

Day 1:

How to build testes that can hold sperms for months, and how to reach the 9th orgasmic state in each sexual interaction without suffering blue balls

Day 1 of a 27-day journey into semen retention, built around the guiding slogan... -Return to the sex habits our ancestors practiced—the practices which are fully aligned with our DNA.

We'll explore that our **testes can hold sperms for months and years** but how profoundly the **ejaculation industry** has shaped our behavior and mindset and make us believe that ejaculate at least **21 days in a month**. Yes, The Ejaculation Industry has conditioned the male's mind with **half a dozen wrongly taught sex habits** that must be unlearned as quickly as possible to avoid impotence.

Jeffery Epstein Files are rife these days, and it is **extremely disturbing and deeply unsettling** to watch those files. One of the facts, discovered through the email, regarding **Jeffery Epstein's testosterone** clearly shows that he had the **lowest testosterone**, and this was due to one of the wrongly learned habit of **frequent ejaculation**—an ejaculation every 2 hours. **One of the victims** admitted during interview that he was used to disturbed if he did not get chance to ejaculate every **two hours**.

One fact taught in this day is, **immature sperms** have lesser possibility of staying in the testes, and that's why **frequent ejaculation escalates** into a destructive loop of sexual disturbance, severely decreasing testosterone. As you listen to this course, I'm confident you've recognized that frequent, **careless spilling of semen is a wrongly learned habit** and against the regular function of our reproductive system—and you've chosen to unlearn it. You are now, mentally, an **Erosmith Tao Yogi**.

Day 2: How to Fix Sex-Related Struggles by Reorienting the Reproductive System—Without Supplements or Medications

One out of three men around the globe is suffering from **erectile dysfunction**. If the total population is 8.4 billion and half of the population is 4 billion, then one out of three comes to nearly 1.3 billion. This means that around **1.3 billion men** are active users of supplements like **testosterone boosters, libido enhancers, performance medications, and supplements for magnesium, calcium, and selenium**.

But if you **stop ejaculating for 18 days**, you will find that your testes allow all these elements to deposit and replenish naturally. The ejaculation industry does not want this, because if you do this, they lose one **customer**. Let's be wise and **not fall victim** to them. Let our body retain these ingredients in our life force—our sperm.

Mystics and visionaries like Gandhi and Rumi transformed personal desire into compassion and service. And the great minds — Tesla, Newton, Da Vinci — channeled their conserved energy into creativity, invention, and vision. Yogic and Taoist sciences explain why: sexual energy is the densest life force. When it's wasted, it feeds cravings. When retained, it ascends — becoming clarity, wisdom, and spiritual strength.

Day 3: How to Reorient the Reproductive System to Unlearn Wrongly Learnt Habits of Frequent Ejaculation and Return to Natural Control Without Discomfort

If we closely observe the male reproductive system, it becomes clear that it is designed to conserve semen rather than waste it—a point we will explore throughout this discussion. While it is true that, biologically, sperm are ultimately meant to move outward from the body, their initial journey tells a different story. Before any outward release occurs, sperm first travel upward against gravity—from the testes, through the long ascending pathway of the vas deferens, and toward the prostate, where seminal fluids are added. This upward, effortful movement highlights that release is not the system's default state, but a deliberate and energetically demanding process. Yogic and Taoist traditions often point to this initial upward movement as reflecting a deeper natural tendency of vital energy to rise. In these systems, practices are aimed at consciously guiding that inherent upward flow, transforming physical processes into pathways for energetic and spiritual development.

Day 3 will be quite intensive. We will dive deeply into the anatomy of the male reproductive system, giving you a clear and grounded understanding of your physical structure. Although this approach is based on modern medical science, it is essential to learn it—not only to understand the flow of sperm, but also to see how the body's design naturally protects against the unnecessary loss of semen.

Day 4: How to Align the Perineum, Penile Base, Prostatic Urethra, and Navel Through Meditative Energy Awareness

Day 4's content is focused on working with four powerful points: the perineum, the penile base, the prostatic urethra, and the navel.

When these centers are disconnected, arousal feels chaotic. Sensation spikes. Control disappears. But when they are aligned—physically, mentally, and energetically—your body begins to move as one integrated system.

This is what 99% of men never learn.

Each of these points processes sensation differently. **Energy does not feel the same in every place**. And once you become aware of this, pleasure stops being something that overwhelms you... and becomes something you can *navigate*.

At the **perineum**, sensation often feels **grounded and circular**—a deep, stabilizing awareness.

At the **penile base**, sensation tends to move in **rhythmic waves**, rising and falling.

In the region of the **prostatic urethra**, many experience **sharp, spasm-like pulses**—quick signals that strongly influence the ejaculatory reflex.

And at the **navel**, **sensation becomes diffuse and expansive**, spreading upward and calming the nervous system.

These are not random feelings. They are **patterns of energy movement**.

Day 5: How to Increase Your IELT (Intravaginal Ejaculatory Latency Time) by 200%—Without Relying on Sex Toys or Awkward Pre-Sex Techniques

Modern Foreplay is your second **fatal enemy of duration**: it silently collapses both **IELT (Intravaginal Ejaculatory Latency Time)** and **TCT-Vaginal (Total Control Time in vaginal sex)** before penetration even begins.

Unfortunately, **modern foreplay can consume nearly 75%** of your **IELT and TCT-Vaginal**. Fortunately, **conscious interplay** can **increase** both by as much as **200%**. For interplay to become truly intense, you must be able to **sustain through** approximately **three orgasmic waves**, allowing **both partners to rise** to a **higher level of vibration and connection**. This is only possible when the **muscles surrounding the penis** are relaxed—specifically the **muscles of the Urogenital Triangle**. In this lesson, we will work not only on **strengthening** these muscles, but also on **relaxation** and **extension** practices for the Urogenital Triangle.

Day 6: Why the alignment of the perineum, penile base, prostatic urethra, and navel is the key to activating kundalini energy as it spirals from the root to the solar chakra?

On Day 5, we remained focused on **exercises and practices** to **sustain longer** during **IELT (Intravaginal Ejaculatory Latency Time)**. However, through these practices, we came to understand that **ejaculatory urges are inevitable** and that any sexual interaction session ultimately **ends in ejaculation**.

Day 6 is entirely focused on **controlling those ejaculatory urges** so that **TCT-V (Total Control Time-Vaginal)** not only increases in duration but also develops true control. The most important muscle of the **anal triangle** is the **external anal sphincter**, and its strength plays a vital role in controlling and gradually

reducing ejaculatory urges. One of the most effective **yogic practices** for strengthening this muscle is **Ashwini Mudra**, and the good news is that we will explore **three different variations** of this practice to help you achieve maximum results.

The anal triangle is the **first area** that can trigger and activate the **sacrum pump**. The sacrum pump is the body's **primary pump** that **directs energy upward**. These practices are not limited to enhancing **sexual pleasure sensations**; the ultimate goal is to drive **energy upward** through the sacrum pump.

The journey of **Kundalini begins** at the **sacrum** and moves through the **pubic region, navel, solar plexus, heart plexus, and finally reaches the pineal gland in the brain**. This upward movement takes the brain on the journey that Kundalini is meant to guide—opening perception and allowing you to experience what the multiverse has to offer.

Day 7: How to Maintain a 70% Steady Erection for Longer Sex Duration Without Getting Tired of Extensive Kegel Exercises

A **100% erection** is the **most fatal enemy** of **sexual duration**

Let me say this clearly: a **100% erection** is the biggest enemy of your sex duration. It feels powerful, but **it pushes your body closer to the edge** instead of giving you **control**. Today's lesson will help you understand, **Control Through Relaxation**.

Today's lesson focuses on a key principle most men misunderstand: **lasting longer in bed is not about keeping your muscles tight—it's about learning to relax them under conscious control**. Endurance comes from relaxation with awareness, **not constant contraction**.

Many men rely on **Kegel exercises** by repeatedly **tightening the pelvic floor**. While this can build awareness, excessive tension often does the opposite of what you want. **Tight muscles** trigger faster arousal and **earlier ejaculation**. Relaxed, controlled muscles allow you to regulate stimulation and sustain performance.

In practical terms, a **100% erection** can consume nearly **50% of your sexual duration** because it pushes you rapidly toward climax.

On the other hand, a **steady, relaxed erection in the 60–70% range, reduces overstimulation, preserves arousal** without rushing climax and can **extend your duration by up to 200%** compared to your usual average.

A **60–70% erection** is still firm, satisfying, and highly functional—but it gives you space to control pace, rhythm, and sensation. Day 7 is entirely focused on **transforming** the same muscle-strengthening **exercises** into **muscle relaxation** and **muscle extension** practices.

Day 8: Understanding where exactly your energy is located

Throughout previous days content, we learned about the **energy centers** and the pathway of energy circulation through the **Microcosmic Orbit**. We also recognized that while energy has a natural flow, it can sometimes **get stuck** at certain points in the body, leading to blockages.

Throughout the previous days, our focus has been on **preventing Qi** from **flowing downward** and **guiding it upward** into the higher energy centers. Through these practices, we've discovered that this **process is not simple**—it requires teaching the energy to follow an entirely new pathway, one that moves **upward and against gravity**. From my own years of experience in semen retention, I've observed that the **chakras** are often **unaccustomed to this reversed current**, and each one **responds differently** as the Qi begins to rise.

Today, on **Day 8**, we move deeper into this process by **exploring energy blockages** in detail. You will learn how to recognize where the **energy tends to get stuck** and how to **release these obstructions** through awareness and practice. Clearing these **blocked points** is essential for allowing your **sexual energy to ascend smoothly**, **nourishing every organ and chakra** along its path. When these **internal channels** open, the **upward flow** becomes natural and effortless, transforming your energy into **clarity, vitality, and expanded awareness**.

Day 9: How \$235 Billion Ejaculation Industry has shaped our habits of Frequent Ejaculation

Modern research suggests that **regular ejaculation**—often **cited** as at least **21 times per month**—may help support **prostate health**. **Taoist traditions**, however, approach this from a completely different perspective. Rather than focusing on the **number of ejaculations**, they emphasize **repeated activation of the male G-spot**—the **prostatic urethra**—during every sexual experience. According to this view, the **prostate** is not meant to be **stimulated** only occasionally, but rhythmically and consciously. In a single session, instead of engaging the prostate once or even 21 times, Taoist practice aims for hundreds or even **thousands of gentle activations**—transforming sexual activity from a momentary release into a form of internal cultivation and long-term vitality.

Module 2 – Sacred Union with Your Sexual Partner: Channeling Each Other's Energy from Root to Crown

Day 10: How to bring her water to a boil without letting it extinguish your fire

In **Taoist philosophy**, **male and female union** is seen as the harmonious blending of **Yin and Yang**, guided by the **Fire and Water** theory — where the **feminine (Yin) embodies the cooling**, nourishing Water energy, and the **masculine (Yang) represents the warming, activating Fire energy**.

Male's energy is **fire**, and it can be **extinguished with one blow**, while female energy is **water** that needs **time to boil** and then time to **come down** to its natural temperature. In the **conscious number of thrust**, a man needs to keep his fire consciously, avoiding extinguishing it, and **feeling the responsibility** that he has—not only to boil the female **partner's water**, but also to allow some more time to bring that water down from the **boiling point** toward natural body temperature.

Male/female intimate union is not **merely physical**—it is a complementary **merging of energies** where two beings come together as **reflections of wholeness**. In this communion, the **vibrations of the clitoris** and the **glans** resonate in harmony, awakening the **magnetic polarity of Yin and Yang** at their most sensitive points. The **female's G-spot** and the male's **P-spot (prostate)** serve as inner gateways through which deep waves of energy rise toward the heart. As the **inner yoni**, connected to the **woman's heart**, meets the shaft of the **lingam**, linked to the **man's heart**, every movement becomes an act of communication between love and consciousness.

Day 11: How to sustain 729 (81*9) conscious strokes without losing control over ejaculatory urges

One might ask **why 729 conscious strokes**—why not fewer or more, and why **precisely 729**? There may also be questions about the wisdom behind **81**, which is **9×9**, and the reasoning for repeating the process **nine times**. This is purely **magical**. Men need to grasp this without wasting time. It is a yogic concept, and once you master it, you will be grateful **throughout your life** every time you experience the power of the **magical number 9**.

In both Yogic and Taoist traditions, the **number nine is revered** as a symbol of **completion and wholeness**. It represents a **full cycle of creation**—where energy rises, circulates, and then returns to stillness, renewed and balanced.

This day will focus on understanding- concept of the **Descending Yang Number thrusts theory**, enabling them to understand and master the male body's rhythm and its calculated, mathematically guided movements.

Day 12: How to sustain her (female Yin Number) 512 (64*8) conscious thrusts without losing control to orgasm urges

*The **number 8 is the yin number**. The foundation of this practice lies in allowing the **female partner** to take the **lead** and make the thrusts herself while in positions where she has **full control**—such as **cowgirl**, **reverse cowgirl**, **woman-above-missionary (lying face-to-face)**, or **sitting on his lap**. In these positions, the female partner **controls** the movement, while the male partner remains mostly still and receptive.*

*This practice follows the same structure used in the **yang number (male) stroke theory**. Granting her control comes with an important condition. As she **approaches orgasm repeatedly**, her movements may*

become increasingly *vigorous and intense*, which can *disrupt the man's control*. For this reason, the man should establish a clear, symbolic signal to indicate when he needs her to stop if he feels his control slipping.

The woman must understand that her orgasm can be experienced in the next round, and she should respond immediately to her *partner's signal*. If the man loses control and ejaculates, the practice ends entirely. *Mutual awareness and respect* for these signals are essential to sustaining the process.

Day 13: Mastering Descending Yang Number Pattern Theory: A mathematics of Male Sexual Energy

Yang number strokes are intended for beginners. This is a *conscious practice* that trains you to start and stop entirely by your own will. It is considered *foundational* because, through this method, a man learns to master the *act of stopping*—an ability that lies at the very *core of semen-retention practice*.

The next level of practice involves *approaching 98–99% of orgasm* and then intentionally stopping. At this stage, specific exercises are used to consciously reduce *ejaculatory urges* before beginning again. This cycle—approaching the edge, stopping, *regaining control*, and restarting—is repeated to further *refine awareness and control*.

In my practice and teaching, I have observed that most practitioners who *progress beyond 18 days* find that their *first intravaginal ejaculatory latency* occurs at around *243 conscious strokes (81 × 3)*. This is an excellent number for a first orgasm. Some practitioners have reported being able to reach as many as *1,800 strokes* before their first orgasm, which is *truly extraordinary*.

In this section, we will master thrusting method called the *Descending Yang Number Pattern*, which has proven to be highly effective. *Mastering Descending Yang Pattern* only possible when practitioner knows his *vulnerabilities and weaknesses* and turning weaknesses into strengths is the true mastery.

Day 14: Yin-Yang Number Theory Applied to Days

Once *Yin-Yang Number Descending Pattern* is mastered, longer streaks can be pursued—such as 18 days, *27 days*, and eventually a *conscious 81-day streak* for the men. Reaching 81 days represents true mastery of the practice, *reflecting sustained control*, discipline, and awareness.

The same principle applies to the *female partner*. She may engage in sexual activity while consciously avoiding full *orgasm for seven days* and observe how her energy begins to resonate at higher centers of the body. The key wisdom for her is learning to pause at the threshold—*stopping at about 99%* before orgasm—and then regaining control.

The next level of mastery begins here. For men, the **yang-number** days are the most critical phase, as **ejaculatory urges** tend to peak during this period, making loss of control more likely.

There is, however, an important shift to understand. **Day 9 marks the first point of completion**. During days 1 to 6, energy remains highly concentrated in the glans and the distal shaft of the penis. During this phase, **control is extremely challenging**, and many men tend to lose control and ejaculate—where even a single unconscious movement can trigger ejaculation.

Day 15: Synchronizing the Bandhas: Foundations of Internal Energy Control

During the practice with your partner, you will discover that **ejaculatory urges** are the **foremost enemy** of your **Married Men Semen Retention Practice**. Since these Semen Retention practices are designed for couples, their goal is to **stay fully present** with each other throughout the entire session. There are **three locks** that not only **control ejaculatory urges** but also regulate the energy **moving upward** through the **Sacrum pump to the Cranial pump**. These locks are the **External Anal Sphincter Lock, External Urethral Sphincter Lock, and Abdominal Lock**.

The **first two locks** need to be strengthened, because once these locks are contracted and engaged, **ejaculatory urges fade and calm down**. Through consistent strength exercises, both **muscular locks** become more **powerful and reliable**. **The Abdominal Lock is my favorite**—not only a lock, but also a key to the **upward movement of energy**. When **sensations move upward** through this lock, they reach directly to the **chest, creating sensations in the nipples**. **Yogis** engage this **lock extensively** to ensure it has the capacity to **lock quickly**, and just as importantly, to **open swiftly**, allowing energy to move toward the higher horizons of the body.

Another powerful **vacuum creation technique** in the **chest cavity** can take practitioners into an entirely **new state of ecstasy**, but it is difficult to practice and **most practitioners** find it challenging to master. Believe me, once you gain **mastery** over chest cavity vacuum creation, no one can stop you from **accessing super-calm, subtlest sexual energies**.

Day 16: Understanding Energetic Influences: Lunar and Solar Effects in Mutual Cultivation

After one year of Semen Retention Married Men Practices, you will find that longer streaks become a shared goal for couples, because longer streaks provide heightened yet calm sexual energy, libido touching the sky, testosterone brimming, magnesium, calcium, and selenium at their peak, and hormones like serotonin and oxytocin at their fullest. You begin to enjoy your 40s as if you are a teenage boy.

But suddenly, during sexual intercourse, out of nowhere, you find yourself unable to control your ejaculation urge and you ejaculate. Your prolactin spikes and consumes all the testosterone you gathered

during the streak. Hormone levels crash, and libido drops to its lowest point. Of course, this is not what a man wants, and this is certainly not what his partner wants either.

Later, you realize that the night you accidentally ejaculated was a full moon or new moon day. Yes, you heard it right—during Purnima (full moon) and Amavasya (new moon), the moon influences our body and attracts our fluids toward it, which is why yogis traditionally forbade intimacy on these days. But don't worry—you don't have to stop 😊 😊 😊 I have a solution for these days as well.

Similarly, during summers, when the sun is at its peak at noon, extensive practices should be avoided if you want to retain. Also, avoid sex during the solstices.

We have provided a Lunar Calendar for free access on the website.

Day 17: Day 17 – Matra, Yantra, and Tantra: The Language of Living Energy

This day is entirely focused on the **mantras** that couples should chant as **pre-, post-, or during-sex rituals**. I guarantee that these mantras will help you become more **deeply connected** with each other. This session is dedicated to mantras designed for different goals of intimacy. Let's look at one example here.

Mantra 1:

I embody **unshakable presence**; I anchor my **power in love**, and with every **heartbeat**, I **fortify** the foundation of our union with strength and certainty.

This mantra is meant to **anchor the masculine energy** as a pillar of **steadiness and trust** within the **relationship**. It cultivates **emotional strength grounded in love**, turning passion into reliability. By embodying unwavering presence, the man becomes a **source of safety, balance, and enduring stability** for the union.

The **female version** could be:

I embody **unwavering grace**; I root my power in love, and with every heartbeat, I **strengthen the harmony** and security of our union with calm and devotion.”

This mantra helps the female embody **inner steadiness and emotional balance** within the relationship. It channels her **grace and strength through love**, creating a nurturing field of calm energy. By grounding her presence in devotion, she becomes the **emotional anchor and heart-centered stability** of the union.

Day 18: Meditations

Day 18 is more like a **Yantra Practice**, where you are provided with many of the **signs and symbols** that you should use for **gazing** so that you can remain **deeply focused and undistracted**. The primary focus of this day is to offer you more and more **meditations** aligned with **different goals** in your life, **using Yantra as a powerful tool for visualization and intention**.

If you want a new home, we provide a **Yantra—serving as a vision board for a mental movie—**along with a **relevant meditation** to imprint that goal into your **consciousness**. If you want to attract a **new girlfriend** into your life, there is again a **Yantra designed specifically for that goal**, paired with a **corresponding meditation**. Each Yantra works as a focal point that trains the mind to see, feel, and believe the desired outcome as already real.

Through this practice, you are gently guided toward the **spiritual side of the sexual union**, where sexual energy is **no longer limited to physical pleasure but becomes a creative and manifesting force**. This day marks a shift—from desire to direction, from sensation to intention—welcoming you into a deeper, more conscious dimension of **intimacy and spirituality**.

Module 3 – Sexual Energy Transmutation: From Desire to Discipline to Dollars

Day 19: Understanding Brainwaves: The Gateways of Conscious Transformation

Napoleon Hill, in his book **Think and Grow Rich**, discusses **Sex Transmutation**, where he emphasizes how a satisfying sex life can **redirect your energy and sharpen your focus** toward richness goals. He explains that sexual energy, when consciously guided, becomes one of the most **powerful forces for achievement**, creativity, and success.

Dr. Joe Dispenza, in his book **Becoming Supernatural**, builds on this understanding through **brainwave theory**. He explains that the **Alpha brainwave state** reflects **scattered energy**, where hundreds of thoughts move through the brain at the same time. However, when the brain shifts toward the **Beta brainwave frequency**, focus sharpens and the mind locks onto a **single thought** with **clarity and intention**.

Modern research further reveals that **orgasm** can temporarily move the brain into the **Beta brainwave phase** or even the **Gamma brainwave phase**, a state closely associated with **deep sleep, deep learning**, and heightened awareness. This rare neurological window is where the mind becomes most receptive—an ideal state to **visualize your future** and train the subconscious mind to receive whatever you desire.

In this module, you will learn how to **consciously use orgasm to guide your brain into Beta and Gamma brainwave states—**and **instead of falling asleep, enter a deep meditative state**. From there, you will train your subconscious to attract the wealth and abundance you seek, turning sexual energy into a focused, intentional force for **manifestation**.

Day 20: Sex Magick-Pre-Rituals to seek help from angels (Just for information)

Jeffery Epstein's Sex Magick rituals are about to come very soon. Sex Magick is a powerful tool that vice people use to gain control over other human beings, but trust me—this life is a wonderful gift. Do not seek powers that have the potential to destroy you. Always seek positive energies that are beneficial, and more importantly, beneficial for other human beings as well.

This practice is shared purely for your information. While it carries positive energy, it is not recommended to practice. You are strongly advised to practice only Meditation and Mantra practice. Again, emphasizing clearly—this is for information only.

Below are just 4 steps of pre-sex rituals.

1. Begin by standing at the center of your space, facing the East. Take a few slow, deep breaths, allowing your body and mind to relax fully.
2. Raise your right hand and gently touch your forehead, vibrating the sacred word "Ah-tah."
3. Lower your hand toward the ground, in front of the pelvic region, and vibrate "Mahl-koot."
4. Touch your right shoulder, vibrating "Vihg'boo-rah," then touch your left shoulder, vibrating "Vihg'doo-lah."

Day 21 – Powerful Mantras for Your Millionaire Journey

"I am the calm creator of limitless wealth; every action I take expands prosperity for myself and others."

This mantra affirms inner stability, reminding the practitioner that true wealth grows from a centered and composed state of mind. It reinforces the belief that prosperity is not accidental but the natural result of calm focus and purposeful action.

This day is focused on powerful mantras designed to train your subconscious mind to become deeply calm, sharply focused, and aligned to achieve your goals with ease.

Day 22 – Understanding the Power of Yantra: The Geometry of Manifestation

The word **"Yantra"** originates from the Sanskrit roots **"Yam"** (to hold, control, or sustain) and **"Tra"** (instrument or tool). In essence, a Yantra is an instrument that channels and contains focused energy — a visual or geometric key designed to anchor intention, direct prana, and magnify inner purpose.

On this day we will work with Yantra's description what suit your goal and how to use that in the meditations. A **Millionaire's Yantra** is therefore a symbolic tool that captures and holds the energetic vibration of abundance, clarity, and disciplined wealth creation. It serves as a visual map for your subconscious mind — transforming financial intention into energetic alignment.

The **ancient Yogic** concept of Yantra, which dates back **thousands of years**, has evolved in modern times into practices such as **visualization, vision boards, and symbolic goal-setting**. In essence, both serve the same purpose — to give form to intention and to **train the mind to hold a specific energetic vibration** until it **manifests in reality**. In Yogic tradition, a Yantra was drawn to focus prana and consciousness; today, a vision board or **symbolic image** performs the same function, acting as a visual anchor for the subconscious mind.

Day 23 – Tantra: The Science of Expansion and Integration

The word **“Tantra”** comes from the Sanskrit roots **“Tan” (to expand)** and **“Tra” (to liberate or instrument)**. Thus, Tantra literally means **“a tool for expansion and liberation.”** Contrary to modern **misconceptions** that equate Tantra only with **sensual or sexual practice**, its true essence is much broader: **Tantra is the path of wholeness**. It teaches us to use every aspect of life — **body, breath, mind, emotion, and desire** — as a means to awaken higher consciousness. Where other paths may seek to **suppress worldly experiences**, Tantra refines and transforms them into fuel for spiritual evolution.

At its heart, Tantra recognizes that **everything is energy**, and energy is neither good nor bad — it is simply **conscious potential**. Tantra is about learning how to direct that potential intentionally. When your thoughts, emotions, and physical vitality move in harmony, energy becomes your ally instead of your master. Through Tantra, you learn to **harness the polarities of life** — the masculine and feminine, stillness and movement, **discipline and surrender** — and merge them into a state of balance and awareness.

Day 24 – I Am a creator

“I am powerful, focused, and in command of my energy.” True power is not domination or excess—it is **mastery over one’s own life force**.

I possess **immense creative power** — in a single ejaculation, my reproductive system, ejects around **200 million sperms**, each carrying the potential to create a **new human life** or literary meaning that if all those **200 million sperms** are given chance to meet eggs, they will produce **200 million kids**. Within me exists the energy capable of generating **millions of kids with just one ejaculation**, a reminder of the **extraordinary life force** I hold and the responsibility and strength that come with mastering it. These 200 million sperms can impregnate 200 million women, this is the depiction of my power that I can **impregnant 200 millions** women with my one time release of sperms.

I am a creator. I create. My brain has power to create anything.

Day 25 – Emotional Mastery: Cultivating Positive Emotions and Transmuting Negativity

In this training, we build on the principles taught by **Napoleon Hill**, who described the **emotional spectrum** as the **foundation of personal success**. He identified **nine positive emotions** that elevate your vibration

and fuel achievement, and **nine negative emotions** that weaken your energy and cloud your clarity. Positive emotions like **desire, faith, love, enthusiasm, and hope** act as the driving forces behind creativity and manifestation, while negative ones such as **fear, jealousy, anger, and greed** drain the nervous system, scatter focus, and block intuitive insight.

Emotional mastery begins with **awareness** — recognizing what you feel in the present moment, naming it, and consciously deciding whether to **amplify it or release it**. By cultivating positive emotions, you create an inner environment of coherence and power. By transmuting negative ones, you free yourself from reactive patterns and open space for growth.

Day 26 – The Science of Becoming Rich: Aligning Microcosmic Energy with the Cosmic Substance

As we move deeper into **energy transmutation** and manifestation, today’s training draws from the timeless wisdom of **Wallace D. Wattles**, author of *The Science of Getting Rich*. His work connects directly to what we have been exploring — the understanding that **the Microcosmic Orbit within you mirrors the greater Cosmic Energy outside you**. When your inner energy field becomes **ordered, calm, and directed**, it begins to **resonate with the universal field of creation**, which Wattles called the **“Formless Substance”** or the **“Original Thinking Substance.”**

At this stage, we start to create money from the formless substance that is intelligent and capable to form and transport money from every corner of this world. Get ready to provide clear instruction to the formless substance to take form for you.

Day 27: Meditations

This is the end of the formal training in Getting Rich Module. I have done many **meditation sessions** recorded for you to choose from for the **goal that resonate with your vision**.