

Tantric Sex for Men

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MALE BURDEN OF PERFORMANCE

Sex plays a central and crucial role in the life of a man from his early years onward, and remains significant regardless of whether a man is often having sex, seldom having sex, or not having sex at all. Since sex is pivotal to life, there are underlying aspects to the act that get hidden from sight, never brought into the light of day to be examined or questioned. Scratch the surface a little, however, and surprisingly soon men will start to express their feelings. Most men freely admit they would like to have sex more often, yet again and again they share with us in our seminars that as important as sex is, it is also experienced as a burden and a form of stress, which is sometimes subtle, other times not so subtle. The pressures implicit in sex can become a source of anxiety, which gives rise to a sense of insecurity and a lack of self-confidence.

When a man first gets together with a woman there is considerable pressure to be a good lover; perhaps he will even attempt to be the best lover this particular woman has ever had. There are many expectations, and the stakes are high. First, there has to be an erection, which is not guaranteed even in the most ideal situation, as we all know. Next, if and when the erection happens, it has to be maintained for as long as possible, which means that a certain level of stimulation and excitement is required. At the same time the man is praying that he doesn't ejaculate too quickly, at least not before the woman has her orgasm. And if everything works out just right, maybe it will even be possible to have an orgasm at the same time.

There are so many variables involved in the process that it is easy to get lost in the midst of monitoring and orchestrating the situation to best effect. At the beginning of a love affair a man's stress and performance anxiety are usually more obvious to him (but hopefully not to her), since he is more directly confronted by his wish to be successful. But after a while, as the relationship begins to unfold and assume a more day-to-day familiarity, his anxieties about performance temporarily bury themselves under a comfortable sexual routine. Even when a man is not consciously aware of his insecurity in sex, he nonetheless carries the emotional tension around with him each and every day of his life.

And in truth, the bottom line is that a woman can criticize a man about many things—being a lousy cook, a bad driver, unsuccessful at work, or even a miserable father. These criticisms are not easy to receive, but somehow they are manageable. But when a woman dares to criticize our sexual behavior, when she brings our performance into question, the words hit home and touch us at our most vulnerable place, rattling our male ego. To be not appreciated or valued as a lover can be very difficult for a man to digest.

Relaxing instead of Performing

Whether we are aware of it or not, much of our personality, identity, and self-perception is rooted in sex and in how we perceive ourselves as sexual beings. Sex also acts as a confirmation of our power and potency, thereby becoming connected—consciously or unconsciously—with pressure and performance in an attempt to prove our true value and worth.

Men who begin to experiment with a relaxed style of sex, as outlined in the chapters ahead, say it is an unbelievable relief to have the stress taken out of sex. All the big-time action that is unquestioningly accepted as part of sex simply falls away, because there is no longer a need for it. To relax in sex a man needs to be encouraged to abandon the idea that he, as the man, is 100 percent responsible for the quality of the shared sexual experience, whether it is very good, quite good, or unsatisfactory. In place of carrying the overall responsibility for the sexual interaction, which involves tremendous effort on his part, the man can discover

how to simply *be* in sex—intensely present, in the here and now—and explore a more relaxing style of sex that does not include performance, effort, or tension.

Removing the Goal Removes the Pressure

In exploring a new style of sex, it is very helpful to shift our awareness from “doing” to “being.” In order to alleviate performance pressure—the doing—the first step is to remove what we perceive as the goal. Generally the goal of sex is to have an orgasm. This goal of orgasm, which is the experience that usually makes people want to have sex in the first place, is what creates pressure. As we make love our deliberate intention and efforts are directed toward achieving that final end—a climax of heightened intense pleasure that lasts for a few short seconds.

There are significant disturbances that result from making orgasm the basic goal of sex. At the very outset, the focus on trying to get to the finish naturally causes us to get ahead of ourselves. This is true for men and women alike. If you pay attention you’ll notice that your attention is more focused on the next penetration than the one happening right now in the present. Interest is generally in what lies ahead, what is coming next, and not what is occurring in the moment. The next penetration is more enticing because it brings us one step closer to the grand finale. We are unconsciously more focused on the future, so while the body remains engaged, there is little or no awareness of or in the present moment. We are following the mind with its specific ideas about how sex should go, and we are not tuning in and listening to the wisdom of the body.

Men often report wanting to have sex more frequently, but don’t know how to make this happen. Many have lost confidence in reaching woman and have little clue as to how to get her more interested in sex. In our teaching we see how long-term issues like these begin dissolving in an extraordinarily short span of time—and only because of the non-goal-oriented, conscious style of sex we propose. During our retreats, we usually begin to see encouraging signs of response within individuals and between couples within two to five days. It is an honor to witness this miracle every time, like a shift from dark into light and from fear into love. All the barriers and problems that people arrived with begin to dissolve, and couples find a fresh sexual track leading to new dimensions, uncharted territory, and unlimited love. That it happens so easily is both astounding and reassuring.

Change Your Mind to Change Your Body

A shift of the kind experienced by our participants is possible *only* because the mind has reoriented to view sex and love from a diametrically opposite perspective. Without great effort you find you are indeed actually “making” love, and finally giving the expression its true meaning. When we stay present during lovemaking we naturally create love.

The solution appearing before us is quite simple—or so it seems! If we all change *our minds* about sex, we will possibly witness a dramatic reduction in the sex, love, and relationship problems to which people unhappily resign themselves.

HUMANS NEED MORE SEX

Sexual difficulties are experienced by both men and women, with the tragic outcome that human beings do not have enough sex. When sex finally happens the experience is short lived. Most partners do not have sex frequently enough for optimum mental, physical, and emotional health. Many do not make love for months and

months on end, sometimes stretching into years. Sex satisfies our bodies, hearts, souls, intelligence, creativity, and most of all, our love—of self and of others. Sex is not the only way to access love, but if you are having or wanting sex, as most men are, then sex may as well be used to its highest potential.

When a U.K. satellite television channel recently conducted a survey on what people on their deathbeds regret most, seven out of ten British pensioners—both men and women—regretted not having “shagged around” (screwed around) more. As people were dying they were wishing they had had more sex in their lives. What an incredible revelation, that human beings are leaving this world sexually unfulfilled. Since it is becoming urgent and necessary for human beings to have more sex during their lifetimes, we need to develop a more evolved, sustainable style of sex that is manageable until our dying day. We need an approach that doesn’t fizzle out when the newness is lost, disinterest or complacency sets in, or impotence or diminished hormones make sex more difficult.

EXPLORATION AND VULNERABILITY

To get more out of sex requires taking an adventurous step motivated by curiosity, intelligence, or both. The key is to make love frequently using the information and suggestions offered in the chapters ahead. If you follow where it leads and stay with what unfolds, you may soon notice a change in the quality of your life and a difference in how you feel about yourself as a man. You may even begin to perceive women differently.

As you begin to explore sex, old childhood wounds, memories, and insecurities may rise to the surface. It’s better not to try to override or ignore any sexual difficulty or insecurity. Be open to yourself and allow your feelings to emerge, expressing any tears and vulnerability, not-knowing, insecurity, or confusion. Allowing yourself space to feel hidden aspects of your being is part of a healing and reintegrating process. Sexual exploration is a journey in self-discovery that not only leads to being a better lover with improved skills, but also can transform age-old restrictive patterns and generate more love and happiness. One thing is for certain—most women prefer a man’s gentle, softer side to his hard, tougher side.

Rarely in the lifetime of the average human being are there altered states of orgasmic bliss, love, joy, and a peace that surpasses all understanding. The experience of being radiantly alive on a cellular level. Energized and aglow through merging with the body and its senses. Making love naturally presents us with an incredibly easy situation within which to “be present” and immerse ourselves in the body. Because of the absence of evolved sexual understanding, the human race suffers tremendous consequences. We are distorted by unconscious forces that affect our true nature, so that men are not truly men and women are not truly women. When we relate or connect through these distortions of our personalities and sexual identification, sooner or later the invariable result is tension and unhappiness.

SEXUAL CONDITIONING AND HOW IT SHAPES US

Each of us is unconsciously conditioned by society whether we like it or not, some more heavily than others. In conventional sexuality the majority of men tend to demonstrate the distorted versions of their true male qualities. Below you’ll find a list of true male qualities in the first column, each of which is followed by a word or a few words describing the same quality after it has been distorted through false sexual conditioning. The 1960s-era saying, “Make love, not war,” is actually a truth. A lack of sufficient fulfilling or nourishing sex often results in

anger and aggression. Changing a man's understanding, and therefore his experience of sex, naturally calls forth his original, authentic male qualities.

TRUE MALE QUALITIES VERSUS CONDITIONED DISTORTIONS

Power	Abuse, domination
Presence	Absence
Strength	Hardness
Clarity	Judgment
Assertiveness	Aggression
Creativity	Achievement, ambition
Meditation	Reclusiveness
Will	Stubbornness
Courage	Machismo, compensation
Leadership	Control, politics, law and order
Protector, authority	Authoritarian
Wildness	Brutality
Spontaneity	Performance
Wisdom	Arrogance
Charisma	Sexual manipulation
Sun, life giving	Sunburn, ecological destruction
Expression, articulation	Pomposity, boorishness
Action	Activity, bullishness
Independence	Isolation
Heartfelt, loving, compassionate	Selfish, egoistic

Tantric Inspiration

We live for sensations, we hanker for sensations. We go on seeking newer and newer sensations; our whole life is an effort to obtain new sensations. But what happens? The more you seek sensations, the less sensitive you become. Sensitivity is lost.

It looks paradoxical. In sensations, sensitivity is lost. Then you ask for more and more sensations and the “more” kills your sensitivity more. Then you ask for even more, and finally a moment comes when all your senses have become dull and dead. Man has never before been so dull and dead as he is today. He was always more alive before, because there were not so many possibilities to fulfill so many sensations. But now science, progress, civilization, education, have created so many opportunities to move further and further into the world of sensation. Ultimately, you turn into a dead person; your sensitivity is lost. Taste more foods—stronger tastes, stronger foods—and your taste will be lost. If you move around the world and go on seeing more and more beautiful things, you will become blind; the sensitivity of your eyes will be lost.

If you want the divine—the divine means the most alive, the ever-alive, ever-young, evergreen—if you want to meet the divine, you will have to be more alive. How to do it? Kill out all desire for sensation. Don’t seek sensation, seek sensitivity, become more sensitive.

The two are different. If you ask for sensations you will ask for things; you will accumulate things. But if you ask for sensitivity, the whole work has to be done on your senses, not on things. You are not to accumulate things. You have to deepen your feelings, your heart, your eyes, your ears, your nose. Every sense should be deepened in such a way that it becomes capable of feeling the subtle.

OSHO, TRANSCRIBED TEACHINGS,
NEW ALCHEMY TO TURN YOU ON

INVOLUNTARY EJACULATION AND DESENSITIZATION

Perhaps the most common problem or issue faced by men is their lack of control over ejaculation, which results in an extremely high prevalence of premature ejaculation. And as we know, perhaps far too well, ejaculation usually marks the end of the sex act. As we come, we finish, at least for the present moment. Research has revealed that the universal average time of sexual engagement is between two and two-and-a-half minutes. Some men are able to extend the time to fifteen minutes, others to half an hour, or perhaps even forty-five minutes.

Enjoyable as these extra minutes definitely are, they are not really sufficient for a man to channel his vitality into a woman, and to have it received by her and returned to him. A man's ultimate fulfillment lies in being bathed in a woman's love, in overflowing radiant response to the love made in her. Man gives to woman who receives, and then woman gives to man who, in turn, receives. A reciprocal cycle of giving and receiving comes into play.

The truth is that if man wishes to make love for longer stretches of time and reap the true benefits of sex, then the level of excitement has to be drastically reduced and ejaculation consciously postponed.

EXCITEMENT CAUSES PREMATURE EJACULATION

Stimulation and excitement almost always end up in ejaculation. Yet at the same time it is a challenge to try to imagine sex without excitement. How would it look? What are you "doing" instead? Sex without excitement sounds like a contradiction in terms. Our impetus for wanting sex in the first place is precisely for sensation and intensity. After all, isn't that what sex is about?

Whether or not this is true for you, it is valuable to examine the role of excitement in conventional sex and perhaps come to the final conclusion that although excitement may be a great pleasure, too much of it can short-circuit the system. Facts are facts.

The basic problem doesn't lie with excitement per se, but rather with our sexual goals and the ways we manage the excitement. We begin sex with a strong intention, deliberately stimulate our bodies and genitals, and increase the level of intensity until there is a peak and overflow. These tactics basically produce too much heat, usually more than man can handle, so he boils over and discharges his life force, thereby unconsciously disempowering himself.

Sexual Fantasy Increases Excitement

Sexual fantasy is an accepted aspect of sex because it increases excitement. Fantasies in conventional sex are, in fact, a great help, but it is perhaps accurate to say that usually we are having sex with our minds, not with our bodies. We are unquestionably using our bodies, but we're not really understanding the way they are designed to function. Fantasy is a direct product of the mental powers of the imagination, and our bodies are forced to comply and satisfy the demands of our insatiable minds. As an example to show how sex and mind are connected, we remember a friend who told us that she had suffered an injury to her lower spine. This disturbance caused numbness and lack of sensitivity in the genitals over a period of several months. She

couldn't feel a thing in her sexual organs. Nonetheless, she felt extreme desire for sex during this time. Finally she was forced to realize that the *source* of her sexuality lay in her mind, not in her body.

The mind is extremely powerful, but there are consequences to embracing fantasy as a sexual strategy. Fantasy is undeniably tied to excitement, which is tied to premature ejaculation; the three are linked together. Fantasy increases stimulation and excitement levels (as do all types of sexual aids), which in turn produce chronic premature ejaculation

Many people depend on fantasy and excitement for their sexual responses and in order to reach orgasm. The pornographic film industry is reportedly much larger than the mainstream film industry, and there are stripper bars in every major city in the world. Fantasy is an imagined situation; you are not with the person in the spirit of togetherness, sharing a mutual experience. You are mentally absent and not present, which results in the same consequence as focusing on the goal of orgasm; you are ahead of yourself or out of yourself. In both cases the mind, not the event itself, is the trigger. The mind wants orgasm and creates fantasy to satisfy its desire.

Staying Cool in Sex

If you want to avoid short-lived sex, it helps to heed an interesting folk aphorism: "A little is good, but more is not better." In the case of excitement this advice holds true; a little excitement is good, but more -excitement is not better. Maybe more brings more pleasure and intensity, but if we wish to change, it's helpful to recognize the outcome of such behavior patterns.

In order to experience longer exchanges we need to cool down the sex act. A little excitement is fine, nothing is wrong in it, but then relax and take it easy. A retreat participant once shared his experience of having his thirty-year-old premature ejaculation problem vanish overnight, once he'd discovered the key of avoiding getting overexcited and remaining cool.

A style of sex that is cool and simple is more sustainable. It extends, expands, and increases the attraction between the bodies. The accepted cultural ideal is that sex should be as hot as possible, an approach that virtually guarantees premature ejaculation. Sooner or later excitement burns out, we take each other for granted, and boredom takes up residence. Boredom is natural; anything repeated again and again becomes a boring experience. Whenever the newness is lost, boredom takes its place. Excitement is triggered by the unknown, the newness of a situation, but the newness quickly wears off and the initial attraction burns up in the flames of excitement. Often couples report that after periods of heavy sex they experience a kind of physical repulsion and complete loss of interest in sex for a while.

SENSATION REDUCES SENSITIVITY

One significant by-product of excessive stimulation is that the penis becomes less and less sensitive. The more sensation to which the penis is subjected, the less sensitive it becomes. The same is true for the vagina. The repeated rubbing action of the penis within the vagina (or in the hand during masturbation) desensitizes both the penis and the vagina.

Repetitive in-and-out movements create friction between the tissues, which causes heat and a charge. After sex, a residue of tension remains in the body. This accumulates over time, and eventually the penis becomes subtly overcharged and tougher, and therefore less sensitive and less perceptive. Quite often the erect male penis feels unnaturally dense, hard, or even metallic to the touch. This rigidity reflects the tensions held in the tissue of the penis. Sensitivity is reduced, and a man loses the ability, capacity, and power to feel into the actual

tissues of the penis. The penis itself loses inner vitality and consciousness, from its root all the way up to the radiant head. It forgets its slithering, supple, flexible nature that renders it capable of winding up and down inside the vagina exactly like a snake.

At the end of a retreat several years ago, a scientist who had participated told us that the loss of sensitivity in the face of intensity of stimulation had been scientifically proven in the second half of the nineteenth century by German physiologist Ernst Weber and physicist and psychologist Gustav Fechner. Their research, formulated as the Weber-Fechner law, is the theory of the relationship between stimulus and experience. Their research showed that the change in intensity of a sensation varies in increments proportional to the relative change of the stimulus. Today this is known to be true for every sensory channel within its range of dynamics. A simple example would be to light a match in the darkness. In this instance the light is like an explosion, but if you do the same in bright sunlight, it is barely perceptible. More sensation correlates to less sensitivity, and less sensation correlates to more sensitivity. Instead of endlessly seeking more and more sensation, we should begin to develop our senses so that we become capable of feeling the subtle yet vital life force moving through us at any moment of the day.

Mechanical Repetition and Loss of Sensitivity

To raise the intensity of sensation, we increase the tempo and frequency of our movements. We become mechanical, repeating the same thing again and again. Whenever there is an element of mechanical repetition in movement there is a corresponding lack of consciousness, and thereby loss of sensitivity, in each of the contributing individual movements. The steps that make up the journey are lost as we become climax machines, tense with the effort of getting where we want to go—orgasm!

Through being in a hurry we actually reduce the capacity to internally feel ourselves at a meaningful level. What is happening second by second in the body and genitals? Within the penis? Around the penis? Between the penis and vagina? If we are conscious in each moment, in each movement, the unfolding of sex can become a state of awe and wonder that lasts for hours. An experience of pure pleasure. A state of timelessness is entered wherein the moments emerge spontaneously from the body, unfolding naturally, one giving way to the next without fantasy or goals or mind being involved. The body is taken over by an innate force that intelligently guides it into loving expression. It is quite literally a mindless experience because we become utterly absorbed by our bodies in their state of heightened sensitivity. The more conscious and present a person is during sex, the greater his or her sensitivity will be.

Woman's Excitement Can Trigger Male Ejaculation

Most men have experienced coming very easily when the woman gets overexcited or too hot, especially as she strives to come to a climax. Ejaculation happens in a helpless enjoyable flash, and there is nothing to be done to avoid it. Many men confirm this experience, saying it is as if an ejaculation is virtually pulled from them, completely out of the blue. They are taken by surprise because they were nowhere near ready to ejaculate. Although the situation appears uncontrollable there is something that can be done, and that is to avoid making the woman too excited. If you'd like to make love last longer, maintain the sexual temperature at cool to gently simmering.

WOMEN'S SEXUAL RELUCTANCE

Let's face reality: men usually desire sex more often than their partners do. Ever wondered why? The truth is that

for a woman the few minutes of sexual interaction are not really satisfying. There is hardly sufficient time for her body to warm up and celebrate the occasion. This sadly implies that women repeatedly return from sexual encounters feeling unfulfilled and at a loss—with the sense that the pleasures of sex are not worth the efforts of sex. Feelings such as these can get firmly embedded and cause many women to begin to avoid sex. Research reveals that 82 percent of women would rather kiss and cuddle than have sex; they find the exchange more nourishing. The choice to cuddle instead of having sex is a reflection of women's lack of true enjoyment when the penis is within the vagina.

Men can rest assured that the reluctant sexual response of a woman is not a mental or conscious response wherein she suddenly decides she does not want sex. (There are contraception issues that sometimes stand in the way of a woman's assent, mentioned in chapter 7.) The closing down of a woman's body is usually a slow, gradual process, unless she has suffered some trauma, in which case the closing down can be immediate. The withdrawal is physical yet very subtle, and something over which a woman does not have much conscious control. Many a woman feels she is alone in her unexpected and uninvited turnoff to sex, but it is a common and universal theme. Repeated lack of fulfillment plays a great part in why women experience loss of interest in sex. Women are definitely not frigid by nature, but their bodies start to freeze over when the sex is always hot, hard, and quick.

What's a man to do? Why precisely are women not enjoying sex? Why does your woman not want sex as much as you do? A recent *Redbook* survey shows that 52 percent of women regularly fake orgasms. According to a Durex Global Sex Survey, only 17 percent of women are likely to have an orgasm during sex. Forty-three percent of women report "some kind of sexual problem," such as the inability to achieve orgasm, boredom with sex, or total lack of interest in sex.

Basically women are not getting what they need sexually from men. At the root of the problems lies the male lack of understanding of the female body and man's loss of control over ejaculation. These facts are basic to female sexual withdrawal and difficulties in reaching orgasm. She doesn't enjoy sex because it doesn't feel good. How much sex would you want if you never even had an orgasm? If you want more sex from your woman, discover how to express yourself physically in a way that opens her, expands her body energy, and makes her ask for more. Once you figure that out, you won't have to ask. Trust us—she'll be asking you to make love to her. If you don't believe it, just try it.

There is an urgent need to discover how to extend the length of time of lovemaking, literally penis in vagina, for deeper sexual satisfaction of both the man and the woman. Their sexual experiences are inextricably intertwined, not separated into something one likes and the other does not. If a woman is not fully open to her partner, his sexual experience becomes one-dimensional, repetitive, and finally, boring. Then the need arises to introduce increasingly exciting and stimulating situations, porn movies, sex toys, party games, and the like to keep things rolling.

When woman is made love to consciously and at length, the man's experience is transformed; it becomes otherworldly, a multidimensional happening. When a man spends more clock time with his penis inside the woman he automatically thinks less about sex, because he is having it. Prolonged sexual experience in relaxation brings him a confidence and trust in himself, which in turn reduces presexual tension and excitement, and thereby postpones ejaculation.

Ejaculation can be postponed indefinitely once you discover the way to do so. Given that human beings do not make enough love, extending lovemaking by delaying, postponing, or even abandoning ejaculation sounds like the perfect remedy for bringing the situation into balance. There are always two opposing directions in

which we can move with our sexual energy as human beings: emotional or mature, superficial or empowering, stimulating or relaxing, biological or spiritual, discharging or containing, reproductive or generative, unconscious or conscious.

PERSONAL SHARING

Enjoying Both Thrills and Silence

In the past six months of making love in silence without many outer movements, but with many more inner movements, it has become something that I had been seeking. It is the kind of making love that allows space for conscious encounters, deep love, unlimited variety, bubbling aliveness, powerful masculinity, and deep fulfillment. It is a wonderful path that leads me to who I truly am. At other times there is hot lovemaking with arousal. I experience excitement as something that pulls me in again and again. Sometimes it attracts me because I simply cannot let go of it, or it comes as a wave that overloads and overwhelms me. The experience is totally different from the silent lovemaking.

You taught us that, "Afterwards is your teacher." After the silent lovemaking I felt fulfilled and alive inside. After the love with excitement, in other words, after an orgasm, I felt tired and needed a break. In my personal experience there is another important difference. With the exciting love, I adhere to my partner energetically. In the silent love there is a space in which love can unfold between us. In regard to quality and sustainability, silent love is clearly leading for me, yet I'm not ready to say goodbye forever to lovemaking with excitement. I would be denying some parts in me that still long for that thrill, and I don't want to do that. I think further practice with tantra will lead the way. I allow myself to continue to be surprised as to where this path is taking me.

Tantric Inspiration

Ordinarily the energy is going outward and downward. You have to bring it backward, inward—and "inward" is synonymous with "upward." Once it starts coming back to you, and you become a circle of energy, you will be surprised: a new dimension has opened up; you start moving upward. Your life is no longer horizontal. It has taken a new route, the vertical.

OSHO, TRANSCRIBED TEACHINGS,
Secret of Secrets

EJACULATION IS NOT MALE ORGASM

The general assumption is that male ejaculation is a man's version of an orgasm. However, some men have discovered that ejaculation is definitely not a true orgasm. They have experienced that nature designed the genitals for elevated, or evolved, sexual experiences. They agree that ejaculation is an intense pleasure, but these few seconds cannot compare with the timeless, blissful, relaxing experience of orgasmic fusion. You find your body empowered, rejuvenated, and your spirits lifted.

Physiologically it is possible for man to have an orgasm without ejaculating. However, a man can also ejaculate sometimes without experiencing any pleasurable sensations whatsoever. Orgasm and ejaculation can occur simultaneously, or they can be experienced independent of one another. For a man this means he is capable of a prolonged "valley" orgasm, or even multiple orgasms, without ejaculation.

LOSS OF ENERGY AFTER EJACULATION

It is well known that men usually, or perhaps always, experience loss of energy after ejaculation. Signs of energy loss occur as a negative type of relaxation that is the result of the unburdening of -accumulated tensions from the system. Stimulation and movement are used to build up tension levels; the breath gets shorter and faster until the energy peaks into a climax. Accumulated tension is discharged downward and outward along with life-giving semen (in contrast to the energizing effects of orgasm without ejaculation, which keeps the energy in the body and sends it vertically up the spine).

There are a number of ways in which the loss of energy after ejaculation manifests: a sense of separation, emptiness, loss of interest in the partner, irritability, tiredness, wanting to switch off, or falling asleep. There has been a depletion of energy, inducing a negative type of relaxation. The by-product of true relaxation is increased vitality and aliveness.

A young man of twenty-five years attended our weeklong seminar for couples, during which he immediately started to avoid ejaculation and contain his energy. After several days of making love two or three times a day without ejaculation, he observed a distinctly different quality arising from his body and his being, as though he had entered a love paradise. He felt as high as a kite.

Then, on the second to last afternoon he decided to have an ejaculation just to check it out and see how it would feel. He told us that from one second to the next he felt himself falling from heaven into hell. There was an instant evaporation of the positive, uplifting, inspiring inner force he had felt building up within himself during the previous days.

Since that shattering experience he has been able to observe and identify certain emotional and physical states that accompany or follow his ejaculation. Here is the list he made:

An intense idleness spreads inside of me.

Contact with people becomes difficult for me. I do not feel like seeing people.

The front of my torso is extremely tense for the next two days.

My lower back is contracted.

My neck is tense.

My body is generally tense. There is no space in me, no mobility.

I am irritable.

I behave like a child that did not get enough sleep, even if I've slept a lot.

Even little things are often too much. If I have to do something, it often feels like an insurmountable obstacle.

My thoughts are racing

I doubt my profession, my relationship, my living space, and my life. Nothing seems as good as it is.

I lack serenity. I feel no joy. I am afraid that everything will get to be too much.

My eyes are blurred and my head feels foggy.

I do not want to look at my beloved any more, and I am hardly able to look at her. If I do it anyway, I do not see her clearly.

I feel restless.

In brief, nothing is fun.

I need two to three days (at least) in order to recover, unless I start watching movies endlessly and avoid contact with anyone.

The rest of this man's interesting observations appear at the end of chapter 9.

The Power of Containment

The containment of sexual energy is not a new idea by any means. Containment was advocated and practiced by ancient Taoists and Tantrikas thousands of years ago and was considered pivotal to enjoying a long, healthy, creative, happy life.

Today, the majority of men (and women) never question ejaculation. With the equation ejaculation equals orgasm never being challenged, ejaculation becomes the goal of sex. It's why we do it. Besides, we think sex without a buildup and climax can hardly amount to real sex, and so ejaculation is given a central place without consideration of the many possible negative effects. Enormous amounts of spiritual and physical energy are required to rebalance and revitalize the system—energy that would otherwise be put to better use in essential body maintenance, especially as a man gets older.

One tablespoon of semen is unbelievably potent. The fluid contains an immense amount of proteins, vitamins, minerals, and amino acids, as well as vital energies. Semen is like liquid gold. With each ejaculation a man releases around forty million sperm cells, which have the potential to reproduce that many human beings. What incredible power!

Man unwittingly and habitually depletes his essence each time he has sex because of the prevailing idea that sex is for the pleasure of ejaculation.

The Spiritual Aspect of Sex Energy Rises

The creation of a human being is a miracle, yet the reproductive potential of sex is its more superficial expression. The higher, spiritual aspect of sex lies beyond the biological aspect, and this is where man differs fundamentally from his animal friends. Animal reproduction is relatively infrequent, generally limited to brief seasons, and occurs when the male of a species is attracted to specific odors emanating from the female. Sexual behavior is rarely displayed in the phases between seasons.

However, human beings are able to make love all day, every day if it is their individual wish, so there must

be more to sex than straightforward procreation. Man is able, through his consciousness, to raise his sexual expression to a higher level—one that is an evolutionary step. The containment of the life force through relaxation gives rise to stillness and a higher form of self-experience. Sexual experiences become uplifting, deeply moving, and nourishing. Further, the capacity to be relaxed in sex and avoid tension-filled climax-oriented sex gives rise to a quality of male authority and presence that is lacking today in the majority of men. (This aspect will be covered in chapter 8.)

A man's experience of the spiritual aspects of sex is limited because there is confusion about sex. Nature has an inherent commitment to reproduction (among all plant and animal species) and is not at all interested in states of ecstasy or fulfillment of orgasmic potential. Ejaculation, which serves nature perfectly well, also leads to a crash landing well before humans take off and start flying. The usual brevity of the sex act means that the majority of men are not experiencing the vagina as the true home and resting place of both man and penis. In a man's lifetime inestimable amounts of time and energy are locked up into sexual fantasy and longing, but the actual amount of time a man spends with his penis inside a vagina is minimal.

A style of superficial reproductive sex is basically not satisfying in the long term. Again and again the longing to repeat the same experience arises and can become a vicious cycle of desire and discharge. With repetition boredom easily sets in, so a man will change partners in order to keep his sex life alive.

When the ejaculation experience is truly fulfilling there is a sense of deep satisfaction and completion. Instead, most men, as already mentioned, feel depleted and devoid of creativity. Because the peak climax is not profound or deeply touching, the desire for sex continues almost as a compulsion or an obsession, and a man can find himself fully controlled by his sexual urges.

With the habit of building up and discharging energy the more subtle, delicate layer of sexual experience is bypassed. The life force is not given the opportunity to circulate within the body. Ejaculation interrupts the circle, and the higher potential of sex is lost. When a man learns to experience his higher orgasmic nature and finds deeper fulfillment through sex, there usually will be a corresponding decrease in his sexual obsession.

CONTAINING THE LIFE FORCE

For a man to shift gears and reach a higher octave in sex, he needs to prolong the sex act by cooling down and either avoiding ejaculation or postponing it until a moment of his choosing. The bodies of a man and a woman need to make love for an extended period of time for states of sexual ecstasy to arise. The human body is designed by nature to experience higher states, but this requires time, sensitivity, and awareness.

If a man understands that premature ejaculation happens through overexcitement, he can make ejaculation a conscious choice, rather than an accident or a habit, as mentioned in the previous chapter. Tantra masters also inform us that ejaculation is always preceded by the thought of ejaculation, that the origin of ejaculation is actually in the mind. Without the thought of ejaculation there is rarely an ejaculation (except when a woman gets overexcited and pulls an ejaculation from a man, as already mentioned).

Avoid the Tension of Ejaculation Control

Absence of ejaculation (nonejaculation) is not the same as ejaculation control. There is a significant difference between not ejaculating as a result of relaxation and controlling the ejaculation.

Osho says, "In sex, you are relaxing in it, not controlling it. If you are controlling it, there will be no

relaxation. If you are controlling it, sooner or later you will be hurried to finish it because control is a strain. And every strain creates tension, and tension creates a necessity, a need, to release. It is not control; you are not resisting something. You are simply not in a hurry because sex is not happening in order to move somewhere. You are not going somewhere. It is just a play; there is no goal. Nothing is to be reached, so why hurry?"

This is different from sexual practices that suggest a man “dance on the verge” of ejaculation for a period of time without actually ever getting to the point of ejaculation. In other words, the man intentionally builds up the excitement and tension level, and then shortly before he feels he is about to reach the “point of no return,” he relaxes his efforts, which represses the ejaculation. After a while the energy level is built up again, and then repressed again, and this process is continued with the effect that ejaculation is controlled for a prolonged period. (There are also specific techniques to repress ejaculation; for example, a man pushes finger pressure into his perineum/prostate area.) As the term *controlling ejaculation* indicates, by using such repressive techniques, the shift is from ejaculation to avoiding ejaculation—which means that the goal orientation remains the same.

Physical Pain after Hot Sex

Controlling ejaculation through repression as described above can have a short-term energizing effect on a man. However, the deliberate building up and pushing down of excitement will deposit tension in the prostate gland and genitals, which can later cause congestion. Because all repression is basically a type of tension, the practice of ejaculation control is not particularly healthy in the long term. When a man deliberately plays with excitement and controls his ejaculation, he should not be surprised if he experiences pain in the testicles or groin area afterward. The pain is usually a reflection of the tension produced through the buildup and repression of energy.

If, and when, a man does reach a point where he needs to ejaculate, it's suggested that he simply allow it to happen right then and there. Better not to interfere with the direction of the flow. Tell your woman out loud in words that you are coming, look into her eyes, remain present to the situation, and enjoy!

If you wish to postpone or avoid ejaculation, it's advisable to steer clear of too much stimulation and excitement right from the start of the lovemaking. Instead, become more slow and sensitive through relaxation and awareness. A cool approach can empower you to make love for hours.

Pain that Follows Relaxed Sex

After relaxed sex, surprisingly enough, there can also be pain in the penis, the testicles, the groin area, or the lower abdomen. When the sexual atmosphere has been one of relaxation, the pains are informing us that previously held accumulated tensions are leaving the tissues. These can be called “healing pains.” If this should happen to you, accept the pain and do not be unduly concerned; the pain will pass in time. Movements such as gently shaking the body, including the pelvis, for ten minutes or more will help to disperse the emerging tensions. Often allowing simple tears of vulnerability will dissolve the pain. It is also recommended that masturbation not be used as a way to relieve the tension or pain. The body is healing and regenerating itself through the sexual relaxation. As layers of emotion and physical tensions rise to the surface and dissolve, body sensitivity and capacity for pleasure return.

Safety Concerns Regarding Nonejaculation

We have heard from a few men that they have been advised by their medical doctors to ejaculate regularly in

order to “flush out the pipes,” like a bit of do-it-yourself plumbing.

Personal experience has proved that it is possible to make love frequently for years on end without the need for ejaculation. It is not as though a man swells up into a balloon that eventually pops because of his unreleased semen! There is absolutely no physical danger for a man to go without ejaculation indefinitely. Sometimes there may be spontaneous emissions during the night, but these tend to happen more and more rarely as time passes. They occur frequently during puberty and adolescence, and the reason is thought to be sexual fantasies. These emissions have nothing to do with not having had an ejaculation for a long time or the body getting rid of old sperm.

Reserve Ejaculation for Conception

A man can, if he so wishes, reserve his ejaculation for procreation alone. There is no hard-and-fast rule, but a man should know that when he and his partner want to conceive, he can consciously decide to ejaculate at the time the woman is ovulating. (The time of ovulation can be determined through a number of different methods, such as changes in body temperature and vaginal mucus.) Conscious ejaculation will make conception an equally conscious event, rather than the hit-or-miss accident it often is. When a man ejaculates he can plant his seed along with an intention or vision for a conscious conception.

Women’s Identification with Male Ejaculation

Men need to be aware that women often identify with their man’s orgasm/ejaculation. In these few moments a woman feels that the man gives himself to her, and for woman this is somehow affirming. The irony is that she actually triggers the man into postejaculation syndromes, unwittingly disempowering him (and thereby herself) as the flow of intimacy and love gets interrupted or evaporates. Sometimes these breaks in the connection seem so normal that we would not immediately associate them with sex. We think this is who we are and how we are. However, a man who practices containment of energy will begin to experience himself as a completely different person in his daily life. Men report feelings of pleasure that rise to the heart with a lightness and glowing warmth that radiates throughout the entire body and being.

A man is equally identified with the woman’s orgasm, because it confirms that he is a good lover, which supports the male ego. (However, many woman fake orgasm, so it is not necessarily reliable feedback.) The big disadvantage of making a woman come, as mentioned earlier, is that more often than not the man will ejaculate a few seconds too early due to the heightened level of excitement and tension, and so disempower himself.

BENEFITS OF COOLING DOWN

Many of the personality difficulties or relationship problems between partners disappear when there is a shift in the style of sex. An ambience of love surrounds the lovers, and radiant love shines from their eyes. Men’s faces change completely when they are making love regularly in a relaxed, non-orgasm-focused way. The transformation is remarkable, certainly more effective than any facelift. Craggy, angular, mildly discontented grooves and folds transform into a widening and fullness of the face, as an infusion of *chi* or *prana*, the life force, enters into the facial tissues, energizing and rejuvenating the skin and leaving it rosy and radiant. The body is grounded as legs penetrate the earth; the heart is open, the eyes are shining.

Redirecting the Energy

In conventional sex the energy or vitality is normally forced downward and outward. To reach orgasmic states the energy has to be allowed to rise. It needs to be encouraged inward and upward, and this happens through relaxation in sex. An inner channel opens, and energy begins rising and expanding through the core, returning to its source in the brain. The ultimate source of the sexual energy lies in the brain. Roughly at the level of third eye lie the pineal and pituitary glands, known as the “master glands” of the endocrine (hormonal) system. Crucial substances and information are released and these filter downward through the system to eventually prepare us for sex. This cycle represents the reproductive, biological phase of sex mentioned earlier. When vitality is re-circulated upward through inner channels and returns to its source in the brain it represents the spiritual or generative phase of sex. The inner design enables a man to reabsorb his vital energies and be empowered by them. Through relaxation a man can reach a vibrant and peaceful state, followed by the experience of feeling energized and rejuvenated.

It is an experience beyond and higher than the conventional reproductive expression, which is more “superficial.” By allowing the life force to turn inward and upward, the man uses his intention to create the foundation for evolved experiences. He shifts from running mechanically after ejaculation to being conscious and present each moment, attentive to the subtle sensations unfolding within his body and being.

The Inner Rod of Magnetism

Perhaps you are wondering how these altered states transpire. What’s going on? Both the male and female orgasmic experience can be explained most simply by comparing the human body to a magnet. Like a magnet, the body has two opposite poles—one in the heart and one in the genitals. Usually one pole is given a plus, or positive value, and the other a minus, or negative value. Whatever symbol or words you choose to use, the body’s two equal and opposite poles create a difference in potential. This can give rise to an electromagnetic streaming in the core of the body and an amplification of the energy field surrounding the body. Tantra calls the experience of streaming in the core the awakening of the “inner rod of magnetism.” And this is the true source of the human being’s orgasmic experience. Through this miraculous inner design humans are able to experience ecstasy, alone or together.

Recent studies of chromosomes confirm the “magnetic” design of human beings. Science has proven that man is part woman, and woman is part man. Each human contains both parts, male and female. Both opposing poles are contained within each individual. We each have a male and a female pole, a heart pole and a genital pole. Each individual is, at a higher level and by design, an independent unit unto himself. Each person has the innate capacity to circulate energy and vitality within his or her self, which is ultimately the experience of “inner sex” and the most evolved form of human sexual expression.

PERSONAL SHARING

My First Full-Body Orgasm

I’m in India and it is 1993. I have been here more than a month, meditating every day, and suddenly I fall in love. It happens instantly, just by looking at her. We meet the first day of a meditative therapy that lasts three weeks, and after a couple of weeks of courting and wooing we meet at her home to make love. After long foreplay we get into the real act. Since I arrived in India I have not had any sexual contact with a woman, so even though I’m in ecstasy about making love with the woman I most desire in the whole world, I also have the classic male fear—some call it performance anxiety—that makes me think, “I hope I don’t come i-mmediately.”

For me the first love encounter with a woman has always been like a testing ground: If the feeling is real, everything goes well and the experience is satisfactory for both partners; if it is not a real energetic feeling but the mind comes between us, then the experience is not satisfactory. On this night all best conditions are met—there is heart, our bodies like each other, and very importantly, we are both meditating regularly. I have always been a sensitive man, but tonight is pure magic. I can feel what she feels and I know exactly where, and how, and when to touch her. I really feel like I am one with her. The embrace really lasts a long time and every anxious thought is completely gone and I am totally relaxed.

The moment comes when she reaches orgasm and I, too, am captured by the escalation of pleasure that usually leads to a short, intense little squirt that we usually call “male orgasm.” But this time it’s different. In the beginning everything goes as usual, with the energy concentrating in my penis, ready to be scattered outside. This time, however, instead of going out, the energy goes up my entire body, shaking me in powerful waves. It could be described as a tremor, because the body can’t be still, and there is heat, a kind of inner tingling, waves of pleasure everywhere, and maybe women can relate to this . . . these waves are not focused on the penis but wash through my whole body, all the way to my crown. Initially the interval between these long pleasure waves is a few seconds, and then they become less frequent, with longer intervals.

I feel the energy rushing through my body, flowing from me to her, going through her body and coming back to mine through the contact between penis and vagina. I realize that if we keep a light contact with our tongues the waves pass more easily from my body to hers, creating a virtual circle that lasts long and eventually fades slowly, slowly . . . and it is beautiful to lie together, hugging, to watch the shaking of our bodies, the energy waves going up and down the spine, exchanging that state of ecstasy, indefinitely recharging each other. And when the waves calm and my ocean becomes still again I have the usual post-orgasm symptoms: my penis becomes soft again and my limbs are relaxed.

Since that first time it has happened many times, but not always. This kind of orgasm, the valley orgasm, just happens of its own accord; I can’t make it happen, I can only relax and allow it to happen. The biggest difference from a traditional orgasm is that after making love it takes less time for me to be ready again, because I’ve gained energy rather than wasting it, and the feeling of desire is untouched. After a night of these orgasms I need less sleep than usual, only a couple of hours, to be okay and get up perfectly refreshed. If I don’t ejaculate I can go on making love for hours and hours. Of course I don’t mean the boring “in and out” that we usually mean by making love. I mean following the energy, allowing the energy to guide me to move, to slow down, to stop . . . I wait, feeling what happens in my and her body, feeling the exchange of energy that goes through my penis.

The most important thing for me is to be relaxed. When I feel pleasure rising intensely, I have to remember to relax, rather than becoming tense as I normally would. It is particularly important to keep the muscles of the anus relaxed and soft, not tight and contracted. This expansion allows energy to go free, rather than being obstructed there: if the energy can’t find the space to go up, it will be forced to go down into an ejaculation.

The other important thing is meditation. I’ve noticed that this type of orgasm is more likely to happen when I’m meditating regularly.

I don’t think that technical knowledge about tantra is particularly important. That first time, in 1993, I was so completely ignorant about tantra that I was surprised and puzzled about what was happening to me, and thought I might be ill. I had to wait for years, till I met you both in 2000, to learn more about

the circulation of energy in and between male and female bodies.

Tantric Inspiration

Tantra says do not try to escape; there is no escape possible. Rather, use nature itself to transcend. Don't fight—accept nature in order to transcend it. If this communion with your beloved or your lover is prolonged with no end in mind, then you can just remain in the beginning. Excitement is energy. You can lose it; you can come to a peak. Then the energy is lost and a depression will follow, a weakness will follow. You take it as relaxation, but it is negative.

Tantra gives you a dimension of higher relaxation, which is positive. Both partners melting with each other give vital energy to each other. They become a circle, and their energy begins to move in a circle. They are giving life to each other, renewing life. No energy is lost. Rather, more energy is gained because through the contact with the opposite sex your every cell is challenged, excited.

And if you can merge into that excitement without leading it to a peak, if you can remain in the beginning without becoming hot, just remaining warm, then those two warmths will meet and you can prolong the act for a very long time. With no ejaculation, with no throwing energy out, it becomes a meditation, and through it you become whole. Through it your split personality is no more split: it is bridged.

OSHO, TRANSCRIBED TEACHINGS,
VIGYAN BHAIRAV TANTRA
