

# EXERCISES TO BECOME A MULTI-ORGASMIC MAN

Learn To Control And Transmute Your Sexual Energy  
To Transform Your Sex Life, Health And Mind



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## **Introduction**

What if I told you that as a man you are only using the 5% of your sexual abilities? Don't you think it would be great to release the other 95%?

This book contains the necessary tools to bring down the myth that only women can have multiple orgasms. This myth was originated in our era, however more than two thousand years ago the ancient Chinese Taoists knew that with the use of certain techniques they were able to get all kinds of sexual achievements that would drive crazy to any contemporary woman, not only that, they had discovered that with the use of their sexual energy they were able to maintain a perfect health and vitality to the point that they could overcome the hundred years old and at the same time staying sexually active.

This book is rather a guide where step by step I describe the exercises that have helped myself to become a multi-orgasmic man and I share this with you in the most concise manner possible.

If you practice constantly what you'll learn in this book you'll have the power to control and transform your sexual energy in health and vitality, and with that you'll see improvements in areas of your life like sports performance, concentration and creativity, sexual performance and increased libido, spirituality, security and self-esteem and I can say this with confidence because I have noticed these improvements in myself.

# Chapter 1: Separating Orgasm From Ejaculation

First, I want to thank you and congratulate you for downloading this book, I hope that this information will be as useful to you as it was for me, but remember, that this is a practical book so you'll need to apply what you learn to see the results.

I make this book to bring down the misconception that only women can have multiple orgasms, is a fact that women have an advantage in terms of sexuality, but with the these techniques you'll have the power to experience multiple orgasms and thereby also to give multiple orgasms to you partner.

## **IT IS POSSIBLE?**

Well, I have no doubt about it, one of the most important investigation of male multiple orgasms was made by sex researchers William Hartman and Marilyn Fithian. They tested thirty-three men who claimed to be multi-orgasmic that is, to be able to have two or more orgasms without losing their erection.

While these men had sex with their partners in the laboratory, the researchers monitored their heart rates and pelvic contractions, which coincided with the peaking of heart rate at orgasm. What they found was pretty surprising: the arousal chart for this men were identical to those of multi-orgasmic women.

During the research, the average number of orgasms a multi-orgasmic man had was four. Some men had the minimum of two, and one had as many as sixteen!

To understand how this is possible the key is to understand that orgasm and ejaculation are not the same thing. While an orgasm is a peak of emotional and physical experience the ejaculation is just an involuntary muscle spasm that occurs at the base of the spine at the same time that the orgasm itself. To become multi-orgasmic you need to learn the ability to identify and separate one from another in your own body.

## Chapter 2: Why Become A Multi-Orgasmic Man?

It's a fact that an orgasm is one of most intense and satisfying sensation that a human can have, so why not to have more than one when you feel aroused? But, that is just one point, I'll tell you another advantages to become multi-orgasmic because, believe it or not, sexuality affects almost all the areas of your life.

The sexual energy has a main role on the health of the entire body, the body needs to feel sexual arousal frequently since this energy is crucial to produce hormones these hormones regulate all the functions in the body like our vitality, mood, disease resistance and even the aging of the body. The Taoist and the adepts that practice the control and cultivation of the sexual energy are well known for their longevity and general health.

The Taoists and adepts were well aware that when a man ejaculates he is drained his reserves of vital energy. This is it because the body needs to recover the sperm that was lost after ejaculation and for this to happen the body must use large quantities of raw materials (protein, vitamins, minerals, hormones, amino acids) that otherwise would be used to maintain the strength and vitality of the body. That's why after most man ejaculates they feel tired and no longer in the mood to continue the intercourse.

If you practice constantly what you learn in this book you'll have the power to control and transform your sexual energy in health and vitality and with that you'll see improvements in areas of your life like sports performance, concentration and creativity, sexual performance and increased libido, spirituality, security and self-esteem and I can say this with confidence because I have noticed these improvements in myself.

Here is what Taoist says about the cultivation of sexual energy in the book: Discourse on the Highest Tao Under Heaven: "If a man has intercourse without spilling his seed, his vital essence is strengthened. If he does this twice, his hearing and vision are made clear. If three times, all his physical illness will disappear. The fourth time he will begin to feel inner peace. The fifth time his blood will circulate powerfully. The sixth time his genitals will gain new prowess. By the seventh his thighs and buttocks will become firm. The eighth time his body will radiate good health. The nine time his life span will be

increased”.

So, to all of this said, I really hope that you understand how you can benefit from the practices that you’ll learn more forward in this book, and I really want to encourage you to take action in this.

## **Chapter 3: Finding Your Sex Muscles**

We already know that if we want to become multi-orgasmic first we must learn to separate between orgasm and ejaculation, Therefore, let us understand the different factors that are involved in this.

There is a lot of different parts of the body that participates in the process of an orgasm but for the purpose of this book we are going to define only two of those: the prostate and the sex muscles.

### **THE PROSTATE**

The prostate is gland located between the testicles and anus, its main function is to secrete a slightly alkaline fluid, milky or white in appearance, which in humans usually constitutes the 30% of the volume of the semen. The prostate is highly sensitive to sexual stimulation and is very similar to the called “G spot” in women which means that the prostate becomes increasingly sensitive to erotic stimulation as the man becomes aroused and approaches orgasm.

### **THE SEX MUSCLES OR PUBOCOCCYGEUS (PC) MUSCLE**

The PC muscle is a group of important pelvic muscles that goes from your pubic bone to your tailbone or coccyx in the bottom part of your spine. Develop the strength of this muscles is essential to become multi-orgasmic and you’ll learn to identify the PC muscle later in this book.

### **HOW THE ORGASM WORKS**

To orgasm occurs, first you need to stimulate your genitals, as you’re becoming aroused you’ll see a clear fluid coming out of your penis. This fluid comes mainly from the prostate to facilitate the expulsion of the sperm then when you reach the peak of the arousal you’ll feel the orgasm in the form of contractions of the PC muscle. This muscle contracts multiple times making pressure on the prostate which acts as a pressure pump and empties semen from the testicles to

the urethra then the semen is expelled from the penis. Another thing you'll notice is the acceleration of your breathing and your heartbeat.

So, in order to become a multi-orgasmic man the primary key is to learn how to control the contraction of the PC muscle and your breathing rate in the precise moment. If you learn to do that you'll discover the secret of male sexuality.

## **FIND THE PC MUSCLE**

In order to train the PC muscle first we need to find and recognize it. The easiest way to find it is to stop the flow of urine tightening your muscles in your pelvis the next time you go to the bathroom. The same muscles you use to stop peeing are the muscles that can help you to control the ejaculation, because the urinary duct and the ejaculatory duct all pass through the prostate.

## **PC MUSCLE EXERCISE**

- 1-** Inhale and concentrate around your prostate, perineum and anus.
- 2-** As you exhale, contract you PC muscle around your prostate and anus.
- 3-** Inhale and relax, releasing your PC muscle.
- 4-** Repeat steps 2 and 3, contracting your muscles as you exhale and releasing them as you inhale, nine to thirty-six times.

Try this exercise at least two to three times a day, you can do this exercise at any time while you're doing anything else and remember that consistency is more important than quantity. This exercise is useful for both men and women.

## **Chapter 4: The Importance Of Breathing**

You already learned how to find and strengthen the PC muscle, but in order to control the ejaculation you'll also need to control your breathing. Next you'll learn some breathing and visualization exercises that will help you to control the ejaculation and the sexual energy but before that let us define some concepts to get a better understanding of the exercises.

### **ABDOMINAL BREATHING:**

The main difference between abdominal breathing and shallow breathing is the use of the diaphragm when air is introduced into the lungs. To do this you need to breathe deeply into the bottom of your lungs and see your belly rise and fall with each breath. This is the natural and healthiest way to breath but due to the bad habit we lost this ability to breath.

### **THE THREE LOCKS:**

These are the anal lock, abdominal lock and the neck lock. When they're applied simultaneously have the function to direct the sexual energy to the brain through the column, is explained in more detail in the breathing exercise number two.

### **THE MICROCOSMIC ORB:**

The microcosmic orb consist mainly in two channel, the back channel begins at the perineum and runs along the back of the body from the tip of the tailbone, up to the spine and neck, to the crown of the head, and finally down the forehead to where it ends between the bottom of the nose and the upper lip.

The front channel runs from the tip of your tongue to your throat, chest, navel and finally down to your pubis and perineum, all the midline of your body. There are more energy channels in the body, but these two are the primary.

## **BREATHING EXERCISE 1**

**1-** Make yourself comfortable in any position either sitting lying or standing, try to keep your back straight. Relax the abdomen and shoulders, then release the air from your lungs.

**2-** Inhale slowly through your nose, directing the air towards the bottom of the lungs making the abdominal breathing. As you inhale imagine that the air comes in the form of blue energy and fills your lungs. When the bottom of the lungs is full, keep breathing gently and allow the rib cage be expanded.

**3-** Hold your breath for a period of 3 to 10 seconds and while doing this visualize the energy passing from your lungs to your blood and feel this vitalized blood throughout all your body.

**4-** Exhale slowly and make sure to completely empty the lungs, if the air tends to come out at once means that it has been retained for too long. Make a short pause to relax the abdomen before to start again. Repeat the step 2 and 3 a few more times.

This exercise is excellent to extract more vitality from the air and it's very helpful when you feel tired, stressed or anxious.

## **BREATHING EXERCISE 2**

**1-** Make yourself comfortable in any position either sitting lying or standing, try to keep your back straight. Relax the abdomen and shoulders, then release the air from your lungs.

**2-** Inhale slowly through your nose, directing the air towards the bottom of the lungs making the abdominal breathing. When the bottom of the lungs is full, keep breathing gently and allow the rib cage be expanded.

**3-** Hold your breath for a period of 5 to 10 seconds and while doing this contract your PC muscle then slightly contract the lower part of the abdomen below the navel and finally close the throat as if you were underwater (these are called “the three locks”), Then imagine a flow of energy coming out of your testicles and go up for your spine to finally end in your brain (Back Channel).

**4-** Touch your palate with your tongue, begins to exhale and relax the three locks and while you're doing this imagine a flow of energy leaving the brain through your forehead then passing by your tongue and throat to the front of your chest and abdomen and finally going into the lower part of the navel(front channel). Make a short pause to relax the abdomen before to start again. Repeat the step 2 and 3 a few more times. (Note we finished the circuit of energy in the navel not in the perineum).

It is normal to experience some pressure and tingling in the skull or other parts of the body when doing this exercise is because the movement of energy through the body's energy channels.

This exercise is an advanced Taoist technique that we're going to use later to transmute our sexual energy, therefore, be sure to dominate it before practice

when you're sexually aroused.

## Chapter 5: Become a Multi-Orgasmic Man

Being able to control the ejaculation requires mastery and coordination of the body, breath and mind. This means that the practitioner must control his mind to control the breathing because breathing control the heartbeat. Note that the ejaculation is always preceded by a rapid acceleration of the pulse. For that reason make sure to dominate the **breathing exercise 2** before practice the exercises in this chapter.

## ENERGY CONTROL EXERCISE 1

This exercise is practically equal to the **breathing exercise 2** with the only difference that you should be sexually aroused before performing the exercise. Do this exercise when you feel aroused but you don't want to have sex or use it after intercourse without ejaculation to transmute your sexual energy. This exercise can be practiced either alone or with your partner.

**1-** Get yourself sexually aroused either alone or with your partner then make yourself comfortable in any position either sitting lying or standing, try to keep your back straight. Relax the abdomen and shoulders, then release the air from your lungs.

**2-** Inhale slowly through your nose, directing the air towards the bottom of the lungs making the abdominal breathing. When the bottom of the lungs is full, keep breathing gently and allow the rib cage be expanded.

**3-** Hold your breath for a period of 5 to 10 seconds and while doing this contract your PC muscle then slightly contract the lower part of the abdomen below the navel and finally close the throat as if you were underwater (this are called “the three locks”), Then imagine a flow of energy coming out of your testicles and go up for your spine to finally end in your brain (Back Channel).

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## ENERGY CONTROL EXERCISE 2

This is the exercise to control the ejaculation, once you master it you can have all the orgasms that you want. Is normal to fail the first time you do this exercise, therefore keep making the exercises to strengthen the PC muscle and eventually you will achieve it. It's better to start practicing alone to understand better your point of no return, that is the point where you ejaculate and lose your energy.

1- Starts stimulating your genitals, it's important to stimulate the whole zone, not just the tip of your penis. It's also important to be in a good mood and with some free time.

2- As you stimulate yourself and your arousal is increasing starts to perform the abdominal breathing. This will give you more control over your arousal.

3- Keep stimulation, when you feel close to the orgasm begins to tighten the PC muscle but not with all your strength. Apply more pressure on the pc muscle as you approach more to the orgasm.

4- Keep stimulating yourself until you think you'll reach the orgasm, precisely at that time take a deep breath, stop the stimulation and press the PC muscle with all your strength, while you're feeling the orgasm imagine a flow of energy moving up from your spine to your head. You can breathe if you need to, but do not release the pressure on the PC muscle until the orgasm go away.

5- Now you can slowly release the PC muscle and you can repeat the step 4 as many times as you want or make the **energy control exercise 1** if you want to finish the exercise. Always ends doing the **energy control exercise 1** otherwise the sexual energy will accumulate in the pelvic area and it may cause discomfort.

It's normal to feel some pressure in the pelvic area at the beginning, you can massage your lower back and your genitals to relieve it, if the pressure continues you can simply ejaculate. If you practice this exercise regularly you should be able to control the ejaculation, but don't push yourself too far at the beginning because it can take you a while learn to control the sexual energy.

## **REGULATE THE FREQUENCY OF EJACULATIONS**

We have already talked about the advantages of retaining the semen but often that is more difficult in practice, so let see what Taoists say about the ejaculatory frequency.

Sun ssu-miao, Taoist doctor said that every man can achieve health and longevity if he practice an ejaculatory frequency of twice a month, or 24 times a year as long as he pay attention to a proper nutrition and exercise routine. He also established an ejaculatory frequency according of the ages of man.

- A man at twenty can ejaculate once every four days.
- A man at thirty can ejaculate once every eight days.
- A man at forty can ejaculate once every ten days.
- A man at fifty can ejaculate once every twenty days.
- A man at sixty should no long ejaculate.

Consider this when setting your own schedule according to your personal needs, remember that the goal is always to feel with vitality and harmony.

## Chapter 6: Female Arousal Secrets

It's clear that women and men were created differently, men are fire element and women belong to the water element. Fire ignites quickly but can easily be extinguished by water, to satisfy your partner, you need to bring her desire to a boil, which requires that you keep your fire burning long enough to do so. The key to satisfy your lover is to understand the stages of her arousal and synchronize your arousal with hers.

As well as the nature of man and woman is different, the purpose of sex is also different to one as to another, for man the purpose of sex is health for women is happiness. Next we'll see some guidelines to consider when satisfying your partner and also to get the most out of your sexual relationships.

### PRELIMINAR AROUSAL

The Foreplay should start at the extremities of the body, no genitals. Start massaging hands and wrists, feet and ankles, and go up through the arms and shoulders to reach the chest and legs and thighs to reach belly and waist. The lower back, spine and the inner surface of arms and legs are very sensitive erogenous energy zones in man and in women.

### FIVE WISHES OF PLEASURE

The five Wishes reflect the extent to which women want and enjoy the sexual union.

The **first wish** is called "attempt". The attempted sexual union occurs during the initial stimulation and is reflected in the accelerated pulse and breathing short and shallow.

The **second wish** is called "conscience", and means she wants man to touch and stimulate her genitals. It is recognized by the opening of the flaps of nose and the separation of the lips.

The **third wish** is when the woman reaches the top of the passion and her fluids begin to overflow. At this time, her whole body and shudders trembles of

excitement, and the woman clings firmly to the man.

The **fourth wish** comes with orgasm and is called 'concentration'. The woman is flooded with a warm perspiration that "wets the sheets."

The **fifth wish** appears only when she reaches a state of extreme passion and pleasure that exceeds the normal orgasm, in which case her body is stretched and stiffens, her eyes close and her thighs constrict tightly around the man, as if to attract him more inward. The woman looks like "her spirit is floating on clouds and wind."

Noting the external manifestations of the wishes of the woman, man can discern the various reactions of her before he makes maneuvers, especially when your partner approaches orgasm. These reactions allow you to expand, harmonize and enhance different ways the tactics used to meet the needs and desires of your partner.

## **THE TEN INDICATIONS**

The ten Indications described in greater detail the physical maneuvers that women use to be closer to her man during sex and explain what they want to do. While the five wishes are involuntary sexual responses that describe the arousal of a woman, the Ten Indications are accurate voluntary signs that indicate what the woman wants her partner do next.

The **first indication** is when "the woman embraces her man with hands and feet and she narrows to his body." That means she wants that the genitals of both come into contact and rub against each other.

The **second indication** appears when she arches over the buttocks, and points out its urgent desire for more direct stimulation in her genitals.

The **third indication** is when she stretches the trunk and thighs widely, and means that the man don't have to delay longer the entry.

When her arms and shoulders are trembling, and "her buttocks jiggle of joy," we have the **fourth indication** , which informs the man that she is feeling intense pleasure.

When the woman wants a man to shake more vigorously in her vagina, it gives the **fifth Indication** lifting both legs, ankles and firmly grasping the body of the man with her feet.

The **sixth indication** marks a turning point on the path to women orgasm. Suddenly, she stretch and cross her legs behind the man's calves, clenching her thighs more tightly. This indicates that the growing tingling of sexual ecstasy is becoming unbearable, that his tide is rising rapidly and the man must not fail at this time.

Almost immediately you can see the **seventh indication** when she moves her hips from side to side, in this time she wants the man to penetrate her deeper right and left.

Then in the **eighth indication** , the woman arches her body to get closer to man, clear indication that is on the verge of orgasm.

As it approaches, presented the **Ninth Indication** when she returns to stretch her body along its entire length and her limbs get stiff, indicating that she is fully immersed in the "high tide" and feel waves of pleasure that walk up to her hands and feet.

The **tenth indication** , as the fifth wish, it is recognized for slippery liquid flow from the vagina releasing its vital essence. This becomes the equivalent of a standing ovation after a masterful performance, and tells the man that he has performed the act flawlessly, that the orgasm has been complete and fully satisfactory, and now can rest and withdraw gradually his instrument.

It's noteworthy that every woman is different and this should only be a guide to identify the different stages of the arousal of women.

## **PENETRATION TECHNIQUES**

The Taoists invented a lot of different penetration patterns and techniques, most of which involved varying between shallow penetration and deep penetration. These patterns suggest the man to penetrate shallowly a number of times before penetrating deeply, the most common involving nine shallow and one deep. (As you learn to control your ejaculation, you can change the ratio to six or even three shallow to one deep.) Alternating between shallow and deep penetration will not only help you last longer; it will also give more pleasure to your partner. The deep penetration pushes the air out of the vagina, creating a vacuum, which the shallow penetration intensify. You must avoid withdrawing your penis completely so that the vacuum remains sealed; instead, pull back so that you are about an inch or so inside her.

## **UP AND DOWN DEEP PENETRATION**

This technique uses the base of your penis, which is your least sensitive spot, to stimulate your partner's clitoris, which is her most sensitive spot. This technique has a lot of benefits for postponing the ejaculation. Instead of pulling back when you feel highly aroused, you can stay deep inside your partner and thrust up and down repeatedly, so you can keep stimulating your partner when she is in the midst of orgasming and wants you deep inside her but you are close to the edge.

## **Chapter 7: What Can I Expect To Feel?**

While you're doing these exercises you can experience some new feelings and sensations due to the increment of energy in your energy channels and your entire body. Let's talk about what you can expect to feel.

### **PRESSURE IN YOUR HEAD**

After a time of practice, you may start to feel some pressure in your head, as a result of the increased energy in your body. For some this can be experienced as a pleasurable tingling in your head, others can experience a feeling of pressure in union between the skull and spine which means that you have more energy in your body. All these things are good signs that you're making progress. However if these feelings grow uncomfortable, just keep recirculating the energy down putting the tongue on your palate and letting the energy flow down.

Physical exercise, massage on your feet and good alimentation will also help. If you're not ready to circulate your sexual energy, you can simply ejaculate once or twice to release the extra energy.

### **PRESSURE IN YOUR BACK**

Sometimes it can be difficult to draw the energy into the base of your spine, for that reason you can experience a little pain, tingling or pressure when this energy first enters the sacrum. You can help pass the energy through by gently massaging the lower back with your fingers.

### **PRESSURE IN YOUR TESTICLES**

You can experience some pressure in your genital zone, this pressure is caused by a blockage and it can be quickly solved with a massage in the area, the massage will help bring blood and sexual energy to the area, which will disperse any blockage. Remember you can always ejaculate to release the extra energy.

## **PELVIC MASSAGE**

Keep standing or lying face down, then massage the lower part of your back, the sacrum and the pc muscle in circular motions with your fingertips. Do it for about ten minutes.

## **TESTICLE MASSAGE**

Rub your hands together to warm them up. Hold one testicle between the thumb and fingers of each hand then firmly but gently massage your testicles with your thumbs and fingers for a minute or two. Finally, hold your penis and genitals from the right side with your right hand. Now lightly pull your penis and scrotum forward then pull it to the right and to the left. Finish by pulling it down. Do this nine, eighteen, or thirty-six times. It will keep the ducts that carry your sperm healthy.

## **FOOT MASSAGE**

The massage of feet plants is a specialized branch of Chinese therapy. Six of the major energy meridians end in the soles of the feet (spleen, kidney, liver, stomach, gallbladder and bladder) and the main nerves of the autonomic nervous system. The foot massage therefore stimulates organs and glands associated with these meridians and nerves. In fact, the ancient Taoist texts say that a major cause of impotence in men is the blocked energy in the organs and sex glands because of the oppressed feet, and a vigorous massage in fingers and soles of the feet before intercourse helps to solve this problem.

The foot massage is easy to do by yourself at home, and its benefits are manifold. Use your thumbs or knuckles to press and rub deep and rhythmically soles of the feet.

## Conclusion

Congratulations for finishing this book, I hope that this information will be as useful to you as it was for me, remember that this is not an easy path and the key to reach the end is persistence and constant practice, but once you reach the goal you'll see that the efforts are worthwhile.

Health and longevity is something that the man has been searched from the beginning of time and the Taoists were those who more have achieved results in this area of life, remember that just as the cultivation of sexual energy is important, so is the nutrition and exercise so you should not overlook this in your life.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

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