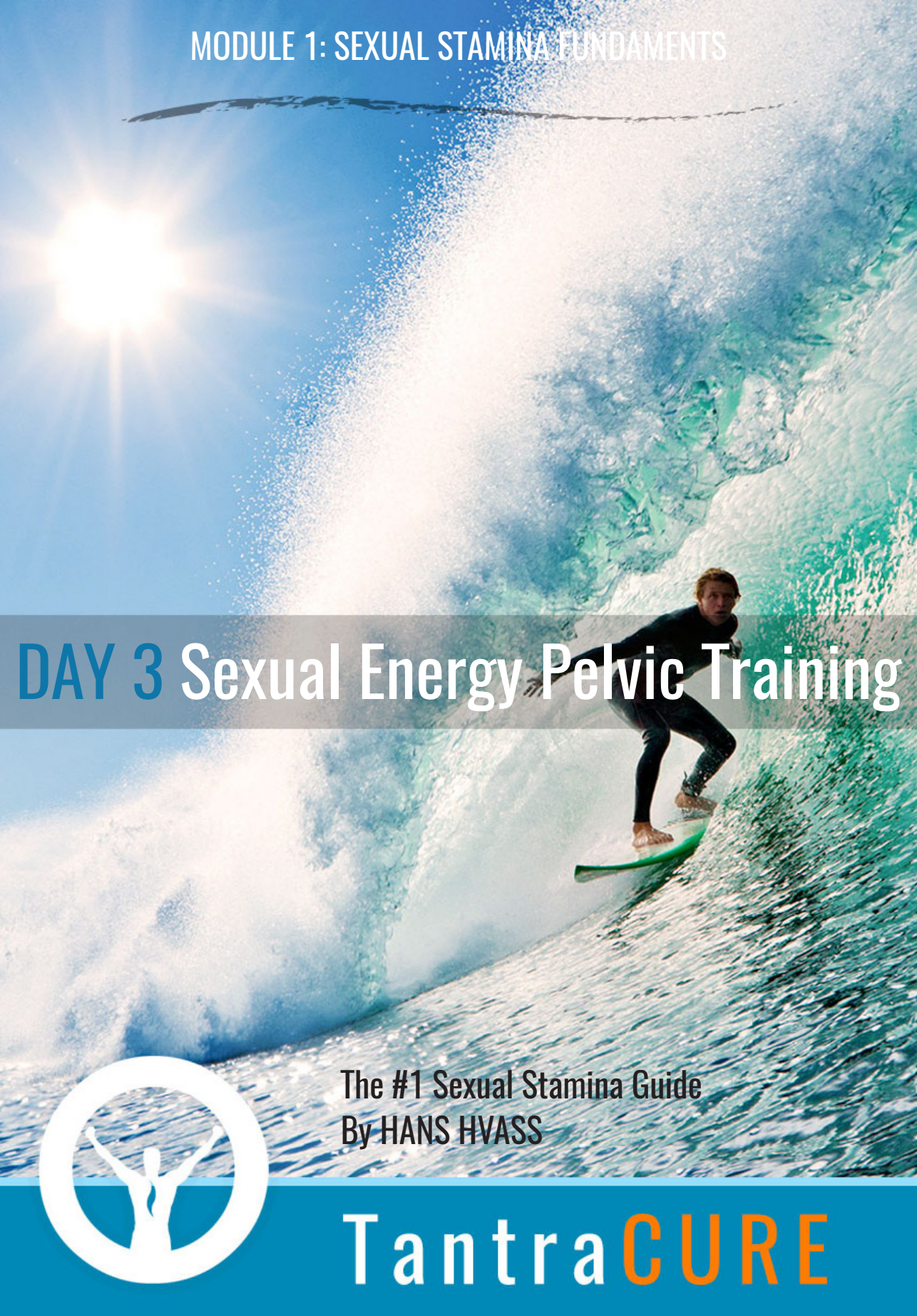

DAY 3 Sexual Energy Pelvic Training

The #1 Sexual Stamina Guide
By HANS HVASS

TantraCURE

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Disclaimer

The contents in this book are for educational purposes only.

You follow the advice at your own risk. This book should in no way replace professional help if that is what is needed in your case. If you suspect you have a condition requiring such treatment, you are encouraged to seek professional help before engaging in the practices included.

While every attempt has been made to verify the information provided in this book, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions.

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MODULE 1: SEXUAL STAMINA FUNDAMENTS
DAY 3: SEXUAL ENERGY PELVIC TRAINING

Sexual Stamina Training

Hans Hvass, Tantra Teacher, Sexologist & Man Coach

thanks

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thanks

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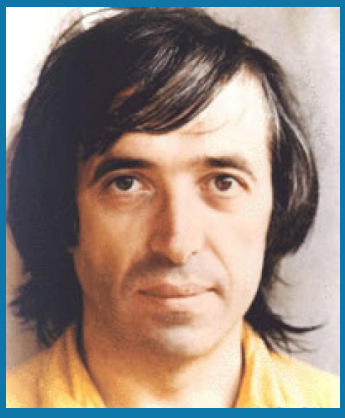
thanks

I would like to thank the following men for their inspiration. Each of their angles on the subject matter has helped me in the creation of this book.



GREGORIAN BIVOLARU

Gregorian Bivolaru is the leader of the MISA School of yoga and Tantra from Romania, the largest body of people on the planet following a Tantric path of self-development. He has laid out the whole framework of the Tantric system I follow which is currently followed by 30.000 people.

ADVAITA MIHAI STOIAN

Advaita is my teacher of Yoga and Tantra and leader of the Natha Yoga School in Denmark. His knowledge on the subject matter is profound and he has backed up all his knowledge with disciplined practice. He is my teacher, mentor and spiritual guide and I am eternally grateful for the impact he has had on my life.

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YOUR HOST HANS

Hans Hvass is one of the worlds leading experts on male sexuality and Tantra and well known for helping men to gain top sexual stamina using only NATURAL METHODS such as guiding men to tap into the energetic structures of the body and how to harness the sexual energy for rapid self development.

Hans is against using desensitizing sprays, creams, thick condoms and other methods which only worsen mens ability to feel and embrace sexual energy.

Tara is the Tantric goddess of compassion and healing and can be called upon in any time of need or distress

Exercise Group 3: Sexual Energy Pelvic Training

So why train your pelvic muscles?

Hi and welcome to day 3 of the TantraCURE training.

Today its all about pelvic muscles and pelvic muscle training.

When it comes to sexual control and lasting long in bed it is absolutely ESSENTIAL to have strong pelvic muscles.

The benefits are numerous.

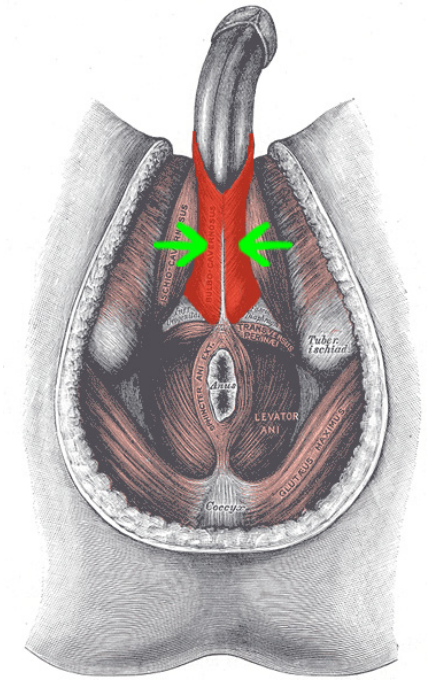
Having a strong pelvic floor:

- Raises your awareness about the muscles in the sexual region. Something that is essential when it comes to feeling your level

of arousal and controlling your sexual energy

- Allows you to feel when you are unconsciously tensing some of the muscles. This enables you to consciously relax these muscles so that sexual energy doesnt accumulate there leading to ejaculation
- Helps you to apply different kinds of emergency stop techniques if you pass the point of no return
- Helps you to become a multi orgasmic man. Imagine being able to ride on the wave of sexual energy and to have so good control that you can give your woman orgasms while at the same time orgasming WITHOUT EJACULATING. This level of control allows you to enjoy the pleasures of orgasm WITHOUT having to go through the detrimental effects of losing your semen and thereby allows you preserve your sexual libido and source of SPIRITUAL POWER
- Strengthens your Root Chakra giving you more grounding, vitality & perseverence.
- Helps you to channel your sexual energy. When you actively channel your sexual energy you can turn it into other kinds of energy in your body such as the energy of willpower, the energy of love, the energy of intuition, the energy of intelligence etc.

This Weeks Pelvic Training



Next week we will go much more in detail with pelvic muscle training.

In this week though, we will start very simple - you will start flexing the muscles in something called “Area 2” which is located between the testicles and the perineum.

Area 2 is the lower part of your BC muscle. Your BC muscle is basically a sheet like muscle which wraps around the base of your penis. The sheet joins together along the front forming a crease. So when you contract this mucsle (see the diagram) it feels like two surfaces that meet each other. You can place a finger on your perineum along the crease and then try to contract that muscle. You will actually be able to feel the two sides pushing inwards towards your finger.

This is the muscle that goes through rythmical contractions during ejaculation propelling the semen out - SO THIS IS WHY EXERCISING THIS MUSCLE IS SO IMPORTANT!

If this muscle is weak excess sexual energy in the nervous system EASILY TRIGGERS THIS MUSCLE TO START CONTRACTING. If this muscle is strong you can prevent an ejaculation through your will power and through the resistance which in itself is offered by the muscle. A weak BC muscle is like a weak dam wall. If the volume of water behind the wall is too big the dam bursts.

Having a strong bc muscle will help you to contain your sexual energy.

In this week starting from today you simple follow the pelvic video training. You will be performing a minimal amount of contractions. If you follow the video instructions you will be in no danger of overexerting these muscles.

In next weeks training we will go much more in detail with the other areas in your pelvic area and with the different ways you can flex different areas in order to attain a top tuned sexual stamina.

That was all for today. Tune in tomorrow where we will reveal how you remove excess sexual energy so your dam doesn't burst - a technique that helps you to harmoniously sublimate the sexual energy away from the pelvic area. Valuable information, so remember to tune in!

A strong BC muscle is like a solid dam wall which holds back the sexual energy effectively