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# INTRODUCTION

*The re-absorption of semen by the blood is the strongest nourishment and, perhaps more than any other factor, it prompts the stimulus of power, the unrest of all forces toward the overcoming of resistances, the thirst for contradiction and resistance*

*- Friedrich Nietzsche*

This short book has the goal of teaching men how to achieve the ultimate form of sexual magnetism, the existence of which has been alluded to and/or mentioned in passing by common men and authors from a wide range of philosophical and occult traditions across every continent over thousands of years, yet never formalized, described in detail and organized into a single document.

In an age where many men are deprived of any sort of intimacy with the opposite sex, where a large number of men in relationships do not feel desired by their partners, and where the consensus among young men seems

to be that the vast majority of women are only attracted to a very small group of physically attractive men, the claim that every man carries within himself an attractive force so overwhelming that it overrides any other factors such as looks, status and any form of psychological games seems like a series of ridiculously outrageous claims, but testimonials, ancient works and personal experience

No one can deny the harmful effects of pornography in the minds of both men and women, but as it is the case with almost every aspect of life, this tragedy also gave rise to a reaction from men of all ages, who, feeling victimized by porn and masturbation, have made a decision to quit those habits altogether.

Among many challenges, downsides and benefits reported across a decade and a half in internet forums and videos, an interesting and mysterious phenomenon that surged, which became one of the most controversial topics in those communities, was the amount of men

who have reported an increase in attraction from the opposite sex.

*Women attraction, female attraction, magnetism*, became common keywords of the *NoFap/Semen Retention* genre of content.

These testimonials are obviously met with skepticism and mockery by many, who may or may not be practitioners themselves.

Added to the fact that this phenomenon of female attraction seems to be extremely inconsistent and hard to comprehend even to those who have experienced it, and that many report not having experienced it at all, it is easy to dismiss the whole thing as delusional fantasies of lonely and desperate men.

However, it is not wise to dismiss anecdotes that come in such large numbers, where you can observe and infer small bits of patterns, and having experienced the phenomenon myself, I decided to study it deeply.

I can finally claim with certainty that I understand this phenomenon enough to assert that, the retention of semen, coupled with the deliberate circulation of the sexual energy it

provides, makes men irresistibly sexually attractive in a way that cannot be replicated through any other external methods.

Through a combination of circumstances, many of them a result of luck, I have developed 2 different protocols that combine sexual energy retention and circulation, to make men extremely magnetic and sexually attractive. They also both have the benefit of making it very easy to never *relapse* again, if you're struggling with porn/masturbation addiction.

Before we get into the content proper, let's preemptively address a few questions that are bound to be raised in light of this topic.

### ***Is Semen Retention even real?***

The goal of this book is not to convince you that the conservation of sexual energy is real let alone beneficial. There are dozens of different resources and allusions to this topic; the concept of chi, jing, ojas, *vril* and so on. If the testimonies from the modern online age sound ridiculous, there is plenty of ancient/old

material to study. As a starting point, I can recommend books such as *The Coiled Serpent*, *The Metaphysics of Sex* by Julius Evola, *Semen Retention and NoFap – The Secret They Told Us 100 Years Ago*, and some of the writings and videos by Mantak Chia.

None of the books focus exclusively on the topic of Semen Retention, and some only mention it briefly as an addition for a different topic in discussion, but if you're extremely skeptical, they might be useful. Also, they follow different philosophies and might not directly apply to what I am about to teach.

There are many other books I could mention. Doing your own research is always recommended. Look up "The Temple of Solomon The King Books" and you might find some hidden gems.

Also, never discount testimonials you see daily online. Thousands of men daily are discovering aspects of this secret and benefiting from it.

***Semen Retention should be about ascending spiritually! Not about attracting girls!***

I am not an ascended master of occult spiritualism, a sage or a theologian. This book is not about ascending spiritually using celibacy. In my opinion, the goal of achieving spiritual ascension is extremely boring, considering its loud proponents can never properly and objectively describe what the term even means. Their responses always fall under different variations of the *begging the question* fallacy; Why shouldn't I care about attracting women? "Because that's operating at a lower frequency!" What does it mean to operate at a lower frequency and why should I care? "It's caring about the things of 'the flesh' when you should be aspiring to reach spiritual enlightenment and connecting to universal consciousness!" And what does that mean and why should I do that? "Well... you just don't understand, okay!? I'm above all of it!"

It all sounds like posturing.

I am not discounting the possible validity of moral concerns, and that's why the 1<sup>st</sup> protocol we will learn is a *safe-for-work* method even the most extreme moralists won't have a problem with: a way of

activating your sexual energy in a pure way with the goal of attracting the woman of your life, which, as far as I know, is encouraged in even the most traditional forms of Christianity, for example.

And if you don't have any moral qualms about masturbation, other than the fact that it should be a private act, jump to the 2<sup>nd</sup> protocol where you'll learn the most powerful form of activation.

### ***What about looks?***

The proper transmutation of sexual energy into magnetism will make you attractive, and it's irrespective of looks.

This is a completely different form of sexual attraction, and I'd wager the number of men who are actually aware of this phenomenon is not even in the triple digits, and those that do are probably doing it accidentally.

This form of attraction has nothing to do with the normal physical attraction women might feel for random handsome men. Extremely handsome men will always have women "attracted" to them; however, that form of



attraction is not what women actually crave. No matter how handsome a man might be, I can safely guarantee you, he is not making women satisfied.

Women crave what has been described as *vril*, to use Julius' Evola terminology (I am aware of the coefficient of insanity involved in his works; which is not an argument against his discovery and observations). A handsome man who is ejaculating daily is wasting his *vril* just as much as the average man. Women are then deprived and feel disappointed. Men feel empty and magnetically dead.

By preserving your *vril* and learning how to circulate it, you will become uniquely attractive. You will discover firsthand the reality of the feminine craving for masculine sexual essence.

***Do I need to go at least x days without ejaculating?***

If you've read and watched enough testimonials on the topic of female attraction on nofap/semen retention, you might notice certain patterns, one of them, seemingly, being a correlation between the number of days without ejaculation and the amount of magnetism from the opposite sex.

Most men in those circles now believe you need to go at least 2 weeks to even hope of experiencing the benefit. 40 days, then 60 days, also seem to be common alleged milestones.

So it would seem that, the longer you go, the more attractive you become, right?

Well, it's not that simple. My theory is a little bit more complex (the solution is simple, and you will learn it once we get to the techniques).

The reality is, it is not about how long you go retaining your seed. It is about two things:

- - *How much sexual energy you're carrying;*

- - *How much sexual energy you're circulating.*

What most men on semen retention do is, they completely stop any form of artificial sexual stimulation, and go completely celibate. This is wonderful when it comes to beating a porn addiction, obviously, and you're also maintaining your *vril*; you're carrying more and more sexual energy the longer you go.

The problem is: unless you're practicing breathing techniques to move that energy, the energy will be *stuck* below the navel area, around your genitals. In occult traditions, that area is not traditionally associated with the magnetism you're looking for.

Then why do males seem to experience more female attraction the longer they retain their semen/sexual energy? Because, in a long *streak*, you are retaining so much energy, that *some of that energy can accidentally spread* to the most potent energetic areas of your body.

However, you're at the mercy of luck. There is no guarantee that you'll accidentally move that energy up.

That is the reason you see men going *years* fully celibate, reporting the most unbelievable benefits, while never experiencing any increase in attraction from the opposite sex.

The ones that do experience it are in a long *streak* **AND** are accidentally breathing in a way that lightly circulate their sexual energy in one way or another, but since it is not deliberate, the effects are inconsistent and whenever it happens it is quite a surprise.

That's why you hear things like:

- *It's going to happen when you least expect it!*
- *You need at LEAST 2 weeks, but it gets crazy after 40-60 days!*

One of the first times I went on a large *streak* of celibacy, the first 90 or so days were nothing outside of the ordinary. I've experienced the usual benefits, like a clearer voice, extremely high energy levels, more focus, and so on.

Once I hit the 100-day mark, I've had two crazy experiences with women attraction out of nowhere.

At that time I wasn't aware of my sexual energy and how to properly circulate it.

After discovering it and applying it, I can say that:

*4 days of semen retention with circulation/activation of sexual energy are equivalent of at least 100 days of non-activity.*

You don't need 100 days of retention of energy to stand out. Even retaining for as low as 3 days will already give you enough energy to work with and make you extremely magnetic.

Obviously, the longer you go, the better. The buzz you will feel after circulating those 4 days worth of energy will make you never want to ejaculate again. It is up to you how many times you want to actually release, of course.

***Won't that make me a creep who looks at every woman and only thinks about sex?***

No. Quite the opposite. Just by virtue of not consuming porn, your brain will stop being flooded with sexual imagery and you will enjoy other aspects of life since your dopamine receptors will become readjusted again.

But the most important fact: with the practice of sexual energy circulation, you will be able to feel satisfied without ejaculating. Meaning you will not be actively chasing sex but at the same time you will be full of energy as opposed to being depleted and craving sex like porn addicts.

## ENERGY IN MEN VS WOMEN

This book is for *da boyz*. However, something that many women have reported observing, which in my opinion should not be ignored, is how *tired* and *depleted* the vast majority of

men seem to be, as opposed to their female peers.

I am not discussing the societal implications or causes of this phenomenon, I am simply noting that many people, leaving sex/gender wars aside, seem to find a degree of truth to these observations.

I agree with the women here, and will provide an explanation as to why the phenomenon is true.

Obviously, these assumptions are made in a general way and might not be exactly accurate, but this is the simplest way I came up with to explain the phenomenon:

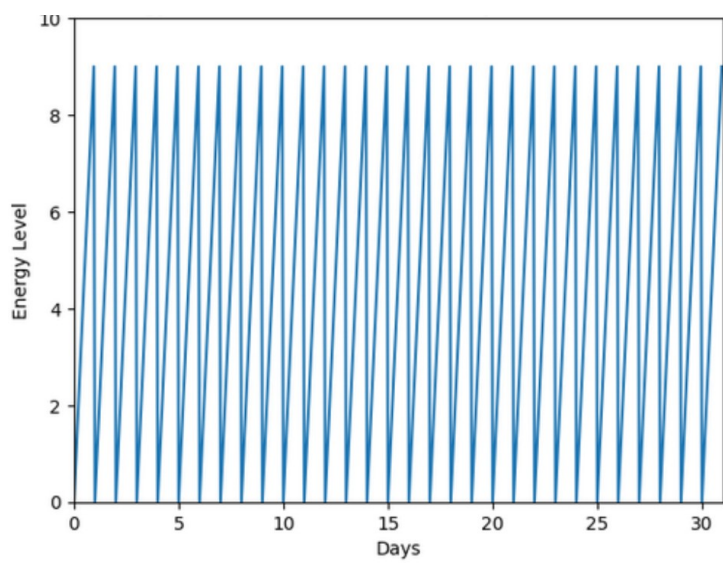
- Men, in *potential*, have a lot more sexual energy to work with than women, to *astronomical* degrees;
- Male sexual energy is dependent on the conservation of semen and the proper use of the energy it provides;
- Male sexual energy, when men *avoid* ejaculation, increases strongly day-by-day;

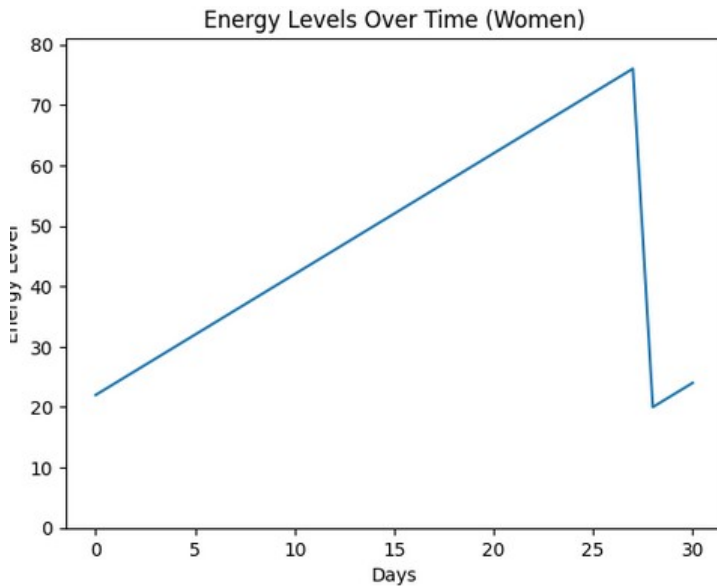
- Men actively deplete themselves daily, more often than not multiple times a day, making it so they never reach the proper levels that would otherwise be available for them;
- Women, in *potential*, have way *less* sexual energy to work with;
- Female sexual energy levels rise steadily and slowly each day (in general);
- Female sexual energy is *not* usually dependent on anything women can do in particular. It naturally goes up nice and steady as days go by;
- Women reach a peak of sexual energy, and then *inevitably* lose it at a certain interval of around a month, and then energy levels fall back to baseline.

The conclusion is clear: women, at their lowest, are walking around with their baseline levels of sexual energy, which are steady and not overwhelming.



At the same time, men, who *could* be operating with explosive levels of energy, are instead wearing themselves down daily and walking around completely depleted. These simple charts, despite being far from completely accurate, serve as a simple sort of visual representation of what we've just covered; the first one is a quick representation of the energy levels in men, and the second one is a representation of energy levels in women:





The numbers on both charts are arbitrary, obviously, but they illustrate the point perfectly.

As you can see, women are walking around usually at their baseline levels, falling back to 20 after the fall; while men are depleting themselves to a full zero, and not even allowing themselves to get to 10.

By maintaining their essence, men can operate at extremely higher levels of energy, and by learning to transmute it, they can move

through life buzzing with magnetic energy, for the benefit of both men and (straight) women.

# ACTIVATING SEXUAL ENERGY

We're going to divide sexual energy into three types:

- **Blue:** *pure* and *idle* sexual energy; sexual energy in its inactive state. The weakest form of sexual energy, but still extremely useful. Grows in volume the longer a male goes without ejaculating.
- **Orange:** when the sexual energy is *unintentionally* activated and resisted by the man, blue energy turns into orange energy; usually occurs when random temptations and fantasies appear inside the male's mind. A great opportunity for circulating sexual energy no matter the circumstances. Also grows in volume the longer a male goes without ejaculating.
- **Red:** sexual energy that is *actively* being stimulated and circulated. The most potent, magnetic and expansive form of sexual energy. Activated through edging (masturbation without ejaculation) or sex (also without

ejaculation) coupled with breathing techniques. Can lead to multiple body orgasms with no refractory period (since there is no ejaculation). Also grows in volume the longer a male goes without ejaculating.

## PROTOCOL 1

This is the *safe for work* protocol, that can be used at any time, by even the most extreme moralists who see masturbation as a grave sin.

This method makes use of the *Blue* and *Orange* states of sexual energy.

This is the weakest protocol, but still extremely effective to make you stand out and experience supernatural unexplained benefits in the area of magnetism.

To make it the most effective, it is a good idea to become aware of your *perineal muscles*. It is said by ancient Chinese traditions like Taoism, that the deliberate activation of the perineal muscles opens a strong and quick path of sexual energy in your body reaching all the way to the top of the head where it feeds an important energy spot in your body, responsible for healing and reaching altered states of consciousness. This is going to be very useful for our techniques.

It is very easy to activate your perineal muscles. When urinating, try to stop the flow

of urine. That's it, you've just used your perineal muscles without noticing.

Now, let's get into the techniques:

## **USING BLUE ENERGY**

- While *not* sexually aroused (both deliberately or accidentally), imagine your sexual energy as a white or blue ball of energy on your pelvic region (around your genitals);
- Flex your perineal muscles, applying decent strength;
- At the same time as you're flexing those muscles, inhale deeply with your diaphragm (that form of breathing where your belly is moving instead of your chest);
- While inhaling, imagine that ball of energy going up across your whole body, your head and especially your heart region;
- Exhale deeply while again imagining that same energy once again moving



across your body, and landing especially around your heart region;

- Dot it at least 3 times; ancient traditions suggest doing it in multiples of 3: 3, 6, 9, 12, etc..;

You *might* feel a buzz of energy, but keep in mind this is the weakest form of activation, since your energy is in idle mode. The longer you go without ejaculating, the more energy will be available to work with.

## **USING ORANGE ENERGY**

- Whenever you feel a temptation that makes you sexually aroused accidentally, imagine your sexual energy as an orange or red ball of energy on your pelvic region (around your genitals);
- Flex your perineal muscles, applying decent strength;
- At the same time as you're flexing those muscles, inhale deeply with your diaphragm (that form of breathing

where your belly is moving instead of your chest);

- While inhaling, imagine that ball of energy going up across your whole body, your head and especially your heart region;
- Exhale deeply while again imagining that same energy once again moving across your body, and landing especially around your heart region (it's important to feel a buzz around this area, either during inhaling or exhaling);
- Do it at least 3 times; ancient traditions suggest doing it in multiples of 3: 3, 6, 9, 12, etc..;

This is a powerful form of sexual energy circulation, and has several benefits.

Firstly, it is quite satisfying; the waves of electrifying buzz across your body, according to some Eastern traditions, is literally your body having multiple small orgasms, that will go on as long as you are still at least slightly aroused.

Second of all, it is the most efficient way of relieving yourself and getting rid of temptation. Instead of looking at porn, *relapsing*, or climbing up the walls in desperation, you're making use of that free energy that got activated automatically; you will start to see temptation as a wonderful gift.

Third, you won't walk around like a creep desperately in need of women. You will go about your day relieved and still full of energy.

And lastly, this method will not offend even the most extreme ascetic and moralist. Temptations are not a sin, let alone breathing deeply.

Now, for those who aren't concerned with spiritual implications, let's move on to Protocol 2, which is 100x stronger.

## PROTOCOL 2

This is the ultimate form of sexual energy activation and circulation.

- While in private (obviously), start masturbating until you feel extremely aroused. Then, imagine your sexual energy as a red ball of energy on your pelvic region (around your genitals);
- Get to a decent level of arousal, but NOT extremely close to ejaculating (probably 8/10 at most, 10 being past the point of no return), and then flex your perineal muscles applying decent strength;
- At the same time as you're flexing those muscles, inhale deeply with your diaphragm (that form of breathing where your belly is moving instead of your chest);
- While inhaling, imagine that ball of energy going up across your whole body, your head and especially your heart region;

- Exhale deeply while again imagine that same energy once again moving across your body, and landing especially around your heart region (it's important to feel a buzz around this area, either during inhaling or exhaling);
- You know you've successfully circulated the energy if your erection becomes slightly weaker immediately, and you feel a strong electrifying buzzing of energy around your body;
- Do it as many times as you want;
- Be careful not to ejaculate. Ejaculating means you're wasting your energy away

The more days you go without ejaculating, the stronger your energy will become.

The buzz waves in your body means you are experiencing multiple non-ejaculatory orgasms, which are extremely addicting. However, don't get too caught up as to forget to use your imagination to move that energy mainly to your heart region and to the head,

especially at the beginning. Over time, you'll be able to feel that energy immediately without having to visualize it.

There are multiple benefits to this protocol. Multiple non-ejaculatory orgasms, the activation of sexual energy in the most extreme and powerful degree, the ability to control your levels of arousal and delay ejaculation, and so on.

You will notice you can even stop the flow of ejaculation by flexing the perineal muscles, as a worst case scenario. However, this is not recommended. You will need very strong perineal muscles, which need to be trained over time, and even then, you might still not be able to prevent ejaculation every time. So it is always best to stay at a decently high level of arousal, but not too close to the point of no return. Eventually, you will be able to get to higher and higher levels of arousal without ejaculating, giving you access to stronger and stronger levels of sexual energy, the closer you can get to the point of no return.

Beware: the feeling of extreme ecstasy is not placebo. You are dealing with something serious and real, which is your spiritual/sexual energy. This will make you extremely attractive to the opposite sex. It will transform your life.

At the same time, keep in mind this form of ecstasy can persist for longer than desired. In case you happen to feel random shaking or imbalance during the day, try lying down, breathing deeply and imagining the excess energy going from your heart and mind all the way down to your feet. This will of course lower your magnetism and female attraction effects.

This protocol can also obviously be performed during sexual intercourse with a woman. However, since the addition of a woman, with her own energy pathways, adds an element of further complexity which would deviate from the scope of this book, the topic will not be covered here. Read Mantak Chia if you're interested in performing it with a woman; especially the books *Taoist Secrets of Love*:

*Cultivating Male Sexual Energy and The Multi-  
Orgasmic Man.*



## CONCLUSION

Once you become buzzed with energy, you will notice the effects on women even from a distance, online, or even from tens of thousands of miles away. Your interactions in person will become, at first, surreal: you will feel that you have the power over the woman, which is the opposite of the usual dynamic; you're going to feel it within you, and you will be right. Usually, women hold all the cards and they know it. But when you make use of your male sexual energy, the dynamic shifts a full 180 degrees. Male sexual energy is supposed to be powerful, overwhelming, ever-expanding, magnetic, electric, seductive and penetrative.

Men are centers of energy, and when they are in their most powerful energetic state (cultivating their sexual energy), they become a force-field that expands electrically and pulls magnetically at the same time.

I cannot empirically prove it, just as you can't prove that the laws of physics you know are

real and have always worked and will always work into eternity and are working 24/7, unless you are an omnipotent omnipresent being that can observe those laws operating eternally.

The best we can do is either make leaps of faith, or test phenomena for ourselves.

You have the opportunity to try it for yourself.

I truly believe that the techniques here, especially the last one, are the most intense, powerful and mysterious set of practices a man can do.

If you're on a 1 day streak of not ejaculating, try the technique, and feel an extreme feeling of ecstasy, just imagine how it is going to be with 7 days of stored powerful sexual energy.

It might feel so overwhelming once you go even 7 days cultivating this electric/magnetic energy that you cannot possibly think it will keep growing; but it will.

As long as you keep circulating it daily and keep retaining your semen, your energy is only going to grow. It grows indefinitely.

The lengths of what you can achieve in life as you grow this energy stronger are infinite.

I hope you use this power wisely.

It is a power that is extremely easy to be abused, because the way you see women becomes completely different.

Think of the most attractive woman that comes to mind. The most perfect, visually stunning, magnetically effortlessly seductive woman you've ever seen, either in person or through a screen.

100% of men, in their current state, not aware of the power they possess, will instinctively do whatever they can to appear more attractive to said woman when an encounter happens. Some will go full *simp mode* immediately, trying to please the girl with compliments, gifts, posturing, shaming other men in front of her to look better in comparison; others will try to subtly insult her, try to act aggressive towards her, pretend they do not care, and so on.

The woman, aware of the effect she has on them, will internally sigh and side-eye, as she

is completely aware of all the games men play and how much they, deep down, all look like desperate puppies begging for attention.

But reality is even more extreme than that example. Nowadays, the *vast majority* of women, almost regardless of their level of perceived attractiveness, have that powerful effect over men.

Since men are depleted of their own sexual energy, whenever they interact with a woman, they feel the female sexual energy coming from her, and that energy dominates and overwhelms the man.

As we discussed earlier, women are operating at their baseline, steady and reasonable level of sexual energy. However, since men are at *zero*, totally depleted, even this steady female sexual energy from women is enough to completely dominate him.

I know this is hard to believe, but when you practice semen retention and activate your energy, even for a few days, this dynamic turns around completely. Full of burning, electric and magnetic sexual energy, you can

actually *feel* this energy over your whole body and expanding; and when you interact with even the most attractive women, you simply *do not* crave her attention. You do not crave her sexual energy; you are already full of energy, and your energy is overwhelming and dominating. She will crave *your* energy instead. Her energy will submit to yours instantly, and both of you will feel very pleased during the interaction (that is, if you are interested in her).

The term *energy vampires* has been commonly used by more advanced retainers to refer to women. It is hard to disagree with that definition. Women crave male sexual energy more than anything. They might not know it yet, since they've never met a man who truly cultivates his sexual energy the way we described; but I guarantee you, that man will be will be *you*; and both you and the women you interact with will learn it firsthand.