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The Male Deer Exercise: Simple Qi Gong for Men's Vitality, Sexual Health, and Pleasure, It ends premature ejaculation and impotence, reduces sexual 'edginess', and promotes male full-body orgasm...

Simple, quick, and very pleasurable, The Male Deer Exercise is the best known men's health exercise from taoist qi gong.

To be effective, it should be performed daily. When properly and regularly enjoyed, results will be seen in anywhere from a week or two in young men to a month or two in seniors.

It cultivates sexual energy, improves overall vitality and mental alertness, improves sexual enjoyment, and reduces or eliminates many common men's ailments (see the bottom of this article for a partial list).

The Male Deer Exercise is performed without clothing, once daily, preferably in the morning.

It is best practiced with an erection, but will provide some benefit even without one. If necessary, one may masturbate to produce the erection, but starting with "morning wood" is all the better. The male deer exercise is best performed with the bladder comfortably empty.

This men's sexual qi gong exercise tonifies the male endocrine system, increasing overall vitality, sensuousness, centeredness, and turns uncomfortable bottled-up sexual desire into relaxed, enjoyable sensuality. It is thought to increase both DHEA and spermine (a polyamine thought to activate RNA polymerase).

The Posture:

Sit comfortably, either crosslegged or on the edge of a chair, with your genitals hanging in free space.

Make sure you are *not* in a drafty or cold area.

The Male Deer Exercise has two steps:

First, a **pleasurable circular pelvic (dan tien) massage** performed while cupping the genitals at specific points, and second, a pelvic floor exercise called '**holding firm**,' similar to a **kegel exercise**.

a) The Pelvic Massage:

Remove any clothing or jewelry, and sit in the posture described above. Warm your hands by rubbing them vigorously together. Now cup the right hand around the testicles, holding them gently and warming the scrotum. The thumb of the right hand should rest on top of the base of the penis shaft, right next to the abdomen.

Now place your left palm over the dan' tien (the center of the palm should be covering the point 4 finger widths below your navel). Circle the palm around this point, below the navel but above the base of the penis, 81 times, *gently chafing the skin*. You may find that it creates small knots in the hair of your "happy trail", so you may need to trim these out. But it will be worth it.

Next, switch hands and repeat. The circular massage will be turning in the opposite direction. The direction does not matter, as long as each hand goes a different way, so that both clockwise and counterclockwise are covered.

Enjoy the sensations and connect with the warm pleasurable feelings. Should you start to lose your erection, you may gently stimulate yourself back to hardness, and proceed with the exercise.

For general purposes of vitality and health and increased sensitivity, 81 repetitions each direction are recommended.

b) "Holding Firm" – the pelvic contraction.

First, rest your hands in your lap. Form your hands into fists by encircling your thumbs in the other fingers. This activates a number of important acupressure points. Next, while breathing deeply and comfortably in and out, contract and lift the perineum – the muscles between the base of the scrotum and the anus. Keep breathing in a deep, relaxed manner while holding the contraction as long as you comfortably can, usually about a minute. You only need to do this step once.

During the contraction, try to keep the anal sphincter and stomach muscles relaxed while squeezing and lifting only the perineal muscles. (You can learn to isolate the muscles by feeling them contract against the pads of your fingers. Oh – smile and enjoy the experience while you contract your muscles! Feel the connection between the tingle in the pelvic floor, the tingle in your spine, and the tingle in your brain. enjoy it! If it's hard for you to locate the muscles to contract and lift, just think of the muscles you use to stop urination in mid-stream, and contract!

Effects of the Male Deer Exercise

The dan tien/ pelvic massage stage of the deer exercise massages an acupressure point while exercising the tissue around the vas deferens, and the central erector muscle of the penis. This has the effect of de-sensitizing the glans (taking you off of "hair-trigger" mode), while increasing the bloodflow and sensitivity of the rest of the penis and pelvis. The cupping of, and gentle pressure on the testes, increases blood flow and sperm (and spermine) production. This in turn increases blood and lymphatic circulation, releases beneficial hormones including DHEA, and increases neural development. It can increase both fullness and bouancy of the erection by strengthening suspensory ligaments and muscles while increasing blood and lymphatic movement in the penis...

The pelvic floor lift tones strengthens the muscles of the penis and the ligaments supporting the vas deferens, increases fertility, and also increases pelvic bloodflow and relaxed sensitivity. It also draws energy from the seminal fluid upward to the spine and brain, and manipulates the vagus nerve, increasing the potential for whole-body orgasm.

Together, the two phases of the male deer exercise spread sexual pleasure and energy throughout the body, increasing the potential for whole-body orgasm. By regulating male hormones and increasing bloodflow, they also help to prevent or cure impotence and premature ejaculation, to strengthen the erection, to reduce incidence of prostate disease, and give greater sexual control, endurance, and sensitivity.

It should be noted that along with increasing sexual health, enjoyment, mental clarity, and overall vitality, the exercise increases male fertility and virility. Appropriate precautions should always be taken to prevent an unplanned pregnancy, and the possible transmission of venereal disease!

You can learn more about this version of the Male Deer Exercise in the following books on Qi Gong. The version above appears in **Kenneth S. Cohen's *The Way of Qi Gong* (Forward by Larry Dossey, MD) ([Click here to view on Amazon.com](#)).**

Other versions of the Male Deer Exercise can be found in the following books:

Sexual Reflexology, by Mantak Chia ([Click to view on Amazon.com](#))

Taoist Secrets of Love – Cultivating Male Sexual Energy, by Michael Winn & Mantak Chia ([Amazon](#))

Taoist Bedroom Secrets, by Chian Zettnersan ([Amazon](#))

Art of the Bedchamber, by Douglas Wile ([Amazon](#))

And one of the most simple and powerful versions is taught as a part of the **KAP Level Two course** at [KundaliniAwakeningProcess.com](#)

Always remember, an ounce of practice is better than a ton of theory! (and more pleasurable, too!)

Smile, breathe right, and keep your tongue up!

Tao Semko

December 6, 2012

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