

SEXUAL ECSTASY: FROM ANCIENT WISDOM

By Summum Bonum Amen Ra

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"Creation manifests when balance is perfected between the opposites.

By applying higher law against lower laws, the creation becomes divine."

--Summum

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Sexual Ecstasy from Ancient Wisdom

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Throughout this text, there is reference made to the use of **Merh**. Recreated from an ancient formula, Merh is a luxurious lubricant which, when used according to the instructions in this text, will educate you into a state of prolonged sexual ecstasy. For more information about Merh, see the table of contents.

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CONTENTS

[Amen's Song](#)

[Introduction](#)

[Chapter 1](#)

Practical Wisdom

[Chapter 2](#)

Establishing Basic Guidelines

[Chapter 3](#)

Building the Foundation

[Chapter 4](#)

Personal Stimulation

[Chapter 5](#)

Sexual Communication

[Chapter 6](#)

Cause and Effect

[Chapter 7](#)

Giving the Female Joy

[Chapter 8](#)

Giving the Male Joy

[Chapter 9](#)

Copulation

*All life comes to an end, setting like the sun
to be reborn the next day.*

*If you have joy in your life
you will be reborn with the spirit of joy.*

*If you have unhappiness in your life
you will be reborn with the spirit of unhappiness.*

*For you see, the spirit that possesses you in this life
will be the spirit that possesses you in your next life.*

*Therefore, come unto SUMMUM
and I will release you from your unhappiness
into the delights of Permanent Sexual Ecstasy, "JOY."*

-- Amen

Sexual Ecstasy from Ancient Wisdom

The joys of permanent sexual ecstasy

by
SUMMUM BONUM AMEN RA

Among the many branches of knowledge possessed by the ancients and recorded in hieroglyphics, that known as *Sexual Ecstasy* is the subject matter of this book.

Here, made known for the first time, are the techniques that were taught and practiced by the most sophisticated society on earth for thousands of years. All nations and peoples have partaken liberally at the feast of sexual knowledge which the Masters of the Land of Ra and Isis so freely provided for them. So powerful was this original source of sexual knowledge that from it blossomed the many strange forms of sexual practices known today as Tantra, Kama Sutra, Taoism, etc. Nevertheless, this sexual knowledge has been restored to its purity at this time so that you can know the techniques which allowed the ancients to experience hours of "Sexual Ecstasy."

Each page reveals hieroglyphic secrets translated for our modern day and time. Each of the twenty-four beautiful illustrations displays a hieroglyphic associated with the technique

that is demonstrated. However, this ebook edition does not contain the illustrations. For a copy that contains the illustrations, please refer to our [secure online ordering page](http://www1.actwin.com/summum/order.htm).

(<http://www1.actwin.com/summum/order.htm>)

Truly a historical and educational text, this gift from the ancients can teach today's lovers the art of "Sexual Ecstasy" known by the ancients, but lost to modern man and woman until now.

Notice

Although this book is historical, educational, religious and clearly non-prurient in nature, legal issues require us to state it is **for adults only** since it deals with the topic of human sexuality in a very open and direct manner.

INTRODUCTION

The basic knowledge of the sexual principles introduced in this text is found in the esoteric teachings of every ancient culture. Even the most ancient sexual teachings of India and Egypt have their roots in these principles. At the source of this knowledge are the Summa Individuals, beings who come to this planet to assist in the teaching of the mysteries, joys and delights of the ancient sexual wisdom; and who, throughout time, have taught and enlightened advanced teachers from all areas of this planet. It is from this source that the technique of sexual ecstasy has been obtained, for "Man and woman are, that they may have Joy."

The last recorded reservoir of these teachings on planet Earth has been found in Egypt, a home of the pyramids. All nations have borrowed from the ancient inheritance of Egypt. India, Persia, China, Japan, ancient Greece, Rome and other countries partook liberally at the feast of knowledge which the teachers of the land of Ra and Isis so freely provided for them.

A blanket of theology has been spread over the understanding of sexual joy and ecstasy by the philosophies and religions throughout history. We see in every religion a controlling of sexual joy. This control of sexual joy has been created for several reasons. Some of these reasons are valid and others are self serving for the religions.

ANCIENT WISDOM

has been mentioned in many books which tell you how to improve your sex life. While some of these books are useful, this text is different from all others on the subject of sexual joy. The information contained herein deals directly with the ancient wisdom which is the root of sexual ecstasy -- not momentary joy, but sexual joy, delights and ecstasy which will become a permanent state of consciousness when mastered.

"Where your ATTENTION is, is where you are." -- Summum

MASTER YOUR ATTENTION

is one of the most important self-mastery requirements. When your attention is mastered, the joys of the world are under your control. The above aphorism is very profound in that it is the key which will unlock the womb of prolonged and permanent sexual ecstasy as you apply the ancient wisdom given within this text.

CHAPTER ONE: PRACTICAL WISDOM

Acquiring this wisdom does not require volumes of manuscripts and years of practice. You can choose to make it effortless and instantaneous, not a laborious struggle. The choice is yours, for as stated in another aphorism of ancient wisdom:

"Everything is dual; everything has an opposing point; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes bond; all truths are but partial truths; all paradoxes may be reconciled." -- Summum

PERMANENT SEXUAL DELIGHTS, LOVE'S JOYS

alludes to the paradox of gaining the wisdom to prolonged and permanent sexual ecstasy. The paradox is, you can choose to make it difficult or you can choose to make it EASY. As the aphorism states, everything is dual. There is an easy way and there is a hard way to gain anything. Studying volumes of manuscripts, accompanied by years of practice, is the hard way. The easy way is to closely follow the ancient wisdom found in this text and allow yourself to experience now, today, prolonged and permanent sexual ecstasy.

"Where your attention is, is where you are" is the key to allowing yourself the experience of prolonged and permanent sexual ecstasy. If your attention is on trying to perform a gymnastic sexual position, then that is where you are, trying to enjoy gymnastics. If your attention is off in some sexual fantasy or exotic verbal performance, then that is where you are. If your attention is in trying to relax or in thinking about something to bring you to orgasm, then that is where you are. If your attention is in any place other than the experience of prolonged and permanent sexual ecstasy, you will not experience this state.

Follow closely these simple instructions and allow yourself to experience the ancient wisdom of prolonged and permanent sexual ecstasy.

CHAPTER TWO: ESTABLISHING BASIC GUIDELINES

*He loved Her so
He made for Her
MERH.*

There is a certain basic milieu that must exist for you to reach the highest blissful states of permanent sexual ecstasy. This is not to say that great degrees of prolonged sexual ecstasy cannot be attained when the milieu is not perfect. This only means that to reach the highest degree, this fundamental milieu must be in place.

ANOINT TO MAKE PLEASANT AND EASY suggests that an almost religious sanctity should be set when applying the ancient wisdom of sexual delights and ecstasy. Yes, the same joy, delights and ecstasy that can be found in religious experience is experienced in sexual ecstasy. It is not happenstance, nor can it be disregarded, that in order to "make pleasant and easy," the ancients taught of anointment. The ancient wisdom teaches that it is necessary to anoint with the secrets of MERH to progress along the path to union of mind, body and spirit.

FOR MARRIED COUPLES is not just some moral statement, but one of the conditions of the highest milieu. The marriage of couples can establish an environment of trust, devotion, security, love, communication and sexual freedom which may not exist in other settings. This milieu sets the stage for true joy.

TRUST in your relationship is necessary, for without trust a complete peace of mind and surrender to one another is difficult to obtain.

DEVOTION to your partner allows you to lose yourself in the joy of your partner; and the paradox is, you will find yourself in the joy.

SECURITY maintains a lasting bond of confidence for both of you. This acts as a foundation upon which to build to your highest degree of joy.

LOVE is the basis for all real joy.

TIME to experience your sexual joy must include the following criteria. Neither partner should be tired. Both partners must be fresh and agreeable to the experience. A minimum of time must be set aside to allow total satisfaction for both partners. In the beginning, this time should be at least two hours in length, then shortened or lengthened as you discover the wisdom of permanent sexual ecstasy.

PLACE is a room where you will not be disturbed or interrupted during the preestablished time period.

LIGHTING something that both of you must agree on in order to maintain the proper milieu. You may want to look at your partner's body, but your partner may not want to be looked at. This should be worked out prior to beginning your experience of permanent sexual ecstasy.

"CLEANLINESS is next to Godliness" is a truth. Much use of water, both internally and externally, provides a purification element. Make sure you bathe before your experience of permanent sexual ecstasy.

TRIM YOUR FINGERNAILS very short using a nail file or emery board to round the corners of your nails. Since touching with the hands is a prominent part of sexual ecstasy, this allows maximum comfort for both partners.

SHAVE for hair is a deterrent to experiencing the highest levels of permanent sexual ecstasy. Many ancient and modern lovers SHAVE the genital area neatly and cleanly. Until you have experienced this unique, super sensitive sensation of a cleanly SHAVEN genital area, you will not know its joys. Prior to each experience of permanent sexual ecstasy, neatly SHAVE the genital area. It is suggested that the female shave the entire area, inner thighs, perineum, vulva and pubic area. The male should shave the scrotum and perineum. The male need not shave the inner thighs, but should trim all hair in the genital area so that it is no longer than one-half inch.

INSTRUMENT FOR STIMULATION is a vibrator which most females and some males use to achieve orgasm. There is nothing wrong with the use of a vibrator and it is suggested that you experiment with one. A vibrator may help you to achieve the experience of permanent sexual ecstasy.

ANOINT TO MAKE PLEASANT AND EASY refers to the most important milieu element besides you and your partner: MERH.

MERH is a luxurious oil based lubricant formulated from ancient wisdom and designed to liquify at body temperature. The consistency of MERH comes from a blend which provides the greatest sensitivity and a perfect lubricant for prolonged sexual ecstasy. Generous use of MERH is suggested so that your entire genital area is completely and liberally covered with MERH. Water based jellies and other lotions or creams will in no way allow you to experience prolonged sexual ecstasy the way MERH will. You will find no substitute that can maintain the milieu necessary for this total experience. Continued applications of MERH throughout the duration of your experience is recommended and necessary to maintain its super

sensitizing effect. People who at first oppose using a lubricant discover that the experience of using MERH will change their doubts into adoration. You will always want to keep the MERH container closed between your experiences of sexual ecstasy, this will keep the MERH clean. Please note that cats are extremely attracted to MERH and will eat the MERH directly from the container, preferring it over even their favorite delicacy. Experience has shown that MERH is harmless to cats should they eat it.

There are a few other items necessary to complete the milieu. It is best to use a private bedroom for your sexual joys. Have on hand bath towels, hand towels, wash cloths and drinking water or the beverage of your choice.

CHAPTER THREE: BUILDING THE FOUNDATION

This text takes for granted that you understand your own sexual anatomy and that of your partner. See illustrations [A](#) and [B](#). If this is NOT the case, then you will need to purchase a good sexual anatomy book and become informed before you begin to experience this ancient wisdom of permanent sexual ecstasy. With open communication, go through an anatomy text with your partner. Allow your partner to educate you about the terminology and physical location as described in the sexual anatomy text. A hands on education is necessary. Using the MERH, hold, touch, massage, fondle and stimulate your partner as you both familiarize yourselves with each others sexual anatomy. Communication is necessary. You will never reach the ultimate sexual joy without communication and an understanding of your partner's sexual anatomy.

GENITAL ORGANS, MALE AND FEMALE requires that you become acquainted with anatomy. After you familiarize yourself with anatomy, you and your partner need to begin by closely examining and locating the different features discussed in your sexual anatomy book. This will open communication and insure that both of you understand where your and your partner's sensitive areas are located.

STIMULATE THE INNER GLAND which is known as the (G) spot. Much has been written about the (G) spot or an internal organ which is located about one to two inches inside the entrance to the female vagina. Most females who are familiar with their own anatomy and having masturbated know the location of this spot and can easily guide their partner to its location.

STIMULATE THE GLAND EXTERNALLY for like the female, the male has a (G) spot known as the prostate. This gland is very sensitive to stimulation. The gland can be stimulated externally or internally. Refer to your sexual anatomy text for the location of where to stimulate this gland externally and internally.

EXERCISE recommended to enhance your sexual joy. Kegel exercises strengthen the pubococcygeal muscles in both the male and female. This muscle can be strengthened through an exercise involving contraction of the muscle. The pubococcygeal muscle will be referred to as

the (PC) muscle throughout the text. Both male and female should practice contracting, holding, then relaxing the (PC) muscle. Begin with ten contractions, then increase to twenty and more. Strengthen the (PC) muscle daily until you can contract, hold and relax for at least one hundred consecutive times. The male should also practice raising and lowering his testes to gain control over these internal muscles.

CHAPTER FOUR: PERSONAL STIMULATION

MASTURBATION plays an important role in reaching permanent sexual ecstasy. To begin, each partner should allow the other to demonstrate what makes them feel good and what sexually stimulates them to orgasm. Communication is paramount, for without communication your partner will never know how to make you feel good. The female should go first, demonstrating to her partner how she touches herself and brings herself to an orgasm. Then the other partner does the same.

The next time you practice the ancient wisdom, begin as before, but take the hands of your partner and have them assist you in reaching your orgasm. This will familiarize both of you with yourselves and your partner's feelings and sensitivities, and educate you both into a union of joy.

SEXUAL JOYS TO MAKE YOU HEALTHY means that there is a great health benefit to practicing this art of permanent sexual ecstasy. Both partners must realize that self stimulation is good and healthy for each other as well as your experience together. You will recognize a significant change in well being and physical health. Your energy level will greatly increase with the regular practice of permanent sexual ecstasy. However, self stimulation does not replace sex with your partner, it just enhances your sexual relationship. Self stimulation feels good and is good for you. It allows you to know and show your partner what feels good to you. Remember, your partner does not know what makes you feel good and you probably do not know what makes your partner feel good. If you don't know what feels good, these exercises will bring you to that understanding.

ATTENTION is the most important factor. Remember, "Where your attention is, is where you are." It is critical that you practice keeping your attention in the feelings and sensations as you learn to stimulate yourself to orgasm. As you keep your attention in the sensations of your stimulation, you will automatically progress to an orgasm. After one orgasm you will learn to give yourself multiple orgasms.

PERSONAL STIMULATION OF THE FEMALE

What you will practice is different than your male partner. Your male partner is learning to have multiple orgasms while holding back his ejaculation. You will learn how to relax and have multiple orgasms.

As you touch your body for delights and joys, begin to explore all the areas of your genitals. Keep your attention in your feelings with NO THOUGHT. Find those areas of your genitals, inside and outside, that feel good.

MERH is generously applied to your total genital area. Apply it to your anus, your perineum, your major and minor labia, inside your vagina, your clitoris, your pubic bone and lower abdomen. Remember, thoroughly lubricate your genitals and while doing so begin to feel the joy of personal stimulation.

As you explore and stimulate yourself, communicate to your partner how it feels, what parts of your genitals feel good, and tell your partner how you are touching them. Stroke and touch yourself, keeping your attention in the good feelings until you come to orgasm. If at this point you feel comfortable, continue on to further orgasms. Always communicate to your partner how you are feeling and how you are touching and stroking yourself.

One of the greatest inventions of modern times is the vibrator. Many females have taught themselves to orgasm only with a vibrator. There is nothing wrong with this, although, you will want to eventually learn to have orgasms without a vibrator. For in the highest states of permanent sexual ecstasy, you will not need a vibrator. You will have hours of continuous orgasms with your partner without the use of a vibrator.

There will be extensive information on stimulation of the female to follow later in this text. When you have gained the ability to have several orgasms from just using your hands, you are ready to move to the next stage.

PERSONAL STIMULATION OF THE MALE

Both partners must realize that self stimulation is good. Personal stimulation allows you to show your partner what feels good to you. Remember, your partner does not know what makes you feel good and you most likely do not know what makes your partner feel good. If you don't know what feels good, these exercises will bring you to that understanding.

The most important factor is your attention. Remember, "Where your attention is, is where you are." It is critical that you practice keeping your attention in the feelings and sensations as you learn to stimulate yourself. As you keep your attention in the sensations of your stimulation, you will automatically progress toward an erection.

MERH is generously applied to your total genital area. Apply it to your anus, your perineum, your scrotum, your penis, your pubic bone and lower abdomen. Remember, thoroughly lubricate your genitals and while doing so begin to feel the joy of personal stimulation.

EJACULATION is an function you must learn to control. After you achieve erection, try to keep the erection as long as possible without ejaculation. Bring yourself close to orgasm without ejaculation several times, five to ten. SLOW your stimulation, reduce pressure and SHORTEN your strokes as you approach the point of ejaculation.

Experiment with different methods of stimulation. The old up and down of the hand can be adapted to new and greater stimulation. Instead of holding your penis thumbs up, turn your thumb down forming a ring with your thumb and index finger. Then pull from the base of your penis on the shaft drawing towards the glans. You can use both hands from the center of the shaft towards both ends, base and glans. There are many variations of stimulation. You should try all of them as you communicate to your partner how it feels and how you like it best.

Remember, your goal is to NOT ejaculate. By NOT ejaculating, you will prolong your joy and soon reach a permanent state of sexual ecstasy and continuous orgasm. This state is greatly superior to a single ejaculation and orgasm. As you discover this joy, you will want to spend much time there. Soon you will be able to keep an erection for thirty, forty, sixty minutes and even longer. As you practice this technique of keeping an erection, the time of your joy will continue to extend.

STIMULATE THE INNER GLAND and carry yourself to higher levels. Now is the time to insure that your attention is in the feelings of your joy. Keep your attention within the feelings of joy, no thought is necessary. Just keep the attention in the delights and joy. You can stimulate yourself to even higher levels by stimulating your EXTERIOR PROSTATE spot, which is similar to the female (G) spot. Do NOT ejaculate as you rhythmically press firmly on the perineum, between your scrotum and anus.

At this stage you will experience the beginning of orgasms without ejaculation. Use rhythmic pressure on your exterior prostate, the (G) spot, with varied speed until you find the appropriate rhythm to bring the greatest joy. If you begin to ejaculate, try pressing extra firmly on the exterior prostate to stop ejaculation. You may find this very pleasurable.

THE SCROTUM, TESTES PULL prevents you from ejaculating. This ancient method is ideal for this purpose. The testes must be close, next to your body to allow ejaculation. You will experience great delights and joy as you or your partner gently and firmly pulls your scrotum, thus pulling the testes away from your body. Later, palpitation of the testes will be discussed. Remember, the use of MERH is critical. This allows smooth and gentle manipulation of the scrotum for the scrotum pull. Experiment with this until you have discovered

the right pressure, firmness and rhythm, then show your partner. This pressure and firmness will change at different stages of delight. Communication is very important for you to reach the greatest heights of permanent sexual ecstasy.

The scrotum testes pull is accomplished by grasping the scrotum at the base of your testes, between your thumb and index finger, forming a ring. When you near orgasm, pull firmly downward away from your body. During your stimulation, rhythmically pull lightly on your scrotum to increase your joy. Practice the raising and lowering of your testes through (PC) muscle control. You will notice that as you relax your testes and allow them to drop away from your body, the urge to ejaculate will subside. Notice that when you draw them close to your body, the urge to ejaculate is increased. This exercise will help in the control of preventing ejaculation.¹

It may take several weeks of practice to build up the necessary muscular control to hold an erection for more than half an hour. Once you have reached this goal, you will be able to keep an erection for as long as you desire.

Your key to success is that your attention must be in the feelings of joy, NOT IN THOUGHTS. Once you have mastered this basic stage of erection for at least one half hour without ejaculation, you can go on to the next stage of practice with your partner.

REPEATED EJACULATIONS

is the next step. Stimulate yourself without ejaculation for twenty to thirty minutes and then ejaculate. Immediately following ejaculation, begin to stimulate yourself again. You may need to increase the stimulation more the second time, but you will be able to maintain an erection and then have a second ejaculation.

RETENTION OF SEMINAL FLUID

simply means to hold in your seminal fluid and prevent it from discharging. This is accomplished by squeezing your (PC) muscle just as you approach ejaculation. As you approach ejaculation, remove your hands from your penis, hold your breath and squeeze your (PC) muscle. You will notice that you still will have an orgasm, but you will retain your seminal fluid.

When the contractions from your orgasm have stopped, begin to stimulate yourself again. As you stimulate yourself, your arousal will move to even higher stages. When you arrive at your next orgasm, it will be stronger than your first.

After practice of the retention of seminal fluid, you will discover that you will soon be able to experience and delight in ten to fifteen orgasms. This additive effect allows you to have greater joy with each orgasm.

LENGTHENED SEXUAL ORGASM

will be achieved after several weeks of practicing to strengthen your (PC) muscle. You will notice that you have begun to gain new strength and conformation of this muscle. Now is the time you are ready to begin lengthening the duration of your orgasms. Start counting the number of contractions you normally have with an orgasm. It will be between five to fifteen contractions.

Begin your stimulation until you have kept from ejaculating for at least thirty to forty minutes. As you reach the stage of ejaculation, contract your (PC) muscle and allow just a small amount of semen out. Continue to gently and slowly stimulate your penis as you push out and contract. Do this as long as you can to increase the number of contractions and lengthen the duration of your orgasm.

¹ The control of urges is a very crucial aspect of personal development. For the most part, your urges, wants, wishes, and desires dictate your life. You are controlled by them. They are in control of you. The Principles of Summum as explained in [SUMMUM: Sealed Except to the Open Mind](#) teach that when you can control your urges, you become a Master of your own mind.

CHAPTER FIVE: SEXUAL COMMUNICATION

*"Amen,
come and play in my waters,
now and forever more."*

-- She

COMMUNICATION

is the intercourse of minds and thoughts which sets in motion physical experiences. Take turns watching your partner masturbate and talk about it as you do. Listen to your partner tell you what feels good, how to touch them, and observe.

In later sessions, watch what your partner does and practice on your partner exactly what he or she has shown you. You need to achieve a level of proficiency greater than the self stimulation your partner is able to achieve on his own or her own. Keep practicing until both of you are able to stimulate each other better than each of you can stimulate yourselves. You will want to tell your partner what needs to be done. Tell each other what is happening and how each stroke and touch feels. Make sure you guide your partner's hands, showing firmness, speed, and motion. Enjoy your feelings, and keep your attention in the feelings as you instruct your partner.

Most men feel that they already know how to stimulate their partner. This is far from reality. Most women don't know how to stimulate men and really make them feel good. Chances are that neither of you know much about making the other feel good and both of you know very little about making yourselves reach any level of sustained orgasmic joy. Enjoy watching your partner pleasure themselves. Talk about it while you are doing it and after you are finished. Remember, communication is critical.

LOVING FOREPLAY

to make yourselves feel like children. Have fun, enjoy yourselves, laugh, giggle. Some men and women want to rush into sex. To be successful with the ancient wisdom, you must both realize that each of you has to relax and touch the other.

LOOK INTO THE EYES

of your partner and touch them -- not just into their physical eye but into the window to their soul. Find your partner inside and there, make a spiritual bond. Practice looking into your partner's eyes and bonding with their spirit.

GENTLY TOUCH THEIR BODY SKIN

for all people need to be touched. The area of the skin is vast and by gently touching all the skin of the body, it sets the stage to begin your stimulation of the genital area. Remember, do not rush to stimulate the genital area until your partner is ready.

SHARED STIMULATION

begins with both of you lying on your sides, resting on a pillow, and facing each other's genitals. This leaves your hands and arms free to stimulate your partner. The female uses one hand to stimulate the glans and shaft of the male penis, while her other hand pulls the male's scrotum and presses his external (G) spot. The man, in turn, stimulates the female's clitoris with one hand and her labial lips and vagina with the other. DO NOT forget the MERH.

Stimulate each other for thirty to forty minutes and communicate as you do so. Talk to each other about your feelings and tell each other what feels good. This type of stimulation should be practiced at least three to four times weekly.

CHAPTER SIX: CAUSE AND EFFECT

***"Every cause has its effect; every effect has its cause; everything happens according to Law; Chance is just a name for Law not recognized; there are many fields of causation, but nothing escapes the Law of Destiny." --
Summum***

This ancient aphorism contains within it a great knowledge which when understood will allow you and your partner to apply this principle to reach the highest states of permanent sexual ecstasy. Cause "comes in and out of bond" with Effect; all EVENTS are between the cause and effect. Cause and Effect draws its NATURE from the copulation of CREATION. In this statement there is condensed a wealth of knowledge.

CAUSE AND EFFECT

is the process where one partner causes the other to have joy. The partner having the joy is known as the effect. The paradox of cause and effect is that a reciprocation takes place automatically when the relationship in cause and effect becomes a union.

You will notice that as you stimulate your partner, you will begin to feel the same feelings as your partner as the euphoria of your partner's joy returns to you. So at this point you should decide who will be the giver of joy and who will be the effect.

Remember to take turns making sure there is a balance of joy giving and joy receiving. The partner receiving the joy must be allowed to be totally free to enjoy your stimulation. With no thought, they turn their body over to you as they just lay there being delighted and pleased by you. It is most successful if the man pleases the woman first and then the woman the man.

CHAPTER SEVEN: GIVING THE FEMALE JOY

*"...and Amen suckled Her breast with the lips of the stars.
His mouth was the womb of heaven,
His tongue the light of the sun.
As Her milk flowed like the river of life into His mouth,
He awakened Her into Permanent Sexual Ecstasy."*

-- SUMMUM

SEXUAL JOY POSITION BETWEEN THE TWO LEGS

will be discussed here and it will apply to both the male and female. This section should be read by both partners. After the initial foreplay, the female lies in the supine position (on her back) with the male sitting up, legs extended. See illustration [B](#) of chapter five. The sitting partner's back is supported by pillows against the headboard of the bed or wall. The lying partner's legs are on top of the sitting partner, and her genitals are moved to a distance which makes it comfortable and easy for the sitting partner to touch. The sitting partner needs to be comfortable with his back resting against the pillows. The lying partner needs to be comfortable, knees bent, head on a pillow if preferred.

MERH is applied liberally. Warm it in your hands before putting it on your partner's genitals. The complete genital area of both partners should be liberally anointed with MERH, including the anal area, inside the vagina, labial lips, pubic bone and lower abdomen. The same areas of the male should be liberally anointed. Too much MERH is better than too little. A towel is usually placed under both of you to catch the excess MERH. Be generous with the MERH.

It is taken for granted at this point that you are both SHAVED. Again, remember the ultimate joy will only be felt when you are shaved, using the MERH and applying the ancient wisdom of sexual delights and joy. Gently stimulate the external genitals. You want to avoid starting at the most sensitive areas first. Start with the pubic area by pushing the skin upward in gentle circles with the palm of the hand.

PULLING THE LABIAL LIPS

is achieved by holding the labial lips between the side of the index fingers and thumbs. Gently pull the lips away from the body in a slow motion. Release and allow them to slide back between your fingers. This is identical to the scrotum pull. Close observation of your partner's expression is needed. Pull and hold. If the female moves her body toward you, you are pulling too hard. If she pulls away, gently increase the pressure. Change rhythm, experiment until you find the greatest joy for your partner. The whole genital area should be stimulated and aroused before you begin to stimulate the clitoris. The observant male will quickly notice that the female clitoris is a miniature penis. With this in mind, you will recognize that the clitoris can be stimulated in a manner similar to the penis. Remember how sensitive the penis is. Now remember that the same number of sensitive nerve cells which are in the penis are all compressed into the clitoris. BE GENTLE, for every female's preference for clitoral stimulation is unique. Some prefer to have just the clitoral shaft stroked and not the glans. Others do not want the clitoris touched at all. Sometimes the clitoris is more sensitive on either the left or right. You need to build a relationship with your partner's clitoris like you have with your penis.

MASSAGING THE CLITORIS

will cause the clitoris to change colors and shape. Pay close ATTENTION to your partner's clitoris. You should gain an understanding of bringing your partner to orgasm. All females are different. You need to proceed with stimulation and communication -- touching, pushing, pulling, rubbing your partner to orgasm. Do not move too quickly from one technique to the next. Spend several minutes before you change from one type of stroke to the next. Be observant of your partner's reaction. She will let you know by the movement of her body. She will push closer if she wants more pressure and pull away if the pressure is too hard.

The labial lips will fill with blood and swell. The area around the vagina will turn red or pink. The entire genital area will change. She will make sounds rather than speak as she begins to reach the higher levels of arousal. Her facial expression will let you know what feels good. As she presses her genitals into your hands, you will know she wants more stimulation. Sense how your partner feels and follow her previous instructions.

OBSERVE YOUR LOVER'S BEHAVIOR

for enough cannot be said about this. This silent communication is wonderful. You will become very skilled at knowing what pleases your partner just by watching her reactions and responses to your stimulation.

INCREASING AROUSAL

will mount once you have developed a basic stroke that your partner enjoys. Use this stroke for no more than ten to twenty strokes, then fall back to a relaxing stroke. A resting stroke can be slower, lighter, or with less pressure (maybe not too direct on the clitoris). As your partner's arousal increases, she will let you know by moving her genitals closer to your hand. By her expressions and movements, however slight they may be, she is telling you she wants more stimulating strokes -- ten to twenty rising strokes and

three to five relaxing strokes. Try different patterns in the count to find what is best for your partner. Always remember to keep your attention on her and her reactions.

At anytime during the stimulation of the clitoris, you can place one or two fingers inside your partner's vagina. Gently touch the opening of her vagina around the (PC) muscle. This will increase her arousal while you are stroking and massaging her clitoris. By the time she is ready to have an orgasm, you should have one or two fingers inside the entrance to her vagina.

PREVENTING THOUGHTS

is important. While you are stimulating your partner, she may have some unwanted thoughts. The best way to stop unwanted thoughts is to focus the attention. Whenever you find yourself thinking anything other than the feeling and joy of your partner's stimulation, put your attention back on the feeling of the joy you are experiencing. As long as you focus your attention on the joy and the stimulation, it is impossible for unwanted thoughts to come to your mind. If you find thoughts coming in, just easily redirect your attention back to the pleasurable feelings and stimulation. When your attention is within the joy, that is where you are. Allow yourself to relax into the arms of the experience of delights and sexual ecstasy.

SEXUAL CONTRACTION AND PUSHING OUT CONTRACTIONS

are exercises you will master through practice. Using the (PC) muscle, contract the muscle and then relax. This will take away tension and also help increase your arousal. These exercises were discussed earlier as Kegel exercises. To build arousal, tense the (PC) muscle and then relax the (PC) muscle.

Now that you are able to contract and relax the (PC) muscle, you must learn to push out on the (PC) muscle. This is also known as a bearing down contraction. There cannot be enough said about the practice and the understanding of these two types of contractions. See illustration [C](#), showing the push out contraction. Gaining strength and control over the (PC) muscle is very important for sexual ecstasy. Both the male and the female should practice strengthening the (PC) muscle by Kegel exercises (the contracting, holding and releasing of the (PC) muscle).

BREATHING

is a discipline that requires some discussion. History is replete with books and teachings on the topic. So much has been said about breathing that the issue of breathing and breath control has had every aspect of life tied to its control.

Breath control in this context can be seen as a form of relaxation. As your level of arousal continues to rise, you may become tense. It is normal to breathe about eleven times per minute. As you rise higher in your sexual arousal, you may tend to hold your breath or breathe less. Now if you start putting too much of your attention into controlling your breathing, it becomes difficult to keep your attention in feeling the joy of ecstasy. However, you may slightly direct the control of your breathing to assist in increasing your joy. Some people prevent orgasm by holding their breath. When muscle tension is high, you may experience yourself holding your breath. To relax this tension, let some of your attention be with your breathing. Continue feeling your contractions and joys while letting your breath out and in. Don't forget to breathe.

You will notice that if you keep your breath rhythmic, it will assist you in your orgasms. Alternate between breathing in for seven seconds and then out for seven seconds. Repeat. Keep the tension of contraction in the genital area and let go of the tension in the rest of your body.

RHYTHM is the music of sexual delights and ecstasy and can be mastered very easily. As discussed before, the strokes come in sets like waves in the ocean -- a number of large waves, then some small waves. Using a firm quick action, stroke ten to fifteen times with the strokes one second apart. Then change to a softer slower stroke, stroking two to five times. You will find the rhythm that will best suit your partner. Touching and stroking for both partners is like music. Your choice of music is your sexual delights and joys.

Female Anatomy Pushout Contractions

THE VAGINA is now ready to be stimulated as your partner continues to rise higher, then levels out, then rises higher in her levels of joy. Your partner should be having contractions about one second apart as you have been stimulating her clitoris. Reduce the pressure on her clitoris. She may even want you to stop touching her clitoris totally. Lighten your touch of the clitoris and begin to move one or two fingers in and out of her vagina.

At these first stages of orgasmic contractions, move your fingers in and out of the vagina like a thrusting penis. This is the time for your attention to be on the (G) spot. Remember, it is located one to two inches inside the vagina, just behind the pubic bone. Look at the anatomy drawing again to familiarize yourself with its location. The (G) spot feels firmer than the rest of the vaginal wall. The more your partner is stimulated, the firmer her (G) spot becomes.

Vaginal stimulation of your partner as she begins to have her orgasms will cause her to become more aroused. She will climb higher in her joy. It is important to remember not to stimulate the (G) spot before orgasm. Stimulation of the (G) spot before orgasm may cause the opposite effect you are looking for.

This stage is similar to the male. Once he has an orgasm, the glans of the penis become very sensitive. So lightly touch the clitoris after your partner has started to orgasm.

LENGTHENED SEXUAL ORGASM is what you want your partner to experience. Now that she is having orgasmic contraction, you must continue to provide her with a lavish degree of stimulation. Find the areas most sensitive inside her vagina that gives her the greatest amount of joy. There may be several areas but do not forget the (G) spot.

The rhythm you initiated as you stroked and massaged her clitoris should be employed inside the vagina. Give ten to fifteen strokes about one second apart, then several softer, slower, gentler strokes. Increase and then decrease the pressure. This stimulation within the vagina initiates the deep contractions of permanent sexual ecstasy.

The type of initial contraction generated from stimulation of the clitoris is an exterior, superficial contraction as opposed to the internal, deep muscle contraction of the uterus and other areas of the vagina. The deep contraction will last longer and will be more pleasing to your partner. You will recognize the difference between the exterior contractions and the deep pelvic and uterus contractions by the change in conformation of the vagina.

Once your partner begins to have these deep contractions, she has started into the continuous orgasmic stage of ecstasy. Her vagina feels as if it is enlargening or opening up with the exterior contraction. As she reaches this new stage of deep contraction, she will begin her push out contractions. The area of the vagina will seem to fill up and close off. The uterus will push toward the opening of the vagina as if the vagina were shortening and closing from within.

When her vagina draws back and opens up, you must lighten your touch until she starts the push out contraction. As she begins the push out contractions, increase your speed and pressure. This will assist her to rise higher and reach a new level of ecstasy. She will move her pelvis closer to you signaling that she wants more stimulation. Again her vagina will draw back and you will need to slow and lighten up. Then increase the pressure and speed to take her to an even higher level. Continue this cycle taking your partner to a permanent state of sexual ecstasy.

When she has reached the stage where she does not climb anymore, return your attention to her clitoris. Use the same rhythm as you used previously (ten to fifteen strokes one second apart and then three to five slower, lighter strokes). This will cause her to have more intense contractions. At this point, return your attention back to the vagina. Stimulate the (G) spot with the same rhythm as before. Watch for the push out contractions. This is when she rises to even higher stages of ecstasy. Continue to stimulate your partner in a manner which will cause her to have continuous surges of push out contractions.

When the joy levels off and the rising of joy stops, go directly back to the clitoris and stimulate it with the same rhythm. As soon as she begins to have contractions again, go right back to stimulating the vagina and the (G) spot. See illustration [D](#).

As you continue this back and forth process of stimulation between the vagina and the clitoris, the time where she is not rising with joy will shorten. These resting periods will become shorter and finally disappear. Once these resting periods have ceased, she has reached the next major stage of permanent sexual ecstasy.

At this major stage of ecstasy, your partner most likely will not want to speak or may not be able to speak. You will be able to communicate by watching her expression and listening to her sounds. Her body may seem out of control, with her head tossing, limbs jerking and other body movements. At this stage of ecstasy, she is out of control and lost in her feelings. She is not thinking, just feeling the waves of orgasms rushing through her body.

She is in your control and she will let you take control of giving her ecstasy. When you are in control and the stimulation is just right, she will not move close to you or away from you. She will be totally in the ecstasy of her feelings and joy.

Normally, it takes about one half hour to reach this advanced stage of orgasmic ecstasy. After about forty five minutes of stimulation and push out contraction, she will begin to reach into the blissful ecstasy stage. This stage has no level points or drawing back. It is characterized by continued rising, constant ecstasy and delightful joy. This permanent stage will continue on for hours.

You and your partner are capable of enjoying the final rising stage for as long as you have the time. Two, four, eight, even twelve hours of ecstasy is common when both partners become practiced in permanent sexual ecstasy. This is a timeless stage where hours will pass unnoticed.

PERMANENT FEMALE ECSTASY

is your goal. After

one half to one hour of stimulation, the female will reach a level of permanent sexual ecstasy. In this state she will be totally under your control. She will be in internal orgasmic ecstasy. It may be impossible for her to speak. She may only be able to gesture or move her body in an uncontrolled manner. The male, as the stimulating partner, may keep her at this stage for as long as he chooses. After both partners have been stimulated to this stage, you most likely will want to advance to intercourse for the ultimate union of permanent sexual ecstasy. See illustrations [D](#) and [E](#).

Both the male and the female will feel sexual orgasms for days after experiencing a long session of permanent ecstasy. The female will begin to orgasm almost immediately the next time she begins to experience your stimulation. The experience of sexual ecstasy will make you happier, healthier and more relaxed in life.

TRAINING EXERCISES

are important and will enable the female to build confidence in her ability to achieve permanent sexual ecstasy before beginning intercourse. Your sessions, during which she is stimulated, should be at least forty minutes or longer until she is having continuous push out contractions. You and your partner should train at least two to three times weekly. This training will develop the female's ability to have continuous orgasms. These orgasms can be as close as one second apart and last for as long as you stimulate her.

CHAPTER EIGHT: GIVING THE MALE JOY

SEXUAL JOY POSITION BETWEEN THE TWO LEGS

will be discussed here and it will apply to both the male and female. This section should be read by both partners. After the initial

foreplay, it is now the male's turn to lay in the supine position (on his back) with the female sitting up legs extended. See illustrations [A](#), [B](#) and [C](#). The sitting partner's back is supported by pillows against the headboard of the bed or wall. The lying partner's legs are on top of the sitting partner, and his genitals are moved within easy reach of the sitting partner. The sitting partner needs to be comfortable with her back resting against the pillows. The lying partner needs to be comfortable, knees bent, head on a pillow if preferred.

MERH is applied liberally. Warm it in your hands before putting it on your partner's genitals. The complete genital area of both partners should be liberally anointed with MERH, including the anal area, inside the vagina labial lips, pubic bone and lower abdomen. The same areas of the male should be liberally anointed. Too much MERH is better than too little. A towel is usually placed under both of you to catch the excess MERH. Be generous with the MERH.

It is taken for granted at this point that you are both SHAVED. Again, remember the ultimate joy will only be felt when you are shaved, using the MERH and applying the ancient wisdom of sexual delights and joy. Now that the female partner has been pleased into ecstasy, it is the male's turn to experience the joys and delights of sexual ecstasy. During the entire period of your time together, it is best that each of you gives the other equal attention, for balance is important in bringing you both to the state of permanent sexual ecstasy.

Most men have never been educated in sexual joy. They believe they are involved in a performance, something they do to their partner. When most men first read this ancient wisdom, they find it difficult to believe it to be true. With close attention to the text and help from his partner, the male can also experience permanent sexual ecstasy.

Males deserve the experience of constant sexual delights and constant orgasms. The male should learn to accept being pleased into ecstasy. The male should totally relax and allow himself to be the effect rather than the cause. He must allow his female nature to come forward at this time. It is pleasurable for the female to give the male joy and vice versa. Remember, permanent sexual ecstasy at its highest level cannot be reached without a harmonious union between the partners.

STIMULATING THE PHALLUS is necessary, for it is a myth that the male can automatically have an erection without penis stimulation. If the male's attention has been focused on stimulating the female, he will not have had the opportunity to get aroused. Penis stimulation by the female is the first step in taking your partner to the sexual joys of ecstasy.

Review the section on personal stimulation of the male. Remember what he told you -- what makes him feel good and makes him rise from level to level in arousal. Usually you begin with firm strokes. The most sensitive part of the penis is the glans, the head of the penis. The glans is like the female clitoris. It is very sensitive to stimulation.

STRETCHING THE PHALLUS

begins by using the thumb and forefinger of each hand to form two rings around the shaft of the penis. Make one ring at the base of the shaft and the other ring just above the base. Squeeze the ring at the base firmly and stretch the penis with the other hand. Milk the shaft of the penis with rhythmic strokes as you draw the blood into the glans.

There are variations of stretching and milking the penis. You can begin by forming the two rings in the center of the shaft. Another variation is to form one ring at the base of the shaft and the other just below the glans. Then push the ring just below the glans down towards the base. You will notice the glans swell up as you draw blood into it by milking the shaft. This sensation is very pleasurable to the male.

As the penis becomes firm and hard, use more fingers to add more stimulation. Experiment with stretching the penis. Let your partner guide you. This technique of stretching the penis will lengthen the penis over a period of time. Some males have attested to gaining one to two inches in length.

When the penis has hardened to complete erection, it is time to add more stimulation. The next area of the male you want to stimulate is the scrotum and testes. Remember to be gentle with the testes for they are very sensitive. Being so sensitive, the testes will bring an enormous rise in arousal and joy. Proper testes stimulation is one of the key factors in bringing the male to permanent sexual ecstasy.

TESTES STIMULATION

is an art in itself. When stimulating the testes, paying close attention to your partner's expressions and body movements is critical. Begin your experimentation by having your partner show you how much pressure and firmness to give him. The scrotum pull has been discussed and this is where you should begin. Have your partner hold your hand and show you how firm to squeeze and how hard to pull.

As you rhythmically stroke the penis, pull on the scrotum with rhythmic motion. This action on the scrotum leads to the next level of stimulation to the testes. See illustrations [A](#), [B](#) and [C](#). As you pull on the scrotum, allow the testes to slip through your fingers. Increase the frequency of pulls and continue.

TESTES PALPITATION

provides the highest level of stimulation to the testes. This is obtained by: holding the scrotum with the testes in one hand, then slightly squeezing while pulling downward at the same time, allowing the testes to slip through your fingers in a palpitating motion. The amount of firmness is very important. Watch your partner closely. Sliding and palpitating the testes should be rhythmic as you stroke and pull on the penis. Palpitate once each second or even quicker depending on how your partner reacts. As arousal continues to rise, you may want to slow down or speed up. Experiment with the rhythm and speed. This technique of palpitating your partner's testes through your hand will bring the highest levels of ecstasy.

Direct stimulation to the glans of the penis will take your partner even higher in his arousal. Now you must prevent him from ejaculating. One technique that will do this is the scrotum pull. Pull and hold the testes away from his body while you stimulate the penis. It is very difficult for the male to ejaculate without his testes being close to his body. Squeezing the glans of his penis with your hand as you pull on his scrotum will cause him to rise higher.

STIMULATE THE INNER GLAND

for most

females and males do not know that stimulation of the prostate is extremely effective for male orgasm and arousal. The male prostate is similar to the female (G) spot. You, the female partner, should take control and experiment with stimulating the male prostate. Remember to communicate, for the male prostate is extremely sensitive, just like the clitoris. You should experiment with exterior and interior stimulation. Use plentiful amounts of MERH. The more lubrication the better for this super sensitive gland.

Stimulation of the inner gland is achieved by applying pressure to the exterior (G) spot of the male. Trimmed fingernails are important. With two fingers, press firmly just above the anus. Rhythmic pressure in an upward stroking manner will bring permanent sexual ecstasy to your partner. While stroking and pulling on his penis, press the external prostate in a slow, firm, rhythmic caress. When you press too hard, your partner will draw away. When you do not press hard enough, he will move closer. Experiment with the pressure and the rhythm until you find the stimulation that brings your partner the greatest joy and ecstasy. Rhythm is the key factor. Just as your male partner learned the rhythm of stroking and massaging your clitoris, use this same method on his prostate and penis. Experiment with stroking the penis while you gently stroke the prostate, then try alternating. Find out what feels best to your partner.

As you raise the arousal of your partner, he will reach a point of initial orgasm. Reduce your stimulation and allow him to pass through an initial clear fluid orgasm without ejaculating. This point is important in that now he is under your control. You must put your attention on his expression and movement to insure he does not ejaculate, but passes on to a higher level of stimulation.

If you and your partner agree, you can stimulate the prostate directly by placing one finger gently inside his anus. About two to three inches up inside, behind the base of the penis, you will find a firm spot. Stroke the prostate rhythmically as you stroke the penis. This direct stimulation is extremely exciting and may cause him to ejaculate. Do not let him ejaculate, it will end his continuous orgasm. So direct stimulation to the prostate is optional.

PREVENTING EJACULATION

is primarily up to the

female partner at this stage of sexual ecstasy. However, this does not mean that the male should not help and communicate to his partner that he is about to have an ejaculation. The male can help prevent ejaculation in several ways: by squeezing the (PC) muscle, by relaxing, by mental control, and by drawing away from the stimulation. As the male draws away from you, lighten the touch, slow the stroke and maybe even stop touching him momentarily.

As you both learn how to prevent ejaculation, there will be times you falter. Do not become disturbed about this. Continue to practice prevention. Remember, the longer the male can prevent ejaculation, the greater joy he will have. By ejaculating, the male cuts short his joy of permanent ecstasy. With practice, the male will learn to prevent ejaculation indefinitely. He will discover the joys and delights in continuous sexual joy and ecstasy and prefer not to ejaculate.

PERMANENT MALE ECSTASY

is your goal. After one half to one hour of stimulation, the male will reach a level of permanent sexual ecstasy. In this state he will have the ejaculation reflex totally under control. He will be totally consumed in internal orgasmic ecstasy. It may not be possible for him to speak. He may only be able to gesture or move his body in an uncontrolled manner. The female, as the stimulating partner, may keep him at this stage for as long as she chooses.

It is important to remember that at this stage, the male needs a variation of different types of strokes. If you don't vary the strokes, he will ejaculate or lose his arousal. Rhythm is the key. Do not change from one stroke to another too quickly, but vary the rhythm of the strokes to keep his arousal up and prevent him from ejaculating. He will continue to rise in his ecstasy as long as you continue to stimulate him. After both partners have been stimulated to this stage, you most likely will want to advance to intercourse for the ultimate union of permanent sexual ecstasy.

TRAINING EXERCISES

involve taking your partner to the highest level of sexual ecstasy, close to ejaculation, as many times as possible in a forty minute training session. This can be from ten to forty times. As you practice sexual ecstasy, you will discover that he will stay at this high level longer. As you continue to practice sexual ecstasy, he will reach a point where the level of ecstasy will stay very high and you will only need to stroke him gently. You can change the rhythm and type of stroke to maintain his high level of ecstasy.

CHAPTER NINE: COPULATION

"As above, so below; as below, so above." -- Summum

This principle embodies the idea that there is always a correspondence between the laws and phenomena of the various levels of being and life. This aphorism, "As above, so below; as below, so above," gives one the means of solving many a mysterious paradox and hidden secrets of nature. There are levels beyond your knowing, but when you apply the Principle of Correspondence to them you are able to understand much that would otherwise be unknowable to you. This principle exists at the various levels of the material, mental and spiritual universes and is of universal application. This principle has been considered to be one of the most important mental instruments by which humankind is able to set aside the obstacles which hide the unknown from view. Just as a knowledge of the principles of geometry empowers the

astronomer to measure distant suns and their movements while seated in an observatory, a knowledge of the Principle of Correspondence empowers you to reason intelligently from the known to the unknown. Correspondence draws its NATURE from the copulation of CREATION. Studying the monad, one is studying the universe.

Using the Principle of Correspondence, you can examine why the union in sexual intercourse (copulation) results in the highest state of sexual ecstasy possible. For example, in observing the monad, ("As below"), physicists have discovered that two infrared photons can be joined together to make one ultraviolet photon, ("as above"). The energy state of the one ultraviolet photon is greater than the sum of the energy states of the two individual infrared photons.

This same principle from ancient wisdom applies to the male and female. When the male and female are joined as one in a union of permanent sexual ecstasy, the energy state and ecstasy level of their "oneness" is greater than the sum of their individual energy and ecstasy levels.

SEXUAL INTERCOURSE

is your union into oneness. Individual stimulating of the female and male to this high level of sexual ecstasy is a technique you will want to continue to practice. If time allows, you will ALWAYS want to practice individual stimulation prior to intercourse. It is almost impossible to reach the highest levels of permanent sexual ecstasy during intercourse without first individually stimulating to the highest possible ecstasy level. You will want to practice individual stimulation several times weekly or as often as time allows. The best love making is obtained by following the teachings of the ancient wisdom. Bring your partner to a high level of sexual joy by individual stimulation and then join as one. By using this higher law against the lower, you will be able to rise in flight to a union of permanent sexual ecstasy. You and your partner may have your favorite position for sexual intercourse already. Make sure you avoid gymnastics and keep your attention and energy on pleasing your partner and yourself.

UNION OF PERMANENT SEXUAL ECSTASY

is achieved through an appropriate position. This position incorporates several factors which make it most conducive for experiencing one to twelve hours of bonding in a state of sexual bliss and ecstasy. See illustrations [A](#) and [B](#). These factors are important to remember in that all of them are necessary for this union of ecstasy.

EQUAL PARTICIPATION

is facilitated by this position. The female may rock her pelvis, push back and forth with her body and move from side to side. This enables her to position the male's penis so that it strokes and touches her in the places and manner she most enjoys. She can draw the male's body close against her with her legs, pressing the male's scrotum and testes on her vulva. She can stimulate herself either with a vibrator or with her hands. She can also stimulate her partner with her hands while having intercourse.

The male in this position can thrust his penis into his partner's vagina while having his left hand free to stimulate himself or his partner. The male has shared control of the penis depth and

positioning within the vagina. He can press deep within the vagina or use a gentle rhythmic pressing of the glans of the penis, opening and closing the entrance to the vagina. The male can press his scrotum and testes hard against the female vulva and pubis in a rotating manner bringing deep sexual ecstasy. He can use the right hand to stimulate the female breasts or hold and touch her at the bonding point.

RESTFUL AND COMFORTABLE POSITION

is important for both the female and the male. The female is resting in the supine position (on her back), the male is resting on his right side. The female's left leg is bent and arched over the hip-waist of the male. The male's right leg, slightly bent, is under the female's bent right leg. The right leg of the female is resting on the male's right leg underneath it. The left leg of the male is slightly bent and resting on top of the female's right leg. See illustrations [A](#) and [B](#).

JOINING POINTS form a circle of union. This circle forms a circuit for cycling sexual energy to create the state of permanent sexual ecstasy. The right hand of the male is holding and pressing the union point on the anterior and medial deltoids of the female. The penis is stroked in and out of the vagina. The energy flows in a cycle from the penis into the vagina, up through the body of the female through the chest, heart, head, and out through her left shoulder. The energy flows down the right arm of the male into the chest, heart, head, and down through his body into his genitals and from the penis again into the female.

The stroking of the penis and the vagina together drive and create the sexual energy that is pumped in the cycle through the partners' bodies.

EYE CONTACT for sharing the ecstasy at a spiritual level is possible in this position. The female rests her head to the left and looks into her partner's eyes, the window of his soul. Looking into your partner's soul is very delicate and should be cultivated with the greatest of joy.

FREE MOVEMENT WITH THE HANDS

gives both partners a freedom to add stimulation to themselves or their partner at anytime during intercourse. The female can hold a vibrator in one hand while pulling the labial lips up and back. See illustration [D](#) of chapter seven. The male can stimulate the anus, the vulva, the clitoris or any other area of the female genitals with his left hand, or he can stimulate himself.

EXPERTISE is not just thrusting the penis in and out of the vagina. The sensitive areas within the vagina can be stimulated with direction from the female. At different stages of intercourse, different areas of the vagina are more sensitive. Follow the guide of the female and manipulate the rhythm and direction of the penis within the vagina.

The entrance to the vagina is extremely sensitive. Very short strokes of the penis just inside the vagina opening, followed by withdrawing the penis and allowing the vagina to close, is very arousing. Find the rhythm that is most pleasing to both partners.

Give ten to fifteen shallow short strokes followed by three to five deep strokes. Practice the technique of intercourse after both partners have reached a high level of sexual ecstasy. Technique comes with knowing what pleases your partner.

ORAL LOVEMAKING can be a reservoir of heavenly joy. If you haven't yet included oral lovemaking as one of your skills, you'll find it as another vehicle to sexual ecstasy. For those of you who are hesitant, or even for those of you who already delight in oral lovemaking, the following will be of benefit.

The female, when orally arousing her partner's penis, can elevate him to an exalted level of sexual ecstasy. With the male lying on his back, his head comfortable on pillows, the female lies at waist level on either side or kneels between his legs. In this position, the female can orally stimulate the penis while stroking the shaft concurrently with her MERH lubricated hand. This position also allows for manual stimulation of the scrotum and external (G) spot with the other MERH lubricated hand. The female needs to be sure to cover her teeth with her lips for optimum comfort on the penis. She should also create for herself comfort both in physical position and mental space.

Oral lovemaking can bring your partner to orgasm very effortlessly, so attention must be given to your partner's level of sexual ecstasy. To control the state of ecstasy, it may be necessary to use only one form of oral lovemaking at a time such as: lightly tantalizing your partner's testes, in your mouth, one at a time, using your lips to pull the testes with the same motion as you do with your hands when you palpitate them.

To heighten the state of sexual ecstasy, you may want to combine oral stimulation on the shaft of the penis with manual stimulation of the external prostate area or (G) spot. This stimulation consists of pressing either internally or externally, inward and upward as if extracting secretions from the prostate gland.

The male, when orally arousing his partner's genitals, can touch her so delicately that it will send her to the heights of sexual ecstasy. With the female lying on her back, her head comfortable on pillows and maybe even her buttocks elevated with pillows, the male lies at waist level on either side or kneels between her legs. See illustration [D](#). Both hands are free to stimulate breasts or other body areas.

Slow and gentle are the key words when orally making love to your female partner. The warmth of your mouth as it covers her clitoris and labia lips, the soft slow flicking of your tongue in and out of her vagina or the softness of your breath may be enough to leave your partner floating in ecstasy for minutes at a time.

As always, attention to your partner's response should direct the pressure of your touch, the quickness or slowness of your stimulation, or maybe even your own thoughts. If your full attention is not in your partner, if you too are not feeling the ecstasy of her delights, she may feel your detachment and withdraw, becoming less euphoric.

In this work the basic knowledge of Sexual Ecstasy from Ancient Wisdom, as taught by the Summa Individuals, has been given to you. These are the fundamental Sexual Principles of Creation. These are the working Sexual Principles, and it is left to you to apply these Principles for yourself.