

come again and again

by frank
reedstream

male
multi-orgasmic
masturbation



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Male Multi-orgasmic Masturbation

Frank Reedstream

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ISBN: 978-1-62652-182-7

Table of Contents

[Chapter One: Basic principles](#)

[Chapter Two: How I learnt to masturbate to ejaculation - properly](#)

[Chapter Three: “Ordinary” masturbation: The principles I have learnt](#)

[Chapter Four: I finally learn to do it](#)

[Chapter Five: Learning to do it yourself](#)

[Chapter Six: How it is for me now](#)

[Chapter Seven: Too much of a good thing?](#)

[Chapter Eight: Trouble shooting: Having trouble, and shooting?](#)

[Chapter Nine: Advancing your technique](#)

[Chapter Ten: The philosophical stuff](#)

Chapter One: Basic principles

Do you want to learn how to masturbate in such a way that you can have as many orgasms per day as you could possibly want? What is more, do you want to learn how to masturbate to a state of blissful pleasure that is far more lasting and intense than anything you have experienced masturbating the ordinary way?

Perhaps this idea of masturbating to multiple daily orgasms is not news to you. Perhaps you have never heard of it. Perhaps you have tried other programs, books, teachers, but have failed at mastering multi-orgasmic masturbation. Whichever way, no one will blame you if you are a bit skeptical. But hopefully you are at least a bit curious to find out if such an extraordinary thing is possible, and if it can be made possible for you, and how.

I have learnt to masturbate in such a way that I orgasm many times per day, and I would like to share my knowledge with you. You can imagine that something like this can turn your life around, and believe me in my case it has. I have found this masturbation technique to be a powerful instrument that has had a profound effect on my view of pleasure, sex, happiness and life itself. Trust me, if you manage to get it right, you will change profoundly. Speaking for myself, it has taught me to take pleasure from life to an extent that I have never imagined, let alone been able to achieve before. Whilst I am not saying that multi-orgasmic masturbation is the answer to the meaning of life, this I am prepared to say: If you learn to master the mindset and mental skills that are necessary to achieve multi-orgasmic masturbation, you will learn not only how to have multiple orgasms and experience unparalleled pleasure. You will grow as a person.

Like most of us, you want to be happy. Pleasure is not happiness. But if you learn to cultivate the mindset of happiness that I hope to help you to learn, one of the hugely valuable spinoffs will be pleasure such as you have not known. You want to learn to be happy first. I hope to contribute to developing that mindset in you, which will have the benefit, amongst others, of giving you massive pleasure.

I know this sounds like motivation-speaker gobbledegook. But stick around, and it will make sense. You won't regret it.

What this book will teach you, is not unique. There are a number of gurus, internet programs, courses and seminars that say that they can teach men how to have multiple orgasms, or whole-body orgasms, tantric sex or orgasms without ejaculation. I have researched the topic for years, and, frankly, I do not pretend to understand the theory behind the practice of multi-orgasmic sex. I do not hold myself out as a theoretical expert. But what I do know is what works for me from a practical point of view. I have tried to distill my practical experience in this very hands-on guide (pun intended!) that skips the mysticism and theory surrounding this topic, and simply conveys to you how to do it practically: what you should do to make it work, and how you are likely to feel when it does.

First, let me explain the concept of multi-orgasmic masturbation as I understand it. Most men who masturbate do so until they ejaculate. At the same time they also have an orgasm. But it is possible to have an orgasm without ejaculating. Although all sex takes energy, nothing about sex makes you as tired as does an ejaculation. Most men – certainly I do – lose all interest in sex and cannot have an

orgasm for quite a while after ejaculating. The secret of multi-orgasmic masturbation is to have orgasms without ejaculating. That way you can have as many orgasms as you want.

I frequently have more than twenty orgasms a day. You do not have to believe me. But I ask you to give what I say a chance.

I suppose one might respond to my claim by saying that it all depends on what I mean by the term “orgasm”. I define an orgasm as *a pleasurable sexual climax and release or satisfaction*. We all know what we mean by the term, and many other definitions exist, but this is what I mean by the term orgasm.

Let’s break down my definition into its constituent parts to understand what we mean:

- The first, and perhaps by now obvious, point is what the definition does not contain: an orgasm is *not defined by an ejaculation*. Women do not ejaculate when they have orgasms (at least not the majority of them, but that is a topic for a different day). You too, can have an orgasm without ejaculating.
- An orgasm is *pleasurable*, and so is an orgasm that is not accompanied by an ejaculation. My own experience is that it is more pleasurable – to the point of bliss - and it usually lasts longer. Although the length of the orgasm varies, it is invariably longer than the five or six seconds of an ejaculatory orgasm.
- Whilst this kind of orgasm is undoubtedly *sexual*, it is not purely genital. My experience is that the pleasure typically radiates out in waves from the genital area and into the rest of the body and the brain. Typically your whole body will tingle, your skin will have goose bumps all over, and your mind will experience a sense of intense euphoria.
- As in the case of an ejaculatory orgasm, you will find that the level of your pleasure grows as you are stroking yourself, until it reaches a high point, or *climax*. The climax lasts longer than with an ejaculatory orgasm in most cases, and I typically experience it as waves of pleasure that move through my body in rhythm with my breathing. If you wish to think of a climax as a mountaintop, this kind of orgasm is like a hilly plateau on the summit.
- After the climax there is a definite *release* of tension or satisfaction. Now we all know that feeling of release or satisfaction when we ejaculate. Women also know it, although they normally do not ejaculate. Many men masturbate because they need that sense of release of tension, and in particular sexual tension. This is equally true of an orgasm with or without ejaculation.

Perhaps the most striking feature of a non-ejaculatory orgasm – what distinguishes it in fact - is that as soon as it is over, you can start masturbating again, and reach another orgasm within minutes. You will probably also find that the next orgasm will be more intense and pleasurable than the previous, and the one after that even more so. Not only that, but you will also find that the interval between orgasms becomes shorter. In other words, you will come more quickly every time. This often reaches a point where you will reach an orgasm within seconds of the previous one, and it becomes difficult to distinguish one from the other.

It is possible for you to orgasm without ejaculating. That will make it possible to have multiple orgasms throughout the day.

~~Chapter Two: How I learnt to masturbate to ejaculation - properly~~

In order to understand how to masturbate in a multi-orgasmic way, I think it is important first to learn how to masturbate properly to ejaculation. I think that one reason most men battle to have multi-orgasmic sex is because they have not learnt how properly to masturbate to ejaculation the right way. I know this perhaps sounds like a contradiction: what is the point of learning how to masturbate to ejaculation, only in order to “unlearn” ejaculation?

Trust me, it does make sense. It is like a baby who wants to learn to walk before it can crawl. It is perhaps possible, but extremely difficult.

There are a number of techniques and skills that you have to master in order to become multi-orgasmic, other than merely preventing ejaculation. Those techniques are all part of ordinary ejaculatory masturbation, or should be if it is practiced properly. Those skills must be learnt first, in my experience.

Before you can learn multi-orgasmic masturbation, you must learn “ordinary” masturbation with ejaculation.

As a younger man I masturbated in the same way that I used to as a child: I took my erect penis in my right hand and, starting slowly, gradually built up the pace, moving my hand faster and faster all the time, usually while fantasizing, until I orgasmed. Many times this produced a good, satisfying orgasm, especially when my sex drive was high. But at other times I found that it frustrated me, and that I felt as if I had not enjoyed complete release or satisfaction, or did not ejaculate completely.

This carried on for years, until I once saw a rental movie with the title of *Bliss*. It was a fictional account of a man and a woman who separately visited the same sex therapist. The story is told from the perspective of the young man, who is then introduced by the therapist to some of the principles of tantric sex. One of the exercises given to him was to masturbate for as long as he could without ejaculating. He was taught that the purpose of the exercise was simply to enjoy the activity of masturbation, rather than reaching orgasm as fast as possible.

I then decided that I was going to follow the advice of that therapist, and started experimenting with tantric masturbation. Later on – at a different stage of development – I also bought a course from the internet and followed its detailed instructions on a similar style of sex.

Let me say first of all that the initial two periods in my life that I engaged in masturbation which to the best of my ability followed the precepts of the tantric teachings that I had encountered in the movie and read in my internet course, produced some of the most exciting sexual experiences of my life. The theory of tantric sex is that by practicing it, a man’s sexual energy is not released through ejaculation, but is preserved in the body. This leads to a heightened sense of energy and excitement, which continues well into the rest of the day. Because one does not ejaculate, you are ready for sex during any time of the day or night. And of course, if you master the techniques that enable you not to ejaculate, the level of pleasure builds up over time, leading to increased levels of ecstasy all the time.

The problem is that because I did not orgasm, I had huge buildup of sexual energy, but no release. I soon found that, ~~after about two or three days of masturbating this way, I became irritable. I battled to sleep, as my body was always in a heightened state of sexual arousal. That it turned led to increased blood pressure and headaches.~~

I sensed that the fact that I responded in this way, meant that I was probably doing something wrong. The theory is that one eventually enjoys orgasms without ejaculation. Now whereas occasionally I do enjoy rather enjoyable contractions of my penis and pelvic area, accompanied by copious releases of lubricant (“pre-cum”), I would hesitate to say that I achieved the type of orgasm described in the literature, namely where a man has orgasmic sensations that engulf his whole body, even though he does not ejaculate. I invariably stopped before I had an orgasm, mostly because I feared I would ejaculate.

I eventually concluded that I was not going to master the type of orgasm described in the literature, and would not achieve the kind of equilibrium of mind and body that I craved, through such a process. After a few days I would either ejaculate inadvertently, or I would do so deliberately, purely in order to release the building tension.

I must say that this was not all in vain. Once I realized that I felt much better if I ejaculated, I decided to incorporate some of the ideas of tantric sex into my daily masturbation – but *with ejaculation*. What I did, instead of increasing the pace of movement of my hand as I progressed through heightened levels of sensation towards orgasm, was to maintain the same slow, and rhythmic pace – or sometimes even to slow down while approaching orgasm.

Now this is easier said than done, because most of us instinctively increase the pace of masturbation when we approach orgasm.

I somehow realized that the opposite was true – namely that pace-controlled masturbation would be more enjoyable. I had to change my mindset.

During those times that I studied tantric sex I also read about meditation and some oriental philosophies that incorporate it in their rituals. What I came to understand was that meditation was a process whereby active thought, such as we experience in daily life, quietens down, and we start focusing on a smaller and more immediate part of reality. Some people achieve this by focusing on some picture in their minds, or a sound or a letter of the alphabet, or their breathing or heartbeat.

The notion of meditation, together with another thought acted to form a new idea in my mind. That resulted from the realization that I, like most men and women, fantasized during masturbation. The purpose of this for most people is to stimulate themselves sexually through thought. I had been taught by conventional sex literature that this was something to be encouraged as a help in achieving orgasm.

I decided to turn this idea on its head. Through the process of tantric practice that I had followed, I had learnt that one of the ways to postpone ejaculation was deliberately not to think about fantasies. Instead I focused on my penis, and in a manner of speaking “observed” the pleasure that I was experiencing there, for its own sake. Because I had learnt to enjoy the sheer act of masturbation itself – without climaxing or ejaculating – I had no need to fantasize. In fact, I discovered that I was a sexy subject on which to focus. I am not gay – and I am not sexually stimulated by observing men or fantasizing about them. But I am stimulated by my own body, my own penis and my own pleasure. S

I found that if I focused as exclusively as I could discipline my mind to, on my own penis and the feelings of pleasure that it provided at any moment in time, I could stimulate myself maximally. I also found that because I was focusing on real pleasure – however slight it was in the beginning stages of masturbation – I felt no need to fantasize. There simply was no rush to reach orgasm. In fact, I had already discovered the enormous pleasure of masturbation without orgasm. The difference was that now I did not mind reaching orgasm, but I did not actively pursue it.

This also made me realize another thing: Previously when I had fantasized, I had pictured a girl or a sex scene in my mind, which represented something that I desired. The problem was, being a fantasy this thing remained forever elusive. It remained something that I could not have. The involuntary result was that, also as such a fantasy was often very stimulating, one masturbated faster and faster in order to reach orgasm – almost as if chasing the illusive image in your mind. Such a process is fundamentally unfulfilling.

In my view the most important – if not the sole – reason for unhappiness, is craving that which you cannot have, or that which you hope to have tomorrow, and not enjoying what you have now.

It is however possible to masturbate slowly, gently and for a long period of time, while focusing on nothing but the delightful sensations of your penis. This in itself then becomes a ritual of meditation. Like all meditation it is a spiritual exercise that regenerates mind and body.

The point is however that such a method of masturbation – for me – produced the most unbelievable orgasms I had ever had in my life. I ejaculated, but often not as violently and profusely as I used to while practicing the more traditional way of masturbation. But I found that the orgasms that I enjoyed in this fashion were more deeply satisfying than any I had enjoyed masturbating the traditional way.

The best way I can describe such an orgasm is to compare it with a wet dream. Many of us have sweet memories of wet dreams as young boys (which is a bit of a misnomer, as young boys do not ejaculate and thus do not have “wet” dreams – but you know what I mean).

Because most of us discovered masturbation somewhere in our childhood, as adults we probably no longer need sexual release through dreams. So we have lost the gift of a wet dream. The magic of a wet dream is that it produces orgasm through the sheer buildup of sexual desire and tension, and without any physical manipulation. Now although my way of masturbation does require physical manipulation, it has this in common with a wet dream: One reaches orgasm because the physical manipulation of your penis, combined with your mental focus, means that your sexual tension rises to a point that you ejaculate in the same way as in a wet dream – almost spontaneously.

Because you are not frantically pumping away in order to reach the biggest possible orgasm in the shortest possible time, your body at some point simply begins to orgasm. The result is that it feels much like a wet dream in the sense that the delicious warm feeling that spreads through your lower belly in a way “sneaks up” on you; you have multiple small contractions of your penis and your pelvic area; it feels as if the orgasm simply overflows, because it can no longer wait. The semen is often mixed with pre-cum, because before coming, if masturbating like described here, you will often secrete copious amounts of pre-cum.

The moments before you ejaculate are similar to a normal orgasm in that there is a second or two that you lose control of your thoughts and to some extent of your movements. The difference is that, first,

it is not accompanied by frantic movements of the hand, secondly your thoughts are focused on yourself and thirdly I normally experience a warm flooding sensation accompanied by goose bumps all over my body, which I never experienced masturbating the old way. My breathing also involuntarily speeds up.

Finally, the sensation after such an orgasm is one of complete peace. I always want to linger. My pelvic area glows, my whole body is relaxed and my penis feels as if I have completely exhausted the orgasm that I had just enjoyed, yet the pleasurable feelings linger. Normally when I used to orgasm the conventional way, the idea of more sex, masturbation or any sexual stimulation did not seem attractive at all. With the new way I feel that I remain interested in sex, in women, in myself and in sexual pleasure – yet I feel profoundly satisfied. A tingling feeling of pleasure remains behind in my penis, and it stays there for a while afterwards. I also feel that it remains enjoyable gently to touch my penis after the orgasm, even though I have – so it seems – completed the orgasm and enjoyed deep-seated satisfaction from it.

Following the principles of tantric masturbation (and initially failing at it) I learnt to masturbate slowly and deliberately while breathing properly, to achieve a deeply satisfying whole-body orgasm while ejaculating. These skills all stood me in good stead later on when I learnt to master the art of multi-orgasmic masturbation.

Chapter Three: “Ordinary” masturbation: The principles I have learnt

Although this chapter deals with “ordinary” masturbation to ejaculation, there is one difference: what I want you to achieve is whole-body orgasm. It is a kind of orgasm that spreads throughout your body and into your brain. And because it is not wholly focused on your groin, the strength of your ejaculation will probably be less than if you masturbated the normal “hard and fast” way. But in exchange I promise you will have a much deeper and wide-ranging orgasm – one that reaches the core of your being and the whole of your body, including your brain.

The old cliché says that the biggest sex organ is the brain, and that is true. But about how one must use your brain in order to masturbate successfully, there is a lot of disagreement.

Good masturbation starts in the mind. One’s mind must be disciplined to enable you to masturbate well. Masturbation is a metaphor for self-induced happiness. Personally I am about as happy as I can get when I masturbate. But here is the thing: Masturbation has also taught me, and continues to teach me, how to be happy in other aspects of my life.

Why do I say that? To answer this question, we must first arrive at an idea of what happiness is. Most of us grow up with the idea that happiness is that state of mind that occurs when *we get something that we desire*. If only I can go on holiday, if I can retire, if I can get this or buy that, if I can marry that girl, then I will be happy, we say. And yet we are all disappointed when that which we want, once we get it, does not quite measure up to what we expected. What we then do is to go after something else that we desire, in the vain hope that it will make us happy once we get it.

Now here is the thing: Happiness is not getting “there” *where we aren’t*, or getting “that” which we *do not have*. Happiness is enjoying being “here”, enjoying “this” that we *do* have.

Think about it: logically there is no other way. Today you cannot be happy tomorrow. Today, or now, you can only enjoy *in the present*. That is conceptually and logically the only time you can be happy.

Does this mean that happy people are not concerned about the future, that happy people do not have goals in life? No. Let me illustrate with an example: I am a runner. I have run on average about half an hour every second day for about 32 years. That means I have run for about 2920.9 hours. I am not an expert yet. But I made a choice – and continue to make the choice – to run. I have twice run the Cape Town Two Oceans ultra-marathon. When I run a race like the Two Oceans, I set the target or goal of finishing the race. I also pursue the goal of keeping healthy and fit through running. But I fundamentally run such races because I enjoy it. I do not (merely) run to cross the finishing line in the marathon. I run because I enjoy running.

What is more, I enjoy running because I choose to. I enjoy getting up in the morning and stretching my muscles; I enjoy having a pre-run cup of coffee; I enjoy the brace of cool, fresh air as I step out the door; I enjoy my first, somewhat stiff steps on the road; I enjoy the life-giving rush of air into my lungs as I shuffle up the first hill. As much as I pursue my running goals – fitness, health, crossing the finish line, improving my times - I enjoy running for its own sake. In fact, I believe that I will not be

as successful as I am in pursuing my goals if I do not simply enjoy running itself.

Now I know what you are thinking – that is, if you have not stopped reading by now. You think: what does any of this have to do with masturbation?

The thing is: I believe that my masturbation is much like my running: I enjoy it for its own sake as much as for the sake of reaching an orgasm.

You might say: what is not to enjoy about masturbation? And yet I talk from experience when I say many of us have unlearned the art really to enjoy masturbation – that is, masturbation without orgasm if we knew it to start with.

I believe the reason why we often do not enjoy simple masturbation, is because we have lost sight of the first principle of happiness: we think that masturbation is primarily a way to achieve orgasm – just like many athletes think that the point of running is to finish (or win) the Comrades Marathon. So we become so focused on achieving orgasm that we lose out on the best part: the long bit in between that should and can be pure extended bliss, and is called NOW.

Another reason why I once lost the art of enjoying masturbation as I should have, is another manifestation of losing sight of the first principle of happiness: I fantasized. Now you might well think: what is wrong with that?

Good question. To answer that, we must first answer this: what is a fantasy? Essentially a fantasy is a desired experience that we conjure up in our minds in the form of a picture or a “movie” of something or someone doing something, and that we do not have now. It is, in other words, a case of desiring that which we do not have. This makes us unhappy because by definition once we convince ourselves that that which we desire but do not have, is what will make us happy, we are unhappy. We almost make a choice to be unhappy the moment we start fantasizing about that which we do not have.

Now I know the sex gurus all advise their clients and readers that they must fantasize while having sex or masturbating. What those gurus do, is to condition their clients and readers to try and become happy by reminding themselves of what they do not have.

That is insane. It is insane because those who fantasize never get what they fantasize about. They may have a quick orgasm that lasts a few seconds, but they will not be happy. First of all, the orgasm is not the elusive fantasy that they were chasing while masturbating. It will at best be a second prize. And, here is the clincher: they do not even have as good an orgasm as they should have.

So, here is another cliché in which I believe: sex or masturbation is a journey and not a destination. I should not be about getting “there” (coming, if you like) in order to make us happy.

A fantasy has a physical effect on a person masturbating: It leads to an instinctive and physical acceleration of the action of masturbating. It stands to reason: If you believe that you need to get “there” in order to be happy, you want to get “there” as quickly as possible. And if you conflate in your mind the false promise of your fantasy and an orgasm (as you inevitably will), the frustrating elusion (and illusion) of the fantasy almost compels you to masturbate faster and faster.

And trust me: this is not a good thing. At best, it leads to a quick and superficial orgasm. It might

blow your load, but it will not give you the deep satisfaction that you want. At worst, quick masturbation action chasing an elusive fantasy leads to enormous frustration as you end up not having an orgasm at all. And since that is what you are chasing, you will be frustrated. I know what I am talking about. I have been there.

A good masturbation session is like peeling an onion, layer by layer, slowly, in order to get to the core. You want to enjoy peeling those layers off as slowly as you can, and then get to the inner core of bliss. Or take this image: It is like eating a great meal, slowly and chewing each bite, savoring the aroma that rises from your mouth into your nostrils, tasting each bite and relishing the texture of the food.

The best way to describe good masturbation is to see it as a form of meditation. Meditation is a spiritual practice that enables one to empty one's mind of intruding thoughts. This you do by focusing on a single thing, or sound or object. You discipline your mind to think of nothing other than the point of focus. You enhance the experience by controlling your breathing.

Good masturbation has all the elements of meditation:

- You must empty your mind of all extraneous thoughts, including fantasies;
- You must empty your mind, as far as you can, of the aim of reaching an orgasm;
- Instead, you must focus on yourself – to be more precise, on your body, and to be even more precise, on your penis. In the course of your masturbation session, besides actually growing to its maximum actual size, a time will come when your penis will seem to grow to become your whole being. You will become your penis, and it you;
- Not only must you focus on your penis, you must focus on maximally pleasuring it in the moment;
- You must breathe properly in order to let the life force flow through your body.

Your mind will play another part in this exercise: It will discipline you to learn to play like a child.

There is the popular notion that a man must have an erection in order to enjoy sex. The whole Viagra culture that has taken the world by storm is further testimony to this.

I would like to turn that idea on its head. I want to say that you do not have to have an erection in order to enjoy your penis. I am not debating whether or not Viagra is a godsend for thousands of men with erectile dysfunction. Perhaps it is. But I want you to change your mind about the idea that you cannot enjoy your penis without an erection. The culture of erections at all cost is a bit of male chauvinism at work. The erect penis is viewed as the sword with which the man must conquer his woman. There may be place for that notion, but do not cause yourself to miss out on a huge amount of fun here.

Of course an erection is nice. It is great to have an engorged, throbbing penis. But the point I am making here is that it is often our desire to have that hard throbbing penis that causes us to be impatient in our masturbation. We hurriedly start masturbating our limp penises in order to get “there”, that is, where we have an erection. Now it is quite possible, even likely, that in this way we might tease and irritate our penis into a state of erection, but if that is how we start our masturbation

session – chasing the elusive erection in order to get “there” – we have already set foot on the wrong path. What is enjoyable about that? Getting an erection then becomes yet another stepping stone in a goal-oriented process that we must get over with as soon as possible.

Trust me, you want to play with your limp penis. Try to think back to when you were a child. Do you not remember an occasion, a time, when you really enjoyed playing with your penis, whether it was erect or not? Before you perhaps even knew of masturbating your erect penis to orgasm, did you not sometimes play with your penis – limp or not – for the sheer pleasure of touching this sensual organ with its web of sensitive nerve-endings? If you say no, you are lying.

I will make a confession here: Already when I was a child, I enjoyed nudity. I loved going out into the garden and playing around in the nude. I enjoyed the feeling of the wind across and between my penis, my balls and my buttocks. And yet I did not see this sensual experience – which was profoundly erotic – as being essentially bound up with having an erection. For that matter, although I often got an erection during these times, it was a bit of a distraction and if I was with friends, a source of acute embarrassment. I also recall having erotic dreams as a young child where in my dreams I did not have an erection.

In my adult life I have to a large extent relearned the pleasure of erotic sensations enjoyed by my limp penis. What I have learnt is that the secret is not to chase the elusive erection. The secret is to enjoy touching oneself for the sake of doing it. I feel myself because it is nice. Sitting here and merely thinking about it is a very sexy thing – the idea that I can give myself permission to play with my limp penis. I can feel it, I can stroke its skin, I can jiggle it, I can sit and look at it, I can gingerly take hold of different parts of it, I can let it dangle in the wind, I can bend it and fold it. I can enjoy it for its own sake. Almost like I do it for the first time.

Also, you don't want to feel that you *have* to get an erection, just as you do not have to feel that you have to have an orgasm. You can play with yourself just because you like it. How sexy is that?

The irony is that once you start playing with yourself because you like it – and not to get an orgasm – you normally find that within seconds your penis starts growing and hardening in your hands. This is another principle of happiness: If you cannot sleep at night, you read a book and soon feel your eyes closing. In other words, pleasure sneaks up on you, it is all around you. But pursue it aggressively, demand it, and it disappears like mist before the sun.

Less is more. I cannot emphasize this enough. If you flood your body with sensations, it loses interest fast. If you tease it with small tidbits, it enjoys the sensation and is ready for more.

This is how I like to play with myself: I normally take off all my clothes. Then I make myself comfortable on a bed or an easy chair. I take a deep breath and relax. I open my legs wide so that I can feel the air on my balls and in the crevices between my balls, my penis and my thighs.

When I first touch myself, it is a bit like when I am sitting in front of a huge meal with many attractive dishes. I do not just jump in and start gorging myself if I really want to enjoy the tastes and sensations of the food. I smell the food first, I look at the food, I decide what I want to try first. And then I take a small bite.

Touching myself is the same. I start slowly, softly. I normally like to cup my balls very softly in my

hand. Then I might allow my fingers to move over the skin of my balls and my penis like the trilling wings of a butterfly. I might ~~= softly, ever so softly = encircle the shaft of my penis and slide my hand~~ along, barely touching. Or I might stroke the skin of my shaft with one finger, softly and gently. Sometimes I would hold the rim of the head of my penis with the five finger tips of one hand. I like to stroke the hairs on my balls and at the base of my penis without putting any pressure on the skin underneath. That way it produces goose bumps, a sure sign that the nerve endings are responding to my touch. All the while I breathe in and out regularly, enjoying the sensation of being alive.

A word about breathing: I believe that one of the reasons why we often do not enjoy masturbation – in fact, just about anything we do – is because we do not breathe properly. It is true of exercise, for obvious reasons. It is also true of eating. When you eat slowly and sensually, and you breathe deeply while you eat, you relax. As you relax, your senses open up to the sensations and tastes of the food. Also, by breathing through your nose, you smell the aroma of the food in the air, but also savor the aroma passing through your nose cavity from inside your mouth.

If you don't breathe properly while eating, you do not enjoy your food as much. Have you ever tried eating with a heavy cold? It is just not the same. Besides the obvious point that you can hardly taste your food, you also battle to get enough oxygen into your lungs. This causes you to feel stressed, which in turn blocks out the enjoyable sensations of the food.

Now here is a strange thing. Just like some people rush down their food without breathing, many people masturbate to orgasm almost without breathing. Videos of men and women masturbating often display their faces in states of agony and stress while they rush through their masturbation with rapid, hard movements, trying to finish as quickly as possible. Passion should not be confused with plain old-fashioned stress.

Eating is an extension of life. Just so you cannot have life without breath. It gives energy and sustenance, and allows you to relax. By interrupting proper breathing, you create a temporary emergency in your body, which creates stress. How can you enjoy your food in such a state? The same applies to masturbation. Sex – whether masturbation or otherwise - is also an extension of life. How can you deprive this life function of air, and expect to enjoy it?

Regular, repeated breathing feeds your mind and faculties with the oxygen that they need to perceive with absolute clarity. The better you perceive – taste, see, feel, smell, hear – the better you enjoy.

That is why you should breathe easily and deeply from the moment you start playing with yourself. You should learn to breathe properly without thinking. In the beginning you will have to concentrate in order to breathe the right way, but you will soon get used to doing it without thinking. The sooner you get used to doing it, the more you will be able to enjoy the sensations of your body. I have found that masturbation is a bit like climbing a spiral staircase: every time you come around another spiral, you take another breath. And every time you take another breath, you are at a slightly higher plane of pleasure. It is almost as if I breathe in or drink in the enjoyment with every breath. In addition, when I breathe out I relax and feel the tension ebbing away. I never forget to breathe properly, because I subconsciously associate each breath with heightened pleasure. If that is so, you have to ask why anyone forgets to breathe?

Breathing properly is important for another reason: It is a form of discipline. Good masturbation is a form of discipline, and breathing greatly assists in that endeavor. By breathing properly and avoiding

stress, you relax and feel in control. The most exciting thing about proper masturbation is the fact that you control your voluntary actions completely, while your body takes its own course with involuntary actions. Your brain discharges endorphins that make you high on pleasure. Your heart pumps more and more blood into your wonderfully engorged penis. Your senses are heightened. And ultimately you start orgasming and ejaculating, and it feels like a life force coming from deep inside you on its own. You no longer control what is happening, and believe me, you don't want to.

A farmer preparing the ground for his crop – plowing, weeding, sowing, watering – knows there is a time that nature just takes over. His discipline lies in preparing the way. He opens the door to unleash the powers of nature.

How to breathe properly? Meditation and other experts teach us to breathe by filling the lower parts of our lungs first, and then the rest. You fill the lower parts of your lungs by expanding your lower diaphragm. It is neither necessary nor good to blow up your chest like a balloon. Focus on your lower abdomen. Fill it with air, and the rest will follow automatically. Lie back on your back in a comfortable position, so that your torso is not bunched up. Do the exercise of simply breathing with your eyes closed for a few minutes, enjoying the sensation and the energy and warmth that the oxygen brings into your body. Now concentrate on the core of your being situated just below your abdomen where the air enters. Focus on breathing in and out regularly, and simply enjoy the sensation. If you do this, you will see why breathing makes anything you do – resting, exercising, eating, working, reading, sleeping, and yes, masturbating – much more pleasurable.

Another way of thinking about breathing properly is to remember pleasurable things you have done while breathing hard (for the moment, besides sex!): playing sport or games as a child, swimming in the sea, eating a great meal. Do you recall that, when the enjoyment was at its height, that feeling of tingling pleasure on the pit of your stomach? In my case that feeling of enjoyment, of joy if you like, has always periodically climaxed as I breathe in, while breathing out has given a sense of relaxation.

While you are masturbating and breathing deeply, visualize and feel the sexual energy – that warm tingling feeling in your groin – gradually spreading through your legs, your upper body and your head. This you will achieve by relaxing completely and by breathing deeply, and willing the energy to spread. An easy way to recognize this, is goose bumps that form on the skin of your legs, a tingling feeling in your stomach and chest, and the feeling that your head is opening up and feeling light.

The longer you can exercise discipline and control, the greater the pleasure. And here I emphasize again as much the pleasure of the journey as the destination. There is a fascinating tension – a *pas de deux* if you like – between discipline and pleasure. In good masturbation they both exist at the same time: you sit (or lie) and observe yourself, almost dispassionately, controlling your movements, your breathing, your focus – while at the same time feeling the warmth of sensation coursing through your body. It is a marriage of the conscious and the controlled with the involuntary and the spontaneous. The very act of discipline gives birth to the unbridled pleasure of the senses. It is because you control your actions that you feel so good. People often mistakenly think of sexual pleasure as a form of wanton licentiousness. Nothing could be further from the truth.

How do you move? The first answer is: you move consciously. You focus on what you do, and you focus on how it makes you feel. And you adapt what you are doing all the time. Remember: less is more. Start more slowly and more softly. Sensation is best enhanced by the slow and soft touch. To help you with this idea, make use of an image or a metaphor (note, not a fantasy): Think of a girl

touching a man – you - for the first time: softly, gently. Imagine yourself as a child exploring yourself – explore your penis as if for the first time.

I enjoy watching myself masturbating – either in the mirror or simply by keeping my eyes open and focusing on what I do. Sometimes I close my eyes in order to focus on my physical sensations, and adjusting my movements in response thereto.

Move your hand in such a way that you make slight adjustments to the pressure points touched by your fingers. If a change feels better, keep that position of your fingers. If it does not, move back to the previous position or another position that feels better.

This whole process is part of the art of conscious living, and by extension, conscious masturbation. The point is that you are constantly aware of what you do, and live truly in the moment. So often are we tempted to perform the act of masturbation as a task that must be completed in order to get “there”, while we think of other things. Not good.

Our natural inclination is to masturbate faster and harder as we go along, and especially as we approach orgasm. Again I want to turn this on its head. The most sensual experience is often the result of soft and slow movements. And the most intense sensation is that which you enjoy if you deliberately slow down in the last seconds, or preferably minutes, just *before* you orgasm. Trust me, that is when you will know what it means to be alive. You might be watching, but you will certainly be feeling, your engorged, redly swollen penis, which at this stage should be freely dribbling pre-cum down its shaft and onto your fingers. By this stage your whole lower body and abdominal area should be glowing warmly. This is when you might instinctively want to speed up, but should deliberately slow down, when you should have the discipline to enjoy the excruciating pleasure of your body to the limit. You will feel like a giant, with the swollen member of a giant. Why rush and leave pass up such a state of bliss?

On the contrary, you want to carry on as long as possible. You want to enjoy the plateau of your pleasure as long as you can. That you achieve by relaxing and breathing, and by controlling the pace of your movements. The more relaxed you are, the more likely you are to continue enjoying your blissful state. Deep breathing helps your muscles to relax, and allows sensation to seep into the core of your being. It is also important that you relax your body, especially your legs and feet. Instead focus your mind on your penis and the enormous hardening and growth of its head and shaft, and the pleasure generated there.

You also exercise some control over your pleasure by controlling the pace of your movement. Here again it is important that you focus on your sensations and respond accordingly. The pace of your movements should be a bit like Goldilocks’ porridge: not too hot, not too cold. You do not want to go too fast, or too slow – not too fast, as that is likely to rush you to a superficial orgasm, or worse, leave you frustrated as you cannot orgasm at all. You do not want to go too slowly, as that may cause you to lose interest, depending on where you are in the process. Ironically perhaps, sometimes when you are close to orgasm, a few seconds of slow, gentle stroking may bring on the orgasm, while slightly more forceful stroking will keep the climax at bay, without driving the pleasure away. The point is to focus and pay attention, so as to maximize your pleasure.

How long to carry on? For the time being, remember, we are focusing on masturbating to orgasm in the most enjoyable way. You are not trying to avoid an ejaculation. That will come later. For the time

being, just focus on enjoying the sensation, without worrying whether you will come or ejaculate, or when. You will momentarily, or perhaps for some minutes, postpone the orgasm because of your slower movements. But at the same time, paradoxically, you will increase the excruciatingly pleasurable sensations in your penis. These two powers – increased sensation and delayed orgasm – will eventually combine to produce a most powerful orgasm. The idea is to let your body take its own course while you control what you can control as long as you can – your breathing, your slow movements, and your focus on your pleasure. What I normally experience at this point is a feeling of enjoyment and deeply satisfying pleasure rising up from my body spontaneously. It is often preceded by a slight, not unpleasant burning sensation as my penis starts releasing pre-cum. This is when I enjoy a sense of intense pleasure over an extended period of time. For a minute or more I feel a glow of enjoyment in my lower body that is akin in intensity to an orgasm, but it is not explosive and climactic. It is pleasure at a very high plateau.

Because I am not aggressively pumping my penis at this stage, I do not force the pace of the orgasm. It happens in its own good time. It happens spontaneously. I invariably at this stage get more goose bumps all over my body as pleasurable sensations ripple out from my core into my limbs.

When I finally come, I do not ejaculate as wildly and powerfully as I would have done had I been masturbating hard and fast. Instead I first notice that the trickle of pre-cum that invariably dribbles out of my penis at this point, gradually becomes a flood that soon transforms itself into a stream of semen that spontaneously bubbles up from below. My penis contracts rhythmically and repeatedly. My breathing and my heart rate speed up, and my lower body often contracts involuntarily.

Something that I have often done at this stage, that is, when realizing that orgasm is commencing, is to stop moving my hand altogether. My penis then continues to contract rhythmically of its own accord. I do not “pump out” the pleasure; it happens spontaneously. Again the delicious memory of a wet dream comes to mind.

The pleasure of this kind of orgasm for me lies in the sense of deep satisfaction, rather than the power of the ejaculation. Afterwards I feel deeply satisfied. My penis is sensitive, but pleasant to the touch. As opposed to when I masturbate fast and hard, my penis is not too sensitive to touch immediately afterwards. I also retain a glow of pleasure in my lower body. Despite feeling that for the moment I am completely and utterly satisfied, I am still able to think about sex or masturbation. Yet, because I am so completely fulfilled, I want to linger in the same position, breathing deeply and enjoying the sensations of the afterglow and the warm semen on my skin.

The process takes about half an hour or forty minutes, from the moment that I start playing with myself to where I rouse myself to get dressed again. And the feeling of pleasure, the glow in my core remains for an hour or two thereafter.

To me part of the beauty of this way of masturbation is how completely self-contained it is. Its very pleasure lies in the fact that it “keeps it real”. It does not try and ride to happiness on the back of a fantasy. It is enjoyment of life for its own sake.

The principles of good masturbation:

- **Good ejaculatory masturbation begins in the mind.**

- **The ideal mindset is one which sees happiness as enjoying that which you have now, not that which you desire to have at a later stage.**

- **For that reason you should not fantasize while masturbating.**
- **Focus on your penis and the enjoyment of your body *now*.**
- **Do not chase erections and orgasms. Simply enjoy the pleasure of the moment.**
- **Good masturbation is like meditation: relax, focus on one activity, be in the moment, breathe deeply.**
- **Learn to enjoy your penis without an erection.**
- **Less is more: think slow and soft and gentle.**
- **Breathe deeply all the time.**
- **Visualize and feel the sexual energy spreading through your body and into your head.**
- **Prolong the pleasure by pacing your movements and breathing properly, but without caring when or whether you will come.**
- **Go slowly, and even slower towards the end, so that your orgasm and ejaculation happens spontaneously, like a dam breaking its walls.**

What you must do:

Practice these principles as often as you can, without exhausting yourself. Remember your ability to enjoy each successive orgasm will depend on when you last came, and your age and general virility. You may find that you can comfortably and enjoyably masturbate once every 2 hours, or this may be once every three days or once every six hours. Repeat this exercise until you are able to:

- **masturbate slowly for a long time – say 15 or 20 minutes - while relaxing completely and breathing deeply;**
- **feel the pleasure spreading through your legs and your upper body, and into your head, before coming;**
- **masturbate even more slowly when you feel your orgasm approaching;**
- **allow your orgasm and ejaculation to occur spontaneously without increasing the pace of your stroking.**

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