

60 minutes ejaculation Control



**Learn How to Last Longer in Bed
Instant Last 30-60 minutes Starting
Tonight!**

Yi Deng

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BY

YI DENG

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CHAPTER ONE

DEFINITION

What is premature ejaculation?

Premature ejaculation or PE is the most common sexual dysfunction complaint among men. The condition is described as an inability of the male to delay ejaculation until intercourse is mutually desirable for both parties. It is not easy to define “premature” as this can vary from one man to another. Some consider it to be ejaculation within 5 to 10 minutes. But premature ejaculation is really more about not being able to control when you ejaculate more than it is based on a time limit.

The best way to define what is considered premature is on a per-case basis. If you cannot maintain until your partner is ready to orgasm, that is usually considered premature. This problem is increased in men due to the fact that women often take longer than men to orgasm through sexual intercourse. In fact, often the problem is that some women cannot orgasm at all. Many women never learn to have true orgasms. Or if they do, they take a long time to get there.

Women have trouble with orgasms for some of the same reasons men have problems with premature ejaculation. Often the woman may have pent up negative feelings about sex or may have had a bad sexual experience that is not allowing her to completely let go and enjoy the sexual feelings. Another reason is that she may not be familiar with her body and her sexual feelings.

When this happens in combination with the man coming quickly, the problem is made worse. I mean just imagine, you’re doing everything thing you can to try to please her but she’s just not getting there! This can give both of you bad feelings about your sexual encounters which build up and the tension makes each time worse. In these cases, it is a couple’s issue and if the couple wants to improve upon their sex life, both parties will have to participate.

What Is Premature Ejaculation About?

So if premature ejaculation is not a physical problem and is not cause by hypersensitivity ,then just what does cause it and what can be done about it?

Think back to your first ejaculatory experiences-Masturbation.

Most boys masturbate in a hurry to keep from getting caught. They never learn how to hold onto the sensation and make it last longer. Honestly, they probably never cared to, anyway. The quick excitement felt good enough. Most young men never think “What if I don’t let this end? What if I keep it going?”

The same thing happens with inexperienced young men in their first relations with girls. This “hurry-up-and-get-it-done” mentality leads to quicker ejaculations that carry on into adulthood. They never focus on recognizing the feeling that they are about to come. Maybe because they never even know they are supposed to recognize the feeling. During the first encounter with a girl, you may have felt a multitude of emotions. You may have felt anxious or afraid. You probably felt tension or worry that you were not “doing it correctly.” You worried about whether or not she was enjoying it. And you may have worried about getting caught or “found out.” Heck, you are probably still worrying about the same things. All of these feelings from the first sexual experiences and masturbation really lead to premature ejaculation.

CHAPTER TWO

MYTHS ABOUT THE CAUSE OF PREMATURE EJACULATION

It is not a physical problem. It used to be thought that premature ejaculation was the result of a physical problem such as irritation or inflammation of the urethra or prostate gland.

And in the old days, there were even uncomfortable treatments such as injecting silver nitrate into the opening. It is not likely that your premature ejaculation is caused by these physical conditions.

In some rare cases, it could be the result of a neurological condition such as multiple sclerosis. But in 99.9% of cases, the man is physically normal. It is not about being hypersensitive. There is also no evidence that supports the theory that premature ejaculation happens due to hypersensitivity in the penis.

Tests for sensitivity were performed on men who claimed to be premature ejaculators and those who were not-and no difference was found. Tests also disproved the theory that circumcision had an influence.

CAUSES OF PREMATURE EJACULATION

The Main Cause of Premature Ejaculation is Emotions

Built up emotions like anxiety, anger, and shame are the real causes of premature ejaculation.

And the built up emotions don't even have to be about sex. It can just be from your daily life but still causing you to come too fast. It is an unconscious defense mechanism to get rid of the emotions you are feeling. Most men will not even realize they are harboring these feelings. It is all in the subconscious. When the emotions you have over sex and sexual relationships build up and they are released by premature ejaculation, you do not get the full enjoyment of sex. This will leave you feeling more frustrated or ashamed and cause you to ejaculate even faster the next time.

The main emotions causing premature ejaculation are

Anxiety:

Performance anxiety is probably the single most common emotion causing premature ejaculation. That is when the expectations to perform great and the fear of failure is so overwhelming that you just can't keep it up. The system just breaks and you ejaculate sooner than you want to.

But performance anxiety is not the only thing. You can have fear and anxiety about almost anything related to sex causing you to ejaculate too quickly.

Fear:

Men are trained to be successful and get a good woman. Then when you get her, you are supposed to make her happy, keep her happy and let her do what makes her happy –all while not stifling her freedom or creativity.

Wow! The whole getting-the-woman process is hard enough in itself. There are so many pressures out there, so much competition. It leads to fear of women, fear of commitment, fear of rejection, fear of embarrassment and even fear of the unknown. Then you have to worry about the fear of pregnancy and marriage. Well, that is a lot of fear to harbor. And, as the tension builds up, it reveals itself in the bedroom.

Shame:

Almost everybody has some sexual shame. It is built into our society. But some of us have more shame than others. For example, someone raised in a home that looked at sex as bad or dirty, or scolded the young boy for masturbating, can lead to pent up sexual feelings as an adult. This person will unconsciously still look at sex as bad or wrong and this anxiety and shame leads to premature ejaculation.

Anger:

Anger is another emotion that shows itself in the bedroom. Anger at your spouse or lover, or even anger from work or someone else, can come out during sex. Pent up anger needs to be released and the stress and tension leads to premature ejaculation. Sometimes the anger will take over the emotional reality of the person and he has no room to recognize that he is about to come too quickly.

Confidence:

Confidence also plays a big role here. If you are not confident with your sexuality, confident in yourself as a lover, and confident with women, it is going to show when you are having sex. It is all a mind game. The more you think about coming too soon, the quicker you will come. It is inevitable. If you know you have the confidence to stay longer, you will. It is the confidence that keeps you going.

CHAPTER THREE

THE STAGES OF SEXUAL AROUSAL

Stage One.

This is the beginning stage when you are first starting to get aroused from kissing or petting. Your penis gets hard during this stage and you can start arousing it directly with masturbation or intercourse. Sooner or later when you reach a sudden arousal stage, you move on to stage two.

Stage Two.

This stage starts when a sudden level of sexual arousal is gained. In this stage your arousal and pleasure builds as you are moving inside her or stroking your self. The tension rises little by little until you are in a state of pure ecstasy. The highest state of this stage can be better than the orgasm itself. That is why you should want to maintain it for as long as you can. But inevitably, due to lack of time or premature ejaculation, you will at some point reach the next stage .

Stage Three. The Point Of No Return Once you reach this stage, no matter what you do, you will not be able to stop yourself from ejaculating. You might be able to remain in this stage for few seconds, but once you are here you will ejaculate no matter what you do. You can pull out or stop masturbating and not touch your penis at all but you will still ejaculate. This is of course great if you have had a good time in stage two, but not if you reach this stage within seconds of entering the vagina. You could even pull out but will still ejaculate.

Stage Four.

The Ejaculation happens just after reaching the point of no return, hopefully with a mind blowing orgasm. But for many premature ejaculators the orgasm is just a fraction of what it could be .

What Happens When You Prematurely Ejaculate?

Basically what happens when you come too fast is that you jump almost immediately from Stage One to Stage Three. You actually miss the best part of sex and never really experience intercourse fully. You are missing the greatest pleasure of life.

If you are lucky, you might be able to remain at Stage Two for some time, but then you are not aware of when you are too close to Stage Three and cross the boundaries to “The Point Of No Return” without noticing.

CHAPTER FOUR

10 THINGS YOU CAN DO TO DELAY YOUR EJACULATION

1) Deep breathing! Take a deep breath just before you are about to climax. This will briefly shut down the ejaculatory reflex. Also, daily meditation and relaxation can help relax you and put you in a great frame of mind for sex.

2) Masturbation before Intercourse: Masturbating before sex may help some men with PE problems because you will be less sensitive after ejaculation and you will lessen your arousal. The problem with this is that arousal is only part of the problem of premature ejaculation. Masturbation may allow you to delay ejaculating a little, but you are still not obtaining control over your ejaculation.

3) Alcohol: Alcohol should always be used with caution but sometimes a drink or two before sexual intercourse may help delay ejaculation. It also relaxes you from tension that may be causing problems with premature ejaculation. Drinking too much can cause erectile problems-so use caution. Also, this should be used only with people who already drink alcohol occasionally. If you do not drink, do not start for this.

4) More sex! Having sex more often will delay your ejaculation because you are more likely to ejaculate prematurely after a long gap. The same is true for masturbation mentioned above.

5) Break! During sexual activity, take a break to allow your stage of arousal to fall temporarily. Just be careful not to let your partner's arousal fall.

6) Different position! Woman on top, for example, is less arousing than missionary position. Try different positions and feel which one is the best to last longer.

7) Shorter thrusts! When you first enter your partner, make shorter but deeper thrusts or move in a circular motion instead of the usual in-and-out technique. This will help delay your ejaculation.

8) Talk! Is there something bothering you or something on your mind? Are you angry or upset about something? Stress, anxiety and tension lead to premature ejaculation. You could last longer tonight simply by talking about your feelings and releasing that stress and anxiety.

9) Work out/ Exercise. Exercise releases stress and also allows you time to get in touch with your body and with your mind.

10) More foreplay/ Oral sex. If you cannot always prolong the time in which you ejaculate, you can take a few steps to get your partner there faster. You can do this by extending foreplay so she is heated and excited before you enter her with your penis.

Another excellent technique is using oral sex to bring your partner to orgasm before penetration. Focus on her. Spend time telling her how she looks and how she feels to you instead of focusing solely on how great you feel and how badly you want to come. This technique has the double pleasure of speeding her up and slowing you down a little.

CHAPTER FIVE

WAYS TO INCREASE ORGASM FOR YOUR PARTNER

1) Talk dirty: Just the sound of what you want to do to her may drive her wild. Women are very sensual and they become aroused from sounds and expressions, not just from looks.

2) Foreplay: Foreplay is very important for women. Women typically need more foreplay than men. Do not rush too quickly to the genitals. Most women do not get instantly turned on from a direct touch to the genitals. In fact, for some women, directly touching the genitals without lubrication or before she is ready can actually be painful. So spend some time talking, kissing, touching and caressing. Just go slowly and enjoy her body.

3) Oral Sex: Oral sex is usually very stimulating for most women. This is a great technique to bring your woman to orgasm first and then have intercourse. She may even orgasm again during intercourse. This is also good for women who have trouble having orgasms. When she becomes able to come through oral sex, it will make it easier for her to come through intercourse as well.

4) Court Her: A woman wants to feel like she is special and irresistible to you, not like some sort of sexual servant. Helping her achieve orgasm is kind of a 24 hour a day thing for a woman. She wants to feel loved and needed and accepted and that you find her beautiful and sexy. If she does not feel comfortable in the relationship, she will have trouble feeling comfortable in the bedroom. So remember that the way you treat her through the day will determine the way she responds in the bedroom at night.

5) Massage: Give her a sensual all over the body massage. Get naked with her and take turns slowly stroking each other's bodies. Don't get physical with the genitals, and don't try to rush into sex. Just spend some time caressing her body until she is begging you to touch her in that right spot.

CHAPTER SIX

SOME BELIEFS ABOUT THE CURE OF PREMATURE EJACULATION

You may have heard of pills and desensitizing creams to help treat premature ejaculation. Well, there are several reasons why they don't work.

Use of Desensitizing Creams and Sprays: Most cases, they do not really work. They numb the head of the penis so that you do not feel anything there while having intercourse. By numbing the penis, you never get used to the feeling of sex for long periods of time and as soon as you stop using them your problem is back - possibly even worse.

Another downside is that many premature ejaculators don't really get aroused enough. You might get an erection but not rock hard enough. If you desensitize the penis, this problem just gets worse. Even worse, is that desensitizing products will make your partner's vagina numb as well and she will not get the sensations of sex that she needs. And the biggest reason not to use these is that it defeats the whole purpose of this program.

You do not want to numb or hide the feeling of sex. In fact, you want to do the opposite. You want you to learn to feel the intense pleasure of sex and learn to withstand that pleasure and enjoy it for as long as possible.

Use of pills and medication...

Pills and medications are not recommended for many of the same reasons as creams and sprays are not recommended. Often they do not even work, and if they do, they only work for a little while and will not cure you. As soon as you stop taking the pills, the problem is back.

CHAPTER SEVEN

HOW TO STOP PREMATURE EJACULATION

You do not choose to ejaculate prematurely, it happens because you don't know any better. You don't realize yet how you can gain control. Once you learn how to do that, it's all a matter of breaking the habit. I mean, you had your whole life to learn how to ejaculate prematurely. Now you have to learn to stop doing it.

Learning to Gain Control To gain control, it is good to learn as much as possible about your body's arousal and how your body responds to arousal. While all men may experience slightly different sensations during sex and arousal, all men go through the same four stages. But learning the basics is enough for now. There are techniques taught in this program to pull yourself away from it.

The main purpose of the EJACULATION CONTROL is to prolong Stage Two... (as discussed in chapter three) You want to get aroused and be able to have intercourse (Stage one). You want to reach a high level of sexual ecstasy (Stage two). But you don't want to cross over to The Point Of No Return (Stage three) until you and your partner are both ready. You want to stay in Stage Two and enjoy that magnificent feeling for as long as necessary. When you learn to master the skills of staying in this highly intense state of pleasure, you will want to stay there forever. You will enjoy sex like you never knew you could before.

The EJACULATION CONTROL is not just about lasting longer; it's about learning to experience more pleasure. This pleasure will be the most exciting, heart-pounding, intense sexual excitement you have ever felt but at the same time, it will leave you feeling peaceful and relaxed when it is over.

Another great thing about staying in this highly aroused sexual state is that you will give off intense sexual energy that will make your partner more aroused. She will feel your energy and get excited quicker and orgasm more quickly herself. Eventually, if you want to, you can work your way up to dry orgasm and multiple orgasms.

What is dry orgasm Dry Orgasm

During the emission phase, your prostate gland automatically contracts and releases semen into your urethra. In the expulsion phase, contractions of the pelvic muscles pump the semen out the head of your penis. Although orgasm and ejaculation are most often linked together, they are in fact two separate events. Learning this makes the possibility of orgasm without ejaculation, or dry orgasm, very obtainable. Ejaculation is the propulsion of semen.

Orgasm: The peak of sexual feelings; along with an increased heart rate, blood pressure and breathing. To do this, you will learn to skip the emission phase altogether. Basically, you will enjoy sex completely and experience orgasm but you will become able to have multiple orgasms or prolonged orgasm since you do not have to ejaculate each time you orgasm.

Some men find that after dry orgasms, their penis is desensitized but rock hard for the longest time, making them able to continue intercourse and begin the whole process over again.

The EJACULATION CONTROL is going to guide you through your journey from getting in touch with your body and learning to relax to more sexual awareness; all the way to dry, powerful, multiple, mind blowing orgasms.

Guidelines Before Starting The Ejaculation Control Program It's important to note before you begin that if you are serious about this, it will take some time and dedication to achieve your goals. You showed that you are ready and willing to invest what it will take to get there when you obtained this program. Now if you follow the instructions, you will be well on your way to amazing sexual fulfillment. The first step is to relax. Just sit back, take a couple deep breaths and clear your mind.

The program is designed to be a process of changing old habits and it may take some time. Although you may start to see results very fast, it could take longer to completely change your habits. Your confidence will build more from the very beginning since you have decided to take control of your sex life and your ejaculation. This confidence alone is enough to show results since anxiety is the

biggest cause of premature ejaculation. Do not put too much pressure on yourself to see results right from the beginning. Just relax and take note of any little changes as you see them. The program is a series of building blocks and each one fits on top of the other. Take it a day at a time and be proud of the progress you make each day.

Also, be careful not to place strict time limits on your goals. If you are pushing yourself to reach a certain point at a certain time, you can feel too much anxiety and pressure that will actually DELAY your progress. So while it is important to take the program step by step and to take it seriously, remember to relax along the way and take as much time as you need to learn each step. Now is the time to take the pressure off and heal your premature ejaculation one day at a time!

CHAPTER EIGHT

HOW TO BECOME A FANTASTIC LOVER BY USING THE EJACULATION CONTROL

The EJACULATION CONTROL will teach you to recognize the tension in your body and the signs you are reaching ejaculation.

You will learn to recognize the feeling and prolong your orgasm for as long as you like to enjoy sex fully without ejaculating. The exercises taught in this program will relax the anxiety. It will teach you to release tension in the genital area as well as tension in the mind.

You will learn how to let go of those daily troubles or trite issues, put it all away for later and focus solely on your feelings and enjoying the moment. You will learn to get in touch with yourself and know how close you are to the point of ejaculating and then how to move away from that point. Practicing the program will build up your realistic confidence as a great lover. You will learn to have a higher tolerance for the feeling of sexual energy as it spreads throughout your body and to sexually fulfill your partner.

Every single exercise in the program has a purpose. Although you may not understand that purpose at first, it is important that you follow the guidelines and all the pieces will fit together as you move on through the program. The EJACULATION CONTROL will not only teach you to enjoy sex more but it will make you a better partner for your lover.

You will learn ways to please her and also ways to last longer for her enjoyment and yours as well. The confidence you will learn from this program will show in all aspects of your life. It will all revolve in a full circle to make you a better, happier man.

CHAPTER NINE

THE IMPORTANCE OF YOUR PARTNER IN THE EJACULATION CONTROL PROGRAM

Your partner is very important in this program. You need to take some time to recognize your partner's role in this situation and how she may be feeling.

Before you begin, you may want to have a serious and honest conversation with your partner. Spend some time talking about why you are not happy with your sexual performance and what you would like to change. Listen to her opinions about what she would like to change. (It may not be as much as you think!) Find out what you both want from your sexual relationship and form a plan to achieve it. Agree to work together on this plan to achieve sexual Nirvana. Spend some time acknowledging your partner's emotions. While you are feeling angry, depressed or self-conscious over your problem, she may be feeling badly as well. She may think the problem is her fault.

She may be feeling that there is something wrong with her. Or she may be tense and stressed about your sexual encounters which will affect her orgasm, thus taking it longer for both of you and making the problem escalate. In fact, many women have difficulty with orgasm during intercourse so technically the "problem" could be on both of you. Decide as a couple to take a realistic approach to your situation. Do you come within 60 seconds of entering her? If you can hold out longer, how long does it take her to reach orgasm? How long does it take her to orgasm through oral sex and through masturbation?

If it is taking her a very long time to orgasm, you have two approaches to having a better sexual relationship; one is to delay your ejaculation, the other is to speed up her orgasm. There are different ways of speeding up your woman's orgasm. You may want to increase the time spent on foreplay. Women and men respond differently to sex and arousal and most often, women need more time to get "warmed up".

For example, a man may see a pair of breasts or sexy legs and instantly get hard. A woman on the other hand, may get turned on by a phrase or a feeling such as telling her how sexy she is. If you learn to bring your woman to the properly heated stage before beginning physical sexual contact, she will respond

more quickly to that contact.

Your partner's emotions will play a large role in how she feels in your relationship and how she responds to your problem. She may even feel that you don't love her enough or that you are not happy with her or that you are getting it from somewhere else.

Often men get so frustrated with their premature ejaculation that they try to avoid sexual interaction altogether. They just can't stand to experience the shame or frustration anymore. This is of course, a problem for any relationship. If you start pulling away from your woman or avoiding sex altogether, she feels neglected or abandoned and unloved. You may feel angry and bitter as well. When you finally do have sex, all these emotions hinder your enjoyment of the experience. Since premature ejaculation is related so much to emotions, it is important that you acknowledge and express your emotions to yourself and to your partner. It is equally important that you hear your partner's feelings and that both of you are supportive of the relationship and a change for the better.

While discussing things with your partner, keep the following tips in mind: • Do not make accusations

- Do not insult each other

- Do not cast blame, it is neither person's fault • You are trying to improve your sex life, not fix something that is broken However, if you do not feel comfortable telling your partner about your decision right away, that's okay too. Or if you do not have a steady partner, you can still begin improving your sex life and last longer.

CHAPTER TEN

EJACULATION CONTROL PROGRAM EXERCISES

There are actually THREE ways you can use the EJACULATION CONTROL, which is one of the things that makes it better from other premature ejaculation programs.

You can choose to use the program ...

- alone
- with a partner
- combination of the two.

The EJACULATION CONTROL has four kinds of exercises. Part 1 contains three kinds, which every man should start with and are practiced alone...

1. Relaxation Exercises.

Because premature ejaculation is almost always caused by some kind of anxiety, it is essential that you learn to relax you body and mind when facing the highly intense situation of intercourse. These exercises are practiced alone.

2. Visualization Exercises

Visualizing yourself as a better lover will automatically make you have better sex. In this section you will learn how to relax and envision yourself in your fantasy situation and learn how to control ejaculation in this stage of ecstasy.

3. PC Muscle Exercises

Anxiety is stored in your muscles. When you are frightened, for example, your shoulders tense up. If you are often frightened your shoulders stay tense and you develop muscular rheumatism. The same thing happens with the PC muscles. Especially if you store some amount of sexual shame, which most premature ejaculators do. The problem with the PC muscles is that they are located in a

very delicate area, close to the prostate, which controls the ejaculation system.

When you start exercising your PC muscles, before you get them in good shape, there might be short in-between time where the problem even worsens a little. If this happens, you can be sure that you are still on the right track. Another bonus of working the PC muscles is that the PC muscle exercises have been proven to increase the blood flow to the penis giving a harder and stronger erection, which also helps you last longer. These exercises are practiced alone. They are so simple that once you get them down, you can practice them pretty much anywhere you want.

4. Awareness Exercises

These are probably the most important premature ejaculation exercises. Done correctly in combination with the other types of exercises, you can be almost 100% sure to drastically improve performance. You will be given the choice to practice these exercises alone or with a partner.

Awareness Exercises will make you aware Stages you go through from the time you first get aroused until you reach the point of no return. They also help you become aware how you feel in each stage. Then you will practice moving up and down the scale at will; toward and away from the point of no return until you have total control over if and when you ejaculate.

When you know exactly what you are going through, either your subconscious will make sure you do not move too quickly to the point of no return, or you can take conscious actions to avoid that.

CHAPTER ELEVEN

ROAD TO EJACULATION

Stages from Arousal to Ejaculation There are basically ten stages that a man experiences on the road to ejaculation.

It's extremely important to understand these 10 steps and learn to recognize them in yourself as it is the fundamental base for performing the awareness exercises. You will need to study these stages carefully and then study them as you are experiencing them. Then, when you are masturbating or having sex, learn to recognize which stage you are at.

- Stage 1: Going from un-aroused to a light feeling in the tip of the penis
- Stage 2: You will get your first little surges of pleasure
- Stage 3: Now you start to experience “feel-good” feelings
- Stage 4: Start to experience low stages of arousal • Stage 5: Feeling really good, fully aroused • Stage 6: Feelings of arousal increase
- Stage 7: Breathing increases, pleasure spreading all over • Stage 8: Increased pleasure; breathing fast, heart rate increased and face flushed.
- Stage 9: Stage of intense pleasure and feelings of elation • Stage 9.9: Reaching point of no return.
- Stage 10: Ejaculation.

Learning these stages and recognizing them in yourself will be so important when you are performing the Awareness Exercises. You need to know your body and your pleasure stages so you can prevent yourself from moving too quickly onto the point of no return. By doing this, you can remain in the stages of ecstasy and amazing sexual fulfillment. You will eventually learn how to recognize when you are getting close to stage 10 and how to move yourself back a step before you cross the point of no return. You will learn different methods of moving yourself back to a less aroused state.

Doing that may provide temporary relief but it is actually defeating the purpose of the program. We are not trying to get your mind off sex; we are trying to teach

you a better understanding and appreciation of sex. You cannot enjoy incredible mind-blowing sex by thinking un-sexy thoughts. Remember this is all a learning process. You're not going to understand the 10 steps completely right away. You may even shake your head in disbelief, wondering what in the world this control program is about. That's okay. Begin working the program and just like everything else you have to figure out, one day you'll have your awesome moment. And you'll get more and more accurate with the steps. Practice makes perfect.

Be aware as you begin practicing these exercises that many times you will go over the point and ejaculate when you do not want to. That is actually great. If you do not lose it once in a while, you are not pushing the limits enough. So again, you are doing great. Do not worry about it or beat yourself up over it.

Single Awareness Exercises

Now that you are beginning the "hands-on" exercises, your privacy is really important.

You may even feel shy when you are all alone, but it is okay. Part of the program is learning to let yourself go and be completely relaxed with yourself. You need to feel free to make noises and feel the pleasure. Don't worry about coming when you don't want to. Remember, if this does not happen every now and then, you are not pushing yourself enough to benefit from the exercises.

So go ahead and let yourself go. Take time to pleasure yourself and explore your erotic sensations. Most of all-have fun! One thing I'd like to mention. Do not use porn while doing the awareness exercises. They're designed to increase the sensation in your body and porn draws your focus outwards instead of inwards. So watch all the porn you want all day long... just not for the few minutes you're practicing these exercises.

CHAPTER TWELVE

EJACULATION CONTROL PROGRAM OPTIONS

The EJACULATION CONTROL offers great flexibility because you have several options as to how you choose to perform the program. This flexibility makes it great for anyone, even someone who does not have a current partner. Or maybe you are not yet close enough with your partner that you feel comfortable discussing the program with her. The versatility of this program means it can be used, with great results, by virtually anyone who wants to try it.

Option 1

The first option you have is to train alone. You may want to do this if you do not have a partner or if your partner is not willing to participate or if you do not feel comfortable involving your partner.

Option 2

If you have a close connection with your partner and have discussed the program or your desire for a change with your partner as mentioned earlier in the program, you start alone by doing these exercises (Relaxation, Visualization, PC Muscle Training). Practice this for about a week or two until you feel comfortable with it and then start practicing the Awareness Exercises with your partner.

Option 3

The third option is a combination of Option 1 and Option 2. You practice the whole program alone as in option 1. Then when you are through with the Single Awareness Exercises, get your partner involved in the Partner Awareness Exercises. This is the option that is recommended the most.

Creating the Right Environment If you decide to practice alone, you may want to tell your partner what you are doing or you may not. This is up to you. It is suggested that if you are in a relationship, particularly if you are married or living together, you need to tell your partner what you are doing. Keeping it a secret may create tension as you may feel you are “sneaking around” and she

may feel you are hiding something. You should sit down and talk with your partner about your desire to learn to increase your own pleasure as well as hers. Explain the exercises and what will be required and ask her how she feels about it.

It is important that you are both honest and non-judgmental of each other for the program to work. If you feel you cannot be this open with your partner, or that your partner will not share your feelings, you may want to train alone. If your partner is eager to help you on your journey, explain that there will be exercises later that she can participate in, but in the beginning you will need some privacy to master the basics alone. The important thing to remember is that you will need time and space to practice without interruption.

Whether you are in a relationship or not, you are going to want your privacy and you need to be sure you can be comfortable and relax without fear of being caught or interrupted. You are going to need to create a space for yourself that is a relaxed, comfortable environment where you can go every time to practice your exercises. Remember that while it is important to practice regularly several times a week, putting too much pressure on yourself to practice at a certain time of day, or trying to rush through the exercises, is not going to be helpful. Remember to relax and enjoy yourself.

CHAPTER THIRTEEN

WORKING THE EJACULATION CONTROL PROGRAM

Welcome to the EJACULATION CONTROL Program But for now, let us only focus on how you work the program. The Program Is Split Into Three Parts: **Part 1** - Includes very important exercises you need to get familiar with before moving to

Part 2.

Relaxation Exercises: Premature ejaculation is caused by conscious or unconscious anxiety. It is therefore very important to learn to relax your body. If you can relax your body while having sex, you will immediately last much longer than before. So master this exercise before moving on. If you prefer, you can use the stress relief self hypnosis download instead of the Relaxation Exercises.

- **Visualizing Exercise:** Your mind can be your best ally, but also your worst enemy if it is working AGAINST you. It has been proven over and over again by athletes how important Visualizing is. You actually get better results as an athlete if you ONLY visualize without training than if you train without visualizing. The same thing goes for curing Premature Ejaculation. So please practice the Visualizing Exercise over and over again until you are completely cured.

- **PC Muscle Exercises:** These exercises are important for two reasons: To relax tension in the muscles in the genital area. Anxiety and sexual shame has caused this tension and the exercises will relieve you of it.

Later in the program you will know the techniques to pull you back from ejaculation if you are heading there too fast. To do that you will have to have strong, flexible PC muscles. So please do not ignore the importance of training the PC muscles. You will practice all of the exercises in Part 1 alone and do not need a partner.

Part 2 - Builds on the Ground Exercises in Part 1.

You should add this part after doing the exercises in Part 1 for 7-10 days. Definitely keep on doing the exercises in part 1 even if you're also working part 2.

Here, you gain awareness of your arousal level and learn to consciously move up and down the arousal scale. Mastering these exercises, you will gain total control over how close to the point of no return you let yourself go, and therefore how long you last (the arousal level where you can't stop yourself from ejaculating no matter what you do).

You can choose to practice the awareness exercises in part 2 alone or with a partner.

Part 3 - Includes Techniques to Stop Yourself from Ejaculation.

You can start using these techniques pretty soon but they will not work until you have gained some success in the exercises taught in part 1. Okay, that's how the whole program works. But you don't have to worry about this. Let's begin by working the exercises in Part 1.

CHAPTER FOURTEEN

EJACULATION CONTROL PROGRAM

Part 1

The Relaxation, Visualization and PC-Muscle Exercises

In this first section there are three kinds of exercises to practice: Relaxation, Visualization and PC-Muscle Exercises.

Every day (or as frequently as you can) practice the following...

- Relaxation Exercise: Relaxing Step-By-Step and if you have time, also practice Relaxation Exercise: Breathing
- Visualizing Exercise: Visualizing Great Sex
- PC-Muscles: starting with PC-Muscle

Exercise 1: Pumping the Front and PC Muscles

Exercise 2: Pumping the Back. Then move on to PC 3 and PC 4 as guided in the PC-Muscle exercise section. Please don't worry about these exercises till you've mastered PC1 and PC2. Only then will they make sense to you.

Relaxation Exercises

Relaxation Exercise 1: Relaxing Step-By-Step

The following exercise will teach you how to relax your body and mind. You will want to find a quiet, comfortable spot to practice where you will not be interrupted. You are going to want to totally free your mind. You cannot do this if you are worried about things in your surroundings. This means turn off your phone and computer (or put them on silent), turn off your television, and anything else that is distracting or may cause interruption.

You are going to want to quiet your mind first and then move on to relaxing your entire body.

To quiet your mind, you first want to: ► Lie down in a comfortable spot, use pillows if necessary to make yourself more comfortable.

► Lie on your back with your arms by your side and close your eyes.

► You may want to listen to soothing music or relaxation recordings. (Just be sure not to play any music that is distracting or not calming.) ► Free your mind of any daily concerns; don't worry about that work assignment, feeding the dog

or changing the oil in the car. Just let all your worries and concerns slip away for a moment and imagine yourself drifting away.

- ▶ Think of yourself as getting lighter, being held up like a feather in the breeze.
- ▶ Remain this way for as long as you like.

Now, to relax your body, you're going to want to focus on each and every part of your body. This progressive muscle relaxation is similar to getting a full-body massage. You will begin this muscle awareness exercise in your feet and work your way up slowly. Remember, don't rush. Just enjoy the time with yourself. While lying down on your back, tense up your toes, hold, and then release. Now do your feet; tense your muscles, hold for a moment and then relax. Slowly continue this up your legs. You are now becoming aware of your body and gaining control of your muscles.

Work your way up your lower leg and thighs to your butt and genitals. Focus on those muscles and tensing and releasing them.

Breathe naturally as you tense and release the muscles throughout your whole body, one at a time. Don't forget any parts like the tongue, eye muscles and face muscles.

Relaxation Exercise 2: Breathing The following exercise will teach you how to relax your breathing and to relax your body and mind through deep-breathing techniques. You can practice breathing exercises virtually anywhere but you may want to start in a calm and quiet place the first few times until you get it down. As we mentioned before, you do not want to be distracted or interrupted.

You can perform the breathing exercise one of two ways; sitting or standing. You could try both and decide which works best for you and use that position in the future. Begin by taking a deep breath and relaxing your mind.

- ▶ Take a moment to focus on your natural breathing rate.
- ▶ Now take a deep breath in through your nose and hold it for a few seconds.
- ▶ Now release your breath slowly through your mouth.
- ▶ Repeat this process slowly, picturing your stomach filling like a big balloon full of air. Imagine the air circulating throughout your body, making its way through all your organs.

► Continue your deep slow breaths. As you breathe in deeply, imagine the air relaxing all of your body parts.

Do this for as long as you like. You may even want to practice it several times a day or any time you are feeling highly stressed.

Once you learn this deep breathing method, you can combine it with the other body relaxation exercise to truly reach a deep, relaxed state.

Visualization The visualization exercise will get you to reprogram your mind to have better sex. Your brain has been programmed to the boring and mundane sex you are used to. You now need to retrain your mind. If you visualize yourself having great sex, it will make a huge difference. The power of the mind is amazing so don't underestimate it. Take these visualizing exercises seriously.

Best results from visualizing come when you are in a deep, relaxed state so it is best to do this exercise immediately after Relaxation Exercise 1.

Visualizing Exercise 1: Visualizing Great Sex In this exercise you will visualize yourself having sex with a woman. If you have a partner, you will want to visualize her as the woman of your dreams. You are going to want to imagine the most amazing, steamy, lustful sexual episode you have ever had with her as the star. Even if past experience has not shown her to be as amazing as she is in your dreams, you need to visualize her as fantastic.

Avoid thinking anything negative about her. After going through the program with her, she might just become that woman in your vision anyway. Remember to start with a relaxation exercise. If you really want to take this exercise to the next level, you should record the directions below onto tape. When you are ready to perform the exercise, just play the tape and follow the directions in your mind. Just remember to go through this exercise as slowly as possible.

Directions for exercise: • Lie on your bed in a deep relaxed state.

- Picture yourself with a woman in your bed.
- You are both naked; you lie there kissing and touching.
- Feel how excited you are. You have an amazing sexual energy. You have urges like you never knew before. You don't know what has come over you but you

don't care. All that matters is this beautiful woman in front of you, and pleasure.

- Focus on your woman intently.
- Take time kissing, caressing and stroking each other all over your bodies, except your genitals. You don't want to take it too fast.
- See your woman in your vision. See her soft, radiant skin. See the rose color in her cheeks from her excitement. Feel how good her lips taste. She is growing more and more excited. You have turned her on so much she is shaking!
- You have taken her to the brink of ecstasy. How do you feel? How does your body react to these feelings? Are you breathing faster? Do you feel muscle tension?
- Hold onto your vision and slow your breathing. Relax your muscles and enjoy your vision. Keep your breathing deep and regular.
- Now, back in your vision your kisses are spreading. You are moving down your sexy goddess's body with soft sweet kisses. Now you have found your way between her legs and are kissing her sweetness. Feel how great she tastes.
- She is moaning and panting from the incredible pleasure you are giving her. Focus on her, focus on her pleasure; visualize her begging you not to stop.
- Now you hear her beg you to enter her. She's panting and writhing beneath you, wanting to feel you inside her so desperately.
- But you take it slowly ... You have all the time in the world.
- Finally, you oblige and as you slip yourself inside slowly; the feeling is amazing. She is so wet and warm but you must take it slow. You want to feel every second to its fullest. You want to enjoy the pleasure of being inside her.
- Now how do you feel? How does your body react to this vision? Are you breathing faster? Do you feel muscle tension where you didn't before? You may feel tension in your legs or around your anal area.
- Hold onto your vision and slow your breathing. Keep it steady and rhythmic.
- Stay tuned into your vision. Watch and feel yourself on top of her. Feel yourself inside her. Look at her body; her breasts, her face, her shoulders. See how beautiful she is. Realize how much you love her and how much she loves you.

- Feel how good it feels when you move inside her. Watch her and see how much she is enjoying it too. Watch her facial expressions. See the excitement in her face. Feel her breathing increase and her heart pound.
- Take your time and notice how high your sexual energy is now. There is more than you have ever had and your woman feels it as well.
- Now you start to move faster and faster inside her, more and more as the tension rises. You have never felt so good! It is almost overwhelming, the pleasure is so intense and you feel like you are at the brink of coming.
- But you don't just yet. You keep going.
- You see your woman, focus on her. You see she is growing closer to climax. Now it's time to let loose this amazing boost of sexual power you have.
- You begin to pump faster and faster. You feel like you could go on forever. You feel connected with her in such an amazing and powerful way.
- She is now growing very close to orgasm. She is obtaining an inward focus. She is concentrating on the feelings you are giving her. What a beautiful sight to see her like this!
- Now how do you feel? How does your body react? Are you breathing faster now? Where are you feeling tension?
- Hold onto your vision and slow your breathing. Breathe in from your nose and out through your mouth. Relax your muscles. Ease all the tension you may be feeling.
- Now focus on your vision again. Watch her having the most amazing orgasm she has ever had in her life. Watch her intense pleasure and know that it is all from you and your amazing power.

Practice this visualizing every time you do the Relaxing Step by Step exercise. Most likely you will feel the need to masturbate after this visualization. That is okay. But wait until after you are done with the visualization and then masturbate slowly and take as long as you can.

PC Muscle Exercises

To begin the PC muscle exercises, let's go over just what the PC muscles are and why they are important.

What Are the PC Muscles?

The PC muscles are your internal pelvic muscles. The PC muscles are between your buttocks and your pelvic bones. It's easier to understand this muscle by feeling it from the inside. Have you ever tried to stop urinating in the middle of a flow? Or tried to squeeze that last little bit out at the end of urination?

Your PC muscle is what allows you to do that. The next time you go to the bathroom, give it a try. In fact, you could go ahead and go to the bathroom right now to try it out so that you have an understanding as you continue reading. See how strong your PC muscles are now? Do you have little control or a lot of control?

The difference between the front and back PC muscles...

In the PC muscle exercises you will be practicing two kinds of PC muscles. This is the same muscle-group so it is very understandable that you have trouble making a distinction between the two.

Actually in the beginning you'll probably not feel any difference between the two. Just do your best. It doesn't really matter as long as you're using the right general area. At some point you'll have this 'a-ha' moment where you can distinct between the two groups. Later in the program when you do the testicle lifts and other techniques to stop your ejaculation in its tracks, you use both muscles.

Think about it like two ropes. One loops around the genitals (both the penis and the testicles) and then runs half way down to the anus. These are the front PC muscles.

The other loops around the anus and then runs half way down to the genitals. These are the back PC muscles. Their function is different too ...

You use the front PC muscles when stopping urine in the middle of a pee.

You also use these PC muscles when forcing out the last drops after you are done.

You use the back PC muscles when holding in feces until you can get to the toilet. Think about the worst diarrhea, pushing to get out, but you have to hold on to it while running to the toilet. You are then using the back PC muscles.

Again, it takes a while to get the feel for which muscles you are using so don't

worry about it in the beginning.

Where to practice?

You can actually perform the PC exercises virtually anywhere. Onlookers will not be able to tell what you are doing and you do not have to be naked (although loose or comfortable clothing will make the exercise more comfortable).

And since you cannot overwork your PC muscle, you can practice it pretty much anytime you think of it; in the shower, in the elevator, on the car ride to work.

While it does not really matter when or where you practice, you may want to set up specific times or circumstances where you do them. That way you have a routine and you are less likely to forget to practice. So use the flexibility of training the PC-Muscles and Practice these exercises as many times per day as you can.

PC Muscle Training You are going to want to practice PC-Muscles Exercise 1 and 2 first. When you feel you have mastered them, then you can move on to PC-Muscles Exercise 3 and 4. Take your time; do not try to rush through the program.

Actually, till you've mastered the PC1 and PC2 and had you're 'a-ha' moment where you realize the difference between the front and back PC muscles, the PC3 and PC4 won't really make any sense to you. So don't even think about those till after a few weeks.

PC-Muscles Exercise 1: Pumping the Front People often asked, "how do I feel if I'm flexing the PC muscles?" And sometimes It has been asked if hands should be used in any way. The answer is NO, you don't use your hands in anyway. You can flex your muscles in the same way as you can flex any other muscle without actually using it for lifting anything.

Here is what It means...You've probably at some point (probably in private) made a little biceps pose in front of a mirror. You flexed your upper arms and put tension on those muscles and looked at your biceps in the mirror. You weren't lifting anything or using any tools. You just flexed your arms. In the same way, you can flex your PC muscle even if you can't see it. You can still FEEL it.

As with many other exercises, you will want to take this one in stages. Start out slowly and hold for longer and longer as you build up your muscles. Think of it like crunches or sit-ups; you don't start out with un-toned abs doing 100 crunches at a time, do you?

So, to begin:

Stage 1: Perform quick flexes by squeezing and then releasing the muscle tension. Do this in repetitions of 20 or so each, then work your way up to 30, then 40, 50 and eventually 60. If you are doing 60 or more easily you can move to the next step.

Stage 2: Slow down the flexing and hold them for about 2 to 3 seconds each time before releasing. Breathe in on your flex and out when you release the flex and relax for 3 seconds. Continue building up your repetitions the same way. When you can comfortably do this for 60 times in a row, you can move on to the next stage.

Stage 3: Slow the flexing even more by holding for 6 or 7 seconds. Then you will want to relax for 6 seconds. When you can do this 60 times in a row, you can move on to the next stage.

Stage 4: Finally, train your muscle to hold the flex for 15 seconds or so. Relax for about 6 seconds after the flex. When you can do this 60 times in a row, you can move on to the

PC exercises 3 and 4.

Don't forget when performing this exercise that the release is as important as the flex. In the beginning, when your flexes are quick, you will not notice the rest as much. But, once you've moved on to 2-or 3-second flexes, you should be having 2-to 3-second rests in between and so on as you move up.

PC-Muscles Exercise 2: Pumping the Back Because the PC muscle comes around the coccyx (tailbone) and the anus, past the privates and up to the pelvic bone, there are different areas of the muscle to train. This exercise deals with contractions of the muscle around the sphincter.

This exercise is pretty simple. Think of it as if you were trying to hold in a bowel

movement; you're dealing with the same muscle here.

Take a half breath and push the air from your lungs down. Focus on your sphincter and tightening it as firmly as you can.

You may (or may not) feel like your anus is pushed outward slightly. You're going to want to expand this contraction around to your genitals. When you master it, you should feel it in your testicles.

Stage 1: Like in PC1, you'll begin by flexing without stopping in-between. Do 20 flexes then 30, 40, 50 and eventually 60. Once you can do 60 flexes without stopping, move to the next stage.

Stage 2: At first you will want to practice holding it for 3 seconds on each contraction. Try this in repetitions of 20 or so and work your way up to 60. You're ready to move to the next stage.

Stage 3: you will try holding for 7 seconds and work your way up to 60 times in a row. When you can do 60, move to the next stage.

Stage 4: Last, move up to holding it for 15 seconds and relaxing for 6 seconds and work yourself up to doing this 60 times in a row. When you've mastered this, you can move on to PC exercises 3-4. When doing the PC exercises, you should be using ONLY your PC muscles, not your stomach. As you first begin the exercise, you may feel you are contracting with your stomach as well. Don't worry too much about this at first. But as you practice more, you should start using your stomach less until eventually, you are using solely your PC muscle on the exercises. When you have mastered exercises 1 and 2 for 15 seconds, 60 times in a row, you can move on in the program to PC Exercises 3 and 4. If you can find the time, it is best to also keep practicing exercises 1 and 2 even if you add exercises 3 and 4.

PC-Muscle Exercise 3: Lifting the Testicles

You shouldn't even think about this exercise till you've mastered PC exercises 1 and 2 (being able to hold for 15 seconds, 60 times in a row). Till then, you don't have the physical feeling to support understanding of this exercise. When you are about to ejaculate, your testicles "lift" or are drawn up to your body. This exercise will help you learn to control that effect and you can delay your ejaculation when you want.

You may want to try this one sitting, or standing with your legs spread slightly apart. You might also want to do this one naked at first so you can actually see the testicles lift. This exercise is much more difficult than the two before since you need to use the front and back of your PC muscle. That is why it is important to get good at the first two PC exercises first before moving along to this one.

Stage 1: Begin by holding for 3-5 seconds and then releasing. Try this about 20 times in a row. You may want to cup your testicles with your hand so you can feel it at first. Work your way up to 60 times in a row and then move on to the next step.

Stage 2: When you feel comfortable with the above steps, move up to 7-10 seconds of holding. Do this for 20 sets or so and work your way up to 60 times in a row. Then, you can move on.

Stage 3: Now you will work your way up to holding for 15 seconds and move on at each stage until you can master 60 times in a row.

PC-Muscle Exercise 4: Fluttering Like with the PC 3 exercise, you shouldn't even think about this exercise till you've mastered PC exercises 1 and 2 (being able to hold for 15 seconds, 60 times in a row). Till then, you don't have the physical feeling to support understanding of this exercise. This is a variation of the first exercise. It is basically the same concept of flexing, but you are going to want to do it as quickly as possible in a fluttering motion. With this exercise you will learn to squeeze and release very quickly over and over again. Repeat these flexes as often as you can until you reach the point of exhaustion. Each time you practice the exercise, you should be able to go a little longer than the time before.

CHAPTER FIFTEEN

EJACULATION CONTROL PROGRAM

Part 2

Awareness Exercises

How to Practice the Awareness Exercises

Up to this point, the program is basically the same for everybody. But now that you have reached the awareness exercises, you will have the choice to work alone or with your partner.

But before you can start practicing the awareness exercises alone or with a partner, you will have to learn how to recognize the arousal stages in yourself. You are going to want to become familiar with yourself and with what happens when you ejaculate and before you reach the point of no return.

Just exactly what is happening when you orgasm?

As you get more and more aroused, your body function changes. There are several signs your body shows when you are getting close to orgasm. They are...

- ▶ Increased breathing rate, possibly even panting ▶ Blood pressure and heart rate both increase
 - ▶ Legs and butt muscles tighten up
 - ▶ Pelvic muscles tense up
 - ▶ Testicles may draw up close to the body ▶ You become inwardly focused, blocking out the outside world
- Single Exercise 1: Exploring Your Pleasure**
- ▶ Lie in your bed naked.
 - ▶ Relax by taking a deep breath and then empty out the lungs completely.
 - ▶ Repeat these steps three times.
 - ▶ You can either go quickly through relaxing your body step by step, or do this

exercise directly after the relaxing exercise.

- ▶ Now as you lay there, start touching yourself - looking for spots that give you pleasure. Do not touch your genitals yet!
- ▶ Experience how your body feels when you touch yourself in different spots.
- ▶ Feel how your arousal level goes up a little. Keep the 10 steps we talked about before in mind.
- ▶ Breathe deeply, close your eyes, and enjoy.
- ▶ Make some sounds; let your voice express how good this feels.
- ▶ Feel how different kinds of strokes give you different kinds of pleasure.
- ▶ Feel your whole body with your hands. Your most sensual spots might be anywhere ... your arms, shoulders, nipples, face, neck, stomach or legs. You will most likely discover many sensual spots you never realized you had.

Spend some time touching yourself like this. Take note of your body's reaction as you touch yourself. Also experience how good it feels in your hands when you touch yourself. Discover how good it feels to be doing the touching, not just receiving. You should have a double pleasure. Enjoy as much from the giving hand as the receiving body.

Continue to practice this for at least fifteen minutes without ever touching your genitals. Go for longer if you feel like it. After at least fifteen minutes of self-pleasure, you may touch your penis and testicles.

- ▶ Stoke your penis lightly like you did with the other parts of your body. Move your hand slowly on your penis and feel every touch, every movement.
- ▶ Let out the pleasure by making some sounds. Panting is great. Talk to yourself out loud: "this is great," "this feels good." The same way that people get turned on by talking during sex, you will get turned on more by talking when you are pleasuring yourself. Don't go into experiencing a fantasy, but try to feel your body sensation deeper and deeper.
- ▶ Talking and making sounds also relieves a lot of tension and anxiety. Start practicing making sounds right away. If you think you are too loud, become even louder. This also eliminates a lot of sexual shame or timidity most people have.
- ▶ Do not move too fast. Take it very slowly and enjoy the almost overwhelming feeling you may experience. If you get irritated and want to move faster, do the

opposite and move slower. You have been rushing it your whole life. It is time to learn not to rush. Take it for as much time as you can stand.

▶ Now that you have soaked up that amazing feeling, relax and feel how your arousal level rises. You do not have to do anything to control it. Just feel it and experience it with joy.

▶ When you reach ejaculation, feel every pump. Feel the semen come from inside and move up through the penis and then out. Explore the pleasure. Practice this exercise at least five times before you move over to Single Exercise 2.

Single Exercise 2: Spreading the Sexual Energy

Just like in Exercise 1, you should relax for about 15 minutes before beginning the exercise.

This is very similar exercise to Single Exercise 1 except now you will learn to let the sexual energy spread all over your body. If done correctly, this will not only increase the time you can last, and give great pleasure, but also give you a great energy boost.

Start out like in Single Exercise 1.

As you reach the point when you can start touching your penis, visualize how the energy is moving from your genitals and up your spine. Feel how it reaches your Solar Plexus, your heart, and then your forehead. Take your time. Now feel how it moves from those spots (solar plexus, heart, and forehead) and spreads all over your body. You may see it as colored light or just feel it as a current or surge throughout your body.

Now add the PC pump. Breathe in deeply, clench the PC muscles (both front and back), then breathe out and let go of the tension. As you flex the muscles feel the energy flow up the spine. As you release and breathe out, feel the energy flow all around your body.

Do not rush through the exercise. Take things slowly and enjoy your pleasure.

The whole time you are doing the PC pump, keep on arousing your penis...

When you finally ejaculate, you will have a fantastic orgasm!

Practice this exercise at least five times before you move over to Single Exercise

3.

Single Exercise 3: Rocking the Steps Before you practice this exercise make sure you know the 10 Stages you go through as your arousal rises. You will need to use them in this exercise.

Just like in the other exercises, spend at least 15 minutes relaxing before you begin. Start out like in the previous exercises until you reach the point when you can touch your penis.

- ▶ Start masturbating slowly. Be aware as you move from one stage to another. Take your time and note how you feel. Go slowly and feel the tension as it rises.
- ▶ Slowly let yourself move up to stage 6. Then stop everything and wait until you have dropped back to arousal stage 2. This might take few seconds or few minutes.
- ▶ When your arousal stage has dropped back to stage two, start masturbating slowly again.
- ▶ When you reach stage 6 again, stop everything and let your arousal stage drop back to stage 2.
- ▶ When you have dropped to arousal stage 2, start masturbating slowly again. This time arouse your self to stage 7. Then stop everything and drop back to stage 2.
- ▶ Arouse yourself up to stage 7 again and then drop back to stage 2.
- ▶ Now arouse yourself to stage 8, and then stop everything and drop back to stage 2.
- ▶ Arouse yourself to stage 8 and then drop back to stage 2.
- ▶ Then do the same with stage 9. Arouse yourself slowly up to stage 9, then stop everything and drop back to stage 2.
- ▶ Repeat going to stage 9 and then dropping back to stage 2 four times.
- ▶ Now, for the most enjoyable step in this exercise: If you haven't already lost it and ejaculated (it is very likely that you lose it the first few times if you press the limits enough) drop your arousal stage back to stage 2. Then, masturbate all the way up to stage 9, be aware when you reach stage 9, then go over the line to

the point of no return.

▶ Allow yourself to enjoy the orgasm fully. Try to spot it exactly when you move over to the point of no return. Don't try to stop it, just notice it. The next time you practice this exercise and are moving to stage 9, try to get as close to this point as you can without crossing the line.

Remember crossing the line to The Point Of No Return without wanting to is never a failure. You are only practicing, and every time you reach that point unintentionally you will have a clearer feeling of how far you can go.

Not only will you have a clearer conscious feeling of how far you can go, your subconscious (which controls your ejaculation anyway) will also learn to recognize this.

The EJACULATION CONTROL program will teach you to automatically last longer so you experience greater, more powerful lovemaking and orgasms. It will soon become a normal part of your lovemaking. Practice this exercise at least five times before you move to Single Exercise 4. You may find you enjoy it and want to practice it often.

Single Exercise 4: Rocking the Steps, Part 2

This exercise is very similar to Single Exercise 3, except now you will not go all the way back to stage 2 but only drop two steps back.

As with the other exercises, relax for about 15 minutes or more before beginning. If you are not relaxed, or if you start to feel tense, stop the exercise and go back to your relaxation techniques. The tension will interfere with your arousal process.

Practice this exercise like the previous one until you reach the point you can touch your penis.

▶ Masturbate slowly until you reach arousal stage 6. Then stop everything until you have dropped back to arousal stage 4. Then, arouse yourself slowly back up to stage 6, and then drop back to stage 4

▶ Now, masturbate slowly until you reach stage 7. Then stop everything and drop back to stage 5. Masturbate up to stage 7, then stop everything and drop back to stage 5.

▶ Now, arouse yourself up to stage 8, and stop everything until you drop back to stage 6. When you have dropped back to stage 6, arouse yourself up to stage 8 again, and then drop back to stage 6.

▶ Now, arouse yourself up to stage 9 and then drop back to stage 7. This time repeat this

process from stage 9 to stage 7 four times. Every time, try to get closer and closer to the point of no return without crossing it.

▶ Finally, drop your arousal stage all the way back down to stage 6 and then arouse yourself up to stage 9. Slowly move higher and higher in stage 9 until you feel that you have crossed the point of no return. Then just enjoy a great orgasm.

Try to exactly spot the point when you move over to the point of no return. The next time you practice this exercise and are moving to stage 9, try to get as close to this point as you can without crossing the line. Each time you practice the exercise, try to get a little closer. If you do the exercise right, you will sometimes cross the line of no return without wanting to. If you never do this you are most likely not pressing the limits enough in stage 9.

So once again, do not feel badly if you come before you finish the exercise. Just enjoy it and then take note of how it felt and how you knew you were crossing over to the point of no return.

Repeat this exercise at least five times before you move on to Single Exercise 5.

Single Exercise 5: The Reverse Focus

At this point you should have a good feeling for the stages, as you move up and down from one stage to another. You should be learning how to recognize your body as it moves from one stage into the other. In this exercise you are supposed to hold back by reversing the process you would normally go through right before you reach the point of no return.

Remember the five things that happen with your body as you get close to climax:

1. Breathing speeds up to the point of panting
2. Heart rate and blood pressure increase
3. Legs, butt, and other muscles around the genitals tense up
4. Testicles draw up against your body
5. You have inward focus; the outside world is far away

If you can control those five attributes you will definitely be able to last much longer than usual.

Let's look at what you can do to hold yourself back.

This is called THE REVERSE FOCUS.

- ▶ Breathing. You can slow down and deepen your breathing. Make sure you breathe in all the way down to your belly, and then exhale all the air out. Breathe in through your nose. Usually when we get excited we breathe through our mouth. If you breathe in through your nose you will change this pattern.

- ▶ When you exhale, make a pleasure-filled sound. This will release a lot of tension.

- ▶ Tension. You should now have practiced relaxing your whole body. Now it is time to use this to relax when you are getting highly aroused. Feel it when your muscles start to tense. Tell them to relax. Try to relax your whole body, even if you are over aroused.

- ▶ Testicles lift. As the testicles start to draw up, use the PC muscles you have been exercising to let them down again. Do the testicle lift, and then release them totally down. Little by little you will get the feeling of how to use the PC muscles to avoid ejaculation. Try out different things. You will cross the line many times, but little by little you will get a better hang of it.

- ▶ Inward focus. Open your eyes widely and watch everything around you. Feel the whole room. Touch yourself with your free hand. Feel the touch both with your hand and also where you touch yourself. Listen to whatever sound is around you. You may be playing slow music, or a car might be driving by. This way you will have an outside focus, opposite to the inward focus.

Now read those steps over again, and understand how you can control your ejaculation by doing the opposite of what you would usually do when you are close to coming.

Let's try this out...

- ▶ Again, relax for at least 15 minutes before beginning. Go through the process like in the previous exercises until you reach the point you can start touching your penis.

- ▶ Now, masturbate like you did in the previous exercises until you reach stage

seven.

▶ Now slow down your stroking, but don't stop. As you keep on masturbating slowly, deepen your breathing. Breathe in from your nose, and make sure you breathe all the way down to your belly. Release all the air out with a moan. Empty out the lungs from the belly up to the shoulders.

▶ Do everything else I explained before to reverse the process up through the steps of the 10 Stages: - Breathe deeply

- Make pleasurable sounds

- Relax your whole body

- Perform a testicle lift and then release them totally

- Focus outside yourself, not inward focus

▶ If you reach stage nine, stop everything and wait until you drop back down to stage six again. Start masturbating again as you usually would, but when you reach Stage Eight, obtain the reverse focus again.

▶ Now do the same with stage nine...

▶ Masturbate as usual until you reach stage nine. When you reach stage nine, slow down and get the reverse focus: - Breathe deeply

- Relax your whole body

- Perform a testicle lift and then release them totally

- Focus outside yourself, not inward ▶ If you get too close to the point of no return, stop everything and keep the reverse focus until you drop back down to stage seven.

▶ Play on the edge. Feel how far you can go with the reverse focus without reaching the point of no return.

▶ When you have played around on step nine for awhile, make a conscious decision to cross the line of no return and give in to the orgasm. Breathe like you normally would and feel the inward focus. Feel it as you reach the point of no return.

▶ Be aware of what changes and what happens in your body when you make the conscious decision to cross the point of no return and enjoy your orgasm. How do you feel when you do this? What is going on in your body? Repeat this

exercise at least five times before moving on to the next step in the program.

What to Do Next As a Single Master You are now at the end of the single exercises. You now have 3 choices of how to proceed with the program: ► You can keep on exercising alone until you have totally mastered the exercises. You will feel a huge difference when you have sex. Keep on practicing Exercise 5, Reverse Focus, Exercise 4, Rocking the Steps and Exercise 2, Spreading the Energy.

► The second option is to move on to the Partner Exercises. If you have a partner, you can start the Awareness Exercises with her. This is highly recommended.

► The third option is to learn and practice techniques to stop you from ejaculating even if you are very close to the point of no return. These techniques are taught in Section 4. There is also nothing wrong with checking out these techniques while also doing the awareness exercises.

Partner Awareness Exercises

You have now either worked on the Awareness Exercises alone for awhile and gotten good control over your ejaculating and rocking the steps and are ready to start exercising with your partner, or you have decided to start right after the basic exercises (relaxing, visualizing and PC muscle training) and move right into the Awareness Exercises with your partner.

Whichever method you have chosen, you should still continue to practice the Relaxation Exercises and Visualization exercise at least three times a week and practice the PC Muscle Exercises every day. Before you continue, be sure you have read the Introduction to the Awareness Exercises and that you know the 10 Steps by heart.

In the next section you may see the phrases “FOR HIM” and “FOR HER”. Whenever you see this, it is a direct message for the partner specified.

Before you start the action with your partner, you will need to discuss the program and the exercises to be able to communicate clearly when the tension rises. So it may be a good idea to read through this section with your partner before you begin.

Discussing and Setting the Rules

As we mentioned before in the program, your partner has to be very supportive or this is not going to work. If your partner is negative about you curing your premature ejaculation, does not want to believe you can, or is not open to practicing the exercises then you should just exercise alone until she is ready.

By now you should have taken the time to talk with your partner a few times a week if you were planning on her participating. You have been sharing your realizations and your progress in the program. She has been sharing her thoughts and concerns. The two of you are developing intimacy as you go through the program.

Make sure your partner is familiar with the Ten Steps you go through as your arousal stage rises. She may not know them as well as you do in the beginning and you will have to tell her if you are getting too close to the final stage. With time and practice, she should begin to learn to read your stages.

She should also read through the whole program to deepen her understanding about what is going on.

Now it is time to get down to business...

You have to make very clear communication signals between the two of you that you are going to use in the following exercises.

Make sure they are short and clear so that they need no more explanation.

The following is recommended but you may choose to create your own...

- "Stop" – when you want her to freeze and stop arousing you
- "Start" – when want to keep going
- "Slower" – when you need to slow down
- "Faster" – when needed to go faster
- "One" – when you reach arousal Stage 1

- "Two" – when you reach arousal Stage 2 (And so on up to 10.)
- "Yes" – to answer a question

Partner Exercise 1: Exploring Each Other This exercise is similar to "Single Exercise 1" except this time it is your partner who is touching and kissing you. Your responsibility is to guide her lovingly on how and where she can make you feel good. You need to have at least one hour privately with your partner to practice this exercise. Agree that she will pleasure you first for at least twenty minutes without touching your genitals (even if you later on beg her to do so) and without you having to do anything other than guide her on what to do. Later on you will do the same thing for her.

DIRECTIONS FOR HIM

- ▶ As she starts to touch you and kiss your body, suggest what you would like her to do. Where would you like her to touch and kiss you and how?
- ▶ Then compliment her about how good it feels and about what she is doing. Give exact, specific comments about what you want and how you feel.
- ▶ Then guide her to the parts of your body that you have been experiencing in the Single Exercises.
- ▶ Take a lot of time doing this. Let her touch you and kiss you where you feel good for the longest time before you ask her to move on to another place.
- ▶ You are not allowed to try to pleasure her in any way. This part of the exercise is for your pleasure only. You will have to learn to take in the pleasure from a woman and take in her love.
- ▶ We all have limits as to how much pleasure we can take in from someone else before we think we are obligated to do something. In this exercise you are going to break those inner limits and take in her love for a longer time than you are probably used to.
- ▶ Don't be afraid to moan or sigh or make noise to express your pleasure and release tension.
- ▶ Enjoy her pleasuring you for at least twenty minutes before she starts to touch your genitals.
- ▶ As she starts to arouse you, either manually or orally, be aware in what stage of the 10 Steps you are on. Express that in a simple way like stating: "Stage 5."
- ▶ You can also guide her by saying "slower" or "faster."
- ▶ When you reach and state: "Stage 7" she will stop arousing your genitals and just kiss and touch other parts of your body.
- ▶ When you drop back to and state: "Stage 5" she will start arousing you again until you come back up to "Stage 7" then she will stop touching your penis and just kiss other parts of your body.
- ▶ Remember to always state which stage you are on. She has no way of knowing that unless you tell her.
- ▶ When you have dropped to "Stage 6" she will arouse you again until you

reach “Stage 8” and then stop again until you drop back to “Stage 6” once again.

- ▶ Now she will arouse you until you reach “Stage 9.” As soon as you state “Stage 9” she will stop touching your penis until you state “Stage 7.”

- ▶ Then repeat this process, reaching “Stage 9” and then stop until you reach “Stage 7.” Now we are getting to the risky part.

- ▶ She will arouse you until you state “Stage 9.” At this point, oral stimulation is much better than manual stimulation. It is just a much closer feeling. When you reach “Stage 9” she will slow down so you can feel everything more strongly.

- ▶ You want to maintain this highest, strongest arousal stage for the longest time possible, but you never want to drop down below “Stage 9.” So now guide her by the words “slower” and “faster.”

- ▶ Right before you reach the point of no return state “POINT” and she will stop arousing you until you drop back to “Stage 8.”

- ▶ When you state “Stage 8” she will start again, slowing down again when reaching “Stage 9” and taking as long as you can until you are about to reach the point of no return. Then (if you can actually speak by this point of arousal) state “POINT” and she will stop until you reach “Stage 8.”

- ▶ This time you are consciously going to cross the point of no return (if you haven’t crossed it already by accident). She will work you up to “Stage 9” again and then slow down. You will guide her as before so you can take the longest time on this high intensity stage. When you are just about to cross the point of no return you will state “POINT” but this time she will not stop but keep on going.

If you have felt it correctly, you will reach the strongest orgasm in your life only a few seconds later.

DIRECTIONS FOR HER

- ▶ Your role to start with is to give pleasure. Later on he will do the same for you but for the first half an hour you are there to pleasure him.

- ▶ You should kiss and touch him where he asks you to but take it slowly so he can really enjoy it.

- ▶ You should encourage him to make sounds. You could do this by saying “I

love it when you make noise” or “Let me hear how much you love this.”

▶ When doing this exercise it is very important that you follow his guidance, because he is stating how he feels, what he likes, and how he can be pleased more. Kiss and touch him where he tells you to, anywhere except the genitals. If there is something he wants you to do with which you feel uncomfortable, just tell him. You don't have to do it now and you can agree to talk about it after the exercise.

▶ When you have played with him like that for twenty minutes you can start arousing the genitals. Oral arousal is better because there is a deeper connection between the two of you that way, but manual stimulation is also good.

▶ He will guide you through the stages of arousal as he feels them. For example, he says: “Stage 7,” when he reaches “Stage 7.” And “slower” and “faster” if he wants you to arouse him more or less.

▶ When you have to stop arousing his genitals directly, just kiss and touch other parts of his body. So start orally or manually arousing him.

▶ When he reaches and states: “Stage 7,” stop arousing his genitals and just kiss and touch other parts of his body.

▶ When he drops back down to and states: “Stage 5,” start arousing him again until he comes back up to “stage 7.” Then stop touching his penis and just kiss other parts of his body.

▶ When he has dropped back to “Stage 6” start arousing him again until he reaches “Stage 8” and then stop again until he drops back to “Stage 6” again.

▶ Now arouse him until he reaches “Stage 9.” As soon as he states “Stage 9,” stop touching his penis until he states “Stage 7.”

▶ Then repeat this, until he reaches “Stage 9” and then stop until he reaches “Stage 7.” Now we are getting to the risky part.

▶ Arouse him until he states “Stage 9.” At this point, oral stimulation is much better than manual stimulation. It is just a much closer feeling. When he reaches “Stage 9” slow down so he can feel everything more strongly but don't stop completely.

▶ The goal is to keep this highest, strongest arousal stage for the longest time possible without him ever dropping down below “Stage 9.” So now he will guide

you by the words “slower” and “faster”.

- ▶ Right before he reaches the point of no return he will state “POINT.” Immediately stop arousing him completely until he drops back to “Stage 8.”
- ▶ When he states “Stage 8,” start again, slowing down again when he reaches “Stage 9” and take as long as you can until he is about to reach the point of no return. Then (if he can actually speak by this point of arousal) he will state “POINT” and you stop arousing him completely until he reaches “Stage 8” again.
- ▶ This time he is consciously going to cross the point of no return (if he hasn't crossed it already). Work him up to “Stage 9” again and then slow down. He will guide you as before so he can take the longest time on this high intensity stage. When he is just about to cross the point of no return he will state “POINT” but this time you should not stop but keep on going. If he felt it correctly, he will reach the strongest orgasm of his life only few seconds later.

DIRECTIONS FOR BOTH OF YOU

One of the most important things to remember when practicing these exercises is to have fun. The most common cause of premature ejaculation is anxiety of some sort and the cure for that is to truly have fun. So play together and have fun with it. You are probably experiencing each other fully for the first time. Laugh if you reach the point of no return before you want to. It means that you two are stretching the limits to the fullest. If you never come before you want to, most likely you are too careful and won't benefit fully from the exercise. Plus, it's fun, right? So enjoy yourselves.

Practice this exercise at least five times before you move over to Partner Exercise 4. Always make sure that you do Partner Exercise 2 after this one. You don't have to do it right away, although that is the best method; just make sure you do it.

Partner Exercise 2: Pleasuring Her

Now it is time for the woman's pleasure. You can practice this exercise soon after Partner Exercise 2 or the next day. Just make sure that you do practice this exercise after the other.

You might ask why this is part of a premature ejaculation program. This exercise

does not sound like an exercise to delay ejaculation. It is an exercise for a partner of a premature ejaculator to experience pleasure.

But there are several reasons why this exercise is so important....

1) Premature ejaculation is most often caused by hidden emotions we are not aware of. You might not be aware that you project anger toward your partner and want (on some level) to deny her of having deep sexual pleasure. You might also feel guilt about not pleasuring her, or suffer from performance anxiety. By pleasing her fully, you will relieve a lot of this tension.

2) Most women have, like men, a lot of sexual shame and problems accepting good sexual energy from a man. This is of course as unconscious as most other emotions we have. When practicing this exercise a few times, women will relax and enjoy sex even more.

Many women experience orgasm for the first time practicing this exercise and then enjoy sex even more after that. Having good, loving, sexual flow between both of you will unconsciously encourage both of you to want to make love for a longer time.

3) The most important part is that she deserves it. If she is ready to practice the other partner exercises she is a fantastic woman who deserves to experience the highest levels of pleasure possible. If you don't want to spend your time and energy pleasuring her in this exercise, you shouldn't be practicing this program. This program is about mutual love and sexual pleasure, not about just delaying premature ejaculation. So let's start pleasuring her. This exercise is a lot like the previous ones except that now he is pleasuring her in a selfless way and there is no rocking the steps.

Just remember, although following the guidelines is great, the most important thing is to have fun and enjoy this together. Laugh and joke and enjoy the flow.

Directions for Him Now it is time for her to experience the great pleasure of you playing with her for the longest time. The rules have switched. Now you are there only to please her sexually. She will guide you to kiss her and touch her on spots on her body that pleasure her. Stay at those spots and do exactly what she asks until she guides you to another spot.

Some men have problems with taking directions about sex from a woman. But how else are you going to learn what pleases her the most? And how else is she going to experience what she needs? You can't read it in books what pleasures

your woman; it varies so much from woman to woman. The best way to learn is “hands-on.” So follow her directions to-the-letter, and give her the pleasure she is dying for. Later, when you are not exercising but just making passionate sex, you will find yourself using what you learned about your partner and taking her to incredible heights in the bedroom.

Don't be offended if she asks you to do things differently. You are learning what pleases

her and that is all that matters. So kiss her and play with her in the way she wants without touching the genitals. Do this for at least twenty or thirty minutes. She should be steaming before you get to the genitals. You can kiss her inner thighs and all around the genitals if she asks you, just don't go into the sacred triangle.

Now after twenty or thirty minutes you can move over to the genitals if she is ready and asks for it. She might ask you to put a finger in, kiss the outer lips and clitoris, use a finger on the clitoris, or something else. You have to listen to her closely and ask simple questions she can answer with “Yes” or “No” such as “Is this good?”

She will also use simple directions like “Faster” and “Slower.” Or short sentences like

“Lick the clitoris”.

Sometimes touching the clitoris directly is too intense and it is better to kiss and touch around it. Just be aware of this and follow her guidance. Now slowly work her vagina area over, following all the guidance she gives you, until hopefully she has the most intense, strongest orgasm of her life.

After this exercise talk about what the two of you have experienced together. Talk for at least twenty minutes after you finish the exercise. Often when we experience such a deep intimate connection, we want to run away. Be aware of this tendency, but stay.

Directions for Her Now the pleasure is for you. Now it is time for him to please you sexually in any way that you want, except that for the first twenty to thirty minutes, he is not allowed to touch the vagina. Before you practice this exercise, it is suggested that you practice the Relaxing Exercises in the beginning of this program on yourself and maybe even use your own take of the Single Awareness Exercises. This will help you get in better touch with yourself making orgasm easier and more enjoyable for you.

During the exercise, be sure to tell him specifically what pleases you and what you want. This is not the time to be shy. Let go of that sexual tension and nervousness and ask for what you want. For the first 20-30 minutes you can ask him to do anything-except touching the holy triangle around the vagina. After he has pleased your whole body you can direct him down to your vagina and tell him what to do there.

The whole time, remember to breathe. Breathe deeply all the way down to your belly, especially if you stop feeling aroused or if the arousal is getting overwhelming. At this point you will want to use very short, clear commands like "Faster" or "Slower."

You might also guide "On the clitoris" or "Around the clitoris." It is good to make up clear commands before you practice the exercise. Then later when you talk about what you experienced, you might want to add to the list or change some commands.

Let him stimulate you until you hopefully reach the strongest, most powerful orgasm of your life.

Now let's look at the exact stages you go through from no arousal to full blown ejaculation. Now, start the first exercise and then just follow the step-by-step guidance on how to move on.

Partner Exercise 3: Partner Reverse Focus

Before you start this exercise, both of you should read the exercise: "Single Exercise 5: The Reverse Focus" because this exercise is very similar to that one. Except now you practice it as a couple.

- ▶ You start out just like in Partner Exercise 2 except that this time the woman will not stop stimulating you when you move to a certain stage, she will only slow down.
- ▶ Again she can choose if she prefers oral stimulation or manual. However like before, I recommend oral stimulation.
- ▶ You start as in the previous exercise with the woman kissing and touching the man where he likes, without touching his genitals. At this stage, 10 minutes are enough, although you can continue it for longer if you want to.

Guidance for Him: As soon as you reach arousal Stage 7, voice it and she will slow down.

At the same time, use the reverse focus to move away from the higher arousal stages...

breathe deeply through your nose, focus outside, etc.

When you feel you have dropped down to Stage 5, say "Stage 5" and she will increase the arousal again.

Guidance for Her: As Soon as he says "Stage 7," slow down to lessen the arousal. But throughout the whole exercise, never stop completely.

When he says "Stage 5" begin arousing him with more tension again.

Guidance for Both: Repeat this four times.

Now do the same things, except this time reach "Stage 8" and then drop back down to "Stage 6."

Again, repeat this four more times.

If it happens that you haven't slipped over the point of no return yet, (which is highly unlikely) repeat the process up to "Stage 9." Then drop back to "Stage 7."

Again, repeat this four times.

Guidance for him: When you are aroused all the way to "Stage 9," you might need to use more critical techniques.

If you feel like you are flying toward the point of no return, use the PC muscle techniques taught in Chapter 4, to avoid ejaculating or try the testicle pull.

But whatever you do, don't have her stop completely.

Direction for both: Now, the toughest task ...

Direction for him: Have her arouse you as close to the point of no return as you

can go without crossing the line and ejaculating.

Direct her with the words "Faster" and "Slower" and test how much you can actually take using the "reverse focus" and the techniques taught in Chapter 4 to keep you away from the point of no return.

This is of course a losing proposition, because at some point you will cross the line of no return. So enjoy it when that happens.

As soon as you feel you have crossed the line, say "Point." Then she will also get the feeling and your connection and awareness of each other will grow stronger.

Directions for her: Now you are going to test how long he can keep away from the point of no return, even if you keep on arousing him.

You are also going to check how much he can take.

So follow his directions carefully as he voices "faster" or "slower." However, don't hesitate to encourage him to take risks and take more arousal than he thinks he can handle. This will just give the two of you the reality about where the point of no return really is and how much you can take.

Sooner or later he is, of course, going to lose it and cross the point of no return. I can't state enough that the most important thing in curing premature ejaculation is to learn to experience real fun with your sex life. Get rid of any anger and anxiety, fear and dread from your sex life and you will never have to worry about coming too fast.

Repeat this exercise at least 5-6 times over a period of two or three weeks before you move over to next stage. That is the first time we actually involve intercourse.

Partner Exercise 4: Penetration

Now we've reached the part you have probably been waiting for since the beginning of the program. You can now have vaginal intercourse. But remember, don't get too excited and forget everything you have learned so far. Take it slowly.

You might want to begin with Relaxing Exercises. Spend some time pleasuring her and getting her really hot and ready for you by using what you learned in

Exercise 3. Mastering that exercise will really pay off for you now.

Directions for him: ► Enter her in a position that will decrease your chances of premature ejaculation until you have mastered this exercise. Try either rear entry or it may be more comfortable to have her on top while you lie flat on your back.

► Enter her or have her straddle you. If she is on top, you can place your hands on her hips to guide her with up and down motions.

► If she is on top, you will have to guide her like you did in previously by using words like "Stop," "Start," "Slower" and "Faster."

It is also great idea to voice every stage as you feel yourself reach it. That way, she will know exactly what you are experiencing.

► Now Rock the Steps like you did in the previous exercises using the methods you prefer, for example... Move slowly inside of her until you reach "Stage 7," then stop completely and drop to "Stage 5."

► You are not really thrusting at this point, just enjoying being inside her. Use "Reverse Focus" or the techniques taught in Chapter 4 if necessary to lower your arousal level.

► If necessary, to avoid coming to fast, pull out altogether until you bring yourself back down to a lower stage.

► Repeat this a few times.

► Then arouse to "Stage 8," stop completely, and drop to "Stage 6" like before. Repeat a few times.

► Then do the same with "Stage 9," stop completely and drop down to "Stage 7." Now repeat this few times.

► Finally, move slowly inside of her until you get as close to the point of no return as you can. Then stop completely until you drop back down to "Stage 8." Now repeat this until you "lose it" and have a fantastic orgasm. Or just decide to consciously cross the point of no return and enjoy it. When you are aware that

you are crossing the point, voice out "Point" so your partner will be aware of what is going on.

Directions for Her: ► Before he enters you, make sure you are sexually aroused enough. If not, ask him to extend the foreplay, using the techniques taught in Partner Exercise 3.

► He is going to enter you from a position he feels most comfortable allowing him to last longer. Most likely he will ask you to be on top first or he will want to enter you from behind.

► When practicing this exercise, make sure you follow his guidance closely. When he says "Stop," stop completely and totally freeze.

► If he is on top or behind and you feel him stop completely, do the same ... Stop every movement and freeze.

Tips for evolving the Penetration exercise: This is the last formal exercise in the program for a special purpose. It is not as precise as the previous exercises.

Start by using the simple layout I provided here (which is similar to the Rocking the

Steps Exercise you learned before) a few times.

Then, as you grow together as a couple and your staying power increases, I want you to evolve this exercise to push yourself to your personal limit ...

Change the positions you use, the speed and intensity of the arousal and use the "Reverse Focus" you learned before.

Or, maybe do something completely different: your own premature ejaculation exercise.

Starting with any position where the man cannot easily thrust is ideal to start with until you get better with control. The ideal position to start with is woman on top. Then progress to a side by side position or doggy style. And finally advance to the missionary position.

The point here is that you won't stagnate in any one exercise doing things in a fixed way.

Instead, develop the highest level of positive sexual intensity you can experience

by pushing yourself to the limit all the time. These different experiences will result in multiple orgasms for him and mind blowing climaxes for her. You will also experience hours and hours of high level intimate pleasure beyond your wildest dreams for both of you.

So the layout presented in this exercise is not rigid or something you have to follow to the point. These are just guidelines you can work from using your previous experiences from the program as well as your own awareness. If you want to try something else after practicing and evolving this exercise a few times, you can practice the techniques to stop yourself from ejaculating taught in Section 3.

You should also go back to Partner

Exercise 1: Pleasuring Him and Partner Exercise 2: Pleasuring Her, once in a while, to develop the knowledge of each other's pleasure. These pleasure spots can change as you go on. But make sure you come back to Partner Exercise 4: Penetration, over and over again and evolve it to push yourself to the limit all the time.

CHAPTER SIXTEEN

EJACULATION CONTROL PROGRAM

Part 3

Techniques to Stop premature Ejaculation There are a few techniques you can practice to stop yourself from ejaculating even if you are just about to come. You can either practice these techniques alone when masturbating or with your partner. If practicing with your partner, you can use these exercises during intercourse or during oral and manual stimulation. However, I must warn you that it is most likely useless to even try to use these techniques unless you have developed some skills in the Awareness Exercises and gained strength in your PC-muscles.

Technique 1: Prostate Compression

- Find the perineum. (Between the anus and the scrotum, a small, flat area of skin. This is the perineum.) • About halfway down the perineum is a small dimple or dip in the skin. This is the spot you want to find and focus on.
- Press this spot firmly with your finger but not hard enough to hurt.
- You should continue pressing until the urge to ejaculate has passed.

This exercise can be used by the man or the woman when trying to keep the man from ejaculating. You can also use this method when masturbating to prolong your pleasure.

Experiment and have fun seeing how close you can get and then stopping with the prostate compression.

Technique 2: PC Squeeze

Once you have spent a few weeks on the PC Exercises and feel confident with those, you should have strengthened your PC muscles enough to use this technique to stop ejaculation. Once you get it down, this is an easy technique to work into your sexual intercourse. You can practice this technique alone or with a partner. If you use this technique with a partner you can of course either use it with oral or manual stimulation or during intercourse.

- ▶ To begin, you want to warm up a little by practicing the PC pumps to tone your muscles and massage the prostate. Do about 30 pumps or so. Sometimes this internal massage alone is enough to delay ejaculation.
- ▶ Arouse your penis yourself or have your partner arouse you to arousal “Stage 6” and then stop all motion, hold your breath with your eyes open, and clamp down as hard as you can on your PC muscle until your arousal subsides.
- ▶ Now stimulate yourself or have your partner stimulate you back up to about “Stage 6” again but this time, pump your PC repeatedly while you are arousing your penis. Feel how the pumps affect you.
- ▶ Do they excite you more or do they spread the energy? Some men actually get more aroused using the penis pump rather than lower their arousal level. Feel how the pumping affects you. Try several ways of pumping and notice how they affect you in different ways.
- ▶ Continue the pleasure this time to “Stage 8.” Now reduce your excitement by whichever way works best for you; one long hard squeeze, two medium squeezes or several quick squeezes. Keep practicing this exercise noticing how far you can go without reaching the point of no return. Build up until you can go all the way to “Stage 9” and then interrupt the emission phase just before it starts.

Technique 3: Penile Squeeze

You know that when you are aroused, blood flows to the penis causing an erection. If you squeeze in the right place, you can force the blood out of the penis and reduce the erection. This is an opportunity to delay orgasm. If you do the penile squeeze just before your point of climax, you can basically stop your orgasm. You may want to experiment to find your spot; the tip, the middle or the

base.

Different spots work for different men.

To begin this exercise: ▶ Self-pleasure or have your partner arouse you to arousal “Stage 6,” then stop and squeeze or have your partner squeeze your frenulum using your thumb and forefinger, until your arousal stage subsides. The frenulum is the piece of sensitive skin on the underside of the penis near the center of the head, where the skin from the foreskin attaches itself to the penis. This may take from 10 to 30 seconds.

▶ Stimulate the penis up to “Stage 6” again. This time squeeze the middle of your penis with your thumb and forefinger until it subsides.

▶ Once again, arouse your penis until you reach “Stage 6.” Now squeeze at the base of your penis with your thumb and forefinger.

▶ Pleasure your penis again, this time to arousal “Stage 8” and then perform the penile squeeze in your preferred way.

▶ Keep practicing this exercise until you reach “Stage 9” and then back off. See how close you can get to the point of no return and stop your ejaculation with the penile squeeze.

FOR HER:

If you are performing these techniques with your man, use the same voice commands you used in the partner exercises. If he tells you to stop what you are doing, then stop.

Technique 4: Testicle Pull

You know that when you ejaculate, your testicles lift up close to your body. If your testicles do not elevate, you will not ejaculate. That is what this technique is for. It is pretty simple and self-explanatory really.

▶ Stroke your penis with either a dry or lubricated hand. (Or have your partner arouse you orally or manually.) ▶ Work yourself up to “Stage 6,” then stop all motion. Hold your penis with one hand and with your other hand make a ring with your thumb and forefinger above your testicles. Pull down firmly being careful not to squeeze your testicles. Hold this until your arousal subsides which may be 10 to 30 seconds.

- ▶ Now try it again by working yourself back up to “Stage 6” and this time grab your scrotum between your testicles with your thumb and forefinger. Does this method work better for you than the ring method?
- ▶ Now stimulate yourself again to arousal “Stage 6.” This time when you stop, see if you are able to consciously relax your genital area and deliberately lower your testicles from your body. This may take some practice to achieve.
- ▶ Repeat this pleasuring until you reach arousal “Stage 8” this time. Use your preferred method of the testicle pull to lower your excitement stage. Continue practicing this until you can get as close as possible to the point of no return without crossing it.

CHAPTER SEVENTEEN

HOW THESE EXERCISES CAN CONTROL PREMATURE EJACULATION

The neat thing about the exercises in this chapter (relaxation, visualization and PC muscle exercises) is that you immediately begin using them to control your ejaculation. You may not last five hours immediately the first time but it can very well shortly give you a few more important minutes.

All the exercises work either physically, emotionally or both to AUTOMATICALLY improve your lasting power. Just working the exercises, for a few weeks, you'll begin to experience a longer love life, without doing anything differently. But you can also consciously use the exercises to last longer. So here is how you use these exercises...

Relaxation exercises: When you're making love to your honey and feel you're getting close to coming, go back to the feeling of the relaxation exercises. Deepen your breathing and relax your emotions and body like you do with the relaxation exercises. As your body and mind relaxes, you automatically last longer.

Visualization exercise: Tap into the feeling of this exercise while making love. With open eyes, remember your visualization and how you could pump with full power without any problem. Try to act similarly as you did in your visualization – kind of let the visualization lead you. This will transfer into real lovemaking skills. **PC muscle exercises:** If your PC muscles are really tense (and that's often the case with men suffering premature ejaculation), it's actually possible that your PE becomes worse instead of better for ONLY A FEW DAYS after you begin working the exercises. Don't worry about this because that's actually a good sign that your PE is on the right track.

The muscles are loosening up and relaxing. It's like having sore muscles after a tough day of weight training. That day you may actually be weaker than before you began working out, because your muscles are sore and tired. But that's only temporary because the muscles are building up and becoming stronger. The same thing applies with PC muscle exercises. So stick through the healing period

and you'll become a great lover. The good news is, you can begin using the PC muscles to control your ejaculation. For some reason, every man seems to use his PCs differently. So you have to experiment a little with this. Flex your PCs in different ways and feel if you're pushing the ejaculation forward or holding it back. When you feel how YOUR PC muscles work to hold back ejaculation, use that movement.