



**International Community
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Signs of Sexuality and Fertility

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Shen and Sexual Attraction

- Peach Luck can be called Charisma, Charm and/or Sex Appeal
- It is a manifestation of the Shen filtered through the Five Elements of Personality
- It is seen in the Eyes, the smile and the skin
- It is what draws people to others and is a significant factor for fame as well as sexual attraction.
- Everyone has some Peach Luck and it can be enhanced

The Power of Peach Luck

ELEMENT	FIRE	EARTH	METAL	WATER	WOOD
TYPE	Sparkling	Supportive	Dreamy	Seductive	Direct
ENERGETIC	Effervescent	Empathetic	Visionary	Deep	Intense
QUALITIES	Bubbly	Comforting	Inspirational	Mysterious	Projects Power
	Fun	Caring	Sensitive	Has Suffered	Determined
	Playful	Warm	Wistful	Listens Well	Appears Dangerous
	Mischievous	Parental	Idealistic	Secretive	Leadership
	Enthusiastic	Kind	Spiritual	Wise	Strong Opinions
	Charm	Rescues	Refined	Sensual	Focused
EYES	Bright Eyes	Kind Eyes	Clear Eyes	Deep Eyes	Intense Gaze
SMILE	Big Smile	Sweet Smile	Slight Smile	Knowing Smile	Doesn't Smile

Five Elements of Sexuality

The ancient symbol for sex was “Boiling Water” – a pot of water over a fire of wood with steam rising after the water boils.

- Water –Desire
- Wood - the Ability to perform sexual acts
- Fire - Flirting, titillation and foreplay - ultimately orgasm
- Earth - “married sex” – regular sex with the same partner with affection/cuddling
- Metal -“solo sex” and/or fantasy – training partner to understand specific personal needs and the ambition to be a good lover

The Five Elements of Desire

- The primary element of a person is not always the same as his or her element that presents when he or she is being sexual.
- Sexual preferences and desires can change over time, with different circumstances and/or with different partners.
- The hormonal peak occurs around age 17 for men and around age 30 for women, but your sexual performance peak occurs when you feel most comfortable with yourself and your body. This usually occurs between 40 and 60 for both men and women.
- Sex is good for you! Recent research found that sex helps strengthen the immune system (sex once or twice a week).
- Sex can be a lifelong activity. While older adults may not have sex as often, they actually report more satisfaction!

Sexual Acts and Positions

- Kissing, Licking, Oral Sex and the desire to merge are based on the Water Element. Water Element people take the longest time to achieve orgasm and they may not have orgasms easily, but when they do, the orgasms can be very strong.
- Gymnastic and Athletic sex are Wood Element activities. Feelings of danger and/or the desire for conquest can enhance the experience for Wood people. Intensity up to a level of chosen pain and a strong rhythm can be required for a strong orgasm.
- Teasing, Flirting, Biting and Tickling are types of Fire foreplay. Playing roles, dressing up and variation in times, places and positions help Fire people get excited. They tend to achieve orgasm easily and sometimes multiply.
- Cuddling, Affection and Acts of Service are Earth forms of foreplay. Consistency of position, place and time can enhance an Earth person's experience. Earth people enjoy giving their partner an orgasm and are able to enjoy the experience with or without their own orgasm. Affection and cuddling may be the most important part of the experience for Earth people.
- Training a partner teaching them what they need sexually is necessary for a Metal person to experience the most pleasure. However, they are subtle about it so often the partner does not realize it. Metal people tend to dislike changes in speed or sudden spontaneous new actions as they can lose their level of excitement by being surprised. They often need to use self stimulation or fantasy to achieve orgasm and the fantasy is often about their own partner. Masturbation (including mutual) is also considered a Metal sexual activity.

Diagnosing Sexual Problems

- Lack of Desire or lubrication is usually caused by water deficiency. This can be tested by checking the under eye area and the inside of the lower lip. It can also be due to depression and from taking antidepressants. Or it can be psychological in nature caused by conditions like Body Dysmorphic Disorder or PTSD from previous abuse. Physically, problems such as Vulvodynia and Interstitial Cystitis in women or Prostatitis in men can interfere with sexual desire. Pheromones may also play a role.
- Physically based Impotence is usually caused by vascular problems and may be a sign of current or potential heart disease. Check the end of the nose to diagnose. Diabetes can also cause impotence and can be diagnosed from the upper bridge of the nose. Additionally It can be drug induced (antidepressants and blood pressure medications). Psychologically based impotence is much more common and involves self-esteem, performance anxiety and fear of impotence that causes more impotence.
- Inability to achieve an orgasm is usually linked to a lack of fire – possibly due to inadequate excitement or lack of foreplay, thinking too much instead of feeling and/or fear of losing control or fear of giving someone power. It is also caused by taking antidepressants.
- Hypersexuality has been linked to Bipolar Disorder and Sexual Addiction, both of which can be associated with excessive liver qi – check the eyebrows for liver strength and the eyes for Wild Shen. Sex has also been suggested as being a way of dealing with a fear of death and orgasms are called “Le Petit Mort” or “little death” in French.
- Premature Ejaculation is caused by extra Fire energy. It is usually caused by excessive excitement, a heightened ability to feel stimulated and possibly from anxiety. This is not considered a problem except in relationship and for the partner. Treatment usually involves desensitization and distraction to maintain control and delay the orgasm.

Signs of Fertility

- Women with narrow hips are more fertile when they are younger, but tend to lose their fertility earlier
- Women with wider hips are usually fertile longer and have menopause later
- A waist to hip ratio of .82 is considered optimal
- The primary place to look for fertility on the face is the philtrum
- Strong fertility is shown by a warm pinkish color in the philtrum and when the philtrum is either wide, deep and/or long.
- Infertility is seen primarily as a white color indicating a frozen womb and/or markings that involve emotional issues that block conception

Pheromones and Pheromone Receptors

- Pheromones are the chemical messengers of attraction primarily for sexual attraction that indicate a gene pool that is most opposite of your own. However, women can be affected by other women's pheromones and begin to menstruate together and babies can find their mothers because of pheromones and vice versa.
- Pheromone receptor sites are located in the nose below the bone on either side on the upper part of the nose.
- Women release the most pheromones during ovulation.
- Male pheromones can help make their mate more fertile
- Women have stronger receptors than men. The only time they do not work effectively are when they are using hormone based birth control or when they are pregnant. Their ability to detect pheromones declines with age.
- Lack of Desire may be related to pheromone mismatches that can cause miscarriages.

Signs of Pregnancy

- Pregnancy makes the philtrum plump and rosy
- Pregnant women emanate “Double Shen”
- Often you can see a small red dot on the philtrum indicating the placement of the placenta when the pregnancy is strong.
- Morning Sickness is another sign of a strong pregnancy and a gift as it is a form of detoxification – it makes sense of the ancient Chinese saying: “having a baby can give you back the health you never had.”
- Miscarriages should not be considered infertility – they are a failure to hold the baby and the constitution of the cervix may be involved as well as excess fire and/or problems with behavior.

The Alchemy of Conception and Pregnancy

Conception involves combining Ling – gathered from the Cosmos - and the physical Jing from the ancestors.

Conception requires a spark of Cosmic Fire, which can be enhanced by Human Fire and a connection to rich blood in the reproductive organs, which requires a strong connection to the Earth.

Conception is most easily achieved with conscious intent and the preparation may take up to one year before manifestation is possible.

Babies conceived “by accident” have very strong wills or they are answering the call of one parent over the resistance of the other.

Conscious birth control and conscious conception requires letting go of expectations and control over the outcome, freeing the Hun and the Po so that the third eye opens and the parents can call in the soul of their child.



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