

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.