

Non-Ejaculatory Male Orgasm

by Michael Winn

Chapter in book, *Secrets of the Sex Masters*, Ed. Carl Frankel

In our society a man's sexual prowess is often measured by his ability to get an erection and by how long it takes him, post-ejaculation, to get hard again. If you're a teenager it may just be a matter of minutes before you're ready for the next round, but if you're a senior citizen it can be a day or more. Either way, the basic architecture is the same—you peak, you tumble off the cliff, and it's no more hard wood for a while.

Men understandably interpret this to mean they've got "pause-till-further-notice" stamped on their penis. The entire sex act becomes shaped by this awareness and sex becomes an exercise in ejaculation management. This can be quite a distraction. If you're focused on your fear of not being able to recover an erection, that much less of you is available to open to a loving connection and pleasure.

Many men develop excellent ejaculatory control, but even when it's not an issue, they're still managing their tumble off the cliff. There's another option. You can have all the pleasure of orgasm without ejaculation and its subsequent pause, called the "refractory period" by sexologists. Orgasm and ejaculation are physiologically separate processes. You can have an orgasm and bypass ejaculation entirely by internally recycling your semen.

Using the approach of the ancient Daoist (Taoist) masters, I've been practicing non-ejaculatory orgasm in this manner for more than three decades and I've taught thousands of men how to do this. It's quite simple if you're willing to open your mind to the Daoist energetic perspective on how the body operates.

When you cultivate non-ejaculatory orgasm, you get that looming refractory period out of your head and your sex life. You can enjoy the male equivalent of female extended orgasms, with the pleasure lasting minutes, even hours and days. This is full-on, whole-body

orgasmic pleasure, not some pale shadow. Bypassing the emission of semen doesn't remove the deepest pleasure of orgasm.

For the man who's mastered non-ejaculatory orgasm, there's no more worry about a post-squirting collapse. You are completely free to play energetically with your lover and are able to sustain an erection longer because you're not triggering erectile collapse with a full ejaculation.

The Physiology of Orgasm

Sperm are stored in the epididymis, which is located in the testicles. At any given moment, hundreds of millions of those little fellas live there, ready to emerge in a single ejaculation. When they're in a passive, unaroused state, they just relax and float around like they're in a spa. It's warm and liquid in there—things are, like, mellow, dude! When you see a sexy person or start having a sexual fantasy, suddenly that laid-back spa turns into a disco. All those sperm start dancing around in a frenzy and it gets really crowded and hot. If it turns into full-on sex, before long the sperm are going, "There isn't room for all 500 million of us in this disco."

Inevitably, the energy reaches a bursting point and those sperm head for the exit. In your standard ejaculatory orgasm, they're shot up a tube called the vas deferens to the prostate, which adds a clear liquid called prostatic fluid to the sperm. This liquid, also known as pre-cum, contains nutrients that give them strength and energy as they head off on their epic longshot journey through the urethra, out the penis and up the vaginal canal through the uterus and into the Fallopian tubes to the Promised Land of Egg.*

It's as if the prostate is handing them a little lunchbox. *Thanks, Mom!* And off they go on their way.

The first part of the male ejaculatory process is testicular. It sends sperm up the vas deferens. The second is prostatic and it sends those little swimmers out the penis. When you

* Evolution doesn't know about blow jobs.

practice non-ejaculatory orgasm, you allow the testicular pulsation to happen, but not the prostatic pulsation. You re-route the sexual energy so it moves up and inside your body instead of out the penis.

The physical sperm, once emptied of their essence (called *jing qi* by Daoists), are absorbed back into the bloodstream from the testicles, vas deferens, prostate and bladder. Their valuable minerals and proteins are recycled and put to good use by the blood.

Health and Non-Ejaculatory Orgasm

If you're choosing to orgasm without ejaculating, it's very important for health reasons to move the energy up inside the body rather than leave it to stagnate in the genito-urinary tract. I've seen research studies which suggest that men who practice conventional celibacy have a higher rate of prostate cancer than other men. While the findings are far from conclusive, if true, this is probably because their sexual energy gets trapped in their prostate. According to Chinese medicine, stagnant energy is what creates tumors. If they were practicing non-ejaculatory orgasm, they'd be moving the energy, it wouldn't be stagnant and their rates of prostate cancer would likely decline.

One Daoist practice for keeping men from ejaculating is to have them or their partner press firmly on the Million Dollar Spot, located on the man's perineum. When you press this, you're compressing the vas deferens. It's an effective way to keep sperm from moving into the prostate and losing your *jing qi*.

But after years of working with Daoist sexology, this is one of their few practices I've disavowed because it creates congestion. You're trapping those 500 million disco dancers in the testicles, which may cause 'blue balls,' and that's not healthy. You want that energy to move. You don't want it dammed up.

We all know how powerful sexual energy is. When you circulate it through your body instead of sending it out your penis, it's like you're super-charging yourself with a dose of the best nutrients ever. I'm in my mid-sixties and have been practicing non-ejaculatory orgasm for well over three decades. During that time, I've had only a few ejaculatory

orgasms. I have no gray hair and people tell me I have the energy of a man in my forties. While this is only my subjective experience, I attribute this largely to conservation of my sexual seed. I've had amazing sex and I recently made a baby with my new wife, who's in her twenties. We waited till her fertile time, I elected to have an ejaculatory orgasm, and we succeeded on our first try.

I believe this method of internally recycling sexual energy supercharges your sperm when you do finally release it, producing extraordinarily healthy children. While one case isn't scientific proof, in a world where so many people face fertility challenges and where guys in their 60s tend to have less peppy sperm than younger men, I am living testimony to the health and vitality benefits of practicing non-ejaculatory orgasm. It certainly doesn't inhibit fertility, and I've been enjoying high-energy 'spiritual' orgasms for decades!

Let me emphasize that I made a strong commitment to 100% non-ejaculatory orgasm. Practice makes perfect. Nothing requires you to do the same. How much you practice non-ejaculatory orgasm is entirely up to you. You can do it as much or as little as you like. Even doing it half the time you make love or masturbate will provide major health and spiritual benefits.

If you want to practice non-ejaculatory orgasm, you'll need to put effort into developing the ability. It's not difficult to learn, but you can't get it by snapping your fingers, either. How long it takes to master non-ejaculatory orgasm varies from person to person. Factors include the emotional and physical blocks you're carrying in your body and how long they've been there, and your comfort level with the Daoist energy model. Some men pick it up quickly, others more slowly—but I know from long experience that any man can learn it.

[It's About Energy ...](#)

As a boy and young man, I had way more sexual energy than I knew what to do with. I had endless crushes on girls and masturbated three times a day. Eventually I realized that all my obsessing about sex wasn't enhancing my life. I wanted to control this incredibly

strong urge instead of having it control me and so I started exploring various spiritual practices, including kundalini yoga.

Eventually my path brought me to a Daoist, Mantak Chia. As a young man, he had been told that his sexual energy was exhausted and he would die if he didn't do something about it. He learned non-ejaculatory orgasm as a way to heal himself. Thus, we had different but parallel paths. His sexual energy was depleted and mine was excessive, but we both had a sexual energy problem, and we both healed ourselves by practicing non-ejaculatory orgasm.

We were men on a non-emission.

Mantak Chia's English wasn't good. I ended up writing his first seven books. *Taoist Secrets of Love: Cultivating Male Sexual Energy* sold hundreds of thousands of copies and propelled him to fame.

I've evolved my teaching of non-ejaculatory orgasm beyond what Mantak taught me, as I found Westerners need to do important emotional clearing work to be truly successful in the practice. My preferred methods involve the Six Healing Sounds and emotional alchemy, known to Daoists as Fusion of the Five Elements. The Healing Sounds use acupuncture channels with sound and arm movements to release trapped emotional energy in our vital organs that can block the flow of sexual energy. (I discuss Fusion of the Five Elements below.)

When we practice non-ejaculatory orgasm, we're practicing energy management. Not energy as in petroleum or electricity, but energy as in the mysterious, ineffable force that underlies everything and moves through us all.

The Chinese focus on energy first and matter second. The Chinese word for energy is *chi* (also spelled *qi*, both pronounced *chee*). This *chi* flow, or life force, is the root of what make us feel alive. It's totally embedded in the Chinese language. A friend of mine counted 647 words in his Chinese dictionary that integrate the character for *chi*. The word for garlic translates as 'hot *chi*.' The word for weather is 'atmospheric *chi*.'

In Western culture, we pay much less attention to energy. We're more focused on the level that vibrates more slowly—the physical body. But it's energy that creates the body, and it's energy that makes a body feel well or ill, sexy or ugly and unloved.

In the Daoist view, there's nothing esoteric or mystical about *chi*. It's understood for what it is, as what precedes and underlies all manifestations into form. Everything that exists, from rocks to people to planets, is vibrating with energy.

There's *chi* in our thoughts, feelings and perceptions as well as in our physical selves. Someone insults us and we feel angry. Anger has its own unique quality of energy—we all know what it feels like. When we do a practice like qigong or tai chi, we're working with the energy that underlies those thoughts, feelings and perceptions. We're creating the possibility of rewriting our habitual scripts. We're tinkering with our energetic DNA. Daoist methods of energy management can help us transmute this anger into compassion and love.

... And It's About Sex

For Daoists, everything is sexual. I don't mean this in the Western sense of being randy. The Daoist view of sex is premised in observation, not arousal. They observe nature and see a profoundly sexual process, with the entire universe emerging out of a marriage between the male principle, yang, and the female principle, yin.

The Daoist view is that *the entire universe is in a constant state of sexual procreation*. Behind the world of visible form, there is a formless world. Formless energies are polarized into male (yang) and female (yin) aspects, and it is their sexual commingling that creates the world of form. Light and shadow, solar and lunar, penetrating and receptive—these are some of the polarities that shape the world.

Imagine a baby before it's born. It's pure potential; it doesn't exist yet. It takes a male sperm and a female egg to turn that potential into something physical. Everything in the universe is created the same way. Masculine and feminine transform the formless into form.

Our cells are always reproducing themselves: this is sexual. Our yin and yang aspects are constantly interacting on physical-sexual, emotional, mental, and spiritual levels. And

just like the cosmos itself, we humans are constantly performing the sexual act of transmuting spirit into body, the formless into form.

In the Daoist view, we have an energy portal where this happens. Think of it as a Star Trek portal with a vapor lock in the middle. One door—the *mingmen*, or ‘gate of destiny’—is located between the two kidneys, at the level of our navel. The *chi* in the mingmen is formless, waiting to be born as both our body and our destiny. The other door is the *dantian* (“elixir field”). It’s located in the exact same space as the mingmen, only it holds the slower vibration of our physical essence.

The formless spiritual *chi* comes into the *mingmen*, where it becomes sexually polarized into the two forces of yin and yang. It then passes into the *dantian* and from there it creates your body through a network of acupuncture meridians. This is the energy that fuels you as you go through your life. It’s also the energy we work with when practicing non-ejaculatory orgasm.

All creation is sexual, and that sexual polarity is what connects us to everyone and everything.

The Weirdness Factor

When the subject of Chinese energy healing is raised, some people get dismissive. They see it as mystical, pseudo-scientific and a sad excuse for medicine, on a par with medieval leeching. This attitude is totally misguided and unscientific. On my website, I’ve posted a summary of 3,500 studies supporting the efficacy of medical qigong and energy healing. Harvard recently came out with a book on using tai chi to heal all kinds of chronic illness. Collectively the evidence establishes beyond a doubt that Chinese energy healing works.

The Chinese and specifically Daoist body-centered approach to energy flow is actually more accessible for Westerners than most other-dimensional Eastern spiritual traditions. Take Zen, which is about completely stilling your mind. This usually translates

into repressing one's sexual vibration in order to return to the formless chi state. Trying to do this is very difficult, if not impossible, for most Westerners. Is it even desirable?

Daoist internal alchemy, by contrast, is about practicing internal sex. Since everyone knows how sex works, they're being asked to do something that's much more intuitively accessible than 'stilling the mind.' The Daoist starting point is, "How do I have sex inside myself?" The answer: We build up our reservoirs of masculine and feminine energy and then sexually couple them. This produces an internal orgasm that overflows partly into the physical body and partly into our original spiritual state of formless *chi*. This is much better suited for the Western mind than other forms of meditation because there are dynamic actions to be taken here.

Practicing non-ejaculatory orgasm is entirely natural and healthy. It's not Daoism that's weird, it's Western culture that's weird with its excessive yang emphasis on external achievement and doing, doing, doing. Sexually, this shows up as an excess of ejaculation. In Eastern cultures, there's a healthier balance between yang projection on the one hand and yin receptivity and surrender on the other. There's a greater tendency to look inward: "What's going on inside me?" When we do this, notions like internal sexual alchemy start seeming totally normal and not weird.

The secret to long life and spiritual orgasm is to internally capture and transmute our sexual energy rather than ejaculating it out of our body.

[A Short How-To](#)

You're probably familiar with acupuncture, which uses needles to affect energy flows. It's an effective technique, but it has its limits because needles can only go so deep. Below the twelve vital organ meridians that can be accessed via acupuncture, there are eight deeper meridians. In Daoist medicine, they're called the Eight Extraordinary Vessels. I think of them as the channels of your soul.

Two of these eight meridians flow around our torso via the back (spine) and front (chest). When the two deep channels flow as one, this is called by Daoists the Microcosmic

Orbit. The Governing Vessel, or fire channel, is yang. It runs from the perineum up the spine to the top of the head and down to the mouth. The Conception Vessel, or water channel, is yin. It runs from the perineum up the front of the body to the mouth. When we energetically mix the spine's fire yang (masculine *chi*) and the front water yin (feminine *chi*), we are alchemically mixing sexual forces inside our body and regulating, by extension, the balance of yin-yang *chi* flowing through the other six deep and 12 superficial organ meridians.

When we work with these eight deep meridians, there's a spillover effect—the 12 shallower meridians are affected. It's as if you're improving the flow in your plumbing, only it's energy, not water, that's running through the pipes. One of the pipes has hot water and the other has cold water. You connect them and get a balanced water flow. This is healthy ... and it feels great, too.

When you circulate orgasmic *chi* around the body rather than out the penis, it is easiest to first work with the Governing and Conception Vessels. You're basically being a traffic cop and sending the energy up one channel and down the other. It's a straightforward mechanical operation. You don't have to be a high-level meditator to do this. You just need a good map of how your body and sexual energy flow really works.

The best way to make this happen is with a combination of breathing, visualizing and your ability to feel sexual energy. There's a strong connection between intention, visualization, breath, and physical effects. Western science hasn't explained it yet, but it's real.

When we imagine energy moving, we're essentially giving the process permission to unfold. We're giving it our blessing; we're putting aside our distractions and skepticism and being a cheerleader. If a child is learning to ride a bicycle, it will probably figure it out one way or the other. If Mom and Dad are there cheering it on, it'll probably learn faster. That's what conscious, active breath and visualization do. They create a space for positive results to happen.

Chi flows where the mind goes, the Daoists say.

So now you're having sex. Maybe with yourself, maybe with someone else. And you've decided to practice non-ejaculatory orgasm. What exactly do you do?

Start early. Once those disco dancers are all heated up and about to head out the door, it may be too late to stop them from shooting out the penis.

Starting very early in arousal, do what's called the 'cool draw' or 'testicle breathing.' It starts with becoming aware of your testicles. You may want to put a hand on them and feel their warmth. Focus your attention, breathe into them gently and eventually you'll feel a little tingle. Then turn your lips into a smile and start breathing that energy up your body.

You have three options here. You can breathe the energy up your spine (Governing Vessel), up the front of your body (Conception Vessel), or directly into your *dantian (belly center)*, where *chi* will build up until it spontaneously overflows up the core channel in the center of the body. Whichever path you select, imagine you've got a straw inside your body and are sucking the energy upward from your testicles.*

Locate this imaginary straw in the area of your testicles and use the path that works best for you. For most men, the back spine channel is more open than their front channel, so that's often easier to work with.

Whichever channel you use, eventually you'll feel the energy in your head. If you pull the sexual energy into your dantian, it may flow straight up the core channel through your heart and eventually to the head. Once *chi* flows to the head from the front or back channel, let it flow down the opposite channel. If it comes up the central channel, it can flow down both spine and chest, or just the one that is most open. When you do this, you're cycling your sexual energy. Your male energy is firing up your female energy and your female energy is powering up your male energy in an ongoing, mutually reinforcing 'virtuous cycle.'

* Women can do a similar exercise focusing on their ovaries.

This is the sexual version of the Microcosmic Orbit. It's called this because it's a miniature version of what unfolds at the macro-cosmic level, where yin mixes with yang in the ongoing sexual process of creation that births stars, planets, and all creatures.

I recommend first learning the cool draw testicle breathing when you're neither aroused nor having sex. You're developing an energetic pathway. The more you use it, the more clear and unobstructed it becomes. It's much easier to clear the brush away without the distractions of arousal and partner play.

I also encourage my students, especially beginning ones, to support the process by squeezing, or clenching and unclenching, their muscles. When you do this, you pull blood to the area you're working. *Chi flows where the blood goes*, the Daoists also say. When you get an erection, your penis engorges with blood—that's why you have so much energy there. If you want to move sexual energy away from your penis, you'll want to move the blood elsewhere. You do this by working other muscles.

Begin by clenching the muscles in the area of your perineum until the urge to ejaculate subsides. This slows the sexual charge of sperm flowing to your penis. Then squeeze and pulse the *gluteus maximus*—your buttocks. This is the largest muscle in your body and it draws a huge amount of blood to it. When the blood goes there, the sexual energy is drawn with it. You're moving it away from the path of unconscious ejaculation out the penis.

You can also tighten the muscles around the spine and your neck muscles. You can even tighten your fists. There's no right way here—find out what works best for you, remembering that your larger goal is to re-direct your blood flow so it's less concentrated in your penis and spread more throughout your body. This is a quick way to divert sexual energy away from imminent ejaculation out the penis.

A key to doing non-ejaculatory orgasm effectively is to be relaxed. But how you can relax if you're doing all this muscle-clenching? There are two answers. The first is that muscle-clenching is optional. It's a good way to learn to move sexual energy in the beginning, but once you've got your energy pathways open, especially by mastering Testicle

Breathing, you won't need to clench any more. Second, there are levels of relaxation. You can be tensing your muscles at one level and relaxed at another, higher energetic level. Put a smile on your face and have fun!

Sexual chi flows where your mind goes.

Challenges and Obstacles

Over the years, I've found that some women don't want their man to practice non-ejaculatory orgasm. Often it's because they feel as if they are losing a gift from their lover. Their man may be emotionally aloof and not give much of himself. His seed is a stand-in for his love and they don't want to give that up.

Even ungiving men usually want to make their woman sexually happy. If this means ejaculating, well, then they'll ejaculate. It's the least they can do—in the positive and negative senses of the term.

An entirely different story about ejaculation is out there waiting to be embraced. When men practice non-ejaculatory orgasm, they're recycling sexual energy into their heart, lips and hands where they can share it with their partner. They're still giving their woman the gift of their sexuality, but it's more fully embodied and more powerful.

When women partners come to understand the bigger gift they're getting, they often let go of their attachment to male ejaculation. They know that they're really getting their man this time, in a more full and connected way. They are getting his whole (sexualized) body and soul love.

I've also known many male gay couples that dramatically improved their relationship using these techniques. They'd been stuck in a pattern of male-to-male quickie 'rabbit sex' and it wasn't very satisfying for either of them. Then one or both started practicing non-ejaculatory orgasm and this led to deeper, more profound exchanges with their partner.

It's not only partners who get attached to ejaculation. The seed owners themselves do, too. This male attachment is emotional, not erotic. It's how they've always had sex and they've come to see it as the act's ultimate gratification and reward.

Sexual energy is very bonding. That's one reason breaking up is so difficult. In your rational mind you may know you're not right for each other, but sex creates powerful attachments and it can be very difficult to let go. We also bond to our fantasies. If you get off on the idea of being catered to sexually by many eager playmates, you'll get attached to that notion. When we have a hot fantasy, we're super-gluing our psyche to that turn-on.

While there's nothing inherently wrong with this, it can be a problem with regard to non-ejaculatory orgasm. You're not practicing internal sexual alchemy when you project your erotic energy onto one of these fantasies. This is why I advise men to put one hand on their heart when they masturbate. This shifts the energy flow from the typical male path of genitals to spine to head, which bypasses the heart. Putting your hand on your heart and sending sexual love to your soul deep within triggers a process of heart-centered sexual alchemy. You're mixing heart energy with sex energy and bringing the whole body into the mix.

If you have (or need) a special sexual fantasy to get turned on, use it to get aroused, but then direct it to either a real current lover or to your own heart. This keeps you from projecting all that sexual *chi* onto the object of your fantasy, which has the undesirable result of dissipating the energy rather than having it nourish your body.

Sex is a magnet that attracts and then holds many energetic and emotional blockages in our subconscious. If we want our energetic pipes to flow freely, we need to clean out the muck that attaches to our sexuality. I recommend a mix of practices for this.

The first is the Inner Smile meditation, which is the easiest meditation ever. You simply smile throughout your body. You're practicing unconditional acceptance—of yourself, not other people. If stuff comes up, you accept that it exists in your body, smile to it, and let it go. If you can feel it, you can heal it.

I also strongly recommend the ancient Daoist practice of qigong. There are many ways to do this and they're all easy to learn. One qigong practice I teach is called *Five*

Animals Qigong. It involves sound, color visualization and arm motion and does a great job of releasing blocked emotional energy.

I also encourage men to practice the Microcosmic Orbit when they're not having sex. When you do this, you're building your capacity to open your front and back channels. Over the years, I've tested many ways to do the Microcosmic Orbit and the one I've found most powerful is the Wudang Spinning Pearl method. Essentially, you create a spinning energy and move it from the sexual center and spin it slowly around the Microcosmic Orbit in your spine and chest. It does a great job of breaking up limiting emotional and mental patterns that have gotten stuck in our bodies. It also makes it much easier to move and ramp up sexual energy throughout the body when the time comes for that.

I strongly recommend that everyone gain skill with this spinning orbit practice *before* attempting to recycle their sexual energy with non-ejaculatory orgasm. It's important to have this pathway open and clear to receive the flow of excited sexual energy. It's best to learn this skill from someone who has experienced it, which is why, in the tradition I was trained in, it is never transmitted in writing, only orally (which fortunately includes audio recordings).

Other Sexual Vitality Qigong movement methods help build up the kidneys and liver, which control much of your sexual robustness.

Serious Business

Practicing non-ejaculatory orgasm isn't something to take lightly. Many people have clogged energetic plumbing due to physical or emotional trauma. If you start moving lots of sexual energy into your upper body before you're physically ready to receive it, the energy can express in unhealthy and uncomfortable ways such as insomnia or the surfacing of unpleasant memories.

You'll have more success practicing non-ejaculatory orgasm if the garden of your body has been readied for all that sexual energy. This is why it's so important to prepare the ground with exercises like the Inner Smile meditation, a movement qigong practice, and the

Microcosmic Orbit. Serious students of Daoist sex will also learn emotional alchemy, known as Fusion of the Five Elements. This dissolves negative emotions and old reactive patterns stored in our vital organs that tend to get reinforced by the unconscious flow of sexual energy. Essentially, you ‘strip off’ the negative charge (e.g., anger) from an emotional pattern and then concentrate the underlying energy into a ball of neutral *chi* formed in the lower dantian (belly). In effect, you recycle and re-digest your unconscious emotional patterns so they actually make you stronger and energetically more clear. Learning Fusion of the Five Elements assures a superior level of success in managing one’s emotional and sexual energy as the two transmute into spiritual orgasm.

Practicing non-ejaculatory orgasm is very empowering. *Literally*. It opens your *dantian* so you can take in more *chi* from both the inner planes and the outer world—it fires you up energetically. Make sure you can handle the increase in personal power you’ll get from doing these energetic self-cultivation practices.

In these pages, I’ve only given a short introductory to non-ejaculatory orgasm. Because everyone’s sexuality is unique and complex, some may need to customize their practice or seek personal training. This chapter is really just a *taste* of a “how-to.” I hope you’ll take what I’ve shared here and use it as the basis of a practice. It’s important when you start on this path to *never* feel guilty about ejaculating. Allow your training process to be gradual—some may take years to master non-ejaculatory orgasm, others will get it more quickly. But even partial success can bring you amazing rewards in your sex life and general health as well.

Sexy Summary

Practicing non-ejaculatory orgasm is a natural, healthy activity that can bypass the troublesome refractory period, increase your staying power, and transform your sex life and love relationships for the better.

When you practice non-ejaculatory orgasm, you’re performing heart-centered internal sexual alchemy.

Microcosmic Orbit: Work with two deep energy meridians, the yang Governing Vessel and the yin Conception Vessel. They are stabilized by a core central channel and energy centers in your belly, heart, and head.

Testicle breathing: Imagine a straw sucking sexual energy from your testicles into your upper body and ultimately into your head. Then send it back down to your dantian at the navel center.

Clench and unclench your perineum and buttocks to pull sexual energy into your upper body.

Take care to prepare your body to receive all this sexual energy. Recommended practices include the Inner Smile meditation, Sexual Vitality Qigong, Microcosmic Orbit, and emotional alchemy using Fusion of Five Elements.

You are stepping into your power as a male, exercising your right to enjoy a full body orgasm.

Have fun and celebrate your newfound power!