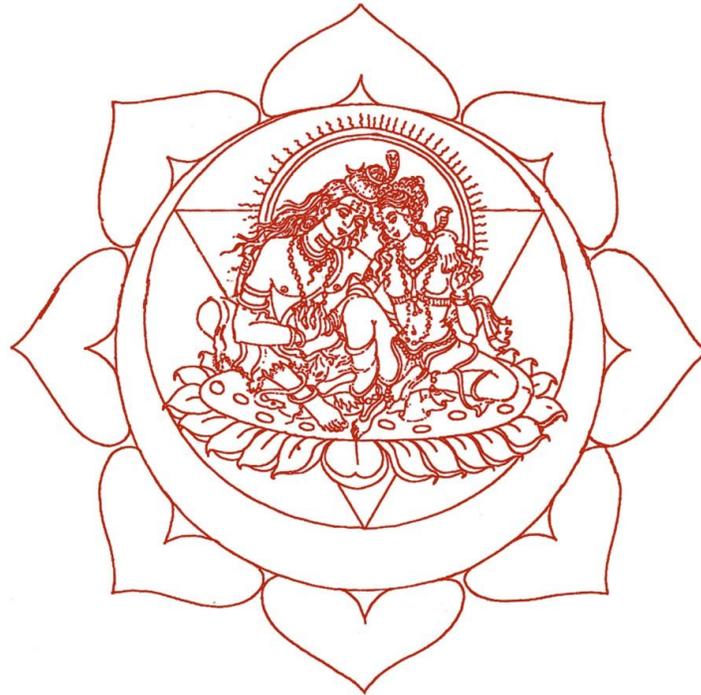


*CHOICES*

*FOR*



*EJACULATION & ORGASM*

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## ***Choices - Ejaculation and Orgasm***

The purpose of this paper is to support men who want to have choices about their ejaculation and orgasm. There are a multitude of benefits to being able to experience an orgasm without ejaculating. A few of the major ones include:

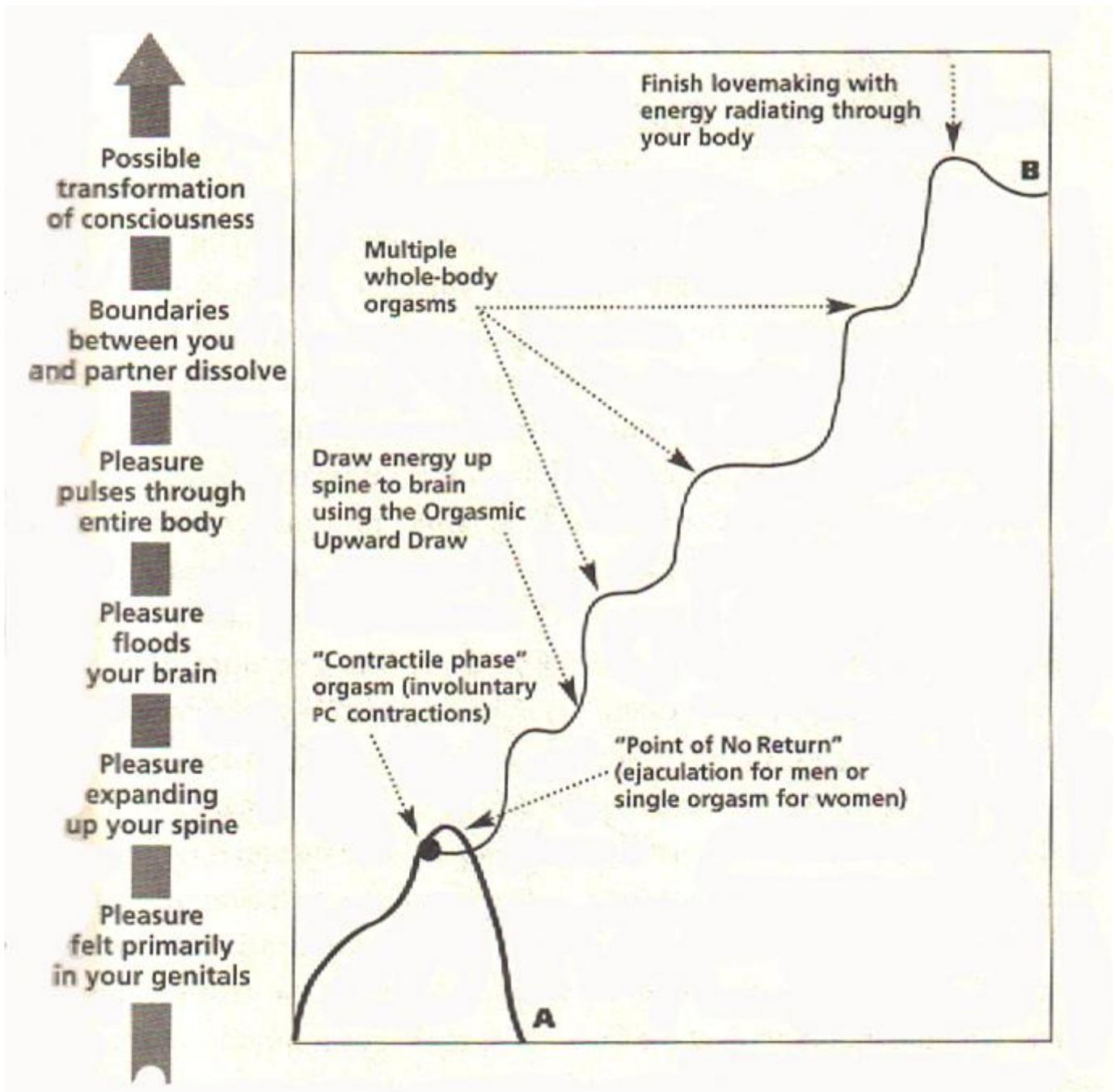
- being able to greatly increase the amount of sexual pleasure one can experience
- being able to provide prolonged pleasure to your partner
- a sense of mastery of one's own body and physiological responses

Any man can learn to have multiple full body orgasms. It is not hard. There are a few basic skills to learn and master, then the choice of when to orgasm, how to orgasm, and how long to keep orgasming will be yours. Once the muscles are strengthened, the process is basically about awareness and intention. This paper presents several exercises to help you develop that awareness and master the needed skills. The exercise and illustrations included here are drawn from the work of Mantak Chia, particularly his books *The Multi-Orgasmic Man* and *The Multi-Orgasmic Couple*. They are excellent sources if you want to explore this material in more depth. Also, Margo Anand's book *The Art of Sexual Ecstasy* has much useful information.

### **The Stages of Orgasms**

The figure below illustrates the different stages that are possible in a sexual experience. The thick line that ends at point "A" represents the usual ejaculatory orgasm most men are familiar with. The thinner line that ends near the top of the scale at point "B" represents a series of multiple full body orgasms. Along this path are several peaks and plateaus. At each peak, the felt pleasure increases and spreads throughout the body. At the upper end of this path conscious awareness expands beyond the body. The first expansion beyond the body is a merging with your partner, and then this expansion can continue on to a merging with all of life! An ultimate spiritual experience!

Having an ultimate spiritual experience and the higher stages of orgasm take some dedication and practice to achieve. If you are just learning to play a musical instrument, you don't become a virtuoso the first time you start to practice. There is an ongoing process of discovery and deepening. The same is true with mastering your sexual energies. Enjoy the journey!



A = The ordinary ejaculatory orgasm for men or a single orgasm for women  
 B = Multiple whole-body orgasm using the orgasmic upward drawing of energy

## Ejaculation Control

Ejaculation control starts with an awareness of the stage of your erection. The Taoists categorize erections into four stages—four attainments, as they called them.

The first is *firmness* (also referred to as *lengthening*).

The second is *swelling*.

The third is *hardness*.

The fourth is *heat*.

Your erection is not just a yes or no, on or off thing, but undergoes a process that reflects your level of arousal. Even western physicians have recently confirmed these four stages of erection, although they describe them in more medical terms.

These four stages of erection have been described as:

- "In the first stage, your vajra starts to *move and become erect*.
- In the second stage, it's *firm, but not hard*—not really hard enough to penetrate (unless you use a soft entry technique).
- In the third stage, it is *erect and hard*.
- In the fourth stage it is *stiff and really hot*. This last stage is also when your testicles draw into your body.

It is much easier to avoid ejaculating when you can remain in the *erect and hard* third stage. Channeling the sexual energy up helps keep the vajra from getting to the final, *stiff and hot* stage. Relaxing is also essential, as is trying to be aware of when you move into that anxious, explosive fourth stage when ejaculation is imminent.

Developing strong PC muscles is essential in ejaculation control. The easiest way to find your PC muscle is to stop the flow of urine by contracting the muscles in your pelvis the next time you are urinating. Stopping yourself from peeing was one of the first acts of control you learned to have over your body. Using your ability to control your urine flow can now help you control your ejaculation, because the urinary duct, the ejaculatory duct, and the seminal-vesicle duct all pass through the prostate. (This is why when a man's prostate is enlarged, he has problems urinating and ejaculating.)

## Exercise: Stopping the Stream

### Stopping the Stream

1. When you are about to urinate, transfer your weight to your toes and the balls of your feet.
2. Inhale deeply.
3. Exhale slowly, forcefully push out the urine while pulling up on your perineum.
4. Inhale and contract your PC muscle to stop the flow of urine midstream.
5. Exhale and start urinating again.
6. Repeat steps 4 and 5 three to six times or until you have finished urinating.

While you are learning to stop ejaculating, it is beneficial to do the “Stopping the Stream” exercise every time you urinate. Additionally, whenever you remember, practice pulsing the PC muscles by contracting them, holding for a couple of seconds, then releasing and relaxing them for a couple of seconds. This is one pulse. Repeat this pulsing for a couple of minutes. To end the practice, hold the PC muscles in the contracted state for 10 to 15 seconds before releasing.

### Self Pleasuring

Once you have started to develop your PC muscles, you are ready to try them out while self-pleasuring. It is very beneficial to do the practices to control ejaculation by yourself before trying them in a sexual encounter with your lover. When you are alone, it is much easier to be aware of the different stages of arousal you are going through. Also, if you are the one who is providing the stimulation, it is much easier to fine tune the level of stimulation, and the lag time from when you decide to lower or increase stimulation is minimized. Once you have developed a basic level of control on your own, you are ready to start to explore maintaining that control in the more highly charged and complex environment with your partner.

When you start practicing ejaculation control with a partner it is useful to have a system of communicating so you can let them know how close to the “point of no return” you are. I like using the 1 to 10 number system. The “point of no return” is at 10. Once you reach a “10” you are in an active ejaculation cycle and it is best just to let it happen and enjoy it. As you get close to that point you can tell your partner, I’m at a “7”, “8”, or a “9”. Once you reach a “9” your partner should stop all stimulation, and if necessary stop touching the vajra. Then, you can direct them to restart stimulation when you feel ready.

## Exercise: Self-Pleasuring

### Self-Pleasuring

1. Start by lubricating your vajra. Lubricant will increase your sensations. Oil is generally better than lotion, which dries up more quickly.
2. Pleasure yourself however you like, remembering to massage and stimulate your entire vajra, your scrotum, and your perineum.
3. Try to notice your increasing levels of arousal: notice the tingling at the root of your vajra, notice the stages of erection, notice your heartbeat rise.
4. When you are getting near ejaculation, stop and rest. Try to notice the contraction of your PC muscle and anus that occurs at contractile-phase orgasm, although don't be surprised if it takes some time to experience this without ejaculating. You can also try to squeeze your PC muscle around your prostate if the prostate starts contracting and you are afraid you might go over the edge.
5. After you regain control, you can start again as many times as you like and continue for as long as you like.

### **Finger Positions to Help Control Ejaculation**

Ideally you will come to be able to stop an ejaculation with the strength of your PC muscles. Until you have developed that ability, it is useful to be able to assist your control with the placement of your fingers at key points to reduce the urge to ejaculate.

There are four finger positions that can help control the urge to ejaculate. These points are:

1. The perineum
2. The base of the shaft of the vajra near the balls
3. The base of the head of the vajra
4. The tip of the vajra

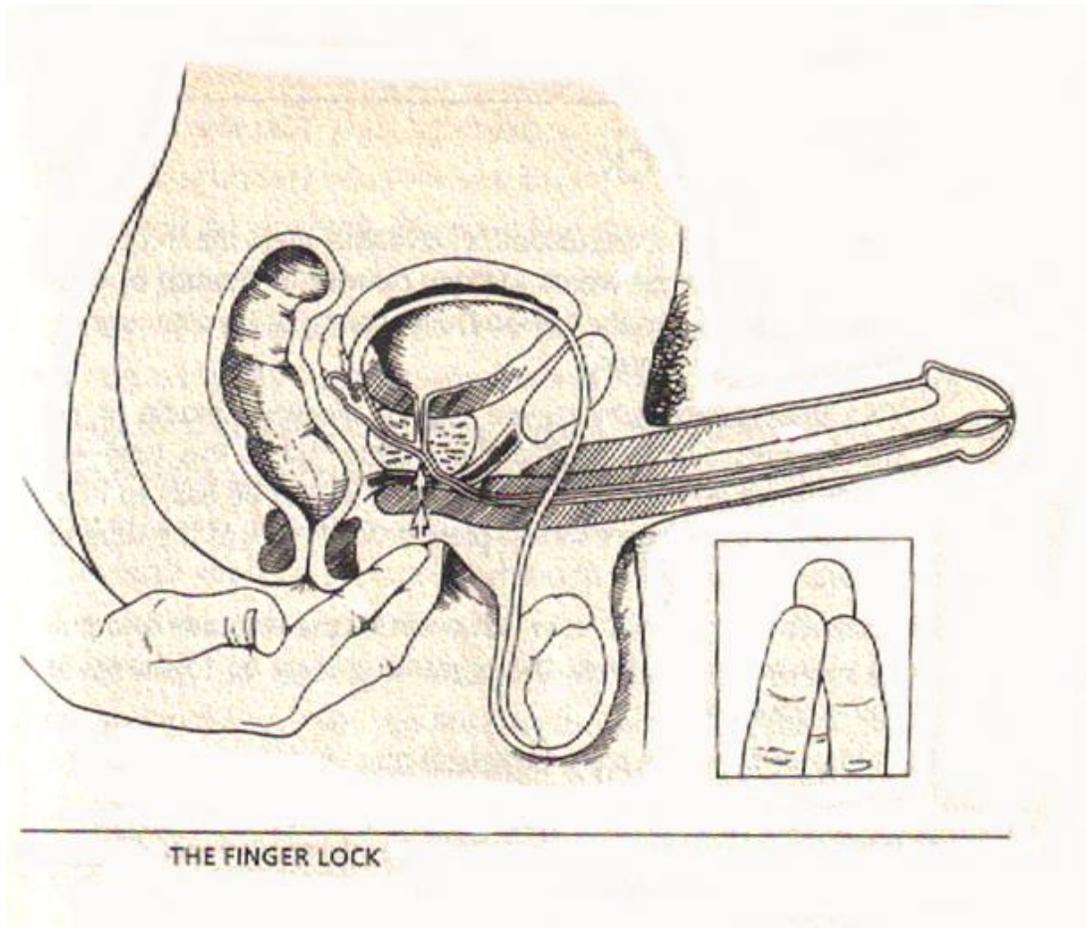
The finger positions are listed in the order that they can be used to reduce the urge to ejaculate. The first position on the perineum works well if you catch the urge early. If the urge has progressed closer to the “point of no return”, then you’d want to use the second, third or fourth finger positions to lower the urge. If you do happen to cross over the “point of no return” and are in an ejaculatory spasm, let go of the finger locks and simply enjoy your orgasm. You’ll have another time to practice.

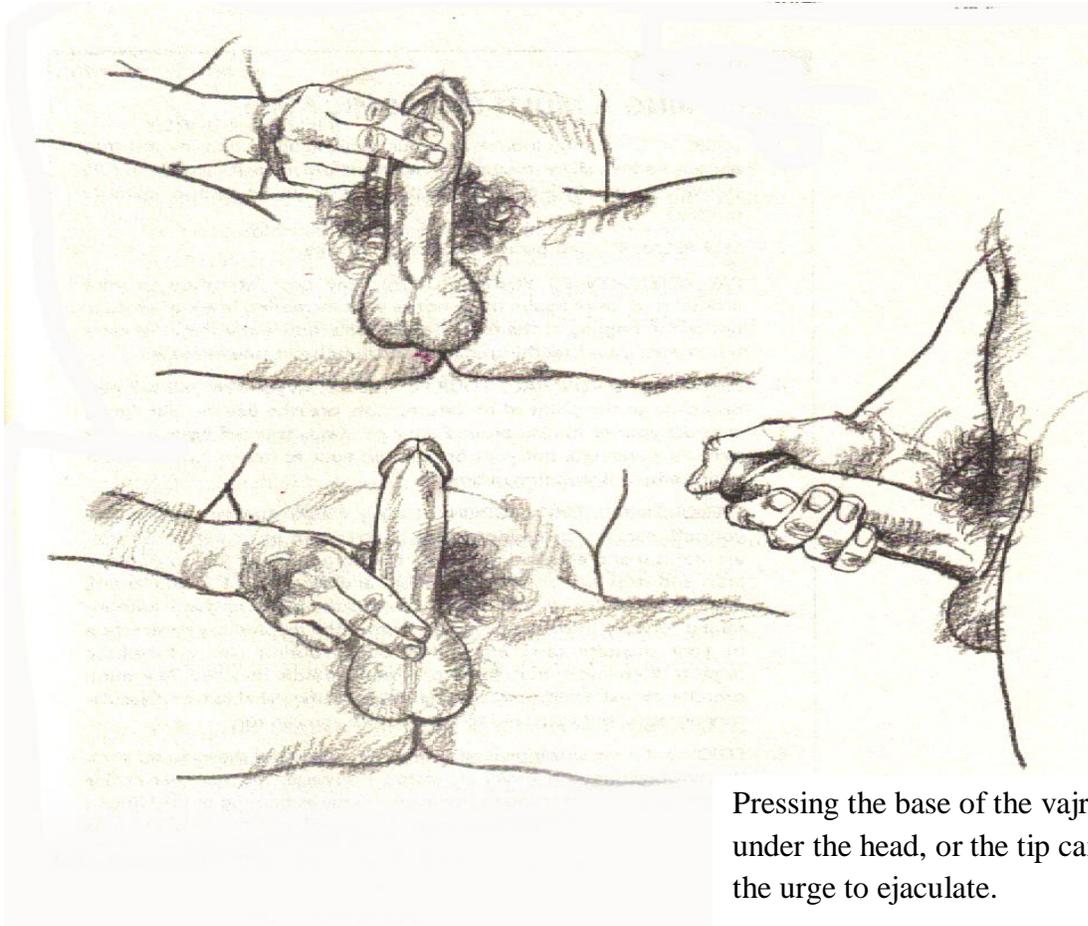
The perineum finger lock exercise describes how to use this hold to stop an ejaculation.

## Exercise: The Perineum Finger Lock

### The Finger Lock

1. When you feel that ejaculation is inevitable, press the three middle fingers (in other words, not your pinkie or thumb) of your dominant hand into the perineum just hard enough to stop the flow of semen.
2. Your fingers should be curved slightly and your middle finger should push directly against the urethral tube. This tube expands when you near ejaculation, so it should be easy to find. Your other two fingers should press on each side of the tube to hold it in place.
3. Contract your PC muscle, which encircles the prostate, and pull up your perineum. Draw the orgasmic energy up to the spine and to your brain.
4. Hold your fingers in place before, during, and after the contractions.
5. When the pumping has stopped completely, remove your fingers.





Pressing the base of the vajra, just under the head, or the tip can lower the urge to ejaculate.

## **Orgasm without Ejaculation**

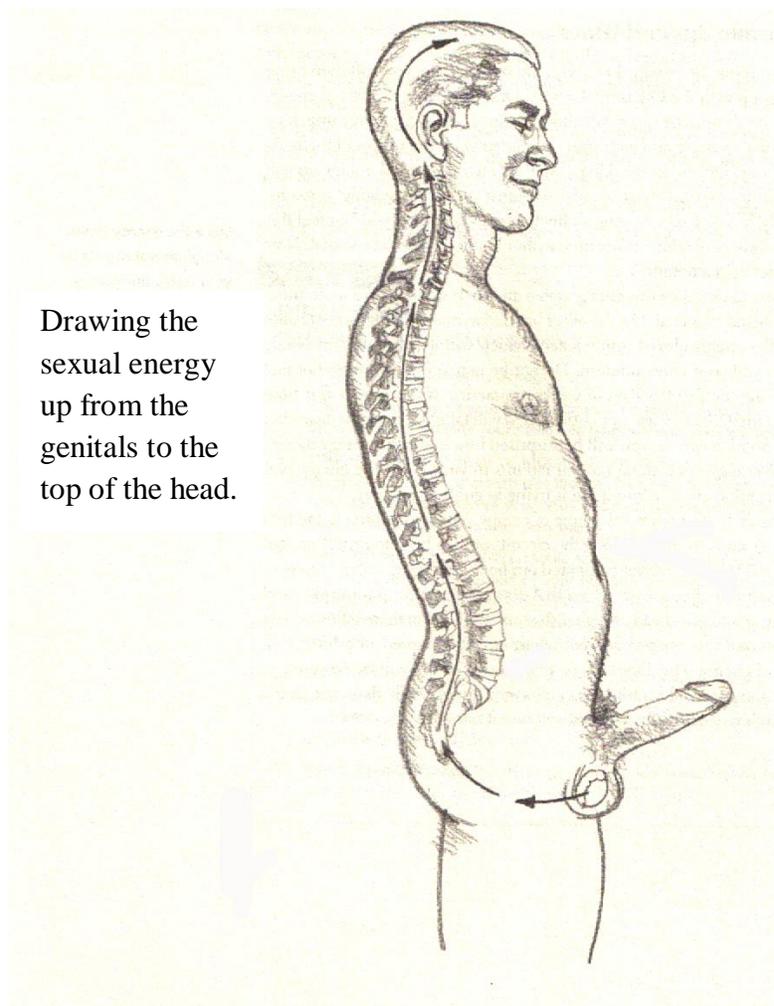
A key to experiencing an orgasm without ejaculating is to be able to circulate the sexual charge that is created in the genital area throughout the whole body. The strategy that the Taoist and Mantak Chia take is to move the energy out of the genital area and up the spine to the top of the head. It can then be stored in “reservoirs” in the head, heart, and hara centers. I modify this strategy by focusing more on the opening and vitalization in these centers. This increases the flow through the center rather than building up a store of energy. The following exercises and illustrations show how to work with this strategy.

Sometimes there can be so much energy being generated in the sex center it is difficult to route it to one of the “reservoirs” or the center cannot open enough to handle all the energy that is being created. In such a case, I would suggest that you try shooting it out the top of the head. If there is still more energy then it feels like you can move through these channels, I’d suggest also directing some of it down the legs and out the soles of the feet.

Sounding is another important tool to help circulate energy. It may feel a little uncomfortable or you may feel a little self conscious at first, but it can be a great assistance to circulating and

expanding the orgasmic energy. Experiment to see what works for you. You can start with some basic sighs, “Ahs”, or moans. Eventually, give yourself the freedom to try loud and wild sounds and see what happens!

Storing energy in the “reservoirs” or opening them to a greater flow vitalizes, nourishes, and energizes those centers. If you do send energy out the top of the head, intend to merge your light with the Source or Mother Light. Doing this will strengthen your connection to the infinite and eternal and not dissipate your energies. Also, if you send energy out your legs and feet, intend to give and receive energy from Mother Earth . . . merge with the earth . . . experience being the support of EVERYTHING!



## Getting Support

While working with circulating the energy and opening to greater and greater amounts of pleasure in your being, issues and blocks can come up. In the body the sexual chakra is the center of our sensuality, creativity, sexuality, emotions, vitality and our sense of flow. The residue of emotional and physical trauma is often stored here. If blocks to the free flow of your sexual energy or challenging emotions arise, be sure to seek support. Working through them can be the fastest path to wholeness and vitality. They are an opportunity for rapid growth.

## Exercise: Separating Orgasm from Ejaculation

### Separating Orgasm from Ejaculation

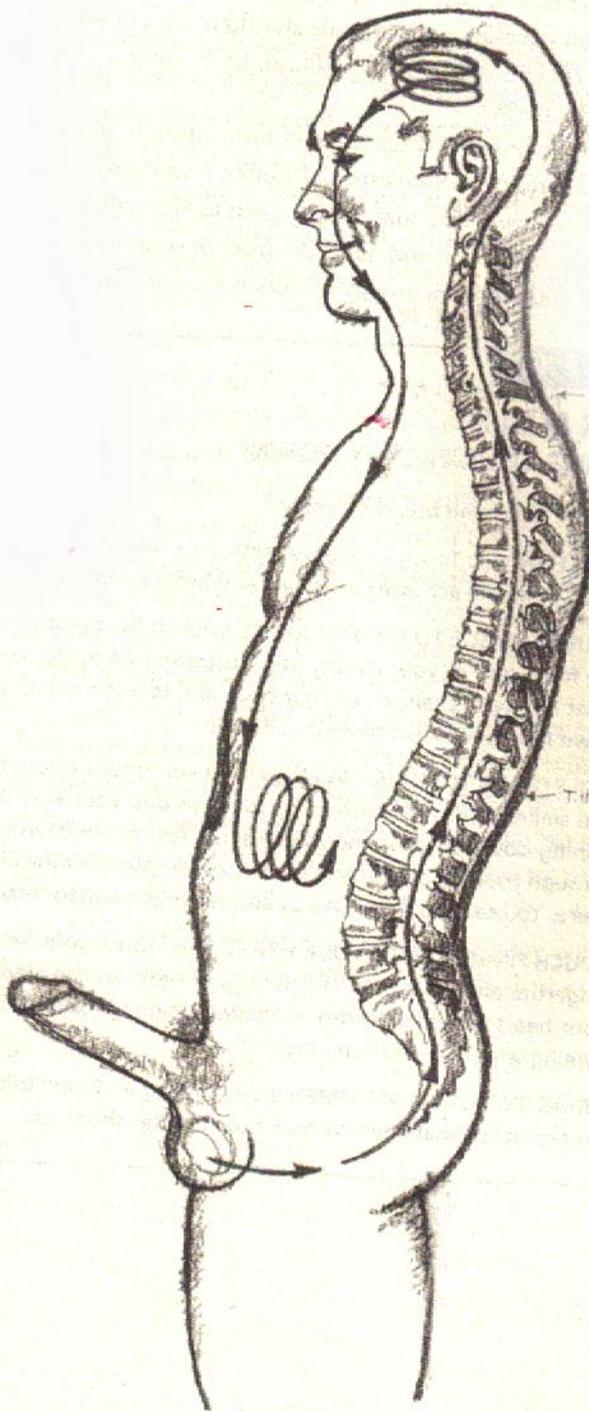
1. Start by lubricating your vajra, as you did in the Self-Pleasuring exercise.
2. Before focusing on your genitals, remember to touch and massage the rest of your body, especially your belly, thighs, and nipples.
3. Self-pleasure however you like, remembering to stimulate your entire vajra, your scrotum, and your perineum.
4. Pay close attention to your arousal rate. Once again, try to notice your increasing levels of arousal: notice the tingling at the root of your vajra, notice the stages of erection, notice your breathing change and your heartbeat rise.
5. As you feel yourself getting close to the point of no return, stop, breathe, and lightly contract your PC muscle around your prostate. In addition, you also can delay your ejaculation by pressing on the perineum, by using the scrotal tug, by pressing on the tip of your vajra, or simply by using your mind to squeeze the tip of your vajra. You can experiment and see which of these techniques works best for you. Most important of all, however, is paying close attention to your arousal and stopping in time—at least a few strokes before the point of no return.
6. If you feel that your sexual energy is getting too wild and difficult to control, try to draw this energy up your spine with your mind, and squeeze and release your PC muscle several times. If you are still feeling too hot and out of control, stop for ten or twenty seconds and focus on deep breathing.
7. Try to notice the contraction of your PC muscle and anus that occurs at contractile-phase orgasm.
8. After you have peaked several times without ejaculating, stop. You will feel peaceful and/or energized afterward. Try to notice your sexual energy circulating in your body, which you will feel as a tingling, itching, or prickling.

Eventually, you will find your own unique way to draw the energy from your genitals up your spine. Until then it is useful to try out a couple of techniques to get a feel for the process. Two exercises that can help with this process are “The Cool Draw” and “The Big Draw.” Of these two, the Big Draw is a bit more forceful and it is easy to effort a bit too much. Practice both and see how they feel. There may be times when you prefer one over the other.

## Exercise: The Cool Draw

### The Cool Draw

1. Touch or cup your testicles with one hand to warm them up until you feel a slight tingling or the first stirring of your sexual energy. (If you are in a public place, you can simply think a sexual thought or fantasy.)
2. Inhale and gently pull up on the muscles around the testicles, the perineum, and the anus. As you inhale and pull your muscles up, imagine that you are sipping this sexual energy and drawing it from your testicles to your perineum and on to your anus and tailbone.
3. Exhale and relax your muscles, but keep your attention on your rising sexual energy.
4. Continue to inhale and pull up and then exhale and relax several more times until you can feel a warm or tingling sensation at your perineum. Once you are able to move this sexual energy, you can simply begin using the spine like a straw, sipping the energy from your testicles and perineum right up the entire length of your spine to the base of your skull. (Gently tucking your chin in will help the energy move from your spine into your head.) Do this for five to ten minutes or until you become aware of a light or tingling feeling in your head. With your mind, try to circle the energy in your head.
5. Finally, touch your tongue to the roof of your mouth half an inch behind your front teeth where the palate curves down. Your tongue works like a light switch that connects your front and back channels, allowing the energy to flow down the front of your body to your navel.

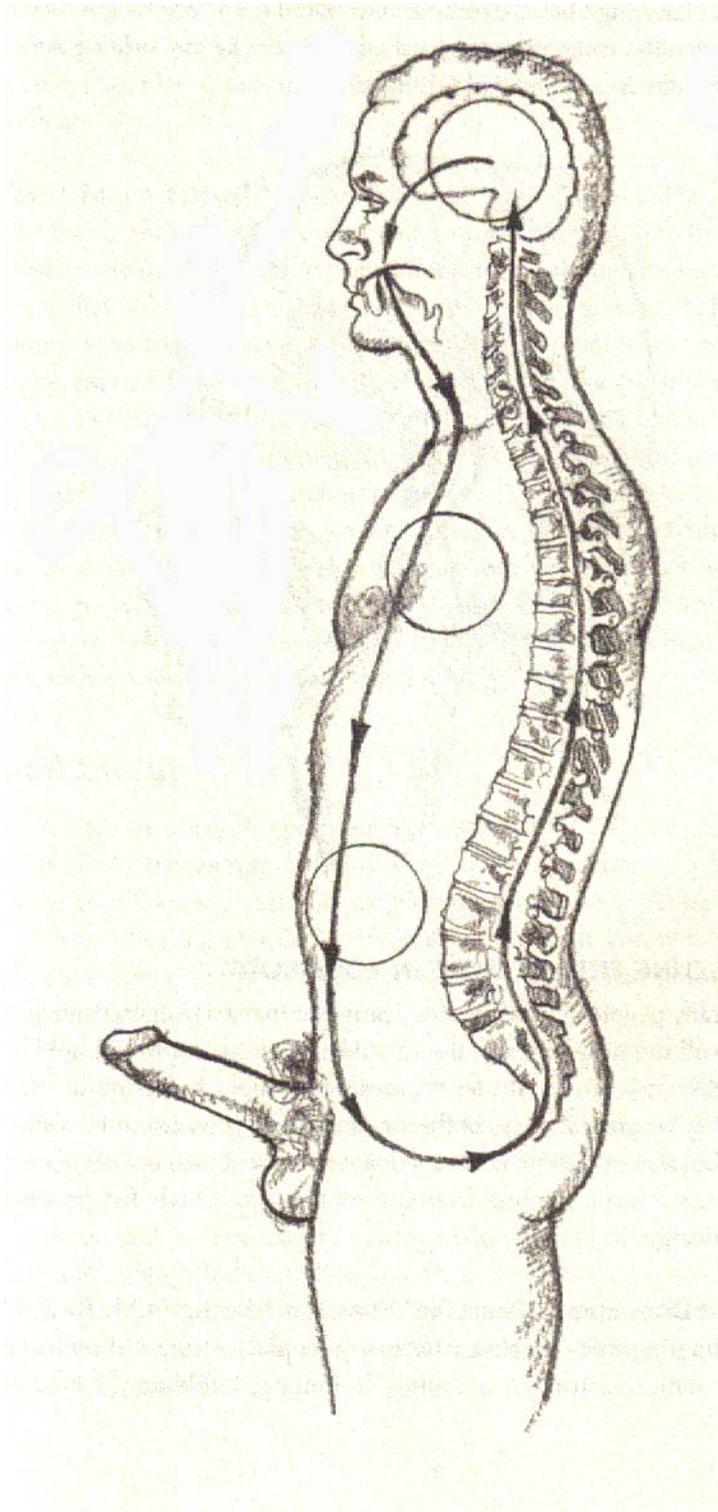


The *Inner Smile* happens when you circulate the pleasurable energy from your genitals up to the head and then down to your hara center.

## Exercise: The Big Draw

### The Big Draw

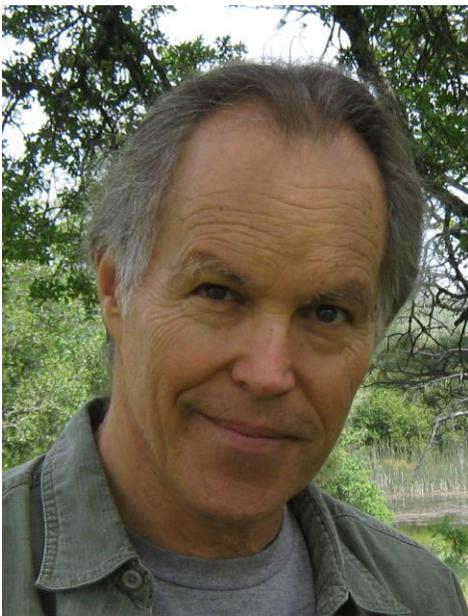
1. Stand and pleasure yourself until you have a strong erection but well before you reach the point of no return (thirty seconds to a minute before you would otherwise ejaculate).
2. Stop stimulating yourself and rest for a moment to regain control. Then simultaneously contract your PC muscle firmly around your prostate gland and clamp your toes down on the floor.
3. Inhale and draw your sexual energy away from the perineum toward your anus and spine by squeezing your buttocks tightly.
4. As if you were pumping the brakes on a car, contract in waves the muscles from your anus up your spine, each time taking a short inhalation. Rocking your spine back and forth as if you were riding a horse will also help the energy to move up the spine.
5. As the energy reaches the base of your skull, make sure your chin is tucked in gently to help the energy move from the spine into your head.
6. Roll your eyes up as if you were looking at the top of your head, which will help bring the energy all the way up to the crown of your head.
7. When you have pumped the energy up to the crown of your head, you have done one Big Draw. The state of your erection is a measure of how successfully you have been doing the Big Draw: as you draw the energy out of your genitals and up your spine, your erection should decrease.
8. Repeat steps 3 through 6 eight more times.
9. After you have pumped the energy up to the crown of your head nine times, use your mind, your eyes, and all your senses to spiral this creative sexual energy in your brain nine, eighteen or thirty-six times, first in one direction, and then the other. When you have finished spiraling, rest for a while and experience the sensational feeling of energy in your brain, often felt as warmth and tingling, like a mini-orgasm.
10. When you feel that your brain is full, touch your tongue to your palate and let the energy flow down the Front Channel from your brain first to between your eyebrows, then to your nose throat, heart, and solar plexus, and finally to your navel, where it can be stored.



The *Microcosmic Orbit* is a natural path for the energy to move through. Three centers that can be charged with energy are the head, heart, and hara.



***About Lyn:***



Lyn has a deep love and passion for supporting the growth process in others. He brings a spiritual presence and perspective to his work based on his lifelong daily bhakti meditation and yoga practice. He's a Certified Tantra Educator through the Source School of Tantra, a graduate of the year long SkyDancing Tantra Facilitators Training, and a Certified Breema Practioner. He's studied with and assisted most of the major tantra teachers. Lyn also incorporates Hakomi, somatic, humanistic & transpersonal psychology, Breema, urban shamanism, astrology, and the Bach flower remedies in his work. He offers private sessions, workshops, and guided shamanic journey work. For more information he can be contacted at: [lyn\\_hunstad@yahoo.com](mailto:lyn_hunstad@yahoo.com) or 707-245-3974.

*May all beings live free, and be healthy.  
May all beings know peace, and rest in their wholeness.  
May all beings feel the Oneness, feel the love.  
May all beings celebrate the Love that is  
EVERYWHERE!*