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# INTRODUCTION

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Welcome to this Handbook. Welcome to a journey that will change the way you think and respond sexually. You will learn techniques to empower you sexually and sensually. These teachings can help you, not just in intimate situations, but in many situations in everyday life.

We will start by defining Tantra.

What is Tantra

Tantra is an ancient Indian philosophy. It describes a whole way of life based on worship of the Goddess. Unlike yoga systems that prescribe abstinence, Tantra has teachings that dive deeply into the sexual energies.

It is through Sex and Sexual energies that a Tantric initiate can experience the divine (commonly known as Samandi, Bliss, Nirvana). This experience of merging with the cosmos is achieved through Tantra techniques designed to generate, build and move sexual energy.

The Tantric techniques as presented here are applied to:

- Prolong and delay ejaculation
- Increase the probability of multiple or sustained Orgasm
- Increase the strength of the sexual organs for Men
- Build, move and store sexual energy for health and longevity

They also can and often do have the following effects:

- Heal the physical body, through inc energy for living
- Unblock stuck emotions and clear organs of stagnant energy

The more often these techniques are utilised the quicker the initiate will experience the merging with all-that-is and states of one-ness.

## What is Blue Lotus Tantra

Blue Lotus Tantra is a combination of heart centered Tantric and Spiritual techniques and processes that are used to access higher levels of Bliss and enlightenment.

Blue lotus Tantra presents the Tantric paradigm via methods and tools accessible to the Western culture and lifestyle. These methods are inspired by ancient traditions of holistic spirituality and sexuality; Tantric, Yogic, Buddhist, Taoist, Sufi and Native American among others.

By combining Tantra Techniques with teachings in Heart Centered Spiritual openings and initiations, students experience a greater degree of deep clearing and healing, thereby opening more strongly to the higher levels of Ecstasy and Bliss attainable through Tantra, than with Tantra alone.

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# PREMATURE RESPONSE

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## **Why does it happen?**

Men in our society have inherited a tendency towards desiring sexual release quickly and frequently. You could say testosterone is responsible for men spreading the male seed by procreating often with multiple partners. Add this tendency, in our modern world, with lack of sexual education and problems are created for many men who are sensitive to the programming of a quick release.

Premature Ejaculation often has its roots in a projection from or onto the "Intimate Other". Anxiety arises from some source – usually regarding sexual performance or a related issue and/or body image or lack of. Being in a sexual situation is highly energetically charged. The anxiety experienced lodges into the emotional and physical bodies and causes a physical reaction, usually lack of erection or premature ejaculation.

The first time it happened offers an important key to the origination of the issue and can be healed.

It is important to realise that erection happens as a relaxation response. Anxiety, driven by the mind interferes with this response, causing a lack of erection or weak erection.

Premature Ejaculation is an overloading of the sexual energy too quickly. This is often accompanied by anxiety after the event. The anxiety again solidifies the premature reaction and it continues to happen.

An important law of the universe, one of the ways the universe actually functions is:

### **Energy follows Thought.**

It is the foundational teaching of "The Secret" and how the secret works. It is a universal foundational law of how you have created your life and everything in it, right up to the point of now.

### **What you think about expands.**

This statement is a derivative of the above statement. What you think about and focus on will expand and be drawn into your life. This happens for positive things you wish to create and also for the perceived negative things you are trying to rid yourself of. So while focusing on NOT wanting something in your life, you are actually thinking about it and drawing it to you.

When anxiety occurs in a sexual situation, the thing you are worrying about will of course happen. If you think or say "I'm going to come" you essentially will.

## **Creation of anything is a 3 step process**

Think, speak, do

I have heard Men say “I’m gonna come now” and then the physical response is the ejaculation.

I encourage you to check into your ‘thinking’ processes while practising this programme.

Instead say or think, I’m Holding, I’m relaxing, I’m opening

What you think about often enough will eventually be expressed as words and the things we express and talk about come into our lives.

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# THREE STEP APPROACH

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## PREMATURE EJACULATION

Tantra as applied to the issue of Premature Ejaculation uses a three step approach to break the cycle. The exercises you will be applying in this manual build on each other and are based on this 3-step approach:

### ☯ Relax and Breathe into your body

Learn to let go of anxiety of the mind surrounding your current sexual response, and relax and feel into your body. A number of breathing techniques are given, which are practised independently of sexual stimulation initially.

### ☯ Building Sexual energy and control

By utilising the control techniques in this manual you learn how to raise your sexual energy and contain the energy while relaxing into it and expanding it throughout your body.

Relaxation plus a situation where the body is flooded with energy through intense stimulation involving profound emotions and dynamic action, opens the way to deeper relaxation.

### ☯ Detaching ejaculation from Orgasm

Continued use of the techniques – without choosing ejaculation, re-programmes the brain NOT to expect ejaculation with every event of stimulation. This is important as the mind “expects” to come or ejaculate with each intimate experience. There is a huge amount of internal energy put into the expectation and emotional attachment to ejaculation in men. This can be the overwhelm men sometimes feel during sexual arousal.

By learning these techniques orgasmic energy can be dispersed into full body orgasm rather than expelled into ejaculation.

By working on your own first, you master control of your power. This enables you to move into intimate situations with a relaxed mind and body, to fully pleasure a woman and impress her with the longevity of your sexual energy.

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# THE TANTRIC ATTITUDE

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There are several Tantric attitudes that are applicable to the Premature Ejaculation issue.

- ☯ Ecstasy is only to be found within.
- ☯ Your true nature is blissful.
- ☯ Each human being has both masculine and feminine qualities.

Each person on this planet is fully responsible for his or her own Ecstasy, be it sexual or otherwise. Even the experience of joy is commonly supplanted on the “Intimate Other” to provide for us. Particularly in our intimate life, we expect our partner to please us.

Tantra teaches that your joy, bliss and sensual ecstasy are your own responsibility. The experience of each of these, derive from within each of us. Experience in life gives us the opportunity to use the world and others as triggers to engage a certain emotion or sensation, but the true living of the feeling or sensation is ours alone and comes from within us.

Take responsibility for what you create and be the energy. You will understand this more later, as you continue with this simple programme.

Our true nature is Blissful. Take responsibility for bringing more bliss into your life. We were not born to live in misery. We have often grown into the misery surrounding us and taken it on as our own. Tantra can help to truly transform our experience into a life of Bliss.

Both Feminine and Masculine qualities are within each of us. We all have a balance of both, one usually being more pre-dominant than the other. Imbalance in the physical sexual response, can originate in the emotional body as an imbalance with the Mother or Father energies that are inside us.

These imbalances are usually due to the perceived injustices that occurred in the relationship with Mom and Dad, when we were children. Tantric practises will allow you to see more clearly how the effect of these energies determines how we respond to our daily lives.

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# CENTRAL CHANNEL

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Tantra uses an energetic column within the body which we label the Central channel.

The Central channel is an energetic channel that runs from the base of the perineum up through the center of the body to the crown. Visualise this now like a column of hollow bamboo, running from your base to your crown, in the center of the body.

One of the goals of TANTRA is to help you open and use this energetic channel. We will be guiding you to breathe into this channel and to move your sex energy up through it thereby creating enhanced pleasure throughout your body. This process moves the energy rather than letting it explode from the genitals into ejaculation.

### *Moving the sex energy up in this way*

- Reduces overload in the genitals
- Floods the Chakras with energy
- Channels and distributes energy evenly to the whole body
- Produces vitality, rejuvenation and better health
- Increases sex energy and inc probability of full-body orgasm

Visualise this column as

- Bright Red
- Luminous
- Straight and hollow like a column of bamboo

As you learn to channel the energy up, your orgasm can move up through this channel and explode in the head. The main reason however to work with moving energy up is to delay ejaculation and prolong your sexual pleasure.

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## 3 KEYS OF TANTRA

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We will teach you to work with the 3 keys of Tantra.

The 3 keys will help you acquire greater staying power and a stronger erection, along with the ability to spread pleasurable sensations beyond the genital area.

1. Breathing
  - Basic Breath and Circle Breath
  - Sex Breathing
2. Movement
  - PC Pump
  - Pelvic rocking
3. Sound
  - Voicing pleasure

Using all three techniques together will help you learn to achieve expanded states of sexual bliss for prolonged periods of time.

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# CHAKRAS

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## ***The Energy Centres of the Body***

A basic understanding of the energy centers of the body and their correspondences is advisable to work with Tantra successfully. A chakra is a vortex of energy located at a specific place on the body that energises the corresponding organs and glands and distributes energy upward and downward.

Although each chakra is a separate entity, they function holographically; each contains an aspect or reflection of the others. This means that to be fully open and vibrant, a chakra must be tuned to the other chakras and be supported by them.

	Chakra / Location	Colour	Endocrine Gland	Ecstatic Quality
1	Root	RED	Sexual Glands	Abundance Orgasm
2	Lower Belly/ Navel	ORANGE	Adrenal Glands	Balance Flow
3	Solar Plexus	YELLOW	Pancreas	Power Manifestation
4	Heart	GREEN	Thymus	Love Compassion
5	Throat	BLUE	Thyroid	Truth Creativity
6	Third Eye	VIOLET	Pituitary	Insight Intuition
7	Crown	WHITE	Pineal	Connection Transcendence

4.1	Spiritual Heart Thymus	GOLD BLUE	Thymus	Love
Opens when heart and throat are open, cleared and balanced				
8	Golden Sun Above Head	WHITE GOLD		Connection Bliss
Is gateway to source, merges soul body with physical body				

All the chakras work together as a united whole, even though they seem quite separate. The following page is a wonderful description of how these energy centers work in unison.



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# TANTRIC CHAKRAS

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Understanding your Tantric corporate partnership.

The **crown centre** is the guardian angel, watching over the others, dispensing light and love.

The **third eye** is the visionary, making sure that everyone gets the big picture, understands the goal, stays on track, and is motivated to reach the highest potential.

The **throat** is the speaker, giving a creative voice to all the others and allowing them to speak their truths.

The **heart** is the mediator, looking for common ground, embracing and accepting all as they are, trusting and keeping the peace.

The **solar plexus** is the administrator, empowering and supporting all to do their best and generating the necessary energy for accomplishment.

The **belly centre** is the guardian of right action, looking after everyone's health, rhythms, timing and cycles and advocating change or creating completion.

The **sexual centre** is the founding parent, keeping track of origins, ancestors, laws and rules of behaviours. This director is a rock or an anchor for the system and the passionate one who keeps the team juiced up.

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# ANCHORING ECSTASY

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This exercise is designed as a guided meditation. You can either record your voice reading the following meditation and then listen to it; have someone read it to you; or access the following webpage to listen to the meditation online.

The purpose of the exercise is to remember an ecstatic moment and anchor it in your body. You can then touch your body to access it whenever you need it. Great for times of stress or tension.

## Preparation

- You can do this meditation alone or with a partner
- Set aside half an hour, during which you will not be disturbed
- Wear loose, comfortable clothing.

## Practise

Sit comfortably in a chair or lie down. Let yourself breathe deeply and gently.

I will take you on a journey. You may experience what is about to happen through thoughts, feelings, images, visions, and/or sensations. Just accept whatever comes up for you. Even if no visual images come forth immediately, they will eventually, perhaps when you repeat the experience. The more you relax into this meditation, the deeper you will go.

We will also now introduce the first breathing technique. Take a deep long but steady in-breath, take it deep into the belly, feel your belly expand as you breath in and as you breathe out relax your body completely. Take several breaths and maintain a long full deep breath in and out for the remainder of the meditation.

Imagine that you are sitting in a movie house, watching a blank screen. Allow images to appear on the screen.

Call forth memories, visions, images and sensations of the most delightful, joyous, or even ecstatic moments in your life.

These may be childhood moments- playing in a field, jumping in the arms of a loved one, climbing a tree- or they maybe adult moments a meaningful conversation with someone inspiring: an intimate moment when you felt cared for and reorganized in all your dimensions as lover, poet, wise one, God/Goddess, magician, muse, nurturing mother.

Perhaps you were playing music, singing or dancing, making love. Just let the images and sensations of such moments appear on the screen out your consciousness without censoring them.

After a few minutes, select one particularly strong recollection that feels delightful and ecstatic.

When you can feel it, see it, sense it, now see yourself getting up from your chair in the movie house, walking slowly toward the screen, and entering into the picture.

Now you are in this scene in the movie and you are living this moment again. As you breathe deeply and gently, let the visual impressions be strong and clear for you. See all the colours, the details of the landscape around you, the surroundings, the light.

Now feel all the sensations again; the touch of a hand on your skin, the warmth of your breath, the streaming of the energy through your limbs, the quickening of your heart beat, the rush of your blood, the inner peace, the feeling of joy or release... whatever you feel. Be with it Feel the resonance of that vibration in your body, in your heart.

Keep breathing deeply and go on to the auditory experience. Listen: what do you hear? The wind, the music of nature, the voice of your beloved, your own voice? Immerse yourself totally in the sounds.

Continue this journey with the smells: flowers, perfume, the smell of your lovers body..... smell it again now. Deeply. Breathing, inhaling, Exhaling. Smelling.

And now recall even more intensely the touch and the tastes this ecstatic moment again. Were you eating? Drinking? Kissing? Licking? And now let yourself expand to encompass all your sensory perceptions of this ecstasy: taste the smells, see the feelings, touch the colours.

As you inhale, gently lay your hand on your body- your cheek, your chest, heart or belly, anywhere you like- and let your hand rest there. As you touch yourself breath deeply and feel that you are anchoring this wonderful experience in your neurological memory. You are creating a "recall focus" creating a place for this experience of ecstasy to reside in you. A place from which it can be recalled.

Breathing deeply, let that experience sink into your body through the touch of your hand.

After a few minutes, let your hand return to your side. Take a deep breath, gently stretch your body, open your eyes slowly come back into the room and sit up.

## Imprinting More Deeply

You can imprint this experience more deeply.

From now on every day, take a few moments to relax and touch yourself exactly on the same spot and recall that ecstatic moment.

In this simple way, you will begin to cultivate ecstatic recall: the natural ability to remember and access ecstatic states any moment in your life.

Communicate what happened with your partner or write it in your journal.

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# SHAKING LOOSE

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The next exercise is shaking loose. It is designed to release tension in the physical body and remove stuck energy from the body.

Experiment with creating shaking and trembling sensations in your body. This exercise can clear a lot of tension from the physical body and move energy through the meridian channels.

First create the shaking voluntarily and eventually it will take hold and become involuntary.

In this exercise you will be shaking each part of your body with gentle movements at first, then more intensely. As you bring awareness and energy to each body part it brings warmth, alive-ness and tingling sensations to areas that have become insensitive.

Bend your knees and let arms hang relaxed. Create / visualise your column of light and feel your connection with mother earth. Breathe deeply and evenly while performing the exercise.

The first time you do this exercise do each hand and arm individually. Gently shake your hand for about a minute. Repeat "I shake the hand, I clean the hand". Shake at first gently and then more vigorously. Stop and examine how it feels, and how it feels compared to the other hand.

Next shake hand, arm and shoulder together for about a minute. Stop and compare again.

You can move onto the other hand and arm, then each foot and leg and add body.

If you notice any parts of the body that are tight and tense, slow down and concentrate on that part till it gives way. Feel the inner sensations

Shake yourself loose from whatever is pressing down, or cramping your style. Make sounds to accentuate how you feel.

Imagine you are shaking yourself loose from something restraining you, even use words to describe your feelings, "let go of me" or "let me loose". Move with the energy and Dance and Jump around making wild sounds.

Work up till you are shaking your whole body vigorously. Dance if you feel like it, jump, breathe deeply, make sounds, enjoy.

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# 1. BREATHING

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Did you know the average breathe takes in approx 1 pint of air, but our lungs are capable of holding 7 pints when fully expanded.

Thus our normal breathing state is very shallow and disconnected.

Deep full breathing helps to reconnect us to our body and emotions as well as being a key to sexual mastery.

To master your ejaculatory control there are four basic modes of breathing you will need to know.

1. Deep slow breathing activates the **parasympathetic nervous system**, and promotes calmness and clarity. It can be used by men and women to delay orgasm.
2. Fast, hard breathing activates the **sympathetic nervous system**, and intensifies emotions. It can be used to increase your level of sexual arousal.
3. Synchronous Partner breathing increases intimacy and attunes you to your partner. To perform you and your partner match each others breath, you inhale together and exhale together. This breathing tends to decrease arousal, but increases attunement and creates a sense of peace between you.
4. Complementary Partner breathing strengthens polarity and in sexual situations increases arousal. To perform you each breathe in reverse, one inhales as the other exhales. Etc

The first two are the most important, the third and fourth are done with a partner.

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# BASIC BREATH

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The first Tantric breath we learn is a basic “full belly breath”.

This is the basic yogic breath.

Breathe in, in a long deep full belly breathe – to the count of 4,5 or 6.

Take the breathe deep down into the belly and feel your belly fill and expand as you breathe in.

Keep your shoulders relaxed and only let them rise slightly toward the end of the in-breath as the diaphragm pushes down and the chest rises a little.

Breathe out in the same way, to the same count, as the in-breath.

Feel the stomach move back towards the spine as you empty the belly of breath.

Practise this breath for several minutes till breathing in this way feels comfortable and natural.

This breath can be used in any time of stress or tension. Just take a minute or two to breathe and relax. You will notice significant changes immediately.

As you breathe in this manner you automatically come down out of your head and into your body. You come out of thinking mode into feeling mode. You are establishing your awareness into your body. Place your awareness into your heart area as you breathe.

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# CIRCLE BREATH

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The next breathing technique to learn and practise is the circle breath.

Circle Breath is the most fundamental of all Tantric Pranayama (breathing).

Using the full belly breathe from above, we now add a movement and visualisation:

1. Breathe fully into your belly – Yogic Breath  
Move your awareness with the in breathe down into the belly and then down into the genitals to fill this area with breath.
2. Take the out breath  
Around the perineum and up the spine and out of the head.

You are moving the breath and energy down the front of the body as you breathe in and up the back and out the top of the head as you breath out.

Practise this breath for several minutes till you are comfortable with it.

Start this breath slowly take about 7 counts for the in-breath (try nose or mouth)  
And 7 seconds for the out-breath.

As you practise for longer periods of time - over a period of 20minutes speed up the breath to around 2 seconds in and 2 seconds out.

Do not stop at the top or the bottom of the breath, keep it flowing.



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# OPENING THE INNER FLUTE

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We will be teaching you to open the inner flute – or central energy channel with these three main Tantra techniques.

1. PC pump
2. Sexual breathing
3. Pelvic rocking

Purpose of these exercises

- To access and expand our life force energy through our body's energy centres to create higher states of awareness and ecstasy.
- To amplify arousal and gain control of ejaculation.
- To redistribute sexual energy and orgasmic sensations throughout the entire body.
- To learn to maintain and enhance high states of sexual arousal with a relaxed body, peaceful mind and open heart.

Benefits:

- Sexual energy becomes subtle, refined, meditative and exquisite
- Open an inner pathway to channel and distribute energy through each energy centre
- These exercises tone muscles, oxygenate the brain, revitalize the endocrine system, expand the capacity for orgasmic sensations, celebrate an alive vital body and they are fun
- Men can create stronger erections, greater staying power and the ability to spread pleasurable sensations beyond their genitals.

The following techniques derived from many systems of Tantra form a simple program for westerners to follow. Bringing Tantra in a way that works fast producing no ungrounded-ness or headaches. By channelling orgasmic energy in this way it is easily transformed and refined, from lust to bliss. In this way we learn to go through desire to transform it. Lust or Desire is the seed of life, the seed of our creativity.

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# 1. PC PUMP

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PC Pump represents the Movement aspect of the 3 keys of Tantra. Strengthening and controlling the PC muscle (pubococcygeus) is the first and very important exercise in learning to channel sexual energy.

During orgasm, the PC muscle rhythmically contracts and expands at split second intervals. The PC pump exercises will strengthen the PC muscle and give it more tone and vitality.

Keeping the PC and surrounding muscles strong and flexible is a Tantric priority for both men and women. The PC contraction is a basic exercise found in Eastern Tantra.

The contractions can be performed alone ( for beginners) or in combination with breathing and meditation techniques.

These exercises teach men to control ejaculation and teach women how to stimulate the penis during penetration, thus also increasing the blood flow to the vaginal tissues and increasing sensation in that area.

The next time you urinate, try to stop the flow. The muscle you just contracted is the PC muscle.

## Benefits

- Learn to expand orgasmic sensations, as well as condition the pelvic muscles for sexual activity and sending sexual energy up the Inner Flute
- Men can stimulate the flow of blood to the penis, enhancing their ability to stay erect and their capacity to feel pleasure
- Women are able to increase and expand erotic sensations throughout their body

## There are two ways to contract the PC muscle

1. Swift brief contractions, squeeze and release quickly
2. Long intense contractions, for up to 20 seconds hold

Start by doing 25 of each daily and add a few each day. Max out around 100 of each type 3x a day.

## The practise

1. Pulsing: Tighten and relax in quick, short pulsations. Do 20-30 repetitions, 2-3 x daily. Try to isolate the PC muscle (the ones you use to stop the flow of urine) from the anus/rectal muscles.
2. Pumping: Inhale and contract the PC muscle, hold for 6 seconds, then exhale and relax the muscle while gently bearing down. Do 10-20 repetitions, 2-3x daily.
3. Practise both pulsing and pumping daily. You can do them in your car, at work, at home, on the toilet, in bed – anywhere.

## **Combine PC Squeeze's with Breathing.**

Inhale slowly and deeply, then hold breath and perform 10 PC contractions, exhale slowly out your mouth. Repeat 10x.

Men can perform the exercise with an erect penis, by hanging a wet washcloth over the penis and performing the contractions.

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## 2. SEXUAL BREATHING

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Any Tantric breath is best taken in through the mouth with the lips pursed slightly like you are breathing through a straw. This action helps you to regulate the length of the in and out breathe allowing you to keep them fairly even.

Tantric Sexual Breathing adds a simple visualisation.

Visualise

- Drawing the breath in through the genitals and up the central channel to the crown
- Exhale and move the breath down the channel and out the groin

To help you practise use the right hand to guide the path of the breath up to the forehead on in breath and down to the base of the spine on the out breath.

Really focus on feeling and visualising the energy as it moves up and down. Add a movement of the eyes to intensify this upward movement, roll them up to the crown on in-breath (look up at the forehead) and roll them down on out-breath. This can be done with eyes open or closed.

We recommend eyes closed so you move your energy internally and are not as likely to be distracted.

Sexual breathing amplifies sexual sensations and spreads them through the body, bringing aliveness, awareness and pleasure to areas that formerly lacked sensitivity.

### Basic Sexual breathing practise:

1. Pucker your lips like sucking through a straw. Inhale gently and deeply through the mouth. Then relax your lips, and let the air flow out.

### Combine with the PC Pump:

1. Inhale and contract the PC muscle
2. Exhale and relax the PC muscle
3. Feel the sensations as they spread through the entire pelvis

## SEXUAL BREATHING THROUGH THE INNER FLUTE:

1. Inhale and imagine you are sucking air into your body through your root Chakra/ Sexual centre, entering the Inner Flute and moving it up through your body.
2. Exhale, and visualise the air flowing back down the Inner Flute and out through your root.
3. Use the sweep of your hands, if helpful, to guide the direction of your breath
4. Enhance pleasurable sensations in the genital area through your breathing and PC muscle contractions

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## 3. PELVIC ROCKING

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Pelvic rocking loosens the muscular attachments between sacrum and hip bones. Combined with the PC Pump and Sexual Breathing, this is a powerful way to Open the Inner Flute and move raw sexual energy up through the energy centers to the whole body.

### Pelvic rocking practise

1. Rhythmically rotate the pelvis back and forth, while keeping the chest still. As you quicken the pace, allow your movement to enhance pleasurable feelings. Enjoy these sensations. Relax and be playful. Breathe naturally.

Perform while standing, make sure knees are bent. Place one hand on front and back of Pelvis, move hips like you are kissing, forward and back.

If you sit put a pillow between legs and kneel.

2. Inhale and rock the pelvis back. Exhale and rock the pelvis forward.
3. Expand sensations by adding Sexual Breathing. Pucker your lips like sucking through a straw and inhale, up through your root Chakra drawing energy in and up the Inner Flute, as you rotate the pelvis back. Exhale drawing energy down the Inner Flute, and out through your root/sexual energy centre.
4. Make a sound or sign with the exhalation, like "Ahhh". Relax and let go as you make the sound. Use Breath, Movement and Sound to stimulate the pleasurable sensations in your pelvis and genitals
5. Add the PC Pump:  
Inhale up through root, draw energy in and up the Inner Flute as you rotate the pelvis back and contract the PC muscle  
Exhale down through the Inner Flute, out through your root, rotate pelvis forward and relax the PC Muscle. Allow the pleasurable sensations and arousal to spread through the entire body.

### IMPORTANT NOTES:

Repeat the preceding three practises, sitting comfortably on a cushion with legs tucked back or folded, your spine vertical, your belly relaxed and eyes closed.

If performing these exercises alone, add an eye roll upward on the in-breath and eye roll down on the out breath.

It is important to practise the three preceding exercises without any stimulation of the genitals. Become familiar with performing all three exercises independently and in combination.

Now I will guide you into using active genital stimulation in combination with the breathing sound and movement combo.

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## BREATHING AND ORGASM

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You have practised the main three techniques preceding this section. Now our practise moves into the physical level of stimulation. We will be practising the main 3 techniques in an environment where you are also self stimulating.

Relax in a space you won't be disturbed for at least a hour and prepare to self stimulate.

Hold your right hand over your pelvic region, perhaps over the Lingam (penis). And let your left hand rest on our heart.

1. Breathe several full belly breaths and relax your whole body.
2. After several deep breaths, add the pc pump action and squeeze on the in-breath and release on the out breath.
3. After several more breaths, add the pelvic rocking action, and arch yr back on the in breath and thrust the pelvis forward on the out-breath.
4. Visualise the breath moving upward on the in breath and down on the out breath.
5. Now start to gently stimulate your lingam.
6. Stimulate on the inbreathe and you breathe in, arch your back and squeeze.  
Relax completely on the out-breath and stop stimulation- just hold the lingam. Focus on expanding sensation throughout your whole body.

Continue to stimulate and breathe, continually moving more and more sexual energy up the central channel as you do. Now as you approach the point of no return we cover the Tantra Control Techniques you will be mastering.

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# CONTROL TECHNIQUES

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As you feel orgasm approaching perform these control techniques:

1. Use your non-dominant hand to squeeze and pull downward on the testicals. Pull them away from the body.
2. Use your dominant stimulating hand to squeeze on the shaft or the head of the penis. See what works best for you
3. Squeeze your PC pump firmly and hold
4. Breathe in and upward strongly and roll eyes up to your forehead
5. Hold all four actions till the feeling of orgasm subsides
6. Then release and relax and breathe out fully

Practise doing all 4 control actions above simultaneously. Practise, Practise, Practise.

Continue stimulation, breathing, squeezes and rock till you feel orgasm approaching again, then repeat control techniques.

Experiment with different sorts of breathing and find what works for you.

Fast and hard

Slow and Deep

Find what works best for you to delay orgasm and generate more energy in the whole body before you go over the edge.

Practise makes perfect. Practise daily.

Practise in the am before rising.

Stimulate and breathe for 10 minutes without ejaculation.

You will have more energy and power to use during your daily activities.

The more often you can NOT ejaculate the more control you gain over your sexual energy.

The longer you can ride the wave of sexual energy and stay just this side of ejaculation, the more you master your energy.



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# CONTINUOUS ORGASM

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Stimulate yourself slowly and steadily breathing deeply until you have reached the moment just before orgasm. Slow down and use control techniques until the urge has receded slightly then stimulate again very gently until you are right on the edge again, repeat.

You will reach a level of skill where you know instinctively how long to pause and how much stimulation it takes to bring you right back to the edge. The shorter you can make the space between stopping and starting the better.

NOW as you do the above, begin contracting the PC muscle and imagine these contractions pumping energy upwards throughout your body. Try to co-ordinate them with the stimulation, practice, practice, practice. Rock the pelvis slightly on the in and out breath, forward and back.

Remember the three keys, movement, breath and sound, make as much noise as you wish to, as this also increases stimulation and the resulting effects of using these exercises.

This is the most important exercise in this program

It is designed to practise over and over and over

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# OPTIONAL EXERCISES

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## **Orgasm and the Heart**

Learn to move the sexual energy up and into the heart.

Stimulate yourself until you reach the moment before orgasm, then stop and pull the accumulated energy in through your root center and up to your heart center while breathing deeply and slowly.

Allow this energy to permeate your heart center. After a minute or two, resume self-stimulation, repeat this two to five more times and then allow orgasm.

CONSISTENT PRACTICE OF THIS EXERCISE CAN ALLEVIATE  
LONELINESS, DEPRESSION, JEALOUSY, ANXIETY, AND OTHER  
INSECURITIES.

## **Prolonging Arousal**

This is one of the simplest exercises you can do. Stimulate yourself until you reach the moment before orgasm (the point of no return). At this point, stop and breathe slowly and deeply until the desire recedes. Do this several times, each time just about reaching orgasm and then pulling back. Another form is to slow down and reduce self-stimulation, rather than stopping completely.

## **Empathic Sexual Visualisation**

While self-stimulating and fantasising about a lover, imagine that you are the other person. Imagine how you feel to that person.

Take this a step further and imagine you are both people at once.

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# PARTNER WORK

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## Attuning to your Partner

### Sharing Energy

Sit in front of one another on the floor or in a chair, interlacing legs is optional. Place your arms out in front parallel to the floor, with your right palm down and your left palm up, your partner does the same. Place your palms on those of your partner.

Imagine energy flowing down your right arm and out through the palm of your right hand and into your partners left palm.

Once you can feel this, focus your attention on your left hand and imagine your partner projecting energy into your left palm. Feel the energy travelling up your left arm and into the shoulders and down your right arm. Your partner does the same thing.

Increase the intensity of this exercise by using synchronous or complementary breathing.

Try creating a circuit moving out from one partners third eye center, into the others, draw it down the spine and move it back to the first partner through the sex center. Reverse cycle after several circuits.

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# HEART WAVE

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With your Partner - open the inner flute first by practising 10-20minutes of connected breathing including.

- Pelvic rocking
- PC pump
- Sexual breathing

Now inhale through your sex to your heart. On the exhale, visualise energy and light going from your heart into your partners heart and down through his or her inner flute from the heart to the sex.

Inhale energy from your partners sex into your sex, then to your heart. Create a cycle of energy between your sex and heart to your partners heart and sex and back to you.

At the same time your partner does the same breath and visualisation. Creating two circles of energy flowing between you. Imagine the energy flowing in an infinity pattern between you.



The sexual breathing remains gentle and flowing without holding between inhale and exhale.

Allow your mind to be completely transparent and raise your awareness to the merging of energies, the connection between the two of you.

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# PROLOGUE

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It can take a lot of practise to master the Tantric techniques presented here. However you can get remarkable results from the first time you try.

If you find that you are having great success learning the techniques over the period of at least a month and you are still NOT experiencing the desired outcome, please contact the writer as there may be some small addition to your programme that is needed.

Individual Tantric treatments and coaching sessions are available by request, either in person or online.

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Alternatively contact me by phone  
0274826872

# EXERCISE SCHEDULE

Use this guide to practise your techniques in order.

EXERCISE	1	2	3	4	PERSONAL NOTES
Anchoring ecstasy Med					
Shaking loose					
Basic Breath					
Circle Breath					
Pc pump					
Sex breathing					
Pelvic rocking					
Breathing with Orgasm					
Orgasm & the Heart					
Con't Orgasm					
Prolonging Arousal					
Empathic Visualisation					
Partner work Attuning					
Sharing Energy					
Heart wave					

