MAKE HER HAPPY

Cure PE with Pelvic Muscle Training

The #1 Premature Cure
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TANTRA CURE
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1 Introduction

A good and strong pelvic region is part of the secret of being able to last longer in bed and one of the most important elements in arousal control.

As your pelvic muscles become stronger you will feel great progress in your sexual abilities. You will have a feeling of being in control and your virility will also skyrocket.

Strong pelvic muscles are what make some men able to experience multiorgasms – the ability to get many orgasms in a row, and even without ejaculating! Orgasm and ejaculation are two different mechanisms and a way of learning to separate these two mechanisms is through pelvic muscle training.

Pelvic muscle training gives you a feeling of masculinity, stability, happiness, surplus and self confidence. In Yoga and Tantra it is said that our life energy is stored in the pelvic area, the so-called "Kundalini". A persistant, disciplined training of the area will awaken the kundalini creating a flow of sexual energy in the body.

Pelvic muscle training awakens the "earth energies" (as they are called in Yoga and Tantra) giving you grounding and stability. Many men who suffer from premature ejaculation are very "airy" and "mental" in their structures. They are not very "connected" with their bodies and its processes. Perhaps they sit too much behind a computer or office desk or perhaps they are very mental creatures always in their heads. If you can recognize this in yourself you will reap great benefit from strengthening your pelvic muscles as they help you to become more present in your physical body.

There exist countless yoga positions and techniques that include pelvic muscle contractions as it is an essential tool used to direct the flow of pranic energy in the body.

The pelvic region is an area that is quite overlooked in the west, which is unfortunate because it has a huge influence on your level of happiness and vitality.

In this little manual I hope to present to you the most fundamental knowledge that you can use as a starting point in your further studies.
2 The Pelvic Muscles

The pelvic muscles are instrumental in both delaying and controlling ejaculation. They cover an area extending from the penis itself to the perineum between the anus and the sexual organs all the way to the tailbone at the bottom of the spine.

The muscles in the perineum area coordinate excretion, urination and orgasm.

Most people mistakenly refer to these muscles as the “PC muscles”. Actually the PC muscles are just one of the set of muscles involved in this complex system of muscles.

Knowing more about your pelvic anatomy is absolutely essential to learning ejaculation control, because it will give you direct awareness about which of your muscles are tensing or twitching while making love.

Pelvic muscles, which are in bad shape lead to:

- Weak erections that come and go and are never fully erect. Erections that lack virility and “self confidence”.

- Weak ejaculations. The semen may just seem to ooze out.

- Lack of being able to discern between different levels of arousal meaning you could go from a state of non-aroused pelvic muscles to a state of super aroused pelvic muscles ready to ejaculate without being able to feel it.

- A longer period of time between an ejaculation and the next erection

With regards to controlling sexuality there are a set of muscles, which are just as important, if not more actually, than the PC muscles. These are called the BC muscles (Bulbocavernosus muscles)!

We will now go through a brief anatomy lesson to brief you in the wonders of the pelvic muscles.
2.1 The BC Muscles Anatomy

In the diagram below you see a horizontal cross section of a woman and a man in the pelvic area:

As you can see in the case of women the BC muscle surrounds the vagina opening.

In the case of men it surrounds the urinary tract of men in the penis and extends down to the base of the penis.

Through practice you can learn to

1) Flex the tip of the bc muscle surrounding the urinary shaft in the penis or
2) Flex the base of the bc muscle surrounding the inner base of the penis in the perineum area.
The BC muscle has two main purposes:

PROPULSION OF URINE AND SEMEN

The first purpose of the BC muscles is to force liquid (urine or semen) out of the urethra.

This is done by the part of the BC muscle surrounding the urinary tract of the urethra. The muscle is a set of fibers which are knitted together in a so-called herringbone pattern (see image), which is a pattern often used to set up tiles.

If you imagine that each of the tiles is a muscle fiber you can envisage how when each fiber contracts that it creates an upward going movement. This movement causes the seminal fluid to be propelled outward and urine to get squeezed out.

This movement also causes the penis to get pulled back towards the body, which is why you can see the penis move slightly upward when you for example squeeze the last drops of urine out after urinating. Locating this part of the BC muscle is as you can imagine, absolutely crucial in learning to control your ejaculation.

The ability of the BC muscles to propel the liquid out can also be used to hold the liquid back, like a kind of valve.
ERECTIONS

The other function of the BC is that it can force blood into the cavity on the underside of the penis called **corpus spongiosum** and the glans, which is how we get erections.

Another set of muscles called the ischiocavernous muscles force blood into the cavity on the top part of the penis called **corpora cavernosum**

The ischiocavernous muscles are neatly placed to the right and left of the BC muscles.

The bulb of the penis is a reservoir of blood. When aroused voluntary or reflex contractions of the BC and Ischiocavernosus muscles force blood into the corpora. With both sets of muscles contracting on the base and legs of the penis, a full erection is achieved.

As mentioned the BC muscle can be located by stopping the flow of urine. Even if the urine does have a closing tap like mechanism below the prostate, which can stop the urine flow, contracting the BC muscles will cause peristaltic like movements in the urethra, which you can feel quite easily.
If you are nervous and are suffering from performance anxiety you will quite likely not have a full erection. In the attempt to get a more full erection you might subconsciously be flexing the BC muscles. This nervous twitching which you usually are not aware about is a large contributing factor to premature ejaculation.

The BC muscles, which are overworked trying to keep up your erection (function 2) get tired and become unable to withstand the pressure of the sexual energy (function 1 of the valve).

If you can recognize this then the first thing you have to do is to RELAX the BC muscles.

The art of learning to relax to thereby overcome performance anxiety coupled with the exercising of the BC muscles is a powerful cocktail which will help you to overcome premature ejaculation.
2.2 The PC muscles Anatomy

The PC muscle surrounds the anus and meets up with the BC muscles, which lie more towards the front. The PC muscle is more in charge of the excretion mechanism than the ejaculation mechanisms but still plays a vital role in controlling the ejaculation.

*It is actually a misconception that the most well-known perineal exercises for men are called PC muscle exercises. They should actually be called pelvic muscle exercises as a good exercise session involves the flexing of all the muscles in the region.*

When a woman contracts her PC the vagina will contract. The vagina is situated closer to the anus than the penis so the PC muscle directly affects the Vagina. In the case of men the penis sits slightly higher and is an external organ so the contraction of the PC muscle will not in the same way affect the penis. In the diagram below you see a cross section showing the pc muscle (the BC muscles have not been included in this cross section).

![Cross Section of PC Muscle](image_url)

As you can see the PC muscle is a U shaped muscle that is attached to the hipbones towards the front, so when you flex it you pull the rectum towards the front. As you can see in the diagram to the left, the vagina sits neatly in the U shape of the PC muscle so it gets directly affected when women squeeze their PC muscles. In the case of men the penis lies above the cross section you see in the diagram and is therefore not in the
same way affected by the squeezing movement. The PC muscle and the Iliococcygeus muscle (IC) together combine to make Levator ani muscle, which is flat and sheet like in its structure. The PC and IC muscles keep the organs in the abdomen area from sliding downwards into the perineum area. While the PC muscles are attached to the front of the hipbone the IC muscles are attached to the sides. Both PC and IC muscles attach to the tailbone in the rear. You can actually also train the IC muscles, which can pull the anus back towards the tailbone. You can feel it as a contraction in the tailbone area.

The PC and the IC muscles can move the rectum forward or backward respectively in a horizontal movement or upwards when combined with the anal sphincter muscles.

### 2.3 Overview

Most important for us to know when performing pelvic muscle exercises is that the pelvic region contains a complex set of muscles which each have different functions and movements. To sum up:

1. The BC muscles are responsible for milking the urethra and causing the corpus spongiosum to inflate with blood. **Over stimulation of these muscles when making love will lead to premature ejaculation.**

2. The PC muscles contract around the anus and are used in defecation. They tend to pull the rectum towards the front. In women the PC muscles also contract the vagina.

3. The IC muscles contract around the anus and are also used in excretion. They tend to pull the rectum towards the back and are attached to the tailbone.

4. Levitor Ani are the PC and IC muscles combined which pull up the rectum (used in defecation where the upward going movement of levitor ani combined with the peristaltic movements of the sphincter muscles cause the feces to come out).

5. The Ischiocavernosus muscles, which are responsible for causing the corpora cavernosa (top part of penis) to inflate with blood.

There is a lot of confusion about the PC muscles and the BC muscles as they can feel like one big muscle, but with a little bit of training the differences and subtleties become quite obvious. The PC and the BC muscle are commonly referred to as the PM muscles (Pelvic Muscles).

When making love it is of utmost importance to **keep the PM muscles relaxed!** Flexing them while making love is a big mistake, which will bring on the ejaculation faster. I made this mistake for years before finally finding out that one actually should relax the PM muscles instead, so I speak from bitter experience.

It is good to have strong PM muscles. They give you a stronger erection (remember that part of the BC muscles responsibility is pumping blood into the corpus spongiosum) and will make your orgasms stronger. Strong PM muscles also give you a much better sexual
control and will help to stop an ejaculation if you should be so unlucky as to cross over the point of no return.

Our PM muscles are unfortunately not very well tuned. Do you remember anybody ever telling you as a kid to train those muscles?

3 Pelvic Muscle Exercises Overview

So now that you know more about the anatomy the next step is to know how to exercise this anatomy!

Pelvic muscle exercises are often referred to as Kegel exercises due to the western doctor who started prescribing these exercises to his clients, but actually Tantric have been exercising these muscles for millennia as they tie in with breathing and meditation techniques.

The most important aspect of kegel exercises is flexing the PM muscles and relaxing them, exactly like when you are training other muscles. They need to be flexed and then relaxed.

3.1 The Three Main Areas

There are three main areas that need your attention in order to get ejaculatory control:

1) AREA 1: Flexing the tip of the BC muscles
2) AREA 2: Combined flexing of the base of the BC muscles in the perineum (between anus and testicles)
3) AREA 3: Flexing of PC muscles and anal sphincter muscles

An advantage of PM workouts is that you can perform them anywhere. At work, while waiting for the bus, even while speaking with other people (as long as you don’t come across as a strange and strained person!)

If you still cannot discern between the movements of the BC vs. the PC muscle you can think of the flexing of the BC muscle as something that happens towards the front and the flexing of the PC muscle as something that happens towards the back.

I will give a runthrough of the 3 areas here:
AREA 1: The tip of the BC muscles.

This is the part that you flex when you urinate and you finish urinating and press out the last drops. The flexing of these muscles causes the penis to go upward and the testicles to pull upwards. The continual contraction of these muscles is called “Yoni Mudra” in yoga.

If you cannot flex this muscle 25 times in a row or keep it flexed for 25 seconds non-stop then it could do with a little bit of training!

The flexing of these muscles gives an enormous sexual control not to mention the fact that it sublimes the sexual energy. The exercising of this area will harmonize and strengthen your water chakra (Swatistana chakra) creating a flow of erotic energy in your being. This flux of sexual energy coursing through your etheric arteries will give you an enormous charisma.

Yogis contract this area while visualising the sexual energy rising up through their chakras.

Having full control over these muscles is what gives some men the ability to ejaculate without touching their penis. The continual contraction of these muscles can be very pleasurable.

Becoming aware of these muscles is a KEY FACTOR in solving premature ejaculation. Many men unconsciously flex these muscles while making love, which leads very quickly to ejaculation. You can imagine that if flexing these muscles alone without any other external stimulation can make you ejaculate, then the unconscious flexing of these muscles coupled with all the stimulation present during lovemaking will make you ejaculate extremely quickly.


AREA 2: The base of the BC muscles combined with the PC muscles

The flexing of this area leads to a powerful awakening of the Earth energies in your being and will make you feel more grounded, vital and joyful. This exercise is called Moola Bandha in Sanskrit and is used a lot by yogis, where it is applied simultaneously with different kind of yoga positions.

The flexing of this area can easily be confused with the flexing of the anal sphincter (See Area 3) and some people need quite a lot of practice before they can isolate this flex from the other flexes. It is quite easy though to feel the difference once you find out how to do it. The flexing of area 3 feels like a sucking upward movement accompanied with the closing of a circular muscle. Moola Bandha feels like to sets of muscles on the left and right joining each other while the flex is being made. Moola Bandha involves the front of the PC muscles where they attach to the hip in the front and the contraction of the BC muscles.

Many men who suffer from premature ejaculation lack grounding. They are not in contact with their bodies and the earth energy does not flow well through them. By exercising this area you become more grounded and attain a feeling of masculine strength.

Involves the flexing of the anal muscles.

The technique that involves the continual sustained contraction of these muscles is called Ashwini Mudra and gives a very strong awakening of the earth energies and creates a sublimation of the energy to especially the fire and air chakras. The benefits of Ashwini Mudra are enormous. I once saw a whole book written about Ashwini Mudra and its benefits!

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**Personal Experience with Ashwini Mudra**

I personally have a great affinity to Ashwini Mudra as it has some surprising results that come with a steady practice. During my first visit to Romania I performed ashwini mudra every day a couple of hours while studying Romanian. I learned to speak the language in the course of 4 weeks due to this exercise, which is very powerful tool as it raises the sexual energy to the level where you have your focus. When learning new languages you should focus in your mind (The Third Eye) as this helps you to synthesize all the new information while simultaneously focusing in your heart to feel the culture and people whose language you are learning. By applying Ashwini Mudra while studying I was actively raising my sexual energy to the level of the heart and the mind.

I also often use this technique if I am driving and I am sleepy. It helps to keep me awake as it shoots energy up your spine.

So as you can see, PM muscle training is good for more than just a good sex life!
3.2 The Different Kinds of Contractions

In each of the 3 areas you can contract the muscles in different rhythms:

**Flexing**

In a flexing you contract the muscles for a second and relax them for a second.

**Clenching**

In clenching you contract the muscles between 3 and 10 seconds and relax them for the same amount of seconds.

**Clamping**

In clamping you contract the muscles between 10 seconds and 2 minutes.

**Continual Contraction**

These are long contractions ranging from 2 minutes when you are a beginner to extended periods (even up to an hour) by more advanced practitioners.

**Fluttering**

Fluttering is like flexing, just faster. In the start it is difficult to perform fluttering much faster than flexing, but with practice it becomes easier. Definitely a good work out!

A good training program involves all three areas with all the above types of contractions applied.

**Word of warning**

Never overdo your pelvic muscle training. PM muscles are like any other muscles and can be overstrained. In a certain period of my life I was so anxious to overcome problems with premature ejaculation that I was doing the exercise all day long and it started giving me severe pains. Rather follow these simple exercises I will give you here. Less in the start is much better than too much!
3.3 Benefits of pelvic muscle training

The benefits of performing all these pelvic muscle contractions are numerous:

1) Raises your awareness about the muscles in the sexual region

2) Allow you to feel when you are unconsciously tensing some of the muscles while making love so you consciously can go in and relax these muscles.

3) Helps you to apply the emergency stop technique if you pass the point of no return

4) Helps you to acquire multi orgasms

5) Strengthens your Earth Chakra giving you more grounding, vitality and perseverance.

6) Helps you to transmute and sublimate the sexual energy

3.4 Relax your PM muscles and delay the ejaculation

Keeping your PM relaxed is very important when learning to control the ejaculation! The Biggest Mistake Men make is that they consciously or unconsciously contract the muscles in the pelvic area while making love.

Relaxing the PM muscles keeps the arousal levels low and the body in a parasympathetic state. From the tantric viewpoint relaxing the PM muscles keeps the earth chakra open and relaxed allowing vitality to flow freely in the body. By keeping these muscles relaxed you will start to learn to feel and identify the small contractions in the muscles, which keep you overly aroused and which also signal the onset of the ejaculatory reflex when they start contracting quickly.

If we have not trained the PC muscles it is more difficult for us to feel the subtleties of these contractions.

While making love the PM muscles often start contracting by themselves which raises the level of arousal and pulls more blood down to the pelvic region making the ejaculatory pump ready to start while prompting the seminal vesicles to start opening up. With some discipline and training you can become aware of these subconscious contractions allowing you to calm them down bringing the arousal down.

Deep relaxation is really the key and your relaxation should not only extend to the PM muscles but your whole body.

You can try it next time you masturbate or make love. Experiment keeping your PM muscles as relaxed as possible. You might experience some contracting here and there.
but simply by being continually aware maintaining a relaxed focus in the region will give you good results.

You will actually be surprised what a difference it makes to be able to keep your PM muscles relaxed. For the sake of experimentation you can then try to start tensing them again and you will feel a sudden onslaught of arousal bringing you close to the top again. Continually doing this for a month will give you miraculous results. You can write it on a piece of paper and stick it up on your wall “Remember to relax your PM muscles”.

So, how do you know if you are relaxing your PM muscles?

1. During lovemaking it is most often the BC muscles, which you subconsciously are tensing. You are either tensing by pushing out (like when you are peeing) or tensing by holding back (like you would when you are holding back the pee). So notice if you are tensing in any of the two ways while making love and make sure the BC muscles are relaxed.

2. If your stomach muscles are clenched its very likely you’re also contracting both the PC and BC muscles. Take a moment to try relax your stomach.

I once had a lover who made it a big thing to massage my stomach. I had a lot of tension there so it was quite unpleasant!

So, the next time you make love try to relax the pelvic and stomach muscles very consciously.

3.5  Emergency stop technique

You can use the emergency stop technique if you pass the point of no return. The technique consists of squeezing all your pelvic muscles as much as possible.

To stop the ejaculation process, get out quickly from the bed, stand with your feet slightly apart while leaning your hands on your knees. Flex your PM and keep the contraction until the urge to ejaculate passes over, normally not more than 15 seconds. While contracting you breathe out and suck your abdomen upward.

If you can keep PM contracted the urge will pass by and you would have been successful in stopping the rhythmical contractions associated with ejaculation. But this is extremely difficult! More often than not when I applied this method I would only push the semen into the bladder.

This technique is your last way out of a bad situation. I used it a lot in my young days before I learned to control my arousal levels.

Personally I do not care much for these kinds of emergency stop techniques, as they can be so disruptive to the lovemaking process. You should really focus on developing your awareness of your arousal instead of relying on these emergency techniques.
Timing is of the essence with emergency stop techniques. If you do it too late the semen would already have come out and the moment you stop contracting it will just spurt out. If you do it too early you might just provoke the ejaculation forth where simply trying to relax as deeply as possible would have averted the ejaculation.

You should definitely never masturbate with the intention of learning to use the emergency technique. I have encountered a lot of books that advocate this but I personally feel its crazy. Its like driving towards a cliff full speed and then hoping your brakes work. You just fall victim to your subconscious urge to ejaculate while feebly convincing yourself that you are training your ability to hold back an ejaculation.

Focus on developing your awareness through arousal control, PC muscle training, breathing exercises and mental training (all included in the TantraCURE system) instead of racing towards the edge of cliffs. The results will come to you, you just have to be patient and give it the time it takes to harmonize your energy body and develop awareness. If you are a young man with your blood brimming with testosterone and dopamine, training exclusively with the emergency stop technique always taking yourself right to the edge of your point of no return will just have the opposite effect on you. You will learn to take yourself to the edge and to ejaculate quickly and more often than not you will not succeed in holding the ejaculation back. Trust me, I have been there!
4 Last Words Regarding Pelvic Muscle Training

To be able to last long in bed you need a harmonious strengthening of the pelvic muscle region. Exaggerated training or training performed in the wrong way can cause more harm than good.

In the 12 week training program that follows with TantraCURE is included a thorough pelvic muscle training that should be practised on a daily basis. The exercises change from week to week getting progressively more complex and detailed.

Pelvic muscle training is a central part of any good "premature cure", so if you want to cure premature ejaculation, then its best to start with pelvic muscle exercises as quickly as possible!

If you would like to know more please visit

www.tantracure.com

I wish you success on your path to sexual mastery!

Hans