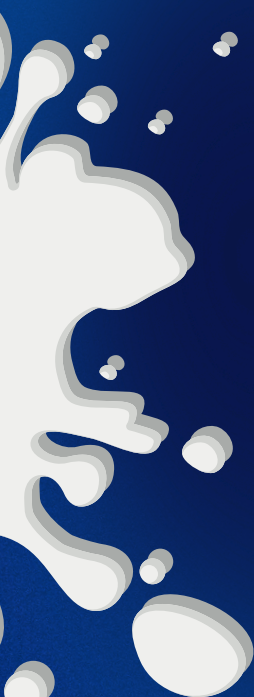


# Control your ejaculation



## INTRODUCTION

In this manual, we will work on our control of duration in sex, because, as is well known, this is a key factor to increase pleasure during sexual activity and to be an excellent lover in bed. It is estimated that about 85% of men have gone through uncomfortable situations due to not having control over their ejaculation during sex, that is, men who do not have control over the speed at which they ejaculate. Here, in this manual, I will teach you in a simple, practical, and effective way how you will be able to control your ejaculation and gain control over your ejaculation for the rest of your life.

The problem we will address here is for men who cannot control their time and always ejaculate quickly during sexual activity, both for those who enjoy ejaculation and for those who take much longer to finish. So, in this material, I will show you exactly how you will control your ejaculation time and be able to enjoy sex whenever you want!

First, we must understand that the problem with premature ejaculation is not just a response from our biological body; it is also due to our lack of control and psychological condition. When we can make our partners enjoy more, we are generating more pleasure. So, you will have better sex and more pleasure during sex, despite being completely normal and natural from a biological standpoint, as it is something humanity has needed more and more as an evolutionary factor in sexual terms. But this is no longer a problem, because, in this manual, we will solve this situation easily.

## **SELF-KNOWLEDGE:**

To facilitate our learning, it is important for you to keep in mind how ejaculation works. Basically, the body gives four main signals to indicate that ejaculation is on its way: 1 - Increased pressure in the penis. This occurs when the Ischiocavernosus muscle reduces the blood flow, blocking or slowing down the blood inside, causing a slight increase in pressure in the penis. 2 - A slight relief in the "pressure" of the penis after a few seconds. 3 - A sensation of "tickling" at the base of the urethra, where urine is collected. 4 - Contraction in the Bulbocavernosus muscle, where the limited time is activated; at this moment, you will receive a signal to contract and expel the sperm out of the urethra. Therefore, you will work precisely on prolonging this limit, making you stop before it is reached.

## **CONTROLLING BREATHING:**

As strange as it may seem, learning to control your ejaculation begins with the ability to breathe. Your breathing is the path that leads to the control of your entire body, which is why it is **INDISPENSABLE** that you do the meditative practices below.

Your breathing is related to your heart rate; the elevated heart rate is, in turn, one of the phases of orgasm, so learning to breathe deeply and slowly while keeping your heart rate controlled will help maintain your sexual arousal.

Note: Whenever you practice any exercise from this book, **ALWAYS** inhale through your nose; it is responsible for filtering air and ions, giving it the right temperature and making it easier for your body to absorb. Learn to breathe...

Many of us breathe superficially and, in general, from the chest and shoulders, where only a small amount of oxygen can be absorbed by the lungs.

You should learn to breathe deeply and slowly, but really, you should first learn to breathe "through the belly" (correctly using your diaphragm).

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Breathing through the belly is the way all newborns breathe, but over time, when they grow up, they tend to lose this habit. You should observe a newborn and notice how their belly rises and falls with each breath. Belly breathing will not only replace chest and shoulder breathing, but it will also improve the intake of oxygen and improve the oxygen cycle in the body.

This is the healthiest way to breathe.

A few minutes of belly breathing will teach your body to breathe deeply by itself, even when you are inactive, so take a few minutes of your day to practice this exercise because when you are at the peak of your arousal, this ability to control your breathing will be essential to stop ejaculation and expand orgasmic sensations throughout your body.

### **EXERCISE 1** - Belly Breathing

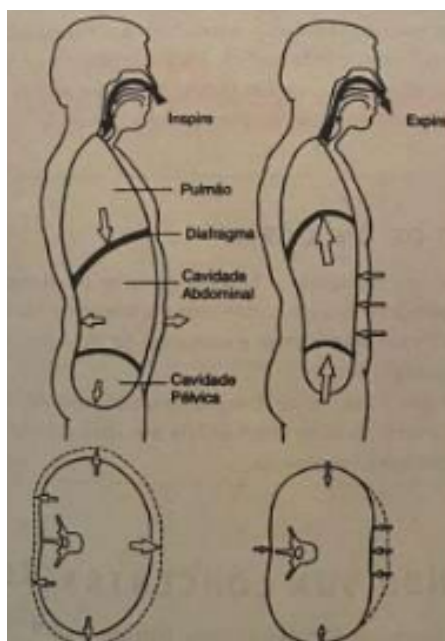
1. Sit in a chair with your back straight, feet flat on the floor, and legs slightly apart.
2. Place your hands over your navel and relax your shoulders.
3. Inhale through your nose and feel your lower abdomen expand (below the navel and around it) and fill with air. Also, notice your diaphragm drop.
4. Keeping your belly relaxed, exhale with some force to move the air back down, keeping your shoulders and chest still, only using your diaphragm for breathing. Also, feel your penis and testicles lift slightly.
5. Repeat steps 3 and 4, from 18 to 36 times.

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After mastering this form of breathing, we have some techniques derived from this mode of breathing that you can use specifically while having sex.

### **First Technique: Penetrative Breathing**

This technique aligns penetration with breathing and a flexible spine movement.

It also requires you to go slowly. The best way to exercise this movement is to sit in a chair with your spine straight and try to make a "penetration movement." You should exhale when you penetrate and inhale when you leave. You should feel an extension of your breathing as if you were not actually breathing, but rather feeling your body penetrate.

### **Second Technique: Relaxed Breathing**

Sit in an extremely comfortable place, in the most comfortable position possible, stretching your legs or supporting your back - do what you need to find the most relaxed position. So now that your body is naturally relaxed, breathe the same way. This relaxed breathing will help you relax, and you should breathe like this while having sex to relax and feel your heart rate diminish, helping you maintain your comfortable level of arousal.

## **Increasing Your Concentration:**

Make no mistake, you may think that the concentration you develop in practices like meditation is not useful for practical things like this... but in truth, it forms one of the ESSENTIAL pillars for you to master your sexuality.

I will present you with a concentration exercise below, which combines the breathing you learned earlier with this.

In this exercise, you should count from 1 to 100 breaths without letting your mind wander. (One inhale and one exhale count as one breath). This is very simple, but not easy. Most people have difficulty counting to ten and continue counting... imagine counting to 100.

### **EXERCISE 2 - Counting from 1 to 100.**

1. Inhale slowly (expanding your belly) and exhale (leveling your belly). For each complete breath, count one breath with one inhale and one exhale.
2. Continue belly breathing and counting from 1 to 100, focusing on your breathing.
3. If you notice your mind wandering, start over again.
4. Practice this exercise twice a day until you can count from 1 to 100 without any problem.



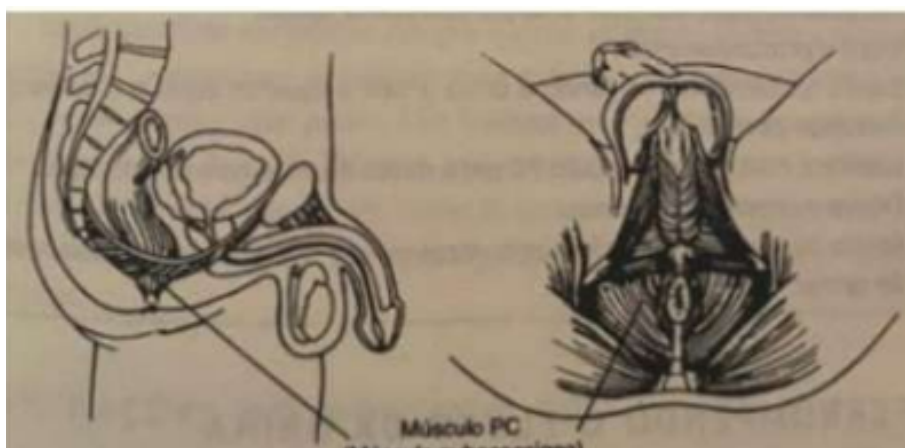
This is the exercise that tends to be most ignored by those aspiring to maximum control, but it is also one of the most important.

Therefore, do not skip this exercise because you think it is too challenging. Practice until you succeed, and you will thank yourself later.

### **Strengthening Your Sexual Muscles:**

It's time to increase your sexual strength. The muscle in the pubic region, the PC muscle (or pubococcygeus), is a muscle band that extends from the pubic bone (in the front) to the end of the spine, or the coccyx (in the back) (see Figure below).

Many men feel the PC muscle in the perineum, right behind their testicles and in front of the anus. This is the muscle you use to stop the flow of urine when you cannot find a bathroom. The PC muscle is also responsible for the rhythmic contractions of the pelvis and anus during orgasm.



"Men who manage to increase the strength of their PC muscle can also learn to become independent of ejaculation."

Orgasm starts in the prostate, so it is essential to learn how to squeeze it with the help of your pelvic muscles. By doing this, besides achieving higher and better orgasms, you will prevent swelling and avoid, of course, prostate problems.

The PC muscle (which surrounds the prostate) serves as a valve around the genitals, which when tightened, contracts it. You feel this muscle working when you try to expel those last drops of urine. In contrast, women feel it most when they are giving birth. Women who have a strong PC muscle can hold their vaginal walls tightly, increasing pleasure for both partners.

You will now learn by doing the next exercises to master and control your PC muscle, strengthening its edges, intensifying your orgasms, and, of course, controlling your ejaculation.

### **INTERRUPTING THE FLOW OF URINE**

The easiest way to find and control your PC muscle is the next time you go to the bathroom, interrupt the flow of urine by tightly contracting the muscles of the pelvis.

Interrupting your urination was one of the first acts you learned to control your body's urges. By increasing your ability to control the flow of urine, you are consequently learning to control your ejaculation, because the urinary channels and seminal vesicles pass through the prostate. (When a man has an enlarged prostate, he has problems urinating and ejaculating.)

### **EXERCISE 3 - Interrupting the Flow of Urine**

1. When you are almost ready to urinate, stand on your tiptoes. If necessary, you can use a wall for support.
2. Inhale deeply.
3. Exhale slowly, forcing the urine to flow out while contracting the perineum, clenching your teeth.
4. Inhale and contract the PC muscle to stop the flow midstream.
5. Exhale and resume urinating.
6. Repeat steps 4 and 5, three to six times or until you have finished urinating.

## **EMPTYING YOUR BLADDER**

Due to the proximity of your bladder and prostate, you should urinate before masturbating or having sex.

A full bladder will make you feel the need to ejaculate, and thus, it will be more difficult for you when you want to stop your ejaculation.

If you have a strong PC muscle, you will be able to stop the urine flow in the middle and then start again.

If you are unable to do this, it is because your muscle is still weak. At the beginning, interrupting the urine flow can hurt. This is perfectly normal, and the pain will subside over time. However, if for some reason you have an infection, or your urine is cloudy, you should see a doctor for treatment. If your muscle is sore, it means you need to practice more.

Contracting the perineum when expelling urine helps to force it out more strongly and invigorates your kidneys, prostate gland, and bladder, strengthening the PC muscle. Even if you feel pain at the tips of your toes and need to clench your teeth to reinforce this exercise, the most important part of this practice is simply stopping and starting urination as many times as possible.

## **PC MUSCLE CONTRACTIONS**

The importance of the PC muscle was discovered in the West in the 1940s by the gynecologist Arnold Kegel. He developed the famous Kegel exercises, which help many pregnant women control their bladders and make childbirth easier. Men discovered that these exercises not only increased their sexual appetite and intensified their orgasm but also turned them into multi-orgasmic beings.

Strengthening this muscle, as mentioned earlier, has the same importance for pelvic health as it does for sexual pleasure in men. There are many other different exercises that have been taught in the West to strengthen the PC muscle, and many of these are adaptations of Kegel's teachings.

All of them teach you to contract and relax the muscle, regardless of how many repetitions and how many times a day you separate to perform these various contractions. The exercise below is more efficient when combined with the other exercises mentioned earlier, as it is important to note that all the muscles around the eyes, mouth, and perineum are connected.

By contracting the muscles around the eyes and mouth, you can add an extra intensity to the PC Muscle Contractions exercise. Initially, it is easier to do this exercise while sitting. Later, you can do it standing or lying down.

## **EXERCISE 4 - PC Muscle Contractions**

1. Inhale and focus on your prostate, perineum, and anus.
2. As you exhale, contract the PC muscle around the prostate and anus, and at the same time, the muscles around the eyes and mouth.
3. Inhale and relax, releasing the PC muscles, the muscles around the eyes, and the mouth.
4. Repeat steps 2 and 3, contracting the muscles as you exhale and relaxing them as you inhale, for about thirty to sixty times.

Although these contractions of the eyes and mouth help to engage the PC muscle around the prostate and anus, the most important part of this exercise is simply contracting and relaxing the PC muscle as much as you can, which you can do anywhere – sitting at work, watching TV, sending a message on your cell phone, or even walking. You can count how many contractions you can do without stopping and try to increase that number every day until your PC muscle is strong and firm.

Try to do the exercise at least twice or three times a day; it is not about wanting to do it many times, but your muscles need to relax. Do not stress about the number of repetitions. The frequency and continuity are more important than the quantity.

A way to develop a daily routine is to integrate your exercise with daily events, like getting up, taking a shower, or going to bed.

According to the authors of *The G Spot*, a man with a strong PC muscle can suspend and lower a towel hanging on his penis by contracting only this muscle. (In the most advanced practices of Taoism, you can even learn to use weights to strengthen your pelvic muscles.)

Certainly, you might even want to try the towel exercise, but please, avoid using weights. As the authors correctly state, "anxiety about performance is the arch-enemy of male erection."

### **Masturbation and Self-Improvement.**

The Taoist masters saw masturbation, which they called "solo refinement" or genital exercise, as a method of exercising the ability to control ejaculation and to understand and circulate sexual energy to revitalize the body. (Remember, "solo refinement" that we will refer to in the following as self-improvement and not only masturbation, that is, ejaculation.)

According to Taoism, touch is one of the best means of learning, and "excesses" are vital to understanding the importance of chastity and our sexual energy. There are many people who worry about the "excess" of masturbation, but Taoists knew well how it is: once you learn to control ejaculation, you ejaculate when and as you desire; men become stronger, but even so, ejaculation can happen as much during penetration as during masturbation.

According to Kinsey and the most recent research, almost all boys—and most men—masturbate. Prohibiting or discouraging this natural function of sexuality will only make boys thieves of sexual larceny, forcing them to steal their own pleasure. It is possible that many men ejaculate too quickly because they grew up trying to "enjoy" themselves before being "caught."

Dr. Wardell Pomeroy, in his book *Boys and Sex*, explains that the premise that almost all boys masturbate should be used to extend it over longer periods, which will allow them to become sexually active, to make love for a longer time.

Many of us learn to masturbate under pressure, either by ourselves or with the help of others, exactly like those inexperienced boys. None of these circumstances are beneficial for the development of greater sensitivity and pleasure—or for greater skill—and for this reason, we have some tips.

Feel your own pleasure. If you prefer to throw your body to the brink of orgasm to stop before ejaculating, try that while you are still exhaling and concentrate more on the sensations of your body. As you exhale, wait for your energy to rise. If you can fully relax, you will be able to stop your sensations as you approach orgasm. Many men learn to masturbate using pornography, and although this place is appropriate to discuss it because it deals with the First Amendment and the sex industry, I must recognize that pornography will be successful when it takes you seriously.

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Stimulate your entire penis. It is important to try to stimulate your entire penis. Most men primarily focus on the head of their penis, which is the most erogenous part. However, according to Chinese medicine, different parts of the penis correspond to different parts of the body.

To prevent one part from being more stimulated than another, try rubbing both the shaft and the head of the penis.

Touch and feel your scrotum. If touching your scrotum is not part of your routine, try it. The testicles can be especially sensitive to slight touch, as many men like to feel the skin of their testicles. Massaging your testicles can also help release testosterone, which is good for both health and sensation, since sperm is produced when a man feels pleasure.

In the next section, we will describe the practice of Pulling the Scrotum, which will help delay ejaculation, but for now, you must learn to touch your testicles for pleasure.

Go slowly. Once you understand how to enjoy the time available for masturbation and learn to delay ejaculation, the essential thing is to learn how to wait.

In hundreds of cases, we discovered that if a man can learn to extend his masturbation time to only about 15 to 20 minutes, he can also extend his time during penetration. This period (15 to 20 minutes) may seem critical. Once you exceed it, you achieve control. This is obvious.

It may take a long time - and it is. Especially if you are used to those 2 or 3 minutes of rushed masturbation.

A man with total control shows the difference: "When I used to touch myself, I would spend 3 to 5 minutes just to relieve the tension or because I was used to it. As for self-improvement, it's different. I try to keep touching myself for as long as possible, without climaxing. Soon after, I see that I spent twenty minutes touching myself."

The last thing we want is for you to masturbate mechanically or take this as an obligation, just like how determining the amount of time spent will benefit sexual relations... it may seem intuitive, but controlling ejaculation has everything to do with letting go and knowing yourself.

### **EXERCISE 5 - Controlled Masturbation**

1. Find a comfortable place to sit; the first step is to find a position where you feel comfortable along with your breathing.
2. Masturbate as you see fit, remembering to massage and feel your penis, including your testicles. Remember that your breathing takes priority over masturbation.
3. Try to observe the degrees of arousal: notice the pulse on the head of your penis, the stages of arousal, and the increase in heart rate.
4. When you are close to ejaculation and your stomach hardens and you can no longer breathe this way, stop stimulating yourself, return to your relaxed breathing, and rest.
5. After you regain control, you can start everything again, as many times as you want, and continue for as long as you find better.

Remember, breathing will keep you on the right path.

To enhance your practice, start with a hot bath (perhaps with some oil for a calming effect, like sesame or olive oil) and massage your body. Decrease the lighting and listen to music to improve concentration. Sit in front of a mirror (with a candle if preferred) and prepare your body. Try to caress yourself without haste. Touch your arms and breasts, (if you can reach) your back, your thighs, and your knees. Pass your hand over your genitals, but do not touch them yet. Then, stop touching, and start massaging your thighs and stomach before stopping at your most sensitive points. Cultivate love for yourself, for your most sensitive parts (including your genitals).

Cultivate the ability to make love, to nurture love - to make love to yourself before touching yourself. Self-love is fundamental to being a loving partner. Sexual energy stimulated in this way will be greatly improved.

When you feel love, this feeling will be increased by sex. If this is not enough, your self-love will also be increased in the same way. If you are not feeling this energy, consider postponing the "solo refinement" practice and develop your self-esteem by touching yourself with tenderness, which will help you not to ejaculate; it is a practical tip for men when controlling feelings of anger or impatience.

## **Learning to Control Ejaculation**

Now that you have learned to control your breathing and sexual muscles, you are ready to learn some specific techniques for controlling ejaculation when you are aroused. The more you practice the previous exercises, the easier it will be to follow this chapter, as well as avoid what you call the "point of no return."

### **STOPPING**

First and most importantly, you need to be aware of your level of arousal and stop a little with caresses (or masturbating, or whatever you are doing with your partner) before you feel like you will ejaculate. Many sexologists call this the stop-and-start technique, but it is only a criterion. It is better to stop before it is too late. You will probably not be able to stop your arousal in the beginning, so stop for about 10 or 20 seconds to let the anxiety and arousal subside.

### **BREATHING**

The deep breathing we described earlier was fundamental in controlling your level of arousal and delaying ejaculation when you are very aroused. A technique that proved very effective is to breathe deeply, holding the air for a few moments before exhaling. Some men with total control, however, breathe faster at the end to delay ejaculation. (This rapid and superficial breathing is called traditional yoga fire breathing).

Slow and deep breaths help control your sexual energy, while fast and shallow breaths disperse such energy. Try both and see what works for you.

## **CONTRACTING THE PC MUSCLE**

As we mentioned, the PC muscle surrounds the prostate, where semen must pass during the expulsion phase of orgasm. By learning to tighten your prostate during the involuntary expulsion phase (when it is involuntarily contracting), you can avoid the contraction for ejaculation. (Between contraction and expulsion is the famous "point of no return").

A man with total control described his experience: "I simply hold ejaculation by contracting the PC muscle at the right time. It took years to perfect this process, but my results are the best."

## **PULLING THE SCROTUM**

Once your testicles retract towards your body in the urge to push semen through the testicles, pulling them away from the body will do what pulling does during masturbation. Circle the top of your scrotum with your index finger and thumb. Pull down firmly.

## **DIVERTING SEXUAL ENERGY**

More than just a mechanical technique, learning to avoid ejaculation is learning to divert sexual energy from your genitals through your spine to the rest of your body.

**TÔNICO  
DE FERRO**

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