

there are no bones or muscles in your penis. In fact, the penis is made primarily of spongy tissue. Because it has no muscle, you cannot enlarge it like your biceps—sorry. However, two or three inches of the penis is rooted inside the body in the pubococcygeus (pronounced *PEW-bo-cox-uh-GEE-us*) muscle—often just called the PC muscle—and it is possible, as we explain in the next chapter, to strengthen this muscle for stronger erections, stronger orgasms, and better ejaculatory control.

Since many men are concerned with the size of their penis and some are now even having penis-enlargement operations, we should take a moment to discuss the subject. Throughout human history, men have made many attempts to expand their so-called manhood—even the Taoists had their method, which we describe in chapter 8. But the truth is that the size of your erection is much less important than its strength and what you do with it. If you practice Sexual Kung Fu, you will have ample confirmation that you are “man enough” for any woman. If you are still concerned about the size of your penis, take a moment before running out to a plastic surgeon and read the section in chapter 8 called “Please, Sir, May I Have Some More: Enlarging Your Penis.”

TESTICLES

Most men know that their sperm is produced in their testicles and may also know that normal body temperature is too hot for sperm production. (This is why tight underwear that keep your testicles close to your body can lower your sperm count.) Your testicles, however, are pulled into the body as they prepare to ejaculate. Pulling the testicles down away from the body, which we describe below, is one age-old technique for postponing ejaculation.

The vas deferens is a firm tube that extends from the testes to the prostate gland (see figure 2). Sperm move through this tube to the upper end, where they mix with secretions from the seminal vesicles and the prostate just before ejaculation. The secretions from the prostate constitute about one-third of your ejaculate and are responsible for its whitish color. The sperm are only a small part of the ejaculate, which is why a man who has had a vasectomy ejaculates about the same amount of fluid as he did before the operation.

Know Thyself

Exploring your body and understanding your arousal rate are essential to becoming multi-orgasmic. The best lovers are aware of both their own and their partner's desires. In chapter 4, we discuss how to satisfy your partner's desires, but first you must learn how to satisfy your own. In this chapter, we begin by briefly describing the basic facts about your sexual anatomy, your energy, your arousal, your ejaculation, and your orgasms. Then we offer some ideas for exploring your full potential for pleasure.

Your Body

PENIS

When most men think about their sexuality, they think about their penis. This is a logical place to start, since it is the most obvious part of our sexual anatomy. Strangely, there is still a lot of mystery and misinformation about this seemingly simple organ. To begin with,

that prostate orgasms are quite different from penile orgasms, emotionally as well physically. The authors of *The G Spot* suggest that this is equivalent to the difference women experience between clitoral and vaginal orgasms.

Like a woman's G spot, the prostate becomes increasingly sensitive to erotic stimulation as the man becomes aroused and approaches orgasm. This is why a prostate checkup at the doctor is quite different from prostate stimulation in bed with your lover. (You and your partner should remember that the body becomes engorged from front to back, so partners should wait until a man is highly aroused before attempting prostate stimulation.)

You can stimulate your prostate externally through your perineum at your Million-Dollar Point (more about this spot later in the chapter) or more directly through your anus. It is not always easy to reach by yourself if you are not very limber. Generally, the best position is lying on your back, either with your knees bent and your feet on the bed, or with your knees against your chest. In this position, you can insert a (well-lubricated) finger, curl it forward, and touch your prostate. You should feel something the size of a walnut an inch or two inside on the anterior (front) wall of your rectum. Gently rub the prostate back and forth. You can also thrust in and out at different speeds, which will also stimulate the highly sensitive nerves around your anus. If your partner is willing, she can do the same, but from a slightly easier angle. (Make sure your or your partner's nails are short.) If either you or your partner is not interested in venturing inside your anus, you can stimulate the anal sphincter and/or the perineum, which will also stimulate the prostate.

When prostate stimulation brings you to ejaculation, the fluid generally comes flowing out instead of spurting out. Keep in mind that this stimulation is very deep and very intense; as a result, it is even more difficult to control your arousal rate with prostate stimulation than it is with genital stimulation. So go slowly, and try not to push yourself over the edge.

PERINEUM

The perineum is an essential sexual landmark and was called "the Gate of Life and Death" by the Taoists. Its role in preventing

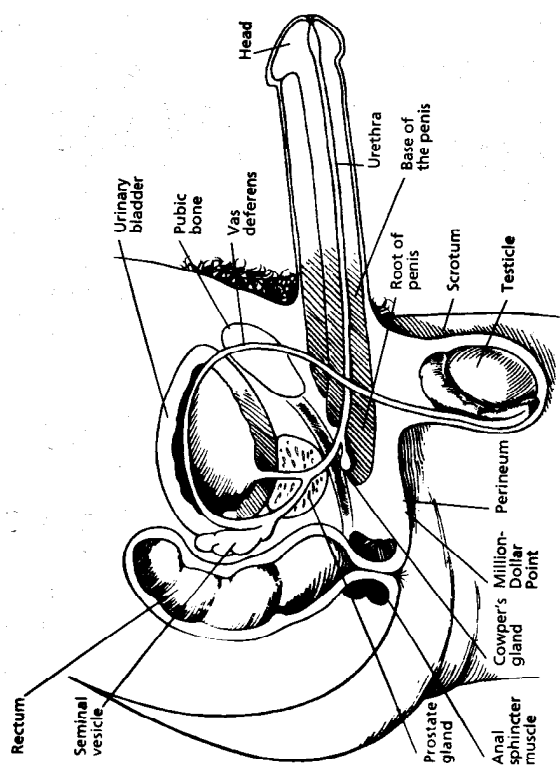


FIGURE 2. MAN'S SEXUAL ANATOMY

PROSTATE

The prostate is a gland that lies at the center of your pelvis, just behind the pubic bone, and just above the perineum (pronounced *pear-uh-NEE-um*). Most men have heard about the prostate only in connection with the dreaded and widespread prostate cancer, which occurs in approximately one in eleven American men. A healthy prostate is important for avoiding prostate cancer and for your long-term sexual well-being. You can help keep your prostate healthy and possibly reduce your risk of prostate cancer by doing the pelvic Sexual Kung Fu exercises suggested here and by massaging your prostate regularly. If you have prostate trouble or want to avoid having prostate trouble in the future, see the section called "My What? Preventing and Helping Prostate Problems" in chapter 8.

The prostate, like the G spot for women, is often highly sensitive to sexual stimulation. It has in fact been called "the male G spot." The authors of *The G Spot* concluded: "In men there is an orgasm triggered by the penis and one by the prostate." Men report

ejaculation was a closely guarded secret. On the perineum just in front of the anus is the Million-Dollar Point, named to suggest its value to Sexual Kung Fu (see figure 2). This spot was originally called the Million-Gold-Piece Point (they didn't have dollars back in ancient China), because that is supposedly what it cost you to have a Taoist master teach you its exact location. (The ancient Taoist masters were holy men, but they also had to make a living.) In the next chapter, we discuss the role of the Million-Dollar Point in helping you control your ejaculation.

SEX MUSCLES

The pubococcygeus, or PC muscle, is a group of important pelvic muscles that run from your pubic bone ("pubo") in the front to your tailbone or coccyx ("coccygeus") in the back. These muscles form the basis of your sexual health and are essential for your becoming multi-organic. In the following chapter we will describe exercises to strengthen these muscles.

If you have ever been forced to stay in bed for an extended period of time or to wear a cast, you know how your muscles atrophy and become weak when they are not used. This is equally true of your sex muscles. The penis actually withdraws into the body if it is not used regularly, as many older men who are not sexually active have witnessed. The Taoists knew that it is as important to exercise your sexual organs as any other part of your body.

ANUS

Its proximity to the prostate and its own high concentration of sensitive nerve endings make the anus a highly erogenous zone, as many men—both gay and straight—have discovered. Many people worry about the anus being "dirty" and consider it "unnatural" to stimulate the anus sexually. You should make sure that your anus is clean before you touch it and that you wash anything (such as a finger) that you use for anal stimulation before using it for vaginal stimulation to avoid spreading bacteria. Yet it is difficult to explain why the anus would be so sexually sensitive if stimulating it were "unnatural." Many heterosexual men also worry that they are gay or "will become gay" if they enjoy having their anuses stimulated,

but there is no evidence to suggest a relationship between anal sensitivity and homosexuality. Homosexuality is a sexual orientation, not simply a sexual practice. Many gay men enjoy having their anuses stimulated, but many straight men do as well.

NIPPLES

Many men are surprised to find that their nipples are sensitive. Other men may require some regular stimulation to awaken their nerve endings. Nipple stimulation is one of the underrated and underexplored pleasures of male sexuality.

Your Energy

Understanding how the energy in your body works will allow you to expand genital orgasms into whole-body orgasms and to use your sexual energy to improve your creativity and health. As we mentioned in the introduction, Sexual Kung Fu developed as a branch of Chinese medicine. One of the world's oldest and most effective healing systems, Chinese medicine is responsible for the discovery of such successfully proven therapies as acupuncture and acupressure. According to Chinese medicine, in addition to the physical structures of your body, you also have physical energy that is constantly circulating through every cell of your body.

THE BODY ELECTRIC

As Western chemistry has become more refined, it is now able to demonstrate that our bodies are indeed filled with energy and electric charges. In the February 1984 issue of *Discover* magazine, K. C. Cole explained the comparison: "Electricity is almost certainly the most elusive of everyday things: It lives in the walls of our houses, and regulates the lives of our cells. . . . It runs electric trains and human brains. . . . Your entire body is a giant electric machine: body chemistry (like all chemistry) is based on electrical bonds."

Chinese medicine is based on a person's ability to maintain the proper circulation of this bioelectric energy through the body. If you have ever had acupuncture, you have experienced the circulation

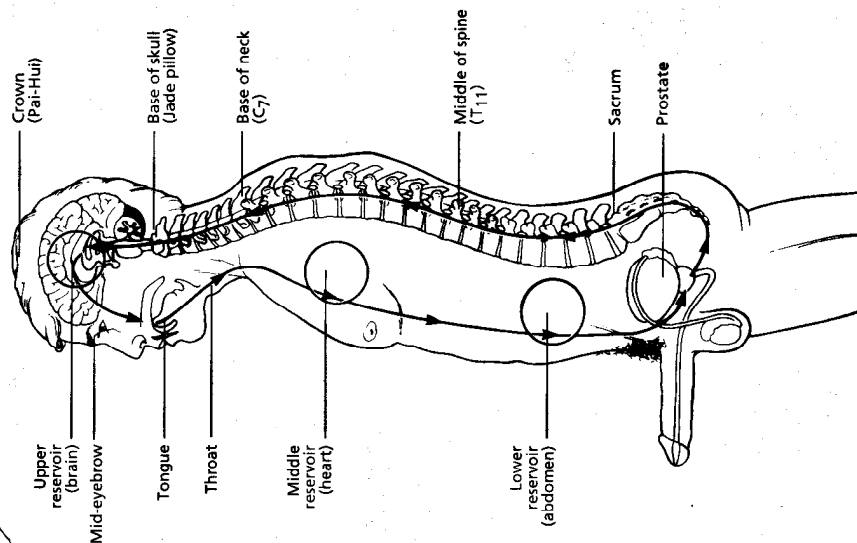


FIGURE 3. THE MICROCOSMIC ORBIT

of this bioelectric energy, which the Chinese call *chi* (pronounced CHEE), in your own body. However, if you have not had this opportunity, there is a simple experiment you can do to feel your body's *chi*. Rub your hands together for ten seconds and then hold the palms about an inch apart. If you concentrate, you should be able to feel a flow of energy passing between them.

The idea of *chi* is not unique to China. Dr. John Mann and Larry Short, authors of *The Body of Light*, count forty-nine cultures around the world that have a word for *chi*; the words vary from *prana* in Sanskrit to *neyatoneyah* in Lakota Sioux to *num*, which means "boiling point," in the language of the Kalahari 'Kung. The West is perhaps unique in its lack of an equivalent term. In the

West, we speak about feeling *energized* or having *low energy*, but with a few notable exceptions, we tend to ignore this important part of our physical body.

The concept of *chi* is gaining increasing acceptance in the medical establishment. A major transition occurred when President Richard Nixon reestablished diplomatic relations with China in 1972. In Beijing, Chinese doctors performed emergency surgery on *New York Times* correspondent James Reston, using only acupuncture for anesthesia. Since then many delegations of Western physicians to China have witnessed similar events.

Chi is just beginning to be understood in the terminology of Western science. Currently, several Western physicians are exploring the phenomenon, such as Robert Becker, a Syracuse University orthopedist and author of *The Body Electric*, who is trying to explain *chi* in relation to his work in bioelectricity and healing. It was Dr. Becker's research into electricity and its role in regenerating bones that led to the current method of using low-level electrical currents to stimulate the mending of fractures.

YOUR MICROCOSMIC ORBIT

You have bioelectric energy in every cell of your body. This energy also travels along certain well-defined circuits, called *meridians*, which acupuncture utilizes to regulate the amount of *chi* in any particular part of your body. The main circuit in the body is called the Microcosmic Orbit (see figure 3) and is made up of two channels, the Back Channel and the Front Channel (in Chinese medicine traditionally called the Governor Channel and the Functional Channel, respectively).

These channels are part of our earliest development. In utero, our body first resembles a flat disk. As the embryo develops, the disk folds over, leaving two seams, one along the midline of the back of our body and one along the front. The back seam can be seen in our spine, but the front line is more subtle. We rarely notice the front seam unless it does not close completely, as is the case with a child who is born with a harelip.

One multi-organic man explained his understanding of the Microcosmic Orbit: "I think of the Microcosmic Orbit as a channel or meridian or route that has been discovered and tested over

thousands of years to transform the raw biological energy used to create children into a lighter and more refined energy that can be used to improve one's health and one's lovemaking."

THE BACK CHANNEL

The Back Channel begins at the perineum and runs along the back of the body from the tip of the tailbone, up the spine and neck, to the crown of the head, and finally down the forehead to where it ends between the bottom of the nose and the upper lip, where there is an indentation.

THE FRONT CHANNEL

The Front Channel runs from the tip of your tongue to your throat and along the midline of your body down to your pubis and perineum. Touching your tongue to your palate closes the Microcosmic Orbit. The Front Channel is sometimes translated from the Chinese as the Conception Channel, and if you look very closely at the belly of a woman who is pregnant, you will generally see a dark line (which doctors call the *linea nigra*) that extends along part of this channel.

WHAT DOES ENERGY FEEL LIKE WHEN IT IS MOVING IN YOUR BODY? The fact is that you already have energy, or *chi*, moving through every part of your body. Without it, you would not be alive. Generally we just are not aware of this current of energy moving through our bodies. When we first become aware of *chi*, we may experience many different sensations. Some of the most common that people report are warmth, tingling, prickling (like the feeling of static electricity), pulsating, humming, bubbling, and buzzing. Some people feel it move slowly, while others feel a fast "rush." Though some people feel it move in a straight line along the Microcosmic Orbit, most people feel it more at some points along the orbit than at others.

HOW DOES CHI MOVE? There is a Taoist saying: "The mind moves and the *chi* follows." Wherever you focus your attention, the *chi* tends to gather and increase. As biofeedback experiments have now confirmed, focusing your attention on an area of the

body can cause increased activity in the nerves and muscles in that area. The stronger the focus, the greater the movement of the *chi*. *Keep in mind that you are not pushing or pulling the chi, you are simply shifting your focus to another point.* Understanding this is crucial to developing an effective practice. However, you will not just be moving your attention over your skin, you will be experiencing a palpable flow of warm, tingling energy.

SEXUAL ENERGY

Sexual energy, or *ching-chi* (pronounced *JING-CHEE*) in Chinese, is one of the most obvious and powerful types of bioelectric energy. What we in the West call getting aroused, or getting horny, the Taoists thought of as the generating of sexual energy. Sexual Kung Fu practices are based on cultivating this sexual energy and using it to increase your overall energy and health. You must learn to draw your sexual energy out of your genitals and to circulate it through the rest of your body to truly master the Taoist techniques for experiencing multiple and whole-body orgasms and for improving your health.

As we mentioned in chapter 1, according to the Taoists all the parts of your body (including the brain, glands, organs, and senses) give their best energy during orgasm to create a new life. This is the power that goes into creating a child, but when procreation is not the goal, the Taoists believe, it is best to conserve this energy and channel it throughout your body for pleasure and health. *Since we are conceived through orgasm and orgasmic energy permeates every cell of our body, to stay healthy and active we need to feel this rejuvenating, orgasmic energy regularly—ideally, every day.*

Once you develop the ability to circulate sexual energy through your body, you will be able to feel this sensation throughout your body anywhere and at any time. Senior Healing Tao instructor Michael Winn explains: "Sexual energy is available to men twenty-four hours a day, but most men starve themselves because they believe they can satisfy themselves sexually only during a few minutes of intercourse. The most liberating thing for men is to discover that they have total access to and control over their sexual energy at any time."

You may be wondering whether all of this sexual energy will result in your feeling constantly aroused and in need of having sex, "an itch that needs to be scratched." On the contrary, men (and women) have sexual urges that need to be acted on or channeled in some way. In the West, we have tried to suppress or sublimate these desires, but according to the Tao this leads to physical and psychological imbalances.

When you practice self-cultivation, this feeling of arousal will result not in uncontrollable sexual urges but in an energetic, calm sense of well-being. One multi-organic man explains the difference: "Before I started practicing Sexual Kung Fu, if I had not ejaculated in a while, my sexual urge would get stronger and stronger. I would look at pornography, look for one-night stands, or go to prostitutes. After ejaculating, this urge would disappear almost instantly and I couldn't understand why I had spent so much time and money trying to satisfy it. I would tell myself that I wouldn't do it next time, but I knew that after a while the sexual urge would return and I would do it all over again. When I finally started practicing Sexual Kung Fu, my sexual energy was still strong, but balanced. It was the first time in my life I was happy to be a man sexually, because I finally had control over my sexual energy."

As you practice, you may have more sexual energy than you are used to, and you will need to learn to channel this excess energy. As one multi-organic man explained, "When I started the practice, all of my relationships became sexualized. I needed to learn to circulate and balance the energy." If this happens to you, the Cool Draw exercise described in the following chapter will help you transform this sexual energy into more neutral and less volatile physical energy, referred to earlier as *chi*. You can also take up Tai-chi or chi-kung (pronounced *CHEE-GUNG*) or other practices to help you ground and channel this additional energy. Exercise in general will help you to manage this additional energy.

Your Arousal

According to Taoism, we need to feel aroused, to feel the life-giving force of sexual energy, every day, because when we feel aroused, our bodies produce more sexual hormones, which in Taoism were

considered the fountain of youth. (This need for arousal is why sex cells: we are drawn to images that stimulate this sexual energy and these sexual hormones.) When you learn how to circulate your sexual energy, you can feel this rejuvenating power at any time.

BECOMING AWARE OF YOUR AROUSAL

To learn to become multi-organic, you will need to become increasingly aware of the speed at which you get aroused. This sounds pretty straightforward, but most men pay little attention to their arousal rate. Often men go from erection to ejaculation like race cars, without taking the time to notice, let alone enjoy, the sights along the way.

When you start to get sexually aroused, your penis increases in length and width as its spongy tissue fills with blood. As you become erect, valves close down in the veins, stopping the blood from returning to the body. Erection occurs spontaneously in newborn boys and in most men at least several times each night while dreaming.

Almost all men at some time in their lives experience the awkward situation in which they are unable to get an erection with a partner. The occasional inability to gain an erection may be caused by what psychologist Bernie Zilbergeld calls the "wisdom of the penis," telling you that there is something that needs to be addressed in your relationship, or it may simply be a sign that you are distracted by work or other pressures.

If a man repeatedly does not get an erection, he is called *impotent*, a word that also carries the suggestion of being weak and powerless. In Sexual Kung Fu, there is no such thing as "impotence," and by using the solo exercises to strengthen your erections and the Soft Entry technique in lovemaking, you should never have to worry about it again. If you are unable to get an erection when you want or if you want to know what to do when the situation arises (or doesn't), see "Snake Charming: Overcoming Impotence" in chapter 8.

THE STAGES OF ERECTION

Most men believe they are either horny or they're not, that they either have an erection or they don't. When we are young, we get erections so often and so quickly that it is hard to distinguish levels

of arousal. The Taoists, however, noticed that there are actually four stages of erection—four *attainments*, as they called them.

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

The second is *swelling*.

The third is *hardness*.

The fourth is *heat*.

Your erection is not then just a static appendage, but undergoes a process that reflects your level of arousal. Western physicians have recently confirmed these four stages of erection, although describing them in somewhat more technical terms.¹

Healing Tao instructor Walter Beckley described the four stages like this: "In the first stage, your penis starts to *move and become erect*. In the second stage, it's *firm, but not hard*—not really hard enough to penetrate (unless you use the Soft Entry technique). In the third stage, it is *erect and hard*. In the fourth stage, it is *stiff and really hot*. This last stage is also when your testicles draw into your body. It is much easier to avoid ejaculating when you can remain in the erect and hard third stage. Pulling the sexual energy up helps keep the penis from getting to the final, stiff and hot stage. Relaxing is also essential, as is trying to be aware of when you move into that anxious, explosive fourth stage when ejaculation is imminent."

THE SECRET OF MALE SEXUALITY

As we mature as lovers, we are able to gain some control of our arousal in an attempt to please our partners. Generally called our *staying power*, this ability is often achieved by learning to distract ourselves from our arousal (thinking about baseball statistics, for example) rather than by learning to sensitize ourselves to it. True ejaculatory control comes from knowing your individual arousal rate, not ignoring it. As you learn to feel your rising pleasure more, it will become easier for you to take the multi-orgasmic path.

BUT ISN'T SEX SUPPOSED TO BE ABOUT RELAXING AND LETTING GO? To experience sexual pleasure, men must certainly relax and let go, but if we relax and let go too much, we ejaculate and then most, if not all, of the pleasure is gone. Knowing when to let go of

our sexuality and when to control it is the essence of Sexual Kung Fu, and the secret to male sexuality.

Your Ejaculation

The ejection of semen from your body actually occurs in two parts. In the *contractile* (sometimes called "emission") phase, the prostate contracts and empties semen into the urethra. In the *expulsion* phase, the semen is propelled down the urethra and out the penis. When you become multi-orgasmic you will experience the pleasurable pelvic contractions—what we will call *contractile-phase orgasm*, which is felt as a popping or fluttering sensation in your prostate—without actually ejaculating. Though some men have multiple *ejaculations* during one love-making session (this is easiest for teenage boys), it should be clear by now that this is quite different from multiple—*nonejaculatory*—orgasms.

As you are becoming highly aroused, a few drops of clear fluid may trickle out of your penis. This preseminal fluid comes from the prostate and other glands, such as the Cowper's glands, which produce an alkaline fluid used to lubricate the urethra and pave the way for the sperm. The Taoists called this liquid *water*, which they distinguished from *milk*, or semen. This fluid is perfectly natural and signals the approach of contractile-phase orgasm. It may, however, have a number of sperm in it. This is the "pre-ejaculate" that they warn you about in sex-education classes, so you will need to make sure that you continue to use birth control even if you don't ejaculate. However, if you have nonejaculatory orgasms, the chances of you and your partner having an unplanned pregnancy are much lower.

WHERE DOES THE SEMEN GO WHEN I DON'T EJACULATE? The semen is broken down and reabsorbed by the body, just as the sperm are reabsorbed in a man who has had a vasectomy. However, the effects of the Taoist techniques on the body are very different from those of a vasectomy. With a vasectomy, the vas deferens is cut just above the testicles and the sperm have nowhere to go. They are eventually reabsorbed, but many men complain about feeling congestion in the testicles and pelvis. If you have had a vasectomy, it is additionally important for you to practice the Testicle

Massage exercise (see chapter 8) and to circulate your sexual energy.² Both of these techniques help the body absorb the sperm and relieve any feeling of fullness or congestion. The involuntary contractions of the contractile-phase orgasms that you will learn to experience without ejaculation also massage the prostate, which helps to relieve congestion and keep the prostate healthy.

CAN NOT EJACULATING HURT ME? The Taoists have been practicing the techniques given in this book for thousands of years without negative side effects, and in fact with great improvement to their health and longevity. From their study of multi-organic men in the West, Dunn and Trost concur: "None of our subjects has yet developed erectile or ejaculatory difficulties. Our older multiple orgasmic men maintain firm erections after one or more orgasms. In our clinical experience we have not seen men who become sexually dysfunctional following experimentation with multiple orgasms."

FINDING THE WAY

Where Did It Go?

I didn't ejaculate, but I lost my erection. What happened?

There is one other thing that can happen to your semen besides its being ejaculated or reabsorbed by your body.

Occasionally, as you are practicing the Taoist techniques, you may experience an orgasm without ejaculating but lose your erection. If this is not simply due to a decrease in your arousal, you probably have experienced a *retrograde*, or backward, ejaculation. When this occurs, the semen goes into your bladder and passes harmlessly out of your body the next time you urinate. Since you lose your erection and eventually your sperm (when you urinate), you have not done the practice correctly, but you should also know that you have not done yourself any harm.³ Hartman and Fithian explain: "What's important to know is that there is

no apparent harm to the body when a retrograde ejaculation takes place. All that happens is that if the ejaculation is complete the penis becomes flaccid, as it usually does after ordinary ejaculations." If you lose your erection and are curious, you can urinate into a cup. If it's cloudy, you had a retrograde ejaculation. You may not want to do this urine test except when you are practicing by yourself, since it might seem a bit clinical during a candlelit night of lovemaking.

Your Orgasm

The male orgasm lies on the precipice of ejaculation. If you rush forward to experience it, you will fall over the edge and down into the ravine of postejaculatory stupor. Though many men continue to feel pleasure after they have ejaculated, most find themselves at the bottom of their arousal slope, having to climb slowly back up. The five to ten strong ejaculatory contractions are quite pleasurable; otherwise, most men would not see them as the goal of their desire. Ejaculatory orgasm may seem like a thrilling ride, but after you experience the prolonged and ecstatic sexual aerobatics of multiple orgasms, this ejaculatory descent will seem pretty tame and, by comparison, pretty disappointing. "After I have a 'squir' orgasm," as one multi-organic man described ejaculation, "I feel like I've been on a six-second roller coaster—after standing in line for two hours!"

HOW CAN I EXPERIENCE MULTIPLE ORGASMS? As with any orgasm you have had, you begin by getting sexually aroused, whether from a thought, the sight of your lover, your lover's voice, or your lover's touch. (In the case of adolescent boys, the blowing of the wind can suffice.) This arousal generally leads to an erection, and with increasing stimulation you pass through an excitement phase until you reach your *contractile phase*. The contractile phase is a crucial fork in the road, one direction leading to ejaculation and the other to multiple orgasms (see figure 4).

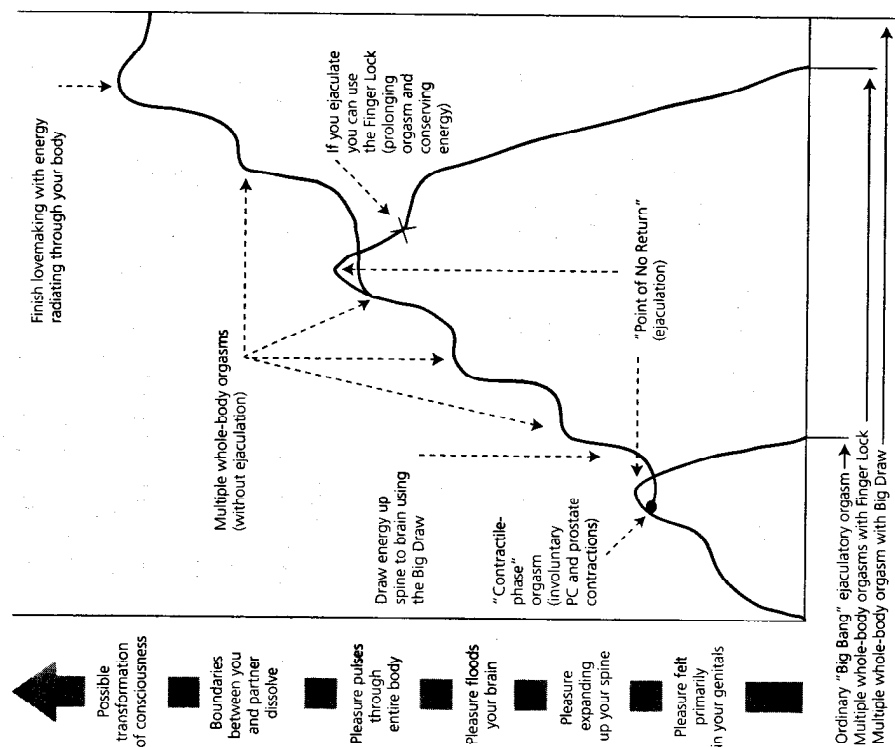


FIGURE 4. YOUR ORGASMIC POTENTIAL

Instead of the ordinary "Big Bang" ejaculatory orgasm (A), with Sexual Kung Fu you can draw your sexual energy up during your contractile phase (before ejaculation) and have multiple whole-body orgasms. If you ejaculate, you can use the Finger Lock, which will prolong your orgasm and conserve energy (B). If you avoid ejaculation, you can use the Big Draw to finish lovemaking with energy radiating through your body (C).

During the contractile phase, you will feel a series of prostate contractions lasting three to five seconds. These pleasurable pelvic orgasms are what we have been calling *contractile-phase orgasms*. Though the intensity of these orgasms varies and they can often be as intense as regular ejaculatory orgasms, at first they may be quite mild. Now is the moment of truth. Instead of continuing to the point of no return, past which you must ejaculate, you will stop or

otherwise decrease your stimulation momentarily—long enough for you to gain control of your arousal rate.

You can also squeeze your PC muscle around your fluttering prostate, which will help you maintain some control over these spasms. Drawing the energy away from your genitals and up your spine as we describe in the next chapter will help relieve the pressure and the urge to ejaculate. Your level of excitement will decrease slightly in preparation for another genital orgasm. With multiple orgasms, your arousal is like a wave that rises to a peak and then, instead of cresting over and crashing, is swept up by a larger wave and on to an even higher peak.

One important point: if you strive for contractile-phase orgasms, there is a good chance you will crest over into ejaculation. Most men find that they must stop their arousal just before reaching contractile-phase orgasm and let themselves relax into it. Many multi-orgasmic men describe themselves as mentally falling *backward* into nonejaculatory orgasms instead of falling *forward* into ejaculation. The idea is to stay as close as possible to the point of ejaculatory inevitability—reveling in the contractile-phase orgasm—without cresting over into ejaculation. You will feel the pleasure and release of the prostate contractions, the PC contractions, and the anal-sphincter contractions.

How close together you experience these multiple contractile-phase orgasms depends on you. You will experience waves of satisfying pleasure, which, if your partner is multi-orgasmic, will help you harmonize your sexual desire. You will not have to worry about giving your partner "her orgasm(s)" and then getting "your orgasm." Rather, you both have the potential for multiple peaks of orgasmic pleasure.

FINDING THE WAY

Oops!

If you are having difficulty separating your orgasm from your ejaculation, you can begin drawing the sexual energy up your spine before you orgasm. According to the Tao, the real key to whole-body pleasure and healing is the circulation of

this sexual energy through the Microcosmic Orbit. Once you start drawing sexual energy up, you may discover that you have "orgasmic" feelings in your brain or in other parts of your body or in your entire body.

Voluntarily squeezing your PC muscle around your prostate will also help you develop sensitivity in your pelvis and control the contractile-phase orgasms that cause your prostate to contract in pleasurable involuntary spasms.

When you do crest over into ejaculation, which you will do many times while you are learning—and even occasionally afterward—don't get frustrated or disappointed. Enjoy the pleasurable contractions of your penis that accompany ejaculation and realize that there is always another opportunity to experience more peaks later. Remember, the practice takes time and intimacy, with yourself and with your partner.

WHAT IS THE DIFFERENCE BETWEEN MULTIPLE ORGASMS AND WHOLE-BODY MULTIPLE ORGASMS? Each genital orgasm helps release the tension that results from the built-up sexual energy and the increased flow of blood into your pelvis. Several pelvic—non-ejaculatory—orgasms are extremely satisfying (and energizing), but as you develop your orgasmic capacity, you will no doubt want to expand these pelvic orgasms throughout the rest of your body, which is the real secret of the Tao.

Whole-body multiple orgasms also begin with the contractile-phase release of pelvic orgasms, but instead of keeping the sexual energy (and the pleasure) in your pelvis, you draw your sexual energy up your spine, into your brain, and throughout your entire body, as we will show you step by step in the next chapter.

Most men do not even realize they can reach these sexual peaks. Not only do they experience only one orgasm (which, for them, is the same as ejaculation), but they experience this orgasm almost exclusively in their genitals. In *Everything You Always Wanted*

to Know About Sex (But Were Afraid to Ask), Dr. David Reuben describes orgasm as it is typically understood by Western sexologists: "For orgasm to occur, the full force of the body's entire nervous system must be concentrated on the sexual organs. Successful orgasm requires that every microvolt of electrical energy be mobilized and directed toward the penis and clitoris-vagina." Reuben, however, goes no further than a discussion of what the Taoists knew was just the first level of orgasm, or *genital orgasm*.

As represented in the illustration of your orgasmic potential (see figure 4), you can learn not only to experience multiple orgasms, but also to expand your orgasms from your genitals to your brain to your entire body. In the words of one multi-orgasmic man, "A whole-body orgasm is unbelievable. Once you experience it, you never go back to a genital orgasm."

WHAT EXACTLY DO WHOLE-BODY ORGASMS FEEL LIKE? Everyone experiences this orgasmic high slightly differently, which makes it difficult to describe in general terms. The experience is often so intense that people resort to mystical language (using phrases like "oneness with the universe") that is difficult to understand if you have not experienced what is being described. However, people frequently have more concrete sensations such as warmth, tingling, vibrating, or pulsating throughout their body. The best way to know what you might feel is through the descriptions of men who have had whole-body multiple orgasms.

One multi-orgasmic man described his first experience of a whole-body orgasm: "We were making love and I thought I was going to come and I started doing my deep breathing, and as I was doing my deep breathing my head started to kind of electrify—to tingle. Like little sparks going on inside, tingly little things that went up the back of my neck a little bit. It started rushing back and forth in my head. And I almost thought I was going to get dizzy—it was *so good*. And I thought, 'If this goes any further, I might just lift off!' It lasted for—it's hard to know what time is like in bed—but at least a minute. It was a *long* orgasm. Just tingling, tingling, tingling. It would go away and then come back. My body was ringing like a bell."

Another man described his first experience of a multiple orgasm like this: "It was not localized in my genitals. My whole body started vibrating. And I thought, 'Well, I don't know what is going on here.' And so at first I was a little alarmed, but it felt good, so I just relaxed and let it happen."

Another multi-organic man described his experience this way: "My growing sexual arousal is less active, less hot, less wild than an ejaculatory orgasm. It is more balanced and controlled. As the pleasure and pressure build up, they can flow into the Microcosmic Orbit and through my whole body. The goal is not to shoot the sperm, but to feel this vibrating energy throughout my whole body, to activate love and tenderness, and to expand my spirit. The whole body is much more relaxed, especially at the moment of orgasm."

Finally, one multi-organic man compared the experience to an ejaculatory orgasm like this: "The feeling of the whole-body orgasm is more subtle, complete, satisfying. The whole process is not a feeling of a short explosion but of a longer and slower implosion. I don't feel empty afterward, which is easy to understand because with an explosion something leaves your body, but with an implosion you still have it in you. There remains a deep satisfaction on the physical, emotional, and spiritual levels, which stays sometimes for hours, sometimes for days."

In the West, we have limited our definition of an orgasm to pulsations that take place in our pelvis (prostate) and genitals (penis), but the ancient Taoists understood that an orgasm is any pulsation (contraction and expansion) and can take place in any part of your body. Michael Winn explains: "You can have an orgasmic pulsation in the whole body or in any part of the body. One of your organs can have an orgasm. Your brain can have an orgasm. You wouldn't know you are having an orgasm in your penis or in your prostate unless your brain was having an orgasm, too."

DISCRETE AND CONTINUOUS MULTIPLE ORGASMS

It is important to point out that whole-body orgasms are so intense that it is often hard to know where one ends and another begins. The waves of pleasure that you experience make any attempt

to "keep score" truly irrelevant. Hartman and Fithian's laboratory research (see chapter 1) suggests that men (and women) can in fact have both *discrete* (separate) multiple orgasms and *continuous* multiple orgasms.

With discrete multiple orgasms, you have a peak orgasmic experience and then the orgasm subsides, but it is then followed by another discrete orgasm. With continuous multiple orgasms, you have a peak orgasmic experience that may grow more or less intense, but you never leave the orgasmic state entirely. Hartman and Fithian recorded these two different types of orgasms by looking at heart rate, which in discrete multiple orgasms would return to its baseline figure (around seventy beats per minute) between orgasms. In continuous multiple orgasms the heart rate reached a number of peaks without returning to the baseline in between (see figure 19, page 98). Finally, these discrete and continuous orgasms can combine to make countless combinations of pleasurable peaks. The possibilities are really endless. It's a far cry from the six-second orgasm most men have learned to settle for as the "normal" male orgasm.

SEX AND SPIRITUALITY

If you are practicing the duo practice (that is, with a partner), you may also feel your sexual energy circulate through her and her sexual energy circulate through you. Eventually you may feel as if the physical boundaries between the two of you dissolve. Many men have experienced this oneness with a partner, or even a feeling of oneness with the universe, during extraordinarily intimate lovemaking. With Sexual Kung Fu, you will learn how to return to this place regularly with your partner and even by yourself. This kind of sexual union with another person and between yourself and the universe can actually result in a transformation of consciousness. It is for this reason that sexuality in the East has often been seen as part of the spiritual path, and not as something opposed to it. (We discuss the connection between sexuality and spirituality more in chapter 5, in the section called "Sexing the Spirit.")

Becoming a Multi-Orgasmic Man

Now that you have a better understanding of your sexuality and its true potential, it is time to become multi-organic. This ability requires developing both your sexual strength and your sexual sensitivity. As mentioned in the introduction, most men who practice the exercises in this chapter will begin to experience multiple orgasms within a week or two and will master the technique within three to six months. Some with strong sexual energy and sexual sensitivity may experience them the first time they try, while others with weaker energy or less sensitivity may take longer than six months to become regularly multi-organic. It also depends on your dedication to the practice. We give you these time frames as an estimate, but the most important thing is not to get discouraged. If you persevere, you will get it.

Breathing Basics

Strange as it may seem, learning to control your ejaculation and to become multiply orgasmic begins with

strengthening and deepening your breathing. As is true in all martial arts and meditative practices, your breath is the gate through which you can gain control of your body. Breathing is both involuntary *and* voluntary. In other words, we breathe regularly without thinking about it, but we can also choose to change the rhythm or depth of our breathing. This use of the mind to cultivate the body is the very basis of Sexual Kung Fu.

Your breathing is also related to your heart rate. If you are breathing quickly and shallowly, as after running, your heart rate increases. If you are breathing slowly and deeply, your heart rate decreases. As we learned earlier, increased heart rate is part of orgasm and breathing quickly is one sign of orgasm's approach. So the first step in controlling your arousal rate, and therefore your ejaculation, is deep and slow breathing.

BELLY BREATHING

Most of us breathe very shallowly, generally into our chest and shoulders, which allows only a small amount of oxygen to be absorbed by our lungs. Belly breathing—breathing deeply into the bottom of our lungs—is the way a newborn child breathes. If you watch a sleeping newborn, you will see the child's entire belly rise and fall with each breath. Belly breathing allows us to replace stagnant air at the bottom of our lungs with fresh, oxygen-filled air. This is the healthiest way to breathe, but we lose this natural ability as stress and anxiety cause us to cut our breathing short. This anxious breathing is confined to our upper chest. When we are happy and laughing, we are able once again to breathe into our belly. In this exercise, you will learn to belly breathe as you did when you were young.

FINDING THE WAY

Inhale Through Your Nose

When practicing any of the exercises in this book, always inhale through your nose, which filters and warms the air.

When you inhale through your mouth, you breathe unfiltered, unwarmed air, which is harder for your body to assimilate.

EXERCISE 1

BELLY BREATHING

1. Sit on a chair with your back straight and your feet touching the floor about shoulder width apart.
2. Place your hands over your navel and relax your shoulders.
3. Inhale through your nose and feel your lower abdomen expand at the navel area (below and around it) so that it bulges outward. Your diaphragm will also descend (see figure 5).
4. Keeping your chest relaxed, exhale with some force to pull the lower abdomen back in, as if you were pulling your navel back toward your spine. Also feel your penis and testicles pull up.
5. Repeat steps 3 and 4 eighteen to thirty-six times.

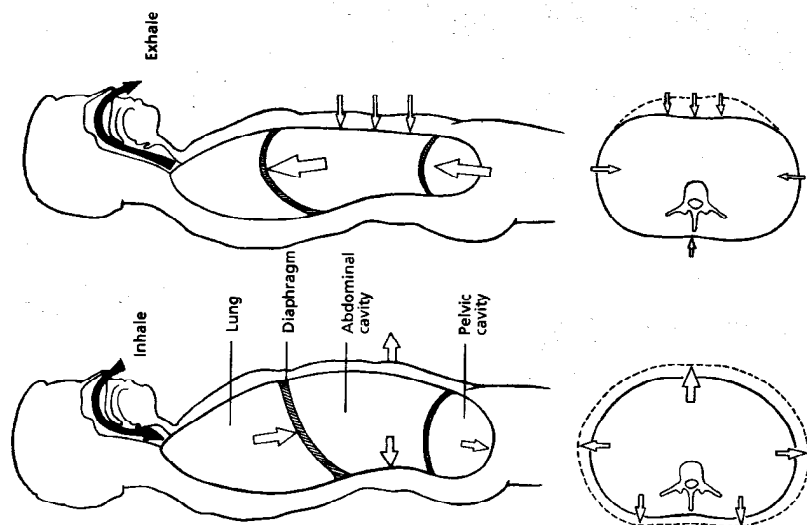


FIGURE 5. BELLY BREATHING

A few minutes of belly breathing each day will teach your body to breathe deeply on its own, even when you are asleep. When you are in the heat of passion, this ability to control your breathing will be essential to stopping yourself from ejaculating and to expanding the feeling of orgasm throughout your whole body.

Once you learn not to ejaculate, it is very important to do this deep-breathing exercise or eventually just to breathe deeply on your own. It will help circulate your sexual energy through your body and absorb it into your organs. Belly breathing also massages the organs and prostate and can relieve the full feeling many men experience when they first stop ejaculating.

Although it is not as important to exhale through your nose as it is to inhale, it is still preferable. Some people, however, find it easier to exhale through their mouth when breathing deeply. See what works best for you.

FINDING THE WAY

Belly Laughing

If you are having a hard time with belly breathing, as many Westerners do, you can practice belly *laughing* instead. A belly laugh is the kind of laugh that makes your whole abdomen shake. It is not the fake salesman's laugh; it is the genuine laugh you have with your close friends. It is the kind of laugh that can make your stomach ache, since most of us do not use these muscles very often.

To belly laugh, sit in a chair with your back straight and your feet on the floor about shoulder width apart. Place your hands over your belly and start to laugh (from your belly). Feel your stomach vibrate. This belly laughing will help relax your diaphragm and let you breathe from your belly. It also will help you generate a lot of energy, which you will later learn to circulate through your body for better orgasms and better health.

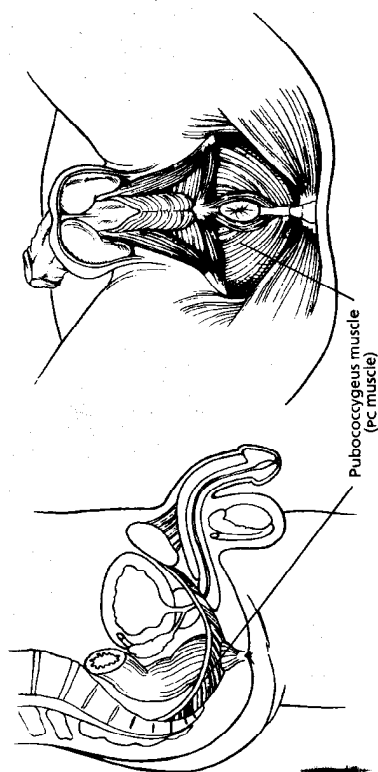


FIGURE 6. THE PC MUSCLE

for the rhythmic contractions in your pelvis and anus during orgasm. In *The G Spot*, Ladas, Whipple, and Perry describe the importance of the PC muscle: "If men increase the strength of their pubococcygeus muscle, they too can learn to become multiply orgasmic and separate between orgasm and ejaculation." Your orgasm builds from your prostate, so learning how to squeeze on the prostate with your pelvic muscles is essential. In addition to having more and better orgasms, you will by this squeezing prevent hardening and swelling of the prostate and help avoid or heal prostate problems.

The PC muscle (which surrounds the prostate gland) serves as a valve around the genitals that you will learn to open and close. You can feel this muscle working when you are trying to push out those last few drops of urine. Women feel it most when they are trying to push out a baby. Women who have developed strong PC muscles can hold a man's penis in their vagina more tightly, increasing sensation for both partners.

The PC muscle is also what allows animals to wag their tails. Strangely, the word *penis* literally means "tail" in Latin. So what you are going to do with these exercises is learn to "wag your tail" to strengthen your erections, intensify your orgasms, and separate your orgasms from ejaculation.

EXERCISE 2

CENTURY COUNT

1. Slowly inhale (expanding your belly) and exhale (flattening your belly). Count each complete inhalation and exhalation as one breath.
2. Continue breathing from the belly and counting from one to one hundred, thinking only about your breathing.
3. If you notice that your mind has strayed, start again.
4. Practice this exercise twice a day until you can count to one hundred with ease.

Increasing Your Concentration

This exercise builds on the belly breathing you just learned and will help you improve your concentration. In this exercise you count one hundred breaths without letting your mind wander. (A complete inhalation and exhalation is one breath.) This is very simple, but not easy. Most people have difficulty counting to ten, let alone one hundred, without letting their mind wander. One multi-orgasmic man explained his practice: "I go to the gym and I'll sit in the sauna and count my breath in and out as one, in and out as two, all the way to one hundred. Sometimes I'll be breathing and counting, and suddenly around fifty or sixty I realize I'm thinking about stocks or something and I can't remember what number I'm at, so I go back to one and I just start counting again until I get to one hundred."

Strengthening Your Sex Muscles

Now it is time to develop your sexual strength. The pubococcygeus muscle, or PC muscle, which we mentioned in the last chapter, is the muscular sling that stretches from the pubic bone in the front to the tailbone in the back (see figure 6). Most men feel their PC muscle at their perineum, just behind their testicles and in front of their anus. This is the muscle you use to stop yourself from urinating when you can't find a toilet. The PC muscle is also responsible

EXERCISE 3

STOPPING THE STREAM

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

STOPPING THE STREAM

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

FINDING THE WAY

Emptying Your Bladder

Because the bladder and the prostate are so close, you should also urinate before self-pleasuring or lovemaking whenever your bladder feels full. A full bladder will make you feel like you need to ejaculate and can actually make it more difficult for you to stop yourself from ejaculating.

If you have a strong PC muscle, you should be able to stop the flow of urine midstream and then start it again. If this is difficult for you, your PC muscle is weak. Stopping the flow of urine may sting at first. This is perfectly normal and should stop within a few weeks, unless for some reason you have an infection, in which case you should wait until you have seen a doctor and cleared it up before continuing with the practice. If your muscle becomes sore, you just need practice. Pulling up on your perineum as you push out the urine will help you urinate with more force and will help strengthen your kidneys, prostate gland, and bladder in addition to your PC muscle.

Although standing on your toes and clenching your teeth will help intensify your practice, *the most important part of the practice is simply to stop and start urinating as many times as you can.* One multi-organic man described his "peeing practice" this way: "Whenever I go to the bathroom now, I try to stop and go at least three times. And if I am in a fun mood and I am not in a rush, I will try to just stop, go, stop, go, sometimes maybe five or six or seven times."

PC PULL-UPS

The importance of the PC muscle was discovered in the West during the 1940s by Arnold Kegel, a gynecologist. He developed the famous Kegel (pronounced *KAY-gul*) exercises, which help many pregnant women control their bladders and which can ease childbirth. Women found that these exercises could also increase their sexual desire, intensify their orgasms, and help them become multi-organic. Strengthening this muscle, as we have mentioned earlier, is equally important for a man's pelvic health and sexual pleasure.

There are many different exercises for strengthening your PC muscle that have been taught in the West, most of them adaptations of Kegel's original technique. All of them teach you to contract and relax the muscle, although the number of repetitions and the amount of time suggested for holding the contractions vary. The following exercise is based on the Taoist awareness that the

EXERCISE 4

PC PULL-UPS

1. Inhale and concentrate on your prostate, perineum, and anus.
2. As you exhale, contract your PC muscle around your prostate and around your anus while at the same time contracting the muscles around your eyes and mouth.
3. Inhale and relax, releasing your PC, eye, and mouth muscles.
4. Repeat steps 2 and 3, contracting your muscles as you exhale and releasing them as you inhale, nine to thirty-six times.

circular muscles of the body (including the muscles around the eyes, mouth, perineum, and anus) are connected. By squeezing the muscles around your eyes and mouth, you can increase the force of your PC Pull-Ups. It is easiest to begin practicing this exercise while sitting, but later on you can do this exercise while standing or lying down.

Although contracting your eyes and your lips will help you squeeze your PC muscle around your prostate and anus, *the most important part of the practice is simply contracting and releasing your PC muscle as often as you can*, which you can do practically anywhere—while driving, while watching TV, while sending a fax, while in a boring meeting. You can see how many contractions you can do during a red light, or you can hold a single contraction until the light turns green.

Try to do the exercise at least two or three times a day, although you can do it as many times as you like. Your muscles may get sore, just as they do after doing regular pull-ups. Don't push yourself too far; increase the number and frequency gradually. Consistency is more important than quantity. One way to help develop a daily routine is to connect your practice to daily events, like getting up in the morning, taking a shower, or lying in bed at night.

According to the authors of *The G Spot*, a man with a healthy PC muscle should be able to raise and lower a towel on his erect penis by contracting this muscle. (In the more advanced Taoist prac-

ice, you can even learn to use weights to strengthen your pelvic muscles.) For now, you may want to try raising and lowering a towel, but you probably should avoid having an audience. As the authors of *The G Spot* correctly point out, "performance anxiety" is the archenemy of male erection."

Self-Pleasuring and Self-Cultivation

Next, you need to cultivate your sexual sensitivity. The easiest way to develop this awareness is through self-pleasuring. Unfortunately, most of us in the West did not grow up with an understanding of sex and sexual energy as natural and essential parts of our overall health. From the first time you started touching your "privates," your parents may have subtly, or not so subtly, told you to keep your hands out of your pants. Though this probably did not stop you from locking yourself in your bedroom or in the bathroom, you probably have some guilt and embarrassment about masturbating. You are not alone.

Christianity's ambivalence toward sex, especially sex that is not procreative, still influences Western society and sexual mores. For example, in 1994 Dr. Joycelyn Elders, the U.S. surgeon general, was forced to resign for stating publicly that masturbation "is a part of human sexuality." Therefore, it is worth mentioning that Christianity's prohibition of masturbation, which at one time was called *onanism*, is based on a misreading of the biblical story of Onan. Onan was punished for refusing to impregnate the wife of his dead brother, as was the custom at the time. His "sin" had nothing to do with masturbation.¹

PLAYING WITH YOURSELF

Taoist sexuality was developed as a branch of medicine, not morality.² It therefore does not prohibit any form of human sexual activity but simply tries to teach people how to stay healthy while engaging in it. The Taoist masters saw masturbation, which they called *solo cultivation* or *genital exercise*, as an essential way of developing ejaculatory control and of learning to circulate sexual

energy to revitalize the body. (Remember, solo cultivation, which we will refer to as both *self-cultivation* and *self-pleasuring*, does not include ejaculation.)

According to the Tao, play is one of the best ways to learn, and "playing with ourselves" is an excellent way to strengthen our genitals and our sexual energy. Many people worry about masturbating "too much," but the Taoists knew that there is no such thing—as long as one learns to control ejaculation. Too much ejaculation is the problem: it drains men of their strength, but this can happen with intercourse as well as self-pleasuring.

According to Kinsey and more recent surveys, almost all boys—and most men—masturbate.³ Prohibiting or discouraging a natural part of child sexuality turns boys into sexual thieves, forcing them to steal their pleasure. It is quite possible that most men ejaculate so quickly because they grew up trying to "get off" before they "got caught." Dr. Wardell Pomeroy, in his book *Boys and Sex*, explains that since almost all boys masturbate, they should learn to do so slowly and for extended periods of time so that they will be able to make love longer when they eventually become sexually active.

The Taoists would add that boys should learn to pleasure themselves without ejaculating. Young boys or teenagers who ejaculate too much can find that their energy and motivation for other activities decreases significantly. When one of the authors of this book, Mantak Chia, was growing up in Thailand, he sat next to a boy in school who had repeated the fourth grade four times. The boy masturbated each day in class four or five times and ejaculated into a bottle. Obviously, his was an extreme case, but according to Taoism, his failure in school was quite understandable. He was literally draining himself and his brain. The expression "screwing your brains out" is an accurate description of the stupor that occurs after repeated ejaculation.

Many men (and women) who are married or in relationships continue to pleasure themselves. In 1972, the American Medical Association advised physicians in a book entitled *Human Sexuality*, "Masturbation is practiced by men and women of all ages, often as a supplement to marital coitus, and women tend to masturbate more as they grow older." (Estimates suggest that about 70 percent

of married men—and married women—pleasure themselves.⁴) Self-pleasuring does not take the place of sex with a partner, but it can serve as a valuable complement. A recent national sex study sponsored by the University of Chicago found that people who are having sex regularly with a partner actually pleasure themselves *more* than people who are not.⁵

Pleasuring yourself can help relieve built-up tension when you need a sexual release more than intimacy. It also can help when your partner is tired, distracted, or does not have the same sexual appetite. (If your partner generally has a lower sex drive, make sure to recommend that she read chapter 6 and that you both read the section called "The Seasons of Our Sex Lives" in chapter 9.) If for whatever reason you feel that you just can't pleasure yourself, you can learn to become multi-organic with your partner instead. It may take a little longer, that's all. You can also do the exercises you have already learned: Belly Breathing, Century Count, Stopping the Stream, and PC Pull-Ups.

Pleasuring ourselves is not something we are taught to do. Considering the outcry that occurred when Surgeon General Elton S. Cutter suggested that masturbation "perhaps should be taught," it is unlikely that it will be introduced into the curriculum anytime soon. Most of us learn how to masturbate in a hurry, by ourselves, or with other, equally inexperienced boys. None of these circumstances are conducive to developing real sensitivity—or much skill—so we offer a few pointers.

EXPERIENCE YOUR OWN PLEASURE. If you choose to use pornography or erotica to get aroused, try, once you are aroused, to shift your focus to the sensations in your body. Pornography, though it can increase your sexual energy, is also distracting and can make it difficult for you to focus on your own sensations as you approach orgasm. Many men learn to self-pleasure with pornography, and although this is not the place to discuss the pros and cons of the First Amendment or the sex industry, it is important to recognize that pornography succeeds when it takes you away from yourself. In this practice you need to go inward and experience your own pleasure, not someone else's idea of pleasure.

EXPLORE THE MILLION-DOLLAR POINT. As you masturbate, you should explore your perineum and the Million-Dollar Point (just in front of your anus). Pushing on this spot when you are about to ejaculate can help stop the ejaculatory reflex, but again, for now you are just exploring it for its pleasure. Pushing on this spot can squeeze more blood into your penis, which will make it throb pleasantly. Strong rhythmic pressure here also imitates the prostate contractions that accompany contractile-phase orgasm.

The Million-Dollar Point is best stimulated after you have an erection and are highly aroused, since once again the body gets aroused and swells from front to back. If you do not feel any sensation or it feels uncomfortable, stop until you are more fully aroused. If you don't want to this spot as a place of sexual stimulation, you can return to focusing on your penis and scrotum.

TAKE TIME. It is important to take as much time as you have to enjoy and learn to prolong ejaculation. "In our work with over a thousand cases," Hartman and Fithian report, "we've found that if a man can learn to go for fifteen to twenty minutes during masturbation or pleasuring, he can go as long as he wants to during intercourse. That period (fifteen to twenty minutes) seems to be critical. (Once you've passed it, you have control. It's that simple."

This may seem like a long time, and it is, especially if you have been used to two- or three-minute masturbatory quickies. One multi-organic man explained the difference: "When I used to play with myself, I would jack off in three to five minutes just to release tension or because I was bored or whatever. Self-cultivation is different. I try to play with myself as long as I can and not come. After a while, I could play with myself for twenty minutes." Once you become multi-organic, you will be able to peak many times (without ejaculating) during these twenty or so minutes and you will be able to circulate rejuvenating, healing energy through your body. As another multi-organic man described self-cultivation, "It's somewhere between masturbation and meditation."

The last thing we want to do is make pleasuring yourself mechanical or turn it into a burden, and as with lovemaking there is no one right amount of time or number of orgasms. Both depend

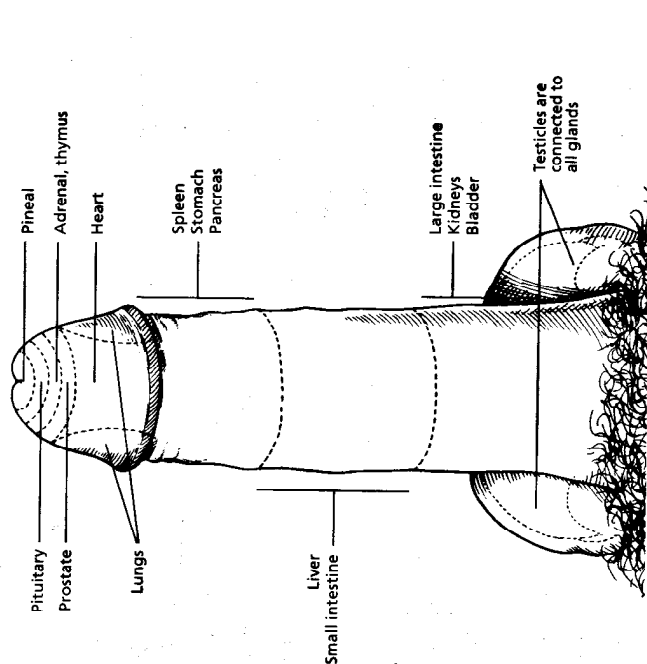


FIGURE 7. PENIS REFLEXOLOGY

STIMULATE YOUR ENTIRE PENIS. It is important to try to stimulate your entire penis. Most men focus primarily on the head of their penis, which is the most erogenous part. However, according to Chinese medicine, the different parts of the penis correspond to different parts of the body (see figure 7). To avoid overstimulating one part of your body, try to rub your entire penis, the shaft as well as the head.

TOUCH YOUR BALLS. If touching your scrotum is not part of your regular routine, you may want to try it. The testicles can be especially sensitive to light touch, although many men also enjoy pulling on their scrotum. Rubbing your testicles actually increases the production of testosterone, which adds to your potency both by raising your sperm count and by improving your overall health (see the Testicle Massage exercise in chapter 8). In the next section we describe the Scrotal Tug, which can help delay ejaculation, but for now you should learn to touch your scrotum just for pleasure.

on the situation, your free time, and your level of arousal. If you start to feel bored, ask yourself what is causing the boredom. Are you falling back into old patterns? Is your touch becoming mechanical? Are you focusing too much on your genitals? Are you distracted? If you are unable to concentrate, try the breathing exercise described in the next chapter to reconnect with your body.

Sensitizing our bodies and pampering ourselves is not something we generally consider very manly, but pleasure is just as manly as pain—and a lot more fun. It will help your practice to begin by taking a hot bath (maybe with a little soothing sesame or olive oil) and even massaging your body. Lowering the lights and lighting a candle can help you focus. You can also sit in front of a mirror (with or without a candle) and notice what your body looks like. Try to find its sensuality. Touch and feel your hands and arms, your feet (if you can reach them), calves, and thighs. Touch your chest and even your nipples. When you pleasure yourself, try massaging your thighs and stomach before you zero in on your genitals.

CULTIVATE LOVE. While most men do self-pleasure (feeling guilty or not), few are really able to do it lovingly, to cultivate love—make love to themselves—while they are doing it. Cultivating self-love is essential to being a loving partner. Sexual energy simply magnifies the energy in your body, positive or negative. If you are feeling love, love will be increased by your sexual desire. If it's hate you're feeling, then hate will be increased. It is essential that you understand the way sexual energy amplifies your emotions for both your solo and your duo practice. Cultivating your sexual energy into loving-kindness will also help you not to ejaculate; it is much more difficult to maintain control when you are feeling anger or impatience.

In Taoist sexuality you cannot separate your genitals from your heart because the sexual energy circulates throughout your entire body. As one multi-organic man explained, "I used to actually want to keep sex and emotions separate, but as I practiced Taoist sexuality, my genitals became more connected to my heart and I discovered real, profound love for my partner and even for other people."

The Taoists have a simple exercise for connecting your heart and your genitals (love and sex). Try it if you find that you are feel-

ing irritable, frustrated, or distracted when you start being sexual with yourself or your partner: put your right hand on your groin and your left hand on your heart, connecting sexual energy with love. If you often feel anger, hatred, or other negative emotions, you must transform these feelings before cultivating your sexual energy. The Inner Smile and the Six Healing Sounds—techniques described in Mantak Chia's *Taoist Ways to Transform Stress into Vitality*—can help, as can psychological counseling.

Self-love, which is quite different from egotism or narcissism, is the basis for any solo or duo practice. In *The G Spot*, the authors caution that they have not written a book about love. Our book is also not about love; it is primarily about sex. But the Taoists knew that if you are to stay healthy you can never really separate the two.

Now try a self-pleasuring exercise that will help you expand your sensual focus and extend pleasure to your entire body. In the next section, you will learn more demanding exercises for controlling your arousal and becoming multi-organic. But they are based on your being highly aware of your pleasure, so we begin here with self-pleasuring.

If you are able to experience the involuntary PC contractions that occur at contractile-phase orgasm without ejaculating, you have already taken the right road to becoming a multi-organic man. If you actually have two of these mini-orgasms, you already are! These will not be earth-shattering orgasms at first, but eventually they will spread throughout your body. For now just enjoy the shivering feeling of these mini-orgasms. One multi-organic man described his experience: "Just as I am about to reach the point of ejaculation, I stop and relax and breathe. It's almost as if I am letting myself go or fall back into a nonejaculatory orgasm. Sometimes it feels like a pleasurable twitch in my prostate. Other times I can feel it throughout my whole genitals and it's as intense—more intense—than an ejaculatory orgasm. My wife often can't tell whether I have ejaculated or not until I tell her."

If you have not yet started to feel the contractile-phase orgasm, and if the pressure in your pelvis feels uncomfortable, you can try

EXERCISE 5

SELF-PLEASURING

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

the Pelvic Massage exercise described later in this chapter or you can just ejaculate. Drawing the sexual energy away from your pelvis and massaging your pelvis will help decrease the pressure that all men feel when they begin. Also, if you crest over accidentally, don't give yourself a hard time. You are just beginning to learn the practice and to gain control of your arousal rate.

Learning to Control Ejaculation

Now that you have started learning how to control your breath and your sex muscles, you are ready to learn some specific techniques for controlling ejaculation when you are highly aroused. The more you practice the exercises you've learned so far, the easier it will be to practice the ones given later in this chapter and stop yourself from going past the "point of no return."

STOPPING

First, and most important, you need to stay aware of your arousal rate and *stop a few strokes* (or thrusts, if you're with your partner) before you think you will ejaculate. Many sexologists call this the *stop/start technique*, but it is just common sense. Better to stop too soon than too late. In the beginning, you will probably need to stop stimulating yourself for ten or twenty seconds to allow the urge to ejaculate to subside.

BREATHING

The deep breathing we described earlier is extremely important in controlling your arousal rate and in delaying ejaculation when you are highly aroused. One technique that has proved especially effective is to breathe in deeply and hold your breath for several moments until the urge to ejaculate subsides. Some multi-organic men, however, breathe rapidly to delay ejaculation. (This quick, shallow breathing is called the *breath of fire* in the yoga tradition.) Deep, slow breathing helps control your sexual energy, whereas shallow, rapid breathing helps disperse the energy. You can experiment and see what works for you.

CONTRACTING THE PC MUSCLE

As already mentioned, the PC muscle surrounds the prostate, through which your semen must pass during the expulsion phase of orgasm. By learning to squeeze your prostate during contractile-phase orgasm (when it is contracting involuntarily), you can help yourself avoid moving from contraction to expulsion. (Between contraction and expulsion lies the infamous "point of no return.") One multi-organic man described his experience: "I hold back the ejaculation simply by contracting the PC muscle at precisely the right time. It took quite some time to master this process, but the results are definitely worth the effort."

SQUEEZING THE PENIS

Many sexologists recommend squeezing the penis, a technique that was originally developed for men who ejaculate "prematurely."

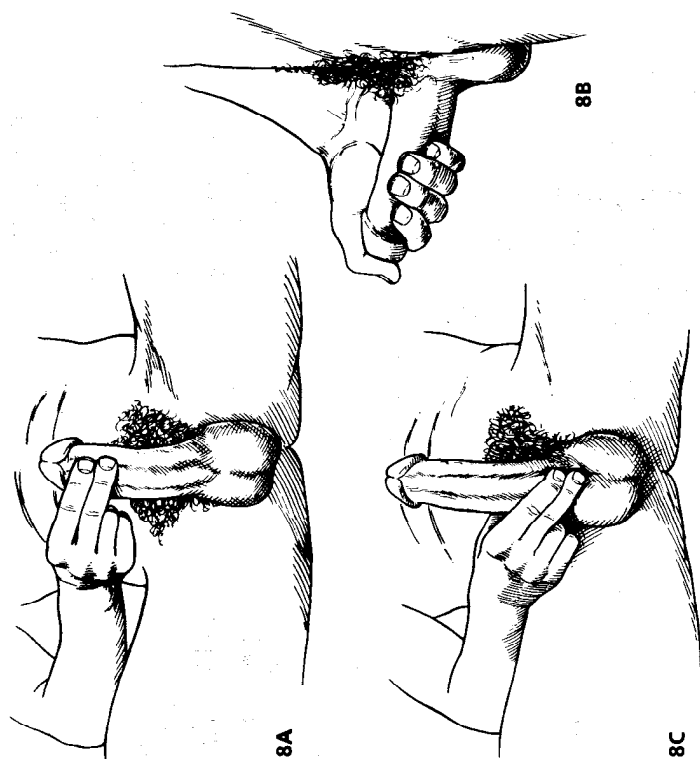


FIGURE 8. DELAYING EJACULATION WITH THE SQUEEZING METHOD

It is simple. Just place the first two fingers of either hand on the underside of your penis, place your thumb on the top, and squeeze (see figure 8a). Some men also find that gripping their penis like the handlebar of a bicycle and pressing down on the tip or underside with their thumb helps them reduce their arousal (see figure 8b). Although these techniques can be effective in solo practice, they are awkward when having intercourse because you must withdraw. To prepare for this situation, you can try using your mind to help squeeze the tip of your penis. Eventually, you will be able to squeeze the tip of your penis with just your mind and will avoid the clumsiness of having to use your hands. Another good technique is squeezing at the base of your penis (remembering to also squeeze with your mind). This will help you control your arousal and will also expand and strengthen your erections (see figure 8c).

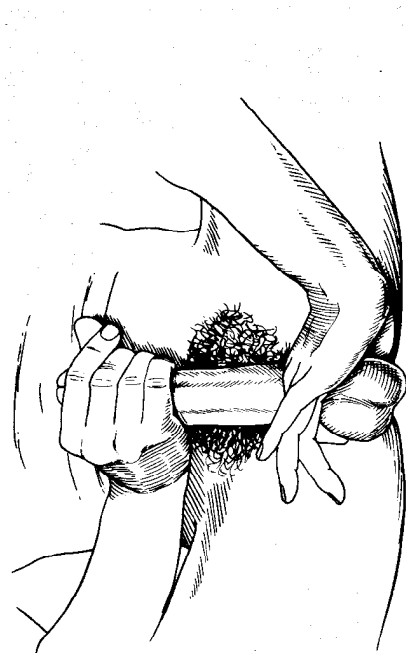


FIGURE 9. SCROTAL TUG

PRESSING THE MILLION-DOLLAR POINT

One of the oldest Taoist techniques is pressing the Million-Dollar Point while contracting your PC muscle. This helps delay ejaculation both by focusing your attention and by interrupting the ejaculatory reflex. It is simple and effective. First locate your Million-Dollar Point, which is just in front of your anus (see figure 2 on p. 12). There should be an indentation when you push at the correct spot. You will need to push your finger in up to your first joint. One multi-organic man described his experience: "Pressing on the Million-Dollar Point for a while decreases my erection slightly and the danger of ejaculating greatly." You will also be able to use this technique during intercourse without withdrawing.

SCROTAL TUGGING

Since your testicles have to pull up close to the body in order to propel the semen out of the testes, pulling them away from your body can delay ejaculation. Circle the top of your sac with your thumb and forefinger (see figure 9). Pull down firmly.

DRAWING AWAY SEXUAL ENERGY

More than any mechanical technique, the secret to stopping yourself from ejaculating is learning to pump your sexual energy

EXERCISE 6

SEPARATING ORGASM FROM EJACULATION

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

away from your genitals and up through your spine to the rest of your body. If the sexual energy continues to build up in your groin, it will eventually be too great to control and will shoot out in the most direct way it can—through your penis. However, if you draw this energy away, it will be much easier to stop yourself from ejacu-

lating. As we discussed in the previous chapter, this is also the secret to learning how to have whole-body orgasms. In the next section we will give step-by-step instructions to show you how to circulate your sexual energy through your body. In the meantime, simply imagine drawing your sexual energy out of your penis, past your perineum, and up your spine. Contracting your perineum will help pump the energy up and will prepare you for the Big Draw exercise we describe later in this chapter.

In exercise 6, you will use these techniques to help cool you down as you start to get highly aroused. Again, you will try to experience the pleasurable involuntary pumping of the prostate and anus (contractile-phase orgasms) without ejaculating. One multi-organic man described how he is able to orgasm without ejaculating: "I do a number of things. [1] Variation seems to help, not doing the same over and over again—varying the depth of the thrust when I am making love, or using different strokes when it's just me and my hand. [2] Slowing down when I feel close to the edge. [3] Deep-breathing exercises. And [4] moving the accumulated *chi* up my spine and through the Microcosmic Orbit."

Whatever techniques you use to heat yourself up and cool yourself down, *the most important parts of the practice are breathing, squeezing your PC muscle, and learning to relax into a nonejaculatory orgasm.*

FINDING THE WAY

Pelvic Pressure

Pressure in your pelvic area is a natural result of the increased blood and *chi* that have been pumped to the area and your increased sexual energy. If the pressure feels uncomfortable, go on and ejaculate or use deep breathing, PC Pull-Ups, and perineum massage (which we describe later in this chapter in the section called "The Finger

Lock") to relieve the tension. As you learn to feel your prostate pulsate and to draw your sexual energy up, you will be far less likely to experience pressure in your genitals (often called *blue balls*). One multi-organic man described his experience: "When I stop, my penis will often stay hard for a couple more minutes, but I am not tense or uncomfortable. I don't get blue balls, because I do deep breathing and draw the energy up. I just feel relaxed."

Learning to Control Your Sexual Energy

In the next section you are going to learn the Cool Draw, the Taoist technique for drawing your sexual energy out of your testicles and circulating it through the body *before* you get hot and bothered. In the following section, you will learn the Big Draw, which you can do once you are already hot and bothered. However, it is much easier for you to work with your sexual energy when it is still "cool," and we therefore strongly encourage you to learn this exercise before attempting the Big Draw. If you learn to do the Cool Draw successfully, you will rarely need to use the Big Draw. The earlier you are able to draw the sexual energy away from your genitals, the easier it will be for you to multiply and experience whole-body orgasms and, eventually, use your sexual energy for health and healing.

When you're being sexual with yourself or a partner, the Cool Draw will allow you to decrease the urge to ejaculate. When you are feeling sexual but are not interested in being sexual or not able to be, the Cool Draw will allow you to relieve the sexual "pressure" of arousal and transform this energy into greater creativity and vitality. Michael Winn explains: "I have taught this technique to thousands of Western men and found that it is the quickest and safest way for men to relieve feelings of sexual frustration and horniness as well as to increase the flow of creative energy to their heart and brain. This technique lets a man cultivate his sexual energy anytime and anywhere—standing in line at the bank, sitting in his office, or even when he wakes up in the middle of night from a sexual dream with an erection."

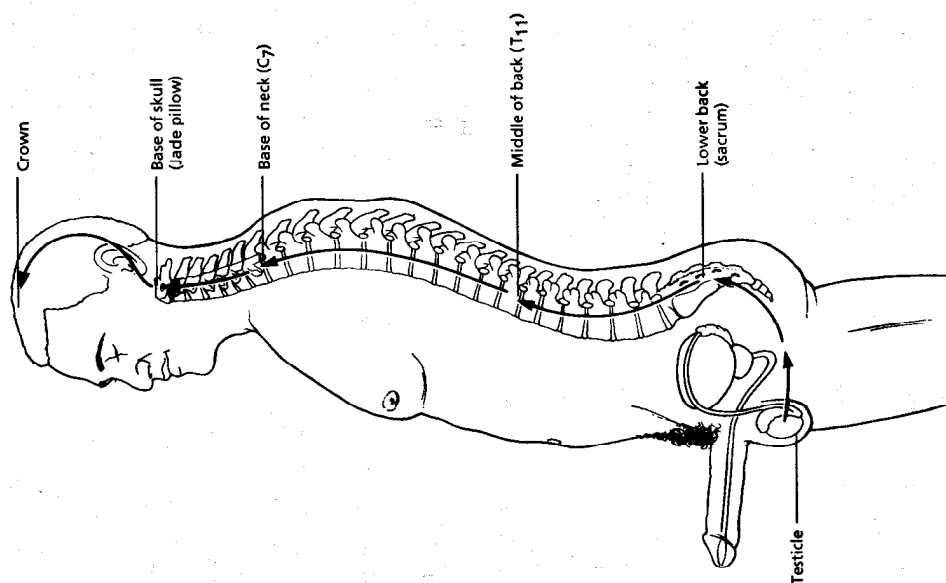


FIGURE 10. DRAWING ENERGY UP TO THE CROWN OF YOUR HEAD

The Cool Draw

The Cool Draw is also called *testicle breathing*, because the technique causes your testicles to rise and fall as if they were breathing. In actual fact, you are using your mind and muscles to raise and lower your testicles and to draw sexual energy out of your genitals and up to your brain. For Taoists, nonejaculatory orgasm allows men not only to avoid the loss of semen (and the hormones, proteins, minerals, vitamins, and amino acids it contains), but also

EXERCISE 7

THE COOL DRAW

1. *Touch or cup your testicles with one hand to warm them up until you feel a slight tingling or the first stirring of your sexual energy. (If you are in a public place, you can simply think a sexual thought or fantasy.)*
2. *Inhale and gently pull up on the muscles around the testicles, the perineum, and the anus. As you inhale and pull your muscles up, imagine that you are sipping this sexual energy and drawing it from your testicles to your perineum and on to your anus and tailbone.*
3. *Exhale and relax your muscles, but keep your attention on your rising sexual energy.*
4. *Continue to inhale and pull up and then exhale and relax several more times until you can feel a warm or tingling sensation at your perineum. Once you are able to move this sexual energy, you can simply begin using the spine like a straw, sipping the energy from your testicles and perineum right up the entire length of your spine to the base of your skull. (Gently tucking your chin in will help the energy move from your spine into your head.) Do this for five to ten minutes or until you become aware of a light or tingling feeling in your head. With your mind, try to circle the energy in your head.*
5. *Finally, touch your tongue to the roof of your mouth half an inch behind your front teeth where the palate curves down (see figure 11). Your tongue works like a light switch that connects your front and back channels, allowing the energy to flow down the front of your body to your navel.*

to avoid losing the bioelectric energy (the *ching-chi*) generated by the sperm.⁶ Your testicles are the factories of your sexual hormones and sexual energy, and it is from here that you draw the energy up your spine to your brain (see figure 10). This will allow you to decrease the sexual energy in your genitals and eventually to draw a refreshing, revitalizing wave of energy up your spine, stimulating all the nerves of the body along the way. You will be able to feel this orgasmic wave of pleasure at any time without even having to be sexually aroused. That could certainly make your day—maybe even your week, your month, or your life!

DRAWING YOUR ENERGY UP

Learning to circulate this energy may take some time, so don't get discouraged, especially if you have not had much experience with meditation or other internal arts. You also may find that you feel the energy at certain points along your spine but not at others. As long as you feel the energy reach your brain, you will know that you have successfully performed the exercise.

You may be surprised to find that you are able to move this energy almost immediately. As we mentioned at the beginning of this chapter, much will depend on your sexual strength and sensitivity. One multi-organic man explained his experience: "Ever since I was a teenager I have had really intense sexual energy, which has led to a lot of sexual frustration. I thought you had to be some yogi living in a cave for thirty years before you could learn to control your sexual energy. After I learned this simple exercise, I was astounded to discover that within ten minutes I was experiencing tingling in my spine and head. Within a couple of months I was able to control my continual horniness and to eliminate the feelings of frustration I had felt for so many years."

FINDING THE WAY

Loosening Up

If your back or pelvis is tight, it will be difficult for you to draw sexual energy up through your spine. It is important for you to loosen up your pelvic area, spinal column, and neck. Imagine that you are sitting on a galloping horse, and rock your pelvis back and forth, letting your chin bob up and down. Your spinal cord should rock like a wave.

DRAWING YOUR ENERGY DOWN

In addition to drawing sexual energy from the genitals up to the brain along the Back Channel, it is also essential for you to bring the energy down along the Front Channel to your belly, where it can be safely stored. This is much more difficult for men than drawing the energy up. Michael Winn explains: "A lot of men find

The Taoists knew the truth of the expression "What goes up must come down."

Westerners often joke about yogis who sit and contemplate their navels. Most people think the navel is simply the vestigial scar of the umbilical cord, but the navel is in fact our physical and energetic center. The navel was our first connection with the outside world: all oxygen, blood, and nutrients flowed into our fetal body through this abdominal gateway. There is an energetic reservoir at your navel where you can safely store the energy you have generated through your practice. The body can then "digest" this energy as it is needed. Also, if you are not able to raise the sexual energy all the way to the head at first, you can raise it up along your spine to your abdomen and channel it directly into this reservoir at your navel. With a little practice you should be able to draw the energy all the way up very soon.

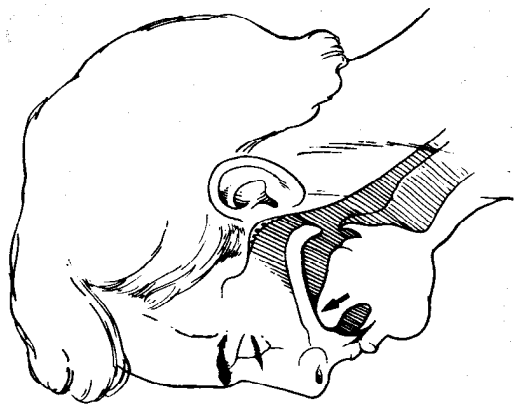


FIGURE 11. TOUCHING YOUR TONGUE TO YOUR PALATE

it is easy to bring energy up their spine. There is a connection between the balls and the brain. Some even discover this pathway naturally, but most men have a harder time bringing the energy down the front where their organs are and where they unconsciously hold a lot of their emotional energy. Women who do the practice usually have an easier time drawing the energy down the front and may have more difficulty drawing it up the spine. In a few cases I have encountered men who find it easier to draw the sexual energy up the Front Channel, in which case I recommend that they simply circulate in the reverse direction."

Although each step helps move the energy up, *contracting your anus is the most important part of the practice because it is this squeezing action that literally pumps the energy up your spine*. Eventually, you will be able to rely on your mind and a quick squeeze of your anus alone to bring the energy to your head.

At first you will be working on drawing the energy up to your head, which will help you experience a "brain" or whole-body orgasm and feel energized. However, it is equally important that you draw the energy down to your navel to keep yourself balanced and to allow your body to store the energy for later use (see figure 12).

FINDING THE WAY

What You Might Experience

I DON'T FEEL MY SEXUAL ENERGY

Unaroused sexual energy is easy to draw up and easy for your body to digest because it is not too hot. However, if you cannot feel enough sexual energy by simply touching your testicles or thinking a sexual thought, you can stimulate your genitals more directly.

I CAN'T RAISE THE ENERGY UP MY SPINE

If you are having problems drawing the energy up your spine, you can help the energy rise by using your spine's natural pumps. Your cerebrospinal fluid bathes the brain and spine. Pumps at your sacrum (the back of your pelvis) and the base of your skull help this fluid circulate and can also help you draw energy up your spine (see figure 13).

These pumps, which are utilized by osteopathic physicians

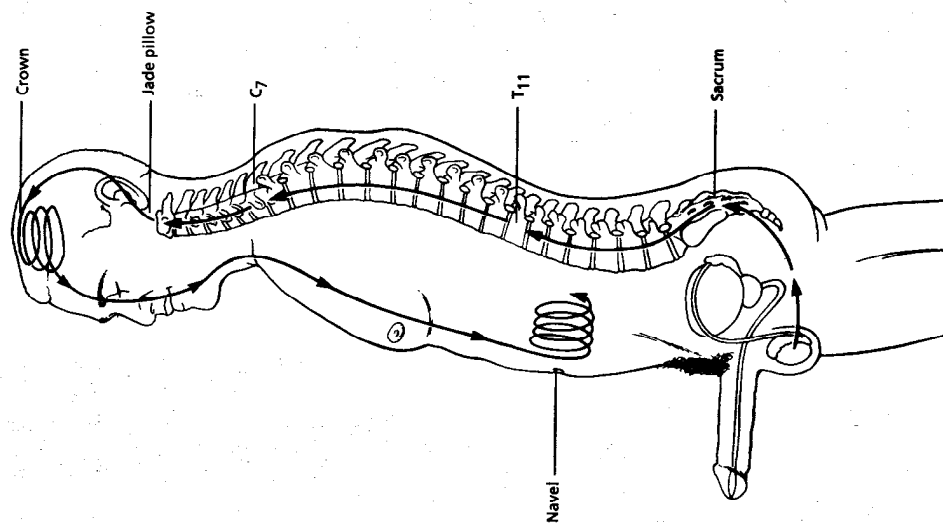


FIGURE 12. BRINGING ENERGY DOWN TO YOUR NAVEL

today, were well known to the ancient Taoists several thousand years ago. You can do the following exercise standing or sitting.

1. Activate your sacral pump by squeezing your anus up toward the tailbone and rocking your pelvis back and forth.
2. Activate your cranial pump (at the base of your skull) by drawing your chin in and up and then back out in

a soft gentle circle. Keep the jaw and neck muscles relaxed.

3. After activating the sacral and cranial pumps, rest and begin drawing the energy up your spine into your brain. Looking up with your eyes toward the top of your head will also help direct the energy up to the crown of your head. Repeatedly activate these pumps until you feel the energy move up.

I CAN'T BRING THE ENERGY DOWN

As we mentioned earlier, many men and some women have difficulty bringing the energy down. With your hands you can stroke the Front Channel along the midline of your body from your forehead down your throat and chest and to your belly. You can also try "swallowing" the energy using your saliva. (If this doesn't work, you may have a blockage in your Front Channel. See "Finding the Way: Opening Blocks in Your Front Channel" later in this chapter.)

1. Swirl your tongue around your mouth, which will activate your salivary glands.
2. Once you have a large pool of saliva, draw the sexual energy now in your brain into the saliva by focusing on the saliva. (Remember, the energy follows your mind.)
3. Swallow this pool of saliva in one gulp and follow it with your mind as it flows down your esophagus and into your stomach. Repeat this swallowing and imagine the energy collecting in a pool at your stomach.
4. Finally, with both hands stroke the front of your body from your throat straight down to your belly.

Most people today carry around a great deal of physical and emotional tension. As you are trying to circulate energy, you may notice tightness or congestion in your back or chest. Men in particular

FINDING THE WAY

Opening Blocks in Your Front Channel

If you are having difficulty drawing the energy down and suspect you might have a blockage, try the following:

1. Put your left hand on your belly and put your right hand at the base of your throat just above your heart center.
2. Imagine as you inhale that you are drawing energy up the Front Channel to your right hand and from there up your throat to the tip of your tongue.
3. As you exhale, imagine you are reversing the flow so it descends back down past your heart to your belly. This will help open any energy blocks in your Front Channel.

The Big Draw

Now that you have learned to circulate your sexual energy when it is not too aroused, you need to learn how to circulate and control this energy when it is aroused. Here the energy will be hotter, more explosive, and harder to keep from shooting out your penis. However, before attempting the Big Draw, you must make sure you are able to circulate your energy as described in the last exercise. Stopping aroused sexual energy is like trying to stop a team of horses who are speeding toward a cliff. Before you attempt this with the Big Draw, you must make sure you know how to ride, which is what the Cool Draw exercise teaches you.

As we mentioned in chapter 1, ejaculation is simply an involuntary muscle spasm, which you are learning to make voluntary so that you can choose if and when you want to ejaculate. Michael Winn explains how the Big Draw works: "Ejaculation can happen only if there is enough energy in the local nerves and enough blood in the local muscles to trigger the muscle spasm. There's nothing

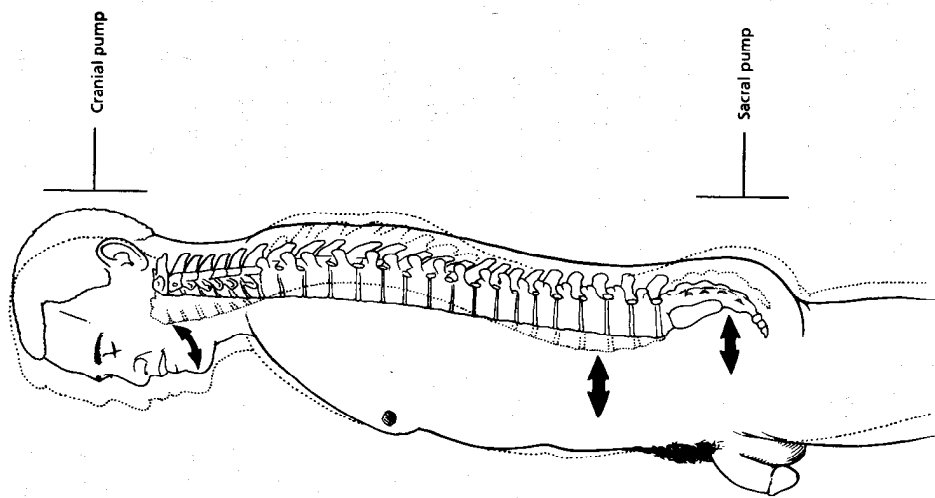


FIGURE 13. SACRAL AND CRANIAL PUMPS

Help the energy rise up your spine by rocking your sacrum and drawing your chin in and up.

are prone to holding in their emotions, which often can lead to energetic blockages in the Front Channel, along which emotions are stored—that is, in your heart, solar plexus, stomach, and intestines. It is essential that you open these blockages before attempting the Big Draw. (If you are still having a problem bringing the energy down, even after opening any blocks in your Front Channel, try the powerful Venting exercise described in the next section.)

When you begin learning the Big Draw, you will need to use the various techniques described in this section. Eventually, when doing the Big Draw you will be able to use just your mind and maybe a quick squeeze of your PC muscle. According to one multi-organic man, "In the beginning, I had to contract my muscles, especially the perineum and the anus, while concentrating on drawing the energy up with my mind. Now the energy moves up almost by itself."

FINDING THE WAY

Cautions

The Big Draw is a very powerful practice, and you need to make sure you follow a few safety tips.

NEVER LEAVE SEXUAL ENERGY IN THE BRAIN FOR LONG PERIODS OF TIME

Remember to touch your tongue to your palate to allow this energy to come down through the Front Channel to the navel, where it can be safely stored. In the past, many teachers of Eastern sexuality taught students how to draw energy up to their brain without teaching them how to bring it back down again. This resulted in what has been called *the Kundalini syndrome*. The Taoists knew the importance of completing the circle. Anytime you feel like you have too much energy, inhale to your abdomen, and as you exhale, bring the energy all the way down to your toes and the soles of your feet (see figure 14).

MAKE SURE YOU ARE FEELING BALANCED

Remember that the sexual energy you will be circulating through your body will amplify any emotions you are feeling. Michael Winn explains: "The most important thing is to first try to clear out your emotional extremes and avoid practicing when you are feeling extreme anger or extreme

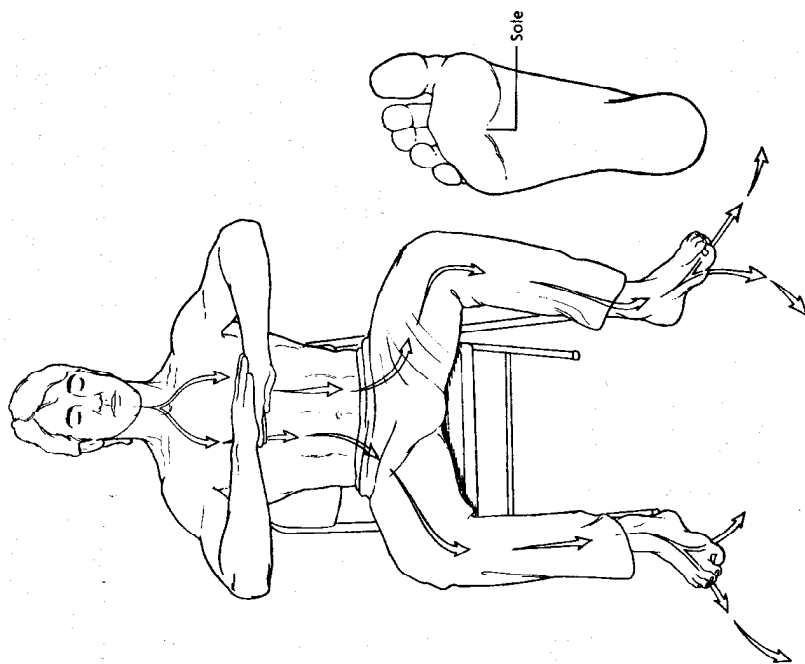


FIGURE 14. BRINGING ENERGY DOWN TO YOUR FEET AND TOES

mystical about the Big Draw technique for stopping the ejaculatory spasm. You squeeze the PC muscles around the sperm ducts and then progressively pump the big muscles in the buttocks (and, if necessary, the foot, fist, and jaw muscles). These big muscles draw the blood away from the genitals. At the same time, you draw the energy away from the genital nerves by shifting your mental focus into a wave of nerve sensations traveling up your spine into your brain. The combination of these actions simply removes the blood and energy the genital muscles need in order to involuntarily spasm. It is as simple as that. All the squeezing and clenching is a bit crude, but it works. If any man practices properly and regularly, eventually he'll get it. I have hundreds of students who have proved this."

WARNING

If you have an active herpes sore, do not do this practice until you have healed. If you have herpes but it is in remission (that is, if you have no visible sore), you can do this practice.

At first you will use your big muscles to help draw the energy upward. Soon you will use these muscles less and learn to rely more on your PC muscle. Eventually you will be able to concentrate your attention at the top of your head and draw the energy up effortlessly. It may take you some time to learn to do this, but eventually you will be able to direct an invigorating streak of energy up your spine just by thinking about it.

Once you have mastered the Big Draw, you will be able to draw the energy up in any situation: while you are walking, standing in line, driving your car, or lying in bed. In the beginning, however, choose a quiet time when you will not be interrupted so that you can concentrate on directing this subtle and life-giving flow of energy through your body.

Do not be concerned if you feel little effect after the first few days or even weeks of practice. Each person needs a different amount of time to learn to circulate energy in the body. If you have practiced other mental exercises such as meditation, yoga, or martial arts, you will find it easier to do these exercises. If this is your first attempt at the internal arts, don't get frustrated. It takes time to learn concentration. Though this may seem difficult, you will be amazed at how quickly you begin to notice the energy moving in your body. Since the energy flows along natural circuits, the energy guides your mind even as your mind guides the energy. And as we mentioned earlier, you will soon be able to forget about most of the steps in the exercise and just guide the energy up with your mind. But, as with driving a car, before you can forget the individual steps, you must learn them.

Pumping energy up your spine through the Big Draw works on the same principle as a water pump. By pumping your muscles, you are creating the pressure and suction to draw the energy up, but it

anything." You should also avoid practicing if you are too tired. If you have a medical condition, you should speak with a Healing Tao instructor (see the appendix) before you begin this practice.

TAKE IT EASY

Although it may not seem very important, your attitude toward the practice is in fact essential. As Healing Tao instructor Walter Beckley explains, "A lot of men go into the practice gung ho, which is good, but they need to be careful not to jam the energy up their spine or they can hurt themselves. Your attitude needs to be playful and joyful. You need to be soft with your body. It is better for you to lose the energy, to ejaculate, than to try to force the energy up your spine."

PREPARE YOURSELF

Practice on an empty, but not hungry, stomach whenever possible. Always wait at least one hour after eating. The body needs energy to digest the food you have just eaten, which means there will be less energy for you to circulate. Also, wear loose clothes. Although there should be a gentle flow of clean air in the room, avoid drafts or wind. And remember to always breathe through your nose.

POSITION YOURSELF

In the beginning, do not lie on your back during these exercises, since the rising sexual energy may stick in your chest and cause pain. At first, sit, stand, or lie on your side. If you lie on your side, always do so on your right side. (Lying on the left side puts too much strain on your heart.) Once you master these exercises, you can do them in any position. Also, never place any objects (such as a pillow) under you while lying on your right side, since this will bend the channel of energy and can cause back pain.

is while you are relaxing that the energy will be easiest to guide up your spine. During the resting periods, your mind should stay focused on the flow of energy.

It is best to practice in the morning or afternoon, since at night the increased energy you will have after doing the Big Draw may make it difficult for you to sleep. If this happens or if you find you have too much "nervous" energy, simply touch your tongue to your palate (which will connect the Back and Front Channels) and draw the energy down from your head to your navel, where it can be stored. You can also spiral the energy in your head, as we mentioned earlier, and use the techniques you learned in the Cool Draw. If the problem of increased energy still persists, you can use the Venting exercise described later in this section.

FINDING THE WAY

What You Might Experience

I DON'T FEEL ANYTHING

We have suggested that you do the Big Draw when your sexual energy is not too aroused. The hotter it is, the more difficult it is to control and the more likely you are to ejaculate, losing the energy you are trying to draw up. However, if you do not feel enough sexual energy, arouse yourself 95 to 99 percent of the way to orgasm. Once you are able to orgasm without ejaculating, you can arouse yourself all the way to orgasm and still draw the energy up to your brain. When you are about to orgasm or are orgasming, stop, and practice the Big Draw three to nine times, or until the orgasmic feeling moves upward.

IT'S TOO HOT

You may find that your energy is too hot, too explosive, and you are either ejaculating or having a hard time drawing the energy up your spine. If that is the case, arouse yourself less.

EXERCISE 8

THE BIG DRAW

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

EXERCISE 9

VENTING

1. Lie down on your back. Elevate your knees with a pillow if you feel any pain in the small of your back or lumbar area.
2. Place your hands in front of your mouth so that the tips of your fingers touch and so that your palms are facing toward your feet.
3. Close your eyes and take a deep breath. Feel your stomach and chest expand gently.
4. Smile and exhale quietly, making the sound *heeeeeee*. As you are exhaling, push your hands toward your feet and imagine that your body is a hollow tube that you are emptying with your hands.
5. Repeat this sound and movement three, six, or nine times, each time imagining that you are pushing this excess energy from your head, past your heart and belly, through your legs, and out your feet. You can also try the exercise while standing or sitting. If you are still having a problem venting your energy, contact a Healing Tao instructor (see the appendix) or an acupuncturist.

You need to have enough energy that you can draw it up, but at first, at least, you don't want to have too much energy.

I KEEP EJACULATING

If you get too close to the point of no return, you should try continuously contracting your PC muscle so as to firmly grasp your prostate and stop yourself from ejaculating. You can keep your PC muscle clenched while you are pumping your buttock muscles. If you are close to ejaculation and need additional force to redirect the energy up, at the same time that you squeeze your buttocks, also tighten your hands into fists and clench your jaw muscles and teeth. This will increase the pressure of your pumping action. However, this last technique should be avoided by men who store tension in their neck and jaw.

MY BACK HURTS

It is sometimes a little difficult to draw the energy into the base of the spine, and some people experience a little pain, tingling, or "pins and needles" when this energy first enters the sacrum. If this happens to you, do not be alarmed. You can help pass the energy through by gently massaging the area with your fingers.

MY EYES HURT

When you roll your eyes up or around, you may find that your eye muscles ache or your head aches. This is a typical sign of sore muscles and is nothing to worry about. If this problem persists, go easy on this part of the practice or contact a Healing Tao instructor (see the appendix).

MY HEAD HURTS

If your head hurts, you feel "wired," or you are having difficulty sleeping, you may be leaving too much stagnant energy in your head. The energy can overheat if it stays in one place—a problem that can be easily solved by keeping the energy moving. Make sure to circulate the energy in your head nine, eighteen, or thirty-six times in one direction and then the other. (Like in cooking, you need to stir the pot so no part of the stew overcooks.) Once you have circled the energy in your head, let it flow down the front of your body through the Front Channel. If you are having a problem bringing the energy down the Front Channel, you can let it descend back down your spine.

I AM FEELING IRRITABLE AND ANGRY

In addition to amplifying anger that you may already have, the new energy can also cause you to overheat and develop negative emotions, such as anger, if you are not circulating the energy enough. In this case try to focus on recycling

this anger and other negative emotions into loving-kindness. Also see the section called "When to Ejaculate" later in this chapter.

OTHER SIDE EFFECTS

A small percentage of men who try these techniques experience excess energy stuck in their upper body. Symptoms of this vary from person to person but may include insomnia, a ringing in the ears, heart palpitations, or tension headaches that persist for several days. If you have any of these symptoms, immediately stop the practice and do the Venting exercise described later in this section. If they persist, contact a Healing Tao instructor (see the appendix) or acupuncturist. Most Western doctors will not be able to correctly diagnose or treat the problem, since they are not trained to understand the movement of energy in the body and its physical effects. It is worth mentioning that the problems are not caused by the circulation of your sexual energy but by preexisting emotional and physical tensions trapped in the upper body. The sexual energy simply amplifies these problems, which is why it is essential for you to address these underlying issues before advancing further with your sexual practice.

As already mentioned, if you are having a problem drawing the energy down, you may have a block in your Front Channel. The Taoists use sounds to open up blocked energy channels and to heal the body. This technique is called the Six Healing Sounds. (A detailed description of this practice can be found in Mantak Chia's *Taoist Ways to Transform Stress into Vitality*.) The sound that will open up your Front Channel and help you vent excess energy is known as the *triple warmer* or *triple heater* sound.

After each practice session of the Big Draw, be sure to massage your genitals. This will disperse any energy that did not get drawn

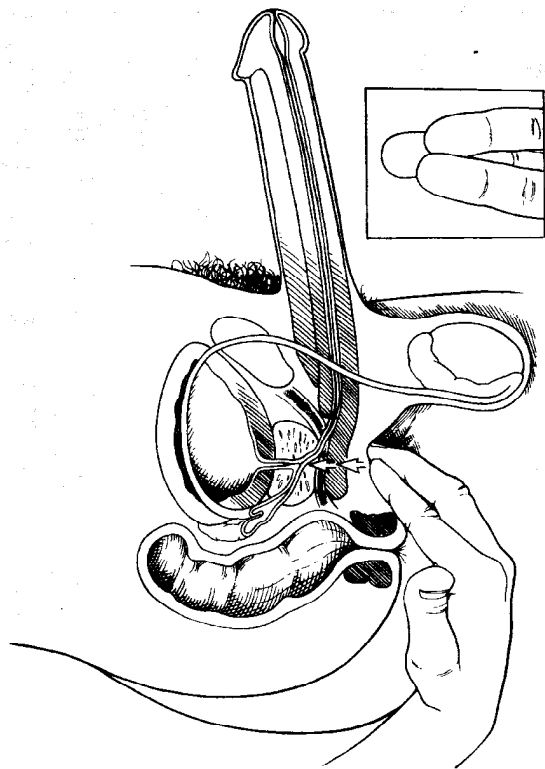


FIGURE 15. THE FINGER LOCK

up and will alleviate any feelings of congestion or fullness. Also massage your perineum, your coccyx, and your sacrum as described in the Pelvic Massage exercise given later in this chapter. If your testicles feel full, you can also do the Testicle Massage exercise given in chapter 8. The Testicle Massage, like the Pelvic Massage, will help your body absorb sexual energy and sperm.

The Finger Lock

Now we are going to show you how to stop the semen once you are passing what Masters and Johnson call *ejaculatory inevitability*—in other words, when you are going past the point of no return. It is best to use the Big Draw whenever possible, and increasingly to use your mind to stop yourself from ejaculating rather than your fingers, which can be awkward. Use this technique when you need to conserve your energy, such as when you are sick or working hard, but have been unable to stop yourself from ejaculating. When you use the Finger Lock to block the semen from coming out once you have passed the point of no return, you will lose your erection.

EXERCISE 10

THE FINGER LOCK

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

However, you may find that it returns more quickly. One multi-organic man explained: "After using the Finger Lock I could get an erection and have sex again very soon."

In the last section we discussed the Million-Dollar Point as a place where you could press to delay ejaculation. The Million-Dollar Point is also the place where you can actually block the semen from leaving your body once you have passed the point of no return. One multi-organic man described when it was that he found the Finger Lock most helpful: "In the beginning I used the Finger Lock during self-cultivation. I could train myself to go closer and closer to the point of no return because I could use it if I went over. I would recommend practicing it first in self-cultivation so it is not awkward during lovemaking."

Basically, the Finger Lock involves pressing the Million-Dollar Point, the indentation directly in front of your anus, with the three middle fingers of your right hand (see figure 15). If you're a lefty, use your left hand; you will need the strength of your dominant hand to use this technique. (Also, make sure your fingernails are cut short and filed so you don't hurt yourself.) You need to press

here just as you feel yourself passing the point of no return—but before you actually start ejaculating—and to continue pressing until the ejaculatory contractions stop.

You will be pushing down on the spot where the ejaculatory duct and the membranous urethra meet. One multi-organic man suggests: "You should realize that the concentration and pressure that you need during your orgasm will reduce your enjoyment of the orgasmic contractions in the beginning. Knowing this, you will better be able to continue applying the pressure to the end." Not to worry: this will get easier and less distracting with time.

If you're applying pressure to the right place, no semen will come out. If semen does come out, you have not yet found your Million-Dollar Point. Try moving your fingers slightly closer to the anus next time, and make sure you are pushing firmly into the indentation.

If you are curious to see whether you did the exercise correctly, you can urinate into a cup. If the urine is clear, you are doing it right. If the urine is very cloudy, the semen went into your bladder in a retrograde ejaculation. If this happened, the next time (as we mentioned already) try moving your three fingers back slightly toward your anus.

When you block the semen with your fingers, most of the fluid returns to the epididymis and the seminal vesicles. The tissues in this region are extremely elastic and are not harmed by this technique, but it is very important after this exercise to massage the pelvic areas (see the Pelvic Massage exercise on page 76), to do PC Pull-Ups, and, ideally, to circulate your sexual energy through your body, as described in the previous section. You may feel some pressure or even pain when you begin using the Finger Lock, which will mean it is all the more important to help your body reabsorb the semen. One multi-organic man explained his experience: "You have to be careful with the Finger Lock not to push too hard. One night my pumpers were starting to pump and I really pressed hard, but it hurt afterward for a while."

You can relieve much of the pressure you may feel in your pelvis after using the Finger Lock or Big Draw by massaging several key points in your pelvic area. First and most important is to massage your perineum (the spot between the root of your penis and your anus) and testicles (for the Testicle Massage exercise, see chapter

EXERCISE 11

PELVIC MASSAGE

1. Using your fingers, massage your Million-Dollar Point in a circle, first in one direction and then the other.
2. Repeat this massage between your anus and tailbone.
3. Repeat this massage at each of the eight holes of the sacrum. If you can't find the individual holes, massage the general area in several different places, circling first in one direction and then the other.

8). This will relieve a lot of the pressure and help your body reabsorb the semen. It is also important to massage your tailbone—specifically, where there is an indentation between your anus and your tailbone (see figure 16) and the eight holes of your sacrum (see figure 17). This will help your body absorb the sexual energy you have generated.

FINDING THE WAY

Pain

If you have intense pain, you are probably pushing too far forward or too late. When this happens, the urethra, which is like a hose that has been pinched, swells up with fluid and can hurt. You need to turn off the faucet before the water (or, in this case, semen) enters the hose. Make sure you push farther back and/or sooner next time. Also make sure you are not pushing too hard. Some discomfort is common, especially during the first few weeks, from the pressure you apply with your fingers and the fluid pressure in your pelvis, but it shouldn't hurt for long. If you are experiencing pain, try to refine the technique or forget this stop-gap measure and learn the more important Big Draw.

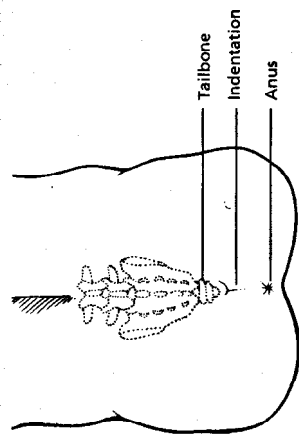


FIGURE 16. MASSAGING THE INDENTATION BETWEEN THE TAILBONE AND ANUS

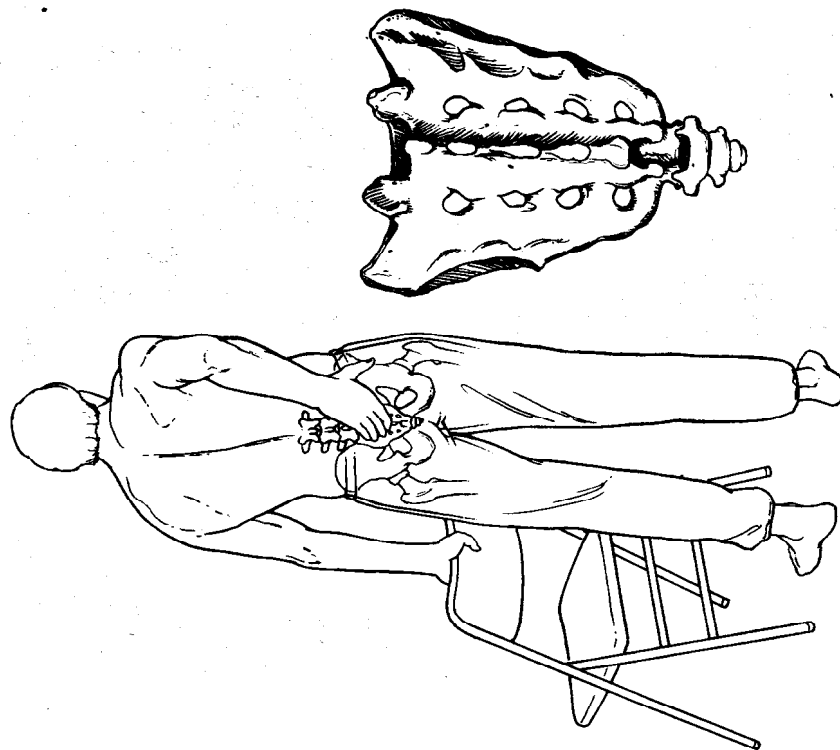


FIGURE 17. MASSAGING THE HOLES OF THE SACRUM

A small amount of semen will leak out once you lose your erection, so this is not a method of birth control or safe sex. Using it with other forms of contraception, however, will improve their effectiveness. Since you still lose some of your energy with this technique, the sooner you are able to learn the Big Draw, the better off you will be. Although at first you may feel fatigued, your energy will return sooner than if you had ejaculated.

This is a powerful practice, which you should not use more than once every two or three days when you start. If you are elderly or ill, you should not use this practice more than twice a week when you begin. The retained sexual energy may cause you to feel hot or thirsty. If so, try drinking more water. After you have practiced this technique for one to three months, and sometimes sooner, you will notice your sex drive increase and your erections become more frequent. Increase your sexual activities (solo and duo) moderately; try not to overdo it.

FINDING THE WAY

Pressure in Your Head

After a month or more of practice, you may find that you feel pressure in your head, a result of the increased energy in your body. This is a sign of progress, that your body has more energy than before. For some this can be experienced as a pleasurable tingling, like static electricity without the shock. (This is the same Kundalini energy popularized by Tantric teachers in the West.) However, if this power grows uncomfortable, it once again can be circulated to the rest of the body by pressing your tongue to the roof of your mouth and letting the energy flow down.

If you have high blood pressure, you should keep your tongue in your lower jaw (rather than touching your palate) and also bring the energy all the way down to the soles of your feet (see figure 14). Physical exercise, massaging your

feet, and a heavy grain diet will also help you ground the energy. If you are not ready to learn how to circulate your sexual energy, you can simply ejaculate once or twice to release the extra energy.

When to Stop

Most men stop masturbating or having sex when they ejaculate, but after you learn the Big Draw and become multi-organic, you may be faced with the very real question of when to stop. There will be days when you want to self-pleasure or make love for a long time, and there will be other days when you want a satisfying multi-organic quickie. The choice is really yours and will depend on what is happening in your life. Your and your partner's desire and satisfaction should guide you.

It is important, however, not to overdo it, especially at first. As senior Healing Tao instructor Masahiro Ouchi explains, "Men feel very powerful when they start practicing Sexual Kung Fu, and often they don't know when to stop. Take it slow, and let your body and your partner adjust." You will also need to make sure your partner has enough sexual strength to keep up with the new intensity in your lovemaking. You can encourage her to read chapter 6, which is written especially for her, but try not to push her, and be sensitive to her needs. You can always practice on your own.

Many people worry about masturbating too much or think that they will neglect other parts of their life if they let themselves experience too much pleasure. According to the Tao, if you are able to pleasure and satisfy yourself, you will not need to constantly run after superficial sex or other unsatisfying stimulation.

FINDING THE WAY

Let Your Erection Decrease Every Twenty Minutes

If you regularly pleasure yourself or make love for more than twenty minutes—which you very well may do after

you become multi-orgasmic—it is important to let your erection decrease somewhat about every twenty minutes to allow the blood to recirculate through the body. It is worth mentioning again that Sexual Kung Fu is not an endurance test. Pleasure and cultivate yourself as long as you have the time and the desire.

When to Ejaculate

Every time you orgasm, you draw more sexual energy into your body; therefore, if you eventually ejaculate, you lose less energy than you would have had you not had multiple orgasms beforehand. For example:

1. If you have half a dozen orgasms (each time circulating the energy to your brain and the rest of your body) and then ejaculate, you will lose about 50 percent of your sexual energy.
2. If you have half a dozen orgasms and then use the Finger Lock, you will lose about a quarter of your sexual energy.
3. If you have half a dozen orgasms and then use the Big Draw (and don't ejaculate), you will not lose any of your sexual energy.

The final option will give you the greatest opportunity to cultivate the ecstatic orgasms that you feel in your brain and throughout your body. It will also allow you to cultivate this energy for your overall health. However, by generating and containing this much energy, you risk overheating unless you are able to circulate the energy through the Microcosmic Orbit.

FINDING THE WAY

Preventing Overheating

According to the Tao, erection energy is wood (or liver) energy. So when you don't ejaculate and you pull up the or-

gasmic energy, you will increase this energy in your liver. If this increasing energy is not transformed into love and kindness, it will transform into anger and hatred. So when you have a lot of energy, practice being especially kind and loving to your partner or, if you do not have a partner, to other people in your life.

Other techniques for preventing yourself from overheating include drinking a lot of water and even swallowing your own saliva, which has a cooling effect on the body. Your emotional state can also affect the energy in your body. If you feel calm and loving, the body can much more easily absorb the energy. If you feel anger or disdain for yourself or your partner, you run a greater risk of overheating. If you are overheating or feel you have more energy than you can absorb, you should probably ejaculate. If the problem persists, try practicing the Inner Smile or the Six Healing Sounds described in *Taoist Ways to Transform Stress into Vitality*, or contact a Healing Tao instructor (see the appendix).

The Taoist ideal is to ejaculate as infrequently as you can, but every man can and should refrain from ejaculating for a period of time suited to him. In the words of Su Nü, "One must measure one's own strength and ejaculate accordingly. Anything else is simply force and foolishness." Your strength depends on your age, your health, your state of mind, and your willpower.

Sun Ssu-miao, one of the leading physicians of ancient China, recommended that *men attain good health and longevity by ejaculating twice a month*, as long as they ate healthily and exercised. He also offered the following more specific guidelines.

A man at *twenty* can ejaculate once every *four* days.

A man at *thirty* can ejaculate once every *eight* days.

A man at *forty* can ejaculate once every *ten* days.

A man at *fifty* can ejaculate once every *twenty* days.

A man at *sixty* should *no longer ejaculate*.

It goes without saying that his prescription did not limit the number of times a man of any age could have sex and nonejaculatory orgasms. This restriction on ejaculation may sound like a disappointment, but once you have had multiple nonejaculatory orgasms, you won't miss ejaculating at all. In the words of one multi-organic man, "Once you have multi's [non-ejaculatory orgasms], you never want to go back to squirt [ejaculatory] orgasms. Squirt orgasms are just in your genitals; multi's are whole-body orgasms."

Sun Ssu-miao, who lived to 101, ejaculated only after making love one hundred times. But rather than adhering to any rigid numerical formula, you should try to pay attention to your body. If you are exhausted or sick, drunk or stuffed with food, you should avoid ejaculating. If you are working hard you will want to conserve your semen, but if you are on vacation you may wish to ejaculate a little more often. The ancient Taoists, who lived close to nature, also believed that just as plants and animals conserve their energy in winter, so should people. Besides the seasons, there are other rhythms that will determine the number of times you ejaculate. If you are trying to conceive a child, you will need to ejaculate whenever your partner is ovulating.

In general, when you ejaculate you should feel refreshed and energetic. If ejaculating leaves you feeling empty, depressed, or exhausted, you need to increase the amount of time between ejaculations or avoid ejaculating altogether until you build up your sexual energy. When you do ejaculate, you can conserve some semen and sexual energy by approaching the point of no return slowly rather than thrusting vigorously to a climax. After you ejaculate, you can also practice PC contractions to tighten your pelvic muscles and reduce the amount of energy that typically leaks out after ejaculation.

At the same time it is important not to become obsessive about nonejaculation and not to give yourself a hard time when you do ejaculate. As Michael Winn explains, "It is very important not to be fanatical about nonejaculation. A lot of men who learn about Sexual Kung Fu think, 'Wow, this is great. It makes sense. I want to do it.' And then they have a problem controlling their ejaculation. And then they start passing judgment on themselves and feeling guilty. They are missing the point, which is not even whether you

ejaculate or not, but whether you are able to recycle some of the sexual energy up through your body before you ejaculate. Obviously, the longer you can delay your ejaculation, the greater your opportunity to cultivate this energy for creative and spiritual growth. *If you need to ejaculate and it's coming and you can't stop it, just go for it. Don't beat yourself up. Because what is really important ultimately is not just the energy in the sperm, but the overall love between you and your partner.*"

Remember that the energy is more than just the sperm: if you are able to draw any energy out of the sperm, you are far ahead of where you were before you started, in terms both of the level of pleasure you will be able to experience and of the energy you will be able to circulate for your health. True sexual satisfaction comes from both pleasure and health; in the next chapter, we show you how to share both of these with your partner.

POWER AND SEXUALITY

The practices that you are learning in this book are very powerful, and once you learn them it is natural for you to be proud of your ability to master your sexual energy and of your newfound skill in bed. However, it is essential that you avoid the bravado and machismo that accompany so much male sexuality. As Senior Healing Tao instructor Masahiro Ouchi explains, "Sexual Kung Fu is quite easy to learn, and many men start feeling very powerful in bed, but it must not become a power trip. Power is about conquest, which is the opposite of love and any real spiritual practice." Ouchi, who holds a black belt in karate, compares Sexual Kung Fu to what he has observed in karate: "Most people who have black belts use this power incorrectly. They become more rigid and egotistical and lose the sensitivity and gentleness that are the real source of this power."

To practice Sexual Kung Fu correctly, you need to open your heart and practice with a spirit of humility and loving-kindness, not arrogance and self-centeredness. Egotism is just an expression of insecurity, and as you learn real sexual confidence, you will be able to let go of pretension and posturing. Remember that this practice and your new sexual energy will magnify your emotions,

so it is essential that you cultivate them. If arrogance and egotism are problems for you, try to practice the Six Healing Sounds (see *Taoist Ways to Transform Stress into Vitality*). If you do not address these emotions, they will limit your practice, your pleasure, and your partnership.

THE ART OF LOVEMAKING

Many men who begin practicing Sexual Kung Fu get so involved with their own practice that they lose touch with their partner and with the spontaneous and ecstatic process of lovemaking. You can practice as often as you want on your own, but when you are with your partner, it is extremely important to remember that it is not just *your* practice. The point of lovemaking is to make love, and from this love come pleasure and health; it is not about generating sexual energy for yourself or demonstrating your skill. As Masahiro Ouchi explains, "The technique is just that—technique. It is not the real art. You need to learn the technique well enough that you can forget about it. Just like playing a musical instrument, at first you need to learn the scales, but then you need to forget about them and just play from the heart." In the next two chapters we move from the solo-cultivation exercises that help you become a multi-organic man to the duo-cultivation exercises that help you and your partner become a multi-organic couple. (Gay men may wish to skip directly to chapter 7.)

Know Your Partner

"Among the skills possessed by men, a knowledge of women is indispensable," explains *Discourse on the Highest Tao Under Heaven*. "When one does have a woman, only the skillful are equal to the task." The union of man and woman has been the foundation of Sexual Kung Fu, for through this primal bond, it was believed, infinite pleasure and priceless health could be attained. With this incentive, the Taoists refined lovemaking into a high art of intimacy and ecstasy.

A harmonious love life was considered essential to conjugal happiness, and newlyweds were given "pillow books" that graphically demonstrated how they could achieve this bliss. We would never think of learning to cook without some guidance or a cookbook or two, but in lovemaking, which is certainly as complex as cooking, Western men and women are forced to discover for themselves the mysterious world of sex with only a few hopelessly romanticized images from the movies and television to guide them.

Hollywood sex is not good sex; it is just fast sex. The passionate, urgent embrace portrayed in most films in which the woman is instantly lubricated and immediately satisfied by a few minutes of coital writhing would be laughable if it did not leave so many viewers trying to imitate this unrealistic model of lovemaking. It is worth remembering that the director's imperative of keeping the plot moving, and the public's intolerance for watching the body in pleasure, make it impossible to explore on-screen the subtle nuances of lovemaking. Candace Bergen described her formula for cinematic orgasms in *Esquire* magazine: "Ten seconds of heavy breathing, roll your head from side to side, simulate a slight asthma attack, and die a little." So much for foreplay.

Porn films, in which the "plot" is generally just celluloid glue between the sex scenes, should offer the opportunity to learn a richer sexual repertoire. However, the frantic, nonstop thrusting in most pornography is timed more to the masturbatory stroke of a man's hand than to the subtle and profound sensations of real flesh-and-blood lovemaking.

It is no wonder that Western men, weaned on movies, television, and porn, ejaculate so quickly. Almost 80 percent of the men Kinsey studied ejaculated less than two minutes after entering their partner. Both men and women may lose out in this rapid-fire coitus. Hartman and Fithian speculate that this quick intercourse does not allow enough time for the natural chemicals that accompany touch and sexual arousal to be released into the bloodstream, short-circuiting the general sense of well-being that usually accompanies lovemaking. The Taoists would say that in such hasty sex the man and woman are not able to exchange sexual energy and to harmonize with one another, and may even drain each other of energy. This does not mean that quickies are not sometimes just what the doctor ordered, especially if you and your partner have a practice of ecstatic lovemaking that allows you to harmonize and satisfy each other quickly.

Almost a quarter century after Kinsey published his findings—in the wake of the sexual revolution and women's liberation—Mor-ton Hunt found in a follow-up study that men were lasting ten minutes instead of two. Though still rather short by Taoist stan-

dards, this increase is a 400 percent improvement nonetheless. Although men are generally portrayed as insensitive lovers, guided in bed exclusively by their own self-interest, clearly a major motivation for men learning to last longer in bed in recent years has been their desire to pleasure their partners, who were beginning to discover that they could be orgasmic or even multi-orgasmic. In interviews with four thousand men, Anthony Pietropinto found that a surprising 80 percent judged their own sexual satisfaction by whether they had been able to give their partner one or more orgasms.¹ Once you are multi-orgasmic, you will be able to satisfy your partner no matter how long she takes to orgasm.

¹ In learning to satisfy your partner, however, the first thing you must do is remove your ego. You are not "giving" her an orgasm. You are not trying to be the best lover she has ever had. Too many men get caught up with sexual performance. If you are able to replace performance with pleasure—hers and yours—you will be able to satisfy even the lustiest of lovers. Remember, the best lovers are men who are completely relaxed and aware of what is going on in both their own and their partner's bodies. In chapter 2, you began learning how to understand what happens in your body, and in this chapter you will learn how to recognize what is happening in your lover's.

There is one last point worth keeping in mind. It is much easier to practice Sexual Kung Fu with a regular partner with whom you have a deep emotional as well as physical bond. In their study of multi-orgasmic men, Dunn and Trost found that it was much easier for men to become multi-orgasmic with a familiar partner with whom there was emotional closeness and the opportunity for leisurely sex. Each man they interviewed mentioned that the goal was not to have multiple orgasms but to have pleasurable and satisfying lovemaking. Multiple orgasms are just one of the many treasures you will discover along the path to intimate and ever more ecstatic lovemaking.

Her Body

Women's sexuality has been the source of much mystery and mystification throughout Western history. Women's largely internal (as

teenager you probably felt this part of your girlfriend's body if you ever "bumped and grinded" with your clothes on. The mons is just above the clitoris; some women find this area to be sensitive to touch and pressure, while others will want you to focus farther down.

OUTER LIPS

The mons as it descends between a woman's thighs separates into two large outer lips. Although these are called "lips," when a woman is not aroused they are relatively flat and don't look very liplike.

INNER LIPS

Unlike the outer lips, the inner lips are hairless and are related to other mucous membranes like the lips of the mouth. When unaroused, they vary in color from pink to maroon or purple. During sexual arousal, they become engorged, darken, and thicken. They can sometimes swell as much as two to three times their normal size and change in color to bright red. These changes are also a sign of great arousal and approaching orgasm.

CLITORIS

Follow the inner lips up to where they meet just below the mons. There they form the hood that protects the sensitive glans of the clitoris, which is similar to the glans (head) of a man's penis in its abundance of sensitive nerves. Usually the glans is nestled under the hood, but it can be seen by pulling the hood gently back. The glans is so sensitive that quite a few women find direct stimulation painful. These women often prefer stimulation of the shaft of the clitoris, which stretches up toward the mons and can be felt under the skin as a movable cord. After orgasm, many women find that their clitoris is too sensitive to be touched directly for up to several minutes. This hypersensitivity is similar to what many men experience after ejaculating.

Like the penis, the clitoris is made of erectile tissue, and the glans engorges with blood when excited. Many people compare the clitoris to the head of the penis, and developmentally they originate from the same embryonic tissue. The clitoris, however, is unique in being the only organ in either sex that exists exclusively for sexual

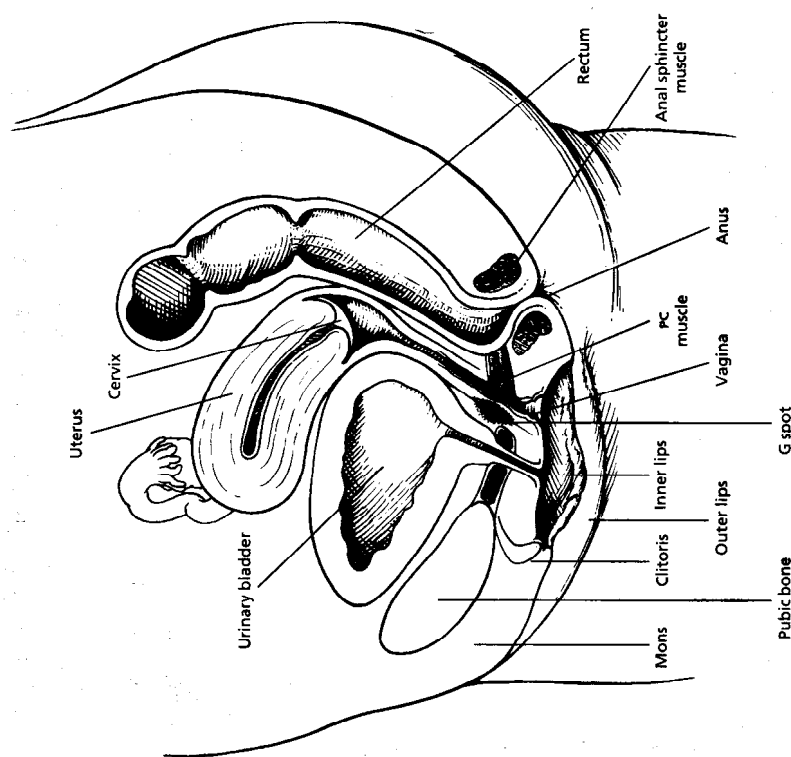


FIGURE 18. WOMAN'S SEXUAL ANATOMY

opposed to men's (largely external) sex organs have made them the subject of much study and even more confusion. Every man (and woman) needs to know a few basic facts about women's bodies (see figure 18). Bear in mind that these are generic descriptions and that sexual anatomy, women's and men's, varies as much from person to person as does the rest of our anatomy.

MONS VENERIS

Descending down from a woman's belly, you will first see her mons veneris, which in Latin means "mount of Venus." Venus, of course, was the goddess of love. The mons (for short) is the layer of padded, generally hair-covered skin on top of the pubic bone. As a

pleasure. So much for the belief that women are less lusty than men: they are the ones who have a part of their body wholly dedicated to getting them hot and bothered.

URETHRA

Down from the clitoris is the opening to the urethra, which leads to the bladder. Unlike men, whose urethra is relatively long (extending through their penis), women have a relatively short tube to the bladder, which is a major reason women tend to get more urinary-tract and bladder infections than men. The in-out thrusting of intercourse can push bacteria up a woman's urethra. If your partner gets infections frequently, encourage her to urinate after lovemaking. This will help flush out bacteria.

VAGINA

Down from the clitoris and urethra is the entrance to the vagina. The walls of the vagina rest against one another, creating a potential space rather than an actual one. The walls of the vagina have many folds, which explains the vagina's ability to accommodate almost any size penis, not to mention a baby during childbirth. This ability to expand and contract, even to fit snugly around a finger, is the reason differences in penis size are not usually a problem.

At rest, the back wall of the vagina is about three inches long and the front wall is about two and a half inches long. As a woman is aroused, her vagina widens and lengthens. The inner two-thirds of the vagina balloons out, which often reduces the stimulation in the back, but the outer third actually tightens as it becomes engorged, which is one reason a woman can hold on to even a small penis. As we mentioned in the last chapter, the stronger your partner's PC muscles, the more she can contract her vagina around your penis and increase stimulation for both of you. If your partner enjoys deep penetration and you have difficulty stimulating the back of her vagina, especially once it has expanded, you will be pleased to hear that there are positions that shorten her vagina and make deep thrusting easier (see the section called "Positions for Pleasure and Health" in the next chapter).

Many women report that they are most sensitive near the opening of the vagina, but other women report sensitivity at other places

throughout the vagina, including the back walls and even the cervix (see the following section, "The G Spot and Other Sensitive Spots"). There are no universals about sexual stimulation, even with the best efforts of researchers like Masters and Johnson to find them. So explore with your partner, and let her tell you what feels best.

THE G SPOT AND OTHER SENSITIVE SPOTS

You may have heard about a place in a woman's vagina that when touched can drive her wild. This spot is often called the G spot, named for physician Ernest Gräfenberg, who first described it in 1950. Although not new, the idea of the G spot is still controversial, some women finding it and others not. The current theory is that the G spot is a collection of glands, ducts, blood vessels, and nerve endings that surround a woman's urethra.

So where exactly is it? Most women who report finding the G spot locate it one and a half to two inches from the opening of the vagina on the upper front wall, just behind the pubic bone. (Some women, however, find their G spot farther back.) If you look at your partner's vagina and imagine a clock with the clitoris as twelve o'clock, the G spot is usually somewhere between eleven and one.

When a woman is not aroused, the G spot is more difficult to find, but you may be able to feel some bumpy or ridged skin. When stimulated it can swell to the size of a dime or larger, standing out from the wall of the vagina. Alan and Donna Brauer suggest that the best time to find it is just after a woman orgasms: "It is already somewhat enlarged and sensitive." They recommend stroking it at a rate of about once a second and experimenting with both lighter and heavier pressure. Another good time to stimulate the G spot is when your partner is just approaching orgasm. Either way, your partner is more likely to enjoy this stroking if you do it once she is already highly aroused. Try licking her clitoris with your tongue while touching her G spot with your finger and see how she responds!

You should know that some women feel initial discomfort or the urge to urinate when their G spot is stroked, so you should probably discuss your exploratory plans with your partner first and explain that this reaction, if it happens, is normal. The Brauers also

suggest lightening your touch. It may take as much as a minute for the discomfort or seeming need to urinate to be replaced with pleasurable sensations. If she is uncomfortable or too concerned about urinating to enjoy your stroking, you might suggest that she try to find the G spot on her own at first. It is easiest for her to find it while sitting or squatting. (If she is concerned about feeling the need to urinate, have your partner sit on the toilet or urinate before lovemaking, which will convince her that her bladder is empty.)

Intercourse in the common face-to-face "missionary" position often misses the G spot completely. It is easier to stimulate this area with your penis if your partner lies on her stomach and you enter her from behind, or if she is on top, where she can position herself for her pleasure. Shallow thrusting is also best for stimulating her G spot. Fingers, however, are usually the most direct and effective way to stimulate her G spot at first.

Some women report that their most sensitive spots are located at the four o'clock and eight o'clock positions, about midway back along the walls of the vagina. There are nerve bundles at these locations, which may explain their sensitivity to pressure. Through stroking her vagina or thrusting in different directions, you may already have discovered that your partner has additional spots all her own.

Remember, though, that not all women have a G spot or any other particular "spot," and if your partner doesn't, the last thing you want to do is pressure her or make her feel inadequate. This whole exploration is for her pleasure and is not an attempt to find buttons or knobs that turn her on. Make G-spot stimulation a part of the smorgasbord of pleasure you offer her.

EJACULATION

Female ejaculation? A number of sexologists have in fact described the G spot's ability to "ejaculate" a clear liquid when highly aroused. This has led some to conclude that the G spot may be analogous to a man's prostate gland. (As we mentioned earlier, men's and women's sex organs develop out of the same tissue in the embryo.) Many women who ejaculate worry that they are urinating and, as we mentioned above, may feel an initial need to urinate

when their G spot is touched. However, the liquid is definitely not urine, and the urge to urinate usually subsides quickly with increased arousal.

You may at some point feel a "spray" against your penis when making love. Occasionally this spray is even visible. A small number of women ejaculate a teaspoon or less of liquid out of their urethra when they orgasm. (Women who ejaculate should also try to draw their sexual energy up, since they will lose some energy through ejaculating—though less than a man does.) According to researcher Lonnie Barbach, "recent chemical analysis of the [female] ejaculatory fluid suggests that it is unlike either urine or vaginal lubrication, but rather is like male ejaculatory fluid in its high levels of glucose and acid phosphatase. It is believed that the source of the fluid is a system of glands and ducts called the paraurethral glands. These surround the female urethra and develop from the same embryological tissue that develops into the prostate in the male."² Explainable or not, this female ejaculate can be quite startling if you are unfamiliar with it. One man described getting hit in the face the first time he went down on his girlfriend. This propulsive force is probably a rare occurrence, but don't be shocked if you find that with some women you need oral-sex goggles.

ANUS

For some women the anus is an erogenous zone, and for others it is off-limits. You should ask how your partner feels. If you and she are interested in anal intercourse or anal sex play (touching and entering her anus with your finger), it is always best to start slowly and sensitively and to make sure you have plenty of lubricant. If her anus constricts while you are stimulating it, you need to apply less stimulation. If her anus is relaxed, you can apply more stimulation.

BREASTS

Compared with the rest of a woman's sexual anatomy, breasts are relatively simple. The nipples rest on top of the dark circles of the areolae and become erect when aroused. For all their erotic significance, the breasts are really quite similar to sweat glands, and

their primary role, as any breast-feeding mother will attest, is as a source of warm milk for babies. One could come up with interesting theories as to why in our bottle-fed, nurture-starved Western culture, large breasts have become such a powerful symbol of desire. Whatever the reason is, this flood of images has led many men (and women) to the mistaken belief that size reflects sexual appetite: the larger the breasts, the more sexually desirous a woman is. In actual fact, a woman's sexual sensitivity, experience, and self-perception determine the responsiveness of her breasts, as they do with her sexuality in general. Size has nothing to do with it.

In the "buttons and knobs" view of arousal, men often zero in on their partner's nipples. Though some women enjoy immediate nipple stimulation, many prefer a lighter, more indirect touch to begin with. Generally, try to circle around your partner's breasts to increase her anticipation and desire before actually touching the nipples themselves. Some women, however, experience very little sensation when their breasts or nipples are touched, so don't be disappointed. Rubbing your fingers together to warm them before touching her nipples will increase the amount of *chi*, or energy, and can help stimulate her. As you touch her nipples lightly, you may be able to feel a current of electricity flowing between your finger and her nipple. Licking her nipples with your tongue is often very effective since your tongue has a lot of *chi*. Sometimes, as with many men, the nerve pathways to the nipples need activating, which can occur with gentle, gradual stimulation over time. But your partner needs to be open to this slow awakening.

FERTILITY

The cycles of a woman's fertility and menstruation are especially bewildering for most men and have resulted in much fear and confusion. This is not the place for a biology lesson, but there are a few biological facts that every man should know about his lover's body. For example, did you know that although a woman's egg lives for only twelve to twenty-four hours, she can actually get pregnant as long as five days after intercourse?

How is this possible? Before a woman's ovary releases an egg, her cervical glands release "fertile" mucus. This mucus helps the

semen reach the egg, and within ten minutes after ejaculation sperm are already in the fallopian tubes "breathlessly" flapping their tails toward the egg. Other sperm, however, stay in the lining of the cervical canal, where they are nourished and released over a period of three to five days. So if you have intercourse on Saturday night and she has fertile mucus but doesn't ovulate until Tuesday, you could still become a father on Wednesday. (This is a public-service announcement from your local chapter of Planned Parenthood.)

Many women complain that their partners do not take an active role in thinking about, planning, and participating in contraception. With the increased use of condoms, this situation is changing, but not enough. It's good to know the difference between fertile and nonfertile mucus, since condoms do break and no birth control is flawless. Fertile mucus is clear, slick, and stretchy. If you place some between your thumb and forefinger, it will stretch as you separate your fingers, connecting them by a thin, clear thread of mucus. If her mucus is not fertile, it will be white, sticky, and less abundant. Most noticeably, it does not stretch like fertile mucus.

If a woman does not become pregnant, the blood and cells that were prepared to nourish the fertilized egg slough off, beginning her menstruation. The menstrual cycle varies tremendously. Few women have an exact twenty-eight-day cycle. Regular cycles can range from three to seven weeks, and some women menstruate only two or three times a year. Although menstruation is different for every woman, the typical pattern of bleeding starts with a light flow of pink-tinged mucus or drops of blood, increasing to a heavy flow of red blood, and then decreasing to brownish "spotting" before stopping altogether. Some women bleed a lot, others a little, but most stop bleeding within a week.

During menstruation many women experience symptoms such as sore breasts, bloatedness, pimples, headaches, lower-back pain, diarrhea, and constipation. (Women with chronic herpes may break out around this time as well.) As you can imagine, given all of these discomforts, not to mention the stigma that still surrounds menstruation, many women do not feel very sexual during this time. Others, however, find that menstruation is the time of their greatest arousal, and indeed every part of the cycle is experienced by some

women as the time of their most intense desire. For a number of women intercourse during menstruation can even relieve cramping. The more you understand about your partner's cycle and the more understanding you can be, the more you can harmonize with her through the rhythmic flow of living as well as the rhythmic flow of lovemaking.

Her Orgasm

The female orgasm has been the source of centuries, if not millennia, of curiosity and controversy, with widespread acceptance by the medical establishment of its existence occurring only in the last hundred years. Even with its existence acknowledged, the female orgasm has endured much ignorance and confusion during this century. The main debate was waged over the differences between, and the relative "maturity" of, clitoral orgasms and vaginal orgasms.³ We now know that some women have orgasms more easily when their clitoris is stimulated and others have orgasms more easily when their vagina is stimulated. It is as simple as that. The one is no better than the other.

CLITORAL AND VAGINAL ORGASMS

A current theory suggests that there are actually two distinct nerves that are responsible for the two different orgasms. The pudendal nerve goes to the clitoris, among other places, and the pelvic nerve goes to the vagina and uterus—vaginal orgasms often actually involve contractions of the uterus as well (see figure 30 on page 154). Of the two nerves, the pudendal has more nerve endings, which may be the reason more women have clitoral orgasms than have vaginal orgasms. The fact that the two nerves overlap in the spinal cord also might explain why some women have "blended" orgasms, which arise from both the clitoris and deep inside the vagina. Two factors seem to influence whether women have vaginal orgasms: the strength of their PC muscles and the sensitivity of their G spots or other internal spots.

Women who have both orgasms often notice a difference. Shere Hite, in her famous report on female sexuality, quotes a woman

who explains her experience: "During masturbation I experience a clitoral orgasm that approximates my idea of male orgasm—a buildup of overall sensation in the general area of my clitoris, and a 'muscle spasm' feeling. A vaginal orgasm is a more pervasive sensation through the whole body, less concrete to describe—wider waves of feeling." As we described in chapter 2, men can be said to have two different orgasms as well: a genital (or penis) orgasm and a pelvic (or prostate) orgasm. According to Taoist sexuality, there are actually numerous kinds of orgasms, which can take place in different parts and, believe it or not, different organs of the body, such as your heart and liver. If you are able to circulate your sexual energy to your brain, you may experience a "brain orgasm." Remember, an orgasm is simply the contraction and expansion, or "pulsation," and this pulsation can happen throughout your entire body.

TOUCHING HER CLITORIS DURING LOVEMAKING

Shere Hite reports that about 70 percent of the women she surveyed required at least some stimulation of their clitoris in order to have an orgasm. As already mentioned, your partner's clitoris is equivalent to the head of your penis. For the majority of men, the head is the most sensitive part of their sexual anatomy—as is the clitoris for most women. Asking a woman to have an orgasm without stimulating her clitoris is like asking a man to have an orgasm without stimulating the head of his penis. It can be done, but it takes a lot longer.

It is not surprising then that in the missionary position many women are not able to have an orgasm, since the most sensitive part of their anatomy—the clitoris—is only indirectly being stimulated. Sometimes the man's pubic bone will rub against the clitoris or the hood of the clitoris will be pulled against it during intercourse, but these are clearly no substitute for direct stimulation by your penis, fingers, or mouth. It's not surprising that Kinsey, Hunt, and Hite have all found that nearly half of American women never or rarely experience orgasm during intercourse.

Many women are much more easily orgasmic during intercourse if they, or their partners, also stimulate their clitoris. Men usually can orgasm much more quickly than women during intercourse

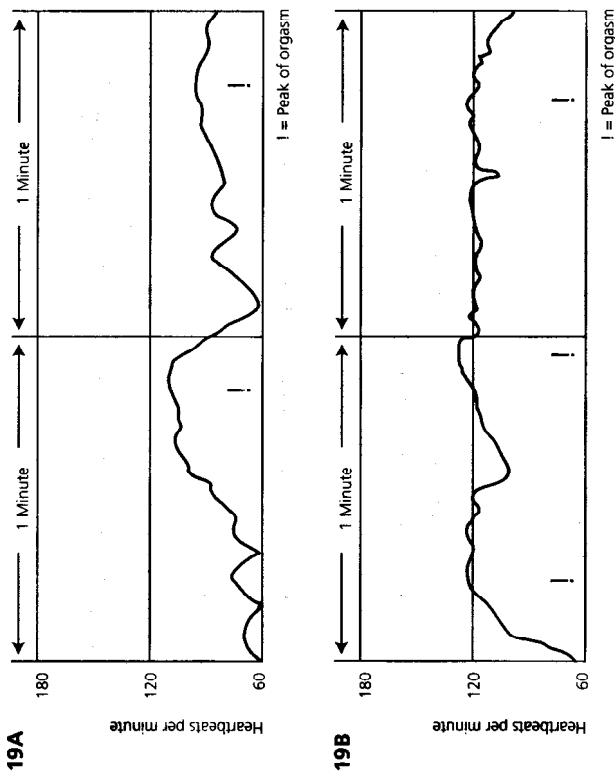


FIGURE 19. DISCRETE (A) AND CONTINUOUS (B) FEMALE MULTIPLE ORGASMS

(Source: Hartman and Fithian)

(two or three minutes versus twenty), but women seem to be able to orgasm just as quickly as men when they masturbate—presumably because they are directly stimulating their clitoris and because they know what they like. One multi-orgasmic man recounted his experience of stroking his partner's clitoris while making love: "When I'm behind or she's on top, my hands are free to play with her clitoris. It really drives her wild. She starts moaning so loud that once we had to stop and close the windows."

Some men and women may complain that using hands to stimulate your partner's clitoris during intercourse is unnatural or overly mechanical. As one multi-orgasmic man remembered, "For a long time I thought it was a sign of weakness for a man to have to use his fingers. But I've found that there are some times when a woman really enjoys or would even rather have your fingers or tongue, because it is a whole different feeling." Surely this kind of stimulation cannot be considered unnatural or a sign of a man's weakness if almost three-quarters of all women require it to be sexually satisfied.

Men who are not used to using their hands when they have intercourse may find that they need a little time to coordinate their strokes and their thrusts. With practice, this coordination becomes increasingly easy, especially if you slow your thrusting down and allow your partner (and yourself) to savor every thrust and every stroke. You need to be careful not to become overly focused on your partner's clitoris and lose the connection of lovemaking. Also be careful not to lose track of what your hand is doing, or your partner may start to feel like it is becoming mechanical. If you can walk and chew gum at the same time, you should be able to simultaneously thrust and stroke.

If your partner is willing to touch herself, all the better. One man told his girlfriend that because she was involved in bringing herself to orgasm, he felt like she was using him to "masturbate." This reaction might be understandable if a man feels that it is his responsibility (and his right) to "give" his partner orgasms. This mind-set no doubt underlies women's faking orgasm to please their partners or to show their partners they have been pleased. Since, as we explained in chapter 2, orgasm takes place primarily in the brain, you cannot "give" your partner an orgasm. She must experience it in her own mind (and body).

As more and more women have discovered their ability to orgasm once or multiple times, men have felt increasing pressure to satisfy this ever higher orgasmic potential. Men's desire to satisfy women is noble and necessary, but the accompanying pressure is not and can increase already too common feelings of performance anxiety among men. You will have a more realistic approach, and feel much less pressure, if you realize that you are simply helping your partner reach her own orgasmic potential.

ORGASMIC FINGERPRINTING

Clitoral, vaginal, and blended orgasms are just three categories that sexologists use to describe genital orgasms in women. As we mentioned in chapter 2, sexologists also make distinctions between brief, *discrete* orgasms and longer, *continuous* orgasms (see figure 19). Some women have discrete orgasms, others have continuous orgasms, and still others have a combination. Hartman, Fithian, and

Her Arousal

Most women take longer to become aroused than most men, but once women are aroused, their desire can generally outlast that of their partners. (As a Sexual Kung Fu practitioner, you will be an exception to the second part of this rule.) According to Taoism, men are like fire and women are like water. Fire ignites quickly but can easily be quenched by water. To satisfy your lover, you need to bring her desire to a boil, which requires that you keep your fire burning long enough to do so. The secret to satisfying your partner is to understand the stages of her arousal and to learn how to synchronize your arousal with hers.

HOW DO I KNOW WHEN A WOMAN'S DESIRE IS BOILING?

Taoist physicians recorded the stages of arousal they noticed in women. Many of their observations have been confirmed by Western research, especially by Kinsey in a chapter of his *Sexual Behavior in the Human Female* entitled "Physiology of Sexual Response and Orgasm." We note the stages here not to make women feel self-conscious but to help men understand how to better satisfy their partner's desires. As you are reading about these general stages, it is important to keep in mind Kinsey's conclusion about the uniqueness of each person's sexuality: "There is nothing more characteristic of the sexual response than the fact that it is not the same in any two individuals."

With this said, we could not have a better guide to a general description of women's arousal than Su Nü, one of the Yellow Emperor's trusted female advisers. The Yellow Emperor once asked her, "How can I tell if the woman is experiencing pleasure?" Su Nü replied that there are Five Signs, Five Desires, and Ten Movements that demonstrate a woman's growing arousal. The Five Signs and Five Desires describe what happens to a woman's body as she becomes aroused, while the Ten Movements describe how her actions convey what she wants you to do next.

Before describing these secrets of women's arousal, it is worth mentioning that we live in more open and direct times than did Su

coauthor Berry Campbell suggest that each woman's pattern of orgasm is so individual that it should be called an "orgasmic fingerprint." As Lonnie Barbach has pointed out, physiology as well as personal and cultural expectations influence how your partner (and you) experience orgasm, which is probably one of the reasons people tend to have a "standard" orgasmic pattern. Some women have one powerful orgasm, some have one gentle orgasm, and some have one continuous orgasm. Women who are multi-orgasmic can have any combination of the above. It is important to remember that your partner's orgasm (like your own) will be somewhat different each time.

According to Sexual Kung Fu, women can also direct their energy out of their pelvis and up to their brain, and expand their orgasms throughout their entire body. This circulation of *chi* will energize your partner just as it energizes you. (In chapter 6, we suggest exercises your partner can do to expand her orgasms.) Women in general are less genitally focused than men and, as a result, have an easier time experiencing and expanding their orgasms throughout their bodies. Perhaps as a result of this diffusion, many women are genitally "preorgasmic" (that is, have never had a genital orgasm). In chapter 6, we offer techniques for preorgasmic women to become orgasmic as well as techniques for orgasmic women to become multi-orgasmic.

It will be much easier for you to become a multi-orgasmic man if your partner enjoys long periods of lovemaking. More couples suffer from the man's not being able to last long enough than from the woman's growing tired before the man. However, the latter can be the case if you become multi-orgasmic and she does not. Although it is important not to pressure her and to accept her desires for more or less pleasure, you should encourage her to explore her potential through the chapter written for her. In chapter 9, we also offer suggestions for couples for whom there is a serious imbalance in sexual appetite. Most women, however, will want to help their partners become multi-orgasmic, and the most important thing your partner can do to help is to explore her own pleasure and cultivate her own sexual satisfaction.

Nü, and you do not have to limit yourself to reading the tea leaves of your partner's body. You can also ask her what she wants; better still, she may tell you. However, the throes of lovemaking are not always conducive to speech, let alone a clear statement of preferences. Passion overwhelms language, and it is at this time that it will help if you have learned to recognize a woman's mounting pleasure. Before or after lovemaking, you can discuss with your partner whether Su Nü understood her individual desires. It should go without saying that consent is essential in any sexual encounter, and the fact that you notice that the body of the woman you are dating is becoming aroused means nothing unless her mind wants to act on it. "No" means no, regardless of what her body says.

The Taoist texts were at times extremely direct and at other times quite vague. Some of the stages of arousal will seem clear, even obvious, while others may seem too subtle to detect. The Signs, Desires, and Movements overlap somewhat and are difficult to keep straight, so we will try to simplify them below. Remember that these are general signposts and not an exact road map. Don't expect to notice each stage each time you make love, and do not wait to check off each one before proceeding. Above all, lovemaking should be fluid and spontaneous, and these signposts will simply help you stay on the right course.

THE SIGNS OF DESIRE

As ejaculatory control begins with breathing, so too does passion, and the first signal you will have of your lover's desire is a change in her breathing, which will become increasingly rapid and shallow. According to Su Nü, if her nostrils flare and her mouth widens and she embraces you with both arms, she wants your and her genitals to touch. When her body quivers, she wants you to touch her genitals gently. If her face becomes flushed, she wants you to play with the head of your penis around her mons, and when she stretches out her legs, she wants you to rub the head of your penis against her clitoris and the entrance to her vagina.

Su Nü continues: If her nipples harden and she pushes out her belly, slowly and shallowly enter her. If her throat is dry and she

swallows saliva, slowly begin to move inside her. If she starts to move her bottom, she is experiencing great pleasure. If her vagina is well lubricated or if she raises her legs to encircle you, enter her more deeply. If she presses her thighs together, her pleasure is becoming overwhelming. If she moves from side to side, she wants you to thrust deeply from side to side. If she is perspiring enough to dampen the sheets or she straightens her body and closes her eyes, she wants to orgasm. If she arches her body against yours, her pleasure has peaked. If she stretches out and relaxes, pleasure fills her entire body. If her vaginal secretions spread down her thighs and over her buttocks, she is fully satisfied and you should slowly withdraw.

Now that we have discussed what signs to recognize in your partner's mounting desire, we must discuss how to satisfy that desire, which we do in the following chapter.