

SEXUAL STAMINA SECRETS

Sexual Stamina Self Diagnosis

The #1 Sexual Stamina Guide
By HANS HVASS



TantraCURE

Copyright © 2014 TantraCURE.com

No part of this book may be copied, reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

Offenders in violation of the copyright are liable to be prosecuted to the full extent of the law.

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.



TantraCURE

SEXUAL STAMINA SELF DIAGNOSIS

Sexual Stamina Training

Hans Hvass, Tantra Teacher, Sexologist & Man Coach

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.



Table of Contents

7 SELF DIAGNOSIS

7	■	Introduction
8	■	Stress and inner tensions
9	■	Anxiety
10	■	Serotonin Deficiency
11	■	Peformance Anxiety In Bed
12	■	Feelings of Guilt or Shame About Sexuality
13	■	Lack of Sensual Awareness
14	■	Oversensitivity of the Penis Head
15	■	Overmasturbation
16	■	Porn addiction
17	■	Feeling Unloved By Your Woman.
18	■	What Next?



Self Diagnosis

Introduction

Lets dive in.

You are here because you would like to last longer in bed.

Now there are some “symptoms” if you may, that cause you to ejaculate quicker than you would like to.

In the following pages I have listed some of the most common problems men face that lead them to ejaculate too quickly. If you can start **FIXING** or **EMBRACING** some of these issues you will already be well on your way to **TOP SEXUAL STAMINA**.

So take a look at this list and see if any of it applies to you.

Stress and inner tensions

Stress and inner tension in your body makes it UNCOMFORTABLE for you to be in your body.

So you escape into your mind.

I see this tendency ALL THE TIME in men.

Many of my clients are enneagram types 5 and 6.

For you who doesn't know, the enneagram is a typology system that splits humanity up in 9 different archetypes with each their characteristics and soul urges.

Type 5 on the enneagram is called the "OBSERVER". Often this man is your typically shy science/engineer man who doesn't have much social skill and experience with women.

Type 6 is a fearful and anxious archetype. He is out of touch with his body so he resorts to following schemes and plans designed in his mind rather than feeling his heart or gut instinct.

For both types 5 and 6 it is DIFFICULT to be in the body and to FEEL sexual energy.

But ... as I will touch more upon in VIDEO 2 in the series -

An overactive mind is OUT OF SYNC with reality. Its actually DELAYED.

So if you are in your mind and not in your body - you will not be PRESENT in the sexual experience and you will miss out on the essential moments leading up to point of no return.

Anxiety

Perhaps you know the feeling.

You feel nervous, anxious and contracted.

Your heart is beating fast and your hands are shaking.

You can't really think straight.

When you are in fear you CANNOT PERFORM.

I will go much more in depth with this in VIDEO 2.

Suffice it to say that when you are fearful your SYMPATHETIC FIGHT/FLIGHT nervous system is activated.

And when this system is activated you are 10 times more likely to ejaculate than when you are in a relaxed state.

So ... no wonder you can't last long when you are nervous -

and no wonder many men only can last long after consuming a lot of ALCOHOL. Alcohol switches off your INHIBITION and FEAR mechanisms (which also explains why drunk people do so many idiotic things. When you have no fear of the consequences of your actions you often wind up doing pretty dumbass things which you later on regret having done).

Serotonin Deficiency

Many men have had premature ejaculation for DECADES.

If this is you it may be worth investigating whether you have serotonin deficiency.

Experiments on rats have shown that by stimulating something called the LST cells in the lower back that the ejaculation reflex starts by itself.

There is a VERY IMPORTANT center of your brain in the reptilian complex called the NUCLEUS PARAGIGANTOCELLULARIS (called in short NpG).

One of the functions of this part of the brain is to inhibit signals from the brain that order the LST cells to initiate the ejaculation process.

Now if you have a SEROTONIN HORMONE DEFICIENCY the NpG will not work as it should. Serotonin works like the BRAKES in your sexual arousal system.

Now serotonin deficiency also causes DEPRESSION and ANXIETY.

Scientists discovered that when administering serotonin to men who suffered from depression that those amongst these men that suffered from premature ejaculation also got this problem solved by the medication.

This discovery led to the advent of premature ejaculation pills that work by harmonizing serotonin levels.

BUT!

I would not recommend this “drug” path.

You are messing with your hormones in an unnatural way. There are many **natural ways to harmonize your serotonin levels** without needing to resort to these kind of pills.

Performance Anxiety In Bed

Performance anxiety is ESPECIALLY COMMON for men under 20.

So if you are a TEENAGER and you suffer from PREMATURE EJACULATION - it is very likely that the problem will go away by itself once you get MORE EXPERIENCE.

Now performance anxiety is basically the same as anxiety as I mentioned above. If you feel nervous its because your fight/flight response is activated and in this mode you are 10 times more likely to ejaculate.

Here a key factor is CONFIDENCE and MATURITY. Two things that in time will help you get over feelings of insecurity and premature ejaculation

If this is you - then I advise you start performing daily "SEXERCISES". Actively training your body to last longer in bed will help you to eradicate the fear in your system - and also give you a feeling of CONFIDENCE that you are actively doing something to solve the problem.

Feelings of Guilt or Shame About Sexuality

Many of my clients come from countries where sexuality is TABOO.

For example - I have a lot of men from INDIA who approach me. In India due to the heavy influence of british colonialism and due to factors in the culture - sex has become a very taboo subject.

Many men from India have no idea how sexuality works and how to handle feminine energy. There are few countries in the world where RAPE is more common than in India - a phenomenon that arises out of mens IGNORANCE and REPRESSED sexual energy.

This is interesting knowing that the science of TANTRA comes from India.

Tantra which is a form of spirituality which accepts, embraces and uses the sexual energy in its practices - is actually villified in many parts of modern day India where people see it as something dangerous - yet it holds a strong FASCINATION power - so Tantra remains parked there in the Indian subconscious as something fascinating and dangerous.

Now India was just an extreme example - there are many other countries around the world where sexuality is not openly discussed.

I also have a lot of clients from the ARAB world where sexuality also is quite taboo and where many men have no experience whatsoever in dealing with feminine energy.

Guilt and shame regarding sexuality leads to denial, repression and ignorance of your sexual energy which in turn makes you unaware of what is going on down there.

So if you are a man from India, if you are a man from a part of the world where you receive no sexual education in class and where sex is a taboo subject - then an ESSENTIAL part of your work is to UNLEARN all the taboos that you unconsciously ASSOCIATED with sexuality during your upbringing so that you can start EMBRACING this aspect of yourself.

Lack of Sensual Awareness

The lack of sensual awareness in your body will make you unable to register the building up of sexual energy in your body.

Many men have a BINARY mentality. Either they are SWITCHED OFF or completely ON.

This kind of mentality does not allow you to FEEL ALL THE NUANCES of sexual arousal. You are either at a 0 - you cant feel much - and then all of a sudden you are at 1 - completely overexcited.

I will also get much more in depth with this topic in the next video in the series.

If this is you - then daily SEXERCISES are the key to success. Also you should start actively studying SENSUALITY - meaning USING YOUR SENSES.

In my young years my tantric master once made me go into a perfume shop and SMELL ALL THE PERFUMES - I also had to write down all my findings.

These kind of exercises make you more AWARE and more SENSITIVE. Actively studying and refining your senses will make you an AMAZING LOVER.

Oversensitivity of the Penis Head

Circumcised men in general last longer in bed than men who are not circumcised.

Why?

Simple.

A circumcised mans penis head is less sensitive because it is always in direct contact with the mans underpants (or whatever he wears directly around the penis).

If this applies to you then start a DAILY MASSAGE of your penis head with a neutral massage oil - just 5-10 minutes daily will do MIRACLES and REALLY help you to take of the top of oversensitivity.

Overmasturbation

This is a big one.

Many men masturbate TOO MUCH and CUM TOO MUCH.

If you're masturbating for example twice a day or more

YOU ARE LOSING A BOAT LOAD OF SEXUAL ENERGY.

Your semen is for reproduction purposes ONLY. This sounds like a morality based judgement. Its not. Its based on my knowledge of the masculine sexual energy system and how we can transmute our semen into life energy.

If you want ORGASMS then I can tell you that the male body is designed for **EJACULATION FREE MULTIPLE ORGASMS**.

You get to KEEP your sexual energy and you get to have MULTI ORGASMS on top of this. A much better deal.

So put your penis back in your pants and aim a little higher! You can do better than this.

Now keep in mind - I don't want to give you guilt complexes - society does this pretty well to begin with - but I DO want you to become MORE AWARE about what sexual energy is and how it ties into your psychology, your energy system and your ability for personal growth. This is a question of EDUCATION and DISCIPLINE.

There is no truth in REPRESSION and DENIAL of sexuality - but there is no truth either in PORN, excessive ejaculation and irresponsible waste of your potential. You have to find the MIDDLE **HIGHER** GROUND.

Porn addiction

Its easy to get porn addicted now a days.

The internet is STUFFED TO THE RIM with porn.

At least in the good old days when I was a teenager I had to wait for the modem to get access to the web before I could surf and then I would have to wait a few excruciating minutes for a porn jpg to download.

Today you can see thousands of vaginas in a few seconds.

And how do you think your brain copes with this?

It cannot. Your dopamine reactors totally overload. Its like drugs. The more you see the more you need to get off.

And finally you reach a place where you are NUMB.

Numb physiologically.

Numb emotionally.

Numb mentally.

You sit there like a starved robot watching porn while the last glimmer of hope vanishes into thin air (or thin hair - depending on how old you are).

Too much unconsciously consumed porn will:

- 1) Give you ED (erectile dysfunction) - meaning you can't get it up.
- 2) Make you cum too quickly as you lose sensitivity and bodily awareness.
- 3) Deplete your sexual energy as a porn session rarely ends in any other way than you shooting your load.

Feeling Unloved By Your Woman.

This one may at first seem a little strange to you.

When you are with a woman who loves you and you feel trust, intimacy and confidence in your relationship - both your hearts open up in the love making and the love and sexual energy FLOWS inbetween you.

If you have premature ejaculation problems its worth taking a look into your relationship to see if there is anything that is blocking the love in between you.

Are there any resentments? Things that have remained unsaid? Are there feelings of mistrust? Scan your body - are there any parts of you that are NOT RELAXING when you are with your woman.

Maybe your woman is not showing you any understanding - not being very loving or supportive.

Maybe YOU are the one that is not loving - that is blocking the flow of love from your heart to your woman.

This is obviously a huge topic - but worth analyzing.

Many men overcome premature ejaculation the moment they change partners.

So if the two of you have a BEAUTIFUL relationship worth fighting for then awaken the love and work with yourself.

If your relationship is NOT beautiful but full of mistrust, repressed anger and resentment - then either do your best to FIX it or find a new woman who can support you in a way that makes you feel relaxed and loved.

What Next?

There are probably many other reasons that men suffer from premature ejaculation.

These were some of the most important.

Now I would like you to return to the video page and leave a comment where you write what you think your main problem is.

This will:

1) Help you to gain clarity.

Many of the reasons are interrelated and it may not be possible for you to on first hand to establish the real reason. But writing about it and seeing your own writing will DEFINITELY help you to start a deep inner clarification process.

2) Help the other men

By writing your observations you will help the other men reading the comments. They will mirror themselves in your comment and feel if it also applies to them.

3) Help me to help you

The more comments I read the better I get myself at diagnosing men quickly and efficiently. This will reflect in all my programs and trainings for men. So for this I am eternally grateful.

So please return to the video page and **leave your comment!**

Thanks for reading this short manual. I hope you found it useful.

Now keep your eyes open on your inbox for the NEXT VIDEO IN THE SERIES.

This one will be about the NERVOUS SYSTEM.

Yay!

And why the nervous system.

Well ...

With your brain and nervous system you control the sexual energy response - that's why.

So stay tuned in for more goodness.

Your friend

Hans