

MANDINGO WARRIOR

THE ANCIENT AFRICAN
SECRETS TO MALE
ENHANCEMENT...

BY
MR. MANDINGO

Preliminary Version

Table of Contents

Module 1 Lengthen	25
Instructions	27
50 Pumps	33
Module 1 Recap and Recommended tips.....	33
Module 1 Girth Recap.....	35
Module 2: Lengthening.....	39
Module 2 Lengthening Recap	42
Module 2: Girth	44

In the **Mandingo Warrior Course** your penis will be broken down, worked out, pushed to the edge and then built back up stronger, more powerful and best of all bigger than ever before!

With this course your penis will become much longer, thicker, and harder than ever before.

This is the penis enlargement program, you have always wanted, but could never find. I want this to be the program that you turn to when you need male enhancement to get bigger than you ever have been.

These techniques have been used for centuries by ancient African cultures and passed down to other peoples like Arabs and Asians cultures where they were preserved until now.

In these societies your status and manhood was decided by the size of your penis size. It was thought that this showed stamina, virility and power. Of course the women love these men and sometimes these men are known to have more than one wife.

By having a large penis you are more capable of hitting more areas of the vagina than a little dick can, let's keep it real. The bigger you are, the more intense her orgasms are going to be. I know guys with small dicks don't want to hear that, but you have been lied to, so as not to hurt your feelings. Size does matter. Women do talk! Remember that.

Now you are probably wondering, what are you really going to get from this **Mandingo Warrior Course**.

Well within a few months, using these highly specialized and secretive techniques that have been guarded and passed down for centuries from father to son, you will see a change like you never thought before.

The power of these techniques and their results you will see within the first couple of weeks. These are the ancient secrets that have been safely guarded. If the man with the big dick rules the day, then you know this information had to be kept secret.

That is until now. I have found these hidden secrets of penis enlargement from an ancient African perspective. Now with these penis enlargement techniques, your penis will become big as the long dick Africans. They have dicks that the world have marveled at and envied, mostly at the same time.

With consistent exercising and following the techniques properly, you can gain 1 inch in around 3 weeks when you practice each routine daily.

In the **Mandingo Warrior Course**, we want to gain 2 to 3 inches, in 3 months if possible. It is possible because other guys are doing it right now, just like you will be soon. No this is not b.s. You just have to be fully committed and stick to the program.

In order to be successful in this course, you have to plan out your dick workouts. Trust me it's not as easy as it may appear, unless you live alone or have access to a bathroom for long periods at a time. It is however worth it, if you have been wanting a bigger dick.

You have to know when, where and how you'll execute and stick to your dick workouts. To succeed with the Mandingo course you have to maintain a consistent workout schedule. Half the battle is always getting started and keeping it going on the days you don't feel like it. Yes there will be days like this. Many in fact but don't let that stop you keep going.

You have to properly record your progress and modify your workouts if need be to maximize your workouts and gains.

Its really as simple as doing the training if it is producing noticeable results, then continue doing the routines. If your progress hits a plateau, then increase your workouts. You can add more reps to the exercises, put in more time if these solutions are not adding to your gains, change up the exercise to another one.

By doing so, you will keep from the training getting stagnate and you

not gaining or having very slow gains. Likewise another mistake you'll want to avoid is constantly changing workouts before they have had a chance to produce results.

Try to stick with an exercise for at least a week, even if you have not seen any gains. Add more reps and times if need be.

In this course, we will be using secret techniques, as well as modern devices based off the ideas of the ancient African man, when it comes to expansion and lengthening of the penis. One of the devices is a traction device to help your stretching throughout the day.

When you choose to use a traction device, you have to make sure that it's medically certified. This way you can make sure that you have the correct precision levels of sustained tension that have been documented to give you maximum growth. You have to realize that these traction devices are medically certified because they have shown in clinical trials that they work. This is a necessary investment because of the guaranteed success of the results.

You may be wondering, why not just buy the traction device if it is guaranteed to work. You can do that, but then you would not become a **Mandingo Warrior**. In this course we will be focusing on all areas of your penis and growing it from every possible angle. The traction device mainly deals with the lengthening process of your penis and if you want to be considered as having a large penis, you need length and girth. That is what this **Mandingo Warrior Course** will focus on.

When doing these exercises you have to stay focused on the progress that you are making and not just the results at the end. Don't stay focused on what you don't have yet. Don't let frustration or lack of results at first discourage you, as there are many reasons why some men gain a lot and some do not gain as much or at all. The things can stem from your eating habits, smoking habits, lack of exercise, tight circumcision, having the right mindset and proper training when using these exercises, etc.

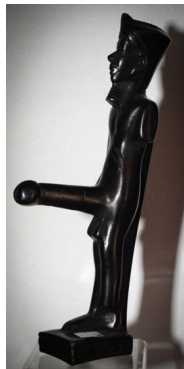
It's better if you shift your concentration away from stress of seeing results early on. This course is about consistent goals and it can take

3 or more months for some men to see significant gains, don't get discouraged however keep going until you succeed. Your rewards will come for your diligence.

The Real History of PE

The real history of penis stretching has been known to go back to pre-Egyptian dynasty, when early manuscripts speak about experimenting with penis enlargement techniques. It's been revealed that the pharaohs of ancient Egypt practiced the "weight hanging" system which made the phallus longer, but it is dangerous unless you know what you are doing.

The Bible even speaks about the Egyptians having large penises, so much so that the Israelites were reprimanded for being so enamored with the Egyptian's sexual prowess. As it states, Ezekiel 16:26 "You engaged in prostitution with the Egyptians, your neighbors with large genitals, and aroused my anger with your increasing promiscuity."



The Bible further goes on to show that the Egyptians were very much well endowed and that they had a proper technique for achieving these goals because you would not be able to issue, which is to say ejaculate, with the veracity of a horse, if their anatomy was damaged by weight hanging. So their technique must have worked, as it speaks of in the Bible, Ezekiel 23:19-20 "Yet she multiplied her harlotries, remembering the days of her youth, when she played the harlot in the land of Egypt. She lusted after their paramours, whose flesh (dick) is like the flesh (dick) of donkeys and whose issue (ejaculation) is like the issue (ejaculation) of horses."

I read an article online and it stated, "Hanging weights from the penis has been a practice in place for an estimated 2,000 years. Evidence of this practice continues in certain African tribes. It has even been suggested that the pharaohs of ancient Egypt practiced this method of penis enlargement. However, this doesn't work because it's been shown that even though the length of the penis may increase over a long period of time, its thickness is actually decreased. Depending upon the hanging device, blood circulation also decreases, which can, in turn, cause necrosis (death) of the tissue." And this is why we will not be focusing on hanging in this course, but we will offer a better, safer alternative to hanging that will get you results. So the idea of stretching is the same, but the methods are different.

Another article stated, "Before penis pumps, extensive surgery, and natural herbal remedies the ancient Egyptian pharaohs would have small weights attached to their penises to stretch the muscle.

As far as penis length, this method was truly a penile wonder. However, this weighted practice would also decrease the girth of a man's penis and damage internal cells. A chain reaction would soon occur; sensitivity would be lost, chambers within the penis would be damaged, and powerful erections would be lost.

African tribes followed thereafter, trying to rectify the Egyptian's previous failure by using clay weights. They quickly learned the damaging outcome of weighting and began experimenting with herbs. The Chinese also followed soon and the benefits of horny goat weed and ginseng were introduced.

The African tribes were on to something big, literally. They understood that treatment had to begin inside one's body, instead of trying to create enlargement through outer means. They realized that a botanical concoction for penile tissue rejuvenation and growth was the key ingredient needed to achieve their goal."

The more that the ancient Egyptians perfected the hanging weights it became a viable source for lengthening, but the Africans wanted girth

too and so had to perfect or add to the system used by the ancient Egyptians.

Time and time again, in history you have men who have looked for ways to enhance themselves. If you search online, you will probably come across a technique that is said to date back to ancient Arabic culture called, "jelqing." When I first came across this, I thought it was odd that the Arabic culture would produce this type of technique because of its strict religious laws. I knew that there may be more to that story and that is what I wanted to bring forth in this book.

This technique of jelqing was said to be of Arabic origins, in some places I seen it stated, it came from Sudanese Arabs and it was passed down only through oral tradition from father to son. When I learned that it was Sudanese Arabs, it made more sense, as this would be Sudan, which is in South East Africa. Like everything else I was studying at the time, I found out that African people had made many great contributions to the world. Why wouldn't it be the case with male enhancement?

Once I found out just how much history has been lost or stolen from African people, it caused me to look closer at every idea that was said to be original to another culture. Many times I saw that ideas were in fact, already spoken of in African culture. Things like writing, art, science, astronomy, agriculture, freemasonry, complex theology etc. was shown to be ancient African inventions.

Well knowing this and the fact that Black African Moors have also been called "Arabic," because of their early affiliation with Islam, this gave me a clue to what I was thinking all along. I believe it was the Moors, who are known as, "Arab" in modern textbooks of today, who were responsible for the jelqing techniques, so wildly known in the PE circles.

I knew that in order to get the best techniques, I would have to go to the source. That source is African, because it is here, where some of the largest libraries have been destroyed like Timbuktu in West Africa and the library of Alexandria in Lower Egypt, in North East Africa. These libraries contained a wealth of knowledge that was destroyed

by zealots, intent on concealing the ancient mystical teachings.

There are many books from antiquity that speak to the earliest Arabs being Black showing their African ancestry. Al-Jahiz an Arabic writer in the 9th century talks about the family of the Prophet Muhammad's grandfather. "The ten lordly sons of Abd al-Muttalib were very black in color and large of body." Al-Jahiz

Even writer's from ancient Rome noted that earliest Arabs were indeed Black.

"In Ethiopians, Arabs, and all other southern peoples the skin has been roasted by the ambient heat and by the effect of the internal heat being drawn outwards, and so becomes hard, dry and black."
Oxford University Press



Sundiata: Mandinka Prince

Modern man is still trying to recover from a lost of a wealth of knowledge. I know you didn't get this book for a history lesson and you just want results, but as an African of the Diaspora, I feel it necessity to give credit back to my ancestors, who lived on this earth millions of years, so naturally they would have gone through all the various human emotions, problems and issues that still effect us all as humans today. I'm sure during all those years, the notion of PE was discussed, thought about and acted upon. This had to be the case, as

African men are known to have some of the largest dicks in the world.

This is not hard to recognize, if you have any experience with online porn, it's like all the Black men have huge cocks and it's rare that it's not the case, thus creating this myth about the size of every Black guy. Even if there were people who believed this, I knew it wasn't true, because I'm a Black guy and this wasn't the case with me. I was well aware of this at a young age, because of being exposed to other Black guys and seeing how I stacked up.

Now, I wasn't super small, so I was hanging with the white guys, but when it came to some of the Black dudes, it was like damn is there some secret, that I missed out on. Was it some father and son tradition that was passed down through generations and heavily guarded? I thought there has to be more to this than just genetics. I mean damn, how can it be, that all these Black guys were packing and I'm waiting for dudes to leave the locker room before I changed back into my clothes? I'm Black, they are Black, so what happened to my big black donkey dick?

Growing up and going to high school, it's like if you are a Black dude, that's what the girls are expecting to see. This was especially true for the White girls who didn't mind calling you out, if you wasn't whipping out a giant polish sausage. It was like they wanted merciless pain inflicted on them and seem to be no better pain, than being jackhammered by a long Black pole. Needless to say, it doesn't help to follow up behind guys like that, so I sought to date good quiet girls, who haven't had their vaginas pounded into oblivion. The few females I dated that were out there, let me know how I stacked up.

I know I was average size or slightly bigger, but after they have been with a Louisville slugger, it's only so much you can do. The whole Black guy myth wasn't helping the situation, because if you wasn't in the club, then you were told so.

Society may not want to admit it, but a guy's ego and confidence is attached to how big or how how big that man sees himself as being. This is such the case, that wars and strife are created because of it.

That is why this book is so important. Not just for the proven secret techniques I'm going to share with you. It's important that one sees the psychological aspect as well. There is a need to ask, why this subject has played such a large but hidden role in the affairs of mankind, why has it gone unnoticed, what's the damage, how to fix it, etc.?

I'll keep the historical narrative as short as possible, so we can get to the exciting African secrets of PE. First you need to understand the important historical knowledge of the Black phallus and its effects on the mind's of ancient and modern people.

The Black Phallus and Its Effects

As it has been stated "Everyone has heard the rumors about Africans and their abnormally large penises. The fact is, those from African cultures have worked effortlessly over the years to ensure that their male anatomy is as big as it can get. History shows that around 2000 years ago, members of African tribes began the method of hanging weights from their genitals to obtain a desired size. Though this method proved to reduce girth and even cause damage, many African tribes still practice this exercise today."

There have been researchers that came across info on a tribe in Uganda, Africa "whose men are still practicing age-old methods of enlarging their penises. These men's long penises are said to be the most attractive part to the females in the tribe, and many times have been the deciding factor when choosing a mate."

Also, you have the Shangaan tribe who have kept their tradition of PE alive until this day. As it has been stated elsewhere, "Members of the Shangaan tribe, in southern Mozambique, are so enamored with the relevance of a large penis that they begin ensuring their sons success immediately after birth. Tradition states that when a male child is born to the tribe, a tree is to be planted in the yard of his home. Once the child reaches the age that he can ingest solid foods, root bark from the tree is mixed with his dinner. Now that the boy and tree are one, in a sense, as the tree grows, so will the boys penis. Once the child's parents are satisfied with the achieved growth, the tree is

chopped down and the penis ceases to grow. The Shangaan still practice this method today and insist on starting at very early age however, there is hope for those who missed out, the claim is that the root bark works well for grown men as well.”

So here we have confirmation of a tribe in Africa using specialized techniques and parts of nature to increase their manhood. The thing you should notice is that it is started at youth, so the methods have been practiced daily, in order to see results, although just by ingesting the root bark it has been effective for older males. This is more proof that showed there was some secret.

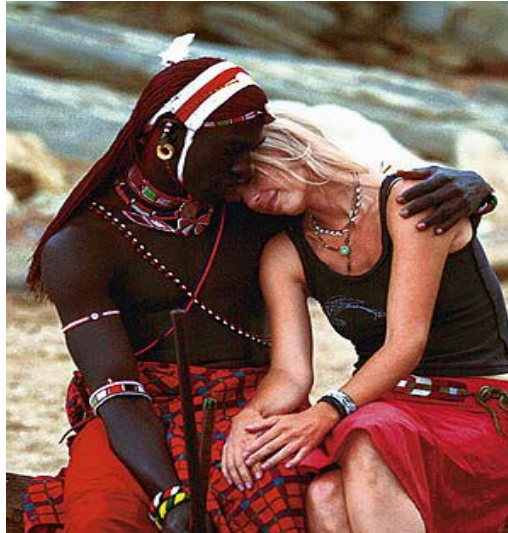


Well Endowed Africans

Archaeologists discovered cave paintings that showed, even in ancient times that they thought, being bigger is better, not unlike today.

“Many of the paintings discovered depicted men of power, presumed royalty. All of these powerful men had one thing in common, they were well endowed. Further research has revealed that even in the very early ages of the world, the need to achieve a certain penis size was important in cultures stretching the globe. In fact, some of the oldest forms of prehistoric art are stone phalluses or statues and hieroglyphs proving that the size of a man’s penis helped him achieve a higher level of power within his culture.”

There are tribes in Southern Sudan and many parts of East Africa that have larger than normal penises. This is not a secret to some people, as the White female tourists from around the world, fly to places in different areas in Africa, just to experience sex with these large endowed men. In some places in Africa, this is a secret tourist attraction that is well hidden, to keep the privacy of these White women unknown. As more and more women come to Africa however, it is no longer that much of a secret, only to those who don't know.



Masai Warrior and a Tourist

These well endowed Africans are either born with this genetic disposition or they achieved this through the usage of herbs and exercising the penis.

The herbs and jelqing combined, have been used in African societies since pre-history and these men have very long penises. It has been said that, "women in these societies would be disappointed if they ever slept with men from most other parts of the world."

One of the herbs that can be found in Africa that is said to help you grow larger, is **Yohimbe** bark and it can be found in just about every Male Enhancement product that you will find on the market.

Yohimbe is native to West Africa and comes from the bark of an

African tree. It has been called, "the world's most powerful natural penis enhancement supplement."

Yohimbe is very powerful, so much so that it has been banned in many countries around the world in places like Canada and the EU. Yohimbe is used as a diverse sexual enhancer, to enhance low stamina and erectile dysfunction.

In Ancient Kemet (called Egypt today) you have a great reverence for the male phallus, as it stood for the masculine regenerative powers. These regenerative powers were associated with the dying and resurrected Neter "god" called Ausar but known in Greek as Osiris. It was Ausar or Osiris who was dismembered by his jealous brother Set and scattered about, so his missing body parts wouldn't be found.

The love of his wife Auset, also known as Isis, would not have that be the case and so she went throughout the land to find her husband's missing body parts. She found all of them, except one. Auset or Isis couldn't find the phallus of Ausar because it had been eaten by a catfish. This caused his wife to fashion her husband a new one out of gold. It was with this golden phallus that she was able to impregnate herself with, in order to give birth to their son, who was seen as a savior type. This was a magic miraculous conception to bring forth Heru, also known as Horus. This was later compared to the immaculate conception of Mary and could be the original seeds for the story known as, 'the Passion Play.'

This is said to be because Heru has many similarities with Jesus. There are books out there that cover this topic in more depth, if you want to know more check out the Bibliography at the end of this book to find out more.

Since the phallus was seen as holding great regenerative power; after all it does help facilitate life on earth, it was given a symbolic representation. The tekhenu or obelisk is symbolic for Ausar's phallus, because it was associated with the rays of the sunlight, which also helps facilitate life on earth. This is the same symbolic representation that can be seen at the Washington monument.



Washington Monument

As you will soon see, this symbolic structure is actually a statement that's being made against Black men in America and it stems from penis envy. As far back as written history can take you, there has been some weird fetish/hatred for the Black man because of his well endowment. After the ancient Kemetian (Egyptian) people spent hours upon hours, carving their beloved ancient stories on the walls, foreigners during the time of Christianity's birth, came into ancient Kemet and chiseled out carvings of penises that they saw on the walls. When they saw the images, one can only think of someone having penis envy and trying to destroy the image in not only the name of their religious ideology, but penis envy as well.

What was the psychology of these religious zealots who felt the need to destroy such ancient carvings? When they saw the long phallus of Ausar, that of Min or Geb, it was like anathema. Each one of these Neteru are depicted with huge phalluses, thus making these religious men jealous. I say that is the case because on some reliefs, the phallus is chiseled out and to me that shows some deep seated envy and hatred. As we will see, this is exactly the case, as we explore more of the fascination of the Black phallus.



Chiseled Out Phallus of Asar

Even during this defacing of sacred temples, there was this underlying feeling of inferiority that blazed the way for those with penis envy, to lash out with their weapons that look like deadly phallic object themselves. Hundreds of years later, after the religious zealots from Europe defaced the temples, they came back in and hacked up the dead mummies, like Set did to his brother Ausar (Osiris).

They used the grounded up body parts in potions and spells because they were thought to hold some mystical power. The part that was really sought after was the phallus of an ancient Kemetian (Egyptian) king. They would take and grind it to a powder and ingest it, thinking it would give not only greater reproductive power, but a big boost to their male enhancement. This power was thought to be infused within the body of the king and by their consumption, it was to pass into the body of the one ingesting the crushed genitals of the king.



Statue of Min

Rather it worked or not, it shows that all throughout antiquity, there was some strange fascination with the Black man and his member. We even see this show up in religion and religious books. There's writing in a version of the Babylonian Talmud known as the Tanhuma (9th century), a collection of legends and rabbinic exegeses, that has a passage in it that tries to disparage Black men because of the largeness of their manhood. The book goes on to call this a curse, for such negativity to be in revered texts of all places, shows a tradition of the deep seated fear and hatred for Black men and the prowess of their sexual members.

In Graves and Patai's rendition of the Tan'huma is the supposed curse uttered by Noah in the Bible against his son Ham, it states (p. 121) "Because you twisted your head around to see my nakedness, your grandchildren's hair shall be twisted into kinks, and their eyes red; again, because your lips jested at my misfortune, theirs shall swell; and because you neglected my nakedness, they shall go naked, and their male members shall be shamefully elongated."

And its not just the ancient times of antiquity that this psychological disturbance shows up. If you look back to the Jim Crow era or even to slavery, Black men were brutalized and mutilated, being castrated for whatever reason deemed punishable by plantation owners.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

