

*U*ltimate *E*jaculation *M*astery

The *Ultimate* Ecstatic Solution To Premature Ejaculation

The Tantric Approach to Making Love For As Long As Your Partner
Wants, While You Experience More Ecstasy Than You Ever Imagined
Possible

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Chapter 1: Introduction

I want to tell you a true story about a typical sexual encounter between me and the sexiest, most passionate woman I've ever met. Of course, passion is only one of the reasons I married Jeffre. I hope reading it turns you on as much as writing it turned me on. If you play with yourself while visualizing this story, I would be honored. We're here to enjoy sex, right?

I just want you to remember that, no matter how insecure you are about your ability to master ejaculation, this story is about someone who was one of the world's champions at cuming fast, namely me. I never entered Olympic fast cuming trials (do they still have that event?), but I bet I could have placed high without even trying. No, I could have won a gold medal while trying my damndest not to cum.

That's how I used to be. I'm different now as the following story illustrates. And it's not just with this one wonderful woman.

1.1 The Perfect Evening

We always do our best to make love in the moment, with no stress in the perfect surroundings. That evening was no exception. It was early enough that we weren't exhausted from the day and had no time limit.

We bathed each other carefully to wash away the outside world. We entered our private Tantric temple (our bedroom) which was decorated with harem fabrics and appointed to heighten our senses. We lit candles, sprayed perfume, and arranged flowers to add a sensuous touch. As usual, we carefully selected three of our most sensuous music CDs to match our mood. We titillated all of our senses from a distance long before our love play began.

As we sat cross-legged on our big bed, I marveled at how desirable the glinting candlelight made her ever-young-looking body appear. Just then, that familiar

tingle that presages an erection began. In my 50s, I don't spring to attention as easily as I did in my earlier years. But aging has done little to quell the intense sensitivity that's always made me cum in an eyeblink. Tonight, I looked forward to continuing as long as we both wanted.

We bowed from the waist with hands in prayer over our hearts, touched foreheads, and took a deep breath together. The appreciation and love just tumbled out of each of us, making us share sweet everythings in hushed, reverent tones. The warmth that spread from my heart to my loins suggested that passion would soon gush forth. So much sexual energy was flowing and we'd hardly touched each other yet.

Sensuous Massage

My beloved asked for sensuous massage, first with rabbit fur and then with scented oil. We had no agenda and no time frame so I touched her ever so softly and slowly. Her moans confirmed how she enjoyed my attentions. She writhed and vibrated with passion, streaming orgasmic energy all over her body. I tuned into her energy, opening my channels, and savored her sweet sensations coursing through my body. The old me could have cum so many times already. And so far I'd just brushed her yoni lightly once or twice with my fingertips ("yoni" is Tantric for vagina).

The music added to our self-induced trance. I kept up the sensuous caresses long after she'd stopped asking for more. When she begged to touch me, how could I refuse? She scratched, tickled, and massaged me slowly all over until I was writhing and screaming with delight myself. Can you tell that neither of us is quiet, inhibited, or restrained when it comes to sacred sexual play?

When she put her mouth on vajra (Tantric for penis), I thought I would come with the first subtle lick. But she is a Tantric lover who goes slowly to thoroughly delight in each moment. We were both feeling everything so deeply with all our senses open, not rushing headlong towards some envisioned future orgasm.

Cuming All Over

I breathed, relaxed, and circulated those delicious sensations up and away from my genitals. I knew those other parts of my body (feet, nipples, head) couldn't ejaculate, but it sure felt like I was cuming all over. Instead, the intense urge to release calmed and I could relax into more intense stimulation of vajra. Oddly, the slower she went, the stronger the sensations were. And I loved them! So much pleasure from several inches of hard throbbing flesh. Who would want this to end quickly in a few seconds of explosion? Not me, I was looking forward to hours of worship.

After who knows how long, I turned over, touched, kissed, and then licked her now wet yoni delicately. She had multiple orgasms with my fingers and then with my tongue, each one rocking me to my core. Her energy pulses made me want to cum with her. Vajra hiding between my legs stayed hard as she continued to stream ecstasy into my body. Stretched out with my mouth between her legs, it was as if she was pumping pleasure right down into my body - making me jump with electricity. We were both rocking and moaning with so much pleasure that we could have continued foreplay like this all evening with soft, subtle, slow touching. No hard hitting here like in American football.

Again, how could I resist when my juicy darling says "I've got to have your big hard cock inside me now!" Instead of jumping her forcefully like my hormones demanded, vajra entered her engorged yoni ever so reverently. Slowly, slowly I moved, not so much to tease, but to appreciate every millimeter intense with pleasure. I just wanted to savor each sensation fully. With every subtle movement, we could feel each other's little orgasmic explosions. We call them implosive energy orgasms, the powerful spasms of cuming without the squirting. And like well trained Tantrikas, we both bellowed with ecstasy.

Engulfed By Vibrations

It seemed a little lifetime passed until vajra's slow shallow-at-first thrusts reached inside her fully. We both tried to be still, but the internal vibrations simply engulfed both of us together. These spasms that spread all over were so delightful that we just let them run their course. A couple of times we couldn't

help from laughing hysterically together. How can someone feel so much pleasure all over from such a small part of the body?

As the energy spread away from my throbbing vajra and the powerful urge to cum subsided again, I began to thrust in and out slowly and gently. Each little stroke was ecstatic all by itself, creating intense feelings of pleasure. It seemed that the pleasure from each movement was so intense that I could have stopped after any one of them and felt sexually complete. Sometimes we moved into each other deeply. Sometimes we alternated lying still waiting for the other's pre-orgasmic breaths, moans, and gyrations to subside. We varied the thrusts faster then slower, then quick shallow bursts of motion, then deep sensuous grinding until we would both shake with ecstasy. We were so in tune playing each other's instruments like virtuosos in a trancey zone.

Over and over we rose to just before the point of no return. When one of us stopped, we vibrated with orgasmic waves riding the surges of ecstasy just before that wonderful precipice. Our lovemaking was like stop-time music, a few chords and then silence where we relaxed into the energy streaming in, out, and between our whole bodies.

Oh Those Glorious Contractions

So often I felt such powerful surges of pleasure that made me moan and scream like an animal. Just like she was doing. At every peak I was just the slightest slip away from cuming, and would have if this story began before I learned what's in this book. Instead, I paced myself to reach and relax into each new plateau. Oh, those glorious contractions in my genitals each time I relaxed and sucked the energy up away from my dancing vajra! And, what a gift, after each ascent to a high peak, my excitement dropped suddenly. After a moment's rest, I could begin pumping again without exploding. I was supremely motivated to keep the pleasure going on and on.

How many times? 10? 20? Who knows, we weren't counting. We were too busy enjoying ourselves to think about anything else. How long did we reach peak after peak, floating in the timeless void of ecstasy, and then slowly moving

to another higher high? I really couldn't say, but I do remember that three CDs in our player started over.

Did we have a mind-boggling, record-setting, earth-shattering mutual eruption of orgasms at the end? Sometimes we do, sometimes we don't. But, honestly, I can't remember if we did this time. Do you believe it when I say it doesn't matter to me anymore? When you experience endless slow sensuous play being far and away more ecstatic than reaching any orgasmic goal, you'll probably feel the same way.

1.2 Book Objectives

Now that we're both really turned on by the prospect of the Ultimate Ecstatic Solution, we can get started. To begin with, thanks for buying this book. More than anything else this is my personal story that I want to share with you. If you're interested enough to read this book and change your love life by practicing, then we're not so different, you and me.

Practicing what I'm going to suggest will be well worth your while like it was for me. Before learning what's in this little volume, I can't tell you how often I felt hopeless about cuming too quickly. What I'm going to share with you has changed my lovemaking dramatically and forever. And I know it's not a fluke because I have multiple lovers who derive incredible pleasure by making love with me. It can do the same for you with dedication, time, and regular practice.

I'm OK And You're OK

The first thing you need to believe is that there's nothing wrong with you. Cuming is a good thing. OK, it doesn't always happen when you want it to. Just consider it a timing problem which in the overwhelming majority of cases is easily corrected with training. I know because I did. (By the way, there is a very small chance that you have a medical condition causing your timing problem. It's not a bad idea to have a doctor check out your equipment if you suspect anything less than robust health.)

I'm not a sexual athlete or record setter. Like most guys, I have a hidden fantasy of being the world's greatest cocksman. When I look deep inside, I realize that just isn't me. Even with all I've learned, I'm still learning. To be sure, I'm a much better Orgasm Master, my term for someone who can choose the type, timing, and number of orgasms they have. But I still cum sometimes when I'd rather not. So I've learned to face myself and like who I see, knowing I'm just a sensitive guy with a sensitive dick. Which by the way, I love.

Please believe me that being sensitive is a good thing. Would you rather be numb and not feel those delicious sensations? No, of course not, you don't want feel less and thus block your potential for ecstasy. The Ultimate Ecstatic Solution isn't about feeling less, it's about feeling more. It's about creating more pleasure and mastering its ups and downs so you can make vajra go on forever.

This little book is mostly my story about my love relationship with my vajra. I hope it will spread to your relationship with yours. Plus I'll throw in a little help from talented friends and an expert here and there so you'll get the whole story from every angle I've discovered.

In fact, here's one now. My beloved friend, Shama, a wise and juicy female Tantra coach in Southern California, says "In my work, I've found that men who prematurely ejaculate are very passionate and have a wonderful intensity of excitement and feeling. It's just that due to their previous programming, they've formed a habit that locks them out of any other choices. They're taught to eat, eliminate, drive a car and program their VCR. But crazily enough, somehow it has not been okay in our society to teach men about the power and beauty available to them in their bodies and sexual energy. I teach them how to begin to understand, listen, monitor and control that aliveness within the body (their vehicles) to master the use of it in all circumstances, including the sexual."

Book Objectives

Here's a simple clear statement of what this book is about. It presents...

- both modern and ancient proven secrets of prolonged lovemaking for men,

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- a step by step approach to becoming an Orgasm Master,
 - how to have S.E.X. (that's Subtle Energy eXchange),
 - a smorgasbord of physical techniques that can stop you from cuming when you don't want to cum,
 - practices that can permanently change your orgasmic response, and (of course)
 - the Ultimate Ecstatic Solution to premature ejaculation.

That last objective may sound like an inflated grandiose promise, but that's OK. Contrary to what you might have heard from guys who tell you to think about baseball or your grandmother to keep from squirting, the Ultimate Ecstatic Solution is about MORE ecstasy, not LESS sensation. That's where Tantra comes in, the ancient science and practice of sacred sexuality. Thousands of years ago, ordinary men in India, China, and Tibet mastered what you'll read here. You can too. You're probably healthier and more evolved than them, right? It'll just take a little fun practice.

The experts say that sexual response has three stages: excitation, plateau, and orgasm. Our aim here is simply to lengthen the plateau phase indefinitely. That's why this book is about Orgasm Mastery, not about control. Control implies staying under tension, always being careful, and not trusting yourself to relax. That's the opposite of the direction we're moving here. With this program you're going to learn how to relax and enjoy sex more. You don't want to always be on guard, wound tighter than a spring, do you?

Orgasm Mastery

This book is about how to be a master, at choice, to enjoy lots more pleasure for an extended period of time. Additionally, you're going to learn to have different "kinds" of orgasms than you're used to, as many as you want for as long as you choose. Now doesn't that sound like mastery? You're going to discover (if you don't already know) that ejaculation doesn't always have to accompany orgasm. That's how those who've learned these techniques have multiple orgasms, spasm after spasm that seem to go on forever but without the squirting that for most of us ends the playtime.

You might have heard that Tantrikas (practitioners adept at Tantra) and other Eastern gurus give up ejaculation entirely or become celibate. Well, I'm not going to suggest that you take any vows. As an Orgasm Master, you can choose to cum or not.

But let me warn you, after some months of extended practice, you may not want to cum much anymore. It's OK if you're thinking, "no way, I enjoy shooting my wad too much." I'm not going to argue with that desire since I've sure been there most of my life. Since you'll be the master, you can choose to do what gives you the most pleasure. Just let me ask you this: "What will you choose if you learn to transform orgasmic energy into an unlimited timeless whole body-mind-spirit altered state that feels so much better and reaches so much higher than a few seconds of release?"

Yes, sir, you've jumped on a train whose destination is continuous ecstatic feelings that are better than a quick flash in the pan. But don't worry about that now. When you arrive at that exalted station, you'll be able to decide what you want to do.

1.3 Cumming Quickly Is Common and Curable

As I mentioned already, cumming quickly doesn't mean that you're broken. In fact, it's more common than you might think. It's just not the kind of thing most guys discuss over a cold one, is it?

Only 2 Minutes?

According to some estimates, about 30 percent of American men reach orgasm earlier than they'd like. Alfred Kinsey, one of the earliest well-known sex researchers, found that 75% of the men he tested ejaculated within two minutes of vaginal entry. That sounds pretty quick, but I've beat that record. Yeah, once when I was learning to put a condom on....oh, forget it, you probably don't want to hear about that kind of sob story.

As Shama tells clients... "My first response is to assure men that there's nothing 'wrong' with them organically. They need to hear that their sexual

habits are a natural product of the way they have 'not been taught' to experience their sexuality. It is merely education and practicing new habits that can transform their sexual experience."

I read one astrological study that says cuming quickly is a characteristic of some Sun signs. Lucky me, I'm a Sagittarius. If I believe it, that means that I'll always ejaculate too soon because the stars made me that way. Sorry, I just don't buy these explanations that convince us we're stuck the way we are. And I don't want you to accept any excuse that says you'll never learn to be a long-lasting lover. This book is a proven process for changing all of that, no matter when you were born, to what parents, with what genes. Yes, the Ultimate Ecstatic Solution is an equal opportunity employer.

By the way, sex therapists officially call this condition "involuntary ejaculation" to better describe what happens when the timing of your ejaculation is different than your partners. Actually, this whole predicament is simply a little gap in your learning, not a physical disability. Researchers have shown that it's 90 to 95% curable. Lasting longer is very possible to learn, you just have to want to. You do, don't you? You simply need to spend some time reprogramming yourself and developing some new skills.

What Women Really Want

Shama says "Men overlook signals leading to ejaculating because they've been conditioned to believe that women desire constant, hard, and fast lovemaking which defines you as a real man." We're gonna try to change your mind about that. I haven't done a scientific study (yet) but my experience proves most women want something more Tantric. That means slow, sensuous, and from the heart as well.

And while we're on the subject of timing, you're well aware that it takes two to Tango, right? That reminds me of a girlfriend I had when I was in my 20s. At that time, like most men, I was much more excitable than I am now. One night we counted while we were making love. She had 10 orgasms in half-an-hour. Native Americans call this a "deer woman." I guess because she was very fast.

Now you realize, this is the same guy (me) whose previous wife didn't have vaginal orgasms, no matter what we did. Sure, I felt it was my problem, but in retrospect I did everything I could. In reality, it wasn't my fault, just like your timing problem may not be all your fault. Many women (I've read estimates up to 75%) don't have orgasms through intercourse. So if you're driving yourself crazy trying to do the impossible, lighten up! I'm not trying to talk you out of learning the skills in the book to better enjoy intercourse. I'm just trying to inject a little reality. If you learn to make love for hours, some women may love it but never have the kind of explosion some guys seem to crave. Just accept the fact, OK?

I know some women measure their sexiness and self-worth by their ability to make a man cum. And many of us males have been programmed to believe we're only virile if we can last forever and cum many times a night. I do know guys like that. As for me, I don't choose to be that kind of lover with those kind of partners. It doesn't work for me and doesn't give me pleasure like the following program does. Because I know what I like and what works for me, I'm pickier about who I share pleasure with. Doesn't that sound more like mastery than being lead around by my little head?

1.4 Book Overview

You realize that I'm not promising a quick fix for a long-term situation, right? Rather, this book offers a long-term change in how you make love. Let me briefly warn you what's coming so you'll know what's in store...

Table Of Contents

Chapter 1 - INTRODUCTION: We just about finished the introduction. You're making progress already.

Chapter 2 - MECHANICS is about the mechanics of orgasms, ejaculation, and sexual energy. It defines this book's method, RAMPER. The letters stand for Relax, Awareness, Measure, Pace, Energy circulation, and Ride the wave.

Chapter 3 - SOLO PREP gives you individual exercises that prepare you for greater sexual stamina.

Chapter 4 - SOLO MASTERY teaches individual mastery techniques that can stop you from going past the point of no return.

Chapter 5- PARTNER PREP gives you dual preparation exercises you can do with a partner to develop the skills for longer lovemaking.

Chapter 6 - LOVEMAKING teaches sexual exercises you do with a partner to develop greater lovemaking stamina and orgasmic potential.

Chapter 7- TANTRIC MASTERY presents the Ultimate Ecstatic Solution for total Tantric Orgasm Mastery.

Chapter 8 - FINAL THOUGHTS is the conclusion, including a glossary of terms, resources, and final advice. Please look here if any terminology confuses you.

Tantric Terms

I prefer to use Tantric terms for our erogenous zones because they have delightful positive connotations. Some are traditional, some came from our teacher Margot Anand, and others I made up. They're all in the glossary at the very end of the book but here are the main ones...

<u>Tantric Word</u>	<u>Body Part</u>	<u>Origin</u>
Vajra	penis	Sanskrit for divine thunderbolt
Shiva lingam	an erection	The Hindu god Shiva is always erect
Devamani	balls, scrotum, & testicles	Sanskrit for divine gems, jewels, or pearls
Rosetta	anus, asshole	Margot's preferred name
Yoni	vagina	Ancient Hindu word
Clio	clitoris	Margot's preferred name

Your Schedule

Chapters 3 through 7 contain about 50 exercises. It may sound like a lot, but it's not really that daunting. In places I give you three or four methods to choose from to learn one skill. Some of the practices you'll do only once. A few are optional. Many you'll repeat several times until you master the skills presented. Some, I hope, will become part of your routine, as they have for me.

I'd like to be able to say jump around and do what feels right. But I can't. The exercises are cumulative, which means later ones build on earlier ones. This isn't to say you can't blow through some of the stuff that's easy for you very quickly. Go right ahead, just try everything and see if you've got the knack first.

I'm asking you now to commit to the long haul. Ideally, this is a 3-month program. If you practice an hour a day, you might get through it in 2 months. More likely, you'll practice several times a week and take 4 to 6 months. Can you arrange that to become an Orgasm Master?

I recommend against just an hour a week. It's not enough to develop the momentum where your mastery of one skill builds on the previous one. I've been personally doing this program for about a year and still continue many of the exercises regularly. So I know the value of what I'm advising.

Chapter 2: Mechanics

Before we get started with practices that will make you an Orgasm Master, let's briefly cover a few of the mechanics of the approach you'll learn. Here we'll review the anatomy of ejaculation, what causes it to happen before you want, why Tantra is relevant to this assignment, what you'll gain from mastering the Ultimate Ecstatic Solution, and the formula for making it work. I know you don't need to be talked into the advantages of timing your cuming better, but you need to appreciate the incredible benefits that will be available to you when you master this method.

2.1 The Anatomy of Ejaculation

I think it's a good bet that you're familiar with the overall experience of ejaculating. Right, you get excited, really turned on, squirt, and then your dick gets soft. But there's more to it that you need to grasp, so to speak.

I'm talking about the very pleasurable ten-second involuntary muscle contractions that we call male orgasm. Sometimes they start milder and get stronger, but once you pass the point of no return with that first spasm, releasing semen to the outside world is inevitable for most of us. Believe it or not, you're going to make those involuntary muscle contractions respond to your power of choice.

We're all aware of the outcome of an explosive orgasm. To be an Orgasm Master, you need become much more aware of the internal process leading up to cuming, as well as the anatomy behind it. Then you'll be in a position to change the sequence of events that lead to squirting. Some of the symptoms that precede orgasmic contractions that you'll become more sensitive to include...

- your breathing speeds up to the point of panting,
- your heart rate and blood pressure increase rapidly,

-
- your legs and butt tense up,
 - your pelvic muscles tighten,
 - your devamani (testicles) elevate and draw-up against your body, and
 - you become oblivious to the outside world for a little while.

Did you know cuming is really a two-stage process? Emission and expulsion.

Emission Phase:

Your prostate gland, that valuable walnut-sized gland a long-finger-width inside your rectum, automatically contracts and empties seminal fluid into your urethra. That's the tube that carries semen and urine through your genital system and out the head of your penis.

Expulsion Phase:

Rhythmic wavelike soft-muscle contractions propel the semen down your urethra and out the head of your penis where those little swimmers have a brief fight for survival and usually lose. These contractions of your pelvic muscles that cause the actual release of semen are also the main ones that cause the fantastic pleasure.

Now here's the good news: by strengthening those muscles and heightening your sensitivity of this whole process, you can avoid the emission phase altogether and still enjoy the wonderful ecstasy of the expulsion spasms without the squirting. When I do this, my vajra gets desensitized briefly so I can pump vigorously again for a while before repeating the whole cycle as many times as I want.

Amongst we sex professionals, our technical term for this is dry orgasm. Just kidding, I really don't know what doctors call it. Did you ever experience one? I actually had a few dry orgasms some years ago before I knew what was happening. Later, when I was learning Orgasm Mastery, the guy in the next room bragged he had 60 dry cums in the first three days of our week-long course. Yes, I hated him at the time. And I wanted to nail his girlfriend too, but how could I with such a stud in the saddle first? Now I love him because

he challenged me to learn the same thing. And you can too. By the way, thanks, Marco.

OK, that's the end of the anatomy lesson. But there's another even better way to describe what cuming is all about from a Tantric perspective. You build up sexual tension through more and more arousal until you seemingly have no other option but to release the sexual energy through ejaculating. In fact, the Ultimate Ecstatic Solution to mastering dry orgasms and unlimited stamina is recirculating the energy within your body. If you can spread the excitement all over, not only does it feel great, but the urge to squirt subsides. This is the real power and requires using Tantric practice which we'll get to shortly.

2.2 Causes Of Premature Ejaculation

If it bums you out to think about all that goes wrong when you cum too soon, you might be tempted to skip this section. But don't. Though I'm sure you know some of them, I'll bet you aren't aware of all of the factors that can cause too rapid timing of your orgasm. In fact, after a long career of ejaculatory mastery, some men acquire this condition temporarily because one or more of these causes rear their ugly head.

- **The Urge To Cum**

I want to hit the biggie right on the head at the outset here. When we get turned on, something inside takes over and convinces us to just let go. That's what I call the urge to cum. There always used to be a rationalization in my head that seemed to make sense in the moment why I should blow my wad. I usually regretted it latter.

It may sound like circular reasoning to say that the urge to cum is the reason you cum too quick. We all have the urge to orgasm, right? Well, of course. And for a microsecond I don't want to give you the idea that there's anything wrong with it. The craving for pleasure is what life is about. Keep that up, for God and Goddess's sake. But what kind of orgasm are we talking about seeking here? Yours, a quickie, your lover's, or a full body multiple one? The biological urge to cum circumvents your power of choice in the matter.

As a result of over 30 years helping people change their behavior, I'm convinced that few succeed at STOPPING something they don't want to do. The secret is to replace what you don't want with something better that you do want. Fortunately, the Ultimate Ecstatic Solution is something so much better that once you develop the knack of inner orgasm from the exercises in this book, you'll never want to go back and spray your seed outside.

• **Overwhelming Excitement**

This must have happened to all of us at least once if not frequently, as it did with me. You're really attracted to that completely sexy thing who actually wants to have sex with you. You're so turned on by the whole prospect that before you know it, you cum in your shorts or, even worse, all over her skirt. God, I hate remembering those embarrassing times and wouldn't mention it if I wasn't confident this will soon be a thing of the past for you.

Being overwhelmingly excited is akin to being a red-blooded healthy male. The younger a man is, the more excitable he tends to be. It's common that the first few times young, inexperienced men have sex with a partner, they have trouble controlling their response. Since we haven't been taught any other way, we just blindly follow the natural flood surging inside us and soon our pants are wet. So many of us just haven't learned that there is another way to deal with the huge energy build-up. If you're patient and willing to wait a decade or three, high excitability will mellow with age. If you'd like a solution sooner, read on.

• **Tension & Anxiety**

The secret (can I trust you with it?) to ejaculatory mastery is relaxation. There are so many things that can create tension and anxiety in the scary arena of sex, I'm actually astounded how many men learn to pace themselves in the sack. Here are just a few of the common stresses that can cause too-rapid cuming...

- time pressure
- self-doubt

-
- religious guilt, thinking sex is bad, dirty, or immoral
 - fear of getting caught
 - tiredness or sickness
 - relationship stress
 - worries about pregnancy or STDs (sexually transmitted diseases)
 - performance anxiety (am I good enough to satisfy my partner?)
 - trying not to cum.

Can you believe that last one? Thinking about not squirting can actually make you more likely to blow too soon. Yes, amazing, but true.

• **Conditioning To Go Fast**

Sex therapists claim that climaxing quickly may begin during youth and then become an unconscious, physically ingrained habit that persists later in life. Haven't most of us grown up being afraid of getting discovered having sex? Remember, many of our first sexual encounters were rushing it in the back seat of our dad's Chevy or on the living room couch with the folks due back any minute. We were so worried about getting caught in the act, that sex was often hurried and unsatisfying.

And what about making it with our first true love - our hand? (For me, it's my left for sure.) To limit our chances of being found out, masturbating for as quick a release as possible was the norm.

Shama says "Men are programmed to believe that it's best not to be caught masturbating for a myriad of reasons. This is often done in stealth and quickly to obtain pleasure and release. It also tends to set up a certain habit of tension in the body, where sexual matters are concerned, that becomes the pattern for other sexual experiences later on. So first, men masturbate and cum quickly in the shower or in their beds, hoping not to get caught. Then they make love with their girlfriends in the back seat of the car or in their room, still hoping not to get caught. And they carry this into the rest of their lives and marriages, not knowing that there can be any other way."

I'm not even going to mention the conditioning of the circle jerk if you were so fortunate as to have participated in that kind of evolved athletic event.

- **Goal of Orgasm**

We live in a world structured around goals, standards, and living up to expectations. What's the media-driven performance standard for the ideal macho male lover? You know women so well that you please any and all. You play each one so well until they lose control and their desire overpowers them. Until they go completely berserk with passion, you're the strong silent type. Then, in a wild release proving that you're the best, you have a monstrous orgasm simultaneously.

Face it, guys, the Big O (a strong explosive orgasm) is what our sexually repressed and unevolved society measures us against. We're raised with the belief that the purpose of making love is to release all that pent-up sexual energy with the most intense orgasm possible. Often we get trapped in our partner's similar belief driven by long periods of being unsatisfied sexually. As wonderful as that experience is, you might be surprised to learn how important many other things are (cuddling, caring, sensitivity) to the average woman. I read a study recently that quoted 70% of women would choose intimacy over sex.

We're programmed to rush headlong toward orgasm as fast as we can go. In our haste, we miss so many sensations and experiences along the way. The Western view of sex is a race to the climax after which lovers physically collapse. The Ultimate Ecstatic Solution is closer to the Eastern view of physical love which slowly brings both partners to higher and higher heights of ecstasy time and time again. That's what we're aiming to master with Tantra.

- **The Mind**

Without a doubt, the mind is a powerful sex organ. My beloved friend and popular Tantra teacher in San Diego, Dr. Anastas Harris, teaches that "where attention goes, energy flows." Focus on pleasure and your experience becomes more intense. Think about not cuming and you will do it anyway.

We all attract what we focus on. For example, if your whole attention is on your genitals, than your sexual energy has no where else to go but out that little hole in your little head. If you're intent on the goal of giving your partner an orgasm, then you're likely to attract one too soon - namely one of your own. Case histories of psychological reasons for premature ejaculation abound.

This approach is the Ultimate Ecstatic Solution so that you learn to enjoy sex even more while managing ejaculation. The mind's tricks - goals you're totally absorbed in or pervading mental images - get in the way of you tuning into the present moment. With these consuming internal distractions, how can you truly appreciate what's happening now? Instead, you need to shift your attention to your senses, your whole body, feelings and sensations - all the sources of pleasure imaginable. Lots more about this later.

The essence of this Ultimate Ecstatic Solution is to get out of your head and into your body. Relax and stay in the moment, tuning into those wonderful feelings emanating from your sensitive places. Drop all your standards and goals and just ride the wave of energy. Don't push yourself or your partner for the Big O. When you learn to surf your sexual energy without attempting to control the outcome, you'll be able to go with the flow in a loose and natural way indefinitely.

- **Separate Not Joint Experience**

In our society, for the most part, sex is a private experience because it's a taboo subject. We hide our insecurities, make rude jokes, and don't talk about it openly. Too many of us obsess about when to make the first move, or how to initiate with a long-time partner instead of joyously enjoying verbal foreplay. No wonder so many of us build up the anxieties and tensions we talked about earlier that can cause premature ejaculation.

We're not taught that sex is communion between souls expressing their basic nature through the divine gift of bodies. Few of us learn to play these instruments in harmony to produce amazing ecstasy. Where do we learn that sex is an energy exchange between conscious beings who want to both give and receive pleasure?

When you're desired and accepted for who you are without big expectations about how you need to perform, then you can relax and let nature take its sexual course. That's partly why the Ultimate Ecstatic Solution requires "partnering" with your lovers. This means being aware of your needs and reactions, talking honestly about them, honoring those of your partner, and playing together as equals. Instead of 'doing' your partner, you'll need to do new-age things like sharing together. (Come on, don't gag, be open to dramatic change, buddy. You're here because you chose to become different, right?)

By the way, everything in the Ultimate Ecstatic Solution is completely applicable to same gender sex. Tantra has a lot to say about yin and yang energies, which we normally associate with female and male genders. But experienced practitioners learn that we all have both energies within and can act on both if we practice. I've tried to make the language inoffensive to gay and lesbian partners but I probably haven't done a perfect job. So please accept this disclaimer that everything included is applicable and intended for you too. In fact, S.E.X. being Subtle Energy eXchange probably applies more for same sex partners.

Different partners have different sexual responses. I've been with women who could cum very quickly, but most need lots of stimulation. Myself, I always like lots of touching all over my body. If vajra gets too much attention too quickly, it's all over for both of us. So who's responsible for seeing that each partner gets the things that bring them the most pleasure? We each are fully responsible. Partnering means speaking your needs and honoring those of your partners. If we do anything else, we set up the dynamics that produce stress, mystery, and tension - a surefire prescription for blowing your wad unexpectedly.

If you're single and searching for a partner to satisfy sexually, this whole view of sex as communion may sound even more challenging than finding someone willing to jump in the sack. (Please, no paper bag jokes.) If you expect that you alone will be able to satisfy any woman without their cooperation, you're laboring under a big delusion, friend. Drop the whole concept that it's your job alone to satisfy your partner. This is a mutual dance and that's the way most

women love it. Later, I'll show you how to broach this delicate subject with potential partners that will make you seem more desirable to them, not less.

- **Prostatitis**

Being part of the first emission phase of ejaculation, the prostate gland is a vital component of your sexual equipment. If it's inflamed or enlarged, called prostatitis, it can easily make you more sensitive to stimulation and more likely to cum at a moment's notice. If you're very sensitive down there or have trouble peeing, see your physician for a referral to a urologist to check you out. And if you're taking any prescription drugs, discuss sexual side effects that you could be experiencing.

Fortunately, there are some natural remedies that can improve your prostate health. I take Saw Palmetto and Pygeum daily, two natural herbs you can get at the health food store. Research has shown these supplements can help your prostate significantly. I regularly hear about new ones and try them all.

While we're on the subject, there are some other common substances which can inflame your prostate and make you more sensitive to cuming. Can you guess what they are? Right, I'm talking about caffeine, nicotine, and alcohol. If you smoke and drink coffee and alcohol, you would be well advised to avoid them during this program.

Believe me, I'm not a moralist trying to convince you of your evil ways. I've tried most everything and believe in whatever brings pleasure. When I'm warning you about irritating your prostate, it's just a medical fact. Alcohol and smoking are the number one reason that men over 30 have erection problems. Other medications and recreational drugs can have significant affects on your sexual mastery as well. The Ultimate Ecstatic Solution, being completely natural, will go better if you eat well and avoid any of these stimulants.

- **General Health**

Sex requires energy which is drawn from your metabolism. I'm not just talking about wild athletic fucking. High states of arousal and the physical changes

that result like faster breathing and higher blood pressure can be very draining. Being fatigued or depleted can contribute to higher-than-average climax sensitivity.

Consequently, if your health is less than stellar, you may be more likely to cum involuntarily. Some overweight men also tend to be cum more easily. The kind of food you eat can be more draining than energizing.

Experts advise that a healthy diet that nourishes the body can contribute to sexual well-being. Moderate exercise helps by stimulating the metabolic pathways you draw on during sex. If you're trying to fix one cylinder of a V8 engine, it may never run smoothly at top speed if the others are weak.

- **Psychological Blocks**

I'm taking the optimistic view which works more than 95% of the time. That view is that using the Ultimate Ecstatic Solution is simply a retraining process.

But I do want to alert you to the small chance that something deeper in the mind can block your progress. There is a segment of men who frequently cum too quickly because of unresolved psychological issues. Some of the therapies which can help resolve these blocking energies are...

- Personal Counseling
- Traumatic Incident Reduction
- Relationship Counseling
- Tantric Sexual Healing.

If you're not making progress through the practices which follow, or if you're having trouble staying the course with the program, consider consulting with a sex therapist or appropriate professional. Jeffre and I work with clients of all types, sometimes long-distance by phone. You can email me for some introductory long-distance advice at <mailto:Somraj@TantraAtTahoe.com> and maybe we can quickly pinpoint what you need to breakthrough. If not, I'll suggest how you can accelerate your program through therapy.

With that slim chance mentioned, forget about it. I'm confident that following the program will be just what you need.

2.3 How Can Tantra Help?

Being an ancient spiritual science of sacred sex, how can Tantra help? The primary answer is that Tantra is about mastering your own energy. I'm not referring to some obscure imaginary new age airy-fairy phenomenon here. I'm talking about physical stuff you feel all the time. How do you become aware of being turned on, or angry, or nervous, or in love? Your internal energy causes sensations in your body. It's what acupuncturists and massage therapists work with every day.

To be sure, at first the energy that Tantric adepts work with seems finer or subtler than a punch in the face or a mouth sucking you off. But ultimately, subtle energy can be much more powerful than hard fast pumping. That reminds me of a reserved female business associate at her first Tantra workshop who experienced an hour of powerful non-stop orgasmic vibrations shaking her whole body just from a basic breathing exercise.

Some say that women are generally more sensitive to energy. Maybe so, but of course guys feel it, some of us strongly. What causes goose bumps? A chill down your spine? Shivers or ticklishness? Or more directly on our subject, how about that tingly warm feeling in your crotch when you see a very shapely female form swaying a wide path down the sidewalk?

When we refer to energy in Tantra, we mean the nervous stimulation and physical excitation that causes these feelings. You feel energy strongest just before an orgasm, thus the term "orgasmic energy." But it's all the same electrical or magnetic stuff in your body.

Regardless of what's causing your dissatisfaction with your lovemaking skills, energy is at the root of it. Tantra teaches how to conjure up orgasmic energy, heighten your senses of its effects, magnify its impact, and circulate it around the body. Why bother learning how to channel energy? Because if it all stays in your cock, the easiest direction for it to move is outwards. And then you

cum. Spread that sexual energy around and you feel great all over without a sudden big gush. As a result, you can have lots of little energy gushes which get bigger and bigger and bigger, culminating in a long series of dry internal energy orgasms.

You have so much exuberance bubbling inside you. Celebrate that wonderful orgasmic energy that makes you cum. If you can master the movement of this powerful energy, why limit these wonderful desires that spring to life? All you need to learn is directing that powerful urge to cum inward instead of outward. That's why this is the Ultimate ECSTATIC Solution, learning to distribute and extend that ecstatic energy.

So you'll know what to expect, let me introduce you to some of the basic Tantra principles you'll find appearing in this approach over and over...

- Relax and go with the flow, allowing natural forces to run their course.
- Don't be inhibited and resist healthy impulses,
- Be supremely conscious of everything while watching and enjoying.
- Be present in the moment and open your physical senses.
- Make love on multiple levels: sex, heart, and spirit.
- Focus on pleasure in the moment, not simply on achieving the big O,
- You are responsible for your own pleasure and responses.
- Know what you desire, what your boundaries are, and voice them.
- Empty your mind of goals and anxieties, letting sex become a timeless blissful meditation.
- Allow orgasm to become a sacred energy event, SEPARATE from physical ejaculation.

Now doesn't that sound much better than learning tight control, always watching yourself, trying not to slip, and feeling bad when you do?

Chakras

Many ancient cultures, particularly in the East, studied our subtle energies and devised methods to gain greater mastery over them. Common to many practices are the "chakras". These are energy centers or vortices inside the body, residing from the bottom of the spine to the top of the head. Though

energy is energy, when it's generated in a specific chakra or settles in one, it feels unique and affects you differently than if it came from another place.

Why should you care? For two main reasons...

1) Most love partners want more than just a lust connection from the sex chakra and merging energy at multiple chakras satisfies them immensely. And...

2) We'll use the invisible channel that connects the chakras, the inner flute, to move orgasmic energy away from your genitals so it won't make you cum too soon.

Here are the common definitions of the seven chakras...

<u>#</u>	<u>Location</u>	<u>Function</u>
1st	Perineum (base of spine)	Sex, survival
2nd	Belly (2 inches below navel)	Body, sensations
3rd	Solar Plexus	Power, will
4th	Heart	Love, compassion
5th	Throat	Creativity, expression
6th	Forehead (3rd eye)	Perception. consciousness
7th	Crown (top of head)	Divine connection

Energy Tools

Again and again, you'll receive advice in this book about using the four CORNERSTONES of ecstasy through Tantric practice...

- presence (relaxation, mental focus, and concentration),
- breath,
- sound, and
- movement.

These may seem like simple physical skills, and they are. When you use them consciously to get your sexual motor running, they can be ecstatic tools.

You might think that you already know what kind of physical attributes (tits, ass, crotch, etc.) turn you on. But those are external stimuli. The four cornerstones are internal tools you can use to energize your own pleasure and steer your own excitement. In fact, we'll use these tools to simulate and ultimately create the feelings of orgasm: intense focus on sensations, deep breathing through the mouth, sinuous body vibrations with pelvic thrusts, and moans of pleasure. More importantly, we'll use these four cornerstones to spread the overwhelming excitation of sexual play away from the genitals.

Many of the exercises in the coming chapters directly utilize these four cornerstones. Let me recommend a great way to practice them and develop your sensitivity to and mastery of energy. It's a moving meditation called Chakra Breathing. I haven't included it here because it requires a CD with dynamic music to guide the action. It helps you cleanse and energize your chakras, becoming more attuned to the subtler frequencies we'll be working with throughout the Ultimate Ecstatic Solution program. You can easily get the CD through the resources section of our website <http://www.tantraattahoe.com/resources.htm>. If you're willing to spend a few extra bucks to speed your progress immensely, I strongly urge you to do Chakra Breathing several times a week.

2.4 Why Not Ejaculate?

I know I don't have to convince you that lasting longer is a great idea. But let me just mention that you can't experience the kind of ecstatic wave we're seeking here if you rush headlong towards orgasm or try to hold yourself back. You have to learn to relax into intense pleasure in order to go higher and higher.

Guys argue with me all the time about their confused idea that Tantra means not cuming. It doesn't have to be that way or any way. When you learn to go higher and higher forever, the simultaneous orgasm with your partner will be incredible. More importantly, when the ecstasy of the ride is greater than the brief spurt at the end, you may never want to cum again. But won't it be nice when it's your choice and you can decide to squirt or not as the mood strikes you?

Anyway, I've included a list of benefits you'll receive by learning this system so you can appreciate how powerfully it may impact you. Here's what many of us lose by cuming too quickly...

- Many women are multi-orgasmic because their energy isn't depleted by orgasm. You don't want to cum when she's ready for more.
- Many men's erections don't spring back to life after cuming. In my 50s, it sometimes takes me a couple days to recover my ability to stay hard for long. Sex therapists call this the "refractory period." So having an orgasm without ejaculating lets you repeat lovemaking as quickly and often as you want.
- Many men release lots of energy when they ejaculate which makes them distant, sleepy, and exhausted. Don't cum and you can stay energetic all night long.
- Many men lose the desire to continue making love when they blow their wad, suddenly losing that closeness and intimacy women crave. Some describe it as if a power switch was turned off.
- Many men shut down emotionally and mentally as well as physically, cutting off the communion at multiple levels that Tantra can help you achieve.

And just to leave you with the positive aspects, by not cuming you can...

- Have hours of orgasmic pleasure instead of just a few seconds of intense release.
- Experience continuous ecstasy at its peak throughout your whole body.
- Stay connected with your partner longer, deeper, and at more levels.

-
- Keep your entire body energized. (The Taoists believe that retaining your semen is highly nourishing.)
 - Fully satisfy your partner's unfulfilled sexual desires.
 - Satisfy multiple partners one after the other without a break.
 - Promote health, vigor, and mental clarity by retaining your energy.
 - Have bigger stronger longer-lasting orgasms when you finally choose to cum.

Wow! Just going over the list reminds me of the three main principles of Ultimate Ecstatic Solution success: practice, practice, practice.

2.5. The Ultimate Approach

The approach to learning the Ultimate Ecstatic Solution is called RAMPER which stands for...

- Relax,
- Awareness,
- Measure,
- Pace yourself,
- Energy circulation, and
- Ride the wave.

Let me introduce you to the important aspects of each so you'll know what you'll be practicing beginning in the next chapter.

R = Relax

You remember what normally happens to our bodies when we cum? We tense and contract our pelvic muscles, especially around the butt, anus, stomach, and legs. What do you think would happen if your muscles stayed completely flaccid (sorry, that's a scary word for guys) when you were highly excited? You probably wouldn't cum. This is the simplest technique and the hardest to

learn. After six years of practice, I've finally gotten pretty good at it. Sometimes all I need to do to avoid cuming is stay still inside and out.

So a fundamental feature of the Ultimate Ecstatic Solution is relaxing. Why? Because calm and relaxed is the ideal state for lovemaking. Tension blocks your blood flow and your feelings, not to mention the flow of orgasmic energy. When your channels are blocked, your energy collects in your genitals. As it builds up with nowhere else to go, you feel more and more pressure to ejaculate. The energy seeks the path of least resistance, out the tip of your vajra. When you relax instead, open your inner channels, and let the energy move up your inner flute, you can more easily replace the rush to climax with the desire to savor the sensations in every moment.

Tantric lovemaking is on average much slower than the fast pumping you see in porno flicks. Just by going slower you'll be more relaxed. How do you learn to relax while excited? First, by doing whatever you can to eliminate tension during sexual encounters. So much tension comes from performance anxiety or self-doubt. If you can get out of your head (the big one I'm talking about here), you can relax much easier. Often this requires the communication and partnering with your lover that we'll talk about later.

Being in your head means having expectations about what's going to happen and how you want to perform. THINKING sex is always less fulfilling than FEELING sex. Getting out of your head means letting go of so many of the worries that normally accompany sex, even with long time partners. It means focusing on now instead of the slide-show of pictures flashing inside your brain. And it means dropping goals. If you plan to make your sweetie cum big time, or last two hours instead of your record of one hour, or be twice as turned on as last time, then you're setting up mental goals. Maybe this works well for you in business. But when it comes to managing energy inside, it can work against you by taking your awareness out of the moment..

Remember, my beloved Anastas teaches that energy flows where attention goes. So if you have any of these goals in your mind, you'll be comparing your performance against that picture you created in your head. This is the exact anatomy of tension. The Ultimate Ecstatic Solution, contradictory as it

sounds, is based on letting go of the need to control the outcome of your lovemaking. Your aim instead is to relax and enjoy. Once you learn how to stay loose, deeply comfortable, and drift with the natural flow of juicy energy, you'll soar with pleasure instead of losing it.

How can you learn to relax? In the 'Solo Exercises' chapter which follows, I'll show you physical techniques that assist your mental relaxation. You'll learn how to squeeze your muscles to relax them, especially your sexual muscles. I'll remind you to keep your tongue on the roof of your mouth so you don't tense up one of the most important parts of your body, your jaw.

Foremost amongst these relaxation techniques is breathing. Remember what happens to your breath when you cum? You start breathing rapidly and panting. What do you think would happen if you knew how to breathe deeply and slowly even while being swamped with ecstatic feelings? You got it, you would be washed inside and out with orgasmic energy without releasing your precious little swimmers.

Westerners breathe shallowly and unconsciously. Contrast that with Yoga masters. Some are so aware that they can shut their breathing down to almost nothing and stay in a state of suspended animation for extended periods. Don't get me wrong, I'm not trying to convert you into any spiritual practice other than sex as meditation. But do you get that the Ultimate Ecstatic Solution is more like floating with the current than fighting your way upstream?

Relax, and your sexual energy will set you free. You can quote me on that.

A = Awareness

If you're thinking about making your partner cum and holding back your own ejaculation, your awareness will be consumed with orgasms. The Ultimate Ecstatic Solution helps you generate incredible mutual orgasms, but without directly targeting them. As related earlier, your focus needs to be on pleasure in the moment. If you can appreciate how great your vajra feels now, you'll be more willing and able to relax and go slow.

When Jeffre and I are making love, we stop every few strokes and just feel how good it is. Seems like we do this over and over for hours. If we were pushing for her to have the Big O, it instead makes me have a little squirt and vajra goes into forced retirement.

To become pleasure-centered, you need to heighten your sensate focus. That means tuning in to all your senses: taste, touch, sight, sound, and smell. It means delighting in every sight, basking in every fragrance, and savoring every sensation. If you become more sensitive to everything that's happening all around and all over your body, you won't have the common situation of untrained lovers: total focus on the genitals. Instead you can distribute that delicious energy to all your chakras.

As we just discussed, relaxation helps you to awaken your senses and embrace the sensations in every moment. If you haven't learned to go with the flow and be in the moment without goals or expectations, mental tension will shift your attention away from the feelings of the moment. The exercises of the next chapter may not start very sexually, but I hope you can see how essential they are to your success.

More importantly, though, most of us who cum too quickly aren't real great at recognizing the internal signals that could warn of us impending ejaculation. If you learn to register every little nuance of every little feeling, going slowly and digesting all their energy, then you're less likely to trip over the point of no return. When you're enjoying every breath, sound, and movement, you'll be supremely conscious of your own level of excitement. And you'll be able to respond to that excitement before it becomes too hard to manage, pushing you over the cliff into a squirting plunge down the chasm.

How can you manage your energy flows if you're not completely tuned in to them? You can't. Make it your mission to focus on your feelings. Being present to the moment is one of the four vital cornerstones of Tantric energy mastery and it directly impacts your ability to relax. So heighten your senses, feel your feelings, enjoy your pleasure with no agenda, and you'll gradually learn to stay out of your head and into your body.

By the way, due to tension and social pressure, many of us find ourselves partying with recreational drugs and alcohol. Again I don't intend to moralize, let's just be pragmatic. Although some believe that drugs and alcohol can slow your ejaculatory response, they'll also keep you from developing the body awareness that will allow you to change your lovemaking stamina permanently. Getting high may feel good temporarily, but it makes it much harder to master ejaculatory timing. Thinking about other things - like football or your latest weekend project - can be counterproductive too, for the same reason. More awareness is the prescription for more manageable pleasure, not less.

M = Measure Your Level Of Arousal

By now you've heard again and again you have to tune in to your senses and sensations. So what do you do with this sharpened awareness? The M in RAMPER means to monitor and measure your level of arousal. This is not just a scientific experiment, but a method of making you more sensitive to what makes you excited. If you know where your excitement level is and what causes it, then you can play spontaneously while stretching out your enjoyment and your partners'. Then you can take responsibility for your own pleasure, guiding your lovemaking so that you get really turned on and stay there without going too far all of a sudden.

Arousal awareness is complex with lots of subtlety. It's more like a rainbow than black and white. The forces that turn us on aren't always obvious in the moment, and change from time to time. So the M step is all about learning to read yourself so you can know where you're at now precisely.

Many sex therapists recommend using a 10-point scale for monitoring your level of arousal during practice and sex play. This is one of the main things we'll be focusing on in the coming exercises. (By the way, level of arousal may not correspond to the strength of your erection at any given moment. Have you ever cum while soft? I have.) Here's my version of the scale...

0 = no arousal

1 = twinge at base of penis

-
- 2 = occasional little surges of pleasure
 - 3 = starting to feel good
 - 4 = steady hum low level arousal
 - 5 = feeling really good, metabolism increases
 - 6 = really into it, don't want to stop
 - 7 = continuous rush of pleasure, fast breathing
 - 8 = buzzing inside, face flushed, heart pounding
 - 9 = intense pleasure, outside world is far away
 - 9.9 = point of no return, emission phase begins
 - 10 = ejaculation (expulsion phase)

As you practice, you'll learn to measure your level of arousal as it climbs towards 9.9, the point of no return. You know the feeling of time stopping, like the movie clip that suddenly goes into slow motion as you watch the car careen over the cliff? You've been enjoying yourself immensely and maybe even feeling far from squirting when all of a sudden you feel those involuntary contractions around your prostate and you know you're gonna cum. That's the often uninvited guest, 9.9, buddy.

A major part of self-monitoring during your individual practices will be learning how close you can go to 9.9 without squirting. This is a tough thing to accept, guys, but you're going to have to play with yourself over and over again as you learn this system. Bummer! By the way, us evolved Tantrikas don't refer to such divine play as masturbation, which has hidden and dirty connotations. We call it self-pleasuring, which is a wonderful and sacred thing. If you don't already, you're going to have to learn to enjoy giving yourself pleasure. Sorry, doctor's orders.

P = Pace Yourself

OK, you've relaxed. You've become more sensitive. You've measured how good it feels. Will these change your stamina dramatically? Well, maybe. But really the RAM part of RAMPER is simply vital preparation for the P step. P stands for pacing yourself.

No, I take that back. P stands for Pleasure. If your focus is on pleasure not orgasm, then you won't be rushing headlong towards a destination. You won't be in a race towards the finish line. You won't have a schedule to meet. You'll just slow down and enjoy. That's a big part of pacing. And if you learn how to make the pleasure you enjoy greater than any quick dribble you've ever experienced, you'll want to pace yourself for more, More, and MORE!

We'll talk later about partners who get so excited that they don't let you pace yourself. Sure, that happens and in their rush to orgasm they'll drag you over the precipice. And if you both cum together like Jeffre and I do sometimes, wonderful! But when push comes to shove, what most lovers really want is for you to go all night. So eventually, with the right kind of guidance, they'll listen to reason. I'll show you later how to solicit their ecstatic participation.

The Ultimate Ecstatic Solution is all about learning to ride the edge, that fine line between absorbing all the pleasure you can take, and taking too much all at once and cuming. Like I mentioned before, you'll rarely hear me talk about control for this reason. Control makes you tight, tense, and rigid, the opposite of relaxation. Control requires you to set standards and watch yourself all the time, stopping the flow of your energy to pull yourself back from the brink. Riding the edge is relaxed, more like skipping from wave top to wave top than fighting the surf with strong steering motions and lots of big throttle adjustments. When you ride the wave, you relax, savor the sweet sensations, and gradually and gently add little bits of arousal as you can take it.

The key to "P = Pace Yourself" is two more P words, peaking and plateauing. Peaking is...

Adjusting the stimuli that give you sudden surges of arousal so you come back down without going over the top.

If you graphed peaking it would look like a steep ascent and then a steep descent. Which is where it got its name.

Plateauing is the advanced skill that you learn once you get good at peaking. Plateauing means...

Learning to maintain a high level of arousal without backing off.

Now you see what relaxing, awareness, and measuring will do for you? They're the essential tools you use to recognize when you're reaching a peak that's too close to the point of no return. This heightened sensitivity in that moment lets you stop soon enough. When you master getting close to 9.9 and backing off, then you'll learn even subtler adjustments so can enjoy plateaus for long periods of time. Some call these "valley orgasms" because their arousal curve flattens out instead of peaking up sharply.

Oh yeah, there's an important section in this book called "Interrupting Ejaculation" which assists you with learning to peak. It will show you more than half-a-dozen physical techniques to stop squirting when you stray too close to 9.9. Frankly, these aren't my favorite techniques for two reasons. First, stopping something from happening isn't really Tantric, which preaches going with the flow. Second, I have to admit that I'm not too good at them. Maybe they'll help you a lot so I've included the whole story. But for me, the Ultimate Ecstatic Solution is more about energy circulation than interrupting the emission phase.

E = Energy Circulation

E stands for energy and circulating it away from your genitals. But it could also stand for Ecstasy. In fact, you might consider the Ultimate Ecstatic Solution teaching about S.E.X. which is really Subtle Energy eXstasy.

Because most of us are programmed to rush towards the Big O, we come into the arena of love play frequently tempted to release our sexual energy through explosive genital orgasms. It's what books, flicks, and locker room talk glorifies. That's the accepted concept of good sex in most people's minds. Who among us has been fortunate enough to be initiated reverently and openly into the higher dimensions of sacred sex? Few, if any.

So here's a vital part of your initiation, you lucky stiff. Instead of shooting for the Big O, as your arousal builds, spread your energy up, around, and

throughout your body, allowing it to carry you to higher and higher levels of pleasure. Some say it will fuel your brain with cosmic energy and give you psychedelic visions. Whatever. Not only will it feel ecstatic, but since you won't be depleting your energy, you'll be able to last and last and last.

How do you do it? Simply explained, you channel your sexual energy up your inner flute from your first chakra (the sex center at the base of the spine) so your little head doesn't explode in a gush of ejaculation. You redirect your orgasmic energy primarily by using the four cornerstones, presence, breath, sound, and movement. Admittedly, learning it may not be as simple as describing it. It took me months, that's for sure. That's a big reason why there are so many exercises in this book.

For some it comes naturally. My dear friend, Rick, for example, knew how to run energy instinctively as a teenager. Of course, everyone, his big brother paramount among them, told him he was weird. So instead of acting "crazy," he suppressed his natural ability for years. Fortunately today he's using his natural talent and is one of the best and longest lasting lovers I've ever met. (He asked me to put his phone number here with the message "For a good time call Rick..." but I didn't think you guys would be interested.)

Once you learn to circulate (move, run, channel) energy, you experience amazingly powerful sensations. Imagine what it feels like when that excitation making vajra pulse and throb infuses other parts of your body. That reminds me of the first time I experienced moving energy out of my genitals without exploding. I was in one of Margot's sacred sexuality workshops practicing self-pleasuring. Does that picture seem a little weird to you, a bunch of men and women doing themselves? Maybe so, but that's what we were all doing. Of course, our aim wasn't to shoot our wad. On the contrary, it was to run that energy up our inner flutes.

I'd never felt orgasmic energy anywhere else before. Suddenly, I was hot and tingly all over. My feet felt like throbbing vajras. My head was on fire. My body was undulating and jackknifing, shaking wildly. I must have been screaming because my throat was sore afterwards. Boy oh boy, I didn't want it to end. It was just like that intense spasm of pleasure during ejaculation. But

I wasn't cuming wetly while the surge of ecstasy played on and on. After an hour when the practice session was over, I wanted to keep going. I could have circulated that juicy feeling throughout my body indefinitely, or at least until I collapsed from exhaustion.

That's probably when I got the idea to write this book. Because if I could experience that, so could anyone.

So, the E of RAMPER is to channel your orgasmic energy elsewhere in your body. Where does it go and what does it do? Well, first off, it moves to your heart and energizes your love center. You know how women are always squawking about finding a sensitive guy? They'll love you when your heart is activated by sexual energy. And when one of your chakras is really turned on, you can flood your partner's equivalent chakra with your energy. Circulating energy then becomes a sharing exercise as well as an internal one.

My beloved friend Doc Steven is the master of this. I asked him once, after observing his love exploits for over a year, when was the last time he came. He thought for a while and said he thought it was three years ago. How do you do it? I asked. His answer "I love women so much, that it's totally natural for me to move those sexual juices to my heart, and then I love them more. And they go wild for a compassionate, caring sensitive lover who only wants them to feel ecstasy above all else."

We've talked about the four orgasmic keys - presence, breath, sound, and movement - to amplify your energy and feel more passion. These are the primary tools of running energy - visualizing that juice spreading inside, breathing deep in the belly, moaning with pleasure, rocking your hips, and squeezing your sexual muscles - which pumps energy up your inner flute. After lots of practice, I've really proven to myself that uttering love sounds releases energy that would otherwise just settle in my genitals. If you're the macho silent type, it may take some getting used to. But it's well worth it. Believe me, your partners will love to hear how turned on you are.

As discussed previously, the net impact of running energy is learning to separate ejaculation from orgasm. When you're relaxed inside and super

turned on, the contractions around your prostate that initiate the emission of semen don't have to be activated. When the energy becomes intense, you can still have those powerful pelvic muscle contractions that feel so wonderful. That's what causes a dry orgasm, a long series of slow pleasurable spasms without ejaculating and with a rush of energy. I call these "implosive orgasms" because the energy gets pumped back inside and can circulate over and over again.

The best news of all? When I have a dry implosive orgasm, all of a sudden my arousal decreases dramatically. On the other side of that peak, I'm suddenly less sensitive. So I can stroke faster and let my excitement build slowly. By circulating my energy while I'm peaking, my closeness to 9.9 comes and goes. If I play it right, it makes my love stamina virtually unlimited.

R = Ride The Orgasmic Wave

When you retain your energy inside, your pleasure rises to higher and higher levels. That's why the acronym RAMPER is so apt, describing how your pleasure ramps up. Those of us who cum quickly never experience these escalating plateaus. We never develop our capacity to absorb more and more pleasure. When we finally do, it feels like ecstatic waves surging inside. What was a 9 on the arousal scale half-an-hour ago now becomes so much more. That's what R is about.

Here's what my beloved wife, Jeffre, says about sex...

"Straight pumping is boring and makes me numb. I really love to go slow, like pump, pump, pump, and relax. I just let the energy wash over me. Then a few more strokes and the orgasmic waves, little implosive orgasms, roll through me. By doing this over and over again and again, I eventually get to higher and higher plateaus."

You see how the Ultimate Ecstatic Solution is ecstatic when all the pieces come together? You relax and heighten your awareness of your senses to open yourself to subtle energy. By measuring your arousal, you learn to pace, peak, and plateau. This builds up intense energy which you circulate around your

body instead of exploding in a quick ejaculation. Then the wave takes you, and you just float.

When your energy rises to your spiritual centers, the higher chakras, you'll find a natural calming and blissful feeling engulf you. It's as if your orgasmic energy is fueling your soul's psychic nature. This is why we call Tantric lovemaking sexual meditation. Some describe this as feeling like a hollow bamboo with a never-ending supply of energy running between the earth to the sky through your body.

Tantric lovemaking uses the same body parts and erogenous zones you see in X-rated flicks. But the actions inside and out are vastly different. Tantric lovemaking, being equally spiritual as physical, is slow and conscious. It's not focused on orgasm, but on building pleasure and making it last forever. This takes harmony, openness, and lots of communication between partners.

As you play more and more with the same partner, you'll undoubtedly learn moves that please them and cues that tip you when to use them. When you meditate sexually together, you must each be totally centered and responsible for your own personal experience. Lovers want different things at different times. Even the most skilled lovers can't always predict the whims and changes erupting in spontaneous love play. So both partners must be tuned in to themselves as well as to each other. This only works when you welcome guidance from your lover, whether verbal or subtle. Tantric love partners are truly a team, totally in sync with each other.

If you're single and trying to attract a partner, or have one who's into a totally different experience, riding the kind of orgasmic wave I've just described may conjure up problems. I'm good at orgasmic mastery, but when I'm with a pump, pump, pump wild partner who isn't in sync with me, I'll cum quickly too. There are different styles of lovers and we're not all compatible with each other. Later I'll show you how to motivate, encourage, guide, and coach potential or current sex partners so you can build a Tantric love team. But this may not be what some lovers want and you may have to simply accept that they're not for you.

Chapter 3: Solo Prep

Ready to practice? I bet. Enough talk already, let's get down to business.

Chapter 3 is the first of two that present solo exercises. You know, ones you do by yourself even if you have a love partner. This chapter concentrates on preparing yourself, developing basic sensual skills, and building the foundation you'll need to become an Orgasm Master.

After some general guidelines for practicing and, if you have one, guiding you to let your partner know what's going on, I want to make a few comments about the least effective methods for success, namely desensitizing vajra's quick response. Then I'll show you how to practice RAM, the first three parts of RAMPER. We'll start with relaxing, move to ways to heighten your senses (awareness), and focus in a big way on learning to measure your arousal. Oh yeah, out of sequence I'm gonna throw in a vital exercise to strengthen your pelvic muscles so you can start practicing daily. You need to start these right away because the strength of these muscles will become a vital part of your mastery.

3.1 Practice Guidelines

Exercise Program

First of all, this is an exercise program. It's like going to the gym to work various muscle groups. Of course, in this case you'll be developing your sexual reflexes which are defined by RAMPER. My point is that you need to plan for the long gradual approach as opposed to the one shot deal.

Above all, take your time. It doesn't matter how fast you work through these exercises as long as you keep at it for an hour or so every day or two, or as close to that as you can manage. To change your sexual life dramatically,

you'll need to stay with this program for several months. No one can guarantee that you'll change a lifelong pattern overnight.

If you went to the gym to start building your upper body, would you start with the maximum weight Mr. Universe can lift? Unless you're Arnold Schwarzenegger, of course not. Even he started slowly and gradually. If you push yourself to the limit, you could strain yourself right at the beginning. That kind of short-term setback won't prevent you from succeeding all by itself, but you could get so demoralized that you'd quit. So start Tantrically, slow and easy.

Since we're on the subject, we modern Westerners are preconditioned to expect instant gratification. You know what I mean: "I want it and I want it now." I can't blame us for having this mentality, living as we do with modern media, technology, and advertising bombardment. It just doesn't work very well in the Tantric bedroom. Maybe that's part of the reason why those of us sensitive souls who haven't given and received sufficient sexual pleasure cum real quickly. We want all the pleasure immediately!

Slow Down

So your first global assignment is to slow down. Please don't start out with expectations for instant results. You might have some amazing changes quickly. Many do, but don't bank on it. Expectations will just add to your anxiety level and decrease the first step of RAMPER, namely relax. Instead, start slowly, feel good about doing a little and then a little bit more, and good things will happen eventually.

For the most part, these exercises build on each other. There's no gospel about the perfect order, but I've arranged them in a sequence that makes sense about what to master first. The learning strategy here is a gradient, developing basic skills first and building more and more complex actions on top of them with small steps. For example, you need to relax before practicing peaking because if you don't relax at just the right moment you'll blow right past the point of no return.

Many of these practices you'll want to do over and over to stay in shape. From others, you'll get a kind of breakthrough which you'll incorporate into your life as a natural part of your sensuous play. So your exercise program will go through phases which I'll explain as we progress.

Tantric Approach

Do you understand that you need to begin this program with a Tantric approach? That means relaxing into the moment and fully appreciating every little new thing you learn and try. Not pushing yourself, not forcing progress, not beating yourself up if things don't go according to some schedule you make up in your head. It may sound like a complete paradox, but believe me: to go as fast as possible, drop all those goals about where you're going. Just take it step by step, OK?

And you need to allow room for error. If you create a plan and define stringent performance standards, you'll put pressure on yourself to perform. We already covered how much that can contribute to involuntary ejaculation. So drop those mental pictures too, OK?

To create the right kind of practice setting, you'll want a stress-free environment with privacy and without fear of being interrupted. Find or create a clean, comfortable room where you feel relaxed. A room with a music system or where you can lug a boombox will help, as the right kind of mood music can enhance your experience. For example, use meditative music for the relaxing and awareness exercises at RAM (relax, awareness, measure), and more rhythmic sounds for the sensual exercises at PER (pace, energy, ride the wave). Chapter 8 and the resources section of our [website](#) have some examples of our favorite music.

You may need to block some time every day or two from your weekly schedule so you remember to practice often and maintain your focus. If you can't make this appointment with yourself every time you've scheduled it, don't sweat it. Just make sure you practice several times a week. A half-an-hour a week isn't enough. And by the way, try not to squeeze a few minutes in between pressing

deadlines while you're on the run. The less time crunch and mental pressure the better, OK?

Basically, just have fun and enjoy yourself. Don't turn a program of sexual ecstasy-building into arduous work. Heck, in a few pages I'm going to ask you to pleasure your vajra. You want that to become a chore? I hope not.

To Cum Or Not To Cum

Yes, our goal is for you to master orgasms and separate them from ejaculating. But this whole pursuit is about pleasure and enjoyment. The ends definitely do not justify harsh, unpleasant means. So after a solo practice session of stimulating yourself, you may want to cum. I'm not going to preach about this in the instructions for every exercise. Take this guideline to heart right now.

You may have so much juice and sexual energy built up that the explosive release may be just what your body needs. Wonderful! You may be so turned on that you feel you've got to blow your wad. Fine! Or you may enjoy it so much that you feel you deserve a reward. Great, go for it! Sometimes I do. Just remember, like me, to appreciate your fantastic God-given talent for giving yourself pleasure. It's a gift.

Taoist texts emphasize how much energy you lose by releasing your seed. They preach that too often is bad for you. The Secrets Of The Jade Bedroom, which I think is one of their ancient texts, recommends a healthy ejaculation frequency for men of various ages. If you're a healthy 15 year-old, it suggests you can cum twice a day. As you age, if you're healthy, here are the book's general guidelines...

<u>When You're</u>	<u>You Can Cum Once Every</u>
30	1 day
40	3 days
50	5 days
60	10 days
70	30 days.

The book recommends doubling that frequency if you're sick, highly emotional, or under undue stress.

Regardless of what you choose to do at any time, let's face a bottom-line reality right now. You WILL go over the top accidentally and cum more times than you intend. As you learn to dance and flow with this powerful force, you'll slip over the point of no return. If you don't, you're not getting close enough. So expect some unintentional squirting before you master prolonging your ecstasy as long as you want. When you do cum unexpectedly, don't beat yourself up, enjoy it. That's what this whole game of sex is about, right?

Partner Briefing

If you have one primary long-term partner or several lovers that you're intimate with, I strongly recommend you brief them on what you're doing here. This is partly because secrecy can create tension that contributes to involuntary explosions of the seminal variety. Chapters 3 and 4 discuss solo pleasuring because refining your arousal pattern is exciting enough in private. If someone else is present, it could be too exciting at first, or too embarrassing to relax.

At this point, before you've begun your practice program, I don't suggest you say a whole lot. That's why I've called this a "briefing." If you've found our [website](#), together, that's ideal. You've started as a partnership and have already talked about it. Great! You'll still want to alert your partner that you're starting a series of private exercises so they'll understand what you're up to when you disappear every day or so.

If your partner isn't yet aware of what you're doing, here are some suggestions about how to approach your short talk...

"I found an interesting website recently about improving our lovemaking. It's based on Tantra, an ancient spiritual practice that uses sexual energy to raise consciousness.

"I want you to know that I'll be doing some solo sensuous exercises in private for a few weeks. They're designed to help my personal

development. I'll let you know how it's progressing and hope to get you involved soon.

"Do you want to read about Tantra on <www.TantraAtTahoe.com> so you'll understand more about what I'll be doing?"

The more forthright you're comfortable being, the better. If you want to be more specific at this stage, you can also say...

"I'm reading Ultimate Ejaculation Mastery, the Ultimate Ecstatic Solution For Premature Ejaculation. I believe that by using this program I'll be able to really lengthen our lovemaking. Are you interested in reading the manual that describes what I'll be practicing?"

If this is difficult for you, it would be a good idea to talk to a sex therapist or counselor about changing your relationship dynamics. The more support you get from your partner, the faster your results will be. If you're near Tahoe, Jeffrey and I are more than willing to help in person. If you're farther away, we can help with phone counseling.

3.2 Desensitizing

Desensitizing means using products or techniques to make vajra temporarily less sensitized. Experts report little long-term progress with ejaculatory mastery by using these methods. In fact, the whole idea is repugnant to a Tantric lover who aims to heighten senses, not reduce them. But it's an understandable premise that may even help a given situation in the short term.

Pre-Masturbation

Pre-masturbation means having sex alone about two to four hours before the big event. The method is based on the fact that most of us are less sensitized and have less desire after cuming. Are you? I know I am. As I've already mentioned, in my 50s I sometimes can't get and stay hard for hours or days after ejaculating.

The problem with this technique is that one's level of arousal is only part of what contributes to involuntary squirting. If you're still lead around by your little head and its hypnotic urge to cum, you'll only gain a few minutes. It's true, it may take you a bit longer the second time before you approach 9.9. But if you're not intimately aware of your level of arousal at each moment, you may have the same trouble slipping over the edge once you arrive. If you haven't mastered peaking just short of the point of no return, you're likely to arrive and depart at the cuming station quickly. If pre-masturbation doubles your time of lasting from five minutes to ten minutes, you might consider it progress. But face it, it's far short of what Tantric mastery will allow you to do.

Creams

Desensitizing creams are products which claim to lessen the sensations felt by men during intercourse so that they can last longer. I haven't tried them, but it makes sense from a purely physical point of you, doesn't it? A shot of Novocain in the dickhead is enough to scare anyone away from cuming. But if one of these creams works on you and makes sex less pleasurable by decreasing stimulation, it's kind of a self-defeating win-lose victory. It might feel good in your mind if you can last longer, but if it's only fun for your partner, how often will you want to do it? Wouldn't you rather have more intense sensations lasting for hours if you could swing it? Sounds like a much better win-win to me.

Condoms

If you're careful about safe sex like most everyone I know, you're aware that condoms do reduce the amount of stimulation you experience during sex. Using condoms to protect against STDs and unwanted pregnancies already make them highly recommended. (By the way, there's some valuable information in Chapter 8 about lessening your risk and making sex smart.) Some men find that wearing a condom helps them last longer by lowering their arousal. I've even heard that some men use more than one condom to decrease their sensitivity even more.

Again, it can take you longer to get to the point of no return, which is good. But when you arrive at the edge of the cliff with those wonderful feelings swirling around you, will you be able to handle it any better? I find not. So you'll still need the Ultimate Ecstatic Solution.

3.3 Relaxing

Your ejaculation mastery exercises begin with the R of RAMPER, for relaxing. We've already covered why this is vital, because ejaculation is often triggered by tension in the pelvis, butt, or mind. Calm and relaxed is the ideal state for lovemaking, so that there'll no tension to prevent the natural flow of orgasmic energy. When you relax and awaken your senses, which we'll work on next, you can more easily replace the rush to climax with the desire to savor each sensation in every moment.

Exercise: Corpse Posture

There's a Yoga position called the corpse posture which is a good place to start making relaxation a sensual discipline.

- 1) Lie down on your back and close your eyes. Use a pillow under your knees and neck if needed for comfort.
- 2) Spread your legs slightly and let your arms fall away from your body with your palms up.
- 3) Imagine the weight of your body pressing down into the earth while being entirely supported all around.
- 4) Just let all the tension in your body go completely, allowing all your muscles to relax. Let your mind to float free.
- 5) Focus on the slow steady natural rhythm of your breathing. Let that be the only thing you're aware of while your mind relaxes.

6) Just float this way for 20 minutes while you witness what your mind and body experience.

You can practice this regularly before other exercises or anytime you want to dissolve any of the stresses that you accumulate during normal life. Some find that by recording these instructions on an audio tape and listening to them in their own voice helps them relax more and faster.

Exercise: Muscle Relaxation

In this exercise, you'll systematically isolate, tense, and then relax each muscle group in your body, starting with your toes. When muscles are tense, it's common for most of us to clench our jaw muscles. So a good tip for all exercises in this book, especially the relaxation ones, is to keep your tongue on your palate lightly touching the roof of your mouth. Then you can't unconsciously bite down hard or gnash your teeth.

1) Lay down and close your eyes in the corpse posture or any other way you feel comfortable. (If the corpse posture isn't comfortable, find another lying or even sitting position where you can totally relax.)

2) Focus your awareness on your toes, tense them tightly for a moment, and then relax them for several breaths.

3) Focus your awareness on your feet, tense them tightly for a moment, and then relax them for several breaths.

4) Continue doing the same with your lower legs, thighs, genitals, butt, stomach, lower back, chest, upper back, hands, forearms, upper arms, shoulders, neck, and jaw.

5) If you feel tension remaining anywhere, repeat the cycle until you feel relaxed all over.

6) Take a few moments just breathing gently and feel the complete sense of relaxation sink in deeply.

With enough relaxation practice, your body will remember the sensation and you'll be able to go into this floating state quickly and easily at will. In Chapter 5, we'll discuss other relaxation techniques such as massage which require a partner.

Exercise: Sitting Meditation

My intention is not to convert you into some kind of modern Yogi or spiritual guru. But to be completely honest, meditation is one of the most powerful ways to relax. So I'm including this optional exercise which I hope you'll try at least a few times to see how powerful it can be.

Meditation is simply sitting and emptying the mind. Since you can't force thoughts away, this is more challenging than it sounds. Gurus have developed many meditation techniques that can help you quiet the mind and enter a "no mind" condition. I've tried many and they all seek to create a deep inner peace filled with stillness.

The simple method I present here just guides you to watch your breath. It's good preparation for what's coming, because conscious breathing is one of the Tantric skills used in the exercises that follow.

- 1) Sit in a comfortable position in a quiet uninterrupted space. Yes, you have to turn off your phone, pager, and TV.

- 2) The classic posture is the lotus position with one legs crossed over the other. I can't get all the way myself, and it may not be easy for you either. Get as close as you can to this posturing, insuring at least that you sit upright. I use a "zafu," a round Japanese meditation pillow that's rather firm and shaped like a fat pancake, to keep my pelvis higher than my semi-crossed legs. You can also meditate sitting straight in a comfortable chair or sofa.

- 3) Meditation is not doing anything - it's simply being. So don't set any goals or preconceptions of what's going to happen. Just sit for a moment and relax.

4) As you settle in to a comfortable state, you'll undoubtedly discover that your mind is busy. Don't do anything about it, just let it happen. Witness ideas floating by like clouds in a brisk wind.

5) To quiet the mind without force, watch your breath coming in and out. Don't change your breathing consciously, just pay attention to it.

6) You'll probably find your concentration wandering away from your breath. Don't beat yourself up because it's natural. When you realize you've strayed, just come back to watching your breath.

7) Gurus advise 15 minutes sitting like this morning and afternoon. Since you shouldn't be watching the clock, I'm not sure how you should time it. I usually just remain still until I relax and my mind settles.

If you incorporate regular meditation into your life, you'll find that it's a great way to relieve stress. It's supposed to be good for you physically and mentally too. We're mostly concerned here with how it helps you with the Ultimate Ecstatic Solution. All I can say is that tension makes you cum more easily and relaxation is vital to lasting longer. Meditation practice isn't essential but it can be a great tool to release tension and relax.

Exercise: Breathing

When the average person gets close to cuming, their breath becomes shorter and faster, maybe even panting uncontrollably. So, one of the best ways to relax when excited is to learn to breathe slower and deeper. Further, it helps to interrupt the stress response you may experience during exciting or anxious moments of lovemaking.

Most of us take breathing for granted. We breathe shallowly as a rule. We could all benefit from mastering the art of Tantric breathing: relaxed, through the mouth, and deep into the belly. This kind of full breathing lowers the heart rate and can help dissipate the tension of arousal. Breathing through the mouth is more physical and sensual as opposed to breathing through the nose which tends to put the attention in the mind.

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- 1) Lay down in a comfortable position like the corpse posture and close your eyes.
 - 2) Remain completely still, relaxing all your muscles, especially your anal and genital muscles. Press your tongue gently against the roof of your mouth to keep your jaw relaxed.
 - 3) Without consciously changing anything, watch how rapidly you breathe and feel how deeply each breath goes.
 - 4) To begin mastering Tantric belly breathing, open your mouth and breathe rhythmically more deeply and slowly. Imagine that your belly is an empty balloon that fills and empties with each relaxing breath.
 - 5) Put your hand on your belly and watch it move in and out as you breathe. If your hand isn't moving, consciously force the air down deeper. Make sure that your breath is moving your hand, not the extension of your stomach muscles.
 - 6) To take it a step further, imagine your breath going down into your pelvis, washing, cleansing, and stimulating. As your breath trickles out, imagine it leaving every muscle totally relaxed.

Slow deep belly breathing is an essential component of the Ultimate Ecstatic Solution. Practice this as long and as often as you need. Continue practicing it until you can easily and rhythmically fall into slow relaxing belly breathing through the mouth.

3.4 Opening Senses

These next exercises are all about developing the A of RAMPER, namely awareness of your body. This is how you will learn to be more present and focus in the right direction. Do you remember that presence and visualization together are one of the four cornerstones of ecstatic sex?

Did anyone ever suggest to you that the way to avoid cuming was by thinking about baseball, work, or your grandmother? Well, this part of the Ultimate Ecstatic Solution is the exact opposite. It's about paying maximum attention to the sensations that arise in every part of your body. By opening your senses more, you can enjoy each little moment of pleasure to the fullest.

Of course, this requires slowing down and relaxing into the experience. Your aim is to engage all of your erogenous zones and your whole body. When you relax into feeling the excitation in your head, feet, butt, and nipples, just to suggest a few subtle erogenous zones that I've learned to make me very hot, you shift your focus away from your genitals. This is a basic premise of the Ultimate Ecstatic Solution, spreading the energy away from the genitals, so you can have whole body orgasms without an explosive ejaculation from your one-eyed pleasure stick.

I know that it's one thing to practice by yourself and another when you're with a wildly bucking partner. But believe me, most lovers really want the slow sensitive savoring attention that opening your senses brings. Let's start solo anyway and worry about engaging partner cooperation once you've mastered the basics.

Exercise: Vipassana Meditation

This is a sensory meditation designed to open multiple senses at once. Practice this exercise in a safe place outside where you won't be interrupted (your back yard when no one is home?) or inside if necessary. Take your shoes off if you're inside or if it's safe outside to walk barefoot where you practice. You can wear clothes for this exercise, but it's also great if you can do it in the nude, especially outside if you enjoy that.

- 1) Close your eyes and stand still comfortably, watching your breath for a few minutes until you feel relaxed.
- 2) Feel the level of tension and relaxation in every muscle starting with your feet and moving up to the top of your head.

3) Next, while maintaining total awareness of your body, you're going to move around very very slowly with maximum consciousness. Don't open your eyes completely but keep them softly focused so you don't hurt yourself. Walk as slowly as you can, feeling the minute movements of every muscle as you lift each foot and leg. Then feel the pressure and motion of your whole body as you set it down and shift your weight, feeling the texture of the grass or floor, or the hardness and evenness of the ground.

4) After a few minutes of complete focus on the physical sensations of walking, add paying attention to your sense of sight. Observe slowly and in detail what you see: shapes, textures, and colors. Maintain total awareness of your body while walking. If you accidentally shift your attention entirely to your sense of sight, remind yourself to keep feeling everything happening in your body as well.

5) When you're ready for more, add your sense of hearing. Listen for any and all sounds around you. If you're outside, you might hear the wind, the rustle of leaves, birds, and cars. If you're inside, you might be amazed at all the ambient sounds all around you: creaking walls and floors, plumbing and heating, and noises from computers and appliances. Now you're sensing your body, sight, and hearing all together.

6) Finally, add your sense of smell. If you're outside in the spring, there will be many wonderful scents on the wind. Whenever and wherever you are though, include anything your nose picks up.

I don't know a safe way by yourself to add the sense of taste. For that, you'll have to visit us for a Tantric initiation or exchange Sensory Awakening Rituals with a partner. (This is described in detail in *The Art Of Sexual Ecstasy*, by Margot Anand on page 96. It's available through the resources section of our website <http://www.tantraattahoe.com/resources.htm>.)

At some points in this exercise you'll probably tune out and forget to focus on one or more senses. Unless you're a Yoga master, expect it and don't worry about. Just keep practicing every day or so until you can spread your attention throughout all the sensory input reaching you for a few moments.

You'll be amazed how much this will increase your pleasure during lovemaking, whether solo or with a partner. And it's essential to be able to master your ejaculation response.

Exercise: Ejaculation Awareness

You now get to start one of my favorite parts of this program, self-pleasuring vajra. The first exercise is designed to heighten your awareness of your ejaculation response: the point of no return, emission, and expulsion. Actually, it belongs in the next section, but I've put a copy here in case you cum during the remaining exercises. This way you'll know how to take full advantage of this joyous experience and learn from it whenever it happens.

I'm not kidding about praising the very thing you're trying to control. Part of this exercise is to enjoy the intense pleasure of ejaculating so you'll know what energy and sensations to spread throughout your body to prolong lovemaking. OK, got it? So read this exercise now but wait until later to practice intentionally.

By the way, there's no penalty for doing this exercise multiple times, planned and unplanned. The more you learn about your body's responses, the better you'll be at the Ultimate Ecstatic Solution. As we discussed earlier, there's a price to learning how to play on the edge of cuming. The good news/bad news is that you'll undoubtedly slip frequently until you develop the knack of flirting with the edge. Part of this exercise is to take the attitude that you will accept and enjoy the experience instead of dreading it.

- 1) Self-pleasure vajra slowly, feeling all your sensations fully.
- 2) As you reach the point of no return, stop all motion.
- 3) Relax by taking deep breaths and focus your attention on all parts of your body, especially your genitals.
- 4) As you cum, feel the semen moving from your devamani (testicles) to the base of vajra with smooth muscle contractions (emission phase).

5) Notice the delay between phases and then the involuntary squeezes of your pelvic muscles which cause the semen to squirt out (expulsion phase).

6) Now focus on what you learned and give thanks that you can experience such intense pleasure.

Exercise: Whole Body Sensory Focus

A general aim of the Ultimate Ecstatic Solution is to become more aware of your body and how you respond during sex, from initial excitement, through full arousal, to the time you reach orgasm. In this exercise, you'll use gentle self-massage all over your body to achieve this exploration.

1) Sit or lie down nude in a relaxed posture in a safe, comfortable, uninterrupted space.

2) Take a few deep belly breaths to relax and let go of any stress you've been carrying.

3) Using one hand at first, lightly and slowly touch your whole body excluding your genitals. You want to use what some call a "taking touch" which means to feel as much with the touching hand as with the part that's being caressed.

4) Explore all parts of your body gently and slowly, except your genitals, as if you were a young child with a new toy. Experiment with different strokes on different body parts, feeling each sensation as if for the first time.

5) You're still breathing deeply and slowly in your belly, right?

6) Next, do the same with your genitals. Yes, I mean your vajra as well as your devamani and anywhere around there that turns you on. Explore your favorite parts in the same childlike way lightly and slowly without trying to make yourself cum. (We'll get to that part of the exercise later.) By the way, if you do go past the point of no return, enjoy it. If it takes you a while to recharge your

sensitivity, you might want to take a break for a while before resuming this exercise.

7) Then, include your whole body in the same way, excluding nothing.

8) If this turns you on and you get hard, well, that's great! Feel those excited feelings fully. How does being turned-on affect different parts of your body: hair, nipples, devamani, vajra, etc. How do all the parts of your body feel different to the hands taking touch when you're excited?

Exercise: Self-Pleasuring Discovery

The Ultimate Ecstatic Solution is about increasing pleasure of all kinds. Tantrikas honor, almost worship, pleasure as a divine gift. So you won't find me using the term masturbation, since that's got all kinds of hidden, guilty, dirty connotations.

This exercise is about self-pleasuring, giving yourself the gift of the maximum pleasure that your body affords. And discovering what you like best while feeling everything deeply and openly. OK, it still means rubbing your cock, but you're supposed to do it with the Tantric attitude: open, accepting, and appreciating.

Since this is an appreciation exercise, I haven't recommended using lubrication like Vaseline which increases sensitivity. Later, I'll recommend using an oil-based lubricant to heighten the stimulation. Many people use massage oil or baby oil. If you prefer completely natural things, try olive oil. My favorite is Albolene, a make-up remover you can get at big drug stores. There are lots of options at sex shops. Most of my partners prefer water-based lubricants during intercourse. These work well at first for self-pleasuring until they dry out, which is quickly. If you're real, real sensitive, you'll probably want to do Self-Pleasuring Discovery dry now. Later when I ask, you can use some kind of self-pleasuring cream. It's up to you.

1) Find a comfortable, safe, uninterrupted place to practice in the nude. I enjoy self-pleasuring rituals sitting on the floor cross-legged in meditation

position in front of a full length mirror with candles burning and sensual music playing.

2) While observing your body from above or in a mirror, begin deep slow belly breathing to relax and charge your energy system.

3) Start pleasuring yourself wherever feels good. I often like to gently rub my chest, head, and feet before approaching vajra. Experiment to find what arousal pattern works best for you.

4) When you begin stroking vajra, remember to go slowly, relax, and enjoy. Open all your senses, continuing to breathe Tantrically. Don't be in a hurry! Give yourself those wonderful juicy turned-on feelings and experience each sensation fully. And don't forget the rest of your body. Remember to use your other hand to arouse different parts of body: nipples, devamani, pubic bone, perineum (between your anus and devamani), and anus. Nothing is off limits if it turns you on. Again, your aim is to feel more, not to cum. But if you do, well, great! Just come back and finish the exercise when you're ready.

5) Experiment with different strokes, speeds, and pressures to find out what creates what sensations and what's most intensely pleasurable. I'm right-handed, but for some reason I've always preferred my left around vajra with palm up. Recently I've learned to appreciate the right-handed overhand approach with my palm down. Here are some things to try...

- Alternate hands to see which feels better.
- Try up strokes, down strokes, thumb forward and thumb back.
- Concentrate on the shaft, on the head (glans or crown), and the frenulum (the sensitive underside of the head).
- Use your thumb and forefinger as a ring upwards and downwards with thumb forward and back.
- Roll vajra in between both hands, and use both hands from mid-shaft out or from top and bottom to middle.
- Rub vajra's underside with the flat of your hand, and press or roll vajra against your belly or thigh.
- Pull or tickle your devamani with the other hand.

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- Use the corkscrew, rotating your hand as it slides up, and the pop-off, squeezing while you suddenly pull your hand up and over vajra's head.

Some of these may be rough or uncomfortable without lubrication. If you find that to be the case, do the comfortable ones first and then use an oil or cream for the remaining ones.

Now wasn't that fun? Did you learn anything new? If not, did you at least relax and enjoy yourself?

Exercise: Self-Pleasuring Vocally

Sound is one of the four cornerstones of sexual ecstasy. Because most of us are conditioned to be quiet during sex, few realize the potential power of sound to stimulate and regulate excitement. Using the sounds that naturally emanate from your body when it's feeling pleasure is a great way to circulate energy and spread the urge to cum. This exercise is the same as the previous one with one change, you get to verbalize.

Some people find this difficult at first, because it's so different from what they're accustomed to doing. But then you've already accepted the idea that you need to change dramatically to be a Master of Orgasms, right? Here's a great way to reinforce your commitment to transform your sexuality. Besides, most lovers really love an expressive, passionate partner in the sack.

1) Find a practice space where there's no chance of being overheard. If you live within thin walls around others, this might mean a hike into the wilderness for practicing.

2) Repeat the Self-Pleasuring Discovery Exercise, concentrating on your favorite moves. You know, the things you learned that give you the greatest pleasure.

3) Feel what you are doing and allow each sensation to become its own sound. Use moans, groans, grunts, growls, cries, sighs, whines, or even laughs. To emphasize your earthy nature, visualize animals and make the kind of sounds they make.

4) One at a time, practice using the vowels: A, E, I, O, U. Some work great for expressing different pleasurable feelings.

5) Once you get accustomed to converting feeling into sounds, practice making your verbalizations twice as loud. You may have to force it at first, but give it a try. Then double the volume again and again until you're screaming.

6) You're still breathing deeply I'm sure because you can't be vocal without breath. Visualize the breath going into your erogenous zones, fueling the pleasure you're creating. And then visualize the sound moving that excited sexual energy up, around, and out.

Does it make sense when I say these exercises are cumulative? What I mean is that each little skill adds up to Orgasm Mastery. So you should naturally be incorporating everything you learn into later exercises. From here on out you're going to relax, breathe slowly and deeply in the belly, keep all your senses open, make sounds that express how you're feeling, and enjoy yourself at all times. You're doing all that now, right? If not, practice this exercise some more and be sure you follow these guidelines from here on out.

For the most part, I haven't told you how many times to do each exercise or for how long. How much you need or want depends on you. Part of the Ultimate Ecstatic Solution is developing your own judgment about how you're doing and what warrants more practice. You may want to repeat some of these exercises frequently or routinely. Keep doing the ones which make you feel good. From here on, if you find you're not relaxed or can't focus all your senses during the coming practices, go back and continue the relaxing and opening exercises earlier in this chapter.

3.5 Measured Self-Pleasuring

Now, we're going to add the M - measuring your arousal level - to the relaxation and awareness you're developing. Remember my 10 point scale for monitoring your excitement level?

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- 0 = no arousal
 - 1 = twinge at base of penis
 - 2 = occasional little surges of pleasure
 - 3 = starting to feel good
 - 4 = steady hum low level arousal
 - 5 = feeling really good, metabolism increases
 - 6 = really into it, don't want to stop
 - 7 = continuous rush of pleasure, fast breathing
 - 8 = buzzing inside, face flushed, heart pounding
 - 9 = intense pleasure, outside world is far away
 - 9.9 = point of no return, emission phase begins
 - 10 = ejaculation (expulsion phase)

Here's where we start using this scale intensively. As you practice the following self-pleasuring exercises (and later with a partner), continually monitor your position on the scale.

Exercise: Ejaculation Awareness

Whether you've cum during the previous sensual exercises or not, it's time to consciously practice feeling as much as you can while squirting. This is a repeat of what I included in the previous section, but at this point you're supposed to master it. The exercise is simple - get yourself off and enjoy it.

Since Ejaculation Awareness is designed to increase your consciousness of the physical changes your body experiences during explosive orgasm, you should do this as slowly as possible. Have you ever tried to make it last as long as possible? Well, now you will. Imagine you're a witness to a scientific experiment. Your assignment is to mentally record the input you receive from all your senses. That's why you spent that time practicing open senses.

1) Self pleasure slowly, feeling all your sensations fully. Use lubricant to heighten your sensitivity if you want.

2) As you use different strokes to turn yourself on, simply notice your level of arousal rising on the 10 point scale.

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- 3) Are you aware of changes in your body? Heart rate, muscle tension, breathing, tight devamani, etc.?
 - 4) When you reach 9.9, the point of no return, stop all motion.
 - 5) Relax by taking deep breaths and focus your attention on all parts of your body, especially your genitals.
 - 6) As you cum, feel the semen moving from your devamani to the base of vajra with smooth muscle contractions (emission phase).
 - 7) Notice the delay between phases and then the involuntary squeezes of your pelvic muscles which cause the collected semen to squirt out (expulsion phase).
 - 8) Now focus on what you learned and give thanks that you can experience such intense pleasure.

Did you notice the changes your body experienced as you got close to 9.9? Could you feel the point of no return and the internal emission contractions of your prostate before the expulsion caused by your pelvic muscles? If not, why don't you try it again when you're ready. Repeat the exercise until you can really feel what's happening down there.

Exercise: Self-Pleasuring By The Numbers

A major part of self-monitoring during your individual practices will be learning how close you can go to 9.9 without squirting. Up to this point we haven't made a big deal about avoiding cuming or controlling your level of excitement.

Now, to develop greater awareness and mastery over your orgasms, we're going to repeat the previous exercise with a numerical twist. Hopefully, you've been noticing your level of arousal at each moment during the previous exercises. Now, Self Pleasuring By The Numbers asks you to excite yourself to a specific level and then stop. Of course, we'll be upping the ante at each step getting

closer and closer to the top. Maybe you'll go over the top and maybe you won't. It doesn't matter as long as you're tuning in to your level of arousal.

- 1) Self pleasure slowly, feeling all your sensations fully. Use lubricant to heighten your sensitivity if you want.
- 2) When your arousal level reaches 4, stop all motion, relax everywhere including your pelvis by taking deep breaths, focus your attention on your entire body, especially your genitals, and drink in the pleasure.
- 3) When your excitement drops to 2, start self-pleasuring again. This could be a few seconds or a few minutes.
- 4) When you reach 6 on the scale, stop, relax, breathe, and enjoy.
- 5) When your excitement drops to 2 again, begin again.
- 6) When you reach 8, stop, relax, breathe, and enjoy.
- 7) When your excitement drops to 2 again, begin again.
- 8) When you reach 9, stop, relax, breathe, and enjoy.
- 9) If you choose, repeat this cycle over and over, pausing at each point on the scale (3, 4, 5, etc.) and seeing how close you can skirt 9.9 without cuming.

Actually, that's all there is to the M of RAMPER. You'll probably want to repeat this practice until you're really clear on each of the numbers. Make up your own definitions if that helps you identify the excitement at each level.

3.6 PC Pump

We've made great progress with R, A, and M of RAMPER, but I want to skip ahead to a vital series of exercises to strengthen your sexual muscles. Using your internal pelvic muscles is a vital part of E, a key method of circulating energy. That's because toning the muscles at the floor of your pelvis is critical

to this program and it doesn't happen overnight. I want you to add some of these exercises to your daily routine now so you'll get the benefit later when we need them.

I'm talking about your PC muscle, short for pubococcygeus. I know that's a mouthful but it's easy to identify. Put one of your hands on your pubic bone, the inside one that's above your vajra at the bottom of your tummy. Now reach around behind and put your other hand near the top of your crack at the very bottom of your spine. That's your coccyx. The PC muscle snakes down around your rosetta (asshole) and genitals and connects these two bones plus your sitting bones and legs.

It's even more important to identify the muscle from the inside. It's the one you tighten when you want to squeeze out the last few drops of pee or need to stop midstream. Try squeezing it now. Did you make your vajra jump? If you can't isolate it, take a break and go the bathroom right now. Start peeing and stop in the middle. When you're finished, try to squeeze the last few drops out. The muscle you used to stop midstream and squeeze at the end is your PC.

When you start practicing as described below, you may find that you're also tightening your stomach muscles. Don't worry about it for now. Within a few days or weeks, you'll learn to isolate your muscle control so you'll only flex the pelvic floor where the PC resides.

By the way, if you've been involved in a woman's recovery after childbirth, you've probably heard of Kegels. These are similar exercises developed by a gynecologist in 1952 named of all things Dr. Arnold Kegel. He taught women to flex their PC muscles to restore tone after the trauma of childbirth and help them regain control of their urinary reflexes.

We guys are more interested in how PC pumps (that's what we usually call all these related squeeze exercises) benefit the male anatomy. As with any physical calisthenics, improved tone gives you better muscle control. When a muscle is weak, it instead feels like mush after a little exercise. If you develop a strong PC muscle, you can have stronger erections, more powerful orgasms, and spread the sexual energy of explosive orgasms up throughout the body.

The PC pulses rhythmically during intercourse and rapidly during the expulsion phase of ejaculation. If you strengthen and tone it sufficiently, you can learn to regulate its contractions, consciously making them slower. This expands orgasmic sensation during lovemaking and spreads the pleasure out. Most significantly, it reduces the urge to explode. Some believe that these exercises also massage your prostate and keep that vital organ healthier - a great side benefit. As far as I'm concerned, that's all well and good as long as it gives us greater control over the ejaculation response, which it does.

Exercise Guidelines

Six exercises designed to strengthen and tone your PC muscle follow. Start by doing the first exercise twice a day, gradually increasing your repetitions, and then adding the other exercises one at a time as explained below. If you can practice each exercise three or four times a day, it's even better at the start. Just don't push it too fast and make yourself sore. I know you're a tough guy who can handle a little pain now and then. Pain doesn't help a Tantric program. Use pleasure instead.

You need to develop a successful daily regimen so you don't forget. A couple of paragraphs ago I told you to develop your judgment about what you need to practice when. That applies to most everything in this program, except PC pumps are different. That's because everyone needs to keep them in shape for optimum sexual performance. By the way, be sure to do these practices naked or with loose clothing so there's no constriction down there around the muscles you'll be working.

Find a time and place where you'll remember to do your PC pumps. After I developed my muscles with several daily sets, I chose a daily ritual in my life for my maintenance program - soaking in the hot tub. That's where I do my PC pumps every day. You might use the beginning of your commute to and from work, as you stop for traffic lights, when you check your email, during TV commercials, or when you start your workout at the gym. Whatever you choose, do it regularly so it becomes an integral part of your life routine. Since

it doesn't seem to matter what position you're in for these exercises, you can choose whenever and wherever best jogs your memory.

Remember, don't push yourself and strain your groin at the outset. Instead use the Tantric approach and build up gradually. Use belly breathing to help stimulate your energy flow while you practice. Relax everything else when you do PC pumps. If you tend to tense up, put your tongue on your palate so won't clench your jaw.

Here I am again reminding you about the first R of RAMPER. That's relax, remember? These exercises may be about squeezing your PC muscle, but the relaxing in between each contraction is vital. If you're tense, your sexual energy gets trapped and can't flow. Consequently, the unflexed moments between pumps are as important as the strengthening. Sure, get into the habit of squeezing to tone the muscles, but put as much attention on relaxing totally between flexes.

Exercise: PC Flex

Squeeze and release your PC muscle at the rate of your heartbeat, which means hold it each time for about a second. Start with 20 contractions twice a day and build up to at least 75 per set. When you're doing 75 twice a day easily, add the PC Clench.

Exercise: PC Clench

Next, practice clenching your PC while inhaling. By clenches I mean to hold the squeeze for a longer period of time. Some experts say 3 seconds, some say 6, some say 15. Maybe they're all right so I suggest you start with 3 and work up to 15 seconds per clench.

To do clenches, inhale and clench your PC, holding it tightly. Then push it out and relax for the same amount of time before your next clench. Repeat this cycle 20 times twice a day at first. As with flexes, build up to 75 reps twice a day.

The clench, contracting while inhaling and holding, is the type of PC Pump you'll be using very soon to move sexual energy up out of your genital region. When you're comfortable doing flexes and clenches, add Rosetta Contractions.

Exercise: Rosetta Contractions

This exercise begins with the part of your PC muscle around your rosetta (asshole) and spreads to your whole PC. We're aiming to contract the PC around the sphincter that you use to stop a bowel movement, but, at the start, most of us also contract our lower stomach muscles, too.

Begin by simply relaxing and focusing your attention on your rosetta. Take a half-breath, filling your lungs about half way, and push the air down as far as you can. Hold your breath and tighten your anal sphincter as firmly as you can. This should cause your rosetta to open a bit or push outward. Now expand the contraction from the anus through the pelvic floor to the genitals. When you get the hang of it, you should feel a definite tug on your testicles. Hold everything tight for a few seconds and then relax on your outbreath.

Again, start with 20 twice a day and work up from there. When anal contractions become easy, add Devamani Elevations.

Exercise: Devamani Elevations

Now for the weirdest sounding of all the PC exercises, devamani elevations. Yes, you can develop the muscle control to raise and lower your balls. Except for just another peculiar way to strengthen and tone your PC, why do you care? You care because your devamani elevate before you can ejaculate. You can't fire a gun if the hammer isn't cocked, right? So if you have the mastery to lower your testicles consciously, you prevent or delay what used to seem inevitable.

Devamani elevations may seem difficult at first so you'll probably be using all of your PC, front and back, in addition to your abdominal muscles. Try this practice while standing with your feet shoulder width apart. Or you can sit on the edge of a bed or coffee table while practicing. It's easier in the sitting

position to cup the bottom of your balls or make a thumb-forefinger ring above your testicles so you can feel them moving slightly.

Begin by doing a couple of sets of 20 per day, working up to 75 each time. It's also interesting to practice with a shiva lingam (an erection). One expert even recommends practicing bouncing a towel. That would be a great trick to show off at cocktail parties, don't you agree?

When your devamani are elevating and dropping easily, add PC Flutters.

Exercise: PC Flutters

This exercise is basically the same as the first one, PC Flexes, just faster. To do flutters, you contract and relax your PC as fast as you can. At first, you may not be able to go much faster than your heartbeat, but with practice you can speed up the squeeze and release. I suggest you don't count these but just work up to fluttering for several normal breaths before relaxing totally. Doing 20 sets of these twice a day should be great. When you can flutter like a bird, add PC Clamps.

Exercise: PC Clamps

PC Clamps are simply long clenches. Work up to holding your clench for two minutes or more 20 times each set. Remember to relax completely at length between these long clamps. And relax if you start to hurt or get sore.

This can be a very intensive regimen if you go full out. I suggest going slowly while feeling your way as you continue on with later exercises. Once you develop strength and tone in your PC after some weeks of practice, you can back off to a maintenance level of exercises. After a couple years of intense practice, I don't do every exercise every day. Eventually you'll develop the feel of what's right to make your PC strong and keep it there.

There's an even more extensive program of PC exercises on a very interesting membership website called Penile Enhancement. They recommend hundreds per set and have other exercises to strengthen your muscles and increase the

size of your vajra. I haven't done the lengthening regimen but their claims and testimonials are impressive. If you want more, check it out at <<http://www.PenileFitness.com>>.

Well, that wraps up the Solo Exercises Chapter. You've learned to relax, be more sensitive, breathe, make sounds, measure, and pump. You could spend a few months really perfecting all these foundations of Orgasm Mastery. Hopefully you've at least spent several weeks getting to where you can apply these fundamental skills automatically. Next, we'll employ these exact tools to stretch the time you can maintain excitement and learn to savor pleasure without worrying too much about falling over the cliff.

If you have an intimate partner and haven't done it already, it's time to report in. Briefly explain what you've practiced, how it's made you feel, and how you expect it will ultimately change your lovemaking.

Chapter 4: Solo Mastery

With the basic exercises well in hand (yes, that was a double entendre), you're ready for Solo Mastery. This chapter is about learning to stay at the point of no return indefinitely. Interested? I bet!

Chapter 4 begins by teaching peaking, how to go from 1 on the 10-point arousal scale steeply up to 9 or so and back down again quickly while self-pleasuring. The second section is a series of both modern and ancient physical techniques to interrupt ejaculation when you get too close. That's followed by a series of purely Tantric exercises which teach sexual breathing, a method of using the four cornerstones of ecstasy to stimulate and stabilize your pleasure. Finally, Chapter 4 presents plateauing, how to maintain a high level of arousal while continuing stimulation.

As you might expect, this chapter is primarily concerned with the Ps of RAMPER - pacing, peaking, and plateauing. Though they belong more to E, energy circulation, I've thrown in some breathing exercises before plateauing. Because the breath is such a vital force to channel sexual energy away from your genitals, it really is fundamental to learning to float in the plateau of ecstasy for long periods of time. The sooner you incorporate that into your practice, the better, if you ask me.

The directions for the following exercises get right to the meat of the matter without lots of preliminaries. Though I don't specify it each time, I'm reminding you to always set up a safe comfortable uninterrupted space for practice, use appropriate background music, relax, clear your mind, and breathe first. You'll remember, won't you?

4.1 Peaking

Peaking is all about letting your excitement rise to a high level and then immediately drop back down. If you graphed your arousal, the line would look

like a mountain climber scaling a steep mountain peak, steeply up and then precipitously down.

I'm going to show you a spectrum of techniques to suddenly reduce your excitement. Obviously, relaxation and finely-tuned senses are essential to learning peaking. Breath will play a big part, too. We'll begin with stopping stimulation altogether just before 9.9. Then you'll learn how to do reduce vajra's excitement level with subtle changes in how you're stimulating yourself.

Exercise: Stop--Start Peaking

In Stop-Start Peaking, you'll practice extending the time you can stimulate yourself without cuming. This exercise will be familiar because it begins just like the Self-Pleasuring By The Numbers one you did in the last chapter. At first, aim for 15 minute practice sessions, maintaining an erection without ejaculating. You'll work up to 30 minutes of self-pleasure without squirting by repeated exercises. Experts say if you can keep it up (the cock rubbing, I mean) for 30 minutes, you can maintain for much longer. No matter how sensitive you are, this is possible through practice.

- 1) Self-pleasure vajra with a dry hand until you reach an arousal level of 6.
- 2) Immediately stop all stimulation, open your eyes wide, relax all your muscles, take slow deep slow breaths, and wait until your excitement drops to 4.
- 3) Repeat (1) and (2) five more times.
- 4) Continue the exercise by repeating these steps up to an arousal level of 8. When you reach the peak, wait until you've dropped to 6 before continuing.
- 5) Continue the exercise by repeating these steps up to an arousal level of 9. When you reach the peak, wait until you've dropped to 7 before continuing.
- 6) Now extend your pleasure stamina using stopping and starting. Again and again, pleasure vajra up to 9 and then stop for a moment before continuing.

7) Remember, if you slip over the edge and cum, relax and enjoy it. It's good news that you're pushing your limits. You might have to practice many times to develop the sensitivity and timing that you want. But you can do it! OK, now that my pep talk is over, pick up the exercise where you left off. You'll probably be less excitable after a little squirt so developing the stop-start reflexes should be easier.

8) When you can maintain self-pleasuring for 30 minutes by stopping and starting without cuming, repeat (1) through (6) with a lubricated hand. (Refer to the suggestions about lubrication in the Self-Pleasuring Discovery exercise in section 3.4 in the middle of the last chapter.)

Stop-Start Peaking simulates what you'll be doing soon with a partner. Keep practicing to stretch the time you can enjoy pleasure longer and longer without exploding. Once you get the hang of it, you may want to practice getting closer and closer to 9.9. I know when I've practiced, I'd enjoy a long pleasurable session up to and back down from the low 9s. Then I'd push it, knowing I'd eventually cum. I treated that as my reward for a job well done. So literally squeeze every last drop of pleasure out of vajra.

When you can pleasure vajra to high peaks with lubrication for 30 minutes or more, move on to the next exercise.

Exercise: Subtle Adjustments Peaking

Hopefully you've practiced Stop-Start Peaking enough that you're developing the confidence that you can back off when you need to. But what if you're with a partner who is so excited that you don't want to interrupt the flow? Here's where Subtle Adjustments Peaking can help. Now, you'll repeat the previous exercise except you'll make small changes in how you're pleasuring vajra instead of stopping entirely. Sometimes, missing a stroke, slowing a bit, or gliding up and down your pleasure stick more shallowly will allow you to maintain your arousal level when you're making love.

1) Self-pleasure vajra slowly up to 6 with a dry hand.

2) Instead of stopping stimulation, vary what you're doing to reduce the excitement a few points (for example, from 6 down to 4). Slow down or lighten the pressure of your strokes. Change direction. If you're on the head, move to the shaft. If you've been enjoying long strokes, shorten them.

3) Follow the same regimen as Stop-Start Peaking, repeating each series six times up to 6, 8, and 9 or more.

4) Now extend your pleasure stamina using subtle adjustments. Again and again, pleasure vajra up to 9 and then interrupt the ascent for a moment before continuing.

5) When you can continue pleasuring vajra for 30 minutes using subtle adjustments to drop your excitement level a few points, repeat the whole process with a lubricated hand.

Subtle Adjustments Peaking will come in handy soon since you'll use it during intercourse later in the program. Is it obvious how critical these last two exercises are? Master them completely through repetition before moving on. When can get to 9 and back off without stopping or cuming for 30 minutes, you're ready to include the Tantric techniques that follow. But before you do, take a moment to appreciate your progress. By getting to this point, you've transformed your sexual pattern into one that already closely resembles the lovemaking reality you want to create.

Exercise: Breath Peaking

Ultimately, the Ultimate Ecstatic Solution is a Tantric process in which you bask at high states of arousal circulating sexual energy throughout your body and exchanging it with a partner. That's why I recommend you start practicing the energy-oriented version of peaking here. Breath Peaking is one of the key subtle methods of reducing your excitement during lovemaking. Since we all tend to breathe through the mouth during orgasm, you're going to switch to nasal breathing here because it's less arousing.

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- 1) Self-pleasure vajra slowly up to 6 with either a dry or lubricated hand, depending on how sensitive you feel and how well you've done with previous mastery exercises.
 - 2) Instead of stopping stimulation, slow down slightly. Open your eyes wide, inhale more deeply into the belly, but this time through the NOSE, and hold your breath.
 - 3) Relax completely as you exhale, visualizing your sexual fire streaming out of vajra, and moaning with pleasure to release energy.
 - 4) Inhale again through the nose, visualizing pleasure energy moving up vajra through your pelvis to your heart or even higher.
 - 5) Can you feel your excitement lessen simply by slowing your breath? Play with it until you can, using stop-start and subtle adjustments as needed.
 - 6) Follow the same regimen as with the peaking exercises, repeating each series six times up to 6, 8, and 9 or more.
 - 7) Alternatively, some people report that fast panting releases energy suddenly. Try it.
 - 8) As you practice and get closer and closer to cuming, see if you can back your excitement off just by slowing and deepening your breath through the nose.

4.2 Interrupting Ejaculation

In this section I've collected both ancient and modern techniques that you can use to interrupt ejaculation when you get too close to 9.9. I've included this in the spirit of completeness, knowing some things work better for some guys than others. OK, this really is a confession. Though I'm good at the other exercises in this book, I'm not very good at these interruption techniques. Maybe I haven't practiced them enough because they're not essentially Tantric. Tantra says don't resist things, flow with the energy that's rising, and enjoy it. I always try to put myself in a position where I don't have to concentrate on

stopping anything. So maybe my heart hasn't been in it when practicing these exercises.

That's probably the lousiest pep talk you've ever heard. In spite of that, I want you to try all of them. All you've got to waste is a little sperm, right? These methods really are different versions of the stop-and-start method we did in the peaking section. I'm hoping that one or more will work really well for you so you can add tools to your lovemaking arsenal. I've presented them as separate exercises, but feel free to try several of them at once if that works for you.

Exercise: Perineum Press

The perineum is the part of your pelvic floor between your devamani and anus. Below the base of vajra, there's a soft spot through which you can apply pressure to your prostate. Logically, we call the external prostate spot the Prostate Point. Since my shiva lingam (erection) extends almost to my rosetta, my Prostate Point is very near my anus. But that's not the case for everyone. If you don't know where yours is, take a little break now and search for the little indentation down there that has less resistance to pushing in and up. It should feel good deep inside when you find it and press hard. (That's why this is called a hands-on program.)

Some call the prostate the male equivalent of a woman's G spot. Have you ever had an erotic prostate massage either externally or through your rosetta? Though the internal variety takes some hygiene precautions like immediate finger disinfecting or use of rubber gloves, the pleasure it gives can be incredible once learned. By the way, I'm in no way talking about those insensitive exams doctors give, shoving their finger up their to check the size of your prostate.

Occasional firm rhythmic pulsing pressure on your Prostate Point can be highly pleasurable if applied with skill and sensitivity. Stroking vajra and your G-spot at the same time can be incredible, lengthening and intensifying all kinds of orgasms, especially the explosive ones. Some say prostate massage is good for your health too, but our main concern here is how to interrupt squirting. Fortunately, it helps with that, too.

Prostate stimulation is reported to reduce your likelihood of exploding involuntarily since it purges the gland of the fluid necessary for emission. If you push hard on your Prostate Point right before the point of no return, it blocks the emission phase. The Perineum Press prevents seminal fluid from entering the urethral canal when the spasms start. Even if you have orgasmic contractions, the semen remains and is reabsorbed. This is a great way to experience dry orgasm, pleasurable contractions without ejaculating. But look out, if you stimulate your prostate, your anus, the buried base of vajra, or your devamani too late, it can push you over the edge. That's exactly what I did recently when I was practicing this technique while writing this book.

- 1) Self-pleasure vajra using a dry or lubricated hand as you prefer.
- 2) When you reach 6, stop all motion, locate your Prostate Point, and press upward firmly in one steady motion for 10 to 30 seconds or until you drop down a few arousal points.
- 3) When your excitement drops, continue self-pleasuring up to 8, stop, and press again.
- 4) Repeat the exercise up to 8 again. This time, however, see if you can continue stroking while pressing on the point and having your arousal drop.
- 5) Keep practicing the exercise using the Perineum Press, seeing how close you can get to 9.9 and still back off.
- 6) If you haven't slipped over the edge and cum yet, pleasure yourself up to 9.9 and see if you can interrupt the emission phase just before it starts using the Perineum Press.

With a little luck and repeated practice, you should be able to experience dry orgasms with this technique. But never fear if the knack eludes you. The energy exercises you'll learn later are highly effective in teaching men to experience multiple orgasms.

Exercise: PC Squeeze

Once you've strengthened your PC muscle through several weeks of calisthenics, you have a more convenient way of interrupting ejaculation. That's what I used in the story at the beginning of Chapter 1. Tightening your PC firmly has a similar effect on your prostate to the perineum push. It's like putting on the car brakes when you find yourself on the verge of sliding over one of those really steep San Francisco residential streets. When you master PC Squeezes, you'll have another method, a very pleasurable one, to peak your excitement level. And it's less obtrusive to use while you're making love.

- 1) To warm up before stimulating vajra, do 30 PC pumps to tone your muscles and massage your prostate. (Some believe this internal massage all by itself can delay ejaculatory spasms from sweeping over you quickly.)
- 2) Self-pleasure vajra using a dry or lubricated hand as you prefer.
- 3) When you reach 6, stop all motion, hold your breath with your eyes wide open, and clamp down as tight as you can on your PC muscle until your arousal subsides several points.
- 4) Stimulate yourself again up to 6, but this time pump your PC repeatedly while you continue stroking. Do these pumps excite you more, or do they spread the energy? This experiment will help you choose your preferred PC pumping technique.
- 5) Repeat the self-pleasuring, continuing this time until you reach 8. Use one long hard squeeze, two medium squeezes, or several quick PC squeezes - whichever works best for you to reduce your excitement.
- 6) Keep practicing the exercise using the PC Squeeze, seeing how close you can get to 9.9 and still back off.
- 7) If you haven't slipped over the edge and cum yet, pleasure yourself up to 9.9 and see if you can interrupt the emission phase just before it starts using the PC Squeeze.

Exercise: Root Lock

A branch of Chinese Taoism offers many methods of spiritual and energetic sexuality which are similar to Tantra. A powerful one is the Root Lock, which resembles the PC Squeeze in some ways.

To perform a Root Lock, hold your breath momentarily and push your pelvic muscles out like straining to empty your bowels. Ancient Tibetans call it closing the lower gate. They advise you to tighten your rosetta, turn your tongue and eyes upward, contract the joints of your feet and hands, tighten your fingers strongly, and pull in your stomach to the backbone. Yoga adds that while expelling the breath through your nose, contract your anal muscles drawing them inward and upward. They all work together, except some say push out and others say pull in. Let's try it both ways.

- 1) Self-pleasure vajra using a dry or lubricated hand as you prefer.
- 2) When you reach 6, stop all motion and do a Root Lock. Expel all your breath and hold it, keep your eyes wide open looking upward, push your tongue on the roof of your mouth, tighten your fingers, hands, and feet, and push out on your rosetta until your arousal subsides several points.
- 3) Stimulate yourself again up to 6, do another Root Lock, but this time contract your anal muscles inward and upward while pulling your stomach toward your spine. Which works better for you, in or out?
- 4) Repeat the self-pleasuring, continuing this time until you reach 8, and then do your preferred Root Lock.
- 5) Keep practicing the exercise using Root Locks, seeing how close you can get to 9.9 and still back off.
- 6) If you haven't slipped over the edge and cum yet, pleasure yourself up to 9.9 and see if you can interrupt the emission phase just before it starts using the Root Lock.

Exercise: Vajra Squeeze

I'm sure you're aware that when you get stimulated, blood flows into vajra and causes a shiva lingam (an erection). If you squeeze in the right place, you can force blood out of vajra and reduce the erection. This helps many men delay their explosive orgasms.

If you do a Vajra Squeeze just before the point of climax, experts report that you can essentially cancel the orgasm. Some recommend the tip, some the middle, and others the base. Again, I think it's worthwhile to practice everything to see what works best for you. I just can't figure out how to reach the tip or middle easily when I'm stroking inside a yoni.

- 1) Self-pleasure vajra using a dry or lubricated hand as you prefer.

- 2) When you reach 6, stop all motion and squeeze your FRENULUM behind vajra's crown and under his head, using your thumb and forefinger, until your arousal subsides several points. This can take from 10 to 30 seconds.

- 3) Stimulate yourself again up to 6, this time squeezing the MIDDLE of vajra with your thumb and index finger.

- 4) Stimulate yourself again up to 6, this time squeezing the TIP of vajra with your thumb and index finger. Which works better for you?

- 5) Repeat the self-pleasuring, continuing this time until you reach 8, and then do your preferred method of Vajra Squeeze.

- 6) Keep practicing the exercise using Vajra Squeezes, seeing how close you can get to 9.9 and still back off.

- 7) If you haven't slipped over the edge and cum yet, pleasure yourself up to 9.9 and see if you can interrupt the emission phase just before it starts using a Vajra Squeeze.

Exercise: Devamani Pull

When you ejaculate, your devamani (balls) elevate or move up close to your body as your scrotum tightens. I think this applies the pressure to the sperm reservoir that responds to the contractions around the prostate. What do you think would happen if your testicles didn't elevate? Right, you wouldn't squirt. That's the theory of the Devamani Pull.

- 1) Self-pleasure vajra using a dry or lubricated hand as you prefer.
- 2) When you reach 6, stop all motion and hold vajra in one hand. With the other hand, make a ring with your thumb and forefinger above your devamani and pull down firmly. Be careful not to squeeze your testicles. Wait until your arousal subsides, which can take from 10 to 30 seconds.
- 3) Stimulate yourself again up to 6, this time grasping your scrotum between your devamani with your thumb and forefinger and pulling down firmly. Does this work better than the ring method?
- 4) Self-pleasure again up to 6. When you stop this time, see if you can consciously relax your entire genital region and deliberately lower your devamani away from you body. Can you reduce your excitement level purely with muscle control this way?
- 5) Repeat the self-pleasuring, continuing this time until you reach 8, and then do your preferred method of Devamani Pull.
- 6) Keep practicing the exercise using Devamani Pulls, seeing how close you can get to 9.9 and still back off.
- 7) If you haven't slipped over the edge and cum yet, pleasure yourself up to 9.9 and see if you can interrupt the emission phase just before it starts using a Devamani Pull.

Many Taoist techniques are based on Chinese medicine, which works with energy like acupuncture. They claim that you can avoid ejaculation by closing

the mouth, rolling the eyes left and right, holding the breath, gnashing the teeth, moving the hands up and down, and pressing the Ping-I acupoint one inch above the right nipple with the index and middle finger of left hand. It seems to help me, but then maybe it's just distracting me momentarily.

The Kama Sutra, the famous Indian love guide, also suggests a potent retention technique in which your partner slaps your butt and chest with an open palm. This is a hard one to practice on yourself, I think, but heck, give it a try if you want.

Hopefully by all this stroking, you've found some methods that you can use in emergency situations. If not, I hope you've had lots of fun and fine-tuned your judgment of your arousal levels. Anyway, if you ask me, the energy related practices which follow are much more powerful.

4.3 Sexual Breathing

This section teaches you to combine many of things you already know how to do in a way that propels the movement of orgasmic energy in your body. We're solidly in the E camp of RAMPER now, the realm of energy circulation.

Sexual Breathing is the kind of breath, sound, movement, and mental focus that happens when the average person has a typical exciting explosive orgasm. We're going to practice these tools without sex for the most part so you can develop mastery over those body/mind functions that happen involuntarily during a climax. When you can use them to turn yourself on, you can use them to turn yourself off, too. Doesn't that make sense?

For the most part, we'll be dealing here with subtle energies. At first, don't expect that you'll be flipping one of those big high-voltage control levers with huge sparks that will throw your body across the room. Right away, if you're very relaxed and sensitive, or hopefully soon through practice, you'll become aware of a little warmth, electrical tingle, or pleasurable tickle. It's like learning to tune in to a much higher frequency sound than you're accustomed to. You've got to clear your mind and listen acutely to reach it. Once you learn to tune your receiver to subtle sexual energy, it becomes a powerful force. You

can direct and regulate it for magnified passion, lighting a slow burn instead of an overwhelming eruption.

Can you understand how any mental or physical tension can prevent your progress at this stage? You can force your way around solid obstacles with the masculine force of will. But to use subtle energy you have to relax, breathe, and feel every little sensation. Tension will block the doorway to feeling and moving these energies.

If you relax, don't worry about how fast you go, and never despair when it takes longer than you think it should, soon you'll get inklings, then surges, and finally waves that will bowl you over. Be patient. You'll probably need to practice numerous times for several weeks before the magic will occur.

Sexual Breathing may not appear to be directly dealing with vajra and his quickness on the draw. But it's an essential part of you putting all the pieces together with this program. The success of RAMPER depends on your ability to distribute throughout your body the intense sexual energy that naturally collects in vajra. When you simulate the physical and mental conditions of orgasm through this practice, you'll really have a leg up on ejaculation mastery.

Exercise: Breathing & Pumping

You know how to breathe properly and pump your PC already. Now we're going to combine these tools. You'll want to do all these energy exercises naked or with loose clothing. Find a quiet uninterrupted space where you won't be interrupted. Play some suitable slow sensuous rhythmic music. One of our favorites is el-Hadra (available commercially through our [website](#) but any slow trancey hypnotic instrumental that turns you on will work fine.

1) Do this exercise lying down, standing with loose knees, sitting on a chair, or sitting on a pillow. The ideal position is on a zafu, a Japanese meditation pillow that's round, solid, and flattened top and bottom. If you can imagine squashing a ball of hamburger meat with your palm, you'll recognize one when you see it.

2) Close your eyes and breathe deeply and slowly in the belly. The more air you take in rhythmically, the more energy you'll be generating. I find it helps me to pucker my mouth on the inbreath so I can hear the air rushing in. The complete Tantric breath has four stages: in, pause, out, pause. Pause for a distinct moment between inhaling and exhaling, and exhaling and inhaling.

3) After a few minutes of feeling cleansed, relaxed, and refreshed through breathing, begin clenching your PC on your inhale. Relax your PC along with everything else as you exhale.

4) Do you feel any sensations from breathing and pumping together? In your vajra, genitals, or elsewhere? Tune in and see if there are any subtle signals.

5) Once you've coordinated breathing and pumping, begin making sounds on your exhale. You can simply say "ahhh" as you let the air escape. Or you can use the other vowels ("eeee", "iiii", "oh", "oooo") to express any sensations you're feeling. If this is still awkward, push yourself to be louder and louder for a while. Then when you lower the volume it will feel more comfortable.

Exercise: Visualizing Energy

Next we're going to add the visualization of energy along with your breathing and pumping. Since energy flows where attention goes, even if you just imagine sexual juice and electricity somewhere in your body, something will eventually happen. You already knew that the mind was the biggest sex organ, right? Now we're going to capitalize on it, focusing your big head where it belongs, on creating pleasure.

We're going to begin working with your energy centers, chakras, in a big way. These are the vortices where energy tends to collect and swirl around at different places inside your body. To remind you, here's the table you saw in Chapter 2...

<u>#</u>	<u>Location</u>	<u>Function</u>
1st	Perineum (base of spine)	Sex, survival

2nd	Belly (2 inches below navel)	Body, sensations
3rd	Solar Plexus	Power, will
4th	Heart	Love, compassion
5th	Throat	Creativity, expression
6th	Forehead (3rd eye)	Perception. consciousness
7th	Crown (top of head)	Divine connection

Your inner flute is the energy channel near your spine that connects your chakras. The visualizations of this exercise will begin opening that subtle conduit and flowing energy between the chakras.

1) Assume a similar comfortable position as in the previous exercise. Upright is probably better for visualizing rising and falling subtle energy.

2) Begin Breathing and Pumping again with eyes closed until you settle into a rhythm.

3) Rest one hand gently on your genitals, as if cradling a precious jewel. This isn't designed for self-pleasuring, just as an anchor for moving energy. But if it turns you on, so much the better.

4) As you breathe in slowly, visualize the air entering through your first chakra at the base of your pelvis. Though your eyes are closed to contain your energy inside, look downward as you do this. Imagine the air is a fiery stream of orgasmic energy.

5) After holding your breath for 10 seconds or so, as you exhale, visualize the stream of energy flowing out the same way it came in. Relax completely for a moment before your next breath. Repeat this cycle several times.

6) Now on your inbreath, visualize the energy entering your first chakra and moving up your inner flute into your belly, your second chakra. As you breathe, use your other hand on your skin or floating just above your body to trace the energy flow you're visualizing in your mind's eye. In other words, move the hand gently up from your genitals to your belly as you breathe in, reversing it downwards on your outbreath. As before, focus your eyes

internally where you're visualizing, hold your breath, and exhale down your inner flute and out the first chakra. Repeat this a few times.

6) Repeat the sequence a few times each for the third through seventh chakras. Imagine your breath moving from the first to the third, then the first to the fourth, and so on. In each case, picture the energy flowing from the first chakra to the upper chakra through your inner flute.

7) During this process, imagine that you're experiencing intensely passionate lovemaking, making your body move, your pulse quicken, and your sounds emanate from deep inside your reservoir of life force. And remember to keep all your senses open. If you feel any sensations, no matter how subtle, visualize your breath passing through where you feel them. In this way, the breath acts like adding fuel to a small fire, making it flare up. Even if you don't feel much, imagine that you do and breathe into the body parts you want to energize.

Exercise: Pelvic Rocking

The four cornerstones of ecstasy include movement. PC pumps are powerful internal motions, but we need to include the rest of your body. If you've ever experienced a full body orgasm where you writhe, undulate, and vibrate all over, you'll know what I mean. And if you haven't, boy, have you got something to look forward to.

Pelvic Rocking is a rotation of your pelvic area. Some have likened it to riding a horse, but I prefer to compare it to a slow deep fuck when you're on top. With your weight on your knees and hands, the only way you can penetrate deeply is by either doing push-ups or by rocking your pelvis forwards and backwards. The latter is what we're adding to your repertoire here.

We like to practice pelvic rocking slowly with primitive music like drums or African rhythms.

1) To get the feel of Pelvic Rocking, first try bouncing. Lie on your stomach and raise your hips up and down quickly. About the only way to do this is by rotating your hips. That's the motion we're aiming for.

2) Kneel on your knees on a zafu turned on its side with your feet behind you, Japanese style. If you don't have one and can't make the position work with pillows at hand, you can try it standing, laying down, or on the edge of a chair. If you have to use an alternate position, you'll unfortunately miss the perineum rubbing that some of us love so much.

3) To begin, rotate your pelvis forward and back, rubbing your perineum lightly on the pillow. The rubbing just feels good and isn't essential to loosen up your lower region.

4) Be sure to keep your torso and shoulders steady, just rocking your hips forward and backwards. To tell if you're rotating instead of just moving, put your hands on your hips pointing down. If the angle of your fingers relative to the floor dips forwards and backwards, you've got it.

5) Remember to keep sensing what you're feeling inside. Let subtle pleasurable feelings turn into sound. These exercises can reprogram your nervous system to accept and rejoice from pleasure if you let them. But they're not supposed to be strenuous calisthenics. It's more like mild Yoga to loosen you up so your energy channels are freer.

6) After practicing for a few minutes, let the rocking spread up your body like a wave. Imagine you have the body of a snake so that your hip rocking moves upwards in an undulating wave.

7) Add in the PC pump now. Squeeze in one direction of rocking, relax in the other. Due to your brilliant powers of observation, you've probably recognized that there's two ways to do it: pump as you rock forward or pump as you rock back. Which do you like better?

Exercise: Sexual Breathing

OK, dude. Now you've tried all the separate pieces of Sexual Breathing...

- Deep belly breathing through the mouth,
- Pelvic rocking,

-
- PC pumping on the inhale,
 - Making sensual sounds that express pleasure, and
 - Visualizing energy moving up and down your inner flute.

I've broken them down into defined steps so you could get comfortable with each one separately. But really, once you learn to coordinate them all, Sexual Breathing is just doing one unified thing. Most people do these things naturally together during ecstatic sex, so why not use them consciously?

- 1) Use whatever position you want.
- 2) Start breathing.
- 3) Rock one way on the inbreath, the other on the outbreath.
- 4) Add the PC pump.
- 5) Make sounds as you start to feel good.
- 6) Visualize the energy coming into your first chakra and being pumped up your inner flute by your PC contractions.
- 7) When you first practice, aim for the heart chakra. Of course, you can practice moving the energy up to any chakra, all the way to the crown of the head. Do what feels best in the moment.
- 8) Enjoy for a few minutes.

You may have to practice a few times to get the pieces working together. Once you do, just practice this combined exercise every day or two for a few weeks for about 15 minutes.

Sexual Breathing is the primary method of channeling energy out of vajra when you're making love. It's a major key to the Orgasm Mastery at the heart of the Ultimate Ecstatic Solution. It may require repeated practice because at first it's subtle for most people. Later in this book, there are some partner exercises to develop the knack in the sack.

Exercise: Sexual Breathing Self-Pleasuring

Have you noticed yet that many of these exercises are based on earlier skills you developed? Let's combine Sexual Breathing with Self-Pleasuring. Sexual Breathing Self-Pleasuring combines giving yourself pleasure while moving the energy from your genitals up your inner flute. Why? Because it should feel good, even better than just doing vajra. Because you get to practice releasing the energy inwards and upwards instead of outwards. Because it's the window to having multiple full-body implosive orgasms without cuming. Not a bad sales pitch, don't you think?

1) Create a bit of a ritual with this exercise. Clean your temple (your practice area). Bathe your divine body. Light a candle. Meditate by watching your breath for a few minutes. Set your intention to honor yourself with divine pleasure.

2) Sensuously massage your whole body with loving caresses. Be sure to include your non-genital erogenous zones.

3) Begin Sexual Breathing for a few minutes.

4) When you're ready (but not too quickly), begin pleasuring vajra and your entire genital region. Continue Sexual Breathing while you do this. Take extra special time and care to savor the sweet feelings you're capable of experiencing. Enjoy, don't rush.

5) When you reach an arousal level of 6, focus on moving the sexual energy from your first chakra up your inner flute to your heart or higher.

6) Use the techniques that work best for you to channel those orgasmic feelings upward and inward. Slow your rate of breathing. Use your PC to pump energy up on your inbreath. Relax your PC and consciously lower your devamani on your outbreath. Make sounds to release energy. Visualize your sexual energy as a stream of fire getting colder as it goes down your inner flute and out your genitals.

7) Continue pleasuring vajra and your entire body up to 8, 9, and higher. Use whatever stop-start or interrupting ejaculation tools you choose to keep the fire burning as long as you want without exploding.

Acceleration Techniques

We're just about done with what you can do yourself. One last main technique, plateauing, remains to help extend your loving stamina. Before we go there let's do a brief check-in.

If after repeated practice you don't feel any energy movement, look back at the earlier exercises and see if you short-circuited something. Maybe one of your fundamental anchors is a little shaky, preventing you from opening to the subtle flows stimulated by Sexual Breathing.

To speed up your developing sensitivity to subtle energy, I recommend getting a copy of the active Chakra Breathing Meditation CD I mentioned earlier. It's a faster energy exercise than Sexual Breathing, but essential for cleansing and empowering your chakras. It was a major factor in accelerating my learning curve to run energy a few years ago. I did Chakra Breathing nearly daily for several months because it helped me relax blocks in my chakras and tune in to subtle energies. As a result of these exercises, I can honestly say that moving energy is now more pleasurable and desirable to me than a fast hard suck and fuck. And I love sex of all kinds, so that's really saying a lot.

Another tool which produces great breakthroughs when facilitated by trained Tantrikas is the Streaming Process. The name refers to opening your pathways to the energy of ecstasy without sexual stimulation and letting the natural vibrations engulf you. The streaming process is especially powerful with people whose energy systems are blocked. Margot describes how it's done in detail on page 279 of [The Art Of Sexual Ecstasy](#), but we find it really requires a skilled partner. If you need a boost at this point and have access to a local Tantra school, ask for their help. Or let Jeffrey and I know and maybe we can arrange something to help you break through.

4.4 Plateauing

The final solo P ability for you to master is plateauing. If you picture peaking as shooting up steeply and then dropping quickly, plateauing will be easy to grasp. Here, you move up to a high level of pleasure and then stay there, enjoying it as long as you want. When you can circulate the orgasmic energy up from your lower chakras, you can simply float on a true ecstatic high, basking in the divine light that infuses your whole body.

Once you've experienced a non-stop whole-body orgasm like this, you can understand how the typical male's fascination with squirting a big load pales by comparison. Sometime soon, or maybe already, you've come to grips with the grip that cuming has over us pleasure-stick owners (all men). The Ultimate Ecstatic Solution's hidden magic works inside you to replace the urge to cum with something better. If you haven't started to crave more and more from extended self-pleasuring or sexual breathing, plateauing is a likely place for the shift to begin.

I'm not going to be too directive in this exercise because of all you've learned from all your earlier practice. Use Stop-Start Peaking and other ejaculation interruption techniques as your back-up to prevent you from going over the top during this exercise. But stopping for more than an instant isn't really the idea of plateauing. Here you want to use your breath, sound, PC pumps, and subtle adjustments to pace yourself and maintain a steady buzz of turn-on. Sexual Breathing will become your primary ally for plateauing. Use it to open your inner flute while your arousal rises, creating an open channel for the energy to stream up and out of your genitals.

By the way, if you skipped some earlier assignments or rushed the parts that didn't appeal to you, congratulations for asserting yourself. But if, after a few tries, you run into a little trouble maintaining a peak for an extended period, you might consider backtracking to the skills you slighted.

1) Self-pleasure vajra up to an arousal level of 6 while doing Sexual Breathing (you know, rocking, pumping, moaning, and visualizing).

2) When you reach 6, slow your movements and breathing, using sounds and visualizations to channel the sexual energy up your inner flute.

3) If you keep climbing, slow and deepen your breath even more, and use several PC pumps or other adjustments like slowing your stroking or moving from vajra's head to shaft.

4) Once you can maintain 6 for a while, let your arousal rise to an 8 and hold that plateau for a few minutes.

5) Move the energy up your inner flute, swirling it around your heart, or higher to your third eye. Can you feel the energy elsewhere in your body? Focus on it, move around it, and breathe into it to heighten the orgasmic feelings outside your genitals.

6) Now play with maintaining a plateau at 9.

7) You may easily experience a dry orgasm if you plateau high enough and long enough. If your PC starts to spasm all on its own, hold your breath, relax your muscles, and enjoy the ride.

8) Finally, see how long and how close to 9.9 you can ride the wave of pleasure, hovering just before the point of no return.

9) If you slip over the edge, enjoy the gift of orgasmic pleasure, knowing that your search for Orgasm Mastery is nearing its own plateau. When you find you can maintain a high level of pleasure for an extended period of time, please be sure to stop and rest some before you continue.

Congratulations on completing Solo Mastery. Now you have the tools to engage partners in extended Tantric lovemaking.

Honestly, I don't believe you ever graduate from the key practices you've learned here. Relaxation, open senses, PC pumps, peaking, plateauing, and sexual breathing are now the essentials of your perpetual personal exercise

program. Use it or lose it should be the mantra to stay in shape. Keep it up, all right?

It's again time to report to any intimate partners you play with, if you haven't already. Briefly explain what you've practiced, how it's made you feel, and how you expect it will change your lovemaking ultimately.

Of course, next we'll embark on perfecting these skills with a partner. Some of these skills can be and should be maintained through joint practice. Some of them you'll want to come to back to now and then when you're without a partner or lose the edge. Others, PC pumps for example, should be part of your daily regimen.

Chapter 5: Partner Prep

Now you'll begin to integrate your new skills into partner practices. As you gain mastery over the Ultimate Ecstatic Solution, you'll naturally become a much better lover. And you'll enjoy it much more.

Chapter 5 is about more than you, since you've got to negotiate a workable deal with a partner, new or long-term. This is not something that works well if you keep it a secret or spring it on a lover while in the sack. So we'll talk about communication before you get to touch each other. Then, you'll take turns doing each other with hands at first, and may want to add mouths, lips, and tongues while you're at it. The final exercises in this chapter are about doing each other at the same time. Oh, I almost forgot, without cuming, at least to start.

I've made a big deal about RAMPER at the beginning of each chapter up to this point. Chapters 5 and 6 are about how RAMPE all work together so I'll leave it at that. Use everything you've learned so far and have fun.

5.1 False Expectations Will Kill You

You and I have gotten close through all these intimate exercises, right? I think it's time to be completely honest with ourselves and with each other.

Will you become the world's greatest stud, able to satisfy any and all at any time? Maybe and maybe not. I haven't. Sometimes, I can go all night with more than one partner with all of us having outrageous multiple orgasms. Sometimes, my biorhythms, my energy, or my chemistry with a lover just aren't there and I'm not the ultimate Joe Stud. I fumble, I get turned-off, I cum early. Fortunately, that's rare now, but it still happens. For the most part, I've learned to accept that my limitations at times.

As I look back, it wasn't all my doing that made that early partner cum ten times in a half-an-hour. In the same vein, I wasn't totally responsible that my long-term partner couldn't have an orgasm without an industrial strength vibrator. Is it the guy's role to always be up, hard, and long-lasting without exception? Well, some part of me has always wanted that to be so, but the more conscious part of me realizes that it takes two to Tango. I mean, two to Tantra. We've all got strengths, needs, and limitations. Two basic parts of Tantric lovemaking are capitalizing on those strengths and playing around the weaknesses.

I'm injecting a strong reality factor here before we begin partner exercises. Want to know why? I'm glad you asked. Because your success will largely depend on the attitude and cooperation of who you practice with. That means how you enter into joint exercises with a long-term partner, or how you approach a new one. You both have to be open, aboveboard, and tolerant of mistakes. I've promised to help you talk about this stuff, and I will shortly.

To have reached this point, you've had to love and accept yourself. To go further, you and your partner need to work and play together with a Tantric attitude. That's why we're starting this chapter with building a partnership for joint Orgasm Mastery and developing essential communication skills. Yes, I believe you're ready for mutual exercises. We just have to make sure that the two of you are in sync before you take turns pleasuring each other and doing each other at the same time. Ooooh, that makes me hard just thinking about it.

5.2 Partnering Guidelines

Common Aims

Tantric lovemaking is a joint dance where each lover surrenders to inner waves of energy and both assist each other to reach higher and higher peaks. Pleasure, not orgasm, is the aim. By soaring together, each partner can reach unheard of peaks and plateaus that culminate in bigger, stronger, deeper, often simultaneous spiritual climaxes. But pushing for the Big O puts your

attention out of the moment and on the wrong thing. Of course, yielding to that familiar urge to squirt can short-circuit the whole deal.

If your lover is pushing for maximum stimulation and rushing headlong towards orgasm as quickly as possible, the two of you will be playing at cross purposes. To prevent this, both of you need to agree on common aims based on the Tantric vision of lovemaking. This means each being totally responsible for your own pleasure, asking for what you want, giving sensitive feedback, going slowly, and savoring physical and intimate delights together. This is how love partners stretch their communion out for long periods of time. If this isn't crystal clear to both of you yet, together read and discuss the first part of Chapter 7 which describes Tantric lovemaking in greater detail.

Finding Partners

If you're single and still developing confidence in your Orgasmic Mastery, I understand that you have some apprehension about entering into a new sexual relationship. When you've connected with a new person to the point of wanting to be physically intimate, I strongly urge you to approach this delicate subject candidly before you take your clothes off. This may seem awkward or even daunting, so here are some suggestions to help you approach the conversation frankly, positively, and without putting yourself down. In other words, I don't want you to blurt out "I cum too quickly" in a spurt of honesty. Remember, that's the old you, one we don't want to reinforce.

Here's an opening line to broach this subject. Feel free to modify it so it sounds like you talking. Just be sure to make it positive...

"I'm studying to be a Tantric lover, merging spirit with physical pleasure. Tantra is an ancient spiritual practice that uses sexual energy to raise consciousness. It's teaching me to view sex as a sacred meditation.

"What this all means is that I want to go slowly, learning how to worship your body as I'm learning to love and appreciate your soul. You excite me tremendously, but I don't want to get swept away too soon, rushing towards a quick release. I'd rather begin by playing sensitively with the

energy between us for long periods of time and move forward without any goals other than pleasure.

"Will you dance with me, letting us experiment and teach each other, communicating each step of the way so we can know each other fully and intimately?"

If you have success with your own version of this dialogue, or run into problems, please email me at <mailto:Somraj@TantraAtTahoe.com> and let me know.

Long Term Partners

Clearly, men with long-term partners have someone close at hand to practice with. This obvious advantage may be accompanied by some drawbacks. If involuntary cuming has been a problem for some time, as wonderful as your partner may be, some emotional issues might surface when you broach the subject of Tantric sex and Orgasm Mastery.

The emotions you might be met with - hesitance, resentment, disbelief, apathy, infuriation - can seem illogical until you develop some empathy for your lover's situation. If you overreact to these reactions, you could blow the whole deal before you get started. Here are some suggestions that may help you to look at things from their viewpoint...

- Consider the way your long-term lover might be compensating for the state of your love life. Your partner might value other emotional needs - security, affection, companionship - higher than complete physical satisfaction. People have been known to live happily ever after while giving up something elusive (big orgasms) in exchange for something that's important to them (like having those emotional needs met). If you propose changing this dynamic, in one sense you're refusing to accept that sacrifice. If you think this might be the case, discuss how you value what your partner has done in the past and how these emotional needs could be met along with better sex.

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- Maybe intercourse isn't your partner's favorite activity. Maybe you're way more interested in sex. If either is the case, it makes sense that your Tantric program may not seem worth your partner's effort. I wonder if your partner has ever really experienced ecstatic sex? If not, see if you can get your lover's interest in the prospect of something much much better.
 - Your partner may have concerns and objections to some of the consequences of the Ultimate Ecstatic Solution program. For example, extended lovemaking can cause soreness. Of course, the slow stop-start beginning is a good way to counter this concern. If sensitive tissues are an issue, you need to promise to be extra careful, conscious, and assertive about replenishing lubrication.
 - A structured approach doesn't work for everybody. Your partner may worry that you'll become too clinical in bed and lose whatever heart-centered spontaneity you have. If so, explain that the structure is a temporary phase designed to permanently enhance your spontaneous love sharing. You can also propose to alternate making love with and without structure while going through this program.
 - Some partners might react with "what's in it for me?" Explain the promise of extended spiritual bliss. Or horsetrade if you have to, offering to do something your partner finds valuable. In other words, make a deal that works for both of you.
 - Your partner's fears may get in the way. Fear of failure or fear of being blamed for failure can block your chances of winning cooperation. Here's where relating the great strides you've made can help. That's why I've been urging regular check-ins throughout the Ultimate Ecstatic Solution. Reassure your lover of the 95% chance of success and that you won't hold anything against them.
 - Feeling coerced into helping or pressured into participating is no way to build a willing intimate partnership. If your lover feels this way, you need to go out of your way to let them make the choice entirely. Taking personal responsibility and always enlisting other's permission are fundamental principles of Tantra.

- It's not uncommon for people to resist change. Resistance like this often causes hidden insecurities to surface. Your partner might think "if he can last forever, will he still need me?" Reassure your partner that you're doing this program partly to strengthen your love relationship, adding a powerful bonding energy you haven't experienced very often.

- Your partner may worry that your desire for better love skills is a ticket to polyamory (a lifestyle with open multiple lovers). Explain that the majority of Tantric couples are blissfully monogamous and that's the right style for you. (If they read parts of this book, you might want to downplay my polyamorous lifestyle which isn't a goal of Tantra or this program.)

If other fears or objections come up, please email me at <mailto:Somraj@TantraAtTahoe.com> and let me know.

What overall approach do you need to take to negotiate a cooperative partnership for the Ultimate Ecstatic Solution?

- Above all, enter into the discussion with patience and sensitivity.
- Though it may not be your past style, adopt the Tantric mindset of total gratitude for the gifts of the Goddess.
- Let your partner choose to play - don't use force, pressure, or manipulation to enlist your lover's help.
- Continue to provide reassurance of your love and commitment to the relationship.
- Make it clear that this program is designed to be a joint experience of deeper intimacy and bonding, giving you both everything you ever dreamed of.
- Finally, believe and explain to your partner that once you've both experienced higher and higher waves of ecstasy together through Tantric lovemaking, any memory of these concerns will pass away quickly.

If for any reason broaching these topics is too touchy for you, seriously consider some sessions with a qualified recommended local sex therapist. Jeffrey and I have lots of experience with this sort of thing and are also willing to help with telephone counseling and coaching.

Your Role

Your role in partner play begins with being able to receive pleasure. At first glance that may SOUND easy. I'm talking about relaxing, emptying your mind of doubt, rising above your fears, letting yourself go, and forgetting about reciprocating for the moment. We all seem to have programmed limits of how much pleasure we're willing to experience and how receptive we're able to be. Giving pleasure is a big turn-on to me so I've had to learn how to simply relax into my partner giving to me. All of this is easier said than done, don't you agree?

Your first assignment here is to establish the intention to surrender to receiving pleasure. Be conscious of your limits and reactions. When you run into an internal barrier, be willing to stop and talk about it calmly. The sooner you do this, the less emotional it usually is. Workshops, counseling, and Tantric Initiations like Jeffre and I offer can really speed your path in shedding resistance. Our teacher, Margot Anand, created a fantastic exercise on page 257 of The Art Of Sexual Ecstasy called the yin-yang game that can help. In this life exercise, you practice being purely in the receptive role for an extended period of time and then doing the same in the serving role.

Next, you've got to be an open book. You've been checking in with your partner regularly, reporting your progress, and sharing the downs as well as the ups, right? If not, it's time to start communicating lots more about this program. We've talked about the big downside of hiding your Tantric practices from your partner. Secrecy breeds tension which breeds involuntary cuming. Not only will your behavior seem strange to a lover who doesn't understand where you're coming from (or not cuming from), but they may get too wild and push for orgasm while you're developing the knack of lasting.

Last, you need to trust your partner on occasion to take complete charge. Trust builds gradually and organically so this is not an easy feeling to mandate. If you've been talking about this program and your partner has been listening supportively, you've made a good start. Regardless, the first exercises in this chapter wade into sensual sharing cautiously. As you begin together,

keep your expectations low and take it slow. Repeat each practice enough times until you both begin to feel confident with each other's commitment to make the program work. Setbacks are expected, and when they occur, backtrack to the last exercise you did successfully together.

Partner's Role

Lovers with a deep heart-to-heart connection will inherently want the best for each other. With agreement on the vision of Tantric lovemaking, they'll naturally accept the roles being spelled out here. But lovers who believe that they're totally at fault for their partner's genital sensitivity may be reluctant to fully engage. Both must own their share of the situation openly.

Partner who feel completely responsible for their lovers' pleasure might push for explosive orgasms to prove their love. Lovers insecure about their sexuality may feel that making their partner cum proves that they're sexy, desirable, and skilled in bed. If you find yourself in this situation, explain about implosive energy orgasms and that ultimately we're each the master of our own ecstasy.

Lovers who don't have orgasms easily may lose themselves in a rush towards explosive relief, dragging their partners over the edge. They need to understand about the advantages of playing without goals, and how bigger and better orgasms may eventually result. Explain how basking in the flood of excitement in each moment lets the energy build to higher and higher plateaus.

Without this frank kind of dialogue, your sex partner may push you into a style of fucking that won't work for you early in the program, or ever. To prevent this from happening, remind your lover about how much more pleasure you'll both receive by starting slowly. Remind your partner how much pleasure you receiver from IMPLOSIVE orgasms. Remind your beloved that you'll be less sensitive after one of these inner energy experiences and ready to stroke faster and deeper for a while. Above all else, remind your partner that you can go to unheard of altered states together through Tantric lovemaking by changing the rules of the game of sex.

To Cum Or Not

We sensitive guys may still have the familiar urge to cum as our occasional or constant companion. Even if you've begun to experience something better than a quick squirt, old programming sometimes dies hard. So before we begin partner exercises, we'd be well-advised to address the age-old question "to cum or not to cum?" (Isn't that from Shakespeare?) With a partner in the mix, answering becomes a more complex dynamic.

You realize that I'm pro-cuming in general because I strongly believe that pleasure in all forms is a good thing. So maybe you'll accept my suggestion of moderation in good grace. I think it's a good idea for the two of you to commit that neither will intentionally go for the Big O during practice sessions without open agreement first. Be sure to discuss the consequences of the Ultimate Ecstatic Solution's learning strategy - getting close to the point of no return repeatedly will cause mistakes. You need to learn to read each other's signals and collaborate together to stay in the bliss plateau. Also, it would be great to make a deal that you'll both enjoy all orgasms together, whether dry or wet, intentional or accidental, and sometimes go for it.

5.3 Turning Each Other On

Lovemaking is complex because it requires managing your own stimulation while responding to your partner's signals. Your mind can be full of questions like "Is what I'm doing working?", "What do I do next?", "Am I getting too close?" and "Is my partner getting close?"

That's why we begin Ultimate Ecstatic Solution partner training by alternating giving and receiving. When you're receiving, you can completely focus your full attention on your outer sensations, your inner feelings, and your own pleasure. To make progress, you'll have to fully accept being in this receptive role. Achieving this a learning experience all by itself for most guys who are programmed to strive to be the ultimate satisfier of women. You'd be wise to expect some adjustment as you settle into pure receptivity. If you can remember some hot experiences when your lover simply gave to you, it will be easier to make an agreement about doing each other one at a time. When you each know full well that you'll return the favor later, it will be easier to relax and surrender.

Before doing each practice, be sure you read the instructions together. Except for the first couple of exercises in this chapter, which are clearly marked, you'll want to do most of these practices several times at least spread over a week or two. Remember, you're absorbing the Tantric spirit of lovemaking which advises you to go slowly and savor every little tidbit of sensation. Focus on the journey not the destination. Don't rush so you can enjoy more.

Exercise: Agreeing On Signals

Take a few minutes now to agree on signals you'll depend on during practices and unstructured lovemaking. Signals are words, sounds, or hand motions you'll use to give your partner feedback about your erotic reactions and arousal level. You'll both benefit from having a crystal clear shorthand that lets you express yourself without getting too deeply into the mind. It takes practice to insure a quick, simple, effortless, non-distracting way to alert your partner to where you're at in each moment.

Primary among these cues is the 10 point scale we've been using...

- 0 = no arousal
- 1 = twinge at base of penis
- 2 = occasional little surges of pleasure
- 3 = starting to feel good
- 4 = steady hum low level arousal
- 5 = feeling really good, metabolism increases
- 6 = really into it, don't want to stop
- 7 = continuous rush of pleasure, fast breathing
- 8 = buzzing inside, face flushed, heart pounding
- 9 = intense pleasure, outside world is far away
- 9.9 = point of no return, emission phase begins
- 10 = ejaculation (expulsion phase)

- 1) Read the instructions to this exercise together.

2) Agree on words, sounds, or signals for "slow" and "stop." I like to say "a little slower please" to slow my partner down, and sometimes I put my hands up in a stopping motion. Some lovers like to squeeze their partner's hips or shoulders lightly, push upward, or grab their hands to ask for a complete stop. Feel free to invent your own and use what feels best.

3) Explain your experience with the 10-point scale and any personal definitions you've discovered. Agree that sometimes you'll just use a number to convey your level of arousal.

4) Practice with a communication cycle that begins and ends with positive reinforcement. I call this the "feedback sandwich". It's a diplomatic way to ask for changes without hurting your partner's feelings. Anytime you want to be pleased differently, begin by finding something to compliment. Next, ask for what you want, explaining how that would feel even better. Finally, acknowledge something about what's working. If the change isn't exactly what you were asking for, do another three-step feedback sandwich. For example, if your partner is stroking vajra too lightly you might say...

"You have the most delicate hands.

"They would feel even better with more pressure.

"Ooooh, that's really exciting. Thanks."

Practice the feedback cycle now by exchanging back scratching until you feel comfortable using the three steps routinely.

5) Practice "yes/no" questions. During erotic play, we all sink into speechless times when the feedback sandwich would be difficult to do. While deep in the throes of ecstasy, too much explaining and verbalizing can spoil the mood. Asking open-ended questions like "how does this feel?" may shift your lover's attention out of their body and into formulating an appropriate response. When my partner isn't giving me any feedback, I've learned to ask one-word questions that can be answered with a simple "yes" or "no." I use them to better understand how I'm doing and what I could do better. Use simple questions like...

"Faster?" "Slower?" "Harder?" "Softer?"

Practice yes/no questions now by exchanging neck or head rubs.

6) Talk frankly about the fact that, because you want to push the envelope, sometimes you'll go over 9.9 and cum. Agree on any signals that work for you to alert your partner how close you are and when you've gone too far. Be sure you acknowledge that the Ultimate Ecstatic Solution is all about pleasure. Find a way to accept that cuming is part of the fun.

7) Briefly discuss any other situations that come to mind that you feel you need signals for.

When you first do this exercise, don't try to plan for every possible circumstance. Go through Agreeing On Signals at an introductory level first. Come back to it later if and when you need more clarity and better signals for new situations.

Exercise: How I Like To Be Loved

The more you practice and play together, the more you learn about what turns each other on. Even long-time lovers don't know everything that's going on inside their partners at each moment. You've learned a tremendous amount about your erogenous zones and arousal patterns from the previous solo exercises. For the fastest results with the Ultimate Ecstatic Solution, you need to share as much of this with your practice partner as you can quickly and comfortably. As well, turnabout is fair play. The more you each educate your beloved about what works for you and what doesn't, the better you'll both be able to read each other.

That's what the How I Like To Be Loved exercise is all about - teaching your partner your erogenous zones and what turns them on the most. It's like the Whole Body Sensory Focus exercise with your beloved watching. Some people find touching themselves in front of another even more challenging than other forms of lovemaking. But to practice extending orgasm together, you need to grow into this deeper level of intimacy. Does it help you to approach this as a demonstration of the Orgasm Mastery you've developed from the previous exercise program?

If you find this to be too awkward, don't push it too fast. Talk about your feelings openly before you begin. Go slowly, do a little at a time, take breaks, breathe deeply, and relax all you can. This whole program will gradually elevate your intimacy to a new level. Now is the best time to start.

1) Create a comfortable sacred space to relax naked in front of your partner.

2) Touch your body lightly, slowly, and gently, avoiding your genitals at first, like you did during the Whole Body Sensory Focus exercise in section 3.4 of Chapter 3. Demonstrate what you like and don't like all over your body, explaining any feelings and sensations as they occur.

3) Next, self-pleasure vajra showing what you like and what you've learned from the Self-Pleasuring Discovery exercise in section 3.4 of Chapter 3. Especially demonstrate the strokes you prefer and the ones you don't like as well.

4) Help your partner understand that watching you closely is top priority. Comment on what you're doing as you do it, where your attention is at each moment, how different movements feel, and what's changing inside such as PC pumps and inner vibrations. Make sure your partner notices changes in your breathing, sounds, hardness, color, testicle elevation, spasms, and other symptoms of running energy.

5) Be sure to continually comment on your arousal level using the 10-point scale.

6) Then ask your partner to do the same exercise, demonstrating preferred techniques and maximum turn-ons. Fair is fair, right?

7) If you want to take this exercise all the way to cuming, agree on a second phase of the joint exercise, similar to the Ejaculation Awareness you practiced solo in section 3.4. While you get yourself off, describe everything that's going on, inside and out, to the best of your ability in the moment or as soon afterwards as possible.

8) Alternately, you can do the exercise at the same time, turning it into a mutual self-pleasuring experience. Aim to bring yourselves up to three peaks together without cuming. If you want to go all the way, practice timing your orgasms to see what it takes to make them happen together.

I find this last step much more exciting than private self-pleasuring. If it's the same for you, you may find that it makes you even more sensitive than normal. So you may slip and have to practice more. That's a good thing, right? Some couples find great excitement in repeating step (8) frequently as just another way to honor pleasure.

If you were comfortable and thorough, you probably only need to do the first parts of How Do I Like To Be Loved exercise once at this point of the program. It's a great thing to repeat between stages of the program after you've learned more about yourself and your sensuality. Besides, over time we change. After several years of Tantric play, Jeffre and I still learn new things this way about what turns each other on.

Exercise: Partner Whole Body Sensory Focus

Early in the Ultimate Ecstatic Solution, you practiced becoming more aware of your body and senses. In this exercise, you'll exchange gentle exploratory massage like you did in your solo Whole Body Sensory Focus practice in section 3.4. This is just another step in learning to shift your focus to other erogenous zones so all your energy doesn't just reside in your genitals. Also, it's great Tantric training to be more active with your whole body during sex. By using full-body caresses and nongenital touching, you can learn to avoid fixating on just the hardest and wettest spots alone.

1) Lie down nude in a relaxed posture in a safe, comfortable, uninterrupted space with your partner sitting comfortably by your side. If you own a massage table, you may prefer to use it for this exercise.

2) Take a few deep belly breaths to relax and let go of any stress you've been carrying.

3) First, ask your partner to be the giver first and LIGHTLY and slowly touch your whole body excluding your genitals. Your partner will want to use what some call a "taking touch." This means that the giver feels as much with the touching hand as the receiver does with the part that's being caressed. By taking touch, the giver concentrates on energy flowing to and from the heart, through the arms, into the hands and fingers. Doc Steven says about this: "If you're touching the skin, you're too close. If you're not touching, you're too far." You as receiver can guide your partner's touch by making sounds on the outbreath to let the giver know where to concentrate.

4) Have your partner as giver explore your body gently and SLOWLY, except for your genitals, as if a young child with a new toy. Let your partner experiment with different strokes on different body parts, feeling each sensation like for the first time. The giver can use fingertips, finger backs, nails, palms, backs of hands, forearms, and even hair. Ask your giver to mix different speeds and different pressures with different body parts. The giver can touch like a spider walking slowly on the skin, like a butterfly wandering aimlessly, and like a moth dancing around a flame. This is a good place for your giver to practice asking yes/no questions to get guidance on what's occurring.

5) Ask your partner to pay special attention to massaging your face, hands, and feet, one at a time. Releasing tension from these areas, while not always sexually arousing, can be tremendously relaxing. For example, some experts report that letting go of the mask of facial tension we all carry goes a long way towards helping us overcome the internal stress that contributes to involuntary cuming.

6) Use the feedback sandwich to ask for changes. Even if everything is perfect, practice asking for changes a couple of times.

7) Next, have your partner do a similar exploration with your genitals. Yes, I mean your vajra, your devamani (your balls), and anywhere around there that turns you on. Together, explore your favorite parts lightly and slowly in the same childlike way without trying to cum. If this turns you on and you get hard, well, that's great! Show it proudly.

8) Then, ask your partner to include your whole body in the same way, excluding nothing. Feel those excited feelings fully and let your partner know about them through sound and movement. Explain how being turned-on affects different parts of your body: hair, nipples, devamani, vajra, etc.

9) Exchange roles and do the exercise for your partner.

We do some version of this almost every time we make love. This is an important exercise to do repeatedly. When you can fully relax and feel everything, then it's time to move on.

5.4 Taking Turns

Jeffre gives awesome manual pleasure. We've learned a lot about extending our love play by exchanging this kind of erotic touching, not to mention having great fun and improving our communication skills. We call them "hand jobs" so I thought I'd call a spade a spade with this pivotal exercise.

Exercise: Stop-Start Hand Job

You've got lots of experience with the solo version of this exercise, Stop-Start Peaking, from your work self-pleasuring (is that an oxymoron?) in Chapters 3 and 4. You have the same aim here, enjoying 30 minutes of stroking without squirting. All you have to do now is bring your partner into the swing of things and get coordinated.

1) Lie on your back in your most comfortable position: have your knees bent, supported by a pillow, or simply extended straight out. Your partner can sit or kneel between your legs or at your side. Giver comfort is as important as receiver comfort. Tension in the giver's body transmits to the receiver, so be sure to experiment and find a position that can last a while for both of you.

2) After preliminaries like talking, relaxing, breathing, and full body sensual massage, ask your partner to begin stroking vajra and your devamani with dry hands.

3) Your partner should closely watch for signs of your rising arousal: vajra's hardness and color, breathing changes, thrusting hips, body jerks, lifting of devamani, pulsing of vajra or pelvic muscles, hands pushing away, and withdrawing pelvis. At the same time as your partner observes you closely, you should be giving verbal feedback about you're sensations and your level of arousal.

4) When you reach 6 on the scale, use whatever signal you've agreed-upon so that your partner immediately stops all stimulation. You may want to ask your lover's hands to be removed entirely if that helps you relax. You know the rest of the drill: open your eyes wide, relax all your muscles, take slow deep slow breaths, and wait until your excitement drops to 2.

5) Repeat (2) through (4) five more times up to 6.

6) Continue the exercise by repeating the same steps up to an arousal level of 8. Then do it all again up to 9.

7) When you can receive a hand job for 30 minutes without cuming by stopping and starting, repeat (2) through (7) with a lubricated hand. (Refer to the suggestions about lubrication in the Self-Pleasuring Discovery exercise in section 3.4 in Chapter 3.)

8) If you want to push it, agree with your partner that you want to see how close you can come to 9.9, knowing full well that you're likely to slip over the edge and cum. Enjoy it and, like I said before, literally squeeze every last drop of pleasure out of vajra.

9) Exchange roles and manually pleasure your partner, following the guidance you receive. (If your partner is a woman, follow her instructions carefully since I haven't included any female anatomy or stroking techniques in this volume.)

When you can enjoy high peaks while your partner is pleasuring vajra with lubrication for 30 minutes or more, move on to the next exercise.

Exercise: Subtle Adjustments Hand Job

Now that you have some confidence that you can back off with your partner's help, it's time to move on to Subtle Adjustments Peaking. Here, you'll repeat the previous exercise except you'll ask your partner to make small changes in how vajra is being pleased instead of stopping entirely. Your communication skills will become even more essential now. Take full advantage of your signals, feedback sandwich, and yes/no questions..

1) Use a comfortable position for both of you.

2) After preliminaries like talking, relaxing, breathing, and full body sensual massage, ask your partner to begin stroking vajra and your devamani with dry hands.

3) Ask your partner to experiment with different strokes, speeds, and pressures to find what's more and less pleasurable just as you did during Self-Pleasuring Discovery. Have your partner...

- Alternate hands to see which feels better.
- Try up strokes, down strokes, thumb forward and thumb back.
- Concentrate on the shaft, on the head (glans or crown), and the frenulum (the sensitive underside of the head).
- Use thumb and forefinger as a ring upwards and downwards with thumb forward and back.
- Roll vajra in between both hands, and use both hands from mid-shaft out or from top and bottom to middle.
- Rub vajra's underside with the flat of the hand, and press or roll vajra against your belly or thigh.
- Pull or tickle your devamani with the other hand.
- Use the corkscrew, rotating the hand as it slides up, and the pop-off, squeezing while suddenly pulling the hand up and over vajra's head.

Some of these may be rough or uncomfortable without lubrication. If you find that to be the case, do the comfortable ones first and then use oil or cream for the remaining ones.

4) When you reach 6, instead of stopping stimulation, ask your partner to vary the strokes to reduce your excitement level a few points (for example, from 6 down to 4). Suggest that your partner slows down, lightens the pressure, changes direction, moves from the head to the shaft, shortens the strokes, or uses other moves that are less exciting.

5) Follow the same regimen as Stop-Start Peaking, repeating each series six times up to 6, 8, and 9 or more.

6) When you can enjoy vajra being pleased for 30 minutes using subtle adjustments to drop your excitement level a few points, ask your partner repeat the whole process with a lubricated hand.

7) 8) If you want to push it, agree with your partner that you want to see how close you can come to 9.9, knowing full well that you're likely to slip over the edge and cum.

8) Exchange roles and manually pleasure your partner, carefully following the guidance you receive.

When you can enjoy high peaks without stopping or cuming while your partner is pleasuring vajra with lubrication for 30 minutes or more, move on to the next exercise. Now you're very close to reality, since we'll be using Subtle Adjustments Peaking during intercourse later in the Ultimate Ecstatic Solution program.

Exercise: Breath Peaking Hand Job

So much in this chapter is familiar to you already. Now you're going to use sexual breathing to spread your excitement away from your hot spots like you did in the solo Breath Peaking exercise.

1) Use a comfortable position for both of you.

2) After preliminaries like talking, relaxing, breathing, and full body sensual massage, ask your partner to begin stroking vajra and your devamani slowly.

You decide whether you want to start with a dry or lubricated hand, depending on how sensitive you feel and how well you've been doing with previous mastery exercises.

3) When you reach 6, instead of stopping stimulation, ask your partner to slow down slightly. Open your eyes wide, inhale more deeply into the belly, but this time through the NOSE, and hold your breath.

4) Relax completely as you exhale, visualizing your sexual fire streaming out of vajra, and moaning with pleasure to release energy.

5) Inhale again through the nose, visualizing that pleasurable energy moving up vajra through your pelvis to your heart and higher. Use one long or several short PC Pumps to help you shoot the energy upwards.

6) Can you feel your excitement lessen simply by slowing your breath? Play with it until you can. See how long you can maintain a high plateau while you adjust your breathing. Use techniques to interrupt ejaculation if you need to. Guide your partner to use stop-start and subtle adjustments as required.

7) Follow the same regimen as with the peaking exercises, repeating each series six times up to 6, 8, and 9 or more.

8) As you practice and get closer and closer to cuming, see if you can back off your arousal level just by slowing and deepening your breath without your partner changing anything. When you can balance on the very edge of 9.9, you're bound to experience implosive orgasms, where you vibrate inside and stream the energy upward without squirting.

9) Exchange roles and manually pleasure your partner, carefully following the guidance you receive.

Exercise: Oral Pleasuring

Here is an optional exercise which follows the same sequence of steps using oral pleasuring. I call it optional because not everyone loves oral sex the way

we do. If you're willing, it's another great way to develop Orgasm Mastery in a highly exciting situation.

- 1) Use a comfortable position for both of you.
- 2) After preliminaries like talking, relaxing, breathing and full body sensual massage, ask your partner to slowly begin licking and sucking vajra and your devamani.
- 3) When you reach 6, use whatever signal you've agreed-upon so that your partner immediately stops all stimulation. You may want to ask for our lover's mouth to be removed entirely if that helps you relax. You know the rest of the drill: open your eyes wide, relax all your muscles, take slow deep slow breaths, and wait until your excitement drops.
- 4) Repeat the exercise using Stop-Start at 6, 8, and 9 six times at each arousal level.
- 5) Repeat the exercise up to 6, 8, and 9 guiding your partner with feedback to use Subtle Adjustments to help you peak and then plateau.
- 6) Repeat the exercise up to 6, 8, and 9 using Sexual Breathing to help you peak and then plateau.
- 7) As you practice and get closer and closer to cuming, see if you can back off your arousal level just by slowing and deepening your without your partner changing anything. When you can balance on the very edge of 9.9, you're bound to experience implosive orgasms, where you vibrate inside and stream the energy upward without squirting.
- 8) Exchange roles and orally pleasure your partner, carefully following the guidance you receive.

5.5 Doing Each Other At The Same Time

Yeah, we're really upping the ante when you give and receive at the same time. If you're anything like me and most of the sexy guys I know, giving pleasure turns you on almost as much as receiving. Doing each other together is a double whammy for really sensitive guys like us. But you've made it this far and have all the requisite skills, right? So let's go for it and play together. What do you say?

Exercise: Mutual Hand-Jobs

You've learned an awful lot about your own and each other's turn-ons. Surely, that's given you greater awareness and confidence in and around sex. For this exercise, though, forget about being too clinical with all that information you've filed away in your mind. Instead, just play in the moment. Act like little kids exploring new territory for the first time.

- 1) Find a comfortable position where you can lay next to each other, talk easily, and reach each other's genitals with your hands.
- 2) Talk about what you've both discovered you enjoy as if you've just discovered it.
- 3) Gently caress each other's body, taking pleasure from your touch all over. As you feel it, begin sexually breathing, including sounds and PC pumps.
- 4) Slowly begin to focus on each other's genitals, asking yes/no questions and using the feedback sandwich to guide each other.
- 5) Decide what levels you want to peak at. Give 1-9 feedback about your arousal level, asking or signaling for stops when you want to peak several times.
- 6) Continue peaking several times using subtle adjustments and sexual breathing alone, seeing how long you can make it last.

7) If you want to cum together, go for it and enjoy it.

Repeat this exercise several times until you can use everything you've learned while doing each other.

Exercise: 69

Again, here's another exercise optional for those who delight in oral gratification. If you're willing, 69 may be the most challenging assignment for your lovemaking partnership since oral sex limits the amount of talking you can do. You'll be depending more on your ability to channel energy and your partner's ability to read your arousal level.

- 1) Find a comfortable position where you can each orally pleasure your partner's genitals.
- 2) Gently caress and sensually massage each other's bodies to get turned on.
- 3) Slowly begin to focus on each other's genitals.
- 4) Give lots of non-verbal feedback using moans and movements.
- 5) If you get too close, pull out. Stop and talk about how you can peak and plateau more easily before continuing.
- 6) See how long you can make it last by going slowly and using everything you've learned so far.
- 7) If you want to come together, go for it and enjoy it.

Repeat this exercise several times until you feel adept at using all your Orgasm Mastery tools while doing each other.

Congratulations, my friend! If you've done the exercises to this point, you are totally prepared for the ultimate experience with the Ultimate Ecstatic Solution.

I hope you've enjoyed the trip so far. It only gets better once you get inside, as I'm sure you know.

Chapter 6: Lovemaking

Do you agree that intercourse is more stimulating than other kinds of sexual play? Most do, which is why after all your calisthenics, now you've graduated to the real thing. If you find manual or oral stimulation more exciting, than what's coming should be easier than the previous chapter.

The Real Thing?

Chapter 6, some would say, is the real thing. The rapturous dance I refer to as Tantric love play will have to wait until the next chapter. But you have arrived at the chapter which is all about lasting during sexual penetration. that's pretty damned real if you ask me. I call the exercises that follow VIY for Vajra-In-Yoni. Of course, in Tantra we accept anything that gets your orgasmic energy running - fucking, sucking, touching, or meditating - as sacred sex.

After a little talk about taking it slowly and choosing the best initial sexual position, we'll begin with several exercises where vajra gets to approach yoni gradually. Then we'll do some very familiar exercises: Stop-Start, Subtle Adjustments, and Sexual Breathing. You see how all your intensive practice to date will now pay off in the sack? Before we experiment with all sorts of sexual positions, I'm also going to include some Taoist techniques in which you vary your strokes to prolong lovemaking. Oooh, what fun!

The Smart Sex Talk

It's vital that you consider and discuss smart sex with a new partner before doing these exercises. Even if your partner is a woman who uses birth control pills or another device, YOU need to be responsible to avoid the possible spread of STDs (sexually transmitted diseases). See the section of Chapter 8 which presents some detailed information about making sex as safe as possible.

No matter your situation and skill level, you'll want to take precautions against unwanted pregnancies. If you're with a long-time monogamous partner and you're sure that you've both been completely faithful, you probably feel secure making love without condoms for STD protection. If you're with a newer partner, we recommend two sets of tests for STDs including HIV (the AIDS virus), six months apart, before playing freely. Regardless of your situation, I strongly recommend that you talk freely and honestly about pregnancy and STD protection. Then, make a clear mutually-comfortable agreement before you begin.

6.1 Patience, My Friend

Although these methods are extremely effective, it might require weeks of practice before you get it just right. Some say this is a six-month program. Oh no, not weeks or months of making love over and over again? Yes, I'm afraid so. Again, it's doctor's orders. Most sex therapists agree that, if you're willing to bite the bullet and practice enough, your chances are 95 percent to favor of developing the confidence to last longer.

However long it takes, hurrying can only build tension and slow you down. Compared to how long you've been slipping past 9.9 without choice and how many decades of extended sexual play you have ahead of you, what's a few months of playing with fire?

You get my point? You've heard it before. Be patient and don't put too much pressure on yourself. That's an order! Got it?

If you don't succeed beyond your wildest dreams the first few times, please shrug it off and remember that you're working towards something that's not a quick fix. It's a "baby steps" kind of deal. If you still have trouble after weeks of practice, don't hesitate to contact me or a local sex therapist for some extra guidance in order to close the deal.

To Fore Play Or Not To Fore Play?

You might be tempted to do these VIY (Vajra-In-Yoni) exercises without foreplay. I used to believe that the less stimulation I received before inserting vajra the better, hoping the initial abstinence would make me last longer. I was wrong. Maybe I lasted a few extra minutes, but I would soon rise to a peak very quickly and cum anyway. That was before I knew how to run energy and enjoy myself in a variety of ways for extended periods of time.

Now, I really desire lots of whole-body foreplay to get my energy moving first, like the typical woman. When I start by getting revved up into that pleasure zone where I just want to float with ecstatic feelings swirling throughout my body forever, slow-at-first penetration is fantastic for both of us. If we only have time or energy for a quickie and we rush penetration, often, I find that it's just a biological experience. We call that a "first-chakra" event.

Don't get me wrong, I like all kinds of fucking. But now I realize that it's risky to us highly sensitive types to begin sexual play while our energy is concentrated in our genitals. Besides, since quick genital play doesn't turn me on all over, whole-body implosive orgasms are unlikely. So I guess you can see why I'm such an ardent fan of foreplay. Of course, as with any suggestions in this book, feel free to try your own approach and do what works best for you.

How Often Do You Do It?

While we're on the subject of fore play, let's take a moment to consider the effect of frequency of lovemaking on sexual stamina. You know what I mean - how often you do it affects how long you can do it for. If you make love every day or two, not only do your skills stay sharp, but you loosen and spread the energy that naturally concentrates in your first chakra. If you only make love every week or two, you'll be collecting and storing your sexual juices down there. When I'm sitting on a reservoir of orgasmic electricity, I'm certainly more sensitive and likely to explode easily.

This isn't supposed to be a sales pitch for moving in together if you're not or getting married. Just another liberal dose of reality. What should you do about it? The obvious response is practice with a partner more often. If you don't have time, then you might want to examine your priorities. If sacred sex

is taking a backseat to other energies in your life, then mastery of the moment will be harder to achieve. In this case, you might say you're getting what you planned for.

Frequent self-pleasuring to stimulate and run energy can help. I'm primarily talking about the kind of play that culminates in implosive orgasms. Of course, using ejaculation to blow off the energy that accumulates can make you less excitable when you finally do connect with a partner. But somehow, getting myself off doesn't sufficiently calm my excitable system. I really need to regularly merge with female energy to stay in the flow.

Regardless of how hard we try, we all sometimes end up separated for days or weeks. In this situation, my advice is to take it easy and cut yourself some slack. Let your partner know how excitable you are and expect you'll need to go real slowly. Sometimes Jeffre and I just agree on a blow-out explosive orgasm to clean out our chakras. Then some hours later we can more comfortably relax into the sacred space of ecstatic love play.

6.2 Sexual Positions

The position you're in while fucking can affect your ability to maintain arousal without ejaculating. Most experts agree that the typical 'missionary' position with the man on top of his partner is not the best to extend lovemaking.

When you're on top, you have to support your weight. This generates muscle tension in your arms, shoulders, back, and legs. Along with the added excitement, thrusting motions increase this tension and cause more fatigue. Like most guys, you'll probably clench your pelvis, butt, stomach, and rosetta while pumping from above. All of this can reduce relaxation and increase your chance of slipping past 9.9 against your will.

Who Takes The Upper Bunk?

Many men find it easier to prolong lovemaking with the woman on top, because there's less muscle tension and greater relaxation. This position also reduces

some men's sensitivity. You'll find the exercises in this chapter start with you underneath for these reasons.

Try laying on your back with your partner on top, allowing her to control the old in and out. In this position, she can support her weight relatively effortlessly by kneeling. In addition to reducing tension and excitement, you can more easily guide your partner's motions this way. Many women like being above because it gives them maximum freedom of movement, enhancing their pleasure without the feeling of confinement underneath. Not to mention that the "superior" woman arrangement frees both partners' hands for sensual touching all over.

I know some men have a problem with what they call the "inferior" position. If you're one of them, getting used to being on the bottom will require an adjustment. If you need convincing to try it, just chalk it up to an essential step in your spiritual transformation. Tantra teaches that we're each responsible for our own pleasure. Your primary concern should be on consciously surrendering to receiving pleasure, whatever the position is. If you haven't dropped that old macho thing and accepted the fact that we're all in this together to exchange ecstasy, then it's time for you to start.

A Smorgasbord Of Positions

Later on in this chapter, we'll practice other sexual positions: you on top, side by side, scissors, spooning, doggie style, and even standing. Some are more exciting and some are less, depending on your and your partner's anatomy. Experimenting is the order of the day. Bummer, you've got to try it a bunch of ways and see what works best for you both.

For me, I think the woman on the bottom is the least stimulating most of the time. I've learned to ride the wave with me on top, mostly because I get to stop, start, and make subtle adjustments. The most stimulating position for me is with my partner's legs tight together, either when I'm on top with my legs outside hers, or lying on top entering from behind.

My friend, Jay, has a different favorite position that extends lovemaking which he calls "99". To enter 99, you engage starting from the yab-yum position, with the woman sitting on the man's lap with both of your legs stretched out. To enter 99, simply lean back from the yab-yum position until you're both laying flat on your backs. Stroking in this position strongly rubs the top of vajra, the least sensitive surface, on your partner's G-spot.

Later on I'll give you some guidelines to try all these positions so you can identify your favorites for Tantric love play.

6.3 Approaching Slowly

We're going to precede thrusting with several exercises that will gradually accustom vajra to yoni's stimulating energy. Partly, these slow and gentle practices are to help you relax. Partly, they are the fundamental nature of Tantric lovemaking, slow and meditative. And partly, these exercises let you tune in to energy, your most valued partner in the Ultimate Ecstatic Solution.

There's only one strict Tantric guideline you need to remember at all times during the coming assignments. Any respectable vajra enters a yoni only with permission. Even if you're with a long-time partner, please ask first each and every time.

Exercise: VNY (Vajra Near Yoni)

First, we're simply going to introduce vajra to yoni and her environment. This is a gentle way for vajra to acclimatize to yoni's warm, moist, and powerful energy field. Be sure you remember to breathe and find positions in which you can relax as much as possible. As you feel your energy rise, be sure to visualize it moving up your inner flute.

You'll need to use your judgment about applying a lubricant during this exercise. It's less stimulating, of course, to do this dry. If you go too fast or use too much pressure with a partner who isn't wet, it could cause uncomfortable friction for yoni without lubrication. If you're not sure which way to go, I suggest you begin sensitively and add some massage oil or lubricant when you need it.

If you're working with a long-time partner with whom you share unprotected sex, you can do this whole exercise with a soft vajra. You can do it with a shiva lingam (an erection), but it's not necessary. There's a great book I strongly recommend about Tantric lovemaking called The Love Keys by Diana Richardson. She advocates initial yoni penetration with a soft vajra as a normal routine. So start wherever you're at and let whatever happens happen.

By the way, the final steps of this exercise suggest contact with yoni's inner lips. For this phase, you'll want to use protection with a new partner. Though the exercise is designed to acclimatize vajra, teasing yoni like this can be very exciting to your partner. If she gets really turned on, agree to pleasure her any way she wants after you clearly end the exercise.

- 1) Ask your partner to lay on her back with her legs spread and stay as still as she possibly can throughout the exercise.
- 2) Ask your partner what kind of external lubricant she prefers if any. Discuss when you might apply it. Have it handy before continuing.
- 3) Sit between her legs with your legs extended under hers. You can also do this kneeling. Move your pelvis up close and personal to yoni. Grasp vajra's shaft with one hand, leaving the head exposed.
- 4) Move your hand and body to allow vajra's head to slowly and gently touch your partner's belly, hips, legs, and thighs. At first, stay away from the immediate pubic region, clitoris, and yoni's lips. If you're hard enough, you can rub vajra's head and shaft anywhere he reaches. Continue this distant circling for a few minutes at least or until you feel your excitement begin to diminish. Before moving on, check in with your partner to see how she's doing and if any adjustment is needed for comfort.
- 5) Gradually move vajra's head closer and closer to yoni, at first lightly brushing her pubic hair.

6) Next, gently and slowly rub vajra's head in circles around yoni for a few minutes. Move up one side of the outer lips, circle above clio, slide down the outer lip on the other side, and slip across to the other side below yoni's opening.

7) Before getting any closer, reverently ask your partner's permission for vajra to approach yoni. When you're welcome, touch vajra's head to yoni's inner lips. Again, move in slow gentle circles without penetration for a few minutes. (If you've agreed to condom use, you'll need to be hard and suit up first to do this and subsequent steps. I'm sure your partner will help if you ask sweetly.)

8) Now, with permission, rub vajra's shaft up and down yoni from top to bottom in long slow strokes. Start by both of you rotating your hips forward. Place vajra's shaft on clio lightly and ever so slowly slide vajra down until his shaft passes yoni's inner lips. Then slide up slowly. Continue this for a few minutes until you're accustomed to the excitement, increasing the pressure according to your arousal level and your partner's desire.

9) Finally, hold vajra's head in your hand. Place vajra's head lightly on clio and slide his head down between yoni's inner lips. Then move vajra's head back up again and caress clio for a few moments. Increase the pressure and speed according to your arousal level and your partner's desire.

That's all there is to getting vajra acclimated to yoni's exciting environment. If this is super exciting, you might want to repeat this exercise several times. Jeffre and I do it all the time, just for fun. The VNY exercise is vajra's favorite way to gear up for penetration when he starts out soft. I rub vajra around yoni and clio, guiding with my hand. Invariably he quickly gets hard enough to enter yoni with a seamless transition.

Exercise: Gradual Insertion VIY

This practice is a VIY (vajra-in-yoni) version of the sensory focus exercises you did in Chapter 3. Here, you'll insert vajra as slowly as possible, relaxing, breathing, and opening your senses as widely as possible. I do this every time I enter a yoni, whether it's with a finger, tongue, or vajra.

Initial penetration is such an exciting sexual doorway that it's one of the most difficult times to relax and enjoy. I find most women love this slow, teasing, subtle approach anyway. They regard the sensitive and gentle entry as reverent - your way of honoring the Goddess they represent.

1) Lay down together in a comfortable position and sensuously stroke each other's body as you do sexual breathing.

2) Find a comfortable sexual position for both of you where you can see both vajra and yoni. (It's not essential for the woman to be on top for this exercise.)

3) If you don't get hard from the sensual massage and breathing, ask your partner to pleasure vajra until you do. (Put on a condom here if agreed-upon.)

4) If your partner desires more stimulation before penetration, pleasure her manually, orally, or using the previous VNY exercise until she's ready. Use lubrication if she prefers.

5) Ask reverently before beginning insertion. A Tantrika might say *"May vajra visit your secret garden?"*

6) Place vajra's head on yoni's inner lips. Remain there for a few moments simply feeling the energy, spreading it around your body, and letting your excitement relax. Use your breath and PC to pump the energy up.

7) Advance vajra's insertion into yoni carefully and gradually. I recommend beginning with quarter-inch increments between pauses. After each little thrust, relax, breath, and spread the energy. Time your movements based on how long it takes your arousal to diminish. One Taoist school teaches 15 deep breaths for each inch of insertion. (If you get too excited, use sexual breathing, PC clench, perineum press, root lock, vajra squeeze, scrotal pull, or even withdrawal to avoid exploding.)

8) When vajra is completely inserted, remain still, simply feeling the sensations.

9) Stay in this position as long as possible, savoring the energetic connection. As vajra gets soft, he may remain inside or slip out. Let him do his own thing. You've learned clearly that he's got a mind of his own, right?

You may require repeated attempts to relax during Gradual Insertion without an explosive orgasm. Once you master just resting inside yoni, a whole new world of movement without cuming opens to you.

Exercise: Karezza (Still VIY)

Karezza is a still lovemaking technique first published by Alice Bunker Stockham, a pioneering female physician, in 1883. With Karezza, vajra remains in yoni for an hour or more simply feeling the delightful energy. Whether the members of the revolutionary Oneida community in New England who developed this technique were Tantric or not, I don't know. But they sure had something that we fast-paced, gratification junkies of the modern world could benefit from.

Karezza or Still VIY begins in similar fashion to the previous exercise. In this case, however, you'll use the woman-on-top position and include just enough movement to maintain a shiva lingam. You'll each have a chance to move during this exercise, beginning with 10 minutes and working up to 30 each.

1) Lay down together in a comfortable position and sensuously stroke each other's body as you both do a little sexual breathing.

2) When your energy is flowing sufficiently, move so that you're on your back with your partner kneeling over you and her legs straddling yours.

3) If you don't get hard from the sensual massage and breathing, ask your partner at this point to pleasure vajra until you do. (Put on a condom here if agreed-upon.)

4) If your partner desires more stimulation before penetration, pleasure her manually, orally, or using the previous VNY exercise until she's ready. Use lubrication if she prefers.

5) Ask reverently before beginning insertion. A Tantrika might say *"Is your perfumed garden ready for vajra to visit?"*

6) Slowly and gradually guide vajra to enter yoni as you did in the Gradual Insertion exercise. When vajra is completely inserted, remain still, simply feeling the sensations.

7) When the excitement begins to quiet, begin a few shallow leisurely thrusts. Do just enough to maintain a shiva lingam (an erect vajra). Rest as long as possible between periods of movement, feeling everything. At all times, be sure to savor as much as you can about the pleasure you're experiencing.

8) After 10 minutes of you doing the thrusting, ask your partner to do the minimum moving for 10 minutes to keep vajra hard. Now you'll both need to be extra conscious to communicate openly and frequently. Otherwise, she won't know how you're doing and how to adjust her motions to keep you excited at or below 9.

9) Together, decide how you want to end this exercise: continue alternating movement, withdrawing and doing something else, or really going for it.

Repeat this exercise, gradually increasing the amount of time you each move. Aim for 15 minutes each next time, then 20, 25, and 30. When you can each move for 30 minutes without you squirting, you're ready for more moving exercises.

6.4 Moving Exercises

Cool title for this section, huh? Finally you get to practice the old in and out. It's always been a moving experience for me.

You're far from the first person to be deeply interested in lasting longer during intercourse. There's a long history of the withdrawal technique, pulling out before cuming, dating from ancient Rome called *coitus reservatus*.

These exercises more closely resemble *Imsak*, a Arabic word literally meaning "retention." *Imsak* obviously refers to retaining your semen inside while making love. *Imsak* was apparently developed for men who needed to satisfy an entire harem each night and couldn't keep getting it up again and again after cuming with each lover.

I have to admit that I'm not really positive about the order of the next two exercises. In the first, you stay still while inside yoni. In the second, your partner stays still, demonstrating extreme loving patience. Most experts advise this sequence. The opposite order works better for me, where first I get to control sexual thrusting motions instead of depending on communication with my partner to avoid getting too excited. Read them both and decide with your partner which you want to do first.

Even though I haven't instructed you each time, you've been remembering to relax and breathe during all practices, right? In the same way, to save time, I'm not going to precede each exercise with directions to get comfortable, exchange foreplay, get vajra hard, and put on a condom if you've agreed to. You'll remember to do that during all lovemaking practices, won't you?

Exercise: Still Stop-Start VIY

Yeah, that's a funny title for this exercise. It means you remain still while your partner gets to move, stopping and starting according to your directions. Since you're very familiar with this drill in other settings, the peaking cycle should come naturally. By the way, it's great to continue kissing and sensual touching all over your partner's body when you pause between motions. Many lovers like this kind of variation during lovemaking and appreciate the attention to entire body

- 1) Lay on your back with your partner straddling you.
- 2) Ask if she is ready for vajra and guide him to slowly penetrate yoni.
- 3) When vajra is completely inserted, remain still, simply feeling the sensations until your excitement begins to lessen.

4) Ask your partner to begin moving while you remain still.

5) Be sure to communicate openly and frequently so she knows how you're doing and how to adjust her motions. Guide her using the feedback sandwich to vary how fast, deep, and energetically yoni bounces on vajra.

6) When you peak at 6, signal your partner to stop moving completely. Take a deep breath, hold it, and squeeze your PC muscle until you drop down a couple levels. You know the drill well by now.

7) Repeat peaking at 6 five more times using stop-starts.

8) In the same way, peak at 8 and 9 six times each.

Repeat this practice as many times as you need until you can last for 30 minutes without an explosive orgasm. Of course, the more implosive ones you have the better. The more you do Still Stop-Start VIY and the closer you get to the point of no return without going over the edge while being relaxed, the more you're likely to experience dry orgasms, contractions without ejaculating. Enjoy!

Exercise: Moving Stop-Start VIY

Now you get to switch roles. Your partner stays still and you move, using stop-start. Because vajra's corona and frenulum are very sensitive, some find the least stimulating place to stop is pressing into the yoni as deeply as possible. Some find the opposite true. Test it out and learn what works best for you.

As you begin developing your skill, you may need to withdraw vajra partly or completely to manage your arousal level. You can even switch to pleasuring your partner with your fingers or mouth during short breaks as you recover.

You've obviously perfected your signals and communication skills by this point. Just a reminder, during this drill don't stop moving inside without explanation. Of course, some day you may discover that you're totally in sync with each

other, telepathically knowing exactly what's going on inside your partner. Until you reach that mystical arena, keep communicating. Otherwise you can create mutual tension which we all know contributes to involuntary squirting.

1) Lay on your back with your partner straddling you. Or if you find you can regulate your movements easier from above, get on top of your partner.

2) Ask if she is ready for vajra and guide him to slowly penetrate yoni. When vajra is completely inserted, remain still, simply feeling the sensations until your excitement begins to lessen.

3) Ask your partner to remain still while you begin moving.

4) Keep communicating openly and frequently about what's going on inside you.

5) When you peak at 6, signal your partner and stop moving completely. Take a deep breath, hold it, and squeeze your PC muscle until you drop down a couple levels. Old hat, right?

6) Repeat peaking at 6 five more times using stop-starts.

7) In the same way, peak at 8 and 9 six times each.

Repeat this practice as many times as you need until you can last for 30 minutes without losing it.

Exercise: Both Moving Stop-Start VIY

You've got more to practice to completely master the Ultimate Ecstatic Solution. But you've come (not cum) so far! Now you get to experience both you and your partner moving while making love.

I probably don't have to mention it, but let me remind you that letting go with wild abandon may still cause a quick explosive orgasm. This exercise is still a

slow, sensuous, measured climb up the arousal scale. OK, now that I've preached a bit, I'll let you in on a secret.

Tantric adepts are known far and wide for their ability to please women. These "experts" make love in a manner that closely resembles how this exercise unfolds. They don't pump strenuously and continuously until their partner cums. Instead, they tease, tickle, and tantalize for the longest time. Instead of succumbing to the urge to cum that still makes an unexpected occurrence, they dance with their own energy and the rising tide of ecstasy in their partner. They're not rushing headlong towards the goal of the Big O. No, they're savoring every little sensation themselves and milking the interplay for all the pleasure it's worth.

You're learning how to do that very thing. Don't blow it now. Just keep floating in that endless sea of orgasmic energy without consciously causing the explosion. Sometimes it will visit unannounced of its own accord. When it does, surrender and let it sweep both of you away together.

- 1) Lay on your back with your partner straddling you.
- 2) Ask if she is ready for vajra and guide him to slowly penetrate yoni. When vajra is completely inserted, remain still, simply feeling the sensations until your excitement begins to lessen.
- 3) Ask your partner to move slowly while you move as well.
- 4) Both of you should keep communicating openly and frequently about what's going on inside each of you.
- 5) When you peak at 6, signal your partner and both stop moving completely. Take a deep breath, hold it, and squeeze your PC muscle until you drop down a couple levels.
- 6) Repeat peaking at 6 five more times using stop-starts.
- 7) In the same way, peak at 8 and 9 six times each.

Repeat this practice as many times as you need until you can last for 30 minutes without squirting.

6.5 The Art Of Fucking

Yes, my titles are getting more and more descriptive. Why not consider how you move vajra in and out of yoni an art? As your love stamina increases, a whole range of possibilities opens up to you. You can always resort to fast animal pumping when you really want to. But let's put our attention on S.E.X., Subtle Energy eXchange, and creating a spiritual merger instead of an Olympic strength event.

The final exercises in Chapter 6 are about extending your growing skill to more closely resemble spontaneous lovemaking without structure. Instead of stop-start, we'll now use the familiar subtle adjustments to peak and plateau, followed by sexual breathing to channel energy up and away from your hot spots. At last, I'll suggest some different sexual positions to play with.

Exercise: Subtle Adjustments VIY

Subtle Adjustments VIY begins just like the previous exercise in which you both moved and stopped when necessary to avoid slipping past 9.9. Here, you'll use subtle adjustments to get your excitement level to back off. Of course, those changes are different when you're inside yoni and not using a hand or two.

For example, while you're still underneath on your back, you can slide your body up towards your partner's head. Then the angle of vajra's entry will be more perpendicular instead of straight up yoni towards your lover's head. The advantage of this higher angle of entry is that there's less friction on vajra's more sensitive underside. Women like this because it increases stimulation on clio (their clitoris).

Or you can shift from straight in and out strokes to circular or side-to-side rocking motions. For many men, these strokes provide less stimulation to

vajra's sensitive head. Circular strokes can rub clio with your lower belly or grind your pubic bone on your partner's. Jeffre especially loves this kind of circular grinding.

Another way to lessen your excitement while inside yoni is to use shallower strokes. Not only do shorter thrust tantalize many women, but moving less without completely withdrawing can help you last longer. Since the outer third of yoni is more sensitive, many women prefer these shallower vajra motions. Further, shallower thrusts excite clio by pulling more on yoni's outer walls.

The tantalizing effect of these adjustments provides more evidence that deep fast pumping may not be the most stimulating for many women. Why do hump away non-stop and make yourself cum quickly just because of some porno-flick-inspired fantasy?

- 1) Lay on your back with your partner straddling you.
- 2) Ask if your partner is ready for vajra and guide him to slowly penetrate yoni. When vajra is completely inserted, remain still, simply feeling the sensations until your excitement begins to lessen.
- 3) Ask your partner to move slowly while you move as well.
- 4) Both of you should keep communicating openly and frequently about what's going on inside each of you.
- 5) When you reach 6, instead of stopping, vary what you're doing to reduce the excitement a few points (for example, down to 4). Slow down, change position and direction, thrust more shallowly, or lighten the pressure of your strokes. Peak like this six times.
- 6) Repeat subtle adjustment peaking six times at 8 and then at 9.
- 7) Now, use subtle adjustments to plateau, first at 6, then 8, and then 9 or more.

If you want greater structure, try the Taoist 9 and 1 technique. Taoist sexual texts recommend that men use more shallow strokes than deep ones to retain their semen while exciting their lovers. Thrust according to the following regimen...

3 shallow then 1 deep - repeat 81 times

5 shallow then 1 deep - repeat 81 times

9 shallow then 1 deep - repeat 81 times

As you develop more and more mastery, the Taoists suggest you repeat this sequence with 2 deep thrusts instead of 1, and then with 3 deep thrusts using vajra's entire length instead of 1.

When you can regulate your excitement level subtly, what's to keep you from going forever? You're really getting close to graduating now. Just a few more titillating variations ahead.

Exercise: Sexual Breathing VIY

As you've done before with self-pleasuring, your next assignment is to use sexual breathing to channel the energy throughout your body.

- 1) Lay on your back with your partner straddling you.
- 2) Ask if she is ready for vajra and guide him to slowly penetrate yoni. When vajra is completely inserted, remain still, simply feeling the sensations until your excitement begins to lessen.
- 3) Ask your partner to move slowly while you move as well.
- 4) Both of you should keep communicating openly and frequently about what's going on inside each of you.
- 5) When you reach 6, instead of stopping, slow down slightly. Open your eyes wide, inhale more deeply into the belly, but this time through the NOSE, and

hold your breath. Relax completely as you exhale, visualizing your sexual fire streaming out of vajra, and moaning with pleasure to release energy.

6) Inhale again through the nose, visualizing that pleasurable energy moving up vajra through your pelvis to your heart and higher. Use one long or several short PC Pumps to help you shoot the energy upwards. Peak like this six times.

7) Repeat peaking using sexual breathing six times at 8 and then at 9.

8) Now, use sexual breathing to plateau, first at 6, then 8, and then 9 or more.

As you get more comfortable with your ability to maintain a high level of excitement, you'll be able to float closer and closer to 9.9. The more you relax and open to orgasmic energy, the more you'll experience implosive orgasms. You will find that, as you learn to handle more and more energy, your point of no return gets higher and higher.

Exercise: Different Positions

If you've followed my directions so far, you've been practicing almost exclusively with your partner on top. If you haven't, I applaud you for moving ahead at your own pace. Regardless, it's time to play with the other sexual positions available to adventuresome Tantric students like you. This exercise will be more freeform than previous ones. As you experiment, use everything here that works for you.

Below I've listed multiple variations of the five basic sexual postures: woman on top, side to side, man on top, rear entry, and facing positions. They're arranged in the order that I believe goes from least to most stimulating. What's the best order for experimenting? There's no scientific standard, so pay your money and take your chances.

You remember the old joke about the octogenarian at a sex lecture who yelled from the back row that he'd tried 101 postures. After the laughter died down and the speaker started describing the missionary position, the geezer jumped

up screaming "102, 102!" Well, I probably haven't covered every position here, and certainly haven't detailed the exact arrangement of your limbs in each case. This exercise is included to stretch your comfort zone around postures you might not otherwise experiment with. With perseverance and a little luck, you just might find combinations that turn your partner on while maintaining your excitement at a manageable level.

As you try out different postures, keep your attention focused on your arousal and your sexual energy. Which positions turn you both on the most? Which strokes please you both the most in which positions? In which postures can you relax the most? In which positions can you sexually breathe - rock your pelvis, breathe in the belly, squeeze your PC - with most effect? Which postures allow your energy to flow up your inner flute the most?

Woman On Top

If you haven't tried these options, experiment with different positions before moving on...

- man flat on back, woman kneeling over him, leaning forward, facing towards his head
- man flat on back, woman kneeling over him leaning back
- man flat on back, woman squatting, bouncing on her feet over him
- man on back with knees bent and hips raised, woman in any of above positions.
- man on back, woman laying flat on top of him
- man on back, woman straddles him facing towards his feet

Side To Side

The advantage of side-to-side positions is that the man can vary his thrusting without the effort of supporting himself. Also, all four hands are free for other stimulation. I really like playing with Jeffrey's clitoris when we're making love in this position...

- woman on back with legs up, man on side with his legs under hers
- woman on back, man on side, with legs intertwined (scissors position)
- woman lies on side with legs drawn up towards chest, man kneels behind her

Man On Top

Of course, we have to practice with the missionary position. Did you realize how many variations there are? Check it out...

- woman on back, man laying on top of her, his legs stretched out between hers
- woman on back, man's legs stretched out between hers, weight on his hands
- woman on back with her legs stretched out, man squats with knees together between her legs
- woman on back, man squats with knees spread wide with her legs on top of his thighs
- woman on back with legs bent back, man on top, her knees or legs on his chest or shoulders
- woman on back, man on top with one of her legs on his chest or shoulders
- woman on back with legs stretched out, man on top with one of his legs inside and one outside hers
- woman on back with her legs together with man lying on top
- woman on back on side of bed with legs spread, man standing leans over her

Rear Entry

Rear entry positions are some of the most exciting for me. Maybe that's because the woman's legs are closer together creating more friction on vajra's sides. The disadvantage of these positions is that communication is more difficult since you can't maintain eye contact. Being past my gymnastic prime, I have to admit that I've never tried the last one...

- woman lying flat on stomach, man lays on top of her
- woman lying flat on stomach, man on top with legs on either side of her
- spooning, man outside woman both lying on their sides
- scissors spooning with legs intertwined
- doggie style: both on knees with man behind
- woman lies face down over edge of bed, man stands behind her
- woman crouches on hands and knees or with legs straight, man stands behind her and embraces her waist with his hands

Facing

Facing positions are some of the most demanding physically but satisfying energetically. By facing each other, it's easier to align your chakras and channel your energy upwards. The delight of yab-yum, the classic Tantric lovemaking position, provides great motivation to go to the gym regularly or develop greater flexibility with Yoga postures. Speaking of which, some of these positions are much easier when sitting on a hard meditation pillow like a Japanese zafu. I've never succeeded at the last one of these either...

- yab-yum: man sits cross legged or straight legged, woman on his lap with legs wrapped around him embracing his neck while he embraces her back
- alternate yab-yum: man sits cross legged or straight legged, woman squats on his lap with legs supporting her on the floor
- from yab-yum, both lean back propped and support selves with arms behind
- 99: both lean back from the yab-yum position until laying flat on the back
- woman leans back propped up by pillows with legs outstretched, man kneels between her thighs
- man sits on an armless chair, woman straddles him sitting on his lap
- man sits with legs outstretched or crossed, woman sits on lap facing away from him
- woman sits on edge of bed with legs outstretched or crossed, man stands and enters her
- both standing, with one of the woman's legs resting on the man's hip

You see there's lots of arduous practice ahead of you...

- 1) Discuss which positions you want to try before you begin making love.
- 2) After sensuous touching, move into the first position you selected and, with permission, insert vajra into yoni.
- 3) Slowly move together, monitoring your arousal level, peaking several times at 6, 8, and 9.
- 4) If you find this posture too arousing, use stop-start, subtle adjustments, and sexual breathing or even ejaculation interruption techniques to avoid going over the top.

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- 5) Try other positions, peaking at increasing levels several times.
 - 6) When you find a position that's exciting for the both of you, play with plateauing as long as you like.
 - 7) Is it time to go for simultaneous orgasm? You decide.

Don't try to practice with every position and variation during one lovemaking session. Repeat this exercise trying several at a time. When you've explored them all, you'll know what you prefer and what you can through in for variation at different times.

Congratulations on your advanced lovemaking skills. By arriving at this point near the end of the Ultimate Ecstatic Solution practice program, you've changed your skills and patterns tremendously. Now, at last, you have the credentials to qualify for the secret rites of Tantric lovemaking (most of which you've already figured out, I bet).

Pop Quiz

Here's your ticket to moving on. Answer the following questions honestly:

- 1) Do you still sometimes feel a strong urge to cum?
- 2) Do you fight it or beat yourself up about it?
- 3) Do you know how to direct the energy that's causing this urge upward and inward without always exploding outward?
- 4) Are you ready for dancing with all you know in the altered space of continuous rapture?

Now let's score your test.

- If you answered yes to (1), score 1 point. If you answered no, it's hard for me to believe, but score 1 point with gusto.
- If you answered yes to (2), you need to practice releasing your inner struggles more. You get 1 point for knowing yourself and answering honestly. If you answered no, well, again it's hard to believe but still score 1 point.

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- If you answered yes to (3), score 1 point. If you answered no, score 1 point for honesty. But I strongly suggest you go back and practice more before continuing.

Regardless of your answers to (1) through (3), your answer to (4) determines whether you're ready to move on to Chapter 7. Yes, they were all trick questions. Would you expect any less from me after all we've been through together?

Chapter 7: Tantric Mastery

Welcome, my friend, to the Ultimate Ecstatic Solution. By arriving here, you've developed all the faculties to perfect your Tantric mastery of lovemaking.

This chapter is all about the last R of RAMPER, which is Ride the wave. It's a wave of orgasmic energy, of love bliss, of ecstatic delirium, of spiritual rapture. Once you experience it fully, it will transform your life. It's only fair for me warn you at this point that you won't be satisfied with pure animal lust anymore. When you taste your connection to the divine, you'll want to stay there, at home spiritually, basking in the mindless serenity. Sorry, sometimes I get carried away waxing poetic while trying to describe the indescribable experience.

Though by this point you're no stranger to what Tantra is all about, Chapter 7 presents the Tantric vision in its entirety. Afterwards, I'll segue into a thorough comparison of Tantric lovemaking with everyday garden variety sex, and then remind you about how to use the tools you've learned. There are only two practices in this chapter: preparing for Tantric love and experiencing it. I call the last one the Shangri-La exercise. There's little doubt that you'll want to do these again and again and again.

7.1 The Tantra Vision

"Tantra is a cult of ecstasy, a personal religion based on the mystical experience of joy rather than established dogma. Sex is holy to a Tantric. It is worship; it is energizing and life-giving. Tantric art, writings, and religious rituals glorify sex. Tantrics are anti-ascetic; they affirm life. They teach the discovery of the divine through the exaltation of the total human. They use all of the senses, the mind and the spirit to reach mystic peaks."

Kamala Devi, The Eastern Way Of Love

What Is Tantra?

Tantra is an ancient Eastern spiritual system of sacred sexuality. Being a spiritual art and practice, Tantra is primarily a way of life leading to deeper meaning and enlightenment. Tantra accepts all natural forces just the way they are. It guides you to harness the raw power of love and sex to fuel higher consciousness and promote transformation.

The word Tantra comes from the roots "expand, extend, and weave." Tantrikas extend their awareness, heighten their sensitivity, expand their consciousness, and weave all the energies of life together to affirm joyous living. It's not a religion based on faith, dogma, or right living. Since it's not really a philosophy either, it has no rules, qualifications, or requirements. There's no code of behavior, no punishment for sin, and no pot of gold waiting for you in the afterlife at the end of the rainbow.

Tantra is just a natural approach to experiencing each moment. It says "Yes!" to everything you experience. To be Tantric, you simply accept yourself as a divine reflection, practice self-love, and show gratitude for all you receive. Tantrikas welcome all aspects of life, whether they're frowned upon by society or not. Adepts exult in living each moment completely, and practice pleasure as a high-priority discipline.

Tantrikas celebrate sexuality above all else. The Tantric path employs sensuality and erotic play to expand consciousness through the transformative power of orgasmic energy. Tantrikas deliberately induce altered states of ecstasy to create a mystical experience of transcendental oneness with the universe. We figure, why not enjoy ourselves while we're evolving?

Ancient Tradition

Tantra grew up thousands of years ago in India, China, and Tibet as a grass-roots rebellion against the repressive religions of the day. Back then, to even reach for enlightenment required lifetimes of denying desire and doing penance for past-life karma.

Tantra opened the doors of spiritual evolution to everyone. Tantric adepts needed to master 64 wide-ranging arts and sciences including music, flower arranging, martial arts, dance, mathematics, massage, business, healing, astrology, fine arts, alchemy, and warfare. The art of love was foremost among them.

The earliest Tantras - secret writings - exalted the cult of the god Shiva, one of the primary Hindu deities, and his consort, the goddess Shakti. Hindus believed that Shakti created the universe by uniting spiritually and sexually with Shiva. This erotic love creation-myth certainly builds different core values than the Adam and Eve story that most of us learned as kids. Here is just one example of Tantra's pragmatic non-dogmatic approach to living. We borrow myths, principles, and rituals from other disciplines that help our inner beings grow. But we don't use them to judge, grade, or police our behavior.

Today, Tantrikas revere Shiva as the pure embodiment of the masculine force culminating in cosmic consciousness, and Shakti as the feminine principle embodying pure creative energy. This isn't worship of supreme beings as in other religions. Rather, it's our way of honoring the forces of nature that exist within all of us. We simply use Shiva and Shakti as convenient symbols to focus the growth of our own divine qualities. In short, Tantrikas honor our inner male or female regardless of our biological gender.

Wake Up And Smell The Roses

Tantra is about living life to its fullest. The heart and soul of Tantra is raising consciousness. Tantra teaches us to be more and more aware of our connection with all things. So many people are swept through life looking at pictures in the mind instead of living moment to moment. They spend their consciousness by dwelling on the past, plotting the future, and comparing the current state of affairs to a set of pre-recorded subconscious tapes.

To counteract this programming, Tantra teaches us to pay more attention and focus our minds on the present. Tantra teaches us to be supremely conscious of everything that happens while we watch and enjoy. Tantra teaches us to exist in this moment, become totally absorbed in the "now," and open our

windows to the world fully. We do this by heightening our five senses - sight, smell, taste, touch, and hearing. We become dedicated to enjoying the physical fully by reveling in eating, drinking, massaging, dancing, and making love.

But even more, we're talking about knowing ourselves and the world around us as more than just material shells. In Tantra, complete honesty and authenticity about our truth is essential for spiritual growth. We learn to observe ourselves, accept the wisdom of our heart, and shine bright light on our inner knowing. This kind of spiritual evolution can only lead each of us to a clearer idea of our deeper selves - who we really are.

If we get to know ourselves better, will the truth really set us free? What will we find underneath all those layers of old baggage hiding the real inner self?

Your Natural Self

Tantra believes that our essential make-up is love and that our true nature is blissful. Inside each of us is a spontaneous, joyous, playful, childlike spirit who wants to be free to savor everything and love everyone. In addition to being artistic, creative, and powerful, Tantrikas practice the revelation that humans are fundamentally sexual beings. We honor sex as a celebration of life and a desire to merge our souls with each other.

Why don't most of us behave that way if that's our basic nature? Modern Western upbringing doesn't teach us these underlying values of self-love and enjoyment of life. Instead, we're made unnatural by social conditioning and by moral codes that don't serve our inherent make-up. All these do's and don'ts produce inner struggles against our basic desires.

What can we do about our upbringing? Tantra answers: be conscious of who we are and what we want. Recognize which desires spring from our inner beings and which have been impressed on us. Don't resist healthy impulses which would inhibit our vital spirit from emerging if we avoided them. Shed the social conventions that bring us down and release the brainwashing that doesn't serve us. If we follow an impulse that's not part of our essential nature, we learn from these experiments to drop it. If we find great satisfaction

in what we pursue, we can only conclude that we've discovered more of our personal truth.

Western society artificially separates our inner masculine and feminine qualities by discouraging their development. Men are taught, for example, to hide their femininity. Tantra encourages each gender to cultivate the latent energies of the other. If men seek their intrinsic truths on the Tantric path, they'll invariably discover their soft, receptive, sensitive, and vulnerable side, without losing their masculinity. Women will discover their strong leadership, dynamic initiative, and teaching powers while retaining their femininity. These new qualities add to the strengths consistent with our outer gender which we've already learned to exercise.

Instead of creating a picture of how we're supposed to be, we operate on the principle that the way out is the way through. We fully confront the joys and stresses that come our way. Above all else, we relax and go with the flow, allowing our innate forces to run their course. We watch and learn and discover that the truth will set us free.

Just Accept It, Baby

Tantra says YES! to life. It accepts everything and forbids nothing. You won't find moral judgments here about right and wrong or good and bad. It's outlook is one of wholeness, embracing opposites as aspects of the same thing. We recognize that judgments like good and bad are based on artificial yardsticks held fast in our subconscious minds. To cast off this programming, we learn to live in harmony with whatever life serves up, whether on a silver platter or bed of thorns. That's partly why Tantrikas major in surrender - just letting things happen of their own accord without resistance. We've given up the intoxicating illusion that we can control the outside world.

Tantra says if we suppress natural inner forces, they won't disappear, they'll just fester and then insinuate their way to the surface in an unhealthy manner. Tantra teaches us to embrace all parts of ourselves and everything that befalls us. If we don't buy other's moral codes that conflict us, what's there to hide? If there's no good and bad, why not just drop guilt? If there's no right or

wrong, why not release all shame? If everything in life is divine, what's there to fear? If God is love, why can't we experience heaven on earth?

We don't fight, resist, or reject things. That kind of personal suppression can only produce mental warfare and internal stress. We release all stress as a useless struggle with no winners, only losers. We let go of the futile attempt to stop things that are happening from happening. Maybe that's what John Lennon was singing about in "Let It Be."

As a result, we have to learn to accept constant change. What we discover that's right for us now may not be the next moment. And vice versa. What's right for others - no matter how much we envy them - may be wrong for us. And vice versa. You see why Tantra doesn't establish dogma, rules, or behavioral codes? How could we follow prescribed patterns if we're responding to life genuinely in every unique moment? All we can do is risk, explore, observe, listen, and notice, choosing what brings us joy and growth and leaving the rest behind.

This whole approach to life suggests we should just give up goal orientation, enter each experience without expectations, and just live fully in each moment. But to love life and others requires that we accept one fundamental truth - even with all our judgments about our shortcomings, we're perfect the way we are. We're never going to arrive at some imagined state of perfection. Our journey is just exactly the way it needs to be.

The Body Temple

The key to joyous living is first loving ourselves. This begins with an exceedingly difficult assignment, accepting our bodies the way they are now. Here's another great example of Tantra's novel approach to life. The media and mass consciousness, having created the vision of the perfect form, encourages us to fill ourselves full of negative judgments about our anatomy. Tantrikas choose not to fall for these false standards, instead cherishing our bodies as the temples of our souls.

In contrast to other religions that view the pleasures of the flesh as degraded or evil, Tantra recognizes that our physical forms are a divine gift. These shells house our spirit and let our inner beings experience the sights, sounds, and smells of the physical world. Regardless of their size, shape, or color, our bodies deserve our unconditional love and affection just for letting us delight in all these delicious sensations. Further, they help us think, communicate, move, and act. Face it, sex wouldn't be much fun at all without a body. Don't you think life would be much duller if we were all disembodied spirits?

So Tantrikas honor their bodies. That includes looking after them, feeding them properly, and exercising them. We believe one path to God is by loving these physical gifts and cherishing all they experience. Which is why pleasure is such a central driving force in Tantric practice.

Pleasure First

Tantrikas believe in enjoying life to the fullest. Deferred gratification isn't part of the mindset. Be good, earn your ticket to heaven, and you'll be rewarded in the next life just doesn't fit in.

Tantra is the true art of living in which pleasure now becomes the central theme in each moment. Which is why for most of us, embracing the Tantric path requires a shift in priorities. We have to put pleasure first and make space in our busy lives to appreciate, enjoy, and be happy.

This isn't as easy as it sounds. It requires more than just reserving playtime in our stuffed calendars. We've got to learn to cultivate ecstasy, to surrender to sensation, and to pursue pleasure with gusto. Just when we start feeling good, many of us are conditioned to feel we're being selfish, having too much fun, or don't deserve it. We've got to unlearn the guilt and resistance that's bred into us. Our bodies need to learn that pleasure is their birthright.

We start by recognizing that we're each totally responsible for our own pleasure. It's not up to our mate, our boss, or the weather. We begin to cultivate feeling good by opening our senses fully and flooding them with stimuli. We continue by savoring the feelings they bring. We employ the

bedrock of Tantra, practicing pleasure. Yes, we teach ourselves to increase our capacity to enjoy, accept more and more sensation, and value it more through Tantric practice. That's why our teacher, Margot Anand, is so fond of saying "pleasure is a discipline."

Now can you see where sex fits into the Tantric scheme of things as the biggest teacher and fuel for transformation?

The Art And Science Of Sex

In Tantra, sex is an art and a science. We explore it fully and comprehensively, immersing ourselves fully just like we do with every other part of life. Of course, this is a major challenge with arguably the most repressed aspect of modern life.

Learning the full appreciation of sex teaches us to delight in our bodies and welcome pleasure. Engaging in uninhibited sex requires growth from all of us who've grown up in the modern world. We carry more moralizing, shame, guilt, and anxiety into the bedroom than anywhere else in our lives. If we learn to fully embrace sexual pleasure, we embody the ideals of a Tantric life. If you can become fully natural and spontaneous with sensual play, then you can probably do it with any of life's forces. That's why eroticism played such a fundamental role in ancient Tantra's 64 Arts.

Through conscious practice, Tantrikas become better lovers. Our experience deepens and opens new levels of intimate communion. We heal our wounds, lose our inhibitions, and release our inner blocks by seeking higher and higher states of ecstasy. Our erections become stronger, we make love longer, and we experience bigger and better prolonged orgasms.

Tantra wasn't designed as therapy for our sexual hang-ups and limitations, it just sometimes turns out that way. When we relax, exercise our erogenous zones, and enjoy our bodies, we often run into the old baggage that blocks our excitement. We discover that old pains, wounds, and trauma are stored in our tissues. Instead of focusing on problems, Tantric practice heals purely through

the committed pursuit of pleasure. By opening our energy channels, we work through any resistance that surfaces. We're left cleansed, relaxed, and free.

Though Tantrikas become highly skilled lovers, Tantra is not directly about sexual techniques. It's more meditation than athletics. We follow no set pattern without expectations or measurable goals. We don't rush through foreplay to get to the main act and judge success in the sack by making our partner cum. Instead, it's about S.E.X., which means Subtle Energy eXchange. Ultimately, S.E.X. is any touching, moving, or meditating together that connects lovers' inner vibrations. We operate on a different plane than just the genital friction of intercourse.

Communication

Tantric sex uses the same body parts and physical actions, but unfolds much differently than the average quickie hurtling downhill to explosive release. It's slow, spontaneous, and conscious. It's open, intimate, and mutual. It more closely resembles a team sport like football or basketball than individual performances like gymnastics or sprint swimming.

Tantric lovers know that they're each responsible for their own pleasure. They recognize that erotic experiences begin within. They know what they like, what they want in the moment, and what they'd prefer to leave out of each encounter. They ask for what they want, voice their reactions, and give lots of feedback. And they do it in a way that enhances intimacy and contributes to the sensual mood.

There's no agenda to Tantric love play. It's all about feeling pleasure, nothing more and nothing less. Since we have no goal of giving or receiving orgasm, Tantrikas enter into sacred sex without expectations. Performance anxiety - am I doing it right? - disappears along with any mystery about what's happening with our partners. It's more like synchronized swimming with telepathic communication.

Obviously, this kind of authentic interplay requires knowing, accepting, and loving yourself fully first. Then you can be scrupulously honest, totally real,

and refreshingly transparent with your innermost desires. Which leads to knowing, accepting, and loving your beloved.

Too many of us judge our partners according to some hidden inner picture of the perfect lover. When a man isn't aware of his inner female, he tends to unconsciously project standards and requirements on to his partner. And the reverse is true for women. When we each intimately know our internal opposite gender, our inner male and female can accept, honor, and love each other. Only then can we fully embrace our outer beloved unconditionally.

Energy Is Life Force

Tantric sex is about mastering energy, the vitality of life. Everything in the physical universe is in motion due to energy flowing. The cells in our bodies, the blood in our veins, the electrical impulses in our nerves all continuously vibrate inside.

Energy is the physical oscillations that our bodies feel all the time. If not for feeling energy moving, how would we become aware of being turned on, angry, nervous, or in love? We feel energetic sensations in our body: the heat that spreads in waves, the arousal that raises goose bumps, the tingles and tickles that titillate.

The energy Tantrikas work with is the nervous stimulation and physical excitation that causes these feelings. The strongest energy that most people experience is just before an orgasm. So we often target "orgasmic energy" in our exercises and rituals. But it's all the same electrical and magnetic life force in our bodies.

Tantra teaches heightened awareness of these subtler, finer frequencies. Most people don't notice them because their receivers haven't been tuned to pick them up. That's partly why we delight in exploring our senses of taste, sight, smell, and sound as well as deeper appreciation of sensual touch. Because energy flows where attention goes, we learn that our consciousness becomes our most powerful energy focusing tool. We learn to harness these subtle

vibrations - guiding the flows, channeling the energy - which ultimately become powerful tidal waves of ecstasy.

In China it's called *chi*, in India it's called *prana*, in Japan it's called *ki*, but it's all energy. We're talking about the same life force that pervades our bodies, minds, and souls. Tantra teaches that energy is generated and stored in each of our seven chakras. Chakras are centers or vortices inside the body from the bottom of the spine to the top of the head where subtle energy is generated, collected, and stored. At each center, the energy swirls with different qualities. When we talk about orgasmic energy, we're referring to vibrations of the sex chakra at the pelvic floor. At the heart, it's the warm embrace of love. In the brain, it fuels higher awareness. At the crown, it connects us to the spiritual plane. This raises the question of why Tantrikas refer to sex as sacred.

Sacred Sex

Though it's only one of aspect, Tantra is often referred to as sacred sexuality. Is it because Tantric practice is a way to bring sexuality into harmony with spirituality? Is it because we treat love play an expression of spirit? Is it because we view sexual love as a sacrament and sacred union? Yes, but there's more.

Tantrikas make love on multiple levels: sex, heart, and spirit. That's how we connect lust, love, and the divine. We can call that kind of sex spiritual, we can call it intimate communion, or we can call it meditation. Merging energies brings us closer to our intrinsic holistic nature.

The moment of orgasm is the closest most people come to communion with their inner being and God/Goddess. Tantra teaches that this experience is a brief glimpse into our true divine nature: ecstatic in the body, compassionate in the heart, empty in the mind, blissful in the spirit. To get a taste of this exalted condition, just imagine the powerful experience of prolonged and multiple orgasms. We believe enlightened beings like Buddha or Jesus lived in this state of continuous orgasm with the entire universe without sexual arousal.

That's why Tantric ritual often includes honoring each other as reflections of the divine. We choose to look through the outer shell and see into ourselves and our beloved as a God or Goddess. Sex is sacred because we treat it as a divine gift. We approach love play as if entering a holy temple. We enter into Tantric ritual as a path to liberation of body, mind, and spirit.

Ecstasy Orgasm

We all build up sexual tension in our bodies. Consequently, untrained lovers too often treat sex as a way to relieve this pressure and blow off steam. These mini-explosions release energy quickly in a few-second flash of pleasure. There's nothing wrong with a hot quickie now and then. But, explosive orgasm, more so for men when accompanied by ejaculation, often drains lovers of their vital essence.

A typical non-Tantric orgasm is more like a little sneeze than fireworks moving heaven and earth. Through Tantric practice, orgasm becomes a much different experience. It becomes a sacred energy event, separate from energy release and physical ejaculation. Instead of throwing it away in a quick burst, Tantra teaches us to utilize and recycle sexual energy as the raw material that creates divine ecstasy and higher consciousness.

Tantrikas cultivate the ecstatic response, which you might call the inner nervous system orgasm. By conserving and channeling orgasmic energy within, Tantrikas experience long-lasting implosive orgasms. Instead of discharging, the energy implodes, flooding the entire body with pulsing orgasmic contractions and continuous wavelike vibrations. We shake all over, engulfed in surge after surge of pure liquid fire. Because sexual energy is conserved instead of expended, these streams of ecstasy can go on and on and higher and higher. In fact, many Tantric adepts can generate and flow this energy without sexual stimulation.

In these glimpses of a higher dimension, we enter a timeless void and seem to become one with the universe. We feel our bodies, minds, and spirits merging with our beloved. We enter an altered state of awareness. In this rapture, it seems as if our physical limitations disappear and we float with all boundaries

dissolved. Suddenly we're open to flowing pure positive energy from our innate blissful source. We become a conduit for communion between earth and sky, the physical and the spiritual.

Achieving this state is the focus of Tantric practice. We learn to find true ecstasy within by relaxing into high states of arousal. We channel the life force that sexuality generates and expand the energy up our inner flutes, the subtle pathway that connects our chakras. We weave the essence of all our centers - body, mind, spirit - into holistic union with all that is. This is true bliss, being at one with the universe.

Sex As Meditation

Maybe that's why Tantrikas describe sex as meditation. Meditation is simply sitting and emptying the mind. Since you can't force thoughts away, this is more challenging than it sounds. Over the millennia, gurus have developed many meditation techniques from reciting mantras to watching the breath to witnessing ideas floating by. They all seek to create a deep inner peace filled with stillness. We call this presence a "no mind" condition.

Tantrikas who cultivate the continuous state of inner orgasm find themselves drawn to this meditative state naturally. To encourage the no-mind condition, Tantric play begins with ritual to prepare the mind and body for complete relaxation. We enter Tantric practice without goals or expectations, surrendering to whatever unfolds. All of this creates the non-resistant mood in which we can consciously summon energy to flow through us.

We might say the Tantric motto is: empty the mind and let sex become a timeless blissful meditation.

Transformation

In its essence, Tantra is a path of transformation. We transform ourselves, our sexuality, our life, our relationship. We learn to come from a place of love instead of fear, from gratitude instead of resistance from surrender instead of control. By becoming more natural, we grow towards true spiritual liberation.

Modern society conditions us to live in our minds. We've lost the ability to simply "be." We need to relearn how to be an empty vessel that lets pleasure in. We need a way that reminds us that our very nature is blissful.

Many call Tantra the fast track to enlightenment because we go with the flow, welcoming whatever erupts within us, good and bad. Instead of stuffing emerging forces, we work with what's alive and percolating now. Since many of us have repressed these powerful natural urges, sexuality becomes an accelerated doorway to transcendence. Goddess knows, most of us are brimming with so much sexual energy that we have an almost unlimited fuel for transformation. Using this powerful life force as a catalyst, we expand, extend, and weave all our energies into a unified whole.

Following the Tantric path opens a whole new dimension of life. We learn more of our underlying identity and get in close touch with our personal truth. By confronting whatever inside blocks we run into, we release old baggage, open without reservation, and free the flow of pure life force. By practicing pleasure as a discipline, we train ourselves to live the way God intended, in ecstatic harmony with the universe.

Relationships undergo some of the most dramatic changes through Tantric practice. By rekindling the flame of desire, sexual play becomes intoxicating again. By raising consciousness and sharing more, intimacy deepens. By growing individually, partners understand each other better and grow closer in love.

So What Is Tantric Practice?

Maybe it's clearer now why we say Tantra isn't a set of beliefs or philosophies. It's a path of experience. Without any standard of how we should behave or think, Tantra lets our underlying selves unfold.

Practice is the heart and soul of Tantra. Tantric practices are exercises and rituals that open energy pathways, heighten sensitivity, and raise awareness. They employ everyday actions like moving, breathing, concentrating, and

touching, but with more conscious focus. They're like routines you learn at the gym. Once you master the basic pattern, more and more repetitions develop your intrinsic talent.

To begin with, structured routines are helpful because old mind and body patterns often interfere with your spontaneous evolution. Past experiences, traumas, and fixed ideas of right and wrong create physical blocks in your tissues which produce resistance to progress. Disciplined patterns are useful at the outset as a defined path to work through mental, emotional, and physical barriers. But structured Tantric practices are only a temporary tool to get you moving on the right track. The ultimate Tantric technique is spontaneity.

To go further and deeper into yourself, reading, studying, and talking won't take you very far. You've got to engage in routine Tantric practice. Which means you need to make space in your life for Tantra. If done regularly, dynamic meditations can help open your energy channels. (We can recommend several with inspiring music on CD.) The services of Tantra At Tahoe can get you started. Our Tantric Initiations are private trainings that can rapidly jump-start you on the road to transformation.

Once we learn the fundamentals, sex becomes meditation and Tantric lovemaking becomes transformative. When spiritual work becomes pleasurable play, there's no turning back. Then why would we want to? Since we're enjoying our "work" tremendously, there's little doubt that we'll continue and evolve quickly.

We hope you enjoy the journey as much as we do.

7.2 Tantric Love Play

Don't get me wrong, all kinds of sex are great. Remember, we define S.E.X. as Subtle Energy eXchange. In the enlightened view, any consenting sex is good sex. That could simply be sensuous massage or sharing mental fantasies. So when I extol the celestial virtues of Tantric Love Play, don't think that I mean to

judge other kinds of play negatively. It's another option that opens to the Tantric adept, albeit a fantastic one.

Tantric Love Play is more like sensuously sipping an expensive Cabernet than chugging a six-pack of brew. It more resembles sampling the delicacies at a gourmet buffet than inhaling a pepperoni pizza during Monday Night Football. It's certainly more like a twilight stroll through a perfumed garden during Spring with your beloved on your arm than running a hundred-yard dash.

Tantric Love Play is leisurely, savoring every delicious morsel of pleasure, instead of rushing headlong towards maximum turn-on now. Tantric lovers move so slowly, stopping frequently to settle deeply into the rising tide of pleasure, stretching the experience out as long as possible. Releasing tension and giving in to the urge to cum gets replaced with continuous streaming vibrations of ecstatic energy. When we enter the altered state of consciousness that comes with repeated implosive orgasms, we simply want to float upon a cloud of bliss together.

Let's compare Normal Sex with Tantric Love Play in detail...

- Normal Sex is a purely physical event with the goal of releasing tension and semen. Tantric Love Play is a spiritual meditation focused on continuing pleasure.
- Normal Sex rushes headlong towards an explosive orgasm. Tantric Love Play generates multiple continuous full-body implosive orgasms which sometimes culminate in an earth-shattering simultaneous explosion.
- Normal Sex targets the genitals, building and releasing energy quickly in one explosive peak. Tantric Love Play awakens the whole body slowly, moving energy up the chakras to reach higher and higher plateaus and energize the spiritual centers.
- Normal Sex begins with goals and expectations, often creating frustration and performance anxiety. Tantric Love Play is spontaneous, without pattern, responding to the whims of the moment.

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- Normal Sex is often quiet with fast, shallow breathing. Tantric Love Play is verbal, noisy, and stimulated by slow deep belly breathing.
 - Normal Sex is tense, often closed and private, and requires fast pumping to avoid losing the mood or the erection. Tantric Love Play is relaxed, open, varied, often starting and stopping as a result of intimate communication.
 - Normal Sex depends on one lover getting the other off. Tantric Love Play depends on each lover's skill in taking responsibility for their own pleasure.
 - Normal Sex doesn't happen without a shiva lingam (an erection), the loss of which is a major calamity. Tantric Love Play uses multiple hard and soft stimulators on many erogenous zones all of which are capable of producing orgasmic waves of energy with or without an erection.
 - Normal Sex unexpectedly reaches heights of passion on occasion due to unknown factors. Tantric Love Play can generate altered states of ecstatic consciousness almost at will.

7.3 Moving Energy

How do you reach such mind-boggling heights? Simple, by generating and channeling orgasmic energy. The biological forces of sex certainly produce lots of energy in your genitals, especially when you're young and healthy. But what happens when you age or get stressed by sickness or life pressures? Then you can't depend on hormones to turn you on and make you high. You have to master running energy.

Sexual Breathing Is The Key

Sexual breathing is the key to running orgasmic energy. Relaxing, breathing, moving, making sounds, and focusing the mind are its essential tools. That's partly why I've been including breathing exercises at each stage of the Ultimate Ecstatic Solution. Like any new skill, you need to practice regularly to integrate this vital method.

That reminds me of an early session I attended at Margot's yearlong Love and Ecstasy Training. She was presenting some sexual practice in her frank and flamboyant style. As she graphically described how to channel energy, all of the assistant instructors, sitting cross-legged on either side of her, started vibrating with blissful expressions on their faces. All she had to do was focus their minds on orgasmic energy and they started streaming those great juices up and down their bodies. At the time, this was highly frustrating to me. I was in the midst of weeks of practice before having my first inkling of what they could turn on and off at will. But it sure served as a strong motivator of what was possible.

Where do you channel the energy you learn to generate through sexual breathing? Why, up your inner flute, my dear. You may have an overwhelming abundance of energetic juice in your first chakra, your sex center at the base of your spine. You know what happens if you let it simmer and boil. Right, it explodes out the end of vajra taking gobs of cum with it. Instead, move the energy up to the belly, the solar plexus, the heart, the brain, and above. Then it excites, enlivens, and enriches your whole body.

Remember my dear friend, Doc Steven, who never chooses explosive orgasms while having multiple inner ones? When I asked him why he never cums, he said "I just love women so much. When I'm making love, I simply move that juicy orgasmic energy up to my heart. It makes me so high engulfing me in love. I never want to ejaculate so I can go on merging with Shakti like that forever." And he really does.

Transformative Powers

Many ancient texts proclaim the transformative power of moving orgasmic energy even higher, to the throat, brain, third eye behind the eyebrows, and the crown of the head. If you're aiming to utilize Tantra as it was originally envisioned, to raise awareness, it makes total sense to wash the brain with this concentrated life force. More than anything, this is what generates implosive orgasms. When your whole body is vibrating with these waves, you enter the still, empty, timeless void and want to stay there indefinitely.

The tools you know well by now are what you use to create and prolong the experience. In addition to sexual breathing, use peaking, plateauing, and even interrupting ejaculation as needed keep the flow going. Give feedback, ask yes/no questions, and negotiate different positions as the urge strikes you.

Watching Jeffre and I making love looks nothing like an athletic porno flick encounter. Yes, we breathe, moan, and writhe dramatically. But I'm talking about the changes of rhythm more than anything. Vajra strokes a few times and then we stop, letting the spasms wash through us. We thrust a few times more and we lay still for a moment vibrating all over. We adjust our position and squeal with delight at the newfound joy. Honestly, we never know what we'll want to do or what's going to happen. It's just different each time and keeps getting better and better.

7.4 Exercise: Creating The Space For Tantric Love Play

On one end of the sexual spectrum is "wham bam, thank you ma'am." On the other end is Tantric Love Play. This Tantric ultimate blossoms when you take the time and care to create the right environment, mood, and physical space. We call it creating the sacred space to consciously accentuate that we're bringing the spiritual into harmony with the sexual.

The setting is only the first stage of the Heart-Centered Tantric Love Ritual that we teach during our private Tantric Initiations. It's phases are...

- a) Setting: getting everything ready and creating a sacred space.
- b) Honoring: recognizing the divine in each of us and our desires in the moment.
- c) Connecting: slowly relaxing, touching, and harmonizing energy.
- d) Sensual Play: opening your senses, breathing together, and massaging the whole body sensuously.

e) Love Play: manual, oral, and genital play.

f) Closing: coming down slowly together, sharing, concluding.

We'll talk about the last two steps in the next section. This exercise is about doing (a) through (d). Here are the directions...

1) Setting: Create a sacred space together. Clean the area and pick up books, dirty clothes, and anything extraneous. Get your sound system and music ready. Collect sacred objects, incense, massage oil, condoms, and lubricant. Decorate the setting with flowers, lighted candles, and beautiful art.

2) Honoring: Welcome each other with a namasté, bowing from the waist with hands on heart, palms together pointing up. Namasté means the God/Goddess within me salutes the God/Goddess within you. Discuss your desires, concerns (especially regarding sexual practices with a new partner), and boundaries to decide together what you'll do. Do the How I Want To Be Loved exercise in the moment if you want. Exchange gifts, words of love, and gratitude.

3) Connecting: Take a few moments to look deeply into each other's eyes. Ritually undress each other, caressing and complimenting each other's bodies. Share a ritual bath or shower, gently washing the outside world of each other. Merge into a long melting hug with all parts of your bodies' touching while synchronizing your breathing.

4) Sensual Play: Assist each other in opening all your senses. Lightly massage each other's face and hair while whispering sweet everythings. Relax each other by slowly massaging your hands and feet with a little oil. Do sexual breathing together. Lightly caress everywhere on your partner's body, visualizing energy streaming from your heart, down your arms, into your hands, and into your partner's body.

If you want, move right into the Shangri-La exercise that follows. Admittedly, what you've just experienced is a brief summary of what we spend a day teaching during our Tantric Initiations. Just remember, there's no way to get it

wrong. Listen to your heart, share feelings with your partner, and do what seems right in the moment. Reading and attending workshops can add to your knowledge of these practices. Or come and see us, we'd love to play with you.

When we don't have all day, Jeffre and I might do an abbreviated version of these things within 10 or 15 minutes. When we really want to go deep and long, we could spend an hour or more creating the setting.

As a typical modern male, I used to resist the ritual aspect of this exercise. Then one day I realized that these preparations made me enter love play in a completely different mood. I needed to learn to drop this resistance so I could open to running energy. So before dismissing it as useless spiritual hoopla, try it with an open mind and see how it makes you feel. And face it, guys, women love this kind of syrupy stuff. Remember what the Eagles said on their Hell Freezes Over tour? Get over it!

7.5 Exercise: Shangri-La

As I remember the story, Shangri-La was some sort of idyllic mountain valley in the Himalayas where everything was beautiful and everyone was happy all the time. Embrace Tantric Love Play as presented here and you'll be transported there. You may not want to leave. Now that you have the skills to make love for hours, you don't have to leave. Like us, you'll probably begin to view the necessities of daily life as interruptions in the real world of sexual communion.

Oddly enough, some call this experience of riding the wave of ecstasy the Valley Orgasm. It's not a peak, nor really a plateau. It's more like sinking into an ocean of rapture and letting the current carry you. Maybe I mixed metaphors there, but there's no way words can describe the altered state.

The Shangri-La practice is designed so that you can integrate everything you've learned and realize the Tantric vision together. It's about long lovemaking, energy exchange, and maximum ecstasy. Though you may be swept away, explosive orgasm isn't the goal. Multiple inner orgasms are likely, but the purpose of this exercise is creating as much pleasure as you can for as long as you want.

This exercise is best done in the yab-yum position, which is the Buddhist name for the union of mother and father. In yab-yum, you sit cross-legged, usually on pillows to raise your hips off the floor. Your lover sits on your lap with her legs wrapped around your back. Pillows under her butt and your legs sometimes help.

Alternatively, your partner can squat on the your lap with her feet on either side of your hips. In this way she can support her weight and gain more freedom of movement. Or you can use an armless chair. Or both of you can lean back from the yab-yum position supporting your weight with your arms stretched out behind you. Experiment to find what's comfortable enough to last for a while.

- 1) Create the sacred space using the previous exercise.
- 2) Alternate giving and receiving manual and oral genital stimulation, moving into intercourse when you both can't wait any longer.
- 3) Make love slowly and sensuously in various postures until you're both really turned on.
- 4) Move into the yab-yum position or an alternate position that allows your chakras to align next to each other. If you can't get comfortable with your partner on your lap, try spooning or one of you laying on top of the other.
- 5) Begin slowly rocking your hips together, squeezing your PC pumps, and synchronizing your breathing. Visualize the energy moving up your inner flutes as you thrust inside.
- 6) When you peak on the edge of orgasm, both stop moving, relax completely, but keep breathing together. Visualize the energy of your first chakras, your sex centers at the bases of your spine, swirling between you. Use your PC to pump energy upwards together.

7) After a few minutes, certainly before you lose your shiva lingam, move again until you reach another peak just before the point of no return. This time exchange energy at the second chakra, just below your navels.

8) Repeat the cycle at each chakra: third at the solar plexus, fourth at the heart, fifth at the throat, sixth at the third eye in the forehead, and the seventh at the crown of the head. You can stroke the front of each other's bodies lightly to encourage your partner's energy to move up.

9) Now continue making love without structure, just letting the surge of energy unfold on its own. Maintain eye contact from time to time and use mouth-to-mouth inverted breathing to heighten your experience. That means you breathe in while your partner breathes out and vice versa. Use your PC pumps to propel the energy up your inner flutes just before exploding. Ride the wave that blossoms within you wherever it takes you both without conscious direction.

10) Close together by coming down slowly. Just lay down entwined, or spoon, while your breathing settles. Talk quietly, sharing what you experienced. Conclude with a namasté.

Books have been written about the Shangri-La experience. There's so much variation that moving, breathing, visualizing, and making sounds can bring. Now you've got the tools to be a virtuoso. All you need is creative practice.

Chapter 8: Final Thoughts

This last chapter begins with a poignant picture of your future state of ecstasy. It's like watching your own final exam, but one in which all you need to do is read and enjoy. If you're interested in hands-on Tantric coaching, I've included some links about connecting with Tantric Goddesses. The bulk of these final thoughts of the Ultimate Ecstatic Solution mostly contain reference material. There's some vital data here about smart sex, a bibliography for further reading, a list of some of our favorite relaxing and sensual music, and the glossary of terms.

8.1 Another Story

The following is an actual account of a Tantric evening YOU can enjoy on your one-year anniversary of starting the Ultimate Ecstatic Solution...

Your lover's invitation to join her for dinner and a whole night of play is exciting but cryptic. Her innuendoes really turn you on, but you aren't sure what to expect.

As twilight settled, you enter her beautifully decorated Tantric temple. You can't help but be titillated by the candlelight, incense, and soft music. You shiver at the way she looks lying sensuously on pillows covering the floor. She's only wearing a little diaphanous fabric. She beckons you to sit next to her and begins feeding you with her fingers. When a morsel "accidentally" slips onto her exposed silky skin, she guides you with a little pout to use your mouth to lick her clean. Giggling together, it's easy to encourage her to eat off of your body, too.

Honoring The God/Goddess Within

After you both have enough finger food and delightful champagne, she takes your hand and guides you to the bed. You both bow, touch foreheads, and

look deeply into each other's eyes. One after another, she whispers all the things she loves about your body, mind, and spirit. Similar words of love and affection can't be restrained from gushing out of you.

She slowly begins undressing you, breathing, kissing, and nibbling on each part she so delicately exposes. On purpose, she brushes a now throbbing vajra once or twice. As you return the favor and adore every inch of her body, vajra feels like a rock. Then she leads you into the bath, where you gently wash and dry each other all over.

As she spreads her delightful form on the bed again, she hands you a bottle of scented massage oil. As you touch and caress her sensually, your hands feel the heat from your two hearts meeting. Swooning, you worship every millimeter of her body with sweet oil slowly and tenderly. When, after another CD changes, you finally touch yoni, she's already dripping with delight. As you delicately play with her sweet flower with your fingers for the longest time, her pleasure streams up your arms, making you feel as if it was your yoni was being loved.

What's That Juicy Aroma?

All at once, you realize you're face down and she's straddling you. Is that delicious fragrance coating your back the same oil you used, or is it her wet yoni lips? You drop the thought and sink into the juicy massage. Her soft slow touch magnifies the subtle vibrations you're feeling inside into powerful waves of ecstatic spasms.

Suddenly, she rolls you over and her mouth encircles vajra. Like a tidal wave in an already stormy sea, a huge surge of energy sweeps up your body shaking every cell with electric joy. As she sucks, pulse after pulse of pure bliss pumps through you and out the top of your head. On and on she licks and kisses vajra, rocking you inside with liquid fireworks. Floating on some other plane of existence, your mind empties, your body expands to fill the whole room, and your spirit soars in rapture.

As a little part of you comes back to earth, realizing your beloved is sitting on you with vajra completely engulfed by yoni, slowly rolling her hips back and forth. As electric fire floods you inside and out, all you can do to contain so much energy is relax completely and breathe. Suddenly, you're floating on that cloud again, but this time together, writhing slowly like snakes intertwined around each other.

Another Place And Time

Some keen other-worldly sense of sight inside you watches as each stroke of vajra propels bolts of lightning through your merged bodies, not two but one huge erogenous zone. After each subtle movement, you float together for minutes shaking with ecstasy streaming out of every pore. Higher and higher the valleys of pleasure rise as you pulse over and over and then surrender to the tide of rapture.

You both lose all sense of time, all sense of physical boundaries, all sense of separation from each other and everything around you. You are one, unified with the universe. Do you need or want anything? No, you're complete. What's next? Nothing, just stay here. Where is that dream life you used to live? Far way.

And then the sun rises.

8.2 Hands-On Coaching

In spite of the growing interest in Tantra, this fantasy of sacred lovemaking and intimate communion is rather foreign to modern people. You can learn much from reading, but as you now know, the EXPERIENCE of Tantra is really where it's at. For this reason, many students new to spiritual sexuality attend workshops and work privately with coaches.

Tantra At Tahoe

Tantra At Tahoe, that's Jeffre and me, specialize in a series of private two-day Tantric Initiations which catapult you into this altered state quickly. By

focusing on the needs of one or two people at a time, we can teach practices and rituals that are perfect for unblocking your energy channels and recharging your relationships. Many aren't included in this book. If Tantra is the fast track to enlightenment, our initiations are the customized super fast track to great lovemaking.

If you want to go deeper faster into sacred sexuality, we'd love for you to contact us via email at <mailto:Somraj@TantraAtTahoe.com>. Or visit our website <http://www.tantraattahoe.com> which describes all of this in greater detail. By the way, we also conduct Tantra workshops organized by other groups. If you have a circle of close friends, we'd be happy to arrange something for your small group as well.

Tantric Goddesses

As I've told my story and guided your practice, I've introduced you to several Tantric Goddesses who I trust, love, and adore. They work professionally with aspiring Tantrikas like you, teaching the skills of the Ultimate Ecstatic Solution.

If you're interested in exploring hands-on coaching from a Tantric Goddess, please contact me via email with your time frame and location at <mailto:Somraj@TantraAtTahoe.com>.

8.3 Smart Sex

Tantra says "yes" to whatever you desire with consciousness. We may advocate open sexuality in any form you choose, but not in an unconscious or unsafe manner. Serious STDs (sexually transmitted diseases) such as HIV (the AIDS virus) and hepatitis are believed to be transmitted through fluid exchange. To stay healthy and free from STDs, we all need to be careful and conscious with all sexual contact.

We strongly urge all sexual players and partners to follow the smart sex practices included here. We've adapted the color-coded chart, "A Spectrum Of The Risks For HIV Transmission," and guidelines from what we learned

through the Human Awareness Institute. HAI taught us to play in the green zone and never in the red or pink zones. We suggest the yellow zone is up to individual discretion based on trust and confidence.

We use the following conversation agenda to be responsible for our own pleasure and decide what level of risk we're comfortable with during each encounter...

- I. Desires: Discuss what you want to do.
- II. Background: Have a frank, responsible pre-sex conversation:
 1. Brief relevant history of sexual practices
 2. Current sexual practices
 - a) high risk
 - b) protection
 - c) multiple partners
 3. Complete history of STDs
 - a) HIV and AIDS
 - b) herpes and genital warts
 - c) chlamydia, syphilis, and gonorrhea
 4. Most recent STD test results
 5. Skin, mouth, and genital condition.
- III. Boundaries: Establish and agree on practices and limits.

A Spectrum Of The Risks For HIV Transmission

Green

- Simultaneous parallel SELF-PLEASURING
- FROTTAGE (body to body rubbing)
- SOCIAL (dry) KISSING
- FRENCH (wet) KISSING
- PHONE or COMPUTER Sex
- VOYEURISM or EXHIBITIONISM
- HOT TUBBING
- HUGGING or MASSAGING

Yellow

- Sharing SEX TOYS (vibrators, dildos, etc.)
- RIMMING (using the tongue in the anus)
- ORAL SEX with a man not EJACULATING
- ORAL SEX with a woman not MENSTRUATING
- URINE in the mouth
- Mutual EROTIC MASSAGE with hands
- FINGERING or FISTING in the vagina or anus
- VAGINAL or ANAL INTERCOURSE with protection

Pink

- ORAL SEX with a man or woman EJACULATING in the mouth
- ORAL SEX with a woman MENSTRUATING
- VAGINAL INTERCOURSE without protection

Red

- ANAL INTERCOURSE without a condom
- Sharing NEEDLES without sterilization
- BLOOD-to-BLOOD or SEMEN-to-BLOOD contact

8.4 Bibliography

The Art Of Sexual Ecstasy: The Path Of Sacred Sexuality For Western Lovers by Margo Anand, Jeremy P. Tarcher, Los Angeles, 1989

What can I say, this is our teacher's book that started us on the ecstatic Tantric path. It's the most comprehensive practical system replete with exercises and practices that you'll want to pour over and do again and again.

The Art Of Sexual Magic: Cultivating Sexual Energy To Transform Your Life by Margo Anand, Jeremy P. Tarcher, Los Angeles, 1995

An advanced course in erotic enchantment and the magic of extended orgasm which takes the power of sexuality beyond mere lovemaking by

showing readers how to generate intense sexual energy and use it as fuel for realizing personal and spiritual goals.

Divine Sex: The Tantric & Taoist Arts Of Conscious Loving by Caroline Aldred, HarperSanFrancisco, 1996

A short beautiful glossy illustrated paperback which summarizes the sacred approach to lovemaking.

ESO: How You And Your Lover Can Give Each Other Hours Of Extended Sexual Orgasm by Alan P. Brauer, M.D., and Donna J. Brauer, Warner Books, New York, 1983

This is a short ground-breaking book with a workable method to separate ejaculation from orgasm and extend love play which really makes clear how much sexual potential the average lover never activates. Though somewhat clinical and non-spiritual as you'd expect from a physician, it gives physical exercises to make both men and women's orgasms reach inconceivable new heights and go on forever.

How To Make Love All Night (and Drive A Woman Wild): Male Multiple Orgasm And Other Secrets For Prolonged Lovemaking by Barbara Keesling, Ph.D., HarperPerrenial, New York, 1994

A short pragmatic paperback by a female psychologist who explains exactly how she teaches clients to do what her title promises.

The Love Keys: The Art Of Ecstatic Sex by Diana Richardson, Harper Collins - UK, 1999

This may be my favorite Tantric book of all time. It's a perfect blend of the Tantric weaving of heart, spirit, lust, ritual. and practicality. Diana is quite opinionated about many unique practices which all bear experimentation.

The New Male Sexuality: The Truth About Men, Sex, And Pleasure by Bernie Zilbergeld, Ph.D., Bantam Books, New York, 1992

This is the top scientific book by one of the leading sex therapists about male sexuality complete with frank discussion of all benefits and problems, including many practical exercises.

The One Hour Orgasm: The Ultimate Guide To Totally Satisfying Any Man Or Woman Every Time! by Dr. Bob Schwartz, Ph.D. and Leah Schwartz, Breakthrough Publishing, Houston, 1995

This book contains great exercises to deliver on its flagrant promise. It's based on 25 years of research by More University which teaches sensuality and erotic practice, focused primarily on how to satisfy women.

Sacred Sex: Ecstatic Techniques for Empowering Relationships by Jwala (Kathleen Bingham), Inner Juice Productions, San Francisco, 1993

A beautiful little book that teaches a 3 hour Tantric ritual including many unique and powerful exercises for individual preparation and couple bonding.

Sexual Energy Ecstasy: A Practical Guide To Lovemaking Secrets Of The East And West by David and Ellen Ramsdale, Bantam Books, New York, 1985

The most practical and technique filled book about creating and maximizing the ecstatic response during lovemaking. Very spiritual and, as you might expect from the title, focused on maximizing sexual energy.

Sexual Secrets: The Alchemy of Ecstasy by Nik Douglas and Penny Slinger, Destiny Books, Rochester, Vermont, 1979

This is an amazing compilation of practices and rituals from ancient texts in language and graphics useful to the modern Tantrika. Nik and Penny have done a great service to the modern world by giving us access to these hidden secrets.

Spiritual Sex: Secrets Of Tantra From The Ice Age To The New Millennium by Nik Douglas, Pocket Books, New York, 1997

A thorough review of the history of Tantra and sacred sexuality including a concise summary of modern Tantric practice.

Sexual Solutions: A Guide For Men And The Women Who Love Them by Michael Castleman, Touchstone, New York, 1980

This is a down-to-earth, no nonsense review of male sexual problems and techniques to improve lovemaking. A little dry and devoid of spirit for me, but worthwhile for its helpful exercises.

Tantra: The Art Of Conscious Loving by Charles & Caroline Muir, Mercury House, San Francisco, 1989

A wonderful little book which presents the Muirs' approach to teaching Tantra, weaving Yoga, relationship, and sexual healing into erotic practice.

Taoist Secrets Of Love: Cultivating Male Sexual Energy by Mantak Chia and Michael Winn, Aurora Press, Santa Fe, New Mexico, 1984

This is an excellent presentation of the Taoist approach to male sexuality which prescribes and is apparently successful in achieving complete seminal retention for men. It has some powerful exercises, but is too strict and preachy for Tantrikas like me.

The Three-Week Program Ending Premature Ejaculation: Man's Guide To Self-Improvement To Help Improve Sensual Awareness by William L. Nakosan, Minimum W. Publishers, New York, 1994

This is an English translation of "The Simple Solution", a short little paperback basically presenting a frank discussion of the situation and exercises to practice coming close and backing off.

The Yin-Yang Butterfly: Ancient Chinese Sexual Secrets For Western Lovers by Valentin Chin, Jeremy P. Tarcher/Putnam, New York, 1994

A decidedly Taoist version of ancient sexual secrets which is more regimented than much Tantric practice, but containing some valuable tools and rituals.

8.5 Music Recommendations

Tantric Practice Music

El-Hadra: the Mystik Dance by Klaus Wiese, Ted de Jong, Mathia Grassow

The rhythm of Sufi trance meditation. One of our key practice CDs that we use to teach sexual breathing and moving energy up your chakras. This rhythmic moving background piece was specially produced for our teacher, Margot Anand. Just listening to it makes us stream sexual energy.

Dorje Ling by David Parsons

A slow, rhythmic, moving, trancey mix which samples traditional Tibetan music with a gently evolving electronic composition. The first 14-minute track is called "Tantra."

Passion by Peter Gabriel

Over 20 short tracks with mostly subtle rhythms, composed as the score for the "Last Temptation of Christ." Often melodic and sensuous, sometimes quiet, sometimes raucous with a Middle Eastern flair.

Deep Forest, Boheme, and Comparsa by Deep Forest

I don't know if these guys really are African or are Western new age musicians playing earthy sounds. Regardless, the primal nature of Deep Forest's music is great for dancing, moving the hips, and getting sexual energy flowing.

Totem and Bones by Gabrielle Roth and the Mirrors

Jeffre loves drums and primitive rhythms so Gabrielle's simple beat turns her on more than most who simply find them trancey.

Relaxing Meditative Music

SAN by Deuter

The consummate new age musician who's responsible for the dynamic music on many of our meditation CDs uses his gentle touch for this series of soft subtle relaxing themes.

Tantric Heart: Music For Lovers by Shastro

Two long slow sensual tracks inspired by Indian themes which is energizing and relaxing.

Higher Ground and Sensual Pleasure plus others by Steven Halpern

Evocative, sustained chords float, suspended in time, amply meditative and relaxing.

Tantra Drums by Al Gromer Khan

Mystical, flowing, sensual, erotic, engaging... lovely musical support for slow, ecstatic lovemaking. Transports the listener to another level of consciousness.

Music To Disappear In 1 & 2 by Raphael

Key elements in the trancey section of our music collection, bound to lull anyone into a timeless space.

Sensual Lovemaking Music

ERA by ERA

The eerie chanting and vocals of ERA are hip and upbeat creating an erotic mood.

Erotic Moods by Nusound

A rhythmic sensual romantic musical journey punctuated by lush electronic sounds.

Mythos by Mythos

This upbeat group centered piano and guitar but with many other instruments in places is our latest favorite, featuring a timeless feeling of mysticism through African, Middle Eastern, and Oriental tones.

Karma, Poem, and Semantic Spaces by Delerium

Maybe because we both love rock and roll so much, Delerium has long been one of our top artists for lovemaking. Their three latest CDs put us into an altered space with electronic sound, hypnotic rhythm, and sensual themes. "Poem" has more strong vocals than the earlier two which pulse right into our subconscious energy centers.

Sensual Sensual and Suave Suave by B-Tribe

Two of our favorite erotic CDs have some Spanish vocalizing over rock-type flamenco music. Since we don't speak the language, it transports us to a romantic space without thinking.

Enigma, The Cross Of Changes, Le Roi Est Mort, and The Screen Behind The Mirror by Enigma

Any new collection of sensual music has to include Enigma's four great CDs. They're a little verbal and changeable so they don't have the trance-like effect we prefer, but the rich themes and instrumentation make them a joy to listen to.

8.6 Glossary Of Terms

Any new field that changes human perception and behavior evolves its own lingo. The salient advantage of coining new words is our ability to more precisely focus on ethereal qualities that are difficult to describe with common English. This glossary can help you adjust to the new language.

9.9

The point of no return measured on the 10-point scale of sexual arousal at which ejaculatory orgasm is inevitable.

10-Point Scale

An arbitrary way of monitoring level of sexual arousal during practice and sex play from 1, no arousal, to 10, orgasm.

Big O

A strong explosive orgasm.

Channel Energy

To circulate, move, or run sexual energy around the body. See energy.

Chakra

One of seven centers or vortices inside the body from the bottom of the spine to the top of the head where subtle energy is generated, collected, stored, and swirled. Though energy is energy, it has different qualities at each chakra. See Energy.

Chi

See Energy.

Clio

Margot's preferred name for clitoris. See Clitoris.

Clitoris

A sexual organ above the vagina which can give a woman sexual pleasure when it is touched. See Clio.

Coitus Reservatus or Coitus Interruptus

The withdrawal technique dating from ancient Rome in which the man pulls his penis out before ejaculating.

Cornerstones

Four simple but powerful physical skills used to generate ecstasy at will - presence (relaxation, mental focus, and concentration), breath, sound, and movement.

Corona or Crown

The ridge at the base of the head of the penis. Also known as the crown.

Cum

To push out sperm. See Ejaculate.

Cuming

Explosive orgasm accompanied by ejaculation.

Desensitizing

Using products or doing things to temporarily desensitize the penis during sexual stimulation.

Devamani

Balls, scrotum, and testicles, adapted from the Sanskrit for divine gems, jewels, or pearls.

Dry Orgasm

A long series of slow pleasurable spasms that men can experience without ejaculating. With a rush of orgasmic energy, the emission phase of orgasm can be avoided while still enjoying the wonderful ecstasy of the expulsion spasms.

See Implosive Orgasms

Ejaculate

To push out sperm. See Cum.

Emission Phase

The first stage of ejaculatory orgasm when the male prostate gland automatically contracts and empties prostatic fluid, a major component of semen, into the urethra.

Energy

The nervous stimulation and physical excitation that our bodies feel all the time which is responsible for emotional sensations and the physical manifestation of spirit. Most strongly felt by most as a result of sexual stimulation and orgasm. In China it's called *chi*, in India it's called *prana*, and in Japan it's called *ki*.

Energy Orgasm

See Implosive Orgasm.

Explosive Orgasm

The kind of sudden strong orgasm that relieves tension and releases energy quickly in a few-second flash of pleasure which is accompanied by ejaculation in men and often drains lovers of their vital essence.

Expulsion Phase

Once those little swimmers are emitted into your channel, the rhythmic wavelike soft-muscle contractions propel the semen down your urethra and out the head of your penis where they have a brief fight for survival and usually lose. These contractions of your pelvic muscles that cause the actual release of semen also are the main ones that cause the fantastic pleasure.

Feedback Sandwich or Feedback Cycle

A diplomatic way lovers can ask for changes in sexual play or other behavior without hurting their partner's feelings. The feedback sandwich is a communication cycle, beginning and ending with positive reinforcement, which begins with a compliment, asks for something different, and finally acknowledges what's working.

Frenulum

The ring of indentation just behind the corona or head of the penis, especially on the underside, which is highly sensitive.

Full Body Orgasm

An energetic implosive orgasm through the entire body accompanied by writhing, undulating, and vibrating all over as a result of channeling sexual energy out of the genitals.

See Implosive Orgasm.

Glans

The rounded tip of the clitoris or penis.

G-Spot

A small pleasure point located a few inches deep on the upper part of the vaginal channel, reported first in the 1950s by a gynecologist, Dr. Ernest Grafenberg, as the female orgasmic trigger. Recent research by Dr. Gary Schubach indicates that there actually is a G-area along much of the roof of the vagina along the sponge surrounding the urethra.

Guru

A spiritual teacher or master, traditionally from India.

Hand Job

Manually pleasuring a vajra by oneself or by a lover.

Head

The glans, corona, or crown of the penis.

HIV

The AIDS or auto-immune deficiency virus

Implosive Orgasm

Inner orgasm or energy orgasm. A long series of slow pleasurable vibrations in both men and women accompanied with a rush of orgasmic energy which occurs when the sexual arousal gets pumped back inside

and is circulate over and over again without explosive release. See Dry Orgasm.

Imsak

An Arabic word literally meaning "retention" referring to retaining semen within the body while making love. Imsak was developed for men who needed to satisfy an entire harem each night and couldn't keep getting it up again and again after cuming with each lover.

Inner Flute

The invisible channel near the spine that connects the chakras imagined to look like a hollow bamboo. See Chakras.

Karezza

A still lovemaking technique published by Alice Bunker Stockham, a pioneering female physician, in 1883 during which the penis remains inside the vagina for an hour or more simply feeling the delightful energy.

Kegels

Exercises originally developed by a gynecologist named Dr. Arnold Kegel in 1952 to teach women to regain control of their urinary reflexes by restoring tone of their PC muscles after the trauma of childbirth. See PC Muscle.

Ki

See Energy.

Lingam

The Hindu name for penis. See Vajra.

Lotus Position

Sitting with legs crossed over one another.

Meditation

Sitting and emptying the mind by reciting mantras, watching the breath, or witnessing ideas floating by, intended to create a "no mind" condition of deep inner peace filled with stillness.

Move Energy

To circulate, channel, or run sexual energy around the body. See Energy.

Namasté

Bowing from the waist with hands on heart, palms together pointing up, meaning "the God/Goddess within me salutes the God/Goddess within you."

No Mind

An empty mind. A meditative state of deep inner peace filled with stillness.

Orgasm

Sexual climax, the moment of most intense pleasure in sexual stimulation, usually accompanied with explosive release, and sometimes by an unlimited, timeless, whole body-mind-spirit altered state. See Cuming.

Orgasmic Energy

See Energy.

Orgasm Master

Someone who can choose the type, timing, and number of orgasms that occur.

PC Muscle

Short for pubococcygeus. The muscle that snakes down around the anus and genitals connecting the pubic to the coccyx bones plus the sitting bones and legs.

Peak

Letting sexual excitement rise to a high level and then immediately drop back down, which, if graphed, looks like scaling a steep mountain peak and then falling precipitously.

Peaking

Adjusting the sexual stimuli that cause sudden surges of arousal in order to come back down without going over the top to orgasm.

Perineum

The general region of the pelvic floor between the genitals and rectum (anus).

Performance Anxiety

The worry of a lover who's trying to achieve a goal like orgasm, competing with internal mental standards, and continuously wondering "am I doing it right?"

PIV

Penis in vagina.

Plateau

An ongoing high level of sexual arousal that continues without diminishing.

PNV

Penis near vagina.

Point Of No Return

The point of no return during sexual arousal at which ejaculatory orgasm is inevitable. See 9.9.

Polyamory

An open lifestyle which includes multiple lovers.

Prana

See Energy.

Prostate

A firm, partly muscular, chestnut-sized gland which is a long-finger-width inside the rectum of males at the neck of the urethra. It produces prostatic fluid, a viscous secretion that is a primary component of semen.

Prostate Point

A soft spot between the devamani (testicles) and rosetta (anus), below the base of vajra, through which pressure can be applied to the prostate.

Prostatitis

An inflamed or enlarged prostate.

RAMPER

The best method of teaching the Ultimate Ecstatic Solution To Premature Ejaculation which stands for Relax, Awareness, Measure, Pace, Energy circulation, and Ride the wave.

Refractory Period

The time it takes to be able to recover the ability to get and maintain an erection after ejaculating.

Retention

Conserving or retaining semen without ejaculating during sex.

Rosetta

Anus, asshole.

Run Energy

To circulate, channel, or move sexual energy around the body. See Energy.

Sacred Spot

See G-Spot.

S.E.X.

Subtle Energy eXchange. Any touching, moving, meditating, or erotic sharing including fantasy that stimulates and connects lovers' inner vibrations.

Scrotum

The external pouch that contains the testicles.

Self-Pleasuring

A Tantric term for masturbation during which one honors one's body and celebrates pleasure.

Semen

Seed, seminal fluid, or ejaculate. The thick white fluid containing spermatozoa that is ejaculated by the male genital tract.

Sexual Energy

See Energy.

Shakti

The goddess, Shiva's consort, that represents the feminine principle embodying pure creative energy in Tantra.

Shiva

The god Shiva, one of the three primary Hindu deities, known in Tantra as the pure embodiment of masculine force and cosmic consciousness.

Shiva Lingam

An erect penis. Tantric tradition views the all powerful God Shiva with a continuous erection.

Signals

Words, sounds, or hand motions used to give feedback to a sexual partner about erotic reactions and arousal level.

Sperm

Spermatozoa, the male reproductive cells.

STD

Sexually transmitted disease.

Streaming

To circulate, move, run, or channel sexual energy often without sexual stimulation which creates strong pleasurable spasms and vibrations.

Taking Touch

A Tantric massage technique where the touching hand feels as much as the body part that's being caressed, usually accomplished by the masseur exchanging energy through the heart, arms, hands, and fingers with the receiver.

Tantra

The ancient spiritual science of sacred sex.

Tantras

Ancient secret writings about Tantra.

Tantrikas

Practitioners adept at Tantra.

Urethra

The tube or canal through which urine is discharged in both men and women and which serves as the male genital duct that carries semen through the genital system and out the head of the penis.

Urge To Cum

When we get turned on, that something inside that takes over and convinces us to just let go.

Vajra

The penis or male sexual organ. See Lingam.

Valley Orgasm

A continuous state of orgasmic ecstasy in which the arousal curve stays flat like a mesa and doesn't jump up suddenly as in peaking. See Plateau.

Vipassana Meditation

A sensory meditation designed to open multiple senses at once.

VIY

Vajra In Yoni

VNY

Vajra Near Yoni

Yab-Yum

The paramount Tantric sexual position named for the Buddhist term "union of mother and father" in which the man sits cross-legged with the woman on his lap with her legs wrapped around him.

Yes/No Questions

One-word questions that can be answered with a simple "yes" or "no" that allow lovers to give feedback without thinking much.

Yang

Strong male energy.

Yin

Receptive female energy.

Yoni

The traditional Hindu word for vagina.

Zafu

A solid, round Japanese meditation pillow, flattened top and bottom like a thick pancake.

