

MODULE 2: SEXUAL STAMINA INTENSIVE

WEEK 6 Sexual Stamina Training

The #1 Sexual Stamina Guide
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TantraCURE



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Table of Contents

5	WEEK 6 TRAINING PROGRAM
5	■ EXERCISE GROUP 1: Warming Up
6	■ EXERCISE GROUP 2: Awakening
10	■ EXERCISE GROUP 3: Pelvic Training
12	■ EXERCISE GROUP 4: Sublimation
14	■ EXERCISE GROUP 5: Distribution
15	■ EXERCISE GROUP 6: Awareness
18	■ EXERCISE GROUP 7: Visualization



Week 6 Training Program

EXERCISE GROUP 1: Warming Up

SEXUAL YOGA

- EXERCISE 1: Earth Awakening
- EXERCISE 2: Water Awakening
- EXERCISE 3: Fire Awakening
- EXERCISE 4: Air Awakening
- EXERCISE 5: Intention Alignment

If you do not remember the details of these exercises see the training manual from day 1 in Stamina Fundamentals or see the training video in this weeks online training.

EXERCISE GROUP 2: Awakening

MICROCOSMIC FLESHLIGHT WITH FULL POWERLOCK

In this week we will integrate the microcosmic orbit and chakras into the fleshlight technique.

Place your tongue in your palate to close the circuit between the governor and conception meridians. (So you inhale and exhale through your nose!)

STEP 1:

We do 8 thrusts per center on the microcosmic orbit

8 thrusts while inhaling: Focus your attention in the earth chakra

8 thrusts while exhaling: Focus your attention in the water chakra in the spinal column.

8 thrusts while inhaling: Focus your attention in the fire chakra in the spinal column

8 thrusts while exhaling: Focus your attention in the air chakra in the spinal column

8 thrusts while inhaling: Focus your attention in the neck

8 thrusts while exhaling: Focus your attention in the top of the head in the crown center.

8 thrusts while inhaling: Focus your attention in the third eye in your brow

8 thrusts while exhaling: Focus your attention where the tongue is touching your palate.

8 thrusts while inhaling: Focus your attention in the throat

8 thrusts while exhaling: Focus your attention in the middle of the chest
(on the front side of your body)

8 thrusts while inhaling: Focus your attention on the fire chakra on its projection a fingers breath under the navel on the front side of your body.

Now pause a moment to feel the sexual energy accumulated in your gut area where you have lead it with the power of your attention.

According to the Taoists - the gut area is a good place to store excess sexual energy. At this level it can be slowly assimilated by the fire chakra which turns it into nutrient for the rest of the body

STEP 2:

6 full powerlocks. Each of them performed in the following way:

1) Stand with your feet parallel - around 30 cm between them. You should be naked from the waist and down. Stimulate your penis until you feel you are about to come.

2) Inhale deeply through your nose.

3) Now perform the following simultaneously:

Contract your fists.

Press your feet into the ground as if they were claws that are trying to grab hold of the floor - make them feel as if they are sucking themselves onto the floor.

Now do the following: Close your eyes, clench your teeth and press your chin against your throat so that your head is bending forward. Press your tongue up to the roof of your mouth. Make a kind of swallowing movement that you stop in the throat. Look upwards towards the top of your head. Keep this position.

4) Inhale again through your nose (you inhale on top of the air you already have inhaled in step 2) - this creates an even greater "suction effect".

5) In prolongation of the inhalation in step 4, contract all your muscles together in your pelvic area - areas 1, 2 and 3. It is best to contract them in the order 1 to 3 - meaning you first contract the tip of the BC muscle, then the bottom of the BC muscle and then finally the anal muscles in one fluid movement so that the energy is lead and pressed backwards towards the coccyx.

6) Contract your buttock muscles.

7) Count to 9, exhale and relax.

Feel the powerful activation of all your chakras, especially the earth chakra, the water chakra, the fire chakra and the ether chakra in the throat area.

Repeat the whole exercise 3 times or until 10 minutes have passed.

EXERCISE GROUP 3: Pelvic Training

New in this week: Continual contraction in area 3

In this week we introduce a new area - "Area 3" - which consists of the muscles surrounding the anus: the anal sphincter muscle (the ring muscle) and the "elevators ani" muscles which surround the anal sphincter muscles.

Keep the area 3 contraction GENTLE!

In the beginning just focus on keeping a gentle contraction for an extended period. This in itself can be a bit of a challenge. It is as much an exercise of AWARENESS as it is an exercise of muscular strength. You might easily find your mind wandering off and when that happens you will also find that you stop applying the contraction.

As I wrote in the main pelvic power manual - the contraction of area 3 has HUGE health benefits as it efficiently sublimates beneficial sexual energy up the spine and into the organs which are in need of the surplus energy.

Continual contraction of area 3 also strengthens the buttocks which are the biggest muscles in the body - and if they are well tuned they help to absorb sexual energy.

By looking at a man's buttocks a woman can tell whether a man is good in bed or not. Having strong buttocks not only shows that you can "pump hard and long" - it also shows that you can *last long*.

DAYS 1-5

Area 2: 1 x 72 Flex

Area 2: 2 x 21 5 second clenches

Area 2: 2 x 7 20 second clamps with square breathing (See week 3)

ADDITIONALLY - New exercise: Area 3 continual contractions

Day 1: Area 3 continual contraction for 2 mins

Day 2: Area 3 continual contraction for 3 mins

Day 3: Area 3 continual contraction for 4 mins

Day 4: Area 3 continual contraction for 5 mins

Day 5: Area 3 continual contraction for 6 mins

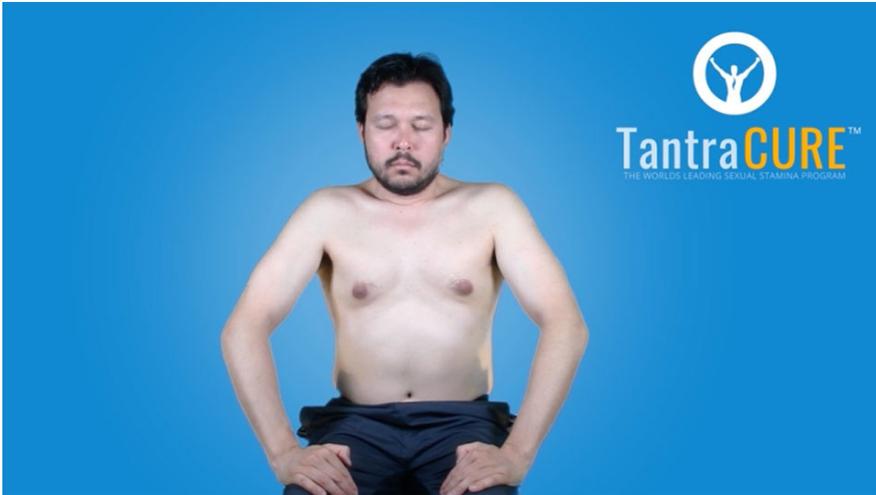
DAYS 6-7

Here you relax! No pelvic muscle training here!

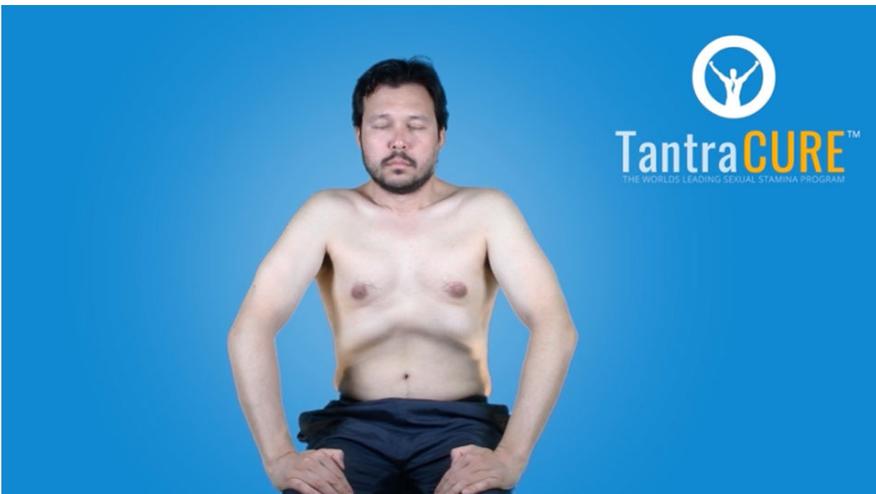
EXERCISE GROUP 4: Sublimation

ADVANCED ABDOMINAL BREATHING WITH FOCUS IN THIRD EYE

1. Sit on a chair, spine straight, feet on the floor and head up.
2. Place your hands on your knees facing inwards. Relax your shoulders.
3. Inhale through the nose and feel how the lower part of the abdomen becomes filled with air.



4. Exhale forcefully through the mouth so that the lower part of the abdomen is pulled back. Suck your belly up and behind your rib cage by creating a vacuum.



5. Now focus your attention in the third eye in between your eyebrows. Keeping your eyes closed you look upwards and inwards towards the third eye.
6. Visualize your sexual energy flowing up your spine and energizing your third eye.



7. Repeat the exercise doing steps 3-6. Repeat ad lib for 5-10 minutes.

ATTENTION! If you feel any kind of dizziness while performing this meditation then rest for a while or skip this exercise. You can always return on the following day.

EXERCISE GROUP 5: Distribution

NEW EXERCISE! MICROCOSMIC RELAXATION (10 mins)

This is the microcosmic relaxation technique you received this week.

Please listen to the mp3 for this week which you can download in the members section. A run through of the technique can be found in the main manual of this week.

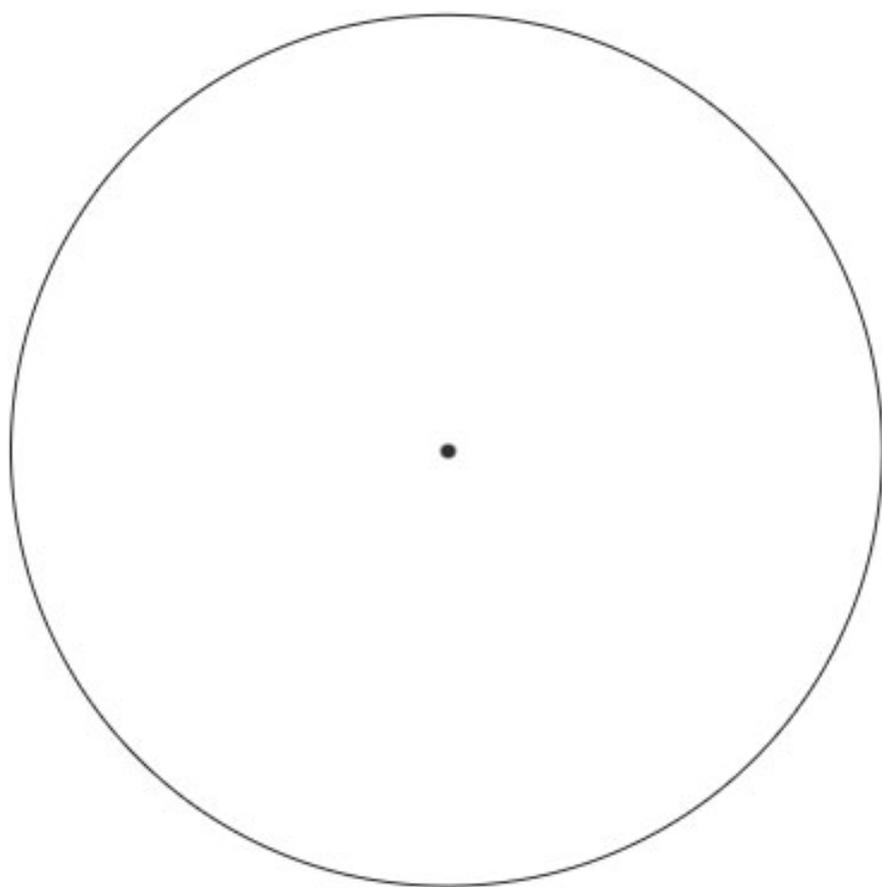
EXERCISE GROUP 6: Awareness

FOCUS AND EXPANSION MEDITATION (10 mins)

Sit down with your spine straight and with a relaxed body. Close your eyes. You are now going to enter a deep meditative state in order to train your ability to focus and to expand by using the focus and expansion yantra.

- “Three – you are now at your level three, a level where I feel relaxed in your body”
“Two – you are now at your level two, a level of mental relaxation. Sounds do not distract you anymore but help you to go even deeper”
“One – you are now at level one, a level of relaxed focus where you feel deeply calm and relaxed”
- You are now preparing yourself to go even deeper into the meditation:
You will now count down from 10 to 1 and when you reach 1 you will be thinking at a level where your mind is a thousand times more focused and powerful than normal.
- “10, 9, 8, 7, 6” (count down slowly)
“At the count of 1 I will be at a level where your mind is a thousand times more powerful and focused than normal”
“5, 4, 3, 2, 1” (count down even slower)
“You are at a state of deep awareness where your mind is a thousand times more focused and powerful than normal”.
- You will now start to gently meditate. You are lightly fixing your attention on the screen of your inner mind. You are projecting the image of the focus and expansion yantra on your inner screen and you will focus your awareness to keep the image there.

REMEMBER TO KEEP THE INNER IMAGE AND FOCUS!



AFTER 8 MINUTES OPEN YOUR EYES:

Even with open eyes you invoke the focus and expansion yantra.

Feel what it is like to have your mind focused in a point and yet also in the circumference at the same time.

Place the point in the middle of the yantra in your chest and use this point to become aware of your breathing.

Let the circumference of the yantra expand to the edge of your awareness field. This could be where you can hear the sounds that are furthest away or where you intuitively feel that your awareness reaches out to.

Now get ready to slowly return again!

EXERCISE GROUP 7: Visualization

THE BLUE CYLINDER EXERCISE (UP TO THE TOP OF THE HEAD)

1. Sit down on a chair with a straight back and your feet solidly placed on the ground.
2. Now gently feel your pelvic area.
3. Feel the area that stretches from the tip of your penis, going under the penis, the testicles, the perineum, the anus, the coccyx, point M, point A, the back of your head and which ends at the top of your head. This area at the top of your head is called the "crown center" in Tantra. It is the part of your body which is closest to the divine.
4. Now imagine this energy field stretching from the tip of your penis, past your anus, past your coccyx, past point M, past point A, past the back of your head and up to the top of your head as a blue cylinder.
5. When the visualisation is clear for you in your inner mind then feel the area again - this time more in depth. Feel the areas where the sexual energy is extra strong - visualise these areas as red spots inside of the blue cylinder.
6. Now you start a SWEEP: Gently focus your awareness in the tip of your penis and gradually move this awareness from the tip to the top of your head. As you sweep along the cylinder then visualise that when you encounter a red spot that you are gently sweeping it along. Move this spot towards the top of your head and when you encounter other red spots along the way you take them with also.
7. Now your sweep reaches to the top of your head and keep your attention there for a short while and feel the sexual energy accumulating there.
8. Now again gently focus your awareness in the tip of the penis. At the same time have a gentle focus in the top of your head. Now you start

- a sweep.
9. Starting from the tip of your penis you gradually sweep again collecting any red spots that you may encounter along the way. And you sweep. Past the testicles, perineum, anus, coccyx, point M, point A, the back of the head and finally the top of your head. Feel the sexual energy accumulating there. And we repeat the sweep.
 10. Repeat steps 8-9 for 5-10 minutes.
 11. That's good enough! (You can stop the sweeps)
 12. Now you can feel that all the red sexual energy has been accumulated in the top of your head - gently relax in your whole body and imagine the red sexual energy dissipating out of the top of your head and into your whole body. As you breathe in feel this energy dissipating out of the top of your head and into your whole body. As you breathe out imagine this energy going out of the top of your head and energizing the aura around your head. Breathe in, feel the energy at the top of your head and breathe out, feel the energy going out of the top of your head and energizing your whole aura around the top of your head.
 13. That's good enough, now gently return and open your eyes.

This sweeping movement should become so automatic for you that you can do it easily and automatically in your lovemaking!