

Meditation and Relaxation for Male Enhancement

Meditation and relaxation are key components of the Genesis Ayurvedic Male Enhancement Program.

Meditation and relaxation is easy to implement, can be used anywhere and is beneficial to help men overcome stress and anxiety about their male enhancement issues, improve mood and well-being, boost self confidence, and improve sexual performance.



Meditation and Relaxation for Male Enhancement in Young Men (Age 20-40) and Male Enhancement in Older Men (Age 50-75).

- Meditation and relaxation can help men relax who have male enhancement issues.
- Meditation can be done for as few as 5 minutes or up to 30 minutes per session.
- Meditation is used to clear energy blocks in the chakras (7 energy centers in the body) that prevents mind/body balance, and improves blood flow.
- Meditation and relaxation quiets the mind from daily distractions, and improves intimacy and connection with your partner.
- Meditation can clear negative self talk and subconscious beliefs about the size of your penis, or the hardness of your erection.
- Deep breathing during your male enhancement exercises is important to keep you centered, aware and focused on your desired benefit.
- Meditation and relaxation techniques are recommended for both young men and older men with male enhancement issues.

Benefits of Meditation and Relaxation for Male Enhancement



- Meditation and relaxation can help reduce high blood pressure naturally, which impacts efficient flow of blood in the body.
- Relaxation techniques eliminate stress, anxiety, depression and insomnia without prescription medication, by slowing the breathing process.
- Meditation and relaxation has been shown to eliminate performance anxiety by helping the man to relax, control breathing and eliminate negative self image.
- The Genesis Ayurvedic meditation techniques are discreet and can be done without your partner knowing what you are doing.
- Meditation and relaxation do not use medications or male enhancement devices, and the results are permanent.
- Relaxation techniques, such as deep breathing and visualization improve mood and well-being in both young men and older men seeking natural male enhancement.
- Meditation has been shown to relax the circulatory system and improve blood flow to the major organs of the body, including the penis.
- Deep breathing techniques and meditation have been shown help men overcome erection issues, due to heart disease and diabetes without the use of medications.
- Meditation for heart disease and diabetes can help men reduce or eliminate prescription medication use for these conditions and their side effects.
- Meditation and relaxation promotes a sense of well-being and improves mood and self confidence.

Expected Results from the Genesis Meditation and Relaxation Exercises:

- √ Elimination of Male Enhancement issues
- √ Helps men overcome issues regarding the size of their penis
- √ Improved mood and well-being
- √ Heightened sexual awareness
- √ Improved Self Confidence
- √ Elimination of stress, anxiety, insomnia and depression
- √ Elimination of performance anxiety or other performance issues
- √ Improves intimacy and connection with your partner
- √ Improved sexual ability in men with heart disease or diabetes



Meditation and Relaxation Exercises for Male Enhancement in Young Men (Age 20-40) (Routines A and B)

Relaxation exercises are easy to do, do not take any special training to do properly and can be done while sitting up or lying down.

The exercise routines A and B are similar, but the main difference is in Routine A, men are sitting on the floor with legs crossed, and in Routine B men are sitting in a chair.

Relaxation exercises can be done in silence or while listening to soft relaxation music.

Routine A – Deep Breathing Techniques

- 1) Take off shoes and sit on the floor or a pillow with legs crossed.
- 2) Place hands in lap with palms faced up.
- 3) Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
- 4) As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
- 5) Do this exercise for 5 minutes, alone or with your partner. The goal is to clear your mind of anxiety, stress or worry about sexual performance and male enhancement issues.
- 6) After several minutes of this breathing technique, you will begin to feel your shoulders relax, you will feel lighter and your breathing will naturally become slower and quieter as you become more relaxed.

Routine B – Guided Imagery

Guided imagery is a proven form of focused relaxation that helps create harmony between the mind and body.

- 1) Take off shoes and sit on floor or pillow with legs crossed.
- 2) Place hands in lap with palms faced up.
- 3) The goal with guided imagery is to change the pictures in your mind of how you perceive yourself as a person, and with your desired male enhancement size.

- 4) It has been demonstrated for thousands of years that you will achieve what you hold in your mind.
- 5) Repeat this or a similar positive statement to yourself: I am vital, strong, healthy and can achieve a long, full and hard erection with ease.
- 6) As you repeat this positive statement, your mind and body will reshape the reality of how your mind sees you, from the size of your penis (current state) to having a longer, harder and wider erect penis (goal state).
- 7) You can rephrase the message, but make sure the statement is positive. If you use negative statements, such as “I don’t want to have a small penis anymore,” the mind will interpret this into “I want to have a small penis.”
- 8) Do this exercise for 5 minutes to 15 minutes alone as a natural male enhancement exercise.
- 9) Repeat this exercise daily. The goal of this exercise is to reshape how your mind sees You.

Relaxation Exercises for Male Enhancement in Older Men (Age 50-75) (Routines A and B)

Relaxation exercises are easy to do, do not take any special training to do properly and can be done while sitting up or lying down.

The exercise routines A and B are similar, but the main difference is in Routine A, men are sitting on the floor with legs crossed, and in Routine B men are sitting in a chair.

Relaxation exercises can be done in silence or while listening to soft relaxation music.

Routine A – Deep Breathing Technique

- 1) Take off shoes and sit in a chair with your feet slightly apart.
- 2) Place hands in lap with palms faced up.
- 3) Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
- 4) As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.

- 5) Do this exercise for 3-5 minutes, alone or with your partner. The goal is to clear your mind of anxiety, stress or worry about sexual performance and male enhancement issues.
- 6) After several minutes of this breathing technique, you will begin to feel your shoulders relax, you will feel lighter and your breathing will naturally become slower and quieter as you become more relaxed.

Routine B – Guided Imagery

Guided imagery is a proven form of focused relaxation that helps create harmony between the mind and body.

- 1) Take off shoes and sit in a chair with your slightly apart.
- 2) Place hands in lap with palms faced up.
- 3) The goal with guided imagery is to change the pictures in your mind of how you perceive yourself as a person, and with your desired male enhancement size.
- 4) It has been demonstrated for thousands of years that you will achieve what you hold in your mind.
- 5) Repeat this or a similar positive statement to yourself: I am vital, strong, healthy and can achieve a long, full and hard erection with ease.
- 6) As you repeat this positive statement, your mind and body will reshape the reality of how your mind sees you, from the size of your penis (current state) to having a longer, harder and wider erect penis (goal state).
- 7) You can rephrase the message, but make sure the statement is positive. If you use negative statements, such as “I don’t want to have a small penis anymore,” the mind will interpret this into “I want to have a small penis.”
- 8) Do this exercise for 5 minutes to 10 minutes alone as a natural cure for Premature Ejaculation
- 9) Repeat this exercise daily regardless. The goal of this exercise is to reshape how your mind sees You.

Meditation for Male Enhancement in Young Men (Age 20-40) (Routines A and B)

Meditation is easy to do, does not take any special training to do properly and can be done while sitting up or lying down.

The exercise routines A and B are similar, but the main difference is in Routine A, men are sitting on the floor with legs crossed, and in Routine B men are sitting in a chair.

Meditation exercises are used to heighten awareness and consciousness to achieve mind/body balance, and can be done in silence or while listening to soft meditation music.

Routine A – Meditation while sitting on the floor

1. Take off shoes and sit on the floor or a pillow with legs crossed.
2. Place hands in lap with palms faced up.
3. Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
4. As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
5. Listen to the sound of your breath as you inhale and exhale. Focus your attention on the sensations.
6. If you are new to meditation, you will find your mind wandering to work issues, life issues or just chatter from your mind.
7. As this happens, bring your attention back to your breathing.
8. With practice, you will find it easier to control your mind, and you will find the time of day that is best to practice meditation.
9. While relaxation techniques are good to relax the mind, meditation is an intense mind/body control practice that is used for relaxation and healing.

Routine B – Meditation while sitting in a chair

1. Take off shoes and sit on a chair with your legs slightly apart.
2. Place hands in lap with palms faced up.
3. Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
4. As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
5. Listen to the sound of your breath as you inhale and exhale.
6. Focus your attention on the sensations.
7. If you are new to meditation, you will find your mind wandering to work issues, life issues or just chatter from your mind.
8. As this happens, bring your attention back to your breathing.
9. With practice, you will find it easier to control your mind, and you will find the time of day that is best to practice meditation.
10. While relaxation techniques are good to relax the mind, meditation is an intense mind/body control practice that is used for relaxation and healing.



Meditation for Male Enhancement in Older Men (Age 50-75) (Routines A and B)

Meditation is easy to do, does not take any special training to do properly and can be done while sitting up or lying down.

The exercise routines A and B are similar, but the main difference is in Routine A, men are sitting on the floor with legs crossed, and in Routine B men are sitting in a chair.

Meditation exercises are used to heighten awareness and consciousness to achieve mind/body balance, and can be done in silence or while listening to soft meditation music.

Routine A – Meditation while sitting on the floor

1. Take off shoes and sit on the floor or a pillow with legs crossed.
2. Place hands in lap with palms faced up.
3. Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
4. As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
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9. While relaxation techniques are good to relax the mind, meditation is an intense mind/body control practice that is used for relaxation and healing.

Routine B – Meditation while sitting in a chair

1. Take off shoes and sit on a chair with your legs slightly apart.
2. Place hands in lap with palms faced up.
3. Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
4. As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
5. Listen to the sound of your breath as you inhale and exhale.
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