

VITAMIN

**SEX,
MASTURBATION
AND ORGASM
AS A POTENT
PANACEA**

by Caroline Robertson



WHEN an arthritic patient confided that he got longer pain relief from canoodling than codeine, it made me wonder if masturbation could also be used as medication. Investigating the phenomenon further, I discovered a plethora of reports and anecdotal evidence supporting sexual energy as a powerful panacea.

Intimacy for immunisation

Measuring the effects of the “shagadelic state” has led to revelations that it boosts the immune system, releases powerful painkillers, elevates the mood to ecstatic heights and imparts a youthful glow. So much so that a Scottish study (conducted by David Weeks, PhD, of the Royal Edinburgh Hospital) guessing the ages of 3500 people estimated that those who had sex more often looked seven to 10 years younger.¹ Sex researchers have found that titillating thoughts trigger nerve signals to the brain, tickling the hypothalamus, neocortex and midbrain, which release neuropeptides and hormones that can alleviate illness, promote health and prolong life.

The most significant changes occur during orgasm, with MRIs showing a fusion effect bridging the left (logical) and right (intuitive) brain hemispheres, creating an integrating experience. “Vitamin O” may be the ultimate antioxidant, with a 10-year study finding that men who had more orgasms had a 50 per cent lower death rate than those who were less sexually active.

The “cuddle hormone”, oxytocin, surges up to five times higher during orgasm, which contracts the uterus, strengthens emotional bonding, regulates body temperature, stabilises blood pressure and affords pain relief. Along with the oxytocin, potent painkilling endorphins and corticosteroids increase during arousal, so we can tolerate up to 110 per cent more pain, an analgesic effect that can last for six hours, according to Drs Sadoughi and Brown. Such painkilling properties have been applied successfully to arthritis, menstrual cramps and migraines, making the “Not tonight, I have a headache” excuse redundant.

Immune-boosting immunoglobulin A is also increased considerably, according to a study by Carl Charnetski, PhD, who found that subjects who had sex once or twice a week had 30 per cent higher levels of this antibody than more cold-prone celibates.² Also, consider the extraordinary findings of an experiment in which hamsters copulating freely remained healthy, even after being injected with cancer-causing drugs, while their celibate compatriots dwindled and died from the same toxic injections.³ Other studies link increased sexual activity with a lower risk of breast and prostate cancer.

Loving is also good for the heart, with the American Heart Association (AHA) endorsing various techniques of sexual healing. A study in Wales in the 1980s showed that men who had sex twice a week or more experienced half as many heart attacks after 10 years as men who “got it on” less than once a month.⁴

In women, “happy hormones” such as FSH, LH and progesterone released during arousal help to relieve menstrual and menopausal problems in general, while testosterone in men pulses oxygen-rich blood through the organs.

Most people can attest to the euphoric effect of a good roll in the hay. The emotional benefits of sex were evident in a Kinsey Institute study that found men who masturbated regularly were less prone to bouts of depression. Sex therapists have found that a loving session with oneself or a partner

can improve relationships, insomnia, high blood pressure, irritability, ulcers, frigidity and anxiety, release trauma and improve low self-esteem, timidity and feelings of alienation.

Participants in a daily devotion exercise in which each couple connected lips, limbs and genitals in quiet repose for five minutes, morning and evening, reported that it energised them in the morning and relaxed them in the evening, also helping them to heal daily disharmony.

Seed saving

Ancient Tantric and Taoist teachings have always acknowledged the transformative potential of sexual energy. According to Ayurveda and Tantra, health, immunity and vitality come from abundant ojas, or the transformed creative essence of semen and ova. This life-generating cream contains the concentrated nectar from all the cells, the culmination of all vitalising biological processes. It's this refined elixir that, when utilised properly, forms Amrita, or the fountain of longevity.

This precious energy is to be expertly cultivated, conserved and circulated. In women it contains the zenith of yin, and in men the potency of yang – both essential for health and balance. Women are considered more fortunate than men, as they naturally tend to retain this vital fluid because their reproductive organs are internal and they have a yin-receptive nature, whereas men lose it easily. Taoists link this difference to the fact that women live an average of six years longer than men. Whereas Western research on sexual healing doesn't emphasise the importance of retaining and recirculating sexual fluids, the Eastern systems make this vital distinction.

According to vedic science, one drop of semen is equal to 60 drops of blood in terms of the energy it bestows on the body. In Taoism it's considered to be a superfood rich in easily absorbable nutrients and energy that can revitalise body and mind. Western science agrees, as semen has proven to be a treasure house of vitamins, minerals, trace elements, hormones, proteins, iron and enzymes, including vital nutritional substances such as calcium, albumin, lecithin, phosphorus and nucleoproteins. Interestingly, these are similar constituents to those of brain and nerve tissue, which Plato, Pythagoras and Eastern rishis believed was nourished by retained semen. They also held that a weak nervous system, depleted energy and sub-optimal brain function were connected with excessive seed loss.

Taoist works claim that excessive semen loss causes premature ageing, damage to the nervous system, muscular weakness, poor digestion and loss of eyesight and energy. In *The Yellow Emperor's Classic of Internal Medicine*, Peng-Tze, an advisor to the Yellow Emperor, explained: “After ejaculation a man is tired, his ears buzz, his eyes are heavy and he longs for sleep. In ejaculating he enjoys a brief moment of sensation but then suffers long hours of exhaustion.”

After investing so much internal effort to produce this beneficial brew, many men blow it without considering the consequences. The immediate effect is obvious: as with a burst balloon, a man's energy and mood become deflated. He may also disconnect from his partner. As one man bravely admitted, “Once I ejaculate, the pillow looks better than my girlfriend.”

However, the long-term effects are the main concern, as a *New York Times* report reiterated: “Creating sperm is far more difficult than scientists imagined, demanding a diversion of resources that otherwise might go into assuring a male's

long-term health.”⁵ It is estimated that the average American man spills roughly 15 litres of his seed in a lifetime, a reservoir that, if redirected, would amount to a vast store of energy, according to Taoists and Tantrics.

Rather than advocating suppressive celibacy as the solution, Taoist and Tantric masters advise sexual expression with awareness and expertise. Using special techniques, a man can retrain the downward and outward explosive ejaculation to become an imploding inward and upward intrajaculation. In *Taoist Secrets of Love: Cultivating Male Sexual Energy*, healing Tao master Mantak Chia explains: “Real sexual fulfilment lies not in feeling the life going out of you but in increasing the awareness of the vital current that flows through the loins.” This conserved force that would normally form new life is then channelled within to renew the whole body. Specific areas that are said to benefit are the nerves, endocrine glands, bone marrow, brain and immune system.

The methods for doing this involve practices such as contracting the pubococcygeal muscle, pressing on the perineum, pulling down the testes, pinching the frenulum and, most importantly, using breathing and visualisation practices to circulate the accumulated energy around the body’s central energy channel. Known as Sushumna in Tantra and the microcosmic orbit in Taoism, this central energy channel circles from the sacrum up the spine and over the head, and pools energy in the navel. Its vibrating energy has the power to create ecstatic whole-body multi-orgasms without ejaculation, releasing healing ripples to all cells.

It’s different from the old practice of coitus reservatus where one makes love without an orgasm because this practice didn’t explain how to channel the contained energy; it could lead to severe prostate pressure, pain and heat congestion. If done correctly, however, withholding semen is not dangerous.

In the early stages, a retrograde ejaculation occurs, which passes into the bladder and is expelled with urine; with mastery, the thick fluid is transmuted into a fine nectar that travels to nourish all tissues like a rejuvenating shower. Most men find it hard to conceive of orgasms without ejaculation, though this is a natural pre-pubescent occurrence. According to Mantak Chia and Douglas Abrams Arava in *The Multi-Orgasmic Man*, after persevering with the practices, “Most men begin to experience multiple orgasms within a week or two and master it within three to six months.”

Writer William Burroughs noted the different types of orgasms: “There is the pleasurable orgasm, like a rising sales graph, and there is the unpleasurable orgasm, slumping ominously like the Dow Jones in 1929.” Taoist and Tantric practices create the regenerative valley orgasm, continuous ecstatic waves rolling throughout the body that get stronger and leave one energised, as opposed to the degenerative peak orgasm where one rises to the wave’s peak to come crashing down.

As one Tantric scholar noted, “The goal is not to climb one peak together, but an entire series of mountains, each higher and with a more spectacular view than the previous peak.” Couples dedicated to a deeper sexual experience have the

choice to prolong pleasure so they build the climax to greater heights together. This mutually erotic healing journey creates stronger bonds of intimacy involving coming together rather than just coming.

The sexual-spiritual schism

According to our outlook, sex may be divine or depraved, a source of damnation or salvation, a process for procreation or pleasure. Adopting the middle path between hedonism and asceticism, craving and aversion, liberates us from restricting concepts, opening us to using sexuality for the highest good according to time, place and circumstance.

Though sex is easily accessible, today many find it shallow and dissatisfying. Some people are sexually wounded after degrading, disappointing, humiliating, exploitative, shameful or simply unstimulating experiences. This discomfort may manifest in subtle or obvious ways such as fear of nudity, public displays of affection or erotic art; frigidity, impotence, sexual perversions; or, most commonly, an inability to release inhibitions to fully enjoy sex. Society does little to enhance our sexual wisdom, encouraging it while simultaneously condemning and sensationalising the natural act that created us.

Religion often contributes to our sexual confusion, shrouding it in the same shame that prompted Eve and Adam to forage for fig leaves. Many religious traditions reinforced a negative concept of sexuality in which celibacy was for strong saints and sex for weak sinners. Celibacy can be a healthy aid to enlightenment *if* the creative energy is rechannelled correctly. However, suppressed sexual energy wages an inner war that eventually surfaces in destructive ways such as through aggression, depression, neurosis and psychosis. According to philosopher Omraam Michael Aivanhov, “Only idiotic puritans fight against this energy, and they are always hurled to the ground and crushed by it, because they are fighting against a divine principle.”

Then there’s the opposite paradigm where unrestricted indulgence is advocated. Practised along proper guidelines, with pure intentions, this can also be a path to enlightenment. In Tantra it’s known as Bhukti when you don’t deny pleasure but deepen it until you transcend it. However, there are inherent dangers on this route, such as STDs and sex addiction, whereby one gets stuck in sensual pleasures rather than seeing them as rungs on the ladder to liberation.

Excessive sex can devalue partners and devalue the special quality of sex. As author Ayn Rand expressed in a *Playboy* interview, “I consider promiscuity immoral. Not because sex is evil, but because sex is too good and too important.” There are not only physical dangers but also the negative energetic effect of absorbing malevolent vibrations if the experience is bereft of benevolent love.

However, it’s not a question of quantity but rather quality that will nurture sexual satisfaction. People are largely dissatisfied with their sex lives today because they lack a spiritual concept of sexuality that would greatly enrich the experience. By introducing a sacred dimension to making love, we take advantage of its transformative quality. As Georg Feuerstein notes in *Sacred Sexuality: Living the Vision of the*

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Erotic Spirit, “The great ideal of a body-positive spirituality is to transmute the sexual energy, without squashing it and oneself, and to use it in order to intensify one’s consciousness and one’s erotic capacity.”

Many ancient cultures saw sexuality as sacramental. They revered sacred sexual symbolism and enjoyed ceremonies to celebrate the universal act of creation. The union of the archetypal masculine and feminine in deities such as Radha Krishna and Shiva Shakti represents the synthesis of divine dualities, opposites merging in ecstatic creation.

Ancient traditions teach us that beliefs about sexuality vary greatly according to time and culture. Maintaining negative

may sabotage their pleasure. ECG readings have shown that brainwaves during orgasm are predominantly in alpha state, suggesting relaxation is essential for orgasm.

We all long for a loving connection at the deepest level. You can meet this love with a partner while also acknowledging that the same love you seek is within. Spiritual sex is best practised with yourself or an unconditionally loving and willing partner. The potential for blissful ego-transcending ecstasy rather than selfish ego fulfilment is much greater when there is patience, communication and consideration between you and your partner. This requires making love through the heart, not just the genitals. You can absorb the opposite energy



concepts of sexuality holds us back from taking full advantage of its healing capacity. When we open our perception to the spiritual side of sexuality, it will start to manifest more spiritual energy. Many people already experience greater ecstatic transcendence in their bedroom than in their church or temple. As actor Omar Sharif confided: “Making love? It’s a communion with a woman. The bed is the holy table. There I find passion – and purification.”

Divine union

Spiritual transformation through sexual experience begins with accepting the body as a temple of divine energy revealing the mystery of universal energies. Both Tantra and Taoism advocate methods to use sexuality as a springboard to more subtle realms. Initially this requires a willingness to experiment with techniques, then ultimately an ability to totally surrender and forget all methodology. The Taoists call this effortlessness Wu Wei, understanding that the harder we strain to attain something, the more it slips from our grasp. This is relevant to many of the 40 per cent of women who struggle to achieve orgasm, as stress blocks them from feeling pleasure in the present, and impotent men whose performance pressure

of your partner or you can harmonise your own internal polar opposites. Worshipping the divine in your partner and yourself allows you to really “soul-mate”.

During high sex, the co-mingling force of physical, emotional and spiritual love is so supercharged with electromagnetic energy it can lead to spontaneous awakening and healing, a natural kundalini rising. Connecting the male and female parts is likened to turning on an electrical socket. This is often felt as a frisson or shudder of electricity shooting up the body, or as streaming sensations rippling and pulsing in waves as it dissolves blockages. It’s essential to learn how to contain and channel this intense charge, otherwise it can cause symptoms such as headaches and fatigue. These energies have enormous capabilities that we must respect. As author Benjamin Walker states in *Sex and the Supernatural*, “Sex is not just a buzz in the genitals, or a form of biophysical electricity streaming through the flesh, but an occult power, attuned by invisible strings to the resounding harmonies of the cosmos.”

Erotic experiments

Sigmund Freud once said sexuality contained a “divine spark”. In order to fan that into a flame, here are some suggestions:

Be aware of blocks to sexual satisfaction. Ask yourself: What stops me from fully enjoying my sexuality? What steps can I take to enjoy a healthy, healing sex life? Consider your self-esteem and attitude to pleasure. If you have a partner, make a list of sexual likes, dislikes and requests to share with them.

Become your own lover. Learn what turns you on. Spend time alone getting comfortable with your body, experimenting and sensing your responses. Making love with yourself can be just as satisfying as with a partner, generating a positive self-image while regenerating new life within. Many women have trouble reaching orgasm or even enjoying sex. The best way to overcome this is to explore self-service. Sexual energy can be more intense for a woman when she is alone, as she can focus on her own pleasure, at her own pace. The arousal pathways can then be switched on more easily when she is with a partner. Men practising withholding ejaculation for an inner multi-orgasmic experience are advised to master this alone first, free from the stimulating temptation of a lover.

Make an emotional connection. This is the strongest aphrodisiac for a healing and transformative sex life. Intimacy is fostered by mutual commitment to communication, relaxed bonding time and consideration, and by honouring each other's needs. Some people look to the athletic postures of the *Kama Sutra* or libido-boosting nutritional and herbal formulas to improve their sex life, whereas all it takes to be a phenomenal lover is a giving heart.

De-automate your sex life. A US study filmed couples making love and then taped them 20 years later, only to find that they made love in exactly the same way. If boredom besets your sexuality, use your imagination and try variety. Be spontaneous and open to the unpredictable.

Condition your mind/body instrument. Optimising health and energy through good nutrition, adequate sleep and exercise will build reserve energy for healing sex. Exercise also increases self-esteem. A study at California University of 78 sedentary men found that a nine-month exercise regime increased libido, frequency of sex (by 30 per cent) and orgasm (by 36 per cent), however excessive exercise decreased testosterone and libido. Pelvic floor exercises, as taught in Pilates, will also heighten enjoyment and increase stamina for both partners. A simple way to condition these muscles is to stop and start the flow of urine for as long as possible.

Get yourself in the mood. This takes elaborate conditions for some people, whereas just turning up is enough for others. As one woman despaired, "I just finish unwinding from work and the kids and he's ready to climax!" The joke that a husband vacuuming is foreplay for a wife has an element of truth to it.

Since our erotic circuits are charged by emotion, the key to arousing yourself or your partner is to create a loving connection. Rather than think of sex as a stop/start event, consider it an ongoing process of loving interaction with yourself and another. You can make love the whole day by being considerate, appreciative and supportive towards yourself and your partner and by seeing the inherent beauty in all things.

Set aside enough time so there is no pressure or urgency. As the *Discourse on the Highest Tao Under Heaven* explains, "The

essence of foreplay is slowness; if one proceeds slowly and patiently, the woman will be exceedingly joyful."

Sublime sex is a kind of mystical event. It often happens in unexpected ways. As writer Simone de Beauvoir noted in *The Second Sex*, "Sex pleasure in women is a kind of magic spell; it demands complete abandon; if words or movements oppose the magic of caresses, the spell is broken."

To practise sacred sex you must first acknowledge the divinity in yourself and your partner. Next, you can pray for positive energy to flow through you and meditate on giving and receiving healing energy with your partner. Create a calm, centred connection by gazing into each other's eyes while touching. Then to stoke the fires of passion, take 10 slow, deep breaths in synch.

Sex fails to satisfy on a deeper level when you are penetrated physically but not energetically, resulting in a depleting and empty experience. Let barriers to enveloping your partner dissolve as you both merge with universal orgasmic energy. An erotic massage helps this process by releasing mental worries and preoccupations while stimulating the erogenous zones. Enjoy the flow of subtle sensations rather than drive towards orgasm.

A simple way to absorb your partner's energy is with muscle contraction, breath and visualisation. With tongues and genitals connected, on inhalation contract your pubococcygeal muscle and visualise energy flowing up your genitals, spine, head, tongue and finally to the belly. Then breathing out through the mouth, feel the energy spread through your entire being. Remain relaxed and hold the energy within, resisting the urge to orgasm until the charge has accumulated to an overflowing level. Finally, when you can contain it no longer, allow the dam to burst, creating an ecstatic surge like Niagara Falls.

Indulge in afterplay. Basking in the afterglow of love can be the sweetest experience of all. Relax in each other's energy and absorb the delight while lying together in still silence. Store the sweet sensations in your memory cells so you can access them whenever you need a shot of sexual healing. A rejuvenating drink to help a man replenish lost fluids is warm milk, perhaps with a pinch of saffron, a teaspoon of honey and a few dates and almonds blended together. ☺

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