

Rivers of Love Special Report: Bodywork, Orgasms, and Infertility

In today's Special Report we will cover the way bodywork ("massage") is currently used by Western medicine for infertility, painful intercourse, and to increase arousal and orgasm.

For millennia, the Chinese have insisted that health is the result of the smooth movement of an energy they called "Qi" (pronounced "Chee"). When the flow of Qi is obstructed, discomfort and pain can arise; and health may be compromised. From a bio-medical perspective, this could be interpreted as the smooth flow of blood and lymph through the tissue. One of the ways we can increase the flow of Qi is through bodywork and the movement of tissue.

Qigong, (literally "working with Qi"), the Chinese art of movement and breath, focuses on diaphragmatic breathing so that the organs in the abdomen "massage" each other, increasing Qi, blood, and lymph circulation as well as stabilizing the balance of hormones secreted from reproductive glands.

For their part, the Hawaiians have used bodywork for infertility since antiquity. Abdominal massage, has been, and remains, an integral part of Hawaiian medicine. Uncle Kalua Kaiahua, a local practitioner of Hawaiian medicine, used to joke that he had gotten more women pregnant on Maui than anyone else.

Now, a few thousand years later, Western medicine is finally catching on.

Studies published in the last five years have shown abdominal bodywork to be remarkably effective for infertility [1, 2], in addition to providing relief for dyspareunia (painful intercourse) [3]. It has also been shown to increase pleasure, desire, and the ability to experience more powerful climaxes [3]. None of this should be all that surprising given what the Chinese and Hawaiians have been telling us for years. What is really surprising, however, is that Western biomedicine, with all its reductionist paradigms, has come around to studying and using these modalities at all!

While Rivers of Love is not clinical and in no way can be compared to physical therapy, many of the techniques used and areas addressed are likely similar. Given that Rivers of Love bodywork sessions are done between partners during states of high arousal, they may prove to be even more effective than the Western clinical work, as the Qi and blood are moving strongly during arousal.

While working on your partner's pelvis you must be sure to move slowly and with great sensitivity. The work on the skeletal muscles is done in a more directed manner in order to release Qi stuck in the fascia. (See the Straight Release on page 161 of How to Worship the Goddess) The work on the abdomen (with the exception of the psoas muscle) is done using a circular release technique in order to remove adhesions and increase the flow of Qi blood. This technique is not explained in How to Worship the Goddess, but if I can figure out a way to

show these abdominal and pelvic techniques in an inoffensive way I will do so in a future video download.

While doing bodywork on your Goddess, you can use the ritual shown in the following free download:

<http://www.davidbruceleonard.com/ritualandpelvicwork.html>

Or you can make up your own.

I have added some illustrations to the pages on ritual in the download in order to give you an idea of what Rivers of Love bodywork looks like. If we were to do this on our partner to work structurally on reproductive or orgasmic issues we would work less on the back of the hips and more on the abdomen.

The book *How to Worship the Goddess and Keep Your Balls: A Man's Guide to Sacred Sex* is available here:

http://www.davidbruceleonard.com/ROL_worshipthegoddess.html

I leave you with a quote from Oscar Wilde ... "Be yourself; everyone else is already taken."

Aloha,

David

References

[1] Wurn BF, Wurn LJ, et al. 2004. Treating female infertility and improving IVF pregnancy rates with a manual physical therapy technique. *MedGenMed*. Jun 18;6(2):51

[2] Wurn BF, Wurn LJ, et al. 2008. Treating fallopian tube occlusion with a manual pelvic physical therapy. *Altern Ther Health Med*. Jan-Feb;14(1):18-23.

[3] Wurn BF, Wurn LJ, et al. 2004. Increasing orgasm and decreasing dyspareunia by a manual physical therapy technique. *MedGenMed*. Dec 14;6(4):47.