

DAY 1: SEXUAL ENERGY WARMING UP

Surfing The Wave

The #1 Sexual Stamina Guide
By HANS HVASS



TantraCURE

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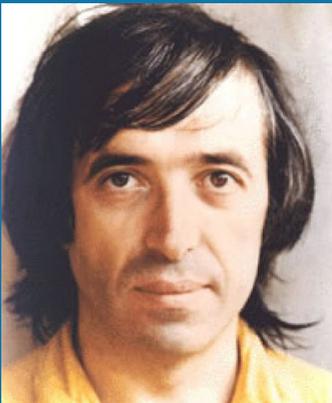
DAY 1: SEXUAL ENERGY WARMING UP
SURFING THE WAVE

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



Surfing The Wave Of Sexual Energy

Welcome to the TantraCURE the most amazing sexual stamina training system that you can find.

This is a bold claim - I know - yet in my time as a man coach I have not seen the like of the system that I am about to present to you here.

During the next 8 weeks you will be introduced to some of the most powerful notions and techniques that we have extracted from sexology, taoism and tantra, methods that will take your sexual performance to the next level - and not only your sexual performance, your performance on ALL LEVELS - because sexual energy is your CORE ENERGY - and once you figured out how it works you're basically set for life.

During the next 8 weeks we will be laying a fundament. A fundament that not only will cure any form of premature ejaculation or sexual problem you might have - a fundament that will get you started on a profoundly spiritual

journey that brings spirit, mind, emotion and body together in a coherent whole.

The key to learning sexual mastery is to understand the nature of sexual energy and to surf on the wave of this energy.

Now lets go through a quick recap of what you learnt in the Stamina Switch so that you get of to a proper start!

In the Stamina Switch I started out by telling you about the amazing power of sexual energy and how some of the greatest minds in history were accomplished through mastering the discipline of SEXUAL TRANSMUTATION.

Next I went through some of the major causes of premature ejaculation. Knowing these causes and their cures is a fast way of healing yourself and getting sexual stamina.

After that we talked about the 3 keys of sexual control. I told you about the nervous system and the main subcategories of the nervous system that you need to know about in order to work with sexual stamina - these being:

The Somatic nervous system - the system that controls voluntary movement

The Parasympathetic nervous system - the system that is active when you are relaxing and which needs to be active for you to get an erection.

The Sympathetic nervous system - the system which is activated when you face a stressed situation, but also the system that is active when you ejaculate

The Sensory nervous system - the system that registers PLEASURE and which informs the hypothalamus in your brain when a certain threshold of sexual energy has been registered in your nervous system - thereby triggering the ejaculation mechanism.

After that we talked about why AWARENESS plays such an important role in learning to last long in bed.

We compared our awareness to the light that comes from a torch and that a torch can either be:

Dangling - meaning you cannot focus your awareness continually on one thing.

Weak - meaning you cannot feel the sexual energies.

Narrow - meaning you do not have a spherical attention on all of the energies and movements of energies which are taking place during a lovemaking,

Finally we touched upon why **TRAINING** is so important when it comes to long lasting sexual stamina and I told you about the 7 groups of sexual energy exercises that help you to manage and control your sexual energy.

The Unique TantraCURE Training

A sexual training program has got to respect the flow of sexual energy in the body and that is why the TantraCURE Training has been divided into the following groups of exercises.

EXERCISE GROUP 1: Sexual Energy Warming Up

This is a series of bodily movements called Sexual Yoga that includes elements from yoga, qigong and my own discoveries about male sexual energies.

The sexual yoga series is super simple to perform and will unblock your sexual energy pathways, energize you, put you in a more powerful inner state and prepare you for the following exercise groups.

EXERCISE GROUP 2: Sexual Energy Awakening

This training directly awakens your sexual energy. This training is “hands on” meaning that you will be “self pleasuring” either with your hands or using a fleshlight **or** a toy that resembles a fleshlight.

We only start the actual fleshlight training in week 3 as your energy pathways need to be cleared first. During the first couple of weeks we will be performing other more soft exercises that awaken sexual energy harmoniously.

EXERCISE GROUP 3: Sexual Energy Pelvic Training

Training your pelvic muscles is ESSENTIAL to learning sexual stamina.

Having strong pelvic muscles gives you a fundament - when the muscles are strong it helps you to *control sexual energy* and also *rise your sexual energy up through your body* - something that will help you last longer, vitalize your body and pave your path to multiorgasmic bliss.

There is also another very interesting psychological side effect of having strong pelvic muscles - it gives you a feeling of strength in the body and a feeling of invincibility.

EXERCISE GROUP 4: Sexual Energy Sublimation

Sexual energy is stored in your nervous system. Through special yoga and breathing exercises you can “sublimate” this sexual energy so it turns into psychic energy. This is one of the deepest secrets of Tantric yoga.

Sexual energy can be turned into the energies of will power, love, intuition and intelligence. By transforming your sexual energy you allow it to circulate so that you can contain more of it.

Sublimating your sexual energy will also help you to RELAX in your love-making so that the energy does not accumulate and EXPLODE in your “sexual energy tank” - which as you already know will lead to ejaculation.

EXERCISE GROUP 5: Sexual Energy Distribution

The process of sexual energy distribution helps the sexual energy to harmoniously settle in all parts of your body once that you have sublimated it.

It also helps to prevent the sexual energy from descending again which will cause your sexual tank to overflow. The most common exercises for sexual energy distribution are body relaxation techniques - for example the Yogic full body relaxation technique.

EXERCISE GROUP 6: Sexual Energy Spiritualization

In the process of sexual energy spiritualization your sexual energy is turned into spiritual energy. The best way to do this is through simple meditation where you focus your attention in the middle of your forehead while gently sublimating the sexual energy.

This will crystalize the sexual energy in your higher centers and create a very strong awakening of higher states of awareness.

When you spiritualize your sexual energy you will be opening yourself to the deeper levels of your being allowing you to become a man of PURPOSE.

You will get into contact with your life purpose and mission. The awakened tantric man knows how to align his sexual energy with the purpose of his life - giving him congruence, integrity and direction.

EXERCISE GROUP 7: Sexual Energy Visualization

You can visualize a top sexual performance for yourself. In the 1980s the Russians were absolutely killing it in the olympics winning gold medal after

gold medal. It turns out the secret was guided creative visualization where the athletes were visualizing their performances. You can harness this power for a top performance in bed.

Regarding the first week of training

During the first week of this training to get you up to speed we will introduce a new technique daily.

In the weeks that follow we will go more in detail with the notions that we introduce to you in the first week AND also introduce new theory, methods and techniques. By the time you have been through the training you will have acquired the fundamental mindset and knowledge that you need to propel you even further on your path with the following TantraMASTER levels.

Sexual Stamina Training - Fleshlight

The best way to learn to last long in bed is to emulate a real lovemaking session to the highest degree possible.

One of the most valuable tools you can acquire for this purpose is a sextoy that resembles the VAGINA.

Any toy would do - we recommend that you get hold of the FLESHLIGHT - STU (Stamina training unit). The best you can do is to google it and purchase it from whichever store suits you - we have people reading this from all over the world, so you need to find the online store which best serves your needs and which can ship the training unit to you.

We will start using the fleshlight vaginal sextoy in week 3 as part of your training - so to be on the safe side its good to order it now.





EXERCISE GROUP 1: Sexual Energy Warming Up

The sexual energy warming up exercises are designed to prepare the energetic channels in your body to allow sexual energy to run through them.

These techniques are a mixture of chinese qigong practice, yoga and my own observations regarding sexual energy flow.

There are 5 exercises meant to be performed in a row lasting in total between 5 and 10 minutes depending on how much time you want to use on them.

The exercises are performed before proceeding with the other exercises in your training program.

This series of exercises goes under the name of SEXUAL YOGA.

SEXUAL YOGA EXERCISE 1: Earth Awakening

This exercise is designed to put you in contact with earth energies.

In some countries the electrical plugs have 3 pins - the third one connecting to the earth. This is to channel surplus energy away from the electrical appliances connected to the socket. Analogically speaking one could say that grounding yourself will ensure the safety of your energetic system.

Stand in the warrior pose: In this position your legs are around 70 cm apart and knees slightly bent.

The position must allow you to be able to bounce up and down by flexing your knees.

Now stretch your left foot by lifting up your heel so only your toes are on the ground. Move your weight around so that you can feel that you are stretching the sole of your foot.

Now do the same thing with your right foot.

Return to the warrior pose and bounce gently up and down.

Feel the connection between the soles of your feet and your root chakra - the area between your testicles and anus. Visualize a triangle between the soles of your feet and your root chakra.

Feel how the earth energy in your feet is transferring up to your root center.

SEXUAL YOGA EXERCISE 2: Water Awakening

This exercise is designed to awaken your sexual energy and also to loosen your hips so that sexual energy easier can be distributed away from the sexual region.

- 1) Stand in the warrior pose
- 2) Rotate hips in yin (clockwise) direction 7 times while inhaling
- 3) Rotate hips in yang (anticlockwise) direction 7 times while exhaling

Repeat steps 1) to 3) at 7 times.

SEXUAL YOGA EXERCISE 3: Fire Awakening

This exercise awakens your fire energy. Fire energy as you will learn later is used to alchemize and distribute sexual energy in the whole body.

- 1) Stand in the warrior pose
- 2) Bend slightly more down in your knees
- 3) Imagine your sexual energy as a ball in front of your genital area.
- 4) Lift up the ball with both hands up to the naval area while stretching your legs so you also lift up your body. Do this while inhaling
- 5) Turn your palms so they are facing outwards and press outwards while exhaling imagining that you are pushing the energy outwards.

Repeat steps 1) to 5) at least 7 times.

6) Breathe in rapidly in and out in succession 21 times.
Everytime you breathe out you expull the air in a “Ha” sound (without using your vocal chords)

“Ha - Ha -
Ha - Ha - Ha - Ha - Ha - Ha”

In martial arts they often make these kinds of breath expulsions. It awakens the inner fire in your being and circulates your energy.

SEXUAL YOGA EXERCISE 4: Air Awakening

This exercise awakens heart energy. The heart area like the gut area can work as a huge storing area of alchemized sexual energy.

- 1) Stand in the warrior pose
- 2) Bend slightly more down in your knees
- 3) Imagine your sexual energy as a ball in front of your genital area.
- 4) Lift up the ball with both hands up to the heart area while stretching your legs so you also lift up your body. Do this while inhaling
- 5) Turn your palms so they are facing outwards and press outwards while exhaling imagining that you are pushing the energy outwards.

Repeat steps 1) to 5) at least 7 times.

SEXUAL YOGA EXERCISE 5: Intention alignment

Now stand in a posture which in yoga is known as pratanasana - with your hands on your chest like this:

Repeat inside yourself or aloud - whichever suits you the most.

It is my intention in the course of these 8 weeks to harness my sexual energy so that it flows freely through my body. I will use this energy to heal body, mind and spirit, attain a top sexual stamina and use my sexual energy for good and beneficial purposes.



Training Program Day 1

Please visit the TantraCURE member section day 1 training page to see your training videos.

EXERCISE GROUP 1: Sexual Energy Warming Up

SEXUAL YOGA

- EXERCISE 1: Earth awakening
- EXERCISE 2: Water awakening
- EXERCISE 3: Fire awakening
- EXERCISE 4: Air awakening
- EXERCISE 5: Intention alignment