

## 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  $9 \times 9$ , 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 the 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**.