

5 Practices To Last Longer In Bed

AS GUYS, WE'VE ALL BEEN IN THE SITUATION WHERE WE'VE GOTTEN TOO EXCITED, POPPED OFF TOO EARLY MUCH TO THE DISMAY OF OURSELVES AND OUR PARTNERS. THIS GUIDE IS ABOUT BRINGING YOU 5 PRACTICAL PRACTICES THAT CAN HELP YOU COMMAND AND CONSCIOUSLY DIRECT YOUR SEXUAL ENERGY... SO YOU AND YOUR PARTNER CAN PLAY AS LONG (OR AS SHORT) AS YOU'D LIKE.

1 EDGING

Purpose:

"Practice like you play." During masturbation, instead of racing to the finish line, bring yourself to "the edge" of orgasm, and either back it down...or see if you can stay there for 5 to 10 minutes (or more). The more you practice this on your own, the more command you'll have in the moment with your sexual partner.

Resource:

Edging to Increase Stamina - YouTube Video

2 BREATHWORK

Purpose:

Train yourself to circulate your sexual energy - which will naturally concentrate in that area between your legs - and distribute it through the rest of your body.

Article:

How to Practice Tantric Sex: 26 Tips on Healthline.com

YouTube:

Sexual Exercises for Men by Mantak Chia

3 "DICK KEGELS"

CONTRACTING THE PC MUSCLE

Purpose:

The practice of contracting your PC muscles "may help improve erectile function, ejaculation control, and orgasm intensity in men with chronic prostatitis or chronic pelvic pain syndrome."

Article:

Kegels for Men, on Healthline.com

Book:

The Multi-Orgasmic Man by Mantak Chia

4 NO EJACULATION

Purpose:

Train yourself to consciously choose orgasm, versus being a slave to it. By practicing sex without the outcome orientation of orgasm, you will slow the experience and enjoy the journey more. You will become a more trustworthy man that will allow her to feel safer in your care...which may lead to her to express deeper desires and explore new experiences with you.

Book:

The Way of the Superior Man by David Deida

5 EYE GAZING

Purpose:

Get out of your head and get into connection with your partner. Sit across from her or him for 3-5 minutes, gazing into each others' left eye (the receiving eye). Allow whatever initial feelings arise to pass, and settle into a synchronized breath with one another.

Article:

To Fall in Love with Anyone, Do This - NYTimes.com

