

Practicing the “Basics” Of Inner-energy massage

Exercise 1 – Practicing the “Basics”



ILLUSTRATION 1

- Sit and position your-self as illustrated in Illustration 1.
- Gently - Sit and cross your leg placing both heels together and gently move your heels towards your inner thigh, and towards the scrotum. Make sure your straighten your back.
- Steadily draw in a deep breath (and hold), pull in your abdomen to flatten your stomach and at the same time squeeze your anus.
(Illustration 1)

- In this position (Illustration 2), massage the penis from the base to the head or tip of the penis whilst slowly releasing your breath
(Start your penis massage only after you have squeezed your anus)

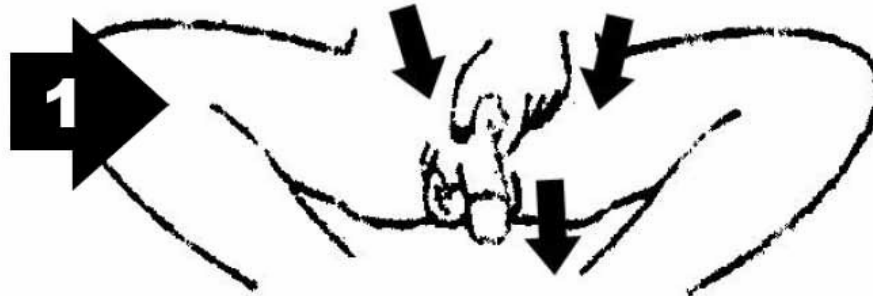
- Repeat this sequence between 10 and 20 times. Remember to take your time and do not rush. (Illustration 2)
(Note: Remember the Basics when performing the Traditional Massage Regimen)



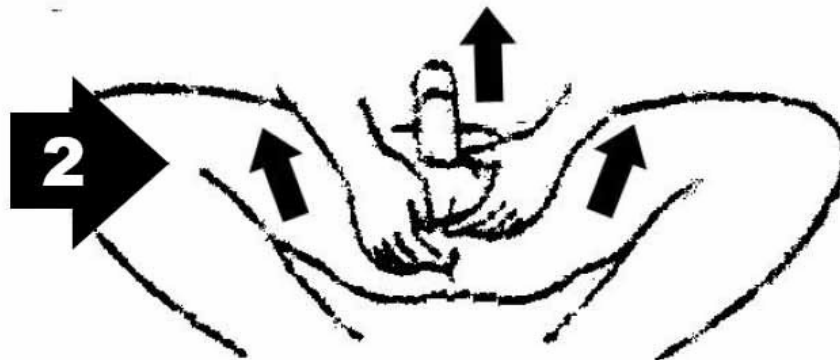
ILLUSTRATION 2

Exercise 2 – Traditional Massage

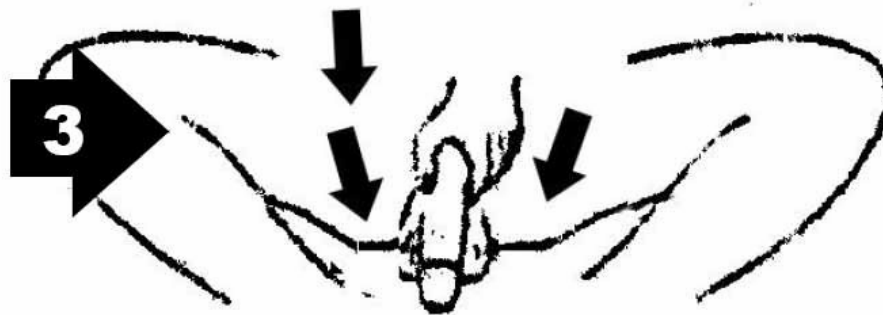
Gently Massage your penis from the base to the head of your penis. Start from the right then left side. If the skin at the base of the penis is loose, you must hold down the loose skin. **Repeat 5 times.**



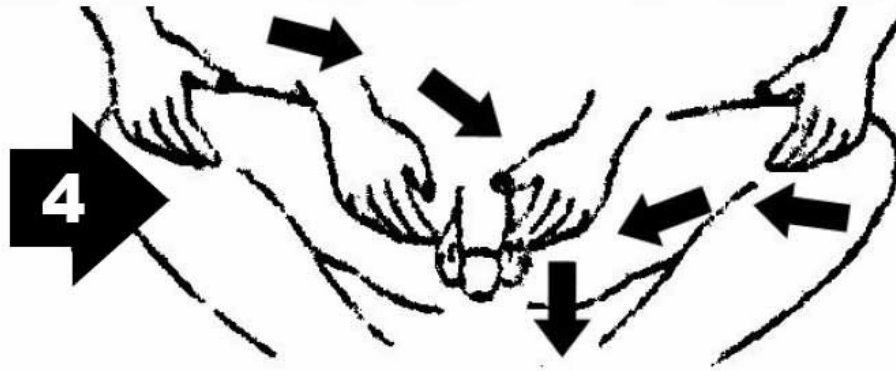
Massage from the base of the anus to the base of the testicles. **Repeat 7 times**



Slowly, press on the two parts of the ring hole with two fingers. **Repeat 11 times**



Massage the inner part of the thighs from the base of the testicles to the middle of the thighs and follow on the knee. **Repeat 21 times.**



From the base of the penis, massage in an outward motion, first left, right and downwards. **Repeat 7 times.**



Using your right hand, hold your penis from under your right thigh then straighten your leg gently and slowly. **Repeat 7 times.**

