Awakening the Master Feminine
Awakening the Master Masculine
Energy Regimens

Scope
The regimen is a guided self help program lasting 18 weeks. The regimen consists of tantra energy work, weekly routines, sexual coaching, and is supported by the catalytic action of a series of special supplements. There are two versions of this regimen, one designed for females, the other designed for males. Master Yao has spoken to the fact that the components of human beings, their psychology, emotional state, chemical health, hormonal balance and health of the cells, all rests on a foundation of energy. The valves in the body and spirit that control the flow of energy are all opened or shut through sexual activity. This regimen proposes to teach men and women how their energy apparatus operates. It then takes them through a process of increasing their energy and removing the blockages, brakes and choke points that stifle men and women from a natural and full sexual expression.

The group cost of the 18 week regimen is $790. Local sponsors engage in the regimen at a much reduced cost. This can be paid in installments, and placed on a credit card. The regimen is recommended for healthy men and women age 18 to 55, who are seeking to achieve more of their natural potential.

After economics, perhaps nothing has more of an impact on one’s quality of life and sense of well being than your relationship or lack of one. And the core of that relationship is sexual. But a central aspect of this equation has been overlooked today. To get benefits from a relationship, especially a sexual relationship, requires the willing cooperation of a member of the opposite sex. And too often today the man or woman we would like to cooperate with our relationship agenda will not, because they are not getting what they desire from us sexually, or because emotion issues have eroded their motivation to act in our interest. This regimen changes that equation. It enhances both the male and female’s ability to deliver sexual satisfaction. But more importantly, it heals past wounds of emotional trauma, and thus gives men and women a chance to react to us based on current conditions, and not be forever stuck in the past.
Description

We will describe here only the female version. The male version is similar with only a few key changes. The regimen employs an exotic cocktail of life coaching, a tantra energy session, special supplements used in alternative medicine, and a weekly routine that incorporates elements from Qi Gong, Yoga and reflexology. Each week the group is assigned a different energy exercise. These are combinations of Qi Gong form, yoga, breath and reflexology. The exercises are very simple to do. This requires about 15 minutes per day. None of the forms are difficult nor do they require much movement. They are not cardiovascular, but instead work on the nerves, brain, oxygen levels and auric field. The energy profile is affected in the reproductive tract, five major organs, parts of the nervous system and endocrine gland systems. These are all directly associated with sex and relationship behavior. The table work elevates the energy profile of the woman. The routines show her how to maintain a high level profile for an extended period of time. She then seeks a male partner who will give her the ability to gradually elevate her energy profile. Thus in time her daily profile can exceed the table level. The male regimen empowers the men to project energy into the female field, in such a way that she can achieve these goals.

Women who take the regimen seriously, will start to awaken their master feminine faculty. This is sort of like going back into a puberty stage. It opens the door for extraordinary things to happen. The potential for change to body weight, reproductive health and the subconscious sexual programs is there, but not all women will put forth the same level of effort to take advantage of it. But women who make some progress in the advanced aspect of the regimen will gain the ability to send tantra energy to a male, in the same way that Master Yao sends it to a female on the table. This happens in the bedroom. In the same way, males who begin to awaken their master masculine faculty will open the door for extraordinary advancement. It will vary from one male to another, but some of the men in the program will become capable of retaining their seed during orgasm. Others will experience the ability to project tantra energy to various parts of the female body during bedroom sessions.

Women who have sexual issues complicated by high blood pressure, diabetes, fibroid tumors and early trauma are encouraged to apply. Tantra energy work is especially suited to release depression and personality issues stemming from toxic womb syndrome and emotional trauma. Younger females can experience improvement in 30 days. Older females will see improvement after 60 days. Hysterectomy or damage to the ovaries or pituitary gland from STD’s or chronic illness will reduce results.

Outcomes

Females who have taken part in the private segments of this regimen have reported benefits which include:

- Higher energy levels.
- A deeper psychic connection to mate.
- An increase in intensity of orgasms.
• Improvement in such reproductive health issues as fibroid tumors, PMS, leucorrhea of the uterus, and vaginal infections. While these benefits were reported by some women, the regimen is not targeted to health issues, and these are by-products. Nor is this regimen marketed as a cure for reproductive health issues.
• Better clarity in relationship scenarios.
• Moderate weight loss.

The primary desired outcome of the regimen is better sexual satisfaction, a deeper connection to one’s mate, and an enhanced ability to attract the opposite sex. It is expected that females who follow the regimen with some level of devotion will realize an increase in their perceived value by males, especially their mates. There is a companion program for men. Not all females received all of the above benefits, or the same level of improvement.

The Awakening Circle

The women’s circle is a naturally occurring phenomenon in nature and commonly found in indigenous cultures, Native American culture and ancient high societies. The Awakening Circle is a theme introduced in Master Yao’s book The Natural Blueprint for Relationships ©2006, and expanded on in his latest book, Awakening the Master Feminine. The regimen is administered through this focus group called an awakening circle which consists of a minimum of 18 females aged 18 to 55. By banding together, the group is able to participant in a program that would normally cost almost $3,000. The circle has a monthly face to face session with Master Yao. Each member of the circle has personal and private meetings with Master Yao after this monthly session. There is also:

1. Monthly group sessions with Master Yao.
2. A weekly conference call.
3. Information exchange via the web site.

Basic program cost includes: (female version)

• One (1) table session of tantra energy work per woman. Each session lasts about 2 hours. Additional sessions are optional, and billed at the reduced rate of $90 per hour. This rate is for regimen participants only.
• Two (2) private coaching sessions which typically are one hour segments. Participants may bring their mate to these sessions if they desire.
• Access to a weekly conference call.
• Supervision of the weekly energy routine.
• The costs of the Kegel machine and required supplements. The cost of the workbook. The products account for about $240 to $280 of the total package. Substitutions of products are not allowed. If a female participant brings her own Kegel machine to the first session, and it meets specifications, a credit of $41 will be applied to her account.
**Products and Supplements**

Supplied products includes a Kegel exercise machine, special structured water, and three unique supplements that act as catalysts. Master Yao will provide these products. These supplements are only prescribed for the first seven weeks of the regimen, in other words each person is only given enough water, and special supplements to last for seven weeks. The energy work and supplements act to “jump start” the system after which it will continue to progress on its own. But participants may elect to continue taking the products, especially persons with significant health issues such as high blood pressure.

**The Workbook**

Each woman (or man) is provided with a workbook or guide to navigate the regimen. A diet guide is included in the workbook. However the diet presented is not a required portion of the regimen. It is optional. During the regimen, the intake of chicken, certain fried fast foods, white flour products, corn syrup, and known allergens are discouraged, but can be tolerated. However, those persons with severe high blood pressure, diabetes, kidney issues and chronic metabolism issues should know that if they do not adhere to diet guidelines, their outcomes will be delayed, and benefits reduced. Master Yao has developed exercises for the woman using the Kegel machine. It is a small device placed between the knees and exercised for ten to twenty minutes each day. The exercise can be done sitting at a desk or watching television. It is not difficult. This part of the regimen is unique to Master Yao. It increases the flow of nerve energy to the reproductive tract from the parasympathetic nervous system. A by-product is the reduction of plaque from the walls of the small blood vessels.

**Vitale Energy Water**

Each participant is required to drink 1 gallon of special water each week. This water is purified, ionized, alkalized, and clustered to a structure of H12-O6 [versus H20]. The water is not yet available in most retail outlets. We will supply it. It is used by advanced alternative medicine professionals to increase hormone quality and quantity from the endocrine system of glands. Directions for use of the Kegel Machine and vitale water are in the workbook.

Master Yao has designed a unique regimen that delivers excellent results. It is the synergy of the components and thus their combined ability to restore balance with the body that is the secret to the potential of this regimen.