



SEXUAL VITALITY QIGONG

Mastering the ejaculation control

The Essence of Breath in Sexual Mastery

It might sound odd, but to control ejaculation and experience multiple orgasms, improving your breathing is the first step. This idea is common in martial arts and meditation, where controlling your breath helps in mastering your body. Breathing happens naturally without us thinking, but we can also change how we breathe if we want to. This act of using our mind to change our body is a big part of Sexual Kung Fu.

Your breathing also affects your heart rate. When you breathe fast and shallow, like after a run, your heart beats faster. On the other hand, when you breathe slow and deep, your heart beats slower. As mentioned before, a faster heart rate is linked to orgasm, and breathing fast is a sign that orgasm is near. So, to control your arousal and ejaculation, the first thing to do is practice slow and deep breathing.

One of the main causes of premature ejaculation is too much tension in the pelvic floor, especially PC muscle hypertension. This is very common with men who go a little crazy with Kegel exercise. Premature ejaculation squeezes the PC muscle, it tends to activate the sympathetic nervous system. Ejaculation is a function of the sympathetic nervous system.

Embracing Deep Abdominal Breathing

Many of us tend to breathe superficially, primarily engaging our chest and shoulders, which only permits a minimal amount of oxygen to enter our lungs. Abdominal breathing, characterized by drawing breath deeply into the lower part of our lungs, mirrors the natural breathing pattern of a newborn. Observing a sleeping infant, one can notice the gentle rise and fall of the abdomen with each breath. This form of breathing replaces the stale air nestled at the bottom of our lungs with fresh, oxygen-rich air, establishing it as the healthiest breathing method. However, as stress and anxiety creep into our lives, our breathing tends to become more restrained, mainly confined to the upper chest. When enveloped in joy or laughter, we revert to this deeper, abdominal breathing. Through the following exercise, reacquaint yourself with the abdominal breathing innate to us during our younger years.

Breath Entry: The Nasal Pathway

Throughout the exercises presented in this guide, I recommend inhaling through your nose, as it acts as a natural filter and warms the incoming air. Breathing through your mouth bypasses these initial filtering and warming stages, making it a less favorable route.

Exercise 1:

Abdominal Breathing

1. Position yourself on a chair ensuring your back remains upright, with your feet planted on the ground shoulder-width apart.
2. Rest your hands gently on your navel area while easing your shoulders.
3. Drawing breath through your nose, feel your lower abdomen expand around the navel, ballooning outward, as your diaphragm descends.
4. Keeping your chest at ease, exhale forcefully to retract your lower abdomen inward, envisioning your navel drawing back towards your spine. Experience the subtle upward movement of your genitalia.
5. Cycle through steps 3 and 4 for eighteen to thirty-six repetitions.

Investing a few minutes daily in practicing abdominal breathing can retrain your body to adopt this deeper breathing autonomously, extending into your sleep. During passionate moments, mastering your breath becomes crucial to delay ejaculation, allowing the orgasmic sensations to diffuse throughout your body. Once adept at withholding ejaculation, incorporating this deep-breathing exercise or simply maintaining deep breaths independently becomes vital. It aids in channeling your sexual energy throughout your body, nourishing your organs. Additionally, abdominal breathing tenderly massages the organs and prostate, alleviating the congested sensation some men encounter initially upon ceasing ejaculation.

Though exhaling through your nose remains preferable, the key focus is on the inhalation. Some individuals may find exhaling through the mouth more comfortable when engaging in deep breaths. Explore and find what aligns best with you.

EXERCISE 2:

THE HUNDRED BREATHS

1. Gently inhale, allowing your belly to expand, followed by a calm exhale, letting your belly flatten. Count this cycle of inhalation and exhalation as one breath.
2. Maintain this belly breathing rhythm and count from one to one hundred, keeping your focus solely on your breath.
3. Should you find your mind wandering, reset your count and begin anew.

4. Engage in this exercise twice daily, progressing until reaching a count of one hundred becomes effortless.

Self-Pleasuring

Self-pleasuring, also called solo cultivation or genital exercise, is a natural and common practice that can be beneficial for PE prevention if approached consciously. Nearly all men masturbate, so instead of prohibiting it, we should learn to do it in a way that enhances sexual health and awareness. Use the following techniques to make self-pleasuring a complementary practice that increases stamina, control, and full-body pleasure. This skill will translate to greater intimacy and satisfaction when with a partner.

The exercise:

Self-Stimulation:

1. Begin by applying lubrication to your penis. A lubricant enhances the sensation. Oils typically last longer than creams, which evaporate faster.
2. Stimulate yourself in a manner you prefer, ensuring to touch and arouse your whole penis, scrotum, and perineum, including the crucial Million-Dollar Point.
3. Pay attention to your growing arousal: feel the sensation at your penis's base, observe the erection progress, and sense your accelerating heartbeat.
4. As you approach climax, pause and relax. Feel the tightening of your pc muscle and the anus during the contractile-phase orgasm; however, it might take a while to feel this without climaxing. If you sense your prostate contracting, and you fear reaching the climax, you can try tightening your pc muscle around it.
5. Once you've regained composure, you can resume and repeat as often and for as long as desired.

- Self-pleasuring is natural and healthy. Nearly all men do it.

- It can relieve tension without needing intimacy. It's not a substitute for sex but can complement it.

- Take your time, don't rush. Build up to 15-20 minutes or longer. This control translates to intercourse.

- Focus on your own body's sensations, not external stimuli.

- Touch all areas - whole penis, testicles, perineum. Feel your own unique pleasure.

- Breathe deeply. This circulates energy and prevents tension buildup.
- Approach self-pleasuring with self-love, not shame. Your sexuality reflects your whole being.
- Notice pc muscle contractions of non-ejaculatory orgasms. Enjoy these mini-orgasms spreading through your body.
- If you accidentally ejaculate, don't judge yourself. It takes practice to gain control.
- Use self-pleasuring to increase sexual awareness and stamina. Apply this skill to lovemaking.

Ejaculation Control:

Now that you're familiar with controlling your breathing and sexual muscles, it's time to grasp specific methods to manage ejaculation during intense arousal. The more you practice the initial exercises, the simpler it becomes to apply subsequent techniques and prevent surpassing the "point of no return."

PAUSING:

Firstly, it's crucial to be conscious of your arousal level and pause slightly before you believe you'll climax. This is often termed the stop/start method by many experts, but it's essentially intuitive. It's preferable to halt prematurely than belatedly. Initially, you might need to cease arousal for about ten to twenty seconds to let the climax urge fade.

Breathing:

The profound breathing discussed earlier is vital in moderating your arousal and in postponing ejaculation during intense arousal. A particularly useful method is to inhale deeply, holding it until the climax urge diminishes. Some men who experience multiple orgasms, however, employ rapid breaths to postpone ejaculation (In yogic terms, this is the 'breath of fire'). Deep, rhythmic breaths help regulate your erotic energy, while quick, superficial breaths help distribute it. Experiment to find what suits you.

ENGAGING THE PC MUSCLE:

As highlighted earlier, the pc muscle encircles the prostate, which the semen traverses during the orgasm's ejection phase. By mastering the art of tightening your prostate during the contractile-phase orgasm, you can prevent transitioning from contraction to ejection. A man described: "I prevent ejaculation by precisely engaging the pc muscle. It demanded time to perfect, but the outcomes are undeniably valuable."

SQUEEZING THE PENIS:

Several experts advocate pressing the penis, a method originally designed for men who climax "prematurely." It's straightforward. Use the first two fingers of either hand beneath your penis, your thumb above, and press. Some men also find pressing down on the penis's tip or bottom using their thumb reduces arousal. While effective in solo exercises, they're less so during intercourse since you have to pull out. Hence, mentally engaging your penis's tip can be a workaround. Eventually, you'll mentally compress your penis's tip, avoiding hand usage. Another effective strategy is pressing your penis's base while also mentally engaging, helping control arousal and enhancing erections.

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