making a few adjustments will go a long way. Here are a few easy ways to become active:

- 1) Walk after meals
- 2) Stretch Daily
- 3) Run, work out at the gym, or do other exercises

If you've been living a sedentary lifestyle for a while and commit yourself to doing all of the above everyday right from the start, it's going to be tough to stick to it. So start with a walk a day for a couple weeks, then add in the stretching, then add in running or other exercises.

### **Take a Walk**

Walking is easy, it only takes 10-15 minutes, and can be done anywhere. Best of all, it has many beneficial side effects. After lunch simply take a walk around your neighborhood or office building (outside in the fresh air is best).

When you walk, *clear your mind and try to release all your problems just for a few minutes.*

Your mind will chatter away as it always does but just let it be. Don't get involved with the internal and endless dialogue of the mind just keep bringing it back by focusing on something in your surroundings as you walk.

Leave your cell phone behind if you can. Then take the time to look around and observe everything and everyone around you.

*Be present.*

Walking and ignoring mind chatter will train your mind to let go of stress leading to more happiness and better energy movement within your body.

It's been said that "you can't be stressed out while your breathing is good" which is why it's great to take a walk if you ever feel overly emotional. Walking assists you in taking deep breaths, similar to ones you would take during meditation.

Benefits of Walking include:

1. Improves digestion and circulation
2. Sunlight provides vital nutrients (like vitamin D) to your body
3. Serves as an active meditation allowing you to reconnect with nature and source energy (also known as the universe, or God)
4. Makes time seem to slow down and serves as a mini adventure (if you are present enough to enjoy it)
5. Wards off depression and low self-esteem.

## **Stretching**

After you get the walking into your routine, add in daily stretches. This is especially useful if you work on computers all day.

Daily stretching increases your flexibility and improves your range of motion of your joints. So when you're getting busy with your lady friend, you can enjoy the pleasure of trying various positions with ease.

*Stretching also improves circulation, relieves stress, and increases energy levels.*

It helps the blood flow through the body so it will be easier to get an erection and maintain it longer. Also, with less stress you will be out of your head and into the moment to a greater degree which helps your "performance" in bed.

A good website for stretches:

[8 Daily Stretches](#)

## **Exercises to Increase Your Life Energy**

Once you've integrated stretching and walking into your routine, go ahead and add running or any other exercises that get you moving. Pick something you enjoy as it's easier to integrate into your routine that way.

It's worth considering Eastern practices such as Qi Gong, Tai Chi, or Kundalini Yoga to help energize your life. These exercises are much more comprehensive in terms of whole body health (emotions, internal organs, muscles, circulation, energy, everything) compared to traditional types of exercise.

Chi (also known as "Qi" or "Prana") is defined as "life giving energy that unites body, mind and spirit." These practices train you to cultivate chi and use that to restore your mind and body leading to better mental, physical, and emotional health.

## ***Computers Drain Your Energy and Happiness***

There is another major reason to get away from computers out side of porn and inactivity: They physically suck your energy out of you over time.

I recently found a book called Energy Medicine by Donna Eden. It goes over the various systems of energy within our body. I dove into the book and discovered that everything around us affects our energy in some way.

“Your body is designed to heal itself. The ability of a body to maintain its health and overcome illness is, in fact, among nature’s most remarkable feats. But you’ve been placed in a world that systematically interferes with this natural capacity, and your conscious involvement in your health is required if you are to truly prosper.

The electromagnetic and more subtle energies give your body life. They are your body’s fuel and its atmosphere. Your own energy systems, such as your meridians (your body’s energy pathways) and chakras (your body’s energy centers), emit electromagnetic energy and light.

While our culture does little to help us look more closely, energy *really* is all there is. Even matter, as Einstein’s elegant formula shows, is congealed energy.” -Donna Eden, Energy Medicine

This book is truly mind blowing. After reading it, I realized that I had neglected my energy system by having a huge, power hungry computer in my room and leaving it on most of the day. I decided to remove the computer and instead use a laptop.

Once I removed the larger computer, I could feel my energy system rebuilding itself and my health steadily improving.

I later found out the scientific reasons behind this occurrence: Computers release positive ions. All the air around us has molecules which are either positively charged or negatively charged. Computers, cell-phones, and other machines release positive ions, while things in nature, such as plants and the ocean, release negative ions.

Positive ions bind with negative ions in our body which then depletes our energy, lowers our immune system, and makes us feel anxious or depressed. Positive ions have even been linked to heart attacks, asthma, insomnia, migraines, arthritis, and more. Also, most air-borne allergens and pollutants also have a positive charge.

## Balancing Your Environment with Negative Ions

To counterbalance the damaging effects of positive ions from computers, we have to increase the negative ions in our environment.

Negative ions bring oxygen to your brain, boost your immune system, improve your happiness, aid in sleeping, and cleanse the air of parasites, pollutants, and EMF radiation.

Here are two powerful ways that I've found to increase negative ions:

- 1) Growing wheatgrass in your room or office
- 2) Placing a salt lamp in your home or office

### Wheatgrass

Wheatgrass is an excellent way to purify the air by releasing negative ions naturally. It has cured many insomniacs by itself.

“As a sleep aid, merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly. I have seen remarkable results when insomniacs have placed just one or two trays of wheatgrass by the bedside.” -Anne Wigmore, *The Wheatgrass Book*

You also get the added benefits of detoxification and rejuvenation of your blood if you juice it. Better blood means stronger health and better erections.

When growing wheatgrass, the most important part is the selection of seeds. If you choose a distributor that has bad seeds, you will get mold and the wheatgrass will smell bad and attract flies. It's even better if you can find a local source.

### Himalayan Salt Lamps

Salt lamps are big salt rocks that have a hole drilled inside where a small light bulb or candle is placed. The light glows through the rock and causes moisture in the air to bind with the salt surface and release negative ions.

After replacing the large desktop computer in my room with a small laptop, I added a Himalayan salt lamp.

After a day of sleeping in my room, I felt a subtle sense of calmness and less stress. Over time that electronic-icky feeling of being around computers all day has completely gone away.

For more info or to purchase a salt lamp, visit:

[SaltLampChamp.com](http://SaltLampChamp.com)

## ***Get Out of Your Mind and Into Your Body***

What does it mean to be stuck in your head?

It basically means you are thinking or analyzing far more than you are experiencing. It's when you add analysis on top of every experience, which creates distance between you and the pleasure of that experience.

Over thinking things can result in pre-mature ejaculation, loss of erection or simply not having pleasure in daily life.

It's also when you are doing one thing (like having sex) but thinking about another (like problems at work).

In the first episode of the show nip/tuck, there is the perfect example of this when the main character, Shawn, is having sex with his wife. She is laying there bored out of her mind while he is thrusting in and out. All the while the viewer hears his thoughts of "I'm gonna fire the gardener, the hedges in the front are lopsided, looks like he trimmed them drunk." Then his wife asks him, "Are you finished honey?" He finishes up then meekly says "yes" and she pats him on the back and they both turn over and he goes to sleep.

Dr. Maoshing Ni explains the importance of mind-body communication in his book, Secrets of Self-healing,

"People generally either engage in mental activity and are oblivious to their bodies, or they engage in physical activity but their minds are wandering and not aware of what the body is doing. In this way the body and mind, which are essentially one inseparable system, are split.

When this split is created and the body and mind do not function as one unit, the ability to realize our full potential is greatly impaired. Nerve synapses atrophy from lack of use and vast areas of the brain lie dormant. Input from the external environment is inaccurately or incompletely transmitted to the brain, which in turn relays faulty messages as a response. As a result, the nervous system doesn't fully develop and the awareness of reality, both internal and external, is distorted." -Dr. Maoshing Ni, Secrets of Self-Healing

### **How can we get out of our head?**

The mind will keep thinking and thinking with no end. Often times it will go drudging up into the past or future, which can trigger subtle fears, resentments, or regrets which then leads to having an unhappy feeling in your day to day life and not knowing the

reason. A healthy way to deal with it is to simply observe it, allow it to do its thing, and keep releasing the need to continue with any of its stories.

[You are not your thoughts](#) or your mind. Your mind will still continue with the fears, doubts, and criticisms but they will not have as great of a pull on you when you allow them to just flow through you. Most of your thoughts are quite meaningless, and, research has shown that something like 90% of the thoughts you have today are the same thoughts you had yesterday.

Perhaps make it an intention to become fully present at any given time by focusing on the moment in front of you.

Try the conscious exercise we did earlier with your nose but this time do it while you are eating one of your favorite foods, checking out nature, or getting physical with a woman.

## **Meditation Exercise**

To really improve your presence, try meditating once in a while. Meditation isn't hard; you just sit in a quiet place, close your eyes and focus on your breathing.

The intention is to clear your mind of all thoughts and just "be to be". When you connect to spirit, your consciousness will feel like its expanding. You may also feel a deep sense of relaxation, and with more practice, sudden bursts of bliss.

Meditation isn't some magical thing, it's actually very practical. Ask any professional athlete this question: "How important is self talk and being in the moment while you're playing?" He will probably tell you that becoming good at self talk and being present is what makes the difference between the amateurs and the professionals.

It's *that* crucial.

Well that's all meditation is! Talking to yourself and being present.

Scientific research is coming out that proves meditation actually allows cells to function more efficiently. If you are interested in listening to an amazing lecture on this topic, check out the article [Your Beliefs are More Important Than Your Genes: Understanding Bruce Lipton's New Biology](#). He is a cellular biologist who became "spiritual" because of his breakthrough research and realizations.

One of the profound things he mentioned from his findings is the fact that cells can only be in one of two modes: Growth or Protection. When a cell is in protection, it is not growing. When it is in growth, it is working to heal and grow itself.

When we are stressed, worried, or otherwise stuck in our head, we are sending all our cells into protection mode which literally *stops them from growing!* Meditation

(thoughtlessness) allows your cells to go back into growth mode, which allows them to become more efficient at healing and growing your body.

Here is an easy way to clear our mind and meditate:

- 1) Sit in a comfortable position or chair with your spine straight
- 2) Place your hands on your thighs resting with your palms up
- 3) Touch your tongue to the roof of your mouth and hold it there
- 4) Inhale deeply and silently repeat the mantra “Sat”
- 5) Exhale with the mantra “Nam”

So when you are breathing it will go like this (very slowly):  
“sssssaaaaaaaaaattttttt...nnnnnaaaaaaaaaaaaaammmm”

Seriously, try it right now for 30 seconds.

Go ahead, review the 5 steps above, stop reading and give it a try.

Not bad huh.

# **Chapter 2 – Understanding Energy: Glands and Chakras**

Here, we discuss the Taoists model of energy and glands along with the common spiritual model of energy and chakras.

## ***Taoist Model of Energy***

Taoists view the sexual glands as endowed with the power to create and organize life. They believed that these sexual glands could also be used as the source of vitality and life force within their own bodies. Through this understanding, they developed an exercise to consciously redirect that life force from the sexual glands to the rest of the body.

They view these glands like any other part of the body in the sense that they must be exercised in order to preserve the hormones, nutrition and energy and also to strengthen the body and even open the doors to heightened spiritual awakening.

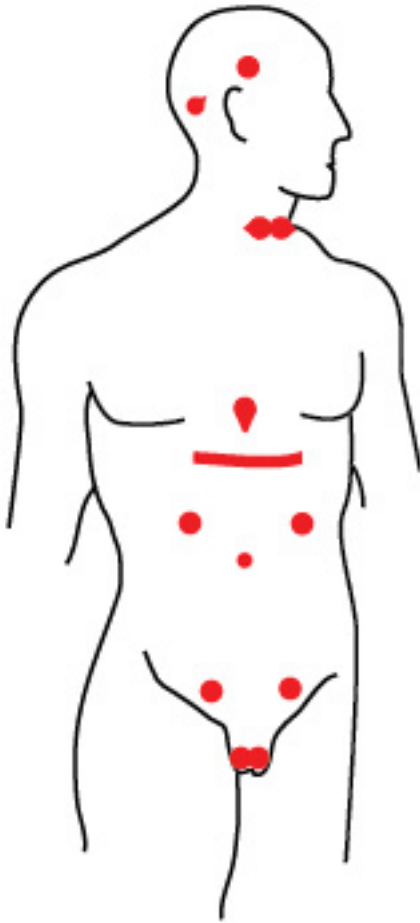
The full book of The Tao of Sex Wisdom was guarded by the Chinese emperors for thousands of years. The public was forbidden from reading it until about 1,500 years ago when it disappeared completely. Mysteriously, it reappeared about 100 years ago in the Japanese imperial court and was returned to the Chinese where it was reproduced into many editions.

Taoists believe that the best way to overcome disease is to not have it in the first place.

“The sages of ancient times emphasized not the treatment of disease, but rather the prevention of its occurrence. To administer medicines to diseases that have already developed, and to suppress revolts that have already begun is comparable to the behavior of one who begins to dig a well after he has become thirsty and of one who begins to forge his weapons after he has already engaged in battle. Would these actions not be too late?”  
-The Yellow Emperor’s Classic of Medicine

They accomplish this prevention of disease by working on the body’s seven glands. These glands are responsible for regulating the flow of energy throughout the body.

## The Seven Glands



(From top down)

1. The Pineal gland regulates the other glands with its secretions and is associated with intuition and conscience.
2. The Pituitary gland governs the various parts of the mind such as memory, intelligence, and thought.
3. The Thyroid gland regulates the cellular metabolism and governs growth.
4. The Thymus regulates the heart and circulatory system.
5. The Pancreas regulates digestion, blood sugar levels, and body temperature.
6. The Adrenals support the function of the kidneys, bones and spine.
7. The Sexual glands (either prostate and testes for men, or ovaries, uterus, and breasts for women) regulate hormone secretion, sexual energy, and reproduction.

These glands act as a system, redistributing energy to one another in order to maintain balance. So if the thymus gland is weakened, energy from the other six glands will be directed at the thymus to reestablish equilibrium. Balancing energy within our system is of key importance to us for maintaining health and sexual vitality.



The image of the 7 vases portrays how the 7 glands interact with one another in a balancing act. If any one vase begins to empty, the others redistribute their contents to create equilibrium.

## ***Spiritual Model of Energy***

### **The Seven Chakras**

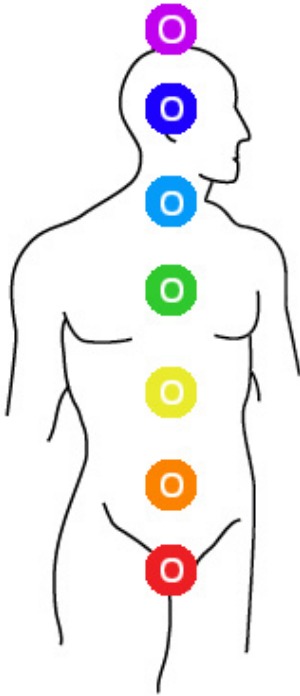
The word chakra means disc, vortex, or wheel, and refers to the spinning wheels of energy in the human body. Basically, the chakras represent the seven major energy centers in the body.

“Major Centers of both electromagnetic activity and vital energy are recognized in indigenous cultures the world over. In the Huna tradition of Hawaii, they are called Auw centers; and in the Cabala, they are the “Tree of life” centers. In the Taoist Chinese tradition the term is Dantien, and in Yogic Theory they are called “Chakras.”” -William Collinge, *Subtle Energy*

Each chakra is related to a gland system, so you could say that the chakras are like the energetic counterpart for each gland.

Each chakra is associated with different emotions in the body (e-motion is simply energy in motion). So by balancing the energy of each chakra through affirmations, guided meditation, visualization, and especially your life’s choices, you balance your emotions (which eventually balances your physical body).

There are differing descriptions of the chakras though most of the models are like this:



1. Crown Chakra – Violet – The Crown chakra is commonly said to be the gateway to heightened spiritual consciousness and your higher self. Many depictions of saints and Jesus feature a halo around their heads which can be interpreted as having a strong crown chakra.
2. Third Eye Chakra – Dark Blue – The third eye allows us to see the big picture in life and helps us create our reality. It helps us receive communication from our higher self and motivates us with inspired and creative thought.
3. Throat Chakra – Light Blue – The throat chakra is the center for personal expression, choice and will, and judgement.
4. Heart Chakra – Green – The heart chakra is the center of love, compassion and self-acceptance. People who have an open heart are ones who have incredible self-love which becomes love for all others (since we are all connected).
5. Solar Plexus Chakra – Yellow – The solar plexus is the source of personal honor, self-esteem, trust and emotions such as fear, intimidation, or sensitivity to criticism. When we get that “gut feeling” or are “sick to my stomach” it is in the solar plexus area.
6. Sacral chakra – Orange – The sacral chakra is the center for our relationships and how we handle our power within them. Money, sex, creativity, and ethics all come from this center, since these are the issues that come up within our relationships with others.
7. Root chakra – Red – The root chakra is the center of physical health, family or group security, social law and order, and feeling at home or safe. Often people with a balanced root chakra are said to be grounded which refers to someone who is well connected to the world around them.

## Understanding Energy and Chakras

“Each major chakra in the human body is a center of swirling energy positioned at one of seven points, from the base of your spine to the top of your head. Memory is energetically coded in your chakras just as it is chemically coded in your neurons.

An imprint of every important or emotionally significant event you have experienced is recorded in your chakra energy. If I know your chakras, I know your history, the obstacles to your growth, your vulnerabilities to illness, and your soul’s longings.”  
-Donna Eden, Energy Medicine

Think of the seven chakras as concentrated areas of energy. People often do meditations with the intent of balancing one or all of their chakras. Many who are familiar with western medicine feel skeptical of the usefulness of these meditations or “don’t believe in chakras” at all.

Just because one may not be able to see energy or chakras, that doesn’t mean they aren’t there. It simply means one has to become more sensitive to feeling the energy that is already there.

We can’t see radio waves yet we can still benefit from using them. The 7 chakras concept is simply a model to describe a deeper, spiritual and energetic part of ourselves. Try using a crystal pendulum to check your chakras and you will be able to actually see how the energy is flowing in each chakra.

By putting conscious focus into our life’s choices and our relationship to power relating to each of the 7 chakras, we can allow the energy within us to flow most efficiently which leads to us living healthier and happier lives.

## ***Taoist Sexual Wisdom***

### **Your Body's Self-Healing Ability**

“The art of healing comes from nature, not from the physician. Therefore the physician must start from nature, with an open mind.” - Paracelsus

The Taoists were aware of the body's ability to heal itself, so they designed their practices to reinforce the strength of the body (focusing on well being), rather than trying to kill germs (focusing on the disease).

If you are familiar with [The Law of Attraction](#), you will notice the obvious benefit of the Taoists approach to healing.

*Whatever you focus on grows, while whatever you resist persists.*

Perhaps this is why Western healthcare is failing. It's the perpetual cycle of drugs and treatments aimed at getting rid of the symptoms and disease rather than focusing on well being and restoring health.

Meditation isn't magic or voodoo, it's simply you telling your body how you want to feel and backing it up with energy (your attention and focus) which reinforces your body's self-healing mechanism.

*The way to heal your self is from within.*

Drugs can help us while we figure things out, yet at some point we've got to allow our bodies to do the healing. The best healers are those that work with the body, not against it. Also, healers can only help you heal to the degree which you are ready to heal.

By adopting regular energy work by making lifestyle changes like the ones mentioned earlier and the exercise that follows, you can fully charge your own battery of energy in your body.

### **Conserving the Energy of Ejaculation**

Most guys have no idea the amount of power and life force that their body directs to the creation of semen and the process of ejaculation. If they did, perhaps they would change the way they view sexual interactions from “I hope I get lucky tonight” to “I hope I meet a woman worthy of sharing a sexual interaction with me.”

From The Great Tao,

“The physiological function of the prostate gland is ejaculation.

When the penis is stimulated, the prostate swells with secretions. These secretions contain nutrients, hormones and vital energy. They constitute the semen which is the substance that serves as carrier for the sperm. (Sperm is produced in the testicles).

When the average male ejaculates, he loses about one tablespoon of semen. According to research, the nutritional value of this amount of semen is equal to two pieces of New York steak, ten eggs, six oranges and two lemons combined! That includes proteins, vitamins, minerals, amino acids, etc.

An ejaculation also represents a great deal of lost energy. This is demonstrated by how tired a man feels after ejaculation. A popular expression for this is “coming”. The word for it should be going, because everything goes away: energy, hormones, nutrients, even a little of his personality! It is a great sacrifice for a man. He gives much away spiritually, mentally, emotional and physically.” -Stephen Chang, The Great Tao

## The Energy Transfer of Sex

It's easy to get caught up in society's values when it comes to sex. Guys that have sex with many women have greater social status and so on. Many guys treat sex or masturbation like a drug, a way to get a quick high of pleasure from and go on with life. They don't realize the deeper aspects of sex. A friend expresses the idea like this:

“As our *consciousness* rises to higher levels, we start to realize that sex involves MUCH more than just jumping up and down on each other and exchanging body fluids....

*Sex is a Sacred Act.*

The fact is, sleeping around is a very ignorant thing to do. Sex is a very, very, very big deal... when two people sleep together, they are opening up to each other on some very profound emotional and energetic levels.

When we are having sex with someone, the Chakras open wide, along with many other energetic portals, and the people having sex are kind of “downloading and uploading” energy into each other.

This is why, if you have sex with someone who is depressed for example, you will get something like a “depression STD” (energetically, emotionally). Sex opens us up so much, and I really feel for those who are in these ‘open relationships’. Not healthy.”

-Steph

The Taoists believe this as well,

“Aging occurs when non-Taoists methods of intercourse deplete the body’s energy and cause a great deal of tension. (This tension blocks the body’s ability to receive energy.)

Also, if one of the partners has a very low energy level, he or she will drain energy from the other person, since energy travels from areas of higher concentration to areas of lower concentration.”

-Stephen Chang, The Great Tao

So does this mean we should avoid having sex?

Not at all.

Sex is actually very healing to our bodies, since so much of our energy centers are stimulated and energized. It really just comes down to having sex with someone that has good energy so that sex is an energetically creative act rather than a draining one.

# **Chapter 3 - Strengthen Your Prostate and Rejuvenate Your Sexual Energy**

Next, we cover the exact step-by-step daily exercise to rejuvenate your sexual energy, endurance, and overall health.

## ***An Ancient Taoist Secret: The Deer Exercise***

The Taoists practice what's called "The Deer Exercise". It's a simple rubbing and anal contraction exercise with many benefits:

1. Strengthens the tissue of the sexual organs
2. Draws energy up the spine through all seven glands
3. Improves circulation and transports nutrients from the semen to the rest of the body.
4. Replenishes energy in any weakened glands
5. Builds sexual endurance

The deer exercise taps into the life-giving power of your sexual glands and distributes it throughout your body. Since you will be contracting your prostate muscle, it will feel a little like an orgasm. With enough practice, a tingling sensation will travel up your spine to your head (if you are cleared of most emotional blocks).

If any of your glands are weak, the energy will stop at that gland. It will continue to stop there until that gland is replenished. So if you don't feel anything at first, it's ok, just keep at it.

### **How to Perform the Deer Exercise**

Do this exercise in the morning upon waking and at night before going to sleep. It can be done standing, sitting or lying down. I prefer to use grapeseed oil or organic coconut oil to make the rubbing smoother though no oil is necessary.



#### **First Stage – Semen Production**

This stage assists in semen production.

Step 1: Rub your hands together vigorously to generate heat and the energy of your body.

Step 2: Take your right hand and cup your testicles gently (it's best to not wear any clothing).

Step 3: Place your left hand on your abdomen (sacral chakra) two inches below your belly button and rub in a counter clockwise direction 81 times (with a relaxed steady pace).

Step 4: Rub your hands vigorously together again and this time switch positions so that your left hand cups your testicles and your right hand rubs in a clockwise direction on your abdomen.

While rubbing, put your full attention on the physical movements and the growing

warmth of energy. Taoists state that mental focus is a key component of this exercise since it bridges the mind and body to create synergistic effects.

The Taoists say you can begin with clockwise or counterclockwise but I usually begin with counterclockwise, then switch to clockwise. Also, the Taoists specify 81 times because it is a yang number but you can really do any number that you want.

Second Stage – Prostate Strengthening (also known as doing a Kegal)

Step 1: Tighten the muscles around your anus as if you were drawing air up and inward. Hold for as long as you can comfortably. (You should not feel any pain).

Step 2: Stop and relax.

Step 3: Repeat the anal contraction as many times as you can without feeling any discomfort.

It will probably be hard to hold the contraction when you first start but keep at it. Within a few weeks of daily practice, you will feel the difference; higher sex drive, stronger anal muscles, more energy, better erections, and improved general health.

Also remember to be patient with yourself. This isn't like the weight room motto of "no pain, no gain". The emphasis is on consistency and presence rather than maxing out. You may not feel much for weeks, just keep working on it.

If you feel any serious pain after doing these exercises, see your healthcare practitioner immediately.

## **Curing Impotence with The Deer Exercise**

In today's society Impotence is so common that it is accepted as natural for older men to lose sexual vitality. The Taoists do not believe this is natural, but rather, it is prostate failure caused by misguided lifestyle choices.

Through regular deer exercise, an improved lifestyle, and other Chinese herbal formulas (which I'm currently researching and hope to write about in the future), the prostate can be rejuvenated back into proper function.

For more information on Taoist wisdom, see Stephen Chang's books [The Great Tao](#) and the [Tao of Sexology](#) or Dr Maoshing Ni's book, [Secrets of Self-Healing \(AskDrMao.com\)](#).

# **Chapter 4 – Nutrition, Emotional Strength, and the Yang Town Mission**

Lastly, we discuss yang nutrition, some steps you can take to develop your emotional strength, and how you can help the Yang Town mission.

## ***Nutrition for Yang Sexual Energy***

Nutrition is of vital importance to rejuvenating your sexual energy. Just as masculine is considered yang and feminine is considered yin, this classification system can be extended to food as well.

Yin foods are high in water content, cold, and sour or bitter. They include things like lettuce, cucumbers, fruits, fish, alcohol, refined sugars and require less cooking (steaming) or no cooking (fresh and raw).

Yang foods are low in water content, hot, and pungent or bland. They include things like potatoes, pumpkin, red meat, onion, garlic, ginger, seeds and nuts, and require more cooking (stewing, baking, deep frying).

The summer is a yang season due to the heat, so to balance it out we eat yin food which will cool us down. The winter is a yin season due to the cold, so to balance it out we eat yang food to heat us up.

According to Dr Maoshing Ni, a Taoist doctor and anti-aging expert, a diet that supports sexual energy would follow these guidelines:

“Libido-enhancing foods are typically warming and pungent in nature and taste and can help motivate the yang or body’s fire energy. Garlic, onions, scallions, leeks, chives, ginger, cinnamon, fennel, cardamom, anise, turmeric, cayenne pepper, black pepper, and horseradish fall under this category.

Lentils, black beans, kidney beans, adzuki beans, sesame seeds, walnuts, yams, sea cucumber, blueberries, raspberries, cranberries, and organic sources of animal protein from shrimp, eggs, lamb, and chicken are also helpful. Deep-sea and cold-water fish, such as halibut, salmon, sardines, and shellfish can increase libido.” -Dr. Maoshing Ni, *Secrets of Self-Healing*

He also advises to avoid medication (including over the counter drugs), sitting for long periods of time, and smoking (since it depletes zinc which is crucial for hormone production and function). Of course, you’ll want to limit alcohol intake as well.

## **Mung Beans and Rice Soup**

Luckily for you, I happened to find a meal which uses about a half dozen of the yang ingredients listed above. I got it from a Yogi in my area and it’s called Mung Beans and Rice Soup.

In his words:

“This is one of the most nutritious, healing, and tasty meals that I have ever eaten. It is a pre-digested food. Its protein is balanced because of the beans and rice, which makes it easy to digest. It’s full of vitamins and minerals, from all the vegetables.

It has the trinity roots; garlic for the immune system, ginger for energy and the spine, and onions for the blood and semen. Cardamom and pepper are good for digestion and turmeric is good for absorption and flexibility.

I cannot tell you all the remarkable things that this dish can do, you are just going to have to eat it and find out for yourself.”  
-Ram Dass Bir Singh Khalsa.

Mung Beans and Rice recipe by Yogi Bhajan.

- **2/3 Cup Mung Beans** (wash beans). Most Indian and health food stores carry mung beans.
- **2/3 Cup Rice** (wash rice). Basmati is best.
- **7-8 Cups Water** (start with 7 cups of water and you can always add more if mixture gets too thick).
- **1 Teaspoon Turmeric**. A yellow powder that is a healing medicine by itself.
- **1 Teaspoon Gram Masala** (a mixture of healing spices found at any Indian food store).
- **1 Tablespoon Sweet Basil**.
- **½ Teaspoon Black Pepper Powder**.
- **2 Bay Leaves Whole** (remove spent bay leaves after mixture is almost done).
- **½ Teaspoon Red Pepper** (powder or crushed, this is very hot stuff so add more of less to taste).
- **5 Large Cardamom pods** (just add the seeds from the cardamom pods).

Optional

- **3-4 Bouillon Cubes** - I like to add 3-4 chicken bouillon cubes for flavor
- **Organic Lamb** - Occasionally I’ll add some organic lamb midway through making the soup (precooked and browned with flour in a frying pan).

Add all of the above ingredients to a large pot and start boiling. While it heats up, chop and add vegetables:

- **4-5 Cups Assorted Chopped Vegetables** (carrots, celery, zucchini, broccoli, potato, sweet potatoes, squash etc.).

As you boil the above ingredients, you can cook the below in a frying pan until lightly browned.

- **1-2 Onions**, chopped.
- **1/3 Cup Ginger Root**, minced.
- **10 Cloves Garlic**, minced.
- **¼ Cup Oil** (almond or olive is best, but any good oil is fine).

When the onion ginger and garlic mixture is lightly browned it's done. Add it to the large boiling pot full of the vegetables and spices, set fire to low. You will now need to stir often to prevent scorching. Continue to cook until all the vegetables can be barely discernible. Add more water if necessary. It will have a rich thick soup-like consistency. When it's done you may now add:

- **Sea Salt or Tamari** - To you your taste. Tamari is found at any good health food store.
- **Cheese & Yogurt** - To taste (make sure to use good quality and don't overdo the cheese).

"It's best to be served this dish with yogurt and yogi tea. The dish should be spicy hot. The more red pepper you add the hotter it will be. You may even add jalapeños, especially in the winter, when it's cold. The yogurt will help to balance out the hot yang fire in the dish with cooling yin energy.

You can make this in a crock-pot in two ways. First, just add all the water, vegetables, and spices to the pot in the morning and set to auto. When you come home from work, all you do is cook up the trinity roots in a frying pan and add them to the crock-pot. Stir and add more water if needed and cook longer if necessary.

The second way- while you are heating up the crock-pot, is to boil the vegetables and spices in a large metal pot, while you cook the trinity roots in a frying pan. When done, add all the ingredients to a crock-pot. Leave crock-pot on high, stir every half hour or so, until it's all done. You start with a metal pot on the stove, then transfer all ingredients to a crock-pot, as this will help to prevent scorching on the bottom of the metal pot. For each serving, you can add tamari or melted cheese for individual taste.

May God & Guru always gives us the food that we need – to be healthy, happy and holy, Sat Nam – Wahe Guru!" -Ram Dass Bir Singh Khalsa.

It seems like a lot of work but it makes about 8-10 servings and is easy after you've done it once.

I am amazed at how my body responds to this food. My energy is increasing, my digestion is improving, and I no longer have to rest after eating. I highly recommend it to anyone looking to improve their health, especially during the winter.

If you'd like to share this recipe with others, you can find a printer friendly copy at the bottom of this post: [Mung Beans and Rice Soup at Yang Town](#)

## **Yogi Tea Golden Energy**

Recipe by Yogi Bhajan.

In our fast paced daily life with so many things to do, it's easy to run out of energy. Many people turn to coffee to give them that boost to start the day.

Unfortunately, the quick fix of coffee often causes stressed adrenals and less energy in the long run. A healthier alternative would be to replace it with Yogi Tea.

It's creamy, sweet, and warm like coffee. It also aids in digestion and even strengthens the immune system.

The recipe:

For each 8 ounce cup of Yogi tea, begin with 10 ounces of water. Bring the water to a rapid boil and add (for each cup):

- 3 whole cloves
- 4 whole green cardamom pods
- 4 whole black peppercorns
- ½ stick of cinnamon
- 1 slice of fresh gingerroot (optional)

Let this boil, covered for 15-20 minutes (longer for large amounts of tea). Then add:

- ¼ teaspoon of any black tea
- ½ cup cold goat milk (per cup of liquid)

Return to a boil, and remove immediately from stove. Strain and server with honey to taste. In his words,

“If you wish to make over one quart, you will need less spices. A good amount of spices to use for 2 quarts of Yogi Tea, is about 20 each of cardamom pods, peppercorns and 15 each of cloves. For cinnamon, use about 3 sticks, and 1 tablespoon of black tea. Boil for at least 30 minutes.

Note: the black pepper is a blood purifier, the cardamom is for the colon, the cloves for the nervous system and the cinnamon for the bones. Ginger is good to add for flavor, and also when you are suffering from a cold, the flu or physical weakness. The milk aids in the colon and stomach. The black tea acts as an alloy for all of the ingredients, achieving a new chemical structure which makes the tea a healthful and delicious drink!" -Yogi Bhajan.

## ***Overcoming Emotional Fears and Blocks***

Although the deer exercise can be extremely helpful for rejuvenating sexual energy, if you have leftover fears or traumas, you may still have some challenges in this area.

I have found two extremely powerful and fast ways to clear your energy system and let go of unwanted emotions: EFT and TAT.

Once you learn them, you can use them on yourself or someone else in minutes. When you strengthen yourself from both angles, the physical and the emotional, your progress will be *much* more powerful and easier to internalize.

Both of these techniques can be found in the following Yang Town blog posts:

[EFT – Overcome fears, frustrations, anxiety and even illness.](#)

[TAT – Let go of trauma, unwanted beliefs, anxiety and illness.](#)

## Resources for Boosting Sex Drive, Erection Strength, & Sexual Stamina

Sexual Mind Mastery: Condition Your Mind to Attract Women Initiate Sex, & Perform in the Bedroom with Maximum Confidence, Power, & Stamina...[Free Video](#)



### Sexual Strength Test

60-Second Test Reveals Strength of Sexual Muscles. How long can you last? Find out in this Free Video: [Click Here](#)

Boost Sex Drive, Build Lean Muscle, & Get Stronger Erections w/ Natural "Renew Male" Breakthrough Men's Supplement. Watch as the scientist who invented it dead-lifts a truck...[Free Video](#)



How to Transition to Sex with a Woman WITHOUT Pickup Lines or Routines. Plus...How Porn Affects your Love Life: [Free Video](#)



Learn more about David Wygant's Products for Men:

- [Men's Mastery Series](#) (Highly Recommended)
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Learn the Secrets to Increased Sexual Stamina and Male Multiple Orgasms ...[Download your Free eBook here.](#)

## ***How you can help the Yang Town Mission***

I created Yang Town to help guys develop masculine power, emotional strength, a sense of purpose, personal integrity, and an open heart.

If you liked what you read, especially if you've had success with this technique, there are a few ways you can help me reach more guys with just 3 minutes of your time.

- 1) Comment and Rate – Visit the [blog post about this eBook](#) and leave a comment describing your own experiences or questions. You can also rate the eBook on a scale of 1-10 with your comments. How did your energy change, what did you feel, did you have any breakthroughs, etc. Your input could help other guys and can add a lot of value for any future revisions of this eBook.
- 2) Social Bookmarking – If you liked this eBook and found it useful, please add the url below to del.icio.us, [stumble it](#), facebook it, [digg it](#), bulletin it on myspace, and otherwise spread it around.

The URL to add is: <http://www.yangtown.com/ebooks/revive-your-sex-drive-free- taoist-sexual-energy-techniques-ebook/>

I made it free because this is information that can really help many of the misguided or frustrated guys out there and this way it can spread much faster.

- 3) Write a Blog Post on it – If you are a blogger and think it would be useful to your readers, write about it or link to it along with your own opinions or experiences with it.
- 4) Email a friend – Have someone in mind that benefit from this information? Send them this eBook or the url: [www.ReviveYourSexDrive.com](http://www.ReviveYourSexDrive.com)
- 5) Donate – Through daily practice, you can realize the power of this exercise and how much it can actually change your life in such a short time. Now that you know this powerful sexual technique, I leave it up to you to decide what you think is an appropriate amount to donate if you do feel like doing so.

Click the button below to donate or send a donation to [ryan@yangtown.com](mailto:ryan@yangtown.com)



Thank you for the help and donations. I truly hope this information can change your life for the better.

Namaste.

Ryan Randolph

A handwritten signature in black ink that reads "Ryan Randolph". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

P.S. A Special Thanks goes out to:

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- And you for empowering yourself with this knowledge.

Be sure to check out these great programs for more powerful sexual techniques and mindsets: