

SEMEN RETENTION PLAN

DAILY AFFIRMATION:

Day by day I am gaining more control over my sexual energy.

MY WHY

(Write down your reason for practicing this lifestyle)



DAY 1 ROUTINE

6 Healing Sounds (5-10 minutes)

Transformation Breathwork

- Double helix with primal screaming (10 minutes)
- Mother wave breath (10 minutes)

DAY 2 ROUTINE

Micro-Cosmic Orbit Opening
(20-30 minutes)

