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DEPARTMENT OF MASTURBATION SEXUAL FIELD MANUAL

YOGAFELLATIO

**BIOMECHANICAL AND TECHNICAL ASPECTS
WITH
OPERATIONAL TECHNIQUES AND INSTRUCTION**



HEADQUARTERS, DEPARTMENT OF MASTURBATION
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YOGAFELLATIO – BIOMECHANICAL AND TECHNICAL ASPECTS WITH OPERATIONAL TECHNIQUES AND INSTRUCTION

by

Frank Valnalla

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DEDICATION

This book is dedicated to Bob & Tom for making me laugh in the morning for all these years.

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THE MOST IMPORTANT PAGE IN THIS BOOK:

安全 + 第一

THIS MEANS:

“SAFETY FIRST”

IN JAPANESE

IT'S IN JAPANESE TO GET YOUR ATTENTION

DON'T FORGET IT

READ THIS FIRST

Autofellatio is a serious endeavor. It needs to be taken very seriously. *In order to accomplish this task changes in your body need to take place.* Whenever one works on changing the body or modifying it, caution, care, and common sense must prevail.

Autofellatio is not a game. It is not a fad. It is not a gimmick. It is not a party-novelty trick you can perform for your friends for a few laughs. No. There exists in the autofellatio world, something called “autofellatio culture.” A culture is the underlying principles, art, or methodology that is followed and treated with respect. The “culture” of autofellatio requires that men embark on this journey with serious intentions, that they will respect this “culture,” and treat it as they would a serious philosophical or religious endeavor. No, that doesn't sound stupid. Respect is paramount in this field. Without respect for this ancient art, you will never be able to truly experience all the wonders it has to offer. When working on autofellation, act and think as if you are in a church or temple.

Being respectful to the “culture” will enable you to proceed at a steady and profitable pace. This will enable your body to respond in the proper methodology needed to obtain your desired goals. Take your time and don't get in a hurry. Learning Autofellatio techniques is not a race or a competition.

Please note that nothing in this book should be attempted unless under the guidance and advice of a licensed physician.

WHO AM I?

My name is Frank and I can suck my own penis to orgasm. I can get my mouth fully over my glans (head) and completely down my shaft.

At the time of this writing, I am 37-years old. I tried sucking my own penis as a teenager. This came about because I had a dream about doing so and, as I had never had a blow-job, wondered what it felt like to receive one. As a teenager I could not suck my own penis. I couldn't even come close. I couldn't even get the tip of my tongue near my penile head. As a teenager (finished with puberty) I had a 5.5" long penis.

In my 20s I tried again and nearly killed myself using some makeshift pulleys and straps and even utilizing an old exercise bike.

In my 30s I thought I would give it another shot.

I have been sucking my own penis now for seven years with techniques I developed/discovered myself. Did I invent all of the stuff in this book? **Of course not.** I just researched and researched until I had all the information that worked for me. I have a background in medicine (my profession) and this has helped me immensely. Especially in understanding the biomechanics and structures of the muscles, joints, and ligaments.

I weigh 150 pounds. I am 5'7" tall. I am of mixed-ethnic origin of European Descent (I'm an All-American Mutt and proud to be a mutt).

Chances are, you aren't much different than I am. *After all, a Man is a Man.*

If I can perform Autofellatio, chances are you can, too.

Oh, yeah, it seems some people have tried to quantify the number of men who can actually Autofellate. Quite a daunting task and nearly impossible to measure, I would think. Anyway, the bottom line is that the "experts" believe that only One in about 3,000 Men is able to Autofellate.

I would just like to say that only One in every 50,000 Men can properly explain Wave-Particle Duality in Quantum Mechanics...

But nearly every man can learn...

Sincerely,
Frank Valnalla

CONTRAINDICATIONS TO AUTOFELLATIO

“Contraindication” is a word used to denote a situation where some form of therapy, exercise, drug, lifestyle, etc. is not advised because it may produce direct and harmful effects if utilized.

If you have any of these maldies below, see your doctor before you attempt any form of Autofellatio. Actually, see your doctor anyway if you want to try Autofellatio:

History of Any Spinal Trauma including Moderate to Severe “Whiplash” Injuries

Spina Bifida

Osteoporosis

Arthritis of the Spine or Pelvis; Of and Including the “hip” Joints

Moderate to Severe Scoliosis

Any History of Fracture to/of the Spine

Vertigo (Dizziness)

Inner or Middle Ear Problems

Balance and Motor Control Problems

Chronic/Severe Undiagnosed Headaches

Any History of Spinal or Pelvic Tumors

Any History of Rib Fractures

Any History of Spinal or Pelvic Fracture

Any History of “hip” Dislocation or Moderate to Severe “hip” Trauma

Claustrophobia

Sciatica and/or Lower Back Pain

Numbness or any form of Paraesthesia in the Upper or Lower Extremities

Any form of Spinal Surgery

Gout

Vertebral Artery Stenosis

Spinal Stenosis

Any Form of Ruptured or Herniated Vertebral Disc

Thoracic Kyphosis (Scheuermann's Disease)

Spinal Instability

Any Neurological Disease

Any Other Previous or Current Malady that May Compromise the Head, Spine, or Pelvis

Epilepsy

WHAT IS THE HISTORY OF AUTOFELLATIO?

When the first man walked the earth and realized his sexuality, he probably pondered the idea of sexually pleasing himself through autofellatio. *After all, if one wants something done right, it's best to do it themselves.* Autofellatio has been an integral part of many ancient cultures. Such examples have survived through artifacts and architecture over time. This includes: Greek, Egyptian, Meso-American, and Asiatic Indian, that I am aware of. That is the history of autofellatio: Every man has pondered it at one time or another and will continue to do so. That's the history of autofellatio.

WHY DO DOGS LICK THEIR BALLS (and Penises)?

“Because they can,” as the saying goes... Apparently, they also seem to enjoy it.

Autofellatio is no different than a woman licking and sucking on her nipples out of curiosity. Even for sexual stimulation, for that matter. What woman hasn't tried to taste her own nipples to see what the flavor is like or what sort of sensation she might feel? Hell, even my sister admitted she's done it. It's a normal part of being human trying to understand how others perceive us. Taste is one of those methods. *“How do we taste?”* That sounds a bit bizarre, but consider it from your partner's point of view. Taste and smell are an essential ingredient in sexuality, companionship, and relationships. “Relationships” not just being segregated to sexual relations, but doctor-patient, teacher-student, employee-employer, and all other forms of relationships in our everyday lives. If your breath smells horribly and you are not aware of this problem, chances are that it will not only take its toll on your sexual potentials with other partners, but will also hamper other relationships in your life. The more we know about ourselves, means we know more about how people will perceive us. Taste/smell is one of way of gauging how people (and partners) react to us. Once we understand who and what we are made of, then we can go about improving ourselves.

So, back to Autofellatio. What about men and their penises? Is it really so different than a woman, her mouth, and her nipples? Really, I'm sure I can come up with all kinds of reasons and logical deductions as to why a man wants to suck his own penis and why it's so incredible and wonderful. Any man can, really. Of course, some people think it is a bit odd; perhaps even strange or perverse. I hardly think so,

but that's just my opinion. Truly, if you knew what most of your “puritanical” neighbors got up to in private it would probably blow your mind right out of your head. Some of the freaky stuff that goes on behind closed doors is downright disturbing and bizarre and makes masturbation through sucking one's own penis seem rather tame. So, if you have a hang up about sucking your own penis, don't worry about it or get another hobby that won't weigh on your conscious so heavily.

I just stumbled upon a web-site recently of a woman who wishes to become the fattest woman in the world. Apparently this is her goal in life. In order to pay for all the food she eats, she has set up a web-site where men can watch her eat on camera for a fee. She makes her living from men who watch her eat.

This is not my cup of tea. For others, however, it is. Does it seem strange that men would “get off” on watching an extremely obese woman eat all day? What's strange to some is normal for others. I don't judge people and what they do in life and don't want other people to judge me. So, I can suck my own penis. Great. Who really cares?

What about the psychological component or aspect of sucking one's own penis? *What does it say about a man's sexuality...?* Well, hell, I never really thought about that either, to be quite truthful. There was a French study on the subject but I haven't bothered to read it (I don't speak French). Why waste time trying to psychoanalyze myself when I have better things to do? Just take a look at most of the people who write these really deep and in-depth psychology books. Usually a picture of them will be on the back cover or on the flyleaf of the dustjacket and tell me what you see...? Most of them look like total psychos, in my opinion. Of course, *you can't judge a book by its cover*, but most of these people are the last people on earth I would ever listen to or ever take advice from, especially psychological or sexual advice. Hey, if you're interested in trying to figure out why you (or me or anyone else) wants to suck their own penis, then knock yourself out. Personally, I have better things to do.

Anyway, many animals and other creatures perform autofellatio. From goats to dogs to walruses to aliens from Roswell. As Man is an animal, it seems appropriate that he would autofellate himself if he was able to do so. If Man can build a rocket (that looks just like a penis) and use it to land on the Moon, then he ought to be able to suck his own cock if he so chooses. Such is the nature of Man. Men, *as well as women*, seem to be fascinated by a man being able to suck his own penis. So why not make the best of it for yourself and for your partner?

BASIC OUTLINE OF BOOK

This book is made up of these main sections:

- 1) Definitions**
- 2) Biomechanics, Structure, Function, Important Autofellatio Insight**
- 3) Nutrition**
- 4) Yogafellatio**

Each section is very important. Not one section is more important than another. Most men want to jump headfirst into stretching/strengthening to start seeing results immediately. Big mistake. Read all four sections numerous times and treat every one with equal importance. Diet may be just one of the most important aspects. Without it, the stretching/strengthening section will be quite frustrating, painful, and you'll fast lose interest.

One other thing, once you get to the point where you can autofellate, it becomes easier with each session. You will get a feel for what stretches and exercises you need to focus on. Once you have your main body sorted out and can autofellate, you won't have to spend as much time stretching and doing exercises.

DEFINITIONS:

Definitions to Help You Along Your Path to Yogafellatio:

FELLATIO – Oral Stimulation of the Penis

FELLATE – To engage or perform fellatio

AUTOFELLATIO – Oral Stimulation of one's own penis as a form of masturbation

AUTOFELLATE – To perform fellatio on one's own penis as a form of masturbation

AUTOSEXUAL – Stimulation of one's own genitals to the point of orgasm. Therefore Autofellatio is a form of Autosexuality

YOGA – A form of physical and mental discipline that originated in India. Most Westerners are familiar with “Hatha” Yoga which is used as a form of relaxation and exercise

YOGAFELLATIO – A term coined that incorporates some Yoga postures to help a man achieve Autofellatio

PLEASE LEARN THESE DEFINITIONS IF YOU DON'T KNOW THEM ALREADY

SPINAL COLUMN – The bones in your back (vertebrae) that protect your spinal cord

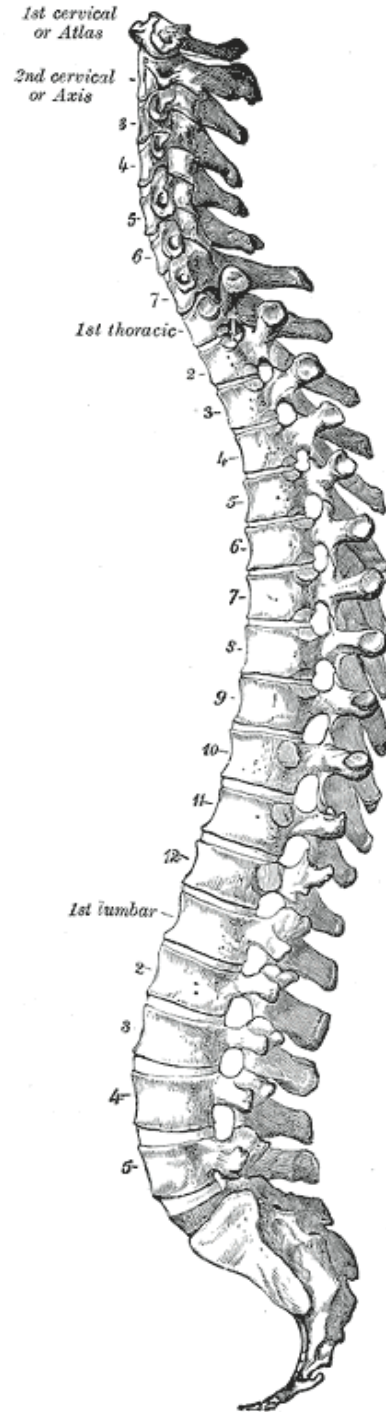
FLEXION (In the Spinal Column) – Bringing two parts closer together. In the case of the spinal column, Flexion is an increase in one's ability to bend forward. Bringing your head closer to your penis is a form of flexing the spine

EXTENSION – The opposite of Flexion. Instead of becoming closer, the angle becomes larger or farther away

ROTATION (In the Spinal Column) – Twisting of the trunk in a clockwise (Right Rotation) or counterclockwise (Left Rotation) without Flexion, Extension, or Lateral Flexion

LATERAL FLEXION (In the Spinal Column) – Bending the trunk to one side (as in Right Lateral Flexion) with no Rotation, Flexion, or Extension

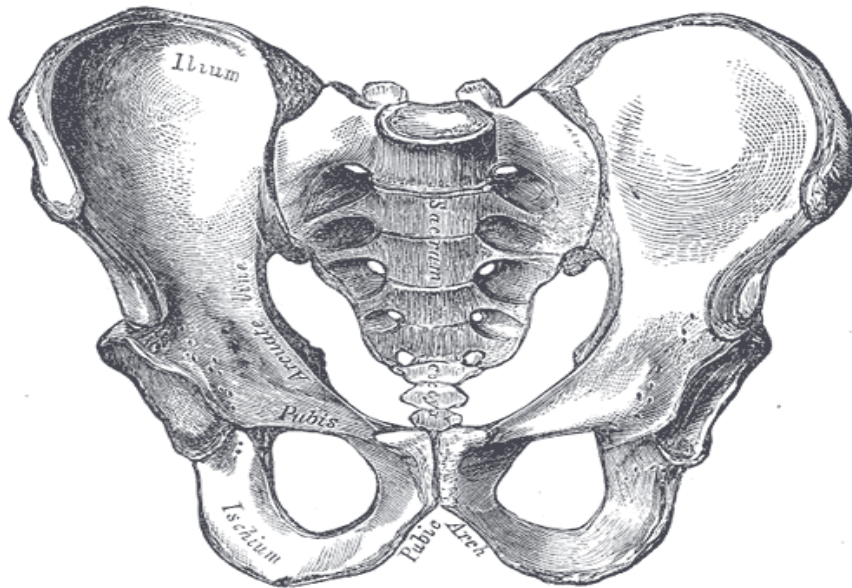
VERTEBRAE – The bones that make up your spine. 7 Cervical (Neck), 12 Thoracic (Mid-Back), 5 Lumbar (Lower Back). The Sacrum is made of 5 fused vertebrae and sits between your pelvic bones (Ili). The Coccyx is the end of the bony spine and is made of 4 fused vertebrae



HUMAN SPINAL COLUMN (Sacrum at bottom)

MORE DEFINITIONS:

ARTICULATE – *The Movement/motion in a joint. All the vertebrae articulate with another vertebrae – **One above and one below** – Apart from the First Cervical Vertebrae which articulates with the base of your skull and the Fifth Lumbar Vertebrae which articulates with your Sacrum*



HUMAN MALE PELVIS (Sacrum in middle)

PELVIS – The Pelvis is the area which connects the trunk (of your body) to your lower legs. Through **Joint Articulation**, it allows one to walk, sit, stand, run, jog, and flex the trunk forward and backward (Flexion and Extension). The pelvis allows the legs to articulate through the Femur-Acetabular Joint at the Acetabulum (see next page). Flexion and Extension articulation is possible through the Sacro-Iliac Joints; and Rotation, Flexion, Extension, and Lateral Flexion are possible through articulation of the Lumbo-Sacral Joint (Lumbar Five and the Sacrum)

SACRUM – The 5 fused vertebrae which articulate with your last Lumbar Vertebrae (Lumbar Five) and which sits between your two Iliia and forms another articulation. The sacrum is the central aspect of your boney pelvic structure

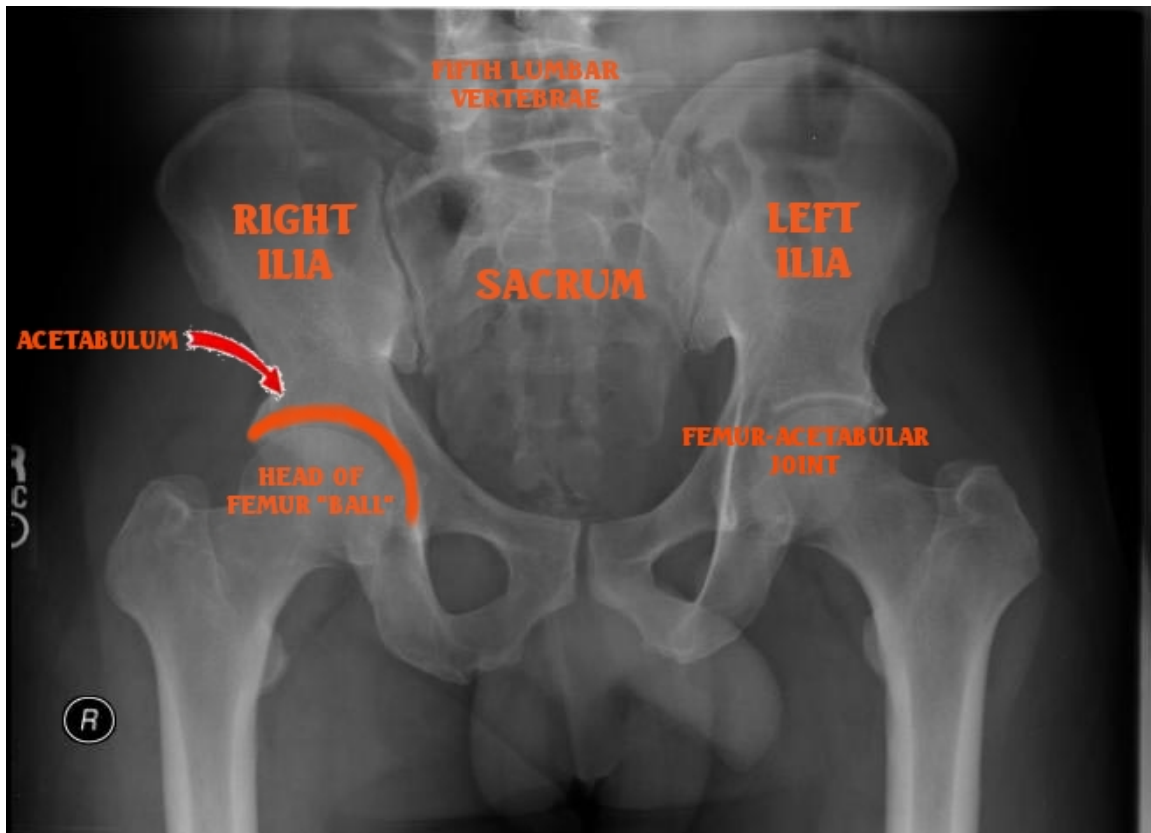
ILIA – The two bones on either side of your pelvis (Ilium) that make up your hips

ACETABULUM – The two sockets in your hips. One on the Left and one on the Right. This is where the leg bone (ball) inserts. This is a “ball and socket” joint

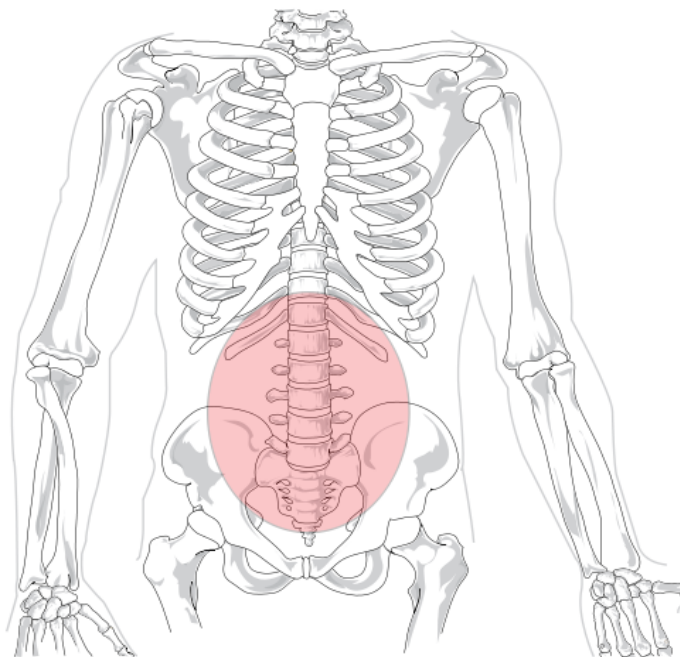


X-RAY OF THE FEMUR-ACETABULAR JOINT OF ONE HIP

The Head of the Femur (leg bone) has the “ball” portion of the joint. It inserts into the Acetabulum which makes up the “socket” portion of your “hip” joint. This is visible in the picture above



X-RAY OF PELVIS



REGULAR DRAWING OF LUMBO-SACRAL REGION AND HIPS

All of these bones, joints, and articulations are held together by **ligaments**:

LIGAMENT – Strong fibrous tissue that connects bone to bone, bone to muscle, etc. This is important to learn and understand. Ligaments are what keeps your joints strong, stable, and functional. If you stretch them out too much they will get ligamentous laxity (loosening of ligaments) and this will compromise their function and your joint stability.

Most people when they are interested in Autofellatio and increasing the Flexion of their spinal column think that they will be able to increase their flexibility if they just increase the flexibility of their spine. *Nothing is farther from the truth.* This is why I've taken the trouble to outline these definitions and show example pictures. We are interested in increasing flexion and mobility in all of these joints:

- 1) Skull and Neck Articulation (Atlanto-Occipital Joint)**
- 2) Neck (Cervical Vertebrae)**
- 3) Dorsal Spine (Thoracic Vertebrae)**
- 4) Lumbar Spine (Lumbar Vertebrae)**
- 5) Lumbo-Sacral Articulation (Lumbar Five and Sacral One Joint)**
- 6) Sacro-Iliac Articulation (Left and Right Sacro-Iliac Joints)**
- 7) Femur-Acetabular Articulation (Left and Right Hip Joints)**

Increasing FLEXIBILITY in these regions Does Not mean we just focus on FLEXION. No. Extension, Rotation, and Lateral Flexion are also needed to increase flexibility of most of the aforementioned joints (but not all).

The biomechanics of the spine include more joints than just the spinal vertebrae. To get the most out of all aspects of increasing flexibility we must target all related joints. For example, The amount of flexibility in the hip joints is one example of the importance of learning these structures. Simply by having hamstrings and calves that are too tight (and need to be stretched) will impede your ability to autofellate.

Learning all of these structures and how they function is paramount in autofellatio. If one just tries to just stretch out the ligaments of their spine, this can cause hypermobility (an unstable spine that moves

too much). A much safer and correct approach would be to target all aspects of increasing flexibility through all available joints, ligaments, and muscles so that the biomechanical structures and health of the person is not compromised.

With that said, let's talk about Yoga.

YOGA

Yoga has been around for nearly forever and is gaining in popularity more and more in the Western world. There are many factions of Yoga and many different people and groups discussing how one is better than the other. In fact, new forms of Yoga are surfacing all the time and one wonders where they are coming from and what they are really truly all about. It's a full-time job just trying to keep up with what new form of Yoga someone is trying to sell you on next.

I'm not going to go into a treatise on Yoga or the different types of Yoga. This isn't the place. However, we will bring a few points to mind that will help you on your journey to autofellation. This is Hatha Yoga and Kriya Yoga – And the difference and why it is important to the autofellationist.

HATHA YOGA

Hatha Yoga (or similar types) are quite popular in the West. This type of Yoga has people doing special stretches and holding special Yogic positions for a period of time. You'll see them doing this sort of thing on exercise mats and usually in groups. This results in a (mainly) physical form of relaxation (non-physical, too, of course) and helps people unwind and helps bring a peacefulness to their chaotic lives. Unbeknownst to most Westerners, Hatha Yoga is the main and original reason for performing Kriya Yoga.

KRIYA YOGA

Kriya Yoga is a form of spiritual awakening and soulful quietness. It is a form of **meditation** that allows people to evolve spiritually and become closer with Nature (or the God-force of all things).

Okay, so what's really the difference Hatha and Kriya Yoga and why should I care?

That's a good question....

Hatha Yoga is the mechanism one needs to be able to sit for/in extended-long periods of meditative poses in order to reach the higher spirituality treasures of Kriya Yoga. With Kriya Yoga we need to

cut off all external stimuli to the body in order to focus on a higher consciousness. This means we need to block out all sounds, lights, annoyances, and anything else that might distract us when we are in our meditative state. Our minds must be clear, unclouded, and undisturbed or we get nowhere.

This type of strength of will takes lots of practice and it's really quite hard to block out all of the stimulus that surrounds us. The phone is ringing, we can hear the neighbor's Harley roar off down the road, and someone's banging on the front door... In order to really focus and concentrate we need to be able to cut all of this nonsense out. This is why you hear the stories of Yogis running off to go live in a cave for years on end. *They do this to get away from all the distractions that come with day-to-day life.* This is so they can truly concentrate on their spiritual awakening.

Since these meditative postures usually require one to sit cross-legged (Lotus Position), with the spine fully erect and with the arms outstretched, we need to start paying attention to this sort of posture. For, even if one can cut off all of the sounds and distractions of the world around us, we will inevitably be distracted by our own minds (of course) and one other very important and nagging thing we can't get away from. And that thing is our own physical bodies.

Consider sitting in such a cross-legged position for more than a few minutes. What usually begins to happen? The muscles get tired, the back starts to ache, and our foot falls asleep. More than ten minutes or so of this and most un-trained people are in physical agony. This is because we are not used to sitting in such postures for long lengths of time. This is a problem for the person who is meditating, as it's damn near impossible to focus on a higher consciousness if our lower back is hurting like crazy.

You see, that's what Hatha Yoga is originally intended to prevent. By learning how to stretch the body and limbs properly, this allows the Kriya Yogaist to do what? To be able to maintain these long sessions (some for hours and hours) of positioned meditation without their back, legs, and muscles killing them.

This is entirely applicable to Autofellatio. In order to practice autofellatio and to be able to fully autofellate yourself, this will, inevitably, take time. If your muscles, joints, and ligaments aren't up to the task, it makes things a bit difficult and painful. That is, if you are hurting from physical pain within only minutes of starting your autofellatio session, it's going to be a bit hard to concentrate on an erection and getting yourself off, unless, of course, you are someone who enjoys pain (this is called a masochist).

By understanding the basis for Hatha Yoga, then we will be able to educate our bodies to be able to hold autofellatio poses for long enough periods of time to reach our goal. This is especially important in the early trials of autofellatio: If one is truly uncomfortable and experiencing pain during the learning process, it's not uncommon for one to lose interest in the whole idea of autofellatio.

This is the lesson we learn from Hatha Yoga. By mastering it, then we shall be better able to achieve our true goal and that is the Kriya (pain free) aspect of Autofellatio with all its Rewards.

Anyway, let's get started...

Biomechanics – Structure – Function

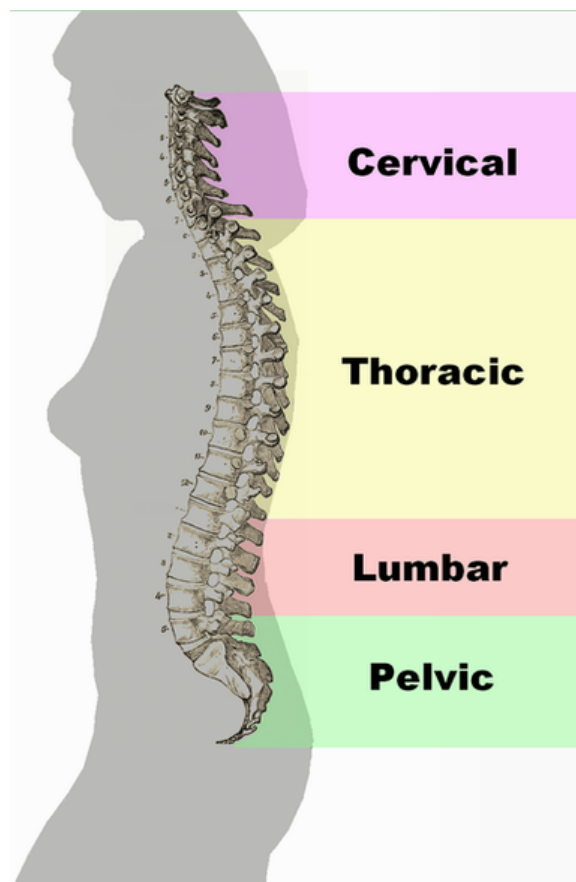
Important Autofellatio Insights

FIRST THINGS FIRST

Before we launch into the Nutritional aspects of Autofellatio, let's give you some extra information to think about before we do so.

The three main areas that we are interested in increasing their flexibility is the atlanto-occipital joint (head and neck), the spinal column itself, and the femur-acetabular “hip” joints. Let's discuss each one of these and see what else we can learn about their biomechanical properties.

Firstly, let's go back and look at the spinal column again:



THE FOUR MAIN REGIONS OF THE HUMAN SPINAL COLUMN

The spinal column is very important as it needs to do a number of functions:

- 1) To protect the spinal cord
- 2) To allow mobility of the spine
- 3) To allow the spinal nerves to exit the spine to go to muscles, organs, bones, etc.

If you look at the skull, it is made up of very thick and strong bone. It's tough enough that, in most cases, a .22 calibre bullet will bounce off of the skull instead of entering the skull and into the brain. The reason the skull is designed this way is to protect the brain. The brain is the computer of the body and when it gets damaged, it means trouble. This is why it has such a strong protective armor-like covering.

However, the spinal cord itself is just as sensitive and important as the brain. It is made up of similar tissues, so it, too, needs to be protected properly. The problem is, if we encase the spinal cord in a boney tube (sort of like the skull), then the spine won't be able to move, rotate, or bend. We would lose mobility and this would severely limit our physical abilities.

This is why the spinal column is divided into all of these bones (vertebrae). Seven in the neck, Twelve in the Thoracic region, and Five in the Lower Back. These bones are designed to not only protect the spinal cord, but to also allow movement in the spine.

The spinal cord also has nerves branching off from it, at all the levels, between the vertebrae. So, not only do we have to protect the spinal cord and allow mobility, but we must also provide access (from the spinal column) for these nerves to exit the spinal cord and then go to the muscles, organs, and other tissues that they innervate (electrically connect to) for proper functioning of the body.

It truly is an engineering marvel. You will also notice that the spine has an elongated “S” type curve to it when looking at it from the side. It curves in at the lower back and neck and curves in at the mid-back and lower-sacral area. This “S” curve acts as a coiled spring or shock absorber. So when you stand, sit, run, jump, and all other activities like this, the “S” itself will spring up and down and take a lot of stress and strain off of the vertebrae itself. **Biomechanisists have noted that the “S” type curve make the spine ten times stronger and more resilient than if there were no curves in it.**

When we “talk of” *the spine*, we will be addressing these regions:

Cervical Region (Neck) – Seven Vertebrae – Noted as C1, C2, C3, C4, C5, C6, C7

Thoracic Region (Mid-back) – Twelve Vertebrae – Noted as T1 – T12

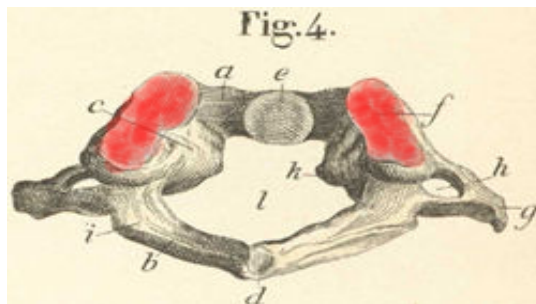
Lumbar Region (Lower back) – Five Vertebrae – Noted as L1 – L5

All of this is of interest to the autofellationist because we are interested in flexing the spine as much as we possibly can. Think about it: What is the one structure that connects your mouth to your penis, while at the same time, separates your penis from your mouth? **The answer is the Spinal Column.**

CERVICAL REGION (NECK)

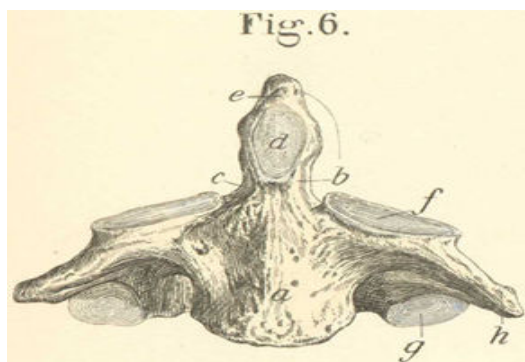
There are many portions of the cervical spine that need to be addressed by the autofellationist. We will cover some of the most important joints that should be targeted to increase flexion in the neck the most.

*We are especially interested in the **Atlanto-Occipital Joint**. This is the base of the skull (Occipital bone) and the First Vertebrae – C1 (Cervical One). C1 is called the Atlas bone, as the skull rests and articulates on this bone, hence the relation to Atlas in Greek Mythology destined to hold (support) the world on his shoulders.*

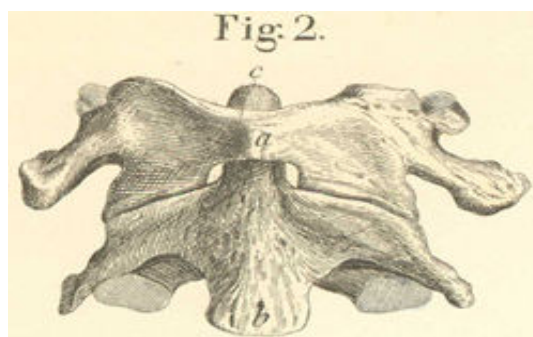


PICTURE OF ATLAS (C1) – The RED portion is what Articulates with the Base of the Skull

The Second Cervical Vertebrae – C2 is referred to as Axis. This is because it has a small “odontoid” process or tooth-like structure (it looks like a small penis, actually) that allows C1 to rotate on C2. This is where most of the rotation comes from in your neck, from the *Atlanto-Axial Joint* or C1/C2 Joint.



Second Cervical Vertebrae – Axis (C2) – Notice the Odontoid Process (e) which looks like a penis



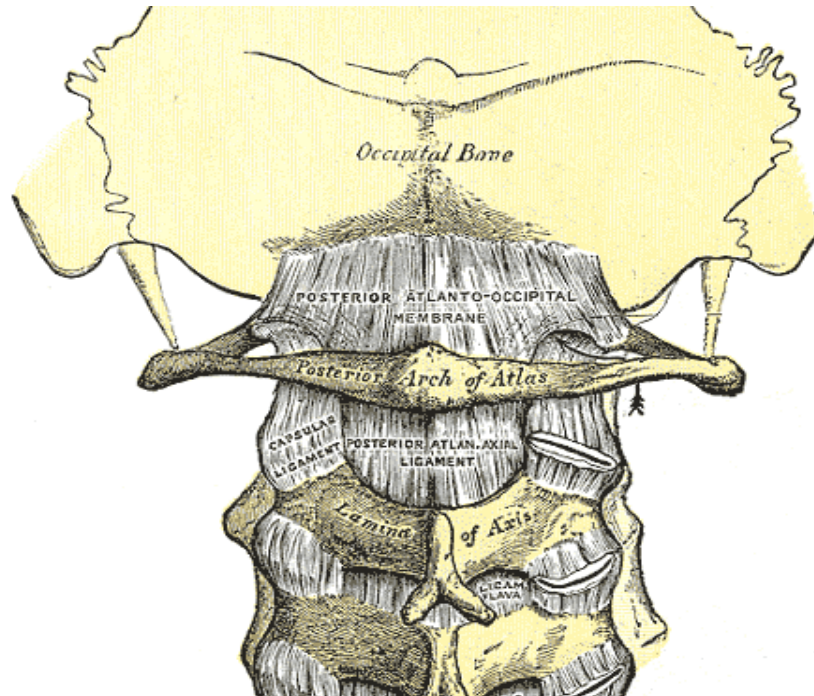
Here is an Anterior (Front) Picture of the Atlanto-Axial Joint (C1 & C2)



Posterior (Back) Picture of the Atlanto-Axial Joint. Note that “*d*” is the portion that articulates with your Occipital Bone (base of skull) and is what we are most interested in for increasing neck flexion for autofellatio. You can see how the greatest amount of rotation in your neck occurs by seeing how C1 will Rotate on C2 with the help of the “odontoid process” – Labeled as “*c*” in the picture shown above

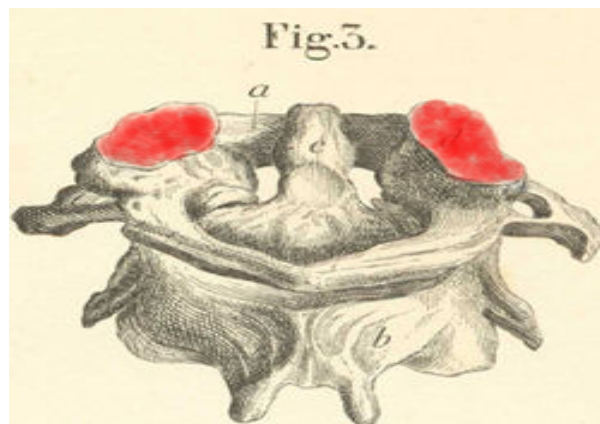
Typically the neck can flex to about 70 degrees. This is the act when you bring your chin toward your chest. Numbers vary, but 20% of the flexion is believed to occur at the Atlanto-Occipital joint (Cervical One and the Occipital Bone), 20% at the Atlanto-Axial Joint (Cervical One and Cervical Two), and 20% at the joint of Cervical Four and Cervical Five. The rest of the flexion in your neck occurs at the other vertebral levels.

Because so much of neck flexion occurs at this SPECIAL Atlanto-Occipital Joint, we will pay special attention to this joint when we assess Flexion in the neck:



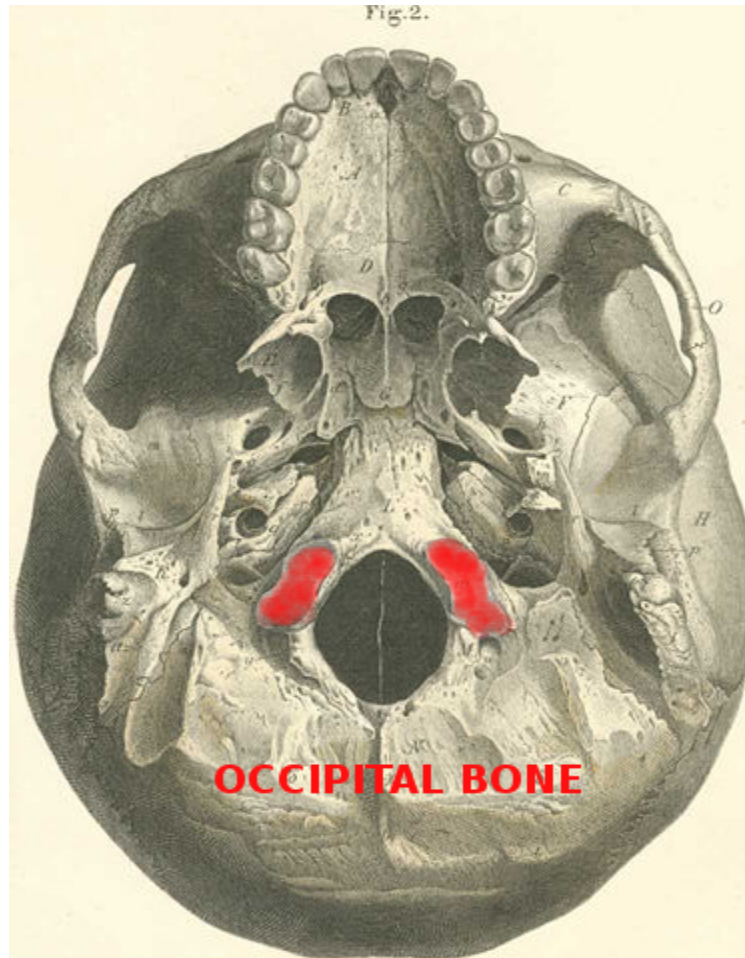
DRAWING OF BACK OF HEAD AND NECK WITH OUTER TISSUES REMOVED

In the above drawing, you can see “Atlas” as the First Vertebrae (C1) under the skull and “Axis” as the Second Cervical Vertebrae (C2) under C1. Remember 40% of neck flexion occurs between the skull and C1 and with C1 and C2. For this reason, we will especially target these areas for increased flexibility.



Note the Atlanto-Axis Picture (again) and compare to the picture above – The RED coloring in the picture denotes the portion of the Atlas that articulates with the Occipital Bone of the Skull

Here is the Bottom of the Skull:

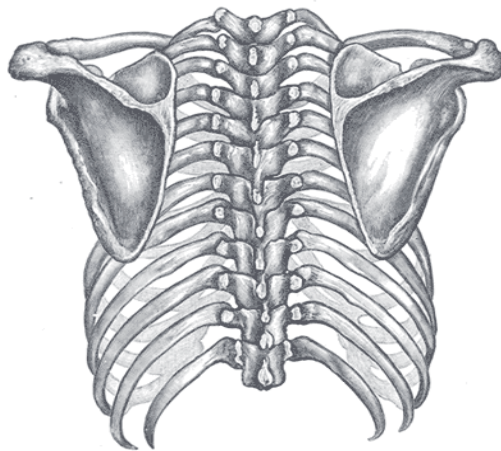


The RED colored portions denotes the area that the Occiput portion of the skull articulates with the Atlas Bone (C1) for increased flexion and extension in the cervical (neck) region.



Again -- Atlanto-Axial Joint (C1/C2) -- RED color notes articulation with skull (pictured above)

THORACIC REGION (MID-BACK)

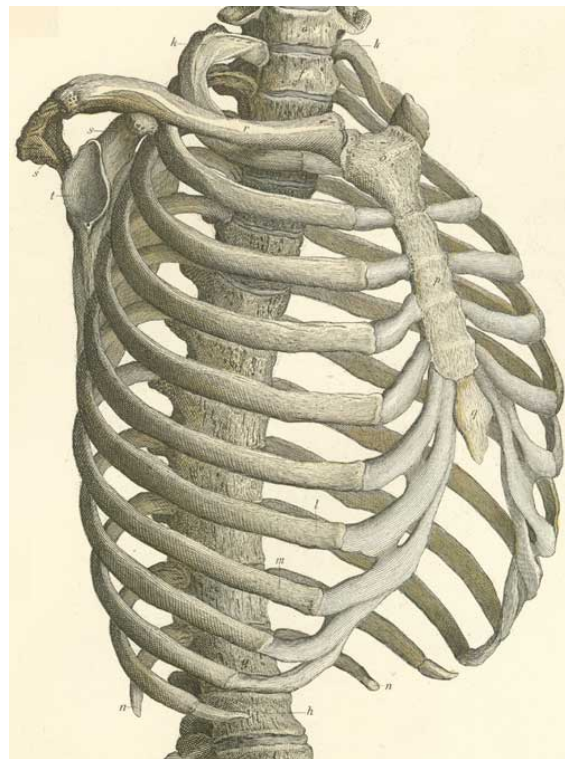
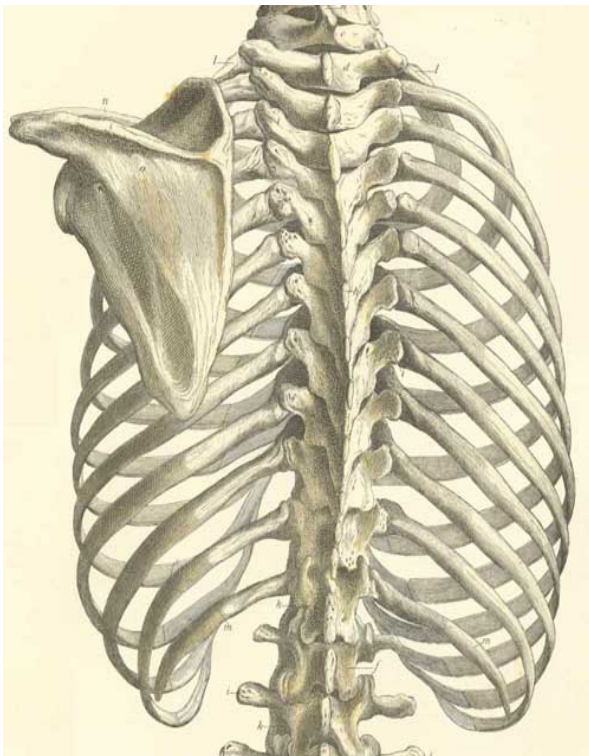


THORACIC SPINE AND RIB CAGE

Now we will move below the Cervical Spine to the Thoracic (Mid-Back) Region of the spinal column and examine it.

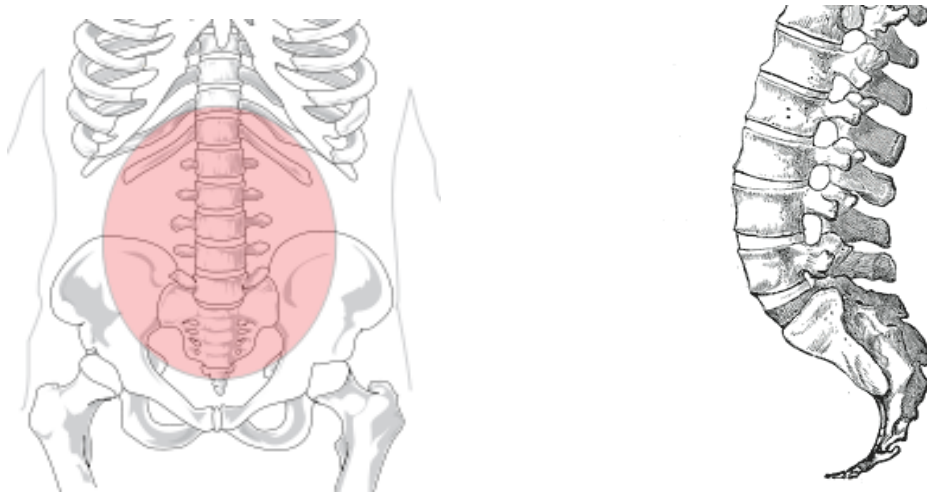
The Thoracic Spine can flex about 40 degrees under normal conditions. This may sound like a lot, but remember that it takes up a large portion of the spinal column. It is restricted in its movement because of the ribs. This is because the ribs are attached to these 12 thoracic vertebrae and this limits its flexibility and range of motion.

This is why some people claim to have their lower ribs removed surgically to be able to perform autofellatio. One of the restrictions of flexion is the trunk will inevitably be the lower ribs. By removing them, it allows more forward flexion of the spinal column and make autofellation much easier to perform. I am not interested in removing my ribs to autofellate and you probably aren't either. However, this is a surgical option if you are courageous enough. Personally, I am against this form of surgery for autofellation.



Here are two lovely pictures of the thoracic vertebrae and ribs. It's easy to see how flexion will be decreased in this area because of the Ribs & Rib Structure. *The lower thoracic vertebrae have the most mobility*, as these ribs are “floating” & do not attach to the sternum (like the upper ribs) with cartilage

LUMBAR REGION (LOWER BACK)

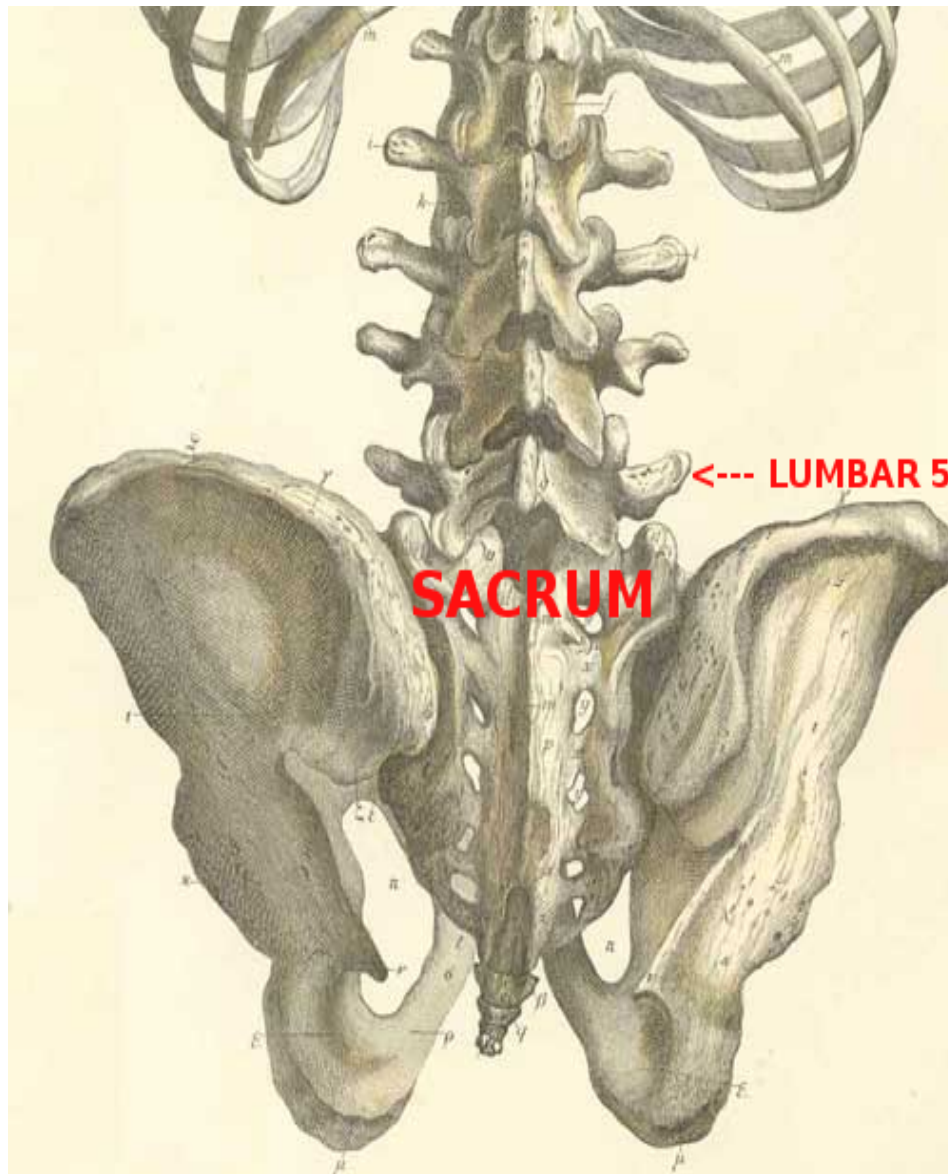


FRONT AND SIDE VIEW OF LUMBAR SPINE AND SACRUM

The lumbar spine can normally flex about 70 degrees forward. Interestingly enough, about 40 degrees of the flexion in the Lumbar Spine occurs at the Lumbar Five (L5) – Sacrum Joint, or the Lumbo-Sacral Joint. This joint is shown below in an X-Ray view from the side (L5 and Sacrum):



LATERAL LUMBAR SPINE X-RAY



Here one can see Lumbar Vertebrae 1 – 5 (L1 – L5), the Sacrum, & the Pelvis. L5 & the Sacrum form the Lumbo-Sacral Joint where *nearly 40 degrees of flexion occurs in the lumbar region of the spine*

We have discussed the three main regions of the spine and their importance in flexion. A fourth category is the Pelvic region, especially the Femur-Acetabular Joints which we've briefly discussed already. We will next discuss the Pelvic Region, as it is a very important aspect of being able to gain increased flexibility for autofellatio.

PELVIC REGION (PELVIS & HIPS)

All in all, for the average person, the *flexion of the spine* (total) is about 140 degrees. ***Some of this will be enhanced or restricted by the pelvis***, more importantly, the “hip” joints or the Femur-Acetabular Joints that we mentioned earlier.

Normal hip flexion is about 110 degrees. Hip flexion occurs when the leg is brought closer to the chest.

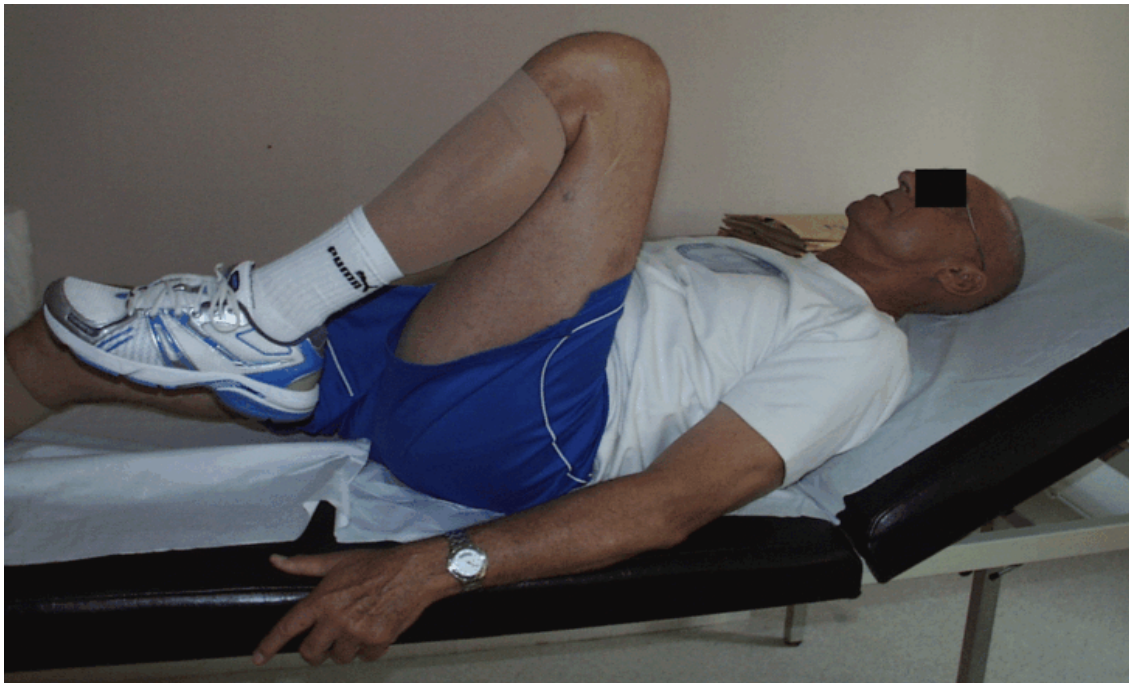


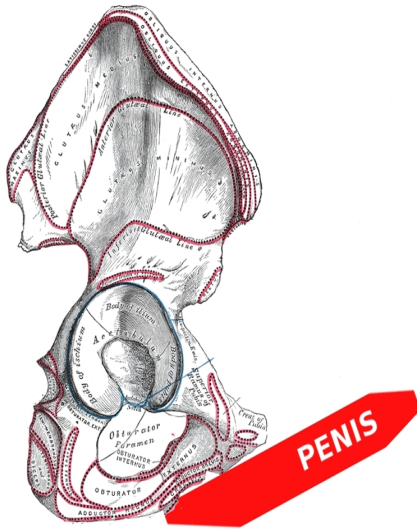
Photo Courtesy of Mapommered

ABOUT 100 DEGREES OF *LEFT* HIP FLEXION

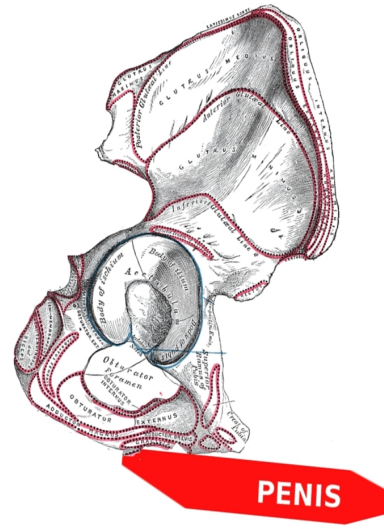
How does flexing the hips impact the flexion of the spinal column and pelvis? That's a great question we are going to answer to help one understand the importance of increasing hip flexion and conversely,

THIS IS SOMETHING FOR THE AUTOFELLATIONIST TO GET VERY EXCITED ABOUT!

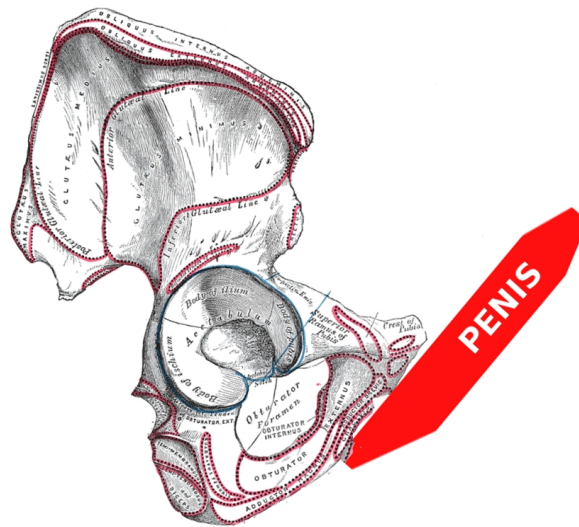
Because when the pelvis rotates with POSTERIOR TILT it brings our penis closer to our mouths!



NORMAL - NEUTRAL RIGHT HIP



ANTERIOR PELVIC TILT



POSTERIOR PELVIC TILT

NOTE THE ABLE/POSITION OF THE PENIS IN THE PICTURES!

GET THE PICTURE...?

THE HEAD OF THE PENIS IN THE PICTURE WITH *POSTERIOR PELVIC TILT* IS NOW LOCATED HIGHER ON THE BODY AND IS POSITIONED IN CLOSER PROXIMITY TO THE MOUTH

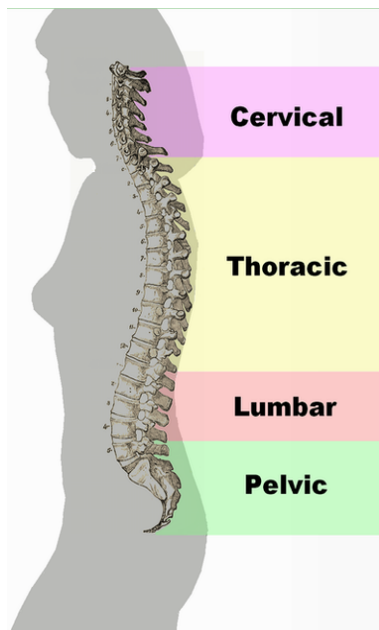
AND IN THESE PICTURES, NOTICE THAT WE HAVE YET TO PUT ANY INTENTIONAL FLEXION IN THE SPINE ITSELF!!!

This teaches us that if we can stretch out our hamstrings and calves that this will

allow more flexion of the hips which leads to more Posterior Pelvic Tilt. The calve muscles also need to be stretched as they will compromise the hamstrings if they are too tight. Anything we can do to increase hip flexion will aid in our efforts to being able to autofellate. You might also have realized that the autofellatio positions which incorporate the most hip flexion will yield the most positive results.

BUT IT GETS EVEN BETTER...

We showed a diagram of the spine before (lateral or side view) and showed the curves in the spine. Remember the “S” curve? Here is a spinal picture again:

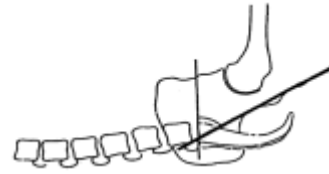


You will notice that the curves in the neck region and lower back region curve inwardly. These are called “lordotic” curves. The curves in the midback and pelvic (sacral) areas curve outwardly. These are called “kyphotic” curves.

When one flexes their spine forward into Flexion, these curves will change in their curvature. The curves in the neck and lower back will tend to flatten out. This is true in the lumbar (lower back) region and with hip flexion we start to see a flattening of this curve towards flexion. This is great news because it allows us more flexion in the spine without *actually* flexing the spine physically!



LUMBAR SPINE WITH NO HIP FLEXION



LUMBAR SPINE WITH HIP FLEXION

These diagrams (above) are of a person laying on their back. *Notice that the spine WITH Hip Flexion has a flattened lumbar spine lacking its normal lordotic curve with a tendency towards Flexion.*



Photo Courtesy of Glitch010101

(Ravi standing on one leg in Times Square, NYC – About 155 degrees Left Hip Flexion!)

Looking at the photo of Ravi (above) and his *increased hip flexion* in the photo, it is easy to understand that not only is the spine important in gaining flexibility for autofellating, *but so is increasing the range of motion of the femur-acetabular (hip) joints, especially in regards to their secondary effects of Posterior Pelvic Tilt and Lumbar Lordosis Flattening during Autofellatio.*

This is important not only from a flexion aspect, but from a “relation” aspect, too. Flexion of the spine and trunk involves numerous muscles and ligaments – **We are quickly learning that it is all just not in the spine and its sole degrees of flexibility.** A large number of muscles, tendons, and ligaments that are not necessarily “spinal” in their main function and structure are related to increasing one's ability to

the pelvis and down into the legs. The weight and structure of the upper body is channeled down

through the spine until the last lumbar vertebrae (L5). As this vertebrae articulates with the Sacrum (the Lumbo-Sacral Joint) and is the last connection of the upper body with the lower body. This weight is then distributed through the Sacrum to the Sacroiliac Joints (seen on the previous page). From there it is channeled into the Femur-Acetabular Joints (hips), down the legs, and into the feet.

The sacroiliac joints have some limited range of motion. However, it is quite small. As we already mentioned, the joint(s) is used more for distribution of weight (axial load). Among the ranges of motion, Flexion and Extension are usually up to about 2 degrees each in healthy sacroiliac joints. With autofellatio we are looking for every possible opportunity to extract flexibility in the body, so we will cover some workouts for these joints later in the book.

We've discussed the importance of stretching out the hamstrings and calve muscles but there is also another important aspect of tight hamstrings and that is that one of these muscles connects with a ligament that helps stabilize the Sacroiliac Joints. By stretching out the hamstring (muscle group) we will be able to free up the extra tension on the Sacroiliac Joints which will allow them freer movement. Even though their Flexion and Extension ranges are rather limited, every little aspect helps in autofellatio. We will be targeting the hamstrings later in the book, but it's good to know that working on them will have numerous positive affects. This is another example of how the biomechanics of the tissues and joints of the body work synergistically (together) and not individualistically (alone).

THE LINEA ALBA

Since we're discussing Pelvic Tilt, now would be a good time to introduce the Linea Alba and its importance in the body and for autofellating.

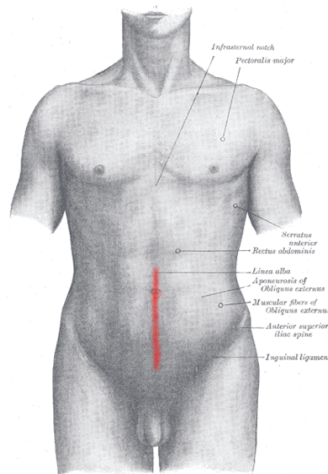
The Linea Alba is a group of fascia and connective tissue that originates from the **Abdominal Muscles**. All these distinct fascia run together to create the Linea Alba which is anchored to the skeleton at the Pubic Symphysis of the Pelvis.

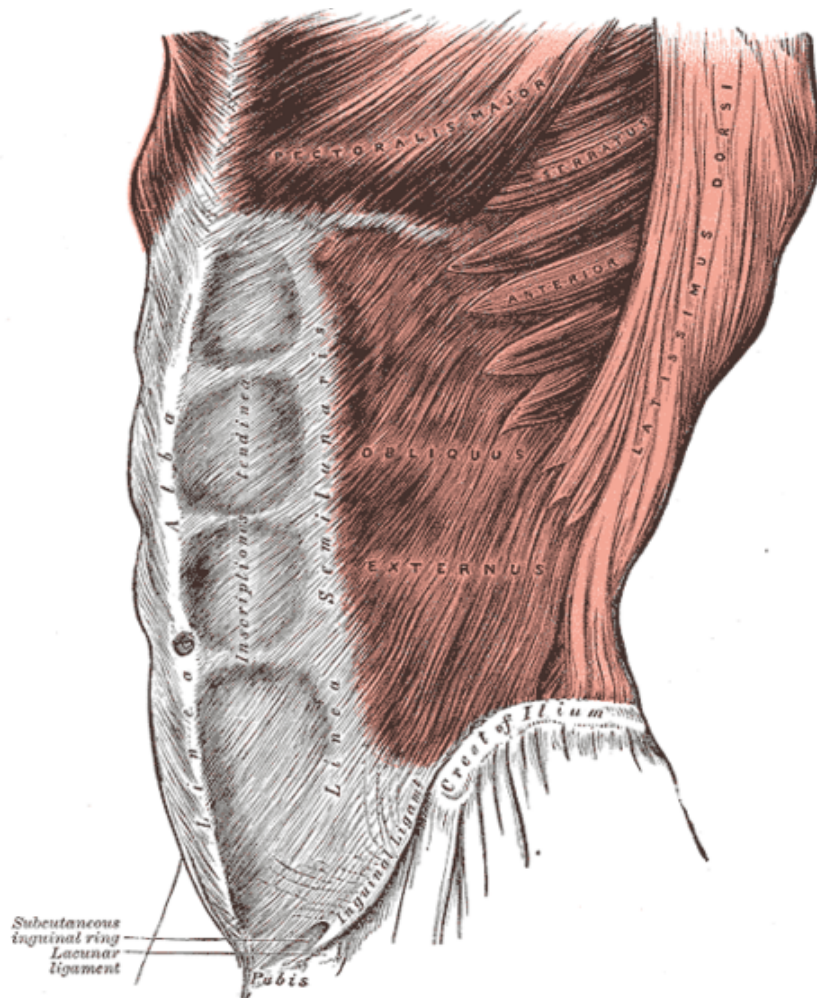
This is important because most people have an Anterior Tilt to their Pelvis. This is due to weak abdominal muscles, poor posture, and for sitting too long for prolonged periods of time. While we can rotate the Pelvis into a Posterior Tilt with Hip Flexion, this only occurs during the autofellation process

(though exercises can be utilized to help restore an Anterior Tilt to a Neutral (or no Tilt) Pelvis. Even if we do use Hip Flexion to increase Pelvic Posterior Rotation, if we already have an Anteriorly Tilted Pelvis, this will reduce our ability to create a Posterior Rotation upon Hip Flexion in the autofellating state.

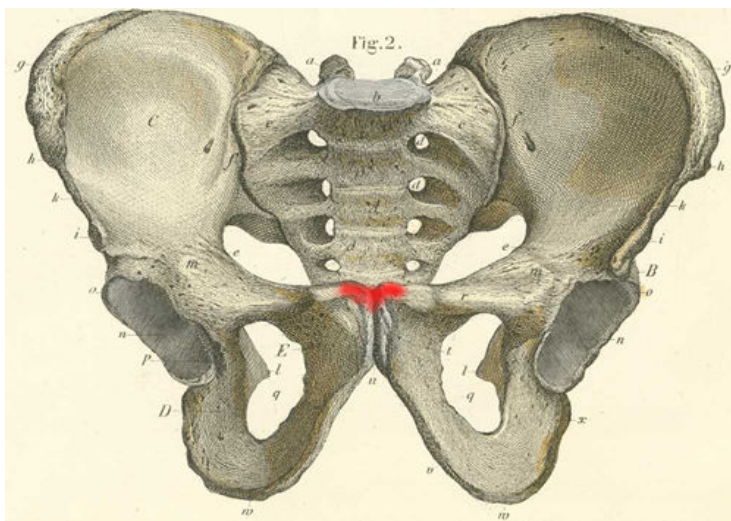
If the abdominal muscles are weak, they won't be able to put tension on and pull up on the Pubic Symphysis to equalize this imbalance. By strengthening our abdominal muscles we will be able to increase our spinal flexibility, as well as increasing our ability to create and maintain a stronger Posterior Pelvic Tilt with Hip Flexion during the autofellation process.

The Linea Alba can be seen in people who have a muscular abdomen that is lacking in excessive abdominal fat. It's that line that runs down the middle of their abdomen (in red, below):





LINEA ALBA – SEEN RUNNING DOWN CENTER OF ABDOMEN IN WHITE



RED AREA ON PELVIS SHOWS WHERE LINEA INSERTS

SIDE VIEW OF INSERTION

Especially when looking at the side (lateral) view we can see how weak abdominal muscles will be unable to pull this part of the Pelvis Up and can contribute to an Anterior Tilt and drive your penis farther away from your head during the autofellation process.

ON THE TOPIC OF EXCESS WEIGHT

As we've just briefly discussed the abdominal area, this is as good a time as any to introduce the concept of excessive weight and its negative effects of the ability for one to autofellate.

There are two major culprits with excessive weight and autofellatio. One of them is the build-up of fat underneath the chin. Call it double- or triple-chin if you like. Some men seem to easily deposit fat in this area. This will restrict the ability for the neck to flex forward as far as possible. Not only that, but it will put excessive pressure on your adam's apple and throat and be, not only uncomfortable, but potential dangerous during autofellation. Start slimming down and get rid of any extra weight under your chin. Exercising the muscles of your neck won't decrease the amount of fat under your chin. It will tone up the muscles, though. What one needs to do is a generalized cardio-vascular workout and burn calories over all. Decrease your intake of calories and increase your output of calories. This is the best way to lose wight.

The second region of importance is the abdominal area. Men have a “gut” for one of three reasons:

- 1) They have excess fat in their abdominal region.
- 2) They have weak abdomen muscles that are untuned and allow the intestines to protrude.
- 3) They have both weak abdominal muscles and excess abdominal fat.

To determine if you have fat in your abdominal region one needs to apply a simple test. Simple contract your abdominal muscles and grab the skin and underlying (fat) tissues with your hand. If you can get a handful or more in your hand, then, chances are that you need to burn some calories.

If you contract your abdominal region and can't grasp any moderate amount of excess tissue, then chances are you just need to tone up and strengthen your abdominal muscles.

Excess fat in this region will restrict the ability for you to flex forward. It will also force too much pressure on the lower portion of your rib cage, as the fat tends to roll up (when in the flexion) position and will especially put pressure and strain on the two lower “floating” ribs that we discussed earlier. This is a great way to fracture these ribs and strain the muscles between the ribs (intercostal muscles).

If you have excess weight in your abdominal area you need to lose it.

Again, doing sit-ups isn't going to burn this extra fat. One needs to start walking, jogging, running, or using something like a rowing machine. This burns calories all around your body and is what you need

to do to burn this fat off. Eat less and eat healthier. Losing weight is very simple: You must burn more calories every day that the amount of calories you are ingesting through eating and drinking. Eating correctly (healthily) and increasing your time exercising is the best way to lose excess weight.

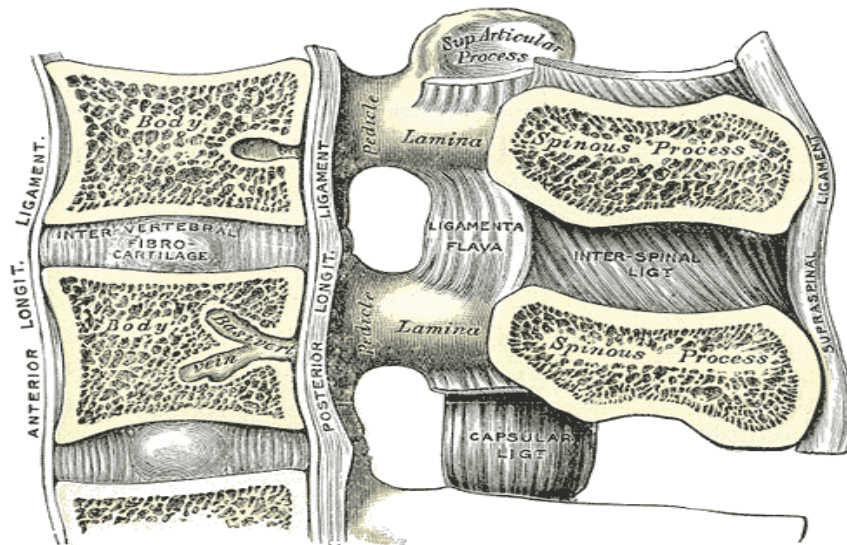
Having a slimmer body will not only make one feel much better, active, and healthier, but it will also increase your ability to autofellate more than you can ever imagine. It is one of the simplest and easiest steps toward autofellation if a man has an excessive amount of fat under his chin and in his abdominal region.

LET'S DISCUSS LIGAMENTS

We briefly discussed ligaments earlier, but let's go into them a little bit deeper.

Ligaments generally refers to fibrous tissue that connects bone to bone or bone to tissue. The ligaments that hold a woman's breast upright are called "Ligaments of Cooper." With time and due to the effect of gravity on the breasts, they begin to stretch out. This is why women's breasts sag with age. Ligaments also help anchor your penis to your body. Ligaments are also what adds stability to your joints. They stabilize the joints by keeping them properly snug and in proper alignment. This is why when someone damages, tears, or ruptures one of their ligaments (let's say the knee), it will usually leave them with a weak joint for the rest of their lives; as the damage to the ligament allows too much "play" in the knee joint which sets it up to be more easily traumatized or damaged due to the decrease in stability from the weakening of the ligament.

The spine and the pelvis are loaded with ligaments. There are ligaments that help keep the bones in the spine in proper juxtaposition and keep the vertebral joints snug and in perfect working biomechanical order. If these ligaments are damaged, ruptured, stretched too much, or abused, it will weaken the strength of the spine and the spine's integrity:



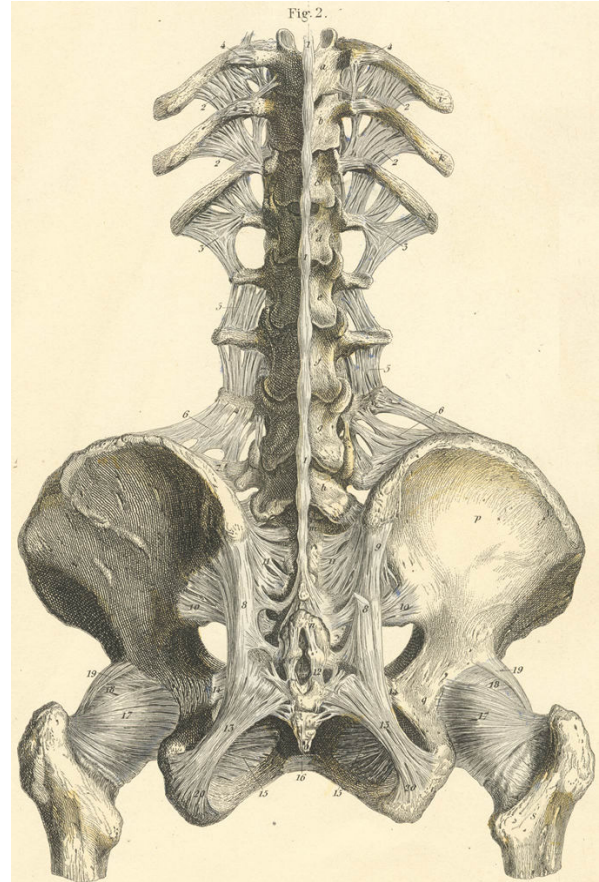
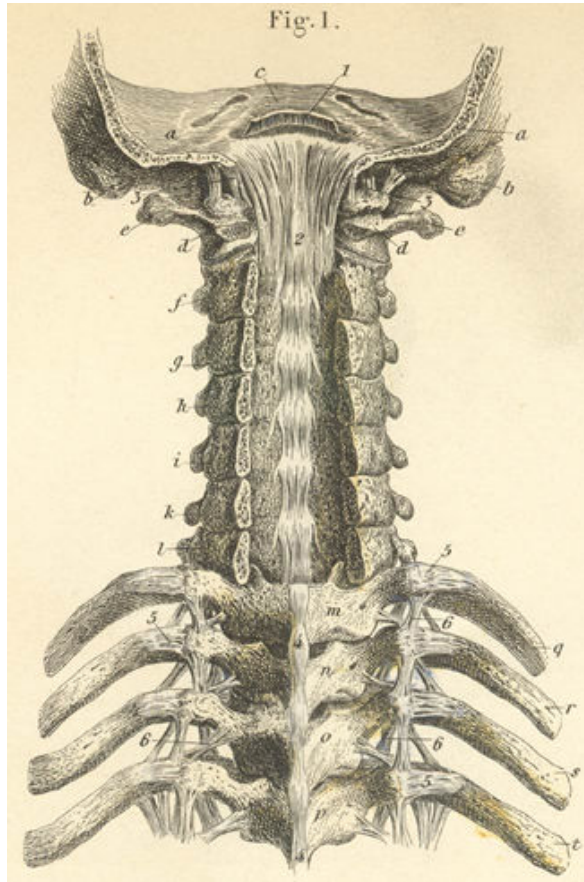
CROSS SECTION OF VERTEBRAE SHOWING LIGAMENTS

In the picture above you can get some idea as to the immense number of ligaments that hold your spine together. At the very back we have the Supraspinal Ligaments, Between the Spinous Processes (these are the bumps you can see or feel when someone's back is flexed over) there are Inter-Spinal Ligaments, Ligamenta Flava Ligaments which connect Lamina to Lamina, Anterior and Posterior Longitudinal Ligaments for the Vertebral Bodies, and others. The Intervertebral Discs are also considered to be ligaments.

You will notice in the picture above that there is a “rounded” portion in the center of the Intervertebral Discs between the Vertebral Bodies. This nodules are referred to as the Nucleus Pulposus. These are centered in these discs and have a very important function. When there is pressure (axially) applied to the spine, such as through walking, lifting, or running, they help to distribute these forces more evenly through the Intervertebral Discs. They also make the spinal joints more of a “bearing” sort of joint. This is because they allow the vertebrae to swivel on these ball bearings for easier mobility of the spine. When someone talks about having a “slipped” disc or “herniated” disc, they are referring to these ball bearings (one per Intervertebral Disc) and what happens to them. With a “slipped” or “herniated” disc, these ball bearings are traumatized enough that they tear through the fibers that hold them in the center of the disc. They then tend to migrate to the edge of the Intervertebral Disc (Disc Bulge) itself and can put pressure on nerves and cause much pain and discomfort. If the Nucleus Pulposus ruptures out of the Intervertebral Disc, this is an Extruded Disc and can be a medical emergency if it impinges on the spinal cord.

This is important information to know, as we certainly don't want too put too much strain on the spine during autofellatio that we compromise or injure these discs. This is why if you ever feel any sharp pains or stabbing in your back while autofellating, or start to feel numbness or tingling into your arms and hands or legs and feet, then you want to discontinue your autofellatio session immediately.

Just look at all the amazing ligaments from rear views of the back of head, neck, and lower back:



LIGAMENTS OF THE HEAD AND NECK LOWER BACK AND PELVIC LIGAMENTS

All of these ligaments are important for proper posture, biomechanics, and health. With autofellatio exercises, we are interested in stretching these ligaments ever so slightly through specific stretches. We do not want to stretch them too much or this can lead to instability in the spine. This is why it is so important to target all areas of potential stretch in the head, back, and pelvis. By extracting each little bit of possible flexion and mobility from all portions of these areas, we will be better able to autofellate without compromising these structures.

It is also why proper nutrition is so paramount with autofellatio. By ingesting the correct nutrients we will be able to ensure that our ligaments are as healthy and as responsive as possible to stretches. This

is especially true of the Intervertebral Discs. The healthier they are, the less chance they will be strained or injured.

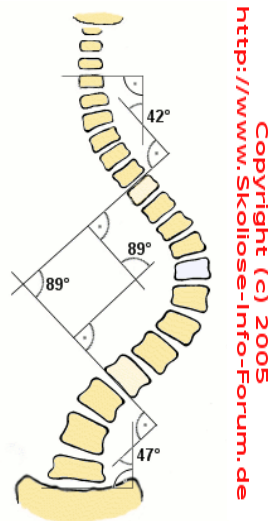
LET'S TALK ABOUT HAVING A STRAIGHT SPINE

We've all heard of such terms as “scoliosis” and chances are the nurse at your elementary school tested you to see if you had one. Let's talk about what a scoliosis is and if it affects the ability to autofellate.

Obviously, as we begin to realize the amazing mechanical structure that makes up our spines, we grasp the importance of the spine being properly balanced and aligned. This is from both a lateral (side) perspective, as well as a frontal perspective.

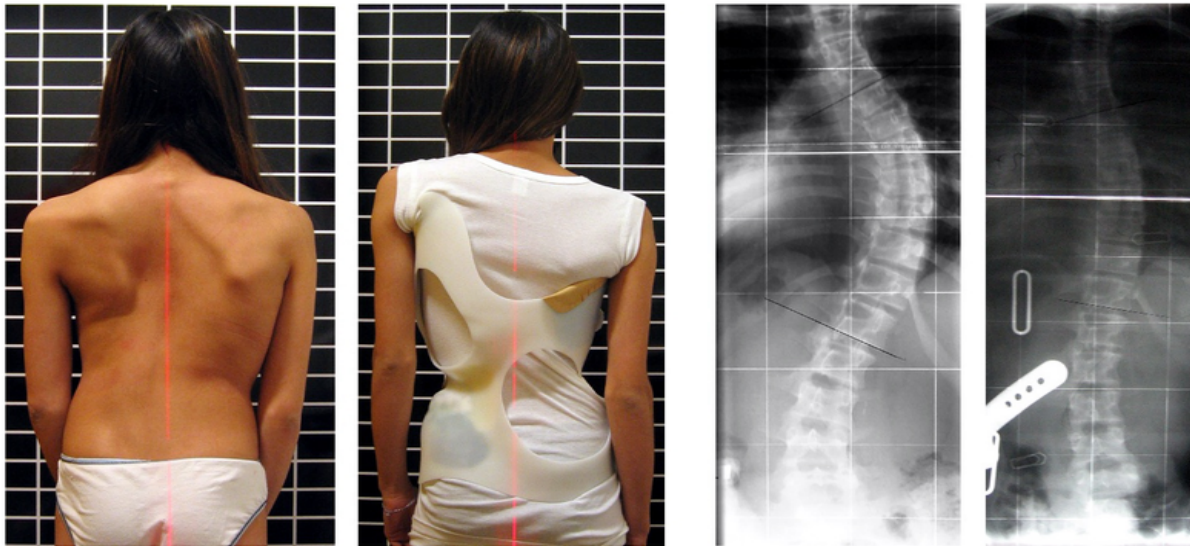
We noted that the side view of the spine shows an “S” type curve and how this makes the spine ten times stronger than if it were just straight. With time, trauma, poor posture, handedness (dominant hand – like right or left handed), and weak muscles, it is easy to lose the “correct” degree of these curves in the resting state. Some curves get straighter and some get an increase in curvature. This affects the spine's ability to function at 100% efficiency. They also work less efficiently when they are flexed or extended, as the normal biomechanical properties have been removed.

The same can be said about a spine that has a curving to it from looking at it from the front or back, such as in this view. This is called a Scoliosis:



SCOLIOSIS OF SPINE

A scoliosis is simply a lateral curvature to the spine when seen from the front or back. Most people have a scoliosis to some degree. Some are more apparent than others. They can be due to muscular imbalance, one leg shorter than the other, deformed vertebrae or pelvis, spinal trauma/fracture, or deformed vertebrae. Below you can see a scoliosis with the accompanying x-ray. Notice the scapula (wing bones or shoulder blades) on her back and the depression the scoliosis makes on the musculature in her upper, middle, and lower back:



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SCOLIOSIS & ACCOMPANYING X-RAYS – SPINE HAS BEEN STRAIGHTENED WITH BRACE

Obviously, a scoliosis like this is going to have an effect on one's ability to flex forward. Because of this type of “curvature” the normal biomechanics of the spine will be compromised and normal motion and function of the back will be impeded. Since such a marked scoliosis like this will also alter the rib cage and the normal setting of the ribs, if one has a moderate to severe scoliosis it may interfere and put undue pressure on the ribs with flexion and could prove to be dangerous. ***Anyone with such a scoliosis should reconsider autofellatio and most certainly discuss with their physician whether it is contraindicated or not.***

Those who have a minor type of scoliosis (and most of us do) are wise to try and correct the curvature. This should be done with the help of a specialist (an orthopedist or chiropractor can be quite helpful). However, a lot of times “handedness” plays a role in the formation of a sciotic spine. Handedness refers to whether someone is right handed or left handed, as this will be the dominant hand and arm in their body ***and will also represent the dominant foot and leg.*** Those who are right handed will have developed stronger musculature on the right side of their body, as they use it more than their left side. This causes muscular imbalance and will affect your spine. By starting to use your non-dominant hand

(side) more than your dominant hand (side), you can help alleviate some of the spinal and musculature imbalance. Remember, everything we can do to increase the functionality and flexibility of the spinal regions (and associated structures) is Important. Even a small scoliosis will affect flexion (and extension and rotation) abilities in your spine.

Also, too, take note of your posture. Some folks like to sit on one leg or sit off to one side in their chairs; even when driving. Try to make an effort to sit more symmetrically. If you've slept on one side for most of your life (let's say in a lateral position with your left side down) then even things like this can contribute to the formation of muscle imbalances in your pelvis and spine and contribute to a scoliosis. Try to do things in a symmetrical fashion in all your daily and night-time activities. Make an effort to “switch over” and use your non-dominant hand and side more often.

WHEN IS THE BEST TIME TO AUTOFELLATE?

That's certainly a good question when we discuss the biomechanics of the spine, pelvis, and body. Certainly the best time to autofellate is when you are relaxed, have plenty of time, and certainly won't be disturbed or distracted by other people. The last thing you want is to have your sister walk in on you when you are performing this technique. In instances when you are unsure that you won't have 100% privacy (which, I know, may be difficult) it's probably best to hold off and wait until you have some true undisturbed time to yourself.

Night versus day is also a question with autofellatio. On one hand it's best to autofellate after you've had a decent night's sleep. When you sleep this helps your muscles and ligaments relax and this will help one to flex more easily. Your muscles and ligaments will certainly be more taught and tight after a hard day's work. Especially if you are doing physical activity or sitting poorly in a non-ergonomic (poorly designed from a biomechanical point-of-view) chair.

However, the night time is recommended, too. The reason for this is the same reason why you are taller in the morning than at night. And this is due to those Intervertebral Discs we discussed. They are filled with fluid. When they are compressed during activity during the day, the bones of the Vertebral Bodies absorb the fluid from the discs. When one sleeps (or lays down for long periods) and gravity is no longer compressing the spine and discs, then the fluid migrates out of the Vertebrae and back into the discs making them thicker. This is why you are taller in the morning. But at night, the length of your spine will be decreased and make it easier to reach your penis with your mouth during spinal flexion.

One should experiment and discover which time of morning, day, or night is most suited for themselves. With time you will easily be able to discern which is the most opportune time for autofellatio to get the most out of your positioning.

PREPARATORY MEASURES

This a topic that is well worth reading numerous times and doing whatever you can to implement these concepts. As we noted earlier, every possible thing you can do to encourage flexibility in your back and pelvis is going to be extremely worthwhile. Especially when we reach the point where we can actually put our glans in our mouths and want to work our way down the shaft; you, too, will realize that every little bit counts. Here are some ideas worthy of implementation for you. Some may be out of bounds, while others may just require a little ingenuity and creativity to utilize in your autofellatio work-out program.

INVERSION:

Inversion, when we discuss the human being, is the act of inverting or turning upside-down the body. This may seem fairly inconsequential but it definitely has positive results for the autofellationist. Humans spend most of their daily lives either sitting, standing, or walking around. This puts an axial force on the spine and helps compress our intervertebral discs. Gravity is the culprit here and it puts undue pressure on our spines and pelvises (not too mention other parts of our body).

The idea is to “invert” the spine (or human frame) and reverse the negative affects that remaining in an upright or sitting state does to us day after day. By inverting the human frame, we reverse the gravitational pull on our bodies and help “distract” or “traction” our bodies to encourage more circulation to the spine and its ligaments, as well as stretch out the same muscles and ligaments of these areas.

Some sports therapists, physical therapists, and chiropractors have Traction Machines. If you can get your hands on one of these, it will have the same results without having to invert your body. Problem is, if you don't have access to this type of equipment you will have to do something on your own to compensate for your lack.

There are Inversion Machines/tables that you can purchase. These are basically cots that one lays on mounted on a rotating frame. You pull on the sides or redistribute your weight and they invert themselves so that you are lying on this cot, however you are in the upside-down position with your head at the floor and your feet (properly held in place) up in the air. Gravity pulls your body in the opposite direction it is used to and it is a wonderful way to distract your spine. These can be purchased on-line for about \$200.00 and are very healthy and worthwhile, especially for those who suffer with headaches or lower-back pain of a mechanical nature.

You can also purchase Anti-Gravity Boots which do, essentially, the same thing. You can also install a hanging bar and hang upside-down with your knees locked around the bar. Be careful, of course.

What I utilized was a ladder wedged at 45 degrees under my back porch. I put a towel on the fifth rung (the rungs will dig into the back of your knees and hurt like hell) and hung upside-down from my knees. You will feel the blood rush instantly to your scalp (BTW, they say it's great for baldness). I would gently hang from the rung and feel my spine stretch out. Occasionally you will feel one of your vertebrae lightly “pop” into place. I would then hang and gently rotate my trunk from side to side. It feels wonderful and will really help you stretch out your back. Relax your muscles and let gravity do the trick – Don't fight it.

HANGING UPSIDE:

While hanging upside-down may be a little difficult, one can also utilize simple hanging methods to stretch out and distract their spines. Simply hang by your hands from an overhead bar so that your feet are not touching the ground. Relax all the muscles in your body (apart from your grip) and let gravity stretch you out. You should feel your pelvis pull down (from gravity) and help distract your spine.

AUTOSPINAL DISTRACTION:

This is a rather simple technique that should always be performed before autofellatio. Either lay on your back, sit cross-legged, or you can stand still for this maneuver. However, laying on your back is preferred, as you won't have the affects of gravity to combat. This is similar to the *Urdhva Hastasana* Yoga position. Simply stretch your hands and arms out over your head, as if you are reaching out to touch the stars in the sky. Stretch your arms out toward the sky as intensely as you possibly can while pushing your fingers as far up as they will possibly go. You should feel some small “pops” in your back as your spine is being distracted (the vertebrae will begin to naturally separate and fall into place). You can also try flexing your neck (while tensed) forward and backward and the upper part of your back to encourage more balancing and distracting of the vertebrae. Slight extension of the spine is also rewarding in this position to ease back tension. If one can contract the muscles that pull the scapula (shoulder blades) toward the spine, this is especially helpful in straightening your upper back and will usually reveal a few “pops” in this area. This is also a great way to relieve tension if you've been sitting at a desk all day. Again, this should always be performed before autofellatio. The picture is on the next page:



(C) 2007 Joseph Renger

URDVA HASTASANA YOGA POSITION

BACK WALK:

This is a method they use in Oriental cultures to help with back tension, pain, and to help relax the muscles of the back. Typically, a person lays face down on a cushioned table and there are ropes hanging above. A petite person (usually a woman) of about 100 pounds will gently walk on your “back.” This is generally targeted on either side of the spine. They have to be careful not too walk to far outside of the spinal region, as they can fracture a rib if they are not careful. They use the ropes

overhead to help stabilize themselves. The neck muscles can also be “massaged” this way, as well as the buttocks. This type of pressure on the buttocks is exceptional for helping release a locked up pelvis. It feels wonderful and is great for relaxing tension in the back. It is also common to hear small “pops” as the vertebrae help get realigned from this method.

If you have a partner, child, or brother or sister who is not very heavy and can understand this concept, then have them try gentle walking on your back. Remember that they shouldn't walk on the center of the spine (the spinal area, this is where the bumps of the spinous processes are) but more on either side of the spine. Again, be careful that they don't get too far away from the spine so that they are putting undue pressure on the outer areas of the rib cage. This is an excellent way to relax the back and help realign it.

HOT TUB:

If you have access to a “hot tub” type of spa, take advantage of it. The increased heat will help relax the ligaments and muscles of your back and spine. Do your best to ensure your neck muscles are under water, too. This is a great preparatory measure before autofellating, as your muscles and ligaments will be much more supple. The hotter the better.

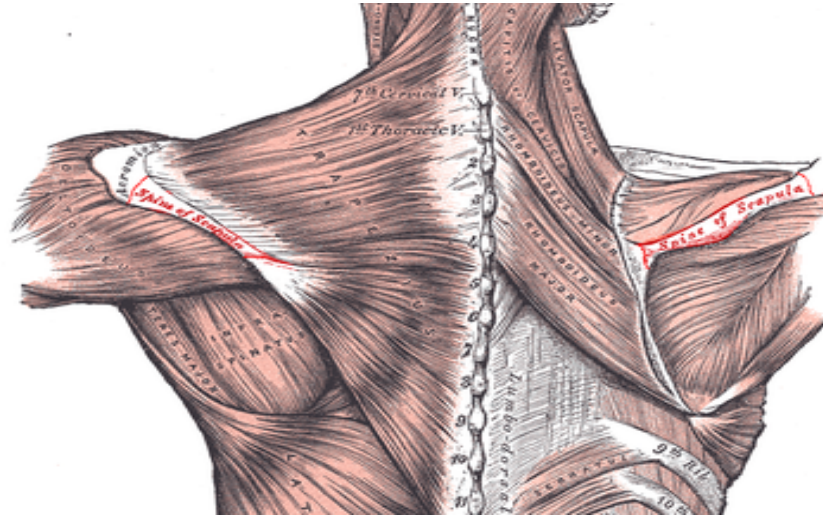
HOT SHOWER:

This utilizes the same concept as the Hot Tub. Turn your water heater as high as it will go (don't burn yourself) and let the hot water hit your neck, back, and back of your legs. Flex your spine and neck while the water pelts against your body. Again, the hotter the better. This will aid in your flexibility more than you can imagine.

MASSAGE:

A hard-core massage is definitely advised for the autofellationist. Don't waste your time with a “feel good” massage. No. You need some serious muscle work. Rolfing is a deep form of massage that will bring tears to your eyes but will do wonders for relaxing your back muscles. Have them concentrate on your neck, sub-occipital muscles, *Muscles of the Scapula (Shoulder Blades) – Especially those Next to the Spine & Deep and Superficial Muscles, too*, mid-back and lower back, pelvis, posterior and

lateral leg muscles, calves (with special attention to your achilles tendons), and the bottom of your feet. Truly the concept “No Pain – No Gain” is essential here. Make them work their tails off getting every little knot and tensionized muscle fiber out of your system.



SUPERFICIAL MUSCLES OF SHOULDER BLADES

PELVIC AND SPINAL MANIPULATION:

Manipulation is the term where your spine is set into proper alignment. Most people are familiar with chiropractic treatments, as chiropractors are quite skilled and educated in this type of medicine. Osteopaths and some other practitioners utilize manipulation but, personally, I would stick with chiropractic for this type of manipulation of the spine and pelvis.

I believe most health insurance covers these types of treatments so it's worth looking into to see if your health insurance covers it. They may also have traction machines that can help with spinal alignment and physiotherapy devices to help relax muscles. Ask them to help straighten any spinal vertebrae that are out of alignment and to help align your pelvis. This will do wonders for your ability to autofellate.

STEAM ROOMS:

Steam rooms are similar to hot showers and hot tubs. Your best bet of finding one of these is at a local exercise gym. Again, the longer and the hotter (the steam room session), the better. Anything you can do to loosen up your muscles will make a world of difference. Especially before starting to stretch out these same muscles, as they will respond so much better (and less stressfully and painfully) if they are relaxed. *Wet heat* is more penetrative than *dry heat*, so this is a great way to relax and loosen up your muscles.

FINNISH SAUNA:

I say “Finnish” sauna as I have no experience with devices that are called “Infrared Saunas.” A true Finnish Sauna is a wood-lined room with benches and a heater. The idea is to sit or lay in the sauna for long periods of time and sweat. Through the sweating process, the body detoxifies (through sweating) and the muscles/ligaments/tissues get very relaxed. Again, the hotter and the longer the better; However, one must be acclimated to the sauna before they try excess temperatures for longer than fifteen minutes. In North America (USA and Canada) sauna temperatures, by law, are not allowed to exceed about 200-degrees fahrenheit. This is truly a shame. Most saunas in the rest of the world get up to 300-degrees fahrenheit (for male saunas) and allow the person to sit on the level of bench which is most comfortable for them (regarding temperature – The lower the bench, the lower the temperature). Fifteen minutes in a 300-degree fahrenheit sauna and you'll be able to suck yourself mad after you've finished. Again, it'll cost you about \$2000.00 to have one fitted in your home or you can visit a gym to gain access to a sauna, just like a steam room.



VERY NICE HAND-MADE SAUNA BY FRANK VINCENTZ

If you do have access to a sauna, I would use as much water on the rocks as possible to generate as much humidity as possible. It's a more intense sauna, but, as we mentioned earlier, *wet heat* is much more penetrative than *dry heat* and you will have much better relaxation and loosening up of all of your muscles and ligaments.

That begs the question - *“Can I suck myself off in a sauna...?”*

Let's See:

SAUNASOLMU:

Saunas, in most European countries, are typically associated with prostitution. That is, a man enters a “sauna” center, has a massage, relaxes in the sauna, and then has sex with the woman/man of his choice.

People who have never visited such establishments commonly mistake that one would have sex in the sauna with the prostitute. This is hardly the case. The oxygen levels are severely decreased in a sauna and any type of activity (including talking) will quickly tire one out and leave them short of breath. Of course, the benches are made out of wood that is rather hard and it would be quite an uncomfortable place to have sex (but, who knows, really – I've never tried sauna sex). A bed, in my opinion, is and would be much more comfortable.

What about *Saunasolmu*? Some of you may have heard of this term or technique regarding autofellatio and the Finnish Sauna. This is a word that is attributed to the religious expressionist Ior Bock from Finland (Finland is the home and origination of the sauna, though it is now believed to have gained root in Ukraine and then headed up into Finland and East into Russia). Bock is quite interested in spiritualism and Yoga practices. The practice of “Saunasolmu” (Literally – Sauna Knot), according to Bock, is (at least) a two-thousand year old ancient tradition where men would learn special Yogic poses so that they could autofellate in the sauna. The idea was to bring oneself to true autofellatio (*which actually does mean that you actually reach orgasm – Technically it doesn't count if you don't or can't, BTW*) and ingest one's own semen. This is to help ensure that not even one drop of semen is wasted; as this is a very “magical” and special fluid and it should never be discarded.

Bock's favorite Yoga pose for Saunasolmu is Yoganidrasana:



Photograph of AV Sidersky (Ukraine)
by Dmitry Yanchilenko

YOGANIDRASANA (LEGS BEHIND HEAD) TECHNIQUE

Bock has some other interesting ideas about autocunnilingus (where a woman eats herself out in the sauna) and the sharing of “sacred” fluids (sexual fluids between friends, the same sex, and others) for its effects on increasing fertility, health, and to help encourage their neurological flow and vitality through oral sexual practices, including, but not regulated to, “69-ing.” This all starts, according to Bock, at the age of seven, as this is when these special Yoga techniques and “recycling” of fluids needs to be implemented.

While the sauna will most certainly help one relax – both mentally and physically – I can admit that I have never tried to fellate myself in the sauna (I, thankfully, have access to a private sauna). I've never even gotten an erection in the sauna. Perhaps I will try it one day. The reader is welcome to experiment; however, I wouldn't try it at your local gym. That could be quite an embarrassing situation.

INCREASING SEMINAL OUTPUT

While we are on the subject of ingestion of seminal fluid, I would consult with your doctor before attempting such delicacies. There are many ways of increasing seminal output. For one, it takes sperm about 30 days to mature. So, give your body time to get some sperm up to maturity level. This means

not masturbating or having sex for at least 30 days – *That means NO orgasms for 30 days.*

Sperm, when they are ejaculated in the vagina, utilize seminal fluid as a food source, as a fluid to travel in, and to decrease the acidity of the vagina so that they can survive. By increasing your number of healthy sperm what do you also increase? You increase the amount of seminal fluid you ejaculate, for the reasons stated above. So creating healthy and strong sperm is one way your body increases your seminal fluid output.

Stop smoking and stop drinking as these will harm the quality and quantity of your sperm. Eat foods that are high in zinc or take a decent zinc supplement (get it at the health food store). Celery, wheat germ, and albumin are great -- You can get these at the grocery store. If you have a juicer start juicing celery like crazy. These will all help you naturally increase your seminal output. Rice (whole grain brown rice is best) and other starchy foods will help send your seminal output to porn-star levels.

Increasing your consumption of water will increase the volume of your ejaculate but it will become thinner and not as thick.

IMPROVING THE TASTE OF YOUR SEMEN

The best way to improve the taste of your semen for you and your partner is to remember that you are what you eat. If you eat crap, your semen will typically taste like crap. Booze and cigarettes will also make your semen taste horribly bitter and nasty. Remember, your body is basically one huge chemical plant. Your body ingests food-stuffs and then breaks these down and extracts amino acids, minerals, nutrients, and vitamins that your body needs to manufacture such things as chemicals and hormones that your body needs in order to function. If you dump all kinds of crap into this chemical factory, then crap is what you will get in return. If you're popping ibuprofen and other over-the-counter drugs all day, the taste of these drugs will definitely carry over into the taste of your semen, too.

Stop eating junk food. Stuff like chicken wings, potato chips, and the burritos they sell on the corner. Increase your intake of fruits, vegetables, and grain products. If it looks like it will affect the taste of your semen, it probably will. Again, you are what you eat.

You can sweeten the taste of semen with some juices. Pineapple juice is excellent as a semen sweetener -- The fresher the better. Stay away from the highly-processed junk that's made from concentrate that you will get at your typical grocery store. This stuff has been pasteurized so intensely that it's basically nutritionless and dead. Opt instead for the juices they sell at the “organic” food stores. These stores are all over the place now. If you can get some fresh pineapple and eat it that way, this is great, too. Strawberries and kiwis also seem to have a positive taste on seminal fluid. Make yourself a smoothie in the blender with some ice cubes, juiced celery, wheat germ, strawberries, albumin, and pineapple.

NUTRITION

Nutrition is an important factor in the ability to autofellate. *It is also important as a preventative measure against injuring your muscles or ligaments during autofellating.* Proper nutrition will help increase the flexibility, strength, and health of the tissues needed to allow you to autofellate. Its importance can not be stressed enough. Please, take all of this very seriously.

First of all, since we will be re-training or newly-training our muscles, joints, connective tissue, and bones to deal with this new added amount of flexion and mobility we want in our backs and pelvis, it is important that we supplement the proper nutrients that will allow our bodies to HEAL FASTER. The exercises and stretches involved in autofellatio are typically positions and strains that your body is not used to. This means that they will be put under more intense pressure and stress than they are used to. It also means that for them to change shape and form to fulfill their new duties, they will have a much greater need to Repair Themselves. This is very important. We want to build the healthiest and strongest tissue possible. Without the proper nutrients to do this, we will only weaken our systems.

What you need to rebuild and heal these tissues:

Boron

Manganese

Magnesium

Copper

Zinc

Calcium

Vitamin C

Vitamin A

All B Vitamins

Vitamin K

Vitamin E

Vitamin D

Amino Acids (Especially L-Lysine)

Phosphorous

Sunshine

Plenty of Water

Cod Liver Oil (Omega-3 Fatty Acids)

It is essential to feed your body these nutrients, minerals, and vitamins. I would start at least one week before you start seriously stretching and working on your autofellatio techniques by adding these to your diet.

Connective Tissue – Joints, Ligaments, Muscle Tendons:

These fibers are typically made up of something called Collagen. Collagen is dense with proteins and water. The best way to ensure these fibers are healthy and up to the task is to take plenty of **Amino Acids and Water**. Amino acids are the building blocks of proteins. A good-quality Amino Acid supplement will do wonders for these fibers. Get a good quality supplement at a “organic” grocery store. Don't go for the cheap brands at the more conventional types of stores. With supplements, you truly get what you pay for. They make cost 10% more, but the results are 90% better.

Also take:

Antioxidants – Especially Vitamins A, C, & E

Cod Liver Oil (for Fish Oils)

Sweating is also an incredible necessity. This is why serious weight lifters head for the sauna after their workouts: Because they know they will heal up much faster and have less pain and soreness after a good sweat. Sweating helps detoxify and flush out the toxins and biochemical end products from a joint, muscle, and connective tissue workout. One doesn't need a sauna to sweat. A healthy jog or run during the hot day will also help. Also, any other type of cardio-vascular workout should get you sweating. Anything you can do to get rid of this waste and replace it with healthier nutrients is definitely to your advantage. Again, water is essential in this process, too. If you sweat a liter of fluids in the sauna, then you need to replace this fluid. Don't replace it with soda pop or some other junk. Replace it with pure and clean water to help your body become cleaner, stronger, and healthier.

Connective Tissue – Intervertebral Discs:

Autofellatio and these types of stretches in general put a very large load and strain on the Intervertebral Discs. As we mentioned before, the last thing you want to do is injure or herniate one of these discs. So anything we can do to keep them properly nourished is of extreme importance. Ensure these are in your diet:

Copper

Zinc

Vitamin A

Vitamin B6

Vitamin C
Sunshine for Vitamin D
Tons and tons of fresh and clean water
Cod Liver Oil

Water is an extremely important necessity, very especially when we are going through the “growth” process of allowing our bodies to become autofellatio ready. When tissues are pulled, strained, or put under any other form of tension, water is needed. Water will help filter out the used nutrients and deadened cells from this process and help expel them from the body.

Bones:

Your bones also need to be addressed, as they will be put under new strains and loads that they are not used to dealing with, much less with even being familiar with.

Boron
Magnesium
Calcium
Phosphorous
Sunshine for Vitamin D

Bones are also made up of Collagen, so we also need:

Amino Acids (Especially L-Lysine)
Water

Stop drinking coffee or sodas with Caffeine – Caffeine increases Calcium loss through urination.

Ensure that you get plenty of Magnesium. 50% of your body's magnesium is in your bones. Under stressful conditions Magnesium is lost in the urine. By “stressful condition” I don't mean things like just getting fired from your job. Simple things such as not getting enough sleep or having the stereo on too loud can have your body excreting Magnesium like crazy. Booze, cigarettes, and caffeine can wreak havoc with Magnesium, too. So can some medications. Magnesium is a very sensitive mineral and the typical “Western” diet is sorely lacking in enough Magnesium.

When bones are being strained and are being repaired, your need for Magnesium goes through the roof. Do not underestimate the importance of Magnesium when you are going through your autofellatio journey. It's a very essential mineral that most of us don't get enough of.

Get out in the sunshine at least once a day. The sun's rays are extremely healthy and needed for proper body function. Don't go out and get a sunburn, just ensure that you get some direct sunlight onto your body and skin at least once a day. ***Sunlight is also very invigorating and acts as a libido enhancer.***

Reducing Pain & Inflammation from Autofellatio Workouts:

Since we will be utilizing muscles we haven't frequently used before and stretching ligaments that have yet to be stretched, it's inevitable that some pain and inflammation will occur, as well as some possible spasms and cramping. What are some of the things that one can do to reduce the incidence and intensity of these symptoms?

Drink Plenty of Water

Free Radical Production – Start taking Anti-Oxidants

Cut Sugars (Especially Refined) Out Of Your Diet

Eat Lean Red Meat with Little Fat

Naturally-Forming Vitamin E Supplements (Not Synthesized in a Chemical Plant)

Increase Intake of Potassium

Get Plenty of Sunlight

Increase Vegetables in Your Diet (Uncooked is Preferred), Fruits are Not Preferred

Increase Your Intake of Omega-3 Fatty Acids (Fish are a Great Source or Cod Liver Oil)

Ginger Root (Juice it, Cook with It, or Get a Supplement)

Fats get a bad rap these days but fats are extremely important in the building of cells (cells can't be made without fat) and for hormone production. The problem is what type of fats to ingest. Any sort of cooking oil that comes in a clear container should be avoided at all costs. Light breaks down natural oils so these “real” oils will come in either dark brown, dark green, or black bottles. If it's in a see-through bottle, don't use or purchase it.

Fish are high in Omega-3 Fatty Acids so increasing your intake of fish is a great way to get natural and healthy fats into your diet. Nuts are also a wonderful source of nutrients and healthy fats. If they are unroasted, this is even better. Take some natural Cod Liver Oil supplements. This supplement is extremely healthy and will work wonders for your joint health and reducing joint and ligamentous inflammation.

WHAT DO MUSCLES NEED FOR HEALTH?

Most of this has already been covered in the prior discussions with the exception of Potassium. Potassium is essential for increasing the functionality and strength of muscles, as well as keeping them from becoming strained and from cramping.

Amino Acids, again are high on the list, as proteins are important for muscle strength and health.

Don't forget Antioxidants to help the muscles heal. Omega-3 Fatty Acids, again, are at the top of our list for healthy muscles – **Get some Cod Liver Oil.**

SO WHAT DO I REALLY TAKE?

That's the best question of all. It's easy for someone to give you a list of minerals, vitamins, enzymes, and amino acids to take. However, buying twenty bottles of pills is likely to be the last thing anyone wants to get involved with. It's expensive and a pain to keep track of all of these things. Here's what I suggest the Autofellationist does to help him in his autofellation journey:

- 1) **Drink Tons of Water**
- 2) Cut Out Refined, Canned, or Processed Foods
- 3) Eat Nuts as a Snack (Preferably Raw)
- 4) Stop Drinking Sodas, Alcohol Beverages, and Quit Smoking
- 5) **Get a GOOD Cod Liver Oil Supplement and Take It**
- 6) **Get a GOOD Amino Acid Supplement and Take It**
- 7) **Get a GOOD Multi-Vitamin/Mineral and Take It**
- 8) **Get a GOOD Anti-Oxidant Supplement and Take It**
- 9) Take an Additional Zinc Supplement
- 10) **Take an Additional Magnesium Supplement**
- 11) If Eating Meat – Eat Fish and Lean Red Meat
- 12) Eat Plenty of Vegetables – Fruits, too, but More Vegetables than Fruits
- 13) Stop Eating Anything Cooked in Processed Oils or Any Type of Margarine
- 14) Get Out in the Sunlight and in the Fresh Air
- 15) Get Plenty of Sleep
- 16) Cut Out Stress in Your Life – Easier Said than Done, I Know. If Necessary and Possible, Dump the People or Situations in Your Life that Stress You Out – You'll Be Better Off For It.

And one more thing... I know this is cheating, but this is what I do: You can get “Joint” supplements at the Health Food Store or Organic Grocery Store. These are typically tablets or capsules with many of the important ingredients needed for muscle/joint/connective tissue healing. They aid in flexibility and the health of these tissues. They cost about \$25/bottle and will last about a month. Get the best quality available. Over time you can ween yourself off these supplements so that you only need a tablet or two a week.

We've covered this before, but it should be repeated: A lot of the “supplements” you can pick up in the Typical “Mart” stores are hardly anything worth taking. A lot of them are synthetically produced and the quality is quite poor. Some of these tablets are packed so tightly together that your body won't even digest them and they'll be eliminated in your fecal material (trust me, I see these all the times in X-Rays of the Lower Intestine). If you purchase the cheap stuff, literally, you are just making expensive urine. Spend the extra time to seek out one of these Organic Grocery Stores (like Whole Foods) and talk to the folks who work in the supplement section. Surprisingly, most of these people really know what they are talking about and can direct you to the best supplements available; especially one of these muscle-joint-connective tissue supplements. You'll pay extra for these types of products, but they will actually have a very positive affect on your body. Again, with this sort of thing you get what you pay for.

One other thing... Minerals, Vitamins, and Nutrients are better absorbed by the body if they are naturally-occurring in the foods you eat. Just changing your diet to focus on vegetables, grains, and lean red meat or fish meat will do wonders for your system. Juicers are also a great way to juice vegetables and fruits and get all the vitamins, nutrients, and minerals just as Mother Nature originally and properly designed them. ***If juicing, throw in a little fresh Ginger Root or fresh Garlic (easy on the garlic, it's pretty intense).*** These are both Anti-Oxidants and just about help with everything in the body.

YOGAFELLATIO

This section will be composed of four areas, all of which are important:

- 1) **Specific Muscle Targeting – Superficial Back Line**
- 2) **Specific Release Mechanisms**
- 3) **Specific Stretching**
- 4) **Specific Yogafellatio Techniques**

Yogafellatio is the term I use to define using Yoga positions/stretchers to perform Autofellatio.

THE FOLLOWING IS VERY IMPORTANT: SPECIFIC MUSCLE/FASCIA TARGETING THE SUPERFICIAL BACK LINE

We are going to utilize specific muscles/fascia to help “break” up locking and tension in these muscles. This will help increase flexibility and mobility in the upper neck, spine, and pelvis. A great way to test how amazing these simple exercises is, before doing these exercises, stand up and bend over and try to touch your toes. Note how far you can flex. Then, after the exercises have been completed, stand and bend over again to see how far you can flex. The results will amaze you.

We all know what Muscles are. These are what moves are joints so that we can perform mechanical tasks. ***Fascia is the fibrous covering of muscles.*** It has many purposes, one of which is to keep the muscle fibers tightly packed together for better performance.

We noted before that the body works synergistically and not individually. The **Superficial Back Line** is a great way of showing how this works. The muscles of different portions of the back of the body all connect (through fascia or muscles) to form a daisy chain. This way they can help communicate with each group when we are performing movements, such as walking. If the calf muscles can better communicate with the thigh muscles – to let each other know what they are doing – then mechanical movement will be much smoother and more easily attained.

The Superficial Back Line maps out these muscle groups and how they are connected to each other through segmenting fascia and muscle connectivity. One of the important aspects that the Superficial Back Line does is to help keep your body in the erect state. These are composed of very strong and dense fascia and muscles. For example, your achilles tendon is part of this system. Without this system, the muscles on the front of your body would be strong enough that they would make you curl up in a fetal position (Spinal Flexion in a “C” Curve). So, they counter-balance the effects of the flexor

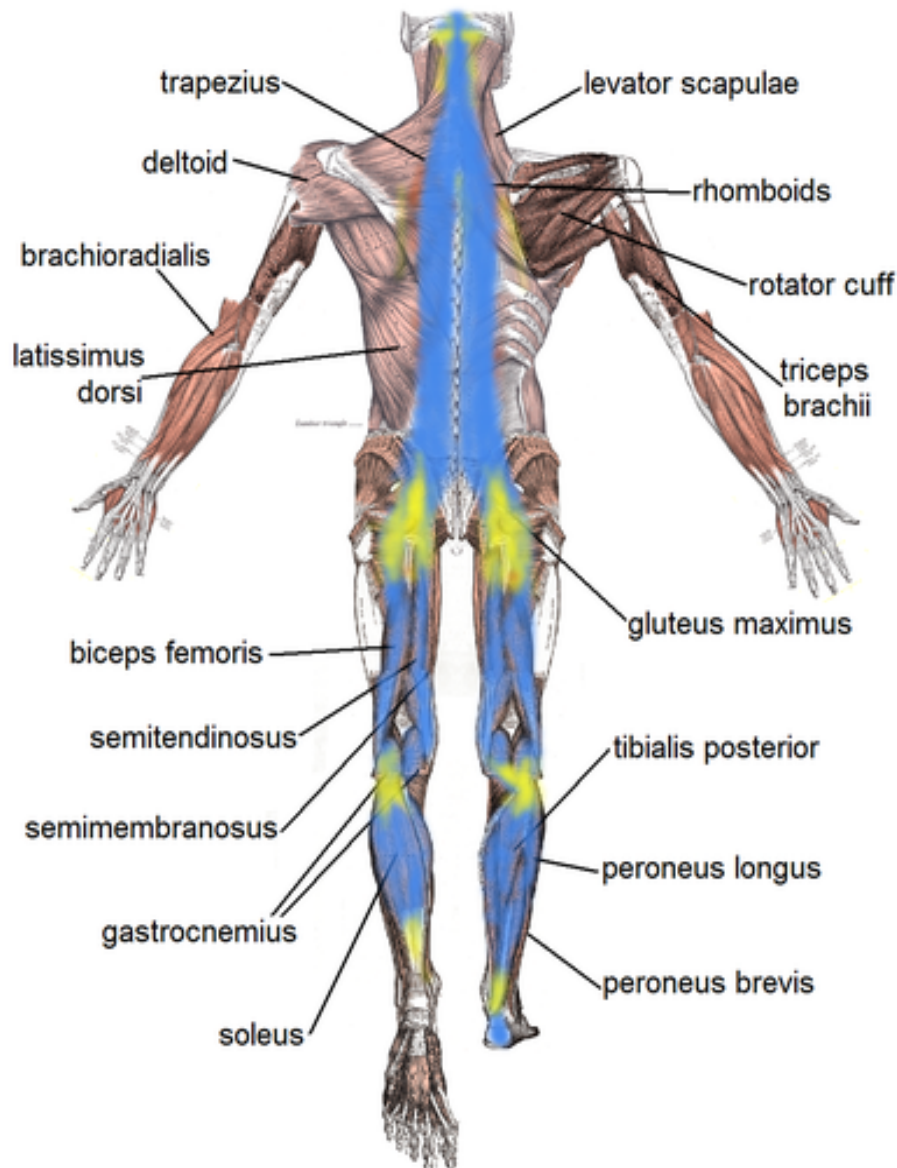
muscles in the front of the body.

This is important to the autofellationist, for if the muscles and fascia in the Superficial Back Line are unhealthy, knotted up, or too tight, then what will happen? ***They will put more of an extensive (extension) force on the spine and restrict flexion of the spine.*** This is really important, especially as the Superficial Back Line incorporates the Pelvis and Base of Skull, which we want to increase mobility in order to autofellate. Again, as noted above, if you want to see what really happens when we target these muscles, you only have to try and touch your toes before and after the exercises to see the difference. You will be amazed at the increase in flexibility.

The Superficial Back Line starts at the fascia at the bottom of your feet. Then it connects with your achilles tendons and your calve muscles. From there it connects to your posterior thigh muscles (hamstrings), from there it goes into the Pelvis via the Sacrotuberous Ligament to connect with the lower back muscles and fascia. It heads up the spine and into the neck, hooking into the sub-occipital muscles (back of skull) and fascia. It then runs up over the top of the skull to interlock with the muscles of the forehead and ends in the ridge above your eyes. Why an interest in this line? Because it can cause Anterior Pelvic Tilt and “releasing” this Line will do wonders for performing Autofellatio.

Interestingly enough, the anatomical center of this Line is at your Pelvis. ***Which, to the autofellationist, is paramount for properly be able to autofellate!*** **However, the most Functional aspect of this Line is the muscles in back of the skull and just below the skull. Again, of extreme importance to the autofellationist, as we previously explained its importance with the Atlanto-Occipital Joint (Skull and First Vertebrae).**

The Superficial Back Line is shown on the next page:

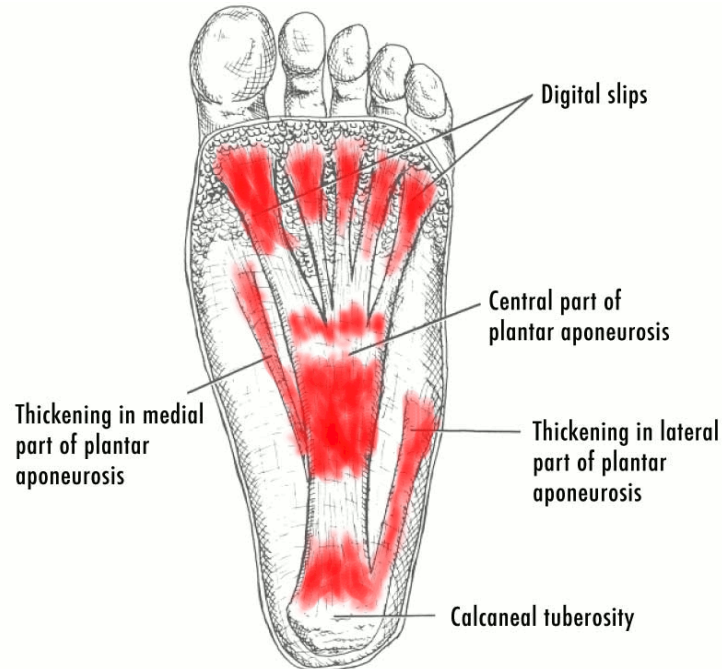


SUPERFICIAL BACK LINE – MUSCLES IN BLUE AND FASCIA IN YELLOW

There is also a Superficial Front Line that works to counter-balance the Back Line. In this way, these two planes balance out the body. However, we are mainly interested in “unlocking” the Back Line, as it will allow us much more forward flexibility. There are a series of exercises and massages that you can do that will work wonders for releasing this Line. Again, test your range-of-motion bending forward as far as you can before the exercises. The try it again after the exercises have been performed. You will see a world of difference.

We are going to start at the feet and work our way up through the body (to the head) to release this line for an increase in spinal, head, and pelvic flexion.

THE FEET



PLANTAR FASCIA OF FOOT

The feet are the very foundation of the body and are an integral part of all joint and body functions. Make no mistake about it, this is a VERY important part of your body you need to target. Above is a drawing of the Plantar Fascia. It runs at the bottom of the foot and helps create the arch of the foot. Over time and abuse, this fascia gets knotted up and fails to work and respond properly. Especially from poorly fitted and improperly designed shoes. Just releasing the knots in the plantar fascia will work miracles on your ability to flex forward. Trust me. It will blow your mind.

The main areas we want to target are colored red. Simply take a wooden pencil with a full eraser at the end. Using the eraser portion of the pencil, gently work it (massaging) into the red areas above. Some of these areas are likely to hurt like hell. This is great. This shows you have a problem (remember pain is a warning sign that tells you something isn't quite right). Work the eraser in harder and harder into these sore spots, over time and sessions. You should spend about five minutes per foot. Go easy at first, as you may get some residual soreness that makes your feet rather uncomfortable.

Perform this exercise every day, Five Minutes per Foot.

Once you have finished using your eraser, use both thumbs and slide them from the bottom of these areas to the top of these areas. This more generalized form will also help loosen up the fascia and should feel good.

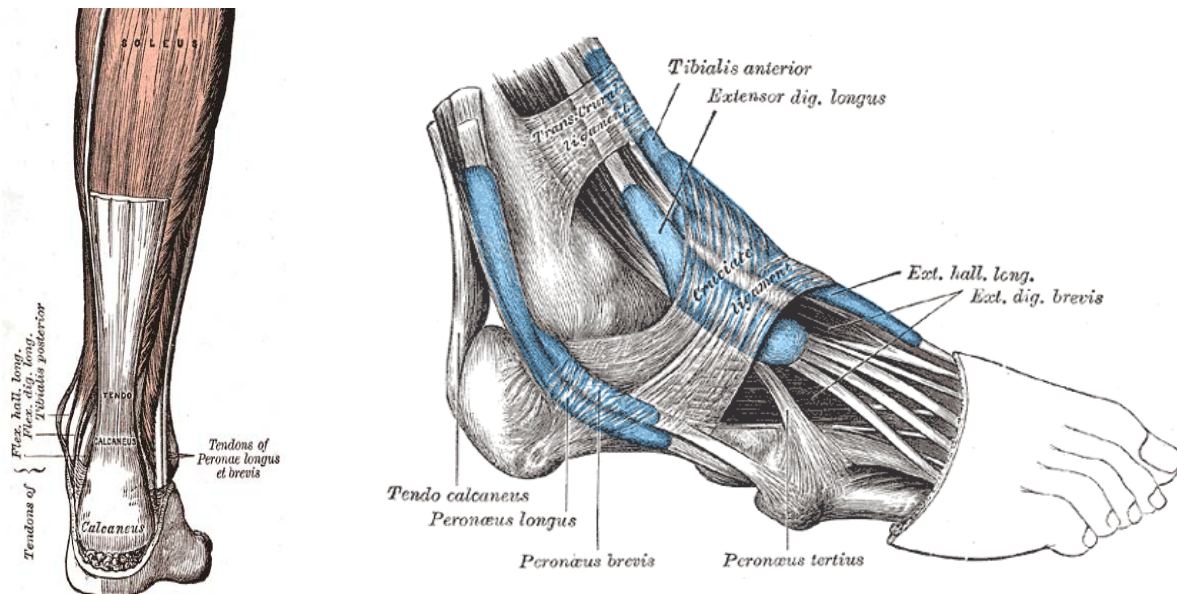
PLEASE NOTE: THIS NEXT EXERCISE IS INCREDIBLY IMPORTANT!

Next, get yourself a golf ball. You can perform this sitting or standing. Standing is preferred but be careful with your balance. Simple roll the golf ball under the areas of your foot. Put as much pressure down on the foot as possible. This will also help work out these knots. Perform for Three Minutes per foot, every day.

Perform this exercise every day, Three Minutes per Foot.

THE ACHILLES TENDON

Next we will target the Achilles Tendon:



ACHILLES TENDON BACK AND SIDE VIEWS

The achilles tendon is the strong tendon that inserts into the back bone of your foot (calcaneus bone). It is labeled Tendo Calcaneus in the pictures on the previous page. The achilles tendon is the next phase of unlocking the Superficial Back Line. Take off your shoes and sit with your legs crossed. Using one hand, take your first two digits (Thumb and Forefinger) and grasp the tendon. Work up and down the tendon with moderate pressure, as you use your other hand to push the top of your foot forward (as you would if you are standing on your tip toes – see the red arrow in the picture for direction to push).

Here is the area to target with thumb and forefinger (in brushed red):



Push with your one hand against the foot in the direction of the arrow. This will put extra tension on the Achilles Tendon. As the tendon and muscle start to loosen up, you can apply more tension. Stroke the “RED” area with your thumb and forefinger (of your free hand), as if you were masturbating this tendon. ***Massage deep and light, hard and soft while you flex the front of the foot upward.*** This will do wonders for loosening up your hamstrings and calve muscles.

Perform this exercise every other day, Three Minutes per Foot.

THE CALVES

Next we will move on to the calves. The calf muscles help stabilize the body and act as shock absorbers when we squat, walk, and run. They also act as a propulsion center to get you moving in a forward direction. With poor posture, sitting for too long of periods, and general abuse over time, the calves tighten up and restrict the body. These restrictions will be felt in the hamstrings, knees, pelvis, and lower back. We are interested in “releasing” them, as it will allow the autofellationist to reach greater degrees of flexion.

This next exercise will amaze you as you probably had no idea how painful and tense this area is. To work on the calves, you can use your thumbs or use a cross-legged approach and use the outside of your kneecap to work out and release these knots. If you are seated, just feel to the outer edge of your knee cap. You will feel a bony and hard surface. This is merely the lateral aspect of your knee cap. This release method is very simple and you can perform it anytime you are seated. Let's take tightness in the Right Calf for example. Seated, simply bring your Right Leg up (and crossed) so that the Calf is sitting on the left knee cap. Then, using the chart with the outlined red areas, work your left calf into this boney process. You can also put pressure down with your hands on your Right leg to have more of an effect. Here is a generalized picture showing the positioning and the area of the knee cap you will use to work out these knots:



Photo By Stefano Mortellaro

THE RED MARKING ON LEFT LEG IS USED TO MASSAGE UNDERSIDE OF RIGHT LEG

Here are the areas (on the next page in RED) you will work out through this type of massage. You will be amazed at how painful and tight these areas are. By releasing and working this knots out we will have more mobility in our spine and pelvis. Pay special attention to the undersides of the bottom of the knee joint. You can also work these areas out with your thumbs:



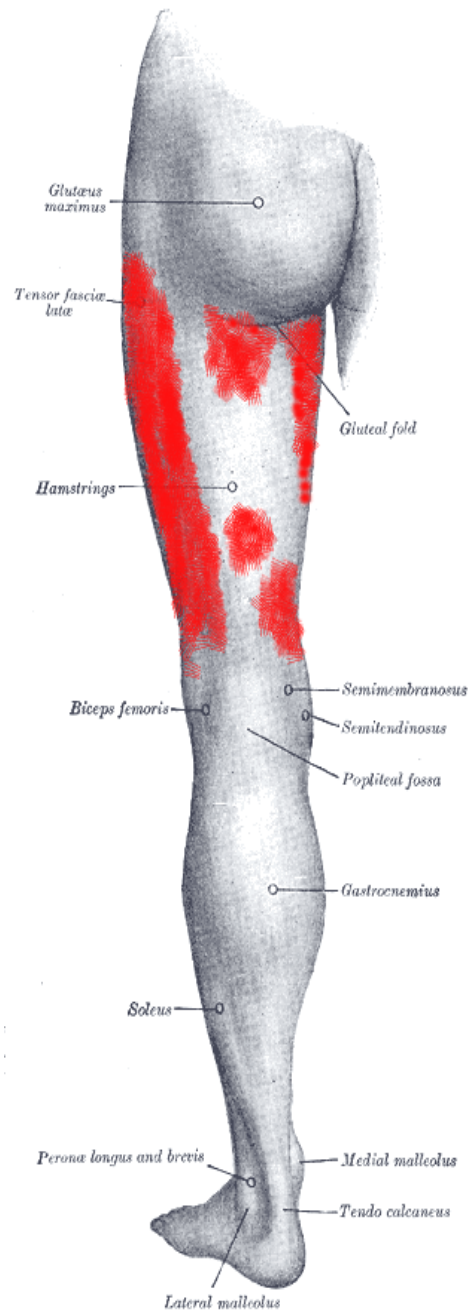
Photo Copyright Oxfordian Kissuth

RIGHT CALF WITH RED AREAS SHOWING POINTS NEEDING RELEASE

Perform this exercise every other day, Five Minutes per Calf.

You should feel some discomfort and pain on your back and legs from doing these targeted exercises. People are so used to being so knotted up and tense, that our minds start blocking these pain signals out after a while. We then wind up with all of these biomechanical problems and don't even realize they exist. Just from doing these forms of release, you will have more energy, feel younger, and feel much healthier. Let's move onto the posterior (rear) thigh:

POSTERIOR THIGH



POSTERIOR THIGH AREAS TO BE TARGETED IN RED

Again, these areas need to be worked out and addressed. All of these examples will do wonders for increasing your spinal and pelvic flexibility. I realize that these areas may seem totally unrelated but they are completely related and are of extreme importance if one wants to be able to autofellate. Most men can get within two or three inches of their penises from their mouths without any work or special training. Getting those extra inches is the really difficult bit. If we can pick up just a degree of flexion here or a tiny amount of suppleness there, when we add them all up together, it allows us to be able to properly autofellate. Think of it as a car that you want to increase its performance. You add stiffer springs, thicker sway bars, better shocks, and everything else you can. One small change may not make much of a difference, but improving every little thing you possibly can will boost your handling to extremes. Same with the engine. Add a windage tray, add some free-flowing headers, install a higher lift cam shaft, get a better coil and distributor... Again, one of these changes isn't going amount to much, but if you add everything you possibly can, you'll wind up with an engine that can blow anybody's doors off.

For the back of the thigh, you can utilize a golf ball again and use it to roll and knead into the these areas. They, too, will be tender and painful. With time they will release and you will need to apply more pressure to really get to the bottom of these knots. The pain is caused from the tissue being unhealthy. When tissues like this “knot”up, it restricts proper blood flow (and hence fresh nutrients) to the area and you get a build up of toxins. The pain, again, is you body telling you that these areas have problems.

I have a set of silverware that has a fat and rounded handle (at the end). I typically use this to knead into the muscles behind the leg. If you utilize something like this, be careful to target the muscles and fascia. Don't dig into any nerves or arterial areas.

Perform this exercise every other day, Five Minutes per Thigh.

LATERAL THIGH

We are now going to target the Lateral Thigh or the side of the thigh. These muscles and fascia wrap into part of the back of the thigh muscles and fascia so we need to address these muscles, too. One great way to work these out is to use a small rolling pin. Just lay on your side (on your bed, for instance) and deeply roll the rolling pin into these muscles to break up the knots. Be careful up toward the hip, as you don't want to bruise any of your pelvic bones. You can also use your fingers (thumbs) to knead out these areas or you can use your golf ball. Something like a tennis ball will also work extremely well in these areas. You want to work on both sets of muscle and fascia on the Right and Left sides. Again, you will feel tenderness and pain initially. With time and numerous sessions, this tenderness and pain will begin to subside.



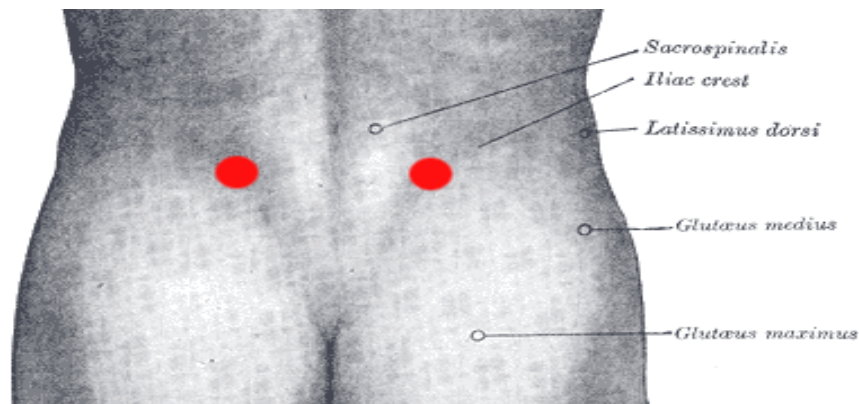
Photo By Sérgio Savarese

LATERAL THIGH RED AREAS TO TARGET

Perform this exercise every other day, Five Minutes per Thigh.

PELVIS

We're now going to move onto the lower back and unlocking the pelvis. There are two dimples on your back that are level with your pelvis. These are where the Poster Superior Sacral Iliac Spine (PSIS) is (a boney protrusion of your pelvis). These dimples are caused by the connection of the ligaments and fascia to this area. First we want to locate these dimples. Standing, deeply press your thumbs just under the dimples. If you don't have dimples, you should be able to find them by feeling for the PSIS in this area (on the next page):



THE RED AREA MARKS DIMPLES OR PSIS LOCATION

To release pelvic tension, simply depress your right thumb below your right dimple and your left thumb below your left dimple...

NOW... Press Moderately Hard.

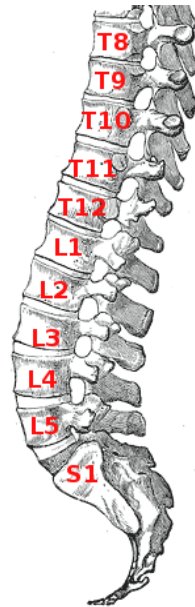
Now, **SLOWLY** extend your back (arch your spine backwards) while continuing to put pressure on this area just under the dimples. Increase the pressure as you arch back as far as possible (within reason, of course). Once you have extended as far back as is safely possible, continue to add pressure with your thumbs and hold this position for ten seconds. Now, **SLOWLY** flex your spine and body forward as far as you can (like you are going to touch your toes). Continue to apply as much pressure as possible. Hold this far flexed position for ten seconds and then slowly (with continual pressure by the thumbs) return your body to the normal upright position.

Perform this exercise every day, Ten times per Day.

This will do wonders for releasing tension in your pelvis and increasing flexion in your pelvis. Now we want to perform the same technique on the lower back:

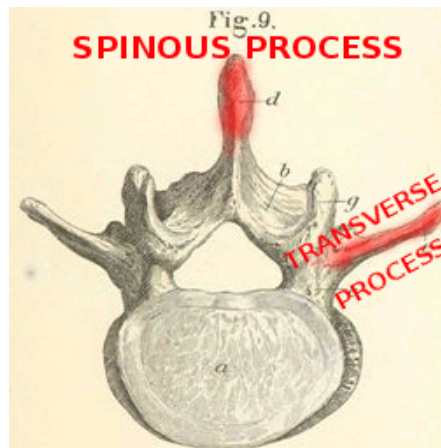
LOWER BACK

Recall that we mentioned that the greatest amount of flexibility in your lower back comes from the L5-S1 Joint. This is also what is known as a “transition” area, as we go from Lumbar Vertebrae to Sacral Vertebrae. The same happens at the lower part of the mid-back, where the Thoracic Vertebrae (T12) transitions to Lumbar Vertebrae (L1):



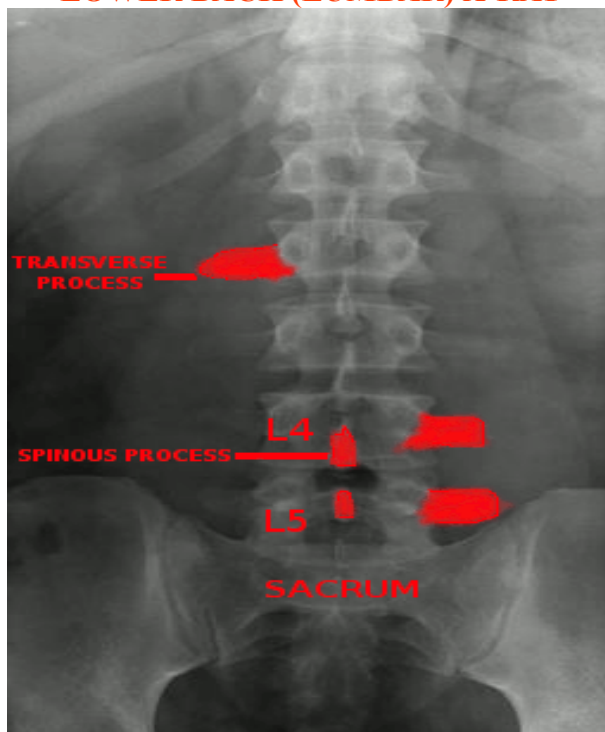
SIDE VIEW OF SPINE SHOWING LOWER THORACIC, LUMBAR, & SACRAL VERTEBRAE

If you look at your back or the back of someone else, you will see bumps in the middle of the back. These extend from the neck down to your Pelvis. These bumps are formed from the Spinous Processes of the Vertebrae. Muscles and ligaments attach to the bones to help move the spine. You also have something called Transverse Processes. These are on either side of the vertebrae and also have muscles attached to them that allow you to have mobility in your spine.



LUMBAR VERTEBRAE WITH SPINOUS AND TRANSVERSE PROCESSES IN RED

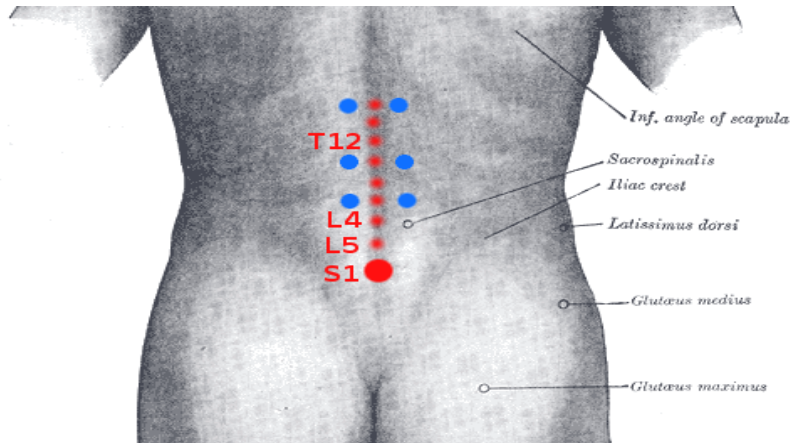
LOWER BACK (LUMBAR) X-RAY



NOTE: SPINOUS PROCESSES IN CENTER & TRANSVERSE PROCESSES ON SIDES

We now want to do what we did with the Pelvis just a minute ago. And that is, we want to put pressure with our thumbs on the areas of the Transverse Processes, Extend our backs with continual pressure

(from our thumbs), then flex forward with continual thumb pressure:



LOWER BACK – SPINOUS PROCESSES IN RED – TRANSVERSE PROCESSES IN BLUE

Start with L5, then L4, L3, L2, L1, T12, and T11. For each vertebrae, slowly extend the spine backwards with pressure from your thumbs (Right Thumb on Right Transverse Process, Left Thumb on Left Transverse Process). Go as far back as you safely can, then hold the position for ten seconds. Slowly Return back to Neutral and then slowly flex forward. Hold for ten seconds. Then slowly return to Neutral.

Do L5 through T11 (in this sequence: L5-L4-L3-L2-L1-T12-T11). One right after each other. Take a break if you feel tired or strained. Then rest a moment and then start the process again. You should perform each of these seven levels five times, apart from L5 which you should do ten times.

Perform exercise every day, L4-T11 Five Times, L5 Ten Times.

MID-BACK (THORACIC SPINE)

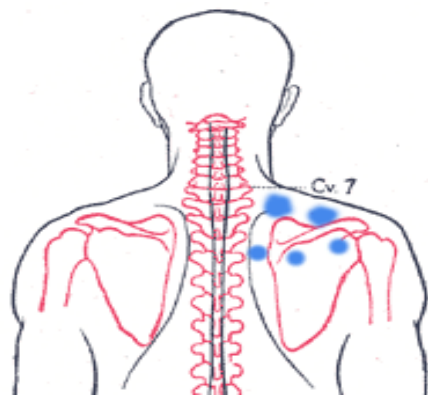
The next logical step would be for the mid-back. However, there isn't much flexion in this area due to the rib cage. If you are able to reach your hands up high enough to perform the exercises we just discussed in the Lower Back (up into the lower Thoracic Vertebrae), you are welcome to do so. They certainly will help loosen up these muscles and help unlock this region. Remember, every little bit we can add to increasing our flexibility is priceless.

We can, however, unlock these areas and take pressure off of the Superficial Back Line in this area. It is a simple exercise. All you need is a tennis ball. Stand with your back against a wall and place the tennis ball on the muscles on the left part of your mid-back and roll the ball with these muscles against the wall. Tender and sore areas will stand out immediately. Work these out as you continue to roll the ball with your back muscles. Then simply transfer the ball to the Right side of your mid-back muscles. This will not only feel great but help relieve a lot of tension in your mid-back, especially if you work at a desk (sitting) all day. About Five Minutes for the Left and Five Minutes for the Right should be fine.

Perform exercise every day in Mid-Back Muscles.

SHOULDER AREA

While the Shoulder Area isn't a direct part of the Superficial Back Line, there are, however, areas that will restrict forward motion and to interact with the Superficial Back Line. These are known as Trigger Points and we need to release them for improved autofellatio abilities. These will also work as a great exercise to get more range of motion in your shoulder. Notice the drawing below:



TRIGGER POINTS IN BLUE

There are two on the muscles of the shoulder blade and one next to the shoulder blade near the spine. They are on both sides of the body. There are other trigger points but these are the five we are most interested in.

Using your Right hand, reach around the back of your head and push into these three areas on and around the Shoulder Blade. They will typically feel like semi-hard nodules and be sore to the touch. Using whatever fingers are most comfortable and strongest for you dig into these with the tips of your fingers for about a minute. Then hold pressure on the knot for about two minutes. Keep applying pressure while you hold it. Relax and proceed to other Trigger Points. First do the Right Side then the Left Side. Do each one, on each side, Five times. Remember these are only the three bottom ones.

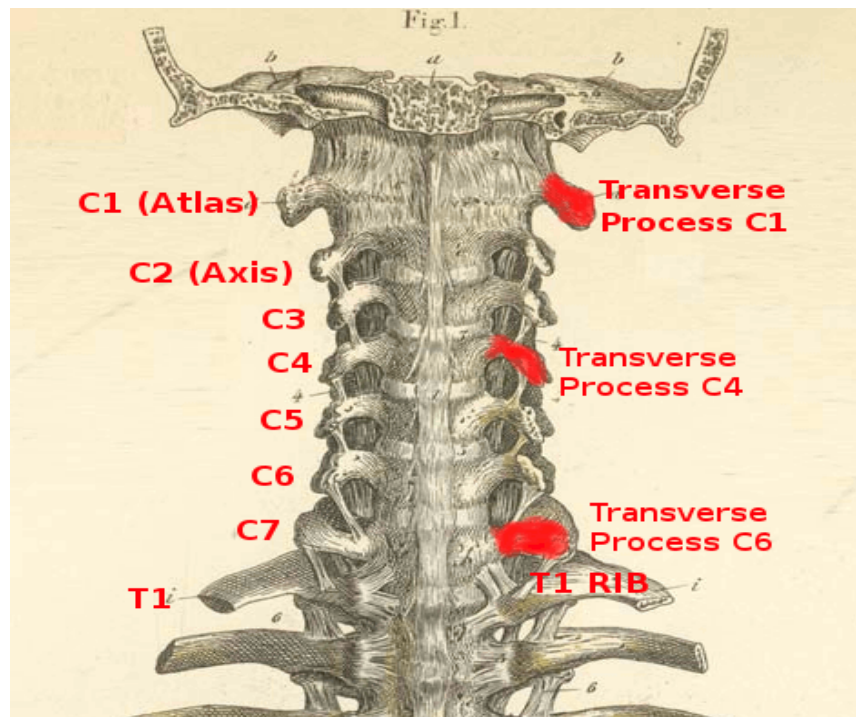
Perform exercise every day, Five Times at The 3 Knots - Both Sides.

Next we move to the upper two Trigger Points shown in the last picture in Blue. Using your Right Hand, start with the outer Trigger Point on the Right Side. Reach and front and press firmly down on this area. Again, you will feel a knotted area and it will likely be sore and tender to the touch. Now, take your Left hand and place it at the back of your head. Using Resistance with Neck Muscles, Flex your head as far forward as possible (your chin toward your chest). Continue to apply pressure to this Trigger Point with your Right Hand. You should feel it pull under your hand. Hold this position for ten seconds and then slowly return to neutral. Then move to the second Trigger Point closest to the spine. Repeat process. Do both knots Five times each on both sides.

Perform exercise every day, Five Times, Both Knots, Both Sides.

NECK (CERVICAL SPINE)

Now we want to unlock and release the neck region. We will be doing a similar extension/flexion exercise to release the neck muscles. Here are the bones of the neck:



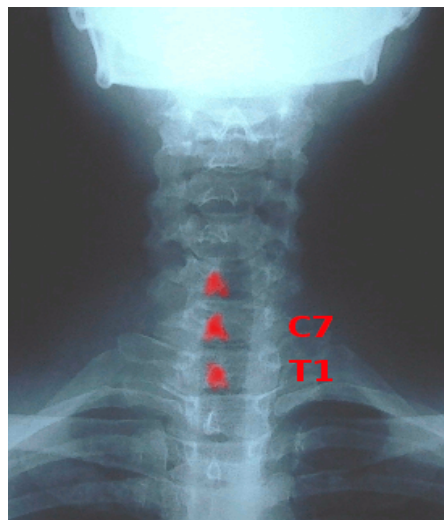
CERVICAL SPINE WITH MUSCLES REMOVED FROM BACK

You will see and feel a large bump at the bottom of your neck (at the back side) in the center. This is the Spinous Process of C7 and is the largest and most prominent bump in the area. It is also known as the Vertebra Prominens:



YOU CAN SEE THE SPINOUS PROCESS OF C7 OUTLINED IN RED (SIDE VIEW OF NECK)

Here is an X-Ray of the neck looking at it from the front:

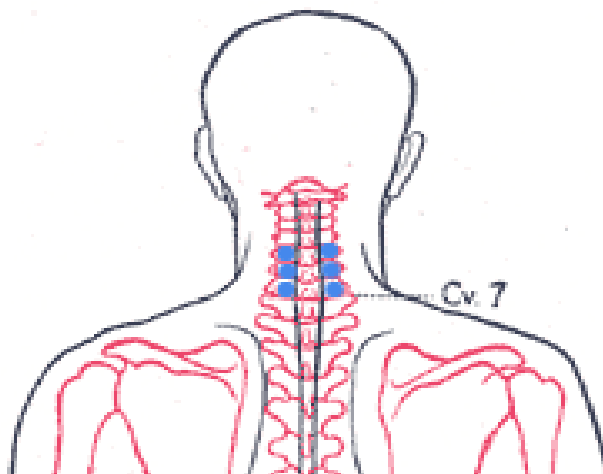


THE THREE RED AREAS ARE THE SPINOUS PROCESSES OF C5, C6, & C7

We are showing these landmarks to give you an idea as to where you should target pressure to release the muscles. The Transverse Processes on either side of the Vertebrae must be targeted. We will only use C7, C6, & C5. We will unlock the upper area of the neck when we go to the Sub-Occipital area.

This can be performed standing or sitting. Feel the Vertebra Prominens on your neck. The big bump in

the center. Simple move to the side of this bump just a bit, so that your fingers are up against the side of the bump. Use your third finger on your hands. Press your Left third finger on the Left side of this bump. Now press your Right third finger on the Right side of this bump. Press hard and extend your neck back as far as you can (like you are looking up at the ceiling). You may feel some instant release in your muscles and joints. Keep pressing and hold this position for Five Seconds. Now, slowly flex your neck forward as far down as it can go (bring chin to chest). Press harder with your fingers as you slowly flex your neck. Hold this position for 10 seconds and slowly return to Neutral. Perform Five times at Vertebral Levels C5, C6, & C7.



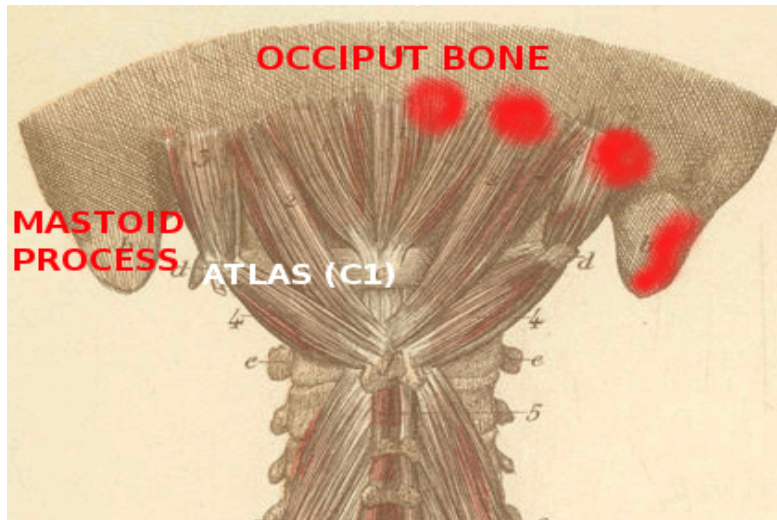
BLUE AREAS ARE WHERE PRESSURE IS APPLIED

Perform exercise every day, Five Times at C5, C6, & C7.

SUB-OCCIPITAL REGION (BELOW SKULL)

Here's the last area we will be targeting that will help us release not only the Atlanto-Occipital Joint, but the Superficial Back Line, too. It is one of the most important segments to target in unlocking your body's ability to flex forward. There are devices and gimmicks one can purchase to help work out these areas but they are hardly needed.

[Continued on the next page]



BACK OF SKULL WITH OCCIPUT AND MUSCLE ATTACHMENTS

You can see where all those small muscles insert into the back of your skull. That's called the Occipital Line. The Mastoid Processes are located just behind the bottom of your ears. They are also part of the Occipital Bone. Atlas (C1) is also visible in the diagram, as well as some reddened areas. The reddened areas are where we want to focus (on both sides of the head, of course).

You can feel where these muscles insert into the back of the bottom of your skull. Just Extend your head back and resist with the muscles of the back of the neck and you will feel where they attach to this Occipital Line. Starting with the First Red Dot (seen above) that is in the mid-line of the skull. Locate this area on both the Left and Right sides of your skull. Press your Right thumb into the Right “knot” and your Left thumb into the Left “knot.” Dig into these knots with pressure and a circular movement. **They should be sore and tender.** While continually putting pressure on these knots with your thumbs, Extend your Head back with resistance (from the muscles as far as it can go). Keep applying pressure. You will feel the muscles tighten and they will become even sorer as you extend your head back. Extend back as far as possible and hold for Ten Seconds. While still applying Pressure with your Thumbs. Flex your Head Forward and continue to resist with the muscles in your Neck. You will feel the muscles pull and tighten. Keep Applying Pressure! Flex forward as far as possible and hold this position for Ten Seconds. Slowly Extend your Head to the Neutral Position and continue to apply pressure with your thumbs. Relax. Even without the pressure you should still feel soreness in these

areas.

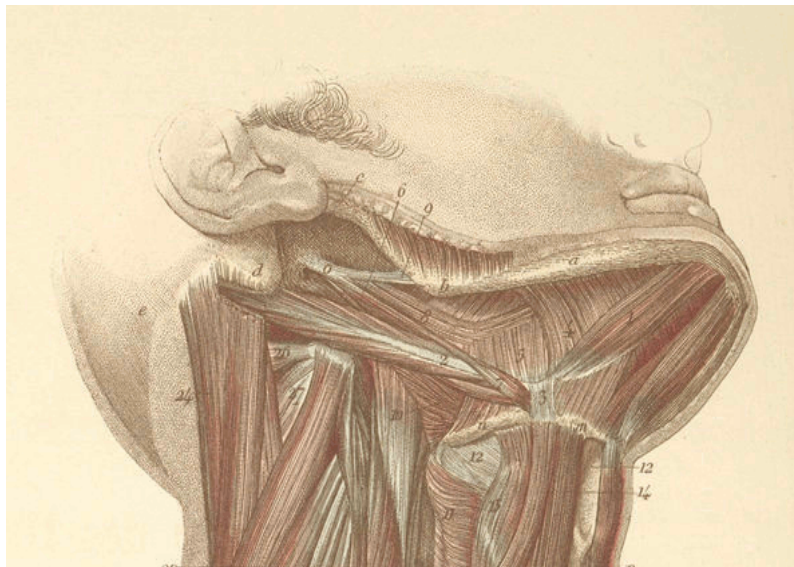
This should be performed on all three of the Red Dots Above (on both sides). **THREE TIMES PER DAY.** Initially, you should perform them every other day for about a week, as they are likely to be sore

and tender. After a week you should be able to perform them every day, three times per day. This works marvels for headaches that are caused by tension and strain. You might even find that your eyes feel much better and don't tire out so easily.

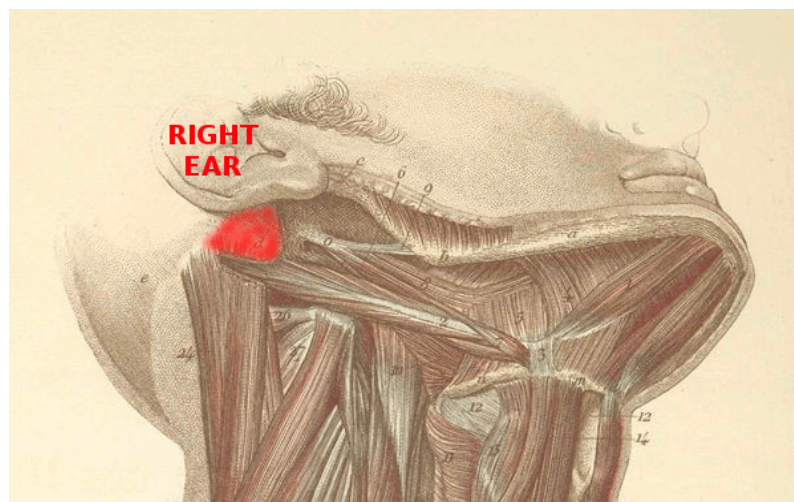
Perform exercise Every Day, Three Times/Day at Three Areas.

You will notice, too, in the picture that the Mastoid Bone has a Red Area on it. This is another area we want to target to help release the muscles that attach to this bone. These muscles help with Neck/Head Rotation as well as Flexion and Lateral Flexion.

Here are two better drawings to help you visualize and locate the Mastoid Process (on the next page):



MASTOID PROCESS IS SEEN BELOW EAR



MASTOID PROCESS IS COLORED IN RED

Find your Mastoids. They will be a little pointed at the bottom and sore when you apply pressure. We will release these muscles like the other Sub-Occipital Muscles. But be careful not to slide your thumbs off of them. Find the more pointed bottom and move your thumbs up about 1/4" so you have a solid place to place your thumbs. Right Thumb Right Mastoid. Left Thumb Left Mastoid. With Resistance from the Neck Muscles and with Pressure from Your Thumbs, Extend your Head Back as far as it will go. Continue to add pressure with your thumbs. Hold this Extension for Ten Seconds. Slowly return your Head to Neutral and Flex Your Head Forward with Neck Resistance (from the Muscles) and by keeping Pressure applied with your Thumbs. Go forward as far as you can. Hold for Ten Seconds. Slowly return back to Neutral (still apply thumb Pressure) and relax. You should feel soreness. Three times each day every other day for about a week. After that, Three times per day.

Perform exercise Every Day, Three Times per Day.

These aforementioned exercises are a fantastic way to release your Superficial Back Line and increase Flexibility in Your Spine, Head, and Pelvis. They will also help relieve enormous stress in your back. When muscles and fascia are too tense, they continually contract and this robs us of energy and makes us feel tired. So, not only will these releases help you to autofellate, they should make you more active and help reduce your physical stress and tension.

I KNOW WHAT YOU'RE THINKING

After reading through this you're probably thinking you need to treat this as a full-time job in order to autofellate. This isn't the case. Releasing the Superficial Back Line should be done at least three times a week for the first week of starting your autofellatio training. After that, try to fit it in every other day or so for two weeks. By that time it should be unlocked enough that it won't pose a major barrier to your ability to flex. Once you do start autofellating, you will get a feel for the areas in your body that need the most attention. You'll really be able to feel the areas that are restricting you. Then you just need to utilize the unlocking techniques that are more in line with what's holding you back.

However, targeting the bottom of the Foot and the Sub-Occipital areas are of extreme importance. These will help you out tremendously. So they should be done as often as possible.

SPECIFIC RELEASE MECHANISMS

Before we get into the Specified Stretches, there are three other release mechanism that will help take your spinal flexibility to the Moon. **These should be performed at least once a day and should be performed BEFORE every autofellatio session.**

- 1) **Golf Ball Method** on bottom of Feet as outlined previously. This will do wonders to relax your entire spine. Trust me on this. It should be utilized every time you are going to autofellate. You

can use a tennis ball, too. Take one to work with you and utilize it when you can. It will also do wonders to release tension in your back.

2) **Unlock Your Glutes.** Your “glutes” are the muscles that make up your butt. These are ferociously strong muscles and if they are tense they are going to seriously inhibit your ability to flex. Unlocking them and relaxing them is a very easy process! Take something the size of a Volley Ball or even a solid paper towel roll that is full. Lay on your back. Place the ball or the paper towel roll (the paper towel roll should be standing up) between your upper thighs. Now, press against the ball/roll with your thigh muscles. Contract your muscles and continue to press firmly. Relax your buttocks at the same time. Within a few minutes you should feel your glutes release and relax. Do this before every autofellatio session.

3) **Release Your Pelvis** – This is a simple technique that will help you put more motion into your Sacroiliac Joints and free up mobility in your Pelvis. Simply lay on your back on an exercise mat. Now, Dorsiflex your Feet (this means that the toe portion points toward your head, as if you were standing on your tip toes, but laying down). Now, Dorsiflex as much as possible and tense the muscles in your lower back and pelvis. Your legs should be straight and side by side. Now, slowly raise your legs (together and straight with the feet still dorsiflexed) as high as you possibly can. Raise them as high as you can while continuing to tense the muscles in your pelvis. Now, slowly lower your legs. Many times you will hear a light “pop” as one of the Iliac of your Pelvis click into place. Do before every autofellatio session for increased pelvic mobility.

THIS IS VERY IMPORTANT: PLEASE READ CAREFULLY: SPECIFIC STRETCHING/STRENGTHENING

I remember stretching from PE class in Junior High and High School. Man, we all hated it. But, even back in the stone age, people knew that stretching out your body structures properly does wonders for your energy levels, posture, and flexibility. When I started getting back to doing some of these old stretches, I was totally amazed at what a basket case my body had turned into over the years. Poor posture, car accidents, slips, falls, poorly-fitted shoes, straining the back, doing physical work improperly, sleeping wrong, repetitive exercises and motions... Well, they just beat the crap out of your body and make it tense and knot up. Little by little things get tighter and worse, but we block them out or ignore the small aches and pains until they go away. The problem is, the problems are still there, we just don't feel them anymore until we try and do something about them.

I'm not trying to give a lecture on how you should live your lifestyle, but you will find that even simple stretches, such as we will outline, will truly make you feel younger and more energetic. Of course, they will also enable you to autofellate a whole lot easier.

Most of these techniques will utilize something called *Proprioceptive Neuromuscular Facilitation* or simply known as “PNF.” What the hell is PNF? Good question. PNF stretch techniques are a fabulous

way to get the most stretch and joint range of motion during your stretching than just about any other method and it's safe, too. There are more other dynamic and extreme methods of stretching but they won't buy us much here and it's best to try to keep this as simple as possible. We're not here to learn how to be Sports Medicine experts, just to get the right information we need to get us going on the road to autofellatio.

With PNF, you simply stretch yourself to as far as you can in a normal stretch. Then you hold this stretch and (without movement of the joint) strongly contract all the muscles involved in that stretch. Then you relax the muscles and try to stretch farther than before. What happens? You can now stretch farther. Trust me, this works like magic. It has to do with receptors in the tendons, fatigue, and all kinds of other muscle-joint physiology that we don't really need to know. We just need to know how to properly utilize to get the most out of our stretches.

FIRST THINGS FIRST – THE LOTUS POSITION



IT JUST DOESN'T GET ANY BETTER THAN THIS... OR CAN IT? NOTICE ERECT POSTURE

This is a Yoga “Position” but I'm bringing it to your attention first, even though it may seem out of place in the “Stretching” portion of this book. The reason is that when we are seated and performing exercises or stretches, or even reading this book; then it's best to get accustomed to this position.

NOTICE: Cross-legged, feet on opposing thighs, knees at the floor. And just look at the “hip” joints... This is what we want to get in the habit of, which is, making our hips more flexible for autofellatio. A great way to practice this pose is to utilize it when eating or watching television; actually, any time you have a chance to sit.

If you can only do a partial portion of this position, keep practicing until you are able to do it fully and easily. It's also essential for helping tone the lower back muscles and helps set up or spinal region for autofellatio. While in this position, one can press down on the edge of the knees. This stretches out the Sartorius Muscles and also helps with Hip Flexibility.

When you are comfortable with this position, then we want to use this position to even further add Flexibility to the Hip Joints. This is done by sitting in this position and grasping one foot and bringing it up as far as you can (with tilting of the base of the foot) so that you can view the bottom of it. Think of it as looking at the bottom of your foot to see what you may have stepped in. Do this on both sides. This will aid in creating mobility in the Hip Joints via Flexion, Abduction, External Rotation of the Hips.

LET'S GET STARTED WITH STRECHES/STRENGTHENING

*** CERVICAL SPINE (NECK STRETCHES) ***

Stretching out your neck is also a great way to strengthen your neck. We want to strengthen our muscles, too, so as to allow us to have strong spinal support during autofellatio. You've probably seen these types of stretches before, so they should be easy to get the hang of. **We will be using PNF with these.** Remember, take all of these SLOWLY at first! It's not a Race or Competition.

EXTENSION:

Best performed seated. Your neck should be in a Neutral Position. Looking forward with eyes level. Extend your neck back as far as it will go (back of head toward back of upper back). Now, use one of your hands and press it against your forehead to push your head back. Extend back as far as it will safely and reasonably go. Now, **HOLD THIS STRETCH FOR TEN SECONDS.** Now, contract the

Neck Muscles as Tightly As Possible in this Extended Position for FIVE SECONDS. Now, Relax the Neck Muscles and push against your Forehead, again, to encourage more Extension. You will see your Neck Extends Farther Back. HOLD THIS FOR ANOTHER TEN SECONDS. Now, Contract Your Neck Muscles Again for FIVE Seconds. Relax and Push Your Forehead farther back with your hand. Your neck will extend farther back. Hold for THREE SECONDS. Now, relax and slowly bring your head back to the Neutral position.

SUMMARY:

- 1) Extend your head back using a free hand against your forehead.
- 2) Hold this for Ten Seconds.
- 3) Contract the Neck Muscles (Tightly) – Contract for Five Seconds.
- 4) Relax the Contract and push your Forehead for more Neck Extension.
- 5) Hold this position for Ten Seconds.
- 6) Contract the Neck Muscles, again, Tightly – Contract in this Position Five Seconds.
- 7) Relax Contraction and push against forward for more Extension.
- 8) Hold for Three Seconds.
- 9) Relax and Bring Head to Neutral.

These Stretches Only Need to be Performed Once in this Sequence per Session.

FLEXION:

Same as Extension, though we will be Flexing the Head forward and using the back of our hand to push against the back of our Head. Use same sequence as Extension. Perform this Series Only Once.

LATERAL FLEXION:

In Lateral Flexion we will start, again, at Neutral Position. We want to bring our Right Ear to our Right Shoulder and our Left Ear to our Left Shoulder. As your Head is being flexed to the side, make a point to keep your Shoulder Pulled Down for an Extra Stretch. Again, take these slowly at first and GO EASY.

Same as other neck stretches. You can reach above your head (with your Right hand) and grab the upper part of the left portion of your Skull. Pull your hand (with your head) to bring your Right Ear closer to Your Right Shoulder.

Perform the same sequence as the other neck stretches. If you feel burning or stinging, lay off and don't push it so hard. It's better to take it easy and not strain your neck muscles. Perform Only One Series on the Left and Right sides.

ROTATION:

Same series as other neck stretches. We simply want to start in the Neutral Position and without any Flexion, Extension, or Lateral Flexion, Rotate our Heads to the Right and Left. It's best to push on your left Zygomatic Arch (cheek bone) to turn your Head to the Right; then change for the Left side. **DO NOT PUT PRESSURE ON YOUR JAW!** – Use the Zygomatic Arch (cheek bone) or try and get leverage on the side of your skull.

Again, utilize same sequence as other Neck Stretches for the Left and Right. Perform only once per session (day).

If you feel any lightheadedness, dizziness, nausea, double vision, sharp or stabbing neck pain, head pain, shooting pain into shoulders or arms, any sort of burning or numbness then Discontinue these stretches immediately.

NEVER FORCE OR STRAIN YOUR NECK

Because we are using PNF with these stretches, there is no need to perform them more than once per day or session. This form of PNF will yield the same results with one session as five sessions will do.

* GOMUKHASANA *

This is a great Yogic pose that will do a lot for the Autofellationist. It works wonders to help stretch out the back muscles, straighten your spine, and put more mobility in our lower neck and shoulders:



Photograph (c) Marcocarvalho

GOMUKHASANA POSITION

While it is a Yoga “position” it is invaluable to the autofellationist as a stretching aid and for its help with spinal alignment. It's also a great way to check your upper-body muscle imbalances. Typically, one side is easier to do than the other side. This could be due to a previous shoulder injury or a muscular imbalance, such as those caused by handedness or repetitive work using only one set of muscles on one side.

There are many different ways to position the legs for this Stretch/Position. Utilize the Lotus Position, please.

Start by flexing the Left Elbow and pointing it straight up into the air (we'll use the picture as a guide). Then reach underneath and behind your back and try to clasp your Left Hand with your Right Hand. This may be difficult at first. Even if you can get your fingers to touch tips, this is a great start. Keep working at it until you can hook your fingertips of one hand with your other hand. When you have really mastered stretching these muscles/fascia/tendons/ligaments, you will be able to clasp both hands together, as if you are shaking your own hand.

Once you have (at least) been able to get your fingertips hooked together, you can accentuate the stretch by pulling the upper elbow (arm) toward your back. The lower elbow can then be brought in closer to the body. You can also get a lovely traction effect in your upper back and neck by clasping your hands (or fingers) and pull them apart while maintaining finger/hand locking. Try to keep your

upper elbow pointed at the ceiling and lower elbow pointed at the floor. Do both shoulders.

If you have any history of shoulder dislocation, **DO NOT PERFORM THIS STRETCH**. Any history of moderate to severe shoulder arthritis or fractures of the scapula or clavicle are also contraindicated with this stretch. People with Rotator Cuff tears or injuries should also stay away from this stretch unless under the supervision of an orthopedist.

Once you are able to (at least) lock your fingertips together, relax and gently pull your fingers apart (while, still, maintaining contact) to help further stretch out your shoulders, neck, and spine.

*** MIDDLE BACK STRETCH ***

Lack of mobility in the Thoracic Spine (Middle Back) is fairly common; nearly as common as reduced Pelvic Mobility. When we fail to properly utilize the biomechanics of our Thoracic Spine, we put more strain on our neck and lower back region to make up the difference. We do not want this. We do not want to strain any joint(s) unnecessarily. We want **BALANCE** and a fair distribution of joint strain for safety and peak performance.

Here are some simple ways to stretch out your mid-back and increase its mobility.

1) Get a broom handle or long stick. Put it on the back of your upper shoulders, as if you were going to carry two buckets of water (on either side of the stick) for long distances. You will grasp the stick with both hands and this will bring your Scapula (Shoulder Blades) together. Stack up two cinder blocks or use something about 2 Feet high. Start by putting your Right Foot on the cinder blocks, but leave your Left Foot on the Floor. Contract your Pelvic Muscles and simply rotate your Upper Body to the Right. **JUST ROTATE YOUR BACK (ESPECIALLY UPPER BACK). DO NOT ROTATE YOUR PELVIS OR NECK.** Rotate to the right and hold the position for Five Seconds. Slowly come back to Neutral. Wait Five Seconds and Turn again to the Right. Perform Ten Times on the Right. Then perform the Same with the Left side (Ten). Relax and do Ten More on the Right and Ten More on the Left.

2) Lay on the Floor or Mat on your Back. Flex Your Knees, as if you were doing sit-ups. Your hands should be at your sides. Now, bring your hands above your head with your Palms Up. If you were standing, your hands would be pointing to the sky. Now, stretch your hands and arms out as far above your head as you can. Stretch, stretch, and stretch. Hold for Five Seconds. Relax. Return hands to sides of body. Relax Five Seconds. Repeat. This should be done for 15 Repetitions. You will feel your spine distract and relax during this stretch. Take a deep breath when you extend your arms/hands and slowly breath out upon bringing to your sides.

These Thoracic Stretches are very important for the autofellationist. This is one key area of the body that most people are lacking in mobility. What happens then? Well, we utilize our lower backs and

necks instead. This puts more of a strain on our lower backs and necks. By mobilizing the Thoracic Spine, it will put less load on your lower back and neck when performing autofellatio. This means you will have a decreased chance of injuring your neck or lower back. Remember, the Thoracic Spine is pretty solid because of the Rib Cage. It's time to loosen it up.

* DHANURASANA *



Photograph (c) Marccarvalho

DHANURASANA OR “BOW POSE” - NOTICE HOW THE FRONT OF THE BODY IS STRETCHED

This pose looks a bit intimidating but it really isn't. This pose helps us strengthen the neck muscles in the neck, mid-back, and lower back. It also stretches out all of the muscles and tissues in the front of the body. While we are focused on Flexion of the Spine, we must also counteract this by stretching out the Extension (front) part of our bodies. By strengthening our back muscles, this pose/stretch helps us reduce the risk of injury during Flexion while performing Autofellatio.

Get a decent exercise mat for the floor. The Yoga mats seem to be the best and offer the most cushioning. Lie face down with your Arms at your Sides with your Palms Face up. Take a deep breath and breathe out. As you breathe out, bend your knees and try to bend your knees as close to your gluteal region (buttocks) as possible. (The breathing part really helps with this, so don't forget to breathe out as you flex your knees). Your knees should be about Eight Inches apart. Now, grab your ankles with your hands.

Now take a deep breath and push your knees back (away from your buttocks and away from your body). This will pull on your arms because they will be resisting the knees going back. Lift your thighs off of the floor while you extend your knees back.

If it's too tough to get your thighs up and off of the floor, then just use a rolled up blanket under them while you are still at the beginner level with this pose/stretch. You can also use a makeshift strap and wrap these around your ankles (to grasp with your hands) if you can't reach far back enough.

You will feel that your upper body will be pulled up as a sort of counter-balance to the thighs being elevated. Hold this position for about 30 Seconds. Contract and Relax your Back Muscles and the muscles between your Shoulder Blades – On and Off, while you breathe. Feel the Frontal side of your body stretch out. Look up at 70 Degrees with your head and neck. Slowly relax and rest for a minute in the original starting position. Repeat this Exercise Three Times Per Day.



Photograph (c) Marcocarvalho

ROCKING DHANURASANA OR ROCKING “BOW POSE”

Once you are comfortable with the Regular Dhanurasana Pose, you can alter it by adding a rocking movement to it. Just gently rock yourself back and forth as you breathe in and out. This is great for your Abdominal Muscles (which we will be working on later) and will help strengthen your back muscles (especially Upper Back) even more. **Do either version at least three times a day.** Obviously, as you get used to the positions and stretches and begin to feel what areas of your body are weaker or stronger, you can tailor the poses/stretches to target the areas you need the most work and focus on doing these primarily.

* MATSYENDRASANA *



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NICE MATSYENDRASANA POSE

The Matsyendrasana Pose/Stretch is also known as the “Half Lord of the Fishes Pose.” It works very well in stretching out the middle and upper middle back, stretch out the hips, and add mobility to the spine. It appears to be a difficult pose but is quite simple. This pose works wonders for the autofellationist.



NOTE THE LEFT HAND USING THE LEFT KNEE FOR LEVERAGE/SPINAL TORQUE

This is one of my personal favorites for autofellatio probably for what it does for my shoulders, upper- and mid-back, and even the hips. You'll find that a lot of these poses will invigorate you and boost your energy levels, as well as making you feel younger, healthier, and more limber.

Simply sit on the floor with your knees bent. Slide your Left Foot over and under your Right Hip. Now, bring your Right Leg over your Left Leg so that the bottom of your foot is firmly planted on the floor. The Right Knee should, initially, point straight up at the ceiling.

Anchor your body by placing your Right Hand on the Floor next to and slightly behind your Right Hip/Buttock. Take a deep breath and as you exhale, use your Right Hand as an external fulcrum point, and use it to gently twist your Trunk to the Right. Make a point to keep your body and extremities (legs and arms) snug with each other. Turn your Head (neck) to the Right.

Gently use your Left hand on your Left Knee as a leverage device to put more rotation into your Trunk. Keep your back fully erect and concentrate on rotation of the Entire Spinal area, just don't focus on the Lower Back. Hold this position for One Minute and Return to Neutral. Rest a minute and then perform the same on the other side. **Do Three Times per Day on Both Sides.**

CALVES/HAMSTRINGS/SPINE/LOWER BACK

We're now going to target getting overall increased Flexion in your Spine. These exercises are a necessity for autofellatio, so do these diligently and as often as possible!

As a side note, if you can perform your exercises in the Morning, Afternoon, and Evening, this would be the best plan of action. You can also do a lot of these at work, that is, if you have some privacy, such as your own private and personal office. Even doing some of these spine stretches while you take a shower is a great idea and, as we mentioned, the heat will make your body more flexible. Taking a golf ball or tennis ball to work and work on your Plantar Fascia (bottom of feet) while you're at your desk. Make the best use of your time. The following stretches work best after you have unlocked your Superficial Back Line.

*** BACK FOOT RAISE FLEX ***

Simple to perform. Get a piece of 2x4" wood about two feet long, or any other object with this amount of thickness (like a thick school textbook). Place the back of your feet on the 2x4 with your heels elevated and your toes normally on the floor. Keep your back straight and just flex forward AT THE HIPS. Do not try to flex your Spine. Let your arms fall forward and let the extra weight of them pull your hips forward through gravity. Try to force more flexion in your trunk through your hips. Hold this position for three seconds, then slowly return to normal. Repeat Ten Times. This should increase your hip flexibility.

*** FRONT FOOT RAISE FLEX ***

Same as above; however, put the front portion of your feet (balls and toes) and perform the same stretch Ten Times. You will feel more of a pull on your Acihlles Tendon and Calve Muscles. This is a great Flexion Stretch.

* PAVANAMUKTASANA *



Image (c) www.theholisticcare.com

PAVANAMUKTASANA

This is a simple stretch that will strengthen your Abs and add Flexion to your hips and Pelvis. Everyone loves this pose as it is so simple to do, not exceedingly technical or difficult and has great side effects for the autofellationist.

Lay on your back with legs extended. Pull up your right knee and wrap your hands around it and pull it toward your head as closely as possible. **KEEP THE LEFT LEG FULLY AGAINST THE FLOOR WITH NO BEND.** Feel the pulling in your hip and leg joints. Now, Contract the muscles of Your ABDOMEN, Legs and Pelvis (Especially on the Right Side). Hold for Ten Seconds. Relax these contractions for Five Seconds, **but keep your Knee in this position.** Now, pull Your Knee Up Even More (you can do this more since we are using PNF!). Again, Contract Your Abs, Legs, and Pelvis Muscles very intensely. Hold for Ten Seconds. Relax for Five Seconds (keeping knee in this position). Contract again, Pulling Knee even closer for Ten Seconds. Relax and slowly return your knee to the floor and put your arms at your sides. Relax for a Few Minutes. Now, Repeat on Left Side. Do Three of these on Each Side every Day.

Once you get good at this exercise, move on to:

* DWI PADA PAVANAMUKTASANA *

This is simply the Same Exercise as Pavanamuktasana but you use BOTH LEGS AT THE SAME TIME. This is even a better exercise to do, as the body is Symmetric (proper aligned on both sides) while it is being performed. While Autofellatio is symmetrical, too, it helps if we train the body to be balanced. Perform the Single Leg Three Times per Leg and then Perform with Both Legs Three Times per Day.

* SUPTA PADANGUSTHASANA *



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SUPTA PADANGUSTHASANA – RECLINING BIG TOE POSE

This looks a little daunting but within a short amount of time, even the most inflexible of you will be

able to do stretches like the Supta Padangusthasana. The picture above is a little advanced, here's how to do it in a simple method.

Go back to the previous stretch we just did (Pavanamuktasana) and get a **FOOT STRAP:**



Get in the position pictured on the previous page. When the Knee is bent up, take your strap (something like a used neck tie) and wrap it around the bottom of your Left Foot. Hold the ends of the strap in your Left and Right hands. Then extend your leg using the strap as an anchor point. Try to extend your leg fully to 90 Degrees. You should feel pulling in your calves and hamstrings. **Extend as far as possible and hold this stretch for 30 Seconds.** Contract your Ab Muscles. Do each leg Three Times per Day. When you get good at it, start doing both legs at the same time.

* PASCHIMOTTANASANA *

Here is a pose that should strike fear in the heart of any man who has tight hamstrings and calves. Just looking at this pose made me shudder when I first saw it, as I was so intimidated by. There is no reason to fear, however; even with the tightest hamstrings and calves, unlocking your Superficial Back Line and following these stretch plans should have you well on the way to be able to perform this in a few weeks. **This is a KEY Stretch You Must Be Able to Perform.** If you can't master it, I doubt you will be able to autofellate. So, with that being said, work on this pose. Just practicing this pose/stretch will do wonders toward you bringing your penis closer to your mouth.

IT IS A SIMPLE STRETCH THAT IS DIFFICULT



(C) 2007 Joseph Renger

PASCHIMOTTANASANA

It's simple enough to perform. Just sit on the floor with your legs extended. You may find elevating the back of your buttocks with a small pillow might help. Keep your legs fully extended and in full contact with the floor.

Take a deep breath and breathe out. Press down with your Heels toward the floor and slowly start to bend forward with arms extended straight out (the weight of the arms will help you). RELAX your Back muscles, Contract Your Abdominal Muscles, Feel Yourself Pulling Your Groin Into Your Pelvis.

Chances are your knees will want to kink up a little to take the strain off of them. DON'T LET THIS HAPPEN. If you can only flex forward a little with the legs perfectly flat, then do it this way. I would go as far as possible Forward with your head bowed. Hold this for Ten Seconds, while **Strongly Contracting Your Calf Muscles, Hamstring Muscles, and Your Pelvic Muscles**. Relax (still Flexed in this position) for 15 Seconds. Now you should be able to flex forward a little more. Do so and Hold this position for Ten Seconds with Intense Contraction of the Muscles again. Relax (still flexed forward) for 15 Seconds. Flex forward more. Hold and Contract Ten Seconds. Relax for 20 Seconds, then Slowly Return to Neutral.

Using PNF Techniques will drastically cut down the amount of time you will need to perform this exercise. This is a tough stretch. I'm not going to lie to you, but it is a Very Simple Stretch! It will just take a little time and effort to perform. Never push yourselves with stuff like this. Take it Slowly and Firmly. It's better to spend an extra week stretching out than pulling a muscle if one gets in too much of a hurry.

* PADANGUSTHASANA *



Image (c) www.theholisticcare.com

PADANGUSTHASANA (BIG TOE POSE STANDING)

Padangusthasana is another stretch that you need to master for autofellatio. While it is comparable to Paschimottanasana, since it is performed standing, we put different loads on the lower back (Lumbar Spine) and Pelvis, as they are weight-bearing in this position. Because this axial weight is distributed much different than when sitting on the Pelvis, we must master this exercise, too.

Again, this is a very simple stretch, but is difficult to do. PNF should help us get a head start in mastering this stretch. It's also great for the Abs, which will be the last portion of this section, so make sure you contract your abdomen during this maneuver. In the image, the woman has her fingers curled under her toes, as this is the final step in this position. Initially, try to touch your ankles, then feet, then your toes, then to curl your fingers under your toes. Take it easy at first. Again, this is no race or competition.

Stand upright. Your feet should be about a foot apart. Firstly Contract your Thigh Muscles (in Front) so that your Patellas (Knee Caps) get pulled up from the contraction. This is important and will help stabilize your knees for the Stretch. Take a deep breath and while you exhale, keeping your legs straight, Lower Your Head and Slowly Bend Forward, trying to Flex mainly from your Hip Joints.

The Goal is to interlock your Fingertips under your Toes. At first, unless you are very flexible, this is

going to be difficult to do. You should really feel your Hamstrings and Calves stretch with this maneuver. If you are unable to get your fingers under your toes, then utilize two straps. Loop them and hold them in your hands as you Flex forward. Once you've flexed as far as possible, then loop them under the front part of your feet. Contract your Abdominal Muscles and take a deep breath in. Now, as you exhale, pull with your fingers (or straps) against your feet and straighten out your elbows. You will feel the resistance in your torso as you try to stretch yourself in this “locked” position. Your legs should be contracted, as well as your back and abdominal muscles. Contract these muscles intensely for Ten Seconds. Relax these muscles (still flexed) and wait Fifteen Seconds.

Now, pulling on your toes (through strap or fingers) should allow for more Flexion than before. Contract all your muscles, again, and hold for Ten Seconds. Relax Fifteen Seconds and Repeat. Do Three Repetitions. Then, slowly, stand up. Relax for a minute and repeat the Thee Repetitions. Do Three Sets of Three Repetitions.

*** PADAHASTASANA/ PADANGUSTHASANA VARIATIONS ***



**VARIOUS PADANGUSTHASANA/PADAHASTASANA POSES
ALL PHOTOGRAPHS © MARCHOCARVALHO**

Once you have mastered the basic Padangusthasana/Padahasthasana Exercise, then you can explore different versions of it. These should only be attempted once you are 100% comfortable in your flexibility. I found that some work better to target certain areas of my body than others; and some just plain work better for me. I especially like when the arms are extended back (Third Picture from Left on Bottom Row) because this helps counter-balance my trunk and I am more stable in this position. The extra extension of the weight of the arms also encourages gravity to have a larger effect on my stretch and works wonders on strengthening my upper back (I do this by Contracting my Periscapular Muscles – The Muscles that bring my shoulder blades closer to my spine and elevated – But this is just a personal preference). Over time your body and your autofellatio experimentation will help guide you to what poses work best.

A NOTE, AGAIN, ABOUT BEING IN A HURRY

We've discussed this before but it is truly worth discussing again. Learning these poses and stretches is changing the physical shape of your body. If you are Thirty Years old and you haven't done these types of stretches before, it is definitely going to take your body some time to get used to them. By overdoing things and getting in a rush, you're likely to only injure yourself. If it takes Three Months to Autofellate instead of One Month by taking your time and not screwing yourself up in the process, then that is what you must do. It won't kill you to wait an extra month or two by taking your time and doing things correctly.

A WORD ABOUT BREATHING

Breathing is an integral part to Yoga. Especially from a relaxation point-of-view. Different theories exist on when the correct time to breath in and to breath out is. Some say to breath in on contraction, some say to breathe out. Those who breathe in on contraction, it is said, get more oxygen in the blood stream to nourish the muscles (this really isn't the case, though; you're not going to deplete your blood-oxygen levels with one Yoga move); while the people who are interested in “fatiguing” a muscle or ligament state that breathing out on contraction is best. So what's the best method? Simple: Whatever you are most comfortable with. However, strong and deep breaths will surely help you focus your exercises, as it creates a “rhythm” pattern to follow; and does, indeed, give your tissues the extra oxygen levels they may require.

A NOTE ABOUT SAFETY

You only have one body and you don't want to screw it up. As a kid I played baseball and dreamed about pitching for the team. This was during my Little League years. My dad, who pissed me off at the time, said that it wasn't a good idea and wouldn't let me be a pitcher. "And why not?" I asked. He said that when we're young and still growing that you can really screw up your arm and shoulder by throwing a ball like that. Anyway, he was the law, so I wound up being a catcher instead. I even played all the way through High School, but never as a pitcher.

Fact is, my dad didn't know much about medicine but he was right about most things. When I got out of school and practiced medicine, I was amazed at the amount of guys who came in, most in their 30s, who had screwed up necks, frozen shoulders, lower back problems, arthritis, and all kinds of mechanical problems in their joints and spines. Doing a Case History provided what information? Nine times out of ten their problem was caused by a football injury, wrestling injury, or something similar way back in Junior High or High School! When I tried to explain to these guys the cause and effect of their problems, they just didn't want to believe it. They felt that "Coach" wouldn't have let them screw themselves up so easily. After all, "Coach" was their friend! But they forget that "Coach's" job relied on him winning that trophy and he was probably a worthless and selfish bastard anyway. Now, unfortunately, these guys are screwed up and will have pain and discomfort for most of their lives. Surgery might help in a lot of cases but the Risk/Benefit is at hand. Risk/Benefit means you have to decide if the Risk is greater than the Benefit. For most of these men, the Risk of surgery is greater than the potential Benefit. Only if their problems eventually worsen, will the Benefit of Surgery outweigh the Risk.

Let me make this analogy a little clearer. Autofellatio is like playing Baseball. You can play many "positions" on the Field and play your game Safe and have a Great Time. You can play in the outfield and not screw your body up. You can be a pitcher and not screw yourself up. But, when you start going to extremes and doing stupid things to ensure that "The Team Wins!" you'll likely only fuck yourself up. Play it safe, not stupid. **There is no trophy to be won here.**

Hey, I know what it feels like to be constantly horny. I sometimes wonder if I'm not the horniest man ever born. I read this stuff about Viagra and can't believe guys need to take this stuff to be able to enjoy themselves sexually. Heck, the wind blows and I get an erection; and I'm nearly Forty Years Old (not that that should have anything to do with it, but most folks get it in their head that a Man's sexual peak starts burning out after 18-Years of Age – Something I refuse to believe for one minute). Anyway, I also know what it feels like to get sexually supercharged to such a degree that you will do anything, come heaven or hell, to get yourself off... **Our Sexual Drive is one of our most basic, primal, raw, and intense instincts.** Its effects and desires are embedded in our DNA through the activities of all of our previous ancestors. These deeply embedded needs must be addressed. If you try to ignore them or

dampen them, they just continue to build up more and more pent-up energy that is just screaming to explode like a Hydrogen Bomb...

My best advice is: **KEEP IT COOL.**

Don't get overly anxious and screw up your body in the process. I know it sucks, but trust me, it will be some of the best advice you ever get. You don't want to be in the Doctor's office with a screwed up neck because you tried to suck yourself off ten years ago. It just isn't worth it. Trust me.

Anyway, enough wisdom for now. Let's get on with the Last But Not Least – The Abdomen:

THE ABDOMINAL MUSCLES

The Abdominal Muscles are incredibly important to the Autofellionist. They must be Strong and not weak. Just like if your Hamstrings are as tight as trampoline springs, having a weak abdomen will pretty much stop you from performing Autofellatio. Not only is a strong abdomen important for Autofellatio, but it is also very important for proper posture and for proper digestion of food. When people's abdomens get weak and protrude, this allows the intestines to distend forward and stretch out and makes proper digestion a real problem. So not only will strengthening up your Abs make you look sexier, feel sexier, have better posture, and aid in digestion, it will also help you to Autofellate.

The first stretch/posture we will look at is a take on the basic Inversion Position in Yoga:



Photograph (c) Marccocarvalho

This is one of the basic ways to enter into an Inversion Position. Simply lay on your back with your hands at your sides and your legs straight with your hips at 90 Degrees. Utilize your hands as downward leverage as you bring your pelvis and trunk off of the floor. **DO NOT USE YOUR HIPS TO LIFT YOUR PELVIS.** This is very important. Use your **ABDOMINAL MUSCLES.** Once you have most of your trunk elevated, then extend your (extended) legs so they are again at 90 Degrees.

Most should be able to get into this position with little difficulty. If you do have difficulty with this, you can brace your hips on either side with your hands. This should help you remain upright in this position. **Always concentrate on using your Abdominal Muscles to stay in this pose.** Do not use your Hip Flexors to remain erect. **PUT A THIN PILLOW UNDER YOUR HEAD FOR COMFORT IF YOU DESIRE.**

One of the great points about this exercise/stretch is that it not only strengthens your abdominal muscles, but it also helps Mobilize your Pelvis and Hip Joints. It strengthens your Back Muscles, too.

Abdominal strengthening is especially important to the Autofellationist, as he is going to need to keep his Abdominal Muscles contracted for extended lengths of time. If you don't have the strength and the ability to contract your Abdominal Muscles for a long length of time, you will start to cramp up and get stomach pains. Strengthening your Abdominal Muscles is really important if you want to take your Autofellatio Journey to the Orgasmic End. One can hardly do this if their Abdominal Muscles are cramping up and aching after two minutes.

Now, while in this position, remember something you probably did in Gym Class at High School. And that is to do the "Bicycle Exercise." While you are in this position starting working your Hips, Knees, and Legs as if you were pedaling a Bicycle. It's quite simple. Again, remember to keep your Abdominal Muscles Contracted.

Pedal your imaginary Bicycle for about Three Minutes in this position. Now, lower your legs (while you are still pedaling) to about 70 Degrees. Pedal for another Three Minutes. Now, Lower your legs to about 45 Degrees. And keep pedaling. The lower your legs go, the more abdominal strength you will need to keep them at this elevation. **Feel Your Abs Contract!** Do this for Three Minutes and now lower your legs so that your feet are about 20 Degrees (about two feet off of the floor). This should be the toughest part of this maneuver as you will really have to contract your abdominal muscles to keep this position. Relax.

This is one magical way to get what is called "Six-Pack Abs." This exercise really works your Rectus Abdominus.

For some men, this exercise will be a piece of cake. That's great. If so, then move on up to Five Minutes in each position. Those men who find it difficult, keep at it until you are able to do at least Five Minutes in each position (with arms at side, palms down, as in the photos), **CONSECUTIVELY.** This may seem like a long time, but this is a great way to strengthen your abs, mobilize your hips/pelvis, and to strengthen your back muscles. It's also one of the easiest and most fun exercises to do. I don't suggest it, as I think everyone should concentrate on what they are doing when they are

exercising, but this is one of those easy-enough exercises you can do and still watch television at the same time.

You should do this Every Other Day. Do it as long as possible (within reason). **You really need to strengthen your Abdominal Muscles.**

There are tons of methods of strengthening your Abs. All kinds of gadgets and gimmickery (yeah, that's a real word) have invaded late-night television and the Internet for years on strengthening your Abs. Then there's the entire Six-Pack Ab craze that's had everyone's attention for the last twenty years and still seems to be on the minds of most men interested in looking their physical best.

There are many areas of the abdomen that can and should be targeted. However, these exercises I've provided will do the best for the Autofellationist. This isn't a book on Six-Pack Abs, so I'm not going to waste your time with all the Muscle groups and their Function.

THE AB WHEEL



TYPICAL AB-WHEEL – ABOUT \$10.00 NEW

People think these are a new invention that exploded on late-night television about ten years ago. That's hardly the case. My grandfather had one of these he made by hand that he used to train with when he was a boxer and that was in the 1930s. I even have a small booklet (I forget where it came from) that I came across, as a little kid by Joe Bonomo on becoming stronger (he was a famous lifter from the Old School) who discussed how to use one of these things. Actually, that was a really cool little book and I wish I still had it. It had all kinds of ways of developing strength by using simple objects like a sheet of newspaper, believe it or not...

Anyway, you can't improve upon this simple device for Strengthening your Abs and that's why it's been around forever. Heck, the Greek Olympiads probably even used these devices. The beauty is that

they're inexpensive to make on your own (or purchase), they're simple, and, of course, THEY ACTUALLY WORK. Forget all the Super-Ab-Flex-Monster-Machine contraptions that cost \$150.00. This little puppy is all you need.

You can pick one of these up at any sporting goods store. Having said that, they probably won't have one if you go, so call ahead before you head out. If not, you can make one with a wheelbarrow wheel and a thick wooden dowel. They probably even sell them at the “Mart” stores that seem to be taking over the known universe. I've tried to keep all the devices down to a minimum in this book, to make things more natural, hands-on, and simple. Things like Foam Rollers, Kinetic Exercise Balls, Stretch Bands, and the like are great, but they tend to become reliant aids you shouldn't need. However, an Ab Roller is a device worth having. *Also, if you don't have one already, get a decent and THICK Yoga Pad (Mat) to do your stretches and exercises on.*

ALSO – GET THE AB WHEEL WITH TWO CENTER WHEELS AND NOT ONE WHEEL

They are more stable (safer) and we can utilize the additional wheel for more advanced maneuvers when we get our abs stronger and more powerful.

The simplest way to use the wheel is in this fashion. *Don't worry if it's tough at first.* I hadn't used one of these in five years and was amazed that I couldn't use it any longer. After a week I had no problem at all, but my abs were sore as hell after the first workout:

BASIC METHOD –

Simply Kneel on the floor with your body as upright as possible (you will have some forward tilting (but not Flexion) of your trunk because your trunk is longer than your arm length. The wheel should be resting in front of your knees. Your Left Hand on the Left Handle and Right Hand on Right Handle. Keep your head in the Neutral Position (not Flexed or Extended) or with Slight Flexion (No Extension). *Your Arms Need to be Fully Extended (Straight).*

Slightly Contract your Abdominal Muscles and Buttocks to keep your Pelvis from Tilting and Straining your Lower Back. Allow your body to lean forward using the Ab Wheel as the focus of Weight Transfer. This will get the Wheel Rolling Forward. Keep your Abdominal Muscles Contracted to STABILIZE YOUR TORSO. You should feel your back stretch out as you Roll Forward.

The Key is to be able to Roll Out Enough so that you Fully Extend your Body with your Arms Straight Out and Legs Fully Extended. Then, you CONTRACT YOUR ABS to FLEX YOUR TRUNK and bring your body back to the Kneeling position. You Should Utilize your Abdominal Muscles during these movements to both LIMIT the Speed of your Forward Roll and to Introduce your Forward Roll and Pull Your Trunk into a “jackknife” position to return to your Kneeling Position. Remember TO USE YOUR ABDOMINAL MUSCLES – THIS IS THE ENTIRE POINT OF THIS EXERCISE.

If you feel you are rolling too far forward and are having difficulty returning to Neutral, then simply set up with a wall in front of you to stop your forward roll. With time you can increase the distance from you to the wall and won't have any other need for the wall once you have developed your abs. NOTE – Always Concentrate on Your Abs. Do not use the upper-body strength of your arms to bring the wheel back – Use Your Ab Muscles. **Think “Abdominal Muscles” Constantly with these Exercises.**

A note about Foot Placement: Some advocates of this exercise believe you should interlock the end of your legs with one foot over the other. Since we are interested in creating Symmetry in the body, do not use this method. Ensure that both feet are NOT interlocked and about Six Inches apart. Crossing the legs will cause an imbalance in the Pelvis that we do not want to encourage while strengthening these regions.

ADVANCED METHOD –

The Advanced Method is similar to the Basic Method. The difference is that you start from a Standing Position with your Legs Straight (no bending of the knees) and with your trunk flexed over. This is more difficult than the kneeling method, as you have to work harder against gravity because you are standing. Don't try this method until you have fully mastered the Kneeling Method.

Once you have mastered both methods, you can then go to the One Arm Method. This is best performed in the Kneeling Position and is why you want an Ab Wheel with two wheels. Put a spacer between the two wheels so that they are comfortable a Hand Width apart. Now, instead of using Both Hands, simply perform the exercise with only One Hand in the Middle of the Ab Wheel. However, repeat both sides the same. Which is to say, if you do Ten Reps with the Left Hand, then make sure you do Ten Reps with the Right Hand.

You can also grab the handles from below instead of above. Only try this if your Wrist Flexors are very Strong. This format won't help you Autofellate, but will certainly strengthen your Forearms.

Of course, I have my pride and would love to say that all the information you need to perform exercises like this is all in these pages and in the words I've written in this book. But that would be a lie. Every man is different in physical build, physical potential, and in his thinking and understanding of things. So, there are always alterations and alternatives of methods and better ways of doing things that may be better suited to the individual. Really, it wouldn't be that hard to write an entire book on the Ab Wheel and what you can accomplish with it. But that's not our goal with this book. If you are having difficulties with something like the Ab Wheel, then check out places like YouTube on the Internet where you can find examples (videos) of such exercises being performed. The key is to get you to Autofellate, not to convince you that I know everything (because I don't) and can explain everything perfectly (because, inevitably, I can't). **Use all the tools you can that are at your disposal to reach your goal!**

Now, on to the Specific Yogafellatio Techniques...

SPECIFIC YOGAFELLATIO TECHNIQUES

Well, here we are. The aspect of the book that introduces the best positions in order to Autofellate.

After all, this is why we are reading this book.

None of these positions should be attempted until you have at least worked on stretching/exercising with the previous techniques. **This is a big deal.** If you jump headfirst into these positions and can't even begin to accomplish them, chances are you might get frustrated and give up on attempting Autofellatio. My goal is to help you Autofellate. If you follow what I've outlined, you shouldn't have any problem; so, please, try not to jump into the tough stuff until the easier stuff is possible.

The previous exercises and stretches are there for a reason. They have been provided as your Foundation for Yogafellatio. Just like a House has a foundation. If you don't build a proper foundation and build a house on some worthless foundation, the house is going to collapse all around you. Same with Yogafellatio. Get your foundation sound and solid. Then you have something from which to truly build your Autofellatio abilities. Without this foundation you are likely to get discouraged and injured.

Always warm up before ANY of these Positions are tried. Warm up by some of the Preparatory Measures we noted (like a nice hot bath or shower), Work out your Superficial Back Line, and utilize the Specific Stretches. You don't need to go crazy exercising your abs before performing these Positions. In fact, you want to do just the opposite. Your pre-Yogafellatio exercises should be about stretching and relaxation, not working out on your Ab Wheel. With time you will find and feel what works best for you.

Any pain or discomfort you might feel is a Warning Sign for you to Back Off. Any weird numbness or tingling and Back Off. Any strange sensations or burning and Back Off. Let's repeat it, again – Don't Push or Strain Yourself or Your Body. There is plenty of time in your life to learn how to Autofellate properly. Use it all wisely.

*** THE EXSTASY (“X”) POSITION ***
*** YOGANIDRASANA ***



Photograph of AV Sidersky (Ukraine)
by Dmitry Yanchilenko

YOGANIDRASANA (LEGS BEHIND HEAD) TECHNIQUE

We saw this pose/stretch earlier in the book (remember Ior Bock?). It seems quite intimidating but you need to start mastering this pose/stretch as soon as you can. It will help you in all the various autofellatio positions that a man can utilize. Obviously, unless you are excessively limber and quite skilled in Yoga already, you probably won't even come close to mastering this immediately. However, as we practice this pose it will help us to reach this pose and help our ability to autofellate.

Strangely enough, once one is able to master this pose, it's actually a very pleasant and peaceful position. I know it hardly appears that way, but it is. This makes it one of the better Autofellatio Positions, as you can relax more on the fellatio portion than on your body being in an uncomfortable contortion.

Again, don't expect to master this in an instant. But start working on this pose for your own benefit. As they say, “Fake It Till You Make It.” **Make sure you have unlocked your Superficial Back Line and limbered up for this pose.**

Note: This will compress your thoracic cavity (lungs) and intestinal system. So, take it slow and breathe easily. If you get too much shortness of breath, then lay off and take it even slower. You can perform this either sitting on your pelvis (Ischial Tuberosities) or from a laying position. Laying is typically easier until you are well versed in this pose. Some people will do both legs at the same time – Don't worry about doing that. One foot after the other is easier at first. Do all the poses/stretches possible to release your Pelvis and Hip joints.

- 1) Always warm up with the Matsyendrasana pose/stretch, no matter what.
- 2) Lay on your back. We are going to start with your “Handedness” leg/hip first. Which is to say, if you are Right Handed, then we will start with your Right Leg/Hip.
- 3) Bring your Right Hip up to your chest. Keep your Knee Flexed at 90 Degrees (or thereabouts).
- 4) Move your Knee and Hip around with your arms to loosen up the joint as best as possible.
- 5) Return Your Right Hip/Knee to the floor and do the same with your Left Hip/Knee.
- 6) Relax.
- 7) Now, back to your Right Hip/Knee. Stabilize your body by bending your Left Knee about 30 Degrees with your foot firmly on your Mat.
- 8) TAKE A DEEP BREATH. Bring your Right Knee to your chest and try to bring your Right Knee as Close to your Chin as possible.
- 9) If this feels comfortable, then reach under the Right Leg, flex your head forward and extend the Right Leg (at the Knee Joint) and just try to place it behind your head.

With the proper flexibility of our earlier stretches and releasing the Superficial Back Line, you should be able to do this. If not, it's not a big deal! Just keep practicing and stretching your Right Leg until you can do this.

Of course, after you work with the Right Leg, then you work on the Left Leg. Return your Right Leg to the Mat and use it to Stabilize your body with the Knee flex at 30 Degrees with the foot firmly down on the Mat. Then do the same Process with the Left Leg.

Don't try to do the Left and Right legs both at the same time when you are first beginning. JUST DO ONE LEG AT A TIME – RELAX AND RETURN THIS LEG TO NEUTRAL – THEN PROCEED WITH THE OTHER LEG. Always BREATHE IN DEEPLY when you go to put your leg(s) behind your neck.

Once you are comfortable in this position with either leg, then simply start with your “Handedness” Leg and once that is positioned behind your neck, then proceed by adding your other leg. Your other foot will “interlock” under your previous foot.

USE PILLOWS TO SUPPORT YOUR NECK AND PELVIS IF YOU DESIRE

Handedness is important in this exercise. Typically, the musculature on your “Handed” side will be more pronounced. So if you are Right Handed, you will have more muscle on your Right Side. This will typically make the Left Side more Flexible (less muscle density). The second Leg you put behind your neck will have to be the most Flexible of your Two Legs, as it must Bend farther to go Behind the Other Foot. This is why we start with the Handedness Leg.

It's easier than it appears. You will realize how important strengthening your Neck has been and in gaining that flexibility in your Hips and Pelvis we discussed.

- 10) Now, simply lay with your hands at your side, face down, near your buttocks. Practice holding this pose and just mellow out and breathe in and breathe out.

- 11) The breathing part is important to get down, as I already mentioned, because your thoracic cavity is going to be compressed and breathing will be more difficult in this position. Get Used to It. Remember, your blood pressure, heart rate, and breathing rate are going to go through the roof once you start Autofellating. Make sure you develop the proper Stamina for this with this posture. Don't just jump in all at once.
- 12) Get used to performing this pose until you are comfortable with it and don't have any cramping or discomfort. Take your Time and Master it.

Once you feel comfortable in this pose and can do it easily, then we move onto utilizing it for Autofellatio.

- 12) Get in this pose with both legs behind your neck. Breathe and relax.
- 13) Instead of having your hands on the floor at each side of your buttocks, grasp your Right Buttock with Your Right Hand and your Left Buttock with your Left Hand. You may also find grabbing your pelvis at the sides of your hips works just as well or better.
- 14) Simply use your arms and hands to pull your Pelvis closer to your Face. You should easily be able to get another inch closer just by pulling your Pelvis closer in with your Hands. Flex your head (now you will know why we unlocked the Sub-Occipital Muscles to give you better Translation {a special movement of the Atlas and Occiput} of your Head on Your Neck).
- 15) Now, it's all a matter of inches.
- 16) DO NOT USE THE PRESSURE OF YOUR FEET TO FORCE YOUR HEAD AND NECK FORWARD. I KNOW IT IS TEMPTING BUT DO NOT STRAIN YOUR NECK THIS WAY. WITH TIME YOU WILL NOT NEED (OR HAVE THE DESIRE) TO DO THIS.

REMEMBER:

Never Push It.
Never Force or Strain Anything.
Never Rush Things.
Back Off if Any Pain, Weird Sensations, or Sickness Occurs.
Relax and Breathe Easily.
Make It an Enjoyable Experience.
Don't Do Anything Stupid.

*** THE PLOW POSITION ***
*** HALASANA ***



HALASANA BASIC POSITION

Photograph (c) Marccocarvalho



Photograph (c) Marccocarvalho

HALASANA YOGAFELLATIO POSITION WITHOUT LEGS SPREAD OR USING ARMS FOR BRINGING THE PELVIS CLOSER TO THE HEAD

[Continued on Next Page]



HALASANA YOGAFELLATIO POSITION WITH LEGS SPREAD BUT WITH UNNECESSARY CROSSING OF LEGS

The Plow Position is one favored by many Autofellationists as it is one of the easiest to perform and it is also the easiest to get added leverage. Leverage isn't always a good thing, but we will discuss this more later.

You need a really thick mat to perform this position, especially in the early stages (when you are getting used to it) because you will tend to put too much strain on your neck. Which you don't want! Let the weight of your body rest and be distributed across your upper back and shoulders. Remember the Vertebra Prominens? The big Spinous Process at the bottom of your neck that sticks out more than any of your other spinal bones? You'll be putting pressure around this area, so this is why you need a thick mat. You don't want to jam this vertebrae or unnecessarily strain it. Actually, using a decently solid bed is great for this posture, but you need a very good and solid mattress. If you want, put a piece of plywood (or two side by side) under your mattress to make your mattress stronger and firmer.

Anyway, the position is simple enough:

- 1) Lay on your back with your hands (palms up) at your side.
- 2) Flex your hips to 90 Degrees, so that your legs are standing straight up.
- 3) Bring your hips over your head and shoulders. Your legs should remain straight.
- 4) You should be able to flex your hips enough so that your toes are touching the floor behind your head. You can see this illustrated in the Basic Position above. You can bend your knees a little if you prefer.

If you can't master this portion of the pose, then don't try to take it any farther. Keep practicing with this introductory portion to ensure your body is ready for the next phase. Again, we are not in a rush or hurry. It's best to spend a week practicing this portion before moving on. You can see why we were so interested in increasing your Hip Flexion earlier in the book. For at this point in time you are really only Flexing your Hips.

- 5) Once you have mastered getting your toes to the floor behind your head and are comfortable in this position, then move your hands so that they are supporting your back at the level of the “Dimples” we pointed out earlier in the book. Look straight up.
- 6) Now, bring your shoulders closer together and under your body, so that you are supporting your lower body with your shoulders and Not Your Neck. This is important.
- 7) Relax.

Work on this position so that you can get comfortable managing this position for at least Five Minutes.

Then practice holding this position without stabilizing your back with your hands, as is seen in the Halsana Yogafellatio position pictured on the previous page.

- 8) Now, look at the Halasana Yogafellatio picture on page 125 and notice that the legs are now spread with the Knees Bent and that the Knees are resting on the floor. This is important and we need to practice this portion of the exercise before we continue.
- 9) **Once you are comfortable with the knees in this position, simply spread them apart and now brace your back with your hands (like before).**
- 10) **Spreading the Knees will bring the Pelvis closer to the Head and Closer to Your Goal – The Wider the Better.** Now this is why it is so important to get your shoulders “under” your body to support you. If you stay in this position with this strain on your neck it's not going to do you any favors, in fact, you'll probably screw it up, so remember that. The shoulders will also help lock your upper body (and shoulders, of course) in place for the next step.
- 11) Now that our shoulders are firmly anchored and our body weight is properly positioned, we can now use one or both hands to pull our pelvis closer to our body due to the stabilization of our arms. This can be done by pulling on both buttocks, or if you have a strong arm, you can use one arm to pull on the center of your pelvis.
- 12) Adding more Flexion to the Spine is now possible with the arm(s) and will bring your penis and mouth even closer together.
- 13) You shouldn't need to Flex your neck too much in this position. Let it lay comfortably on the Mat. If your neck is being strained, then you are doing it incorrectly. Continue to bring your shoulders together and under your upper body for support.

Your end result should be the last Halasana Picture shown, with the Legs Spread but Without the Legs Crossed (Like the Lotus Leg Position). Some find it easier to perform with the Legs Crossed but I find that my Feet and Legs get in the way.

There is a way to use leverage in this position, as I mentioned earlier. And that is that you can maintain more of a Basic Halasana pose and use a Wall. The wall should be opposite your head when laying down. Now, simply walk your legs down the wall and use them to help bring your pelvis closer to your head. This is actually quite helpful in the beginner phases. However, using the wall is a crutch and it allows us to use this as leverage. This isn't always good or safe, as it encourages us to force things farther than they are intended. So, if you utilize this method, Do Not Push It.

Again, don't expect to be autofellating the first time you try this or any position. Work on the positions until you are comfortable with them for Five, Ten, or Fifteen Minutes. Then once you have mastered them, you can work on closing up the gap between your mouth and penis. **Remember when we talked about PNF and being able to stretch more?** You got it. **Use this technique in your positions to encourage more stretching.** Simple flex as much as possible. Then Contract all the Muscles involved as strong as possible (without going too crazy) for about Five Seconds. Then relax the Muscles and try to Stretch Farther. What happens? You got it, again: You can stretch more and further close your gap. You see, this is why these types of concepts were introduced in this book. To give you every possible edge imaginable.

Please guys, go slow and be careful. Don't ever force anything or go beyond your limits. Be smart about this so you can enjoy a lifetime of Autofellatio.

REMEMBER:

Never Push It.

Never Force or Strain Anything.

Never Rush Things.

Back Off if Any Pain, Weird Sensations, or Sickness Occurs.

Relax and Breathe Easily.

Make It an Enjoyable Experience.

Don't Do Anything Stupid.

*** THE BISHOP POSITION ***
*** GARBHASANA ***



Photograph (c) Marcocarvalho

GARBHASANA POSE - KNEES ARE FLEXED TOWARD TRUNK & NOT ON FLOOR

The Bishop Position is one of my favorite's and is the most comfortable for me. Initially it was very difficult but was one of those positions where I could clearly see my progress grow with each Autofellatio attempt.

- 1) Assume a Lotus Position. **However, assume it With Your Back Up Against a Wall for stability.**
- 2) Use your hands and grasp underneath both of your Knees. Pull up on your Knees and Bring your Legs/Pelvis Closer to Your Body.
- 3) Continue to Practice this until you can bring your Knees up to your Body (as in the picture above) without having to use your hands to bring your Knees up.



GARBHASANA POSE WITH ARMS UNDER LEGS

You can practice sitting in the position above with your Arms intertwined under your legs to help you get used to being in this pose for long durations.

- 4) Once you have mastered bringing your Pelvis fully to your chest without having to use your hands, and can remain in this position for long periods that you proceed to Autofellation.
- 5) Simply grasp under your Hamstrings (close to your buttocks) and Not Your Knees with both of you hands and pull up on your Pelvis.
- 6) Flex your head down toward your penis.

Again, this is where PNF will definitely help you and come into Play. When you have Flexed your head and Pelvis as close together as possible, then contract all of the associated muscles very strongly. Hold this contraction for Five Seconds and then relax. Now, you will be able to bring your head and pelvis even closer together. Only use PNF Two or Three Times per Session.

This is great to perform on a couch. Once you have mastered the stability portion of it, you won't need to use a wall as a support any longer; however, you still can if you so desire.

REMEMBER:

Never Push It.

Never Force or Strain Anything.

Never Rush Things.

Back Off if Any Pain, Weird Sensations, or Sickness Occurs.

Relax and Breathe Easily.

Make It an Enjoyable Experience.

Don't Do Anything Stupid.

* THE CHAIR POSITION *



CHAIR PICTURE © MUNNA DESIGN - 2008

Not every Yogafellatio position has to be based on a Yoga Posture. The Chair Position is one of those. The great part about learning how to unlock your Superficial Back Line and learn to Stretch out your body properly is that you can perform and experiment with different Autofellatio positions. One of the simplest is The Chair Position.

- 1) Get a padded chair where the seat does not extend to the floor. There needs to be an opening under the chair. The underside of the chair should be solid. If you have a chair with thin lining underneath that is covering the springs, you can nail a piece of plywood underneath it to make it solid. The chair, too, should be solid.
- 2) Sit in the chair with your legs about Three Feet apart at the knees. This measurement can be altered as you realize what width is best for you.
- 3) Simply Flex your Head and Spine toward your Pelvis. You can now “Pull” on the Underside of the Chair with Your Hands. This will Bring Your Head and Upper Body into a great degree of Flexion toward your Pelvis. **Be careful not to overstrain or pull something.**
- 4) You can also “Pull” on the underside of your Thighs. The best position is just behind and under the Knee. Make sure the chair is sufficiently stable.
- 5) One can also “Pull” on the Underside of One Thigh with one Hand. With the other Hand, “Pull”

on the Underside of the Chair. If you utilize this method, switch hands every time you perform it to ensure you keep flexing symmetry into this Autofellatio Technique. So, if you do this on Monday with your Left Hand pulling on your Left Thigh and your Right Hand pulling on the Underside of the Chair, when you next perform this position, simply use your Right Hand to pull up on your Right Thigh and utilize your Left Hand to pull up on the Left Underside of the chair you are utilizing.

- 6) This position, I have found, provides best alignment with my mouth and penis.

Again, remember your PNF stretching trick. Get in your position and flex as much as you can. Contract all the applicable muscles strongly and hold this contraction for Five Seconds. Relax the contraction and wait Five Seconds. Then see how much Farther you can Flex. Only do a PNF Stretch Release Two or Three Times in a Session. Don't overdo it.

Since you are using your arms to increase your Flexibility, be careful! Don't overdo it and don't stress your back, neck, or pelvis in the process. Go slow and easy at first and little by little you will be able to flex farther and farther.

REMEMBER:

Never Push It.

Never Force or Strain Anything.

Never Rush Things.

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*** THE CURL (“C”) POSITION ***
*** PASCHIMOTTANASANA ***



(C) 2007 Joseph Renger

THIS BAD BOY POSTURE IS BACK!

The “C” Position has always seemed to me to be the most handiest of all positions. I say that because I have entered into this position in some awkward places and situations. The importance of this position is the same with the original Paschimottasana pose. And that is that your Hamstrings and Calves need to be fully stretched out.

- 1) Always Unlock Your Glutes. Remember, we discussed this under **Specific Release Mechanisms**. Don't attempt this unless you unlock your Glutes.
- 2) The positioning is easy enough. Sit on your buttocks with your legs fully extended.
- 3) Flex forward with your spine and neck to bring your mouth to your pelvis.
- 4) You can place your Arms and Hands under your Middle Thighs to help encourage more of a Posterior Tilting to Your Pelvis.
- 5) Slight Flexion in the Knees may help reduce pressure on the Pelvis from the Hip Flexors and allow you to get closer than if the Knees stay bent.

Don't forget PNF with this posture. Again, Flex as close as you can and contract all associated muscles and hold for Five to Ten Seconds. Relax the Muscles (keep your Flexed position) and then proceed to Flex farther than before. Only do PNF Two or Three Times during a Session.

Unlocking the Glutes is paramount in this position. It's useful in every position, but especially in the “C” Position.

VARIATIONS

STANDING “C” POSITION - This pose can also be performed while standing. Instead of Grasping under the Thighs, try Grasping the Buttocks or closer to the Buttocks. I Do Not Recommend the Standing “C” Position. It is easy to lose one's balance in this posture and it is much more awkward and uncomfortable than relaxing on a solid bed or Yoga mat. It also puts tremendous strain on your Knee joints. Because Gravity is axially bearing down on your body, the biomechanics are altered from the natural postures and stretches we have been working on.

LATERAL (LAYING) “C” POSITION - This is a simple enough position but I've never really utilized it and I'm not sure why. It seems one of the most natural positions, as we are born in the Fetal Position and most of us Sleep in this Position. Simply do the “C” Position while you are Laying on Your Side.

Again, don't forget PNF!

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SO, WHAT'S THE BEST WAY TO YOGAFELLATE?

Everyone is going to develop their own patterns and guides as to what they prefer to do to best Yogafellate. This is typically what I do:

- 1) **SET ASIDE PLENTY OF TIME** – Never be rushed – Before or After. Try to set aside a special Day or Night that you will Autofellate.
- 2) **DRINK PLENTY OF WATER THAT DAY** – Keep your joints, discs, and Muscles well Hydrated.
- 3) **EAT LIGHTLY** – Don't eat Heavy Meals that Day and Don't eat or drink Three Hours before Autofellating.
- 4) **HAVE AN ENEMA** – This can easily accomplished at home. There is a HUGE difference if your lower intestines have been flushed out in your ability to be relaxed, comfortable, and to aid in increasing your Flexibility.
- 5) **SOFTEN UP** – Take a Hot, Hot Shower or Hot, Hot Bath. Saunas, Steam Rooms, and Hot-Tubs are also Recommended. Try to keep your thoughts peaceful and relaxing. Do some gentle stretches in the hot water (or air). I also find massaging my body with my hands seems to loosen me up quite a bit whether in the tub, shower, or sauna.
- 6) **LIMBER UP** – Do Your Stretches!
- 7) **ALWAYS UNLOCK YOUR SUPERFICIAL BACK LINE!!!** – With time you will have gotten most of the tension unleashed but it will still creep into your back, time and time again. At a bare minimum, work on your Feet and Sub-Occipital Muscles.
- 8) **UNLOCK YOUR GLUTES** – It only takes a few minutes and makes a huge, huge difference.
- 9) **MAKE SURE YOU WON'T BE DISTURBED** – That goes without saying, but I can't tell you how many times I've been in a Position and the phone starts ringing. Cut out all these potential annoyances before you begin.
- 10) **ENSURE THE ROOM TEMPERATURE IS COMFORTABLE** – There's nothing like being in a cold room to make things more difficult.
- 11) **GET YOUR “TOOLBOX” READY** – This includes whatever toys you might want to use,

towels, tissues, pillows, plugs, pumps, whatever. I have one of those fishing tackle boxes that I keep with the stuff I usually use. I can't tell you how many times I've set myself up and got going, only to realize my favorite "toy" is in another room. Prepare yourself.

12) **TAKE YOUR TIME** – Again, this is not a Race or a Competition.

13) **PLAY IT SAFE** – Look, guys, never push yourselves. Remember that Pain is a Warning Sign. Don't let your Goal or your Horniness stop you from using Common Sense. There is always another day and another time to Enjoy yourself.

14) **EXPERIMENTATION** – That's Right. This isn't the Bible on Autofellatio. Add to it and improve upon it.

15) **MOST IMPORTANTLY – ENJOY YOURSELF!**

LIFE IS FOR LIVING – SO ENJOY IT

YOGAFELLATIO STUFF

Everybody likes **Stuff**. So, let's go over some Yogafellatio Stuff:

YOGAFELLATIO SENSE

Let's start with this “Stuff.” Don't Autofellate if you are in a bad and angry mood and have had a horrible day. The Autofellatio experience should be one of relaxation and peace of mind. Don't mix negative emotions, frustrations, and bitter energy while getting yourself off. These things don't mix and you don't want to correlate pleasure with feelings of anger. I know sex and masturbation are great ways to relieve stress, but if you're really pissed off at (or about) something, save sucking yourself off for another day.

If you're plastered on Vodka and “pissed” out of your mind; do yourself a favor and don't autofellate. Chances are you will do something very stupid and harmful. The same thing should be said about drugs that screw with your mind or disconnect your body from your mind. That includes prescription drugs, too. Heck, they're the worst kind. Same with Pain Killers. This is a big one! Pain is a warning sign your body sends to you to tell you that something is damaged *or is being damaged*. If you are trying to autofellate and have severe pain, there's a reason you are feeling that pain! It's your body telling you to stop whatever the heck you're doing. So! Don't take pain killers before you autofellate. Or if you are on pain killers for some other problem, don't autofellate while you're taking them.

PULLEYS, STRAPS, DEVICES

Whatever sex toys you are into and want to include in your Autofellatio sessions is up to you. Just make sure they aren't dangerous or compromising.

When I first started out on this quest I became a little obsessed. I rigged up all kinds of pulleys with straps to try to flex my body using these types of instruments. I would use those belts that Furniture Moving Companies would use (you know, the nylon ones with the clasped gears you can pull on and tighten like a car seatbelt) and create these make-shift harnesses that I could tighten trying to get closer to sucking my penis. I even got an old exercise bike at a garage sale. This was an old one from the 1950s or older that worked like a pair of scissors. You'd start this thing up and it was like a ride at the amusement park. Actually, it was pretty cool and had this chrome metal seat and would actually have made a great torture device in a horror movie. Anyway, this thing caught my attention at a garage sale so I purchased it and dragged it home; my mind buzzing with ideas on how I was going to use this contraption to help myself autofellate. I rigged this thing up thinking I could position myself perfectly to have it help me flex my spine better. I would then only need to turn it on for a second and have this thing “scissor” my body so I'd be closer to sucking my penis. Obviously, you can see where I'm going

with this. It's lucky I'm still alive after that flash of brilliance. I kid you not. I donated the bike to the Salvation Army before I got any more wonderful ideas for its use.

Yeah, I was stupid. Really stupid; but like I mentioned, I was really keen to be able to Autofellate. Trust me, don't try anything as stupid as I did. Especially with any type of mechanical machinery. Speaking of belts and straps that you can tighten to try to encourage your pelvis closer to your head or your head closer to your pelvis – DO NOT TRY ANYTHING LIKE THIS! I don't care if you're the reincarnation of Harry Houdini. Stuff like this is dangerous and stupid. You'll get yourself definitely injured or killed.

SENSORY BOMBARDMENT AND MAINTAINING AN ERECTION

Have you ever been nailing a nail into a piece of wood and have the head of the hammer slide off and smash your thumb? Sure, we all have. What happens? Your reflexes react and you pull your hand back as you feel immediate pain. Your thumb starts to swell as more blood flows to the area to help immobilize the joint and to bring fresh blood to the area to heal faster. Some other physiological events happen, too, that we won't go into...

Anyway, after your initial “Reflex Response” what do you instinctively do? As long as you're pretty sure you haven't smashed your bones all to bits, you will take your other hand and rub your injured thumb. Why do we do this? Because it MAKES IT FEEL BETTER.

The reason for this is that after you smash your thumb, the pain receptors are sending all these impulses to your brain stating: “PAIN!” These are the predominate signals being sent to your brain that your brain is focusing on. So the brain reacts by making you feel this pain. It's a simple protective mechanism that all human beings should have. Just like when you burn your hand on the oven stove as a kid and it hurts like hell. What does it teach you? It teaches you not to do it again. This is what pain is for: To Protect us and Teach Us.

So, now your thumb hurts and you start rubbing it. The reason it feels better is because you are stimulating many more nerve receptors that communicate to the brain. So instead of just sending “Pain” signals, you are also sending temperature, vibration, pressure, deformation, and all kinds of other neurological perceptions to the brain. This is called SENSORY BOMBARDMENT. Because you are bombarding the brain with tons of neurological receptions from your thumb. So what happens? Because your brain is being bombarded with all of this information, the “Pain” receptors get watered down with all of the rest of information your brain is receiving. So instead of your brain just focusing on these “Pain” impulses, it has to sort out all the rest of this sensory information, too; so the “Pain” signals are weakened by all the other information at hand.

What does this have to do with Yogafellatio? Good question. Trust me, especially when you first start out, you'll get a good idea as to how this works. Maybe not initially, as you may be very excited about really being able to blow yourself, but in a short period of time here's what happens:

Typically when a man is masturbating, he'll be relaxing on a bed looking at some pictures in a magazine, watching a porn movie, or sitting at a computer looking at on-line erotica. So, the man becomes focused on two main things: 1) The erotica that is arousing for him. 2) Masturbation. This all changes when your body is knotted up in a twisted contortion that you are not necessarily very used to. Even if you are used to it, all the ligaments, muscles, tendons, and joints that are being put into these extreme positions are constantly sending data to the brain to tell the brain what? To tell the brain something called Spatial Orientation. Spatial orientation is what your brain needs to know in order to know your place in your three-dimensional world. It mainly gets these from the joints, as the joints send information to the brain as to what degree they are flexed, extended, stressed, etc. Using this information, the brain gets a feeling as to where you actually are in this Three-Dimensional Space. Just imagine how complicated walking is. Dozens of muscles are contracting while dozens of other muscles are relaxing, all at very specific degrees in these joints. Your brain gets all this data from these joints and tissues and uses this to determine what muscle(s) to contract or relax next, in order, so that you CAN actually walk and not fall on your face.

When Yogafellating, it's inevitable that your brain is going to be bombarded with all of this sort of information that it is not used to. The good thing is that, like I mentioned, in the beginning it isn't so bad because you're journeying on this new adventure to sucking your own penis, so this overruns pretty much anything else your brain wants to monitor. But, as you get used to it, it may become difficult to maintain an erection because your brain is now taking all this sensory data from your joints that are all contorted and trying to figure out what's going on in your three-dimensional world.

However, with time this becomes less and less of a problem, as your brain and body finally begin to reach a neutral position where they both understand what you want and what is going on.

Which brings us to Maintaining that Erection:

MAINTAINING THAT ERECTION WITH YOGAFELLATIO

When I'm masturbating, I'm typically fantasizing about some sex scene in my head, watching a porn film, or checking out some pictures. This helps me stay focused on the "sexual" part of it, which helps keep me aroused, and therefore, erect.

You can get creative, of course, but it isn't so easy to watch a porn film on the television or check out some raunchy pictures in the Yogafellatio positions. So, for some guys, it may be a bit hard to maintain an erection. Heck, even if you're totally turned on by your own penis in your own mouth, sometimes a little help is needed.

Cock rings come to mind. I'd say these aren't something I'm really comfortable with during my autofellatio sessions. They get uncomfortable and can get caught in some of these positions which could be dangerous. Especially when in extreme flexion, they can get caught in the folds of skin.

However, a penis pump is quite handy to have at your side. In fact, it's a great way to really maintain that super-rock hard erection, to be honest with you. They don't get much in the way and they can usually be fairly easily applied even in the most extreme positions. Be careful with these things, as they can cut into the skin where they apply to the body. There are also stories about guys who screw up blood vessels in the penis and all other sorts of horrors from using a penis pump. I'm not an expert on these things and can't vouch for all the different makes and models, so I would just mention that it's to your best advantage to read what the guy who made it has to say about using a specific penis pump properly and safely.

Also, don't ever become reliant on something like this to get hard, just use one if you want to keep yourself going in a Yogafellatio position. The last thing you want to do is let your penis need a "crutch" to get an erection. Bad habits are tough to break.

Of course, you are welcome to experiment with other orifices and things that turn you on at your discretion. That's where it becomes quite a fun and enjoyable experience.

MEETING GOD THROUGH YOGAFELLATIO

Okay, that should get your attention. No, I didn't just escape from a Hippie Commune in the Desert. I'm serious about this. I'm not going to get into Tantric Sex and Sex Magik and all of that. If you are interested in such things, then I suggest you get serious and explore them yourself. However, there is some pretty incredibly stuff you can accomplish if you know how with Autofellatio.

When a man orgasms, it is an act of Nature (or God). This is why it feels so good. Because Nature is rewarding man the feeling of "pleasure" for spreading his seed. Because spreading his seed does what? IT CREATES LIFE. No matter if you are masturbating, either. No. It doesn't matter because you are practicing to spread your seed (through masturbation, we are rewarded with pleasure for practicing, too).

When a man orgasms he is releasing the seed and energy needed to create LIFE. That may sound a bit corny, but think about it. That's why most people yell out something like, "Oh My God!!!" When they are really having a kick-ass orgasm. That's because they are becoming part of Nature by Creating Life.

Hopefully you are still with me... When a man orgasms when he Autofellates, he's doing the same thing, but yet on a personal and intimate level with himself. He's actually committing Autosex by literally sharing and recycling his sexual energy with himself. This is pretty heavy stuff I'm not going to go into too deeply, but, trust me, you can do some really unbelievable exploration with Autofellatio.

Here's one way to do it:

SENSORY DEPRIVATION AND YOGAFELLATIO

Sensory Deprivation is the exact opposite of Sensor Bombardment, which we recently just discussed. Instead of sending too much sensory information to your brain, you send as little as possible. By filtering out all of this extra sensory “data” it allows one to concentrate on other thoughts or activities with extreme acuity and sensitivity.

Sensory deprivation has been used for thousands of years to get “witches” to admit they were “witches” when they weren't (like at the old Salem Witch Trials) and by Occultists and Religious Explorers to explore higher states of consciousness and journeys. Basically, sensory deprivation entails cutting off your ability to sense what is going on in your environment. One way of doing this is in a salt chamber. You fill a chamber full of salt water. Lay inside of it and close the lid. The salt water will make you float and you will have a sense of weightlessness. The chamber will cut out any sounds so you can't hear anything. The chamber is dark so you can't see anything. You wear nose plugs so you can't see anything. For all practical purposes you become suspended in total darkness with nothing for your brain to perceive to let it know what is going on in your world.

This makes the brain wander like crazy and explore the darkness in which it finds itself. With no physical “space” to tell the brain what is going on, the brain typically starts coming up with interesting fantasies, hallucinations, and all sorts of wild and interesting things. To those who are used to dealing with this sort of thing, they can use it to solve difficult problems, find answers to things they seek, and just about anything else.

Another good example of sensory deprivation is from what people experience in an avalanche and are trapped under a mountain of snow. Because they've been tossed around so much, they no longer know which way is up, down, or any other direction. Being immersed in the snow cuts off all ability to determine where they are oriented in space. People in these circumstances go crazy before they starve to death; simply because they cannot possibly orient themselves in their environment. They are completely lost.

Well. When you start to do things like this with Yogafellatio, some interesting things happen, yet on a more sexual and God-based level. **Of course, do not even think about trying this unless you are under the direct supervision and guidance of a doctor, you are a professional Autofellationist, have a 100% safe and sound mind, have a Priest standing nearby, and are invincible.** But, if you do decide to take this path, prepare to be sexually blown out of your mind. I'm serious. People spend lifetimes studying Kundalini Yoga trying to reach such intense states of sexual power and consciousness that can be had with Yogafellatio if you know what to do.

IN OTHER WORDS – DO THIS AT YOUR OWN RISK!

You must be in a room you are comfortable with and have prior knowledge of. Decent temperature, no sharp objects, nothing to hurt yourself. The room must be totally dark. Cover up the windows. Towels under the doors. No lights. Get some really heavy-duty industrial ear plugs to block out all sound. Get

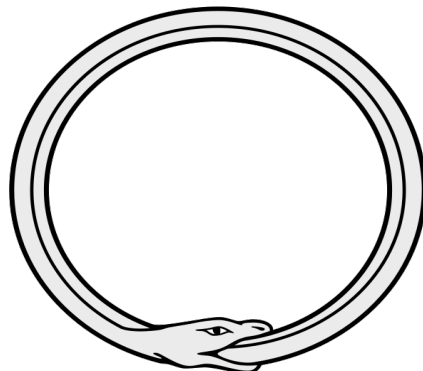
one of those sleep masks to block out all vision. Get some nose plugs. Ensure that no noises like the television, telephone, door bell, or anything else will disturb you.

Get comfortable and shut out all other sensory data that comes into your brain through your senses. That is, apart from your penis in your mouth. Then, you start to Autofellate. Without anything else to disturb you – no sounds, no smells, no light – You will become part of a sexual journey that will be unbelievable. You will feel that you have become your penis. I kid you not. You will feel that you ARE actually your penis. You are this massively hard, throbbing, penis that is a thousand stories high up in the air. You can leap tall buildings in a single bound and can run amok having wild sex with mountains, cities, planets, and even the sun.

Sound crazy? Don't knock it until you've tried it. I can write a book on some of the out-of-this-world experiences I have had with Sensory Deprivation and Autofellatio. When you are shut off from the entire world, where you are only left with the act of one of the most primal functions of man, which is achieving orgasm for pleasure and for reproduction, and are completely engaged in this process... Then watch out.

Why do you think the Indian Tantrists have sculptures and architecture showing Autofellatio? The Tantrists were the people who viewed Sex as a Religion – All about Life, Death, and Rebirth. Their architecture shows every form of sexual act imaginable. Every form. And, yes, they practiced Yoga, too. See any connection here?

How about Kundalini? This is another Hindu ancient form of Sexual Religion that means “coiled.” Like the coiled serpent or Ouroboros. Ouroboros is the Ancient Symbol of a Snake or Serpent swallowing its own tail. Sound familiar? He pops in Scandinavian, Meso-American, Celtic, and many other forms of “Mythology.”



RENDITION OF OUROBOROS

The whole concept of Autofellatio is deeply embedded in these ancient symbols and “religious” practices. Think about it. With no satellite television, no movie theaters, no books stores or libraries, no cell phones, no computers, and none of the other crap we have been smothering our lives with, these beautiful and adventurous people set out to understand, explore, and enjoy the things that were especially and naturally rewarding. **Things like Sex.** That's why you see these old Greek mosaics,

Egyptian Paintings, Aztec, Mayan, Asian, and African depictions, and on and on and on, that totally show that these people were into Sex. **They were REALLY into SEX.** And not just the ole' Missionary Position with Jack and Jill snuggled up in bed, these guys were into some really incredible and mind-bending sexual thoughts, theories, and acts.

Consider a simple, possible ramification of Autofellatio:

THE MOUTH AND RECTUM ARE ONE AND THE SAME

This is basic medical science. Your mouth is the start of one very long and open tube. It is hollow and it ends as, and at, your anus. The mouth is the entrance, the anus is the exit. It's true, it's just one long tube. It starts at your lips, down your esophagus, stomach, small intestines, large intestines, and ends at your rectum. It is one single tube. There are valves that close off (and open) to keep food stuffs from not travelling down the tube until your body is ready for them, but for all practical purposes it is one long and open tube and **Your Mouth and Rectum are One.**

“Okay, well, I never really thought of it like that before... But, yeah, that does make sense.” The whole body is made up of interconnections and similarities like this. When you start to explore these concepts, especially when you are in a higher consciousness, like with autofellatio under sensory deprivation, all kinds of interesting thoughts and evolutionary ways of thinking starts to blossom.

For example, and this one happens to me quite often: I Sensory Deprive and start Autofellating. My penis grows in my mouth and with each suck it seems to feed itself deeper and deeper down my throat. Like an oiled snake or a giant eel slithering inside of me. It makes its way to my stomach and then starts snaking its way through my intestines. It truly feels like a snake slinking down and deep in my belly and it feels good; it feels sexually gratifying. It continues its passage and journey through my insides and finally thrusts out of my rectum which is extremely sexually stimulating. Then, it curls up and twists around my rectum and heads straight toward my head. It then enters into what occultists call “The Third Eye.” This is on your forehead. I can feel my Third Eye blink and Open Up as my penis-snake then inserts itself and burrows into my third eye straight into my brain; then it passes through my brain and spinal cord to twist under and burrow back into the insides of my mouth (from behind), at which time it ejaculates its venom (seminal fluid) into my mouth (AT WHICH POINT I ALSO ORGASM AND EJACULATE). And I feel my semen and the snakes semen (which is in some way my semen) mix together and then slither and slink down my throat, much like my penis did when I first started fellating. It's as if it is one continuous process with no entrance and no exit. No start and no finish. I really can't properly describe it. It is something that needs to be experienced to understand. It's like trying to explain to someone what an orgasm feels like if they've never had one. No, actually, that's not true. It's much more difficult.

Now, I've had some great sex in my life. Hopefully, every one of us have! But trust me. And I mean trust me. **I doubt you have EVER experienced any Orgasm that comes even relatively close to this.** Words truly cannot describe this experience.

This might sound a bit crazy to some of you out there. That's cool, **I'm not trying to sell you on doing this; I'm just bringing your attention to it.** And trust me, I don't do any drugs and I'm not into any really freaky stuff in my sexual life. I'm a down-to-earth person. But when you start experimenting with this type of energy and symbolism during Autofellatio, it will totally blow your mind. And when I start envisioning these things happening during Autofellatio, it isn't like something I'm just thinking about in my mind. No. It's as if this stuff is really happening. Physically Happening. I'm “feeling” the entire experience and process. It Is Real. It can be scary if you're not up to it.

Take it for what's it worth. For those interested in such things do some further research on Tantra and Kundalini. They'll help you explore “Stuff” that will change your life. **Just be careful and tread carefully.**

Enough “Stuff” for now... Now, get started on the greatest form of Masturbation Available to Man!



BONA FORTUNA!