

MODULE 1: SEXUAL STAMINA FUNDAMENTS

DAY 5 Sexual Energy Distribution

The #1 Sexual Stamina Guide
By HANS HVASS



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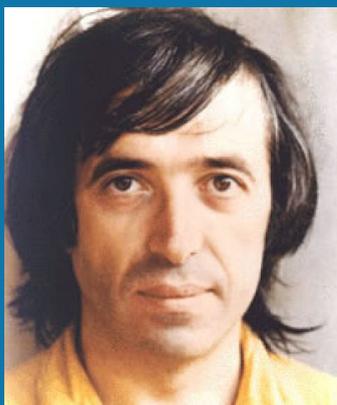
MODULE 1: SEXUAL STAMINA FUNDAMENTS
DAY 5: SEXUAL ENERGY DISTRIBUTION

Sexual Stamina Training

Hans Hvass, Tantra Teacher, Sexologist & Man Coach

thanks
thanks
thanks 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 5: Sexual Energy Distribution

How To Distribute Your Sexual Energy Harmoniously

So now that you have sublimated the sexual energy - you need to make sure that it stays in your higher structures!

If not - it will descend again and you will not have reaped the full benefit!

The best techniques for helping your sexual energy to get harmoniously distributed in your body are techniques where you actively and consciously relax each part of the body. Relaxing each body part relaxes the nervous system in that part allowing the sexual energy to evenly distribute in that area.

We will now reveal to you one of the most efficient methods of relaxing your

body. Not only will this technique help you to last longer in bed - it will also help you to get rid of stress and anxiety. The technique is called the "Full Yogic Relaxation Technique" and is outlined on the following pages. The technique should be practiced daily.

Its a very nice exercise which involves lying down on your back.

The full yogic relaxation technique should be performed on a soft underlay, for example a yoga mat but **should not be performed on your bed!**

There are too many associations with sleep in your bed and that would undermine the whole purpose of the full yogic relaxation - because you should not fall asleep while performing the technique!

When I conduct yoga courses and retreats people often fall asleep while we do this technique. They start snoring and sound very content.

If you fall asleep every time you perform this exercise it is a sign that there are many energetic blockages in your body. If your consciousness meets a place of tension in your body that it "cannot penetrate" or cannot relax, it often responds by retreating, in our case falling asleep.

That's why performing the full yogic relaxation where you don't fall asleep will be **10 times more refreshing than if you do fall asleep**. Conscious relaxation is one of the most rejuvenating experiences you can give yourself.

In week 3 Secret Key Nr. 2: Staying Parasympathetic we will go much more in depth with sexual stamina relaxation and breathing!

SEXUAL ENERGY DISTRIBUTION EXERCISE: Full Yogic Body Relaxation



Lie on your back with your hands facing upward and your legs slightly apart. Say the following to yourself:

“I am now preparing myself to enter a deep state of relaxation”

“I will now count down from 10 to 1 and when I reach 1 my body will be deep relaxed”

Count down slowly from 10 to 1, going slower and slower, breathing deeper and deeper.

When you reach 1 you start performing a global relaxation. You feel your whole body sinking down into the ground becoming softer and softer, more and more heavy.

Now slowly give the following mental commands to your body (the whole session should last around 15 minutes so don't rush through these mental commands):

My left foot is deeply relaxed

My left leg is deeply relaxed

My right foot is deeply relaxed

My right leg is deeply relaxed

My left hand is deeply relaxed

My left arm is deeply relaxed

*My right hand is deeply relaxed
My right arm is deeply relaxed
My buttocks are deeply relaxed
My lower back is deeply relaxed
My mid back is deeply relaxed
My shoulders are deeply relaxed
My testicles are deeply relaxed
My sexual organs are deeply relaxed
My bladder is deeply relaxed
My stomach is deeply relaxed
My chest is deeply relaxed
My neck is deeply relaxed
The back of my head is deeply relaxed
My jaws are deeply relaxed
My mouth is deeply relaxed
My gums are deeply relaxed
My teeth are deeply relaxed
My tongue is deeply relaxed
My cheeks are deeply relaxed
My nose is deeply relaxed
My eyes are deeply relaxed
The muscles around my eyes are deeply relaxed
My forehead is deeply relaxed
My ears are deeply relaxed
The muscles behind my ears are deeply relaxed
My scalp is deeply relaxed”
“My whole body is deeply relaxed”*

*“I will now count slowly from 1 to 10 and when I reach 10 I am fully awake again, happy and content and I will remember this state when I make love”
1....23 4 5 move your hands and feet 6 ...7...8 open your eyes slowly 9.... 10....*

Remember to download full body relaxation mp3!

You simply play it in the background, preferably with earphones on while lying down, your legs slightly spread and your arms parallel to your body, while the voice is guiding you.

Naturally, while making love you cannot suddenly lie down on your back and start to relax as if your partner was not there. But learning to perform the full body relaxation will give you an introduction to the “state of relaxation”. You will know how it feels to have a relaxed body and with training you can give your body a simple command, e.g. “relax”, as if you had just performed the yogic full body relaxation technique. Your body knowing what the state of full body relaxation is will obey your command.

Often premature ejaculation comes from not knowing how to relax. You might subconsciously be tensing up in all the muscles around the penis, or you might be tensing in your lower back. While performing the full body relaxation pay attention to relaxing your lower back and pelvic muscles. In the recording I differentiate between the different pelvic muscles.