

REMOVE PERFORMANCE ANXIETY AND LAST LONGER IN BED

# The Super Sexual Stamina Technique

The #1 Sexual Stamina Guide  
By JOHANNES EHVASS



# TantraCURE



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# TantraCURE

REMOVE PERFORMANCE ANXIETY  
AND LAST LONGER IN BED

## THE SUPER SEXUAL STAMINA TECHNIQUE

Sexual Stamina Training

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## **YOUR HOST JOHANNES**

Johannes (AKA Hans) 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.

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



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# Introduction

This technique is AMAZINGLY EFFECTIVE.

It will help you to:

- Overcome performance anxiety before lovemaking
- Help you to channel sexual energy while making love so that you aren't continually close to ejaculating.
- Help you to focus your mind and get calm nerves
- Give you a feeling of self confidence
- Give you a more powerful penis that will feel like an extension of your masculinity.

Now why is this technique so EFFICIENT?

## Based On Combat Breathing

*The technique is based on something called COMBAT BREATHING.*

Combat breathing is used by the US MARINE CORE in order to remove fear in dangerous situations.

Now the marine core didn't invent combat breathing. It is actually a technique from yoga called Samvriti pranayama – or “square breathing”.

It is called square breathing because each phase of the breathing is equally long. The inhalation phase, the full retention phase (where your lungs are filled with air but you are not inhaling anymore), the exhalation phase and the void retention phase (where you are not exhaling anymore and your lungs are emptied) are **EQUALLY LONG**.

Breathing rhythmically in this way helps your nervous system system to stay in a PARASYMPATHETIC mode by inducing a kind of HYPNOTIC STATE.

The moment you are overwhelmed by fear and anxiety your nervous system switches to a SYMPATHETIC mode (also known as FIGHT/FLIGHT mode) – and in this mode you are 10 TIMES MORE LIKELY TO EJACULATE then when you are calm and relaxed.

Think about it. When your body is in fight/flight mode you are programmed to LOSE ALL YOUR BODILY FLUIDS so that you can escape or fight - this includes your SEMEN!



## Correct Use Of Pelvic Muscles

The super sexual stamina technique incorporates certain pelvic muscle techniques known from Tantra that channel the sexual energy up your spine.

## Visualization

The sexual stamina technique incorporates visualization and focusing of the sexual energies in the MIDDLE OF YOUR FOREHEAD. In Tantra this area is called the “THIRD EYE” and is your mental command center. When you energize this area you gain more POWER, OVERVIEW and CENTERING.

## Suggestions

Finally the technique incorporates suggestions – mental commands that you feed your subconscious mind and will give you a feeling of power and self confidence.

Now all of this may sound difficult and overwhelming - but it is THE MOST SIMPLE THING IN THE WORLD.

The technique is so simple that you can do it BEFORE love-making and you can also use it DURING lovemaking.

So lets get started.



# The Super Sexual Stamina Technique Step by Step

Perform the following technique DAILY and/or before you go into the lovemaking.

## **THE TECHNIQUE STEP BY STEP:**

### Preparation

Find a comfortable place where you can sit down with your spine straight - preferably where you can be alone. If you know that you are soon going to make love with your woman then you could go to the bathroom and perform the technique there.



## Full Body Relaxation

Now relax your whole body.

Relax your feet, relax your legs, relax your arms, relax your buttocks, perineum, genital area. Relax your stomach and lower back. Relax your chest and upper back. Now relax your face and back of your head and finally the top of your head.

Feel your whole body as calm and relaxed. Now close your eyes. You will now start counting inside of you – each count lasting a second.

### Step 1: Inhalation (4 Counts)

Inhale gently through the nose. While inhaling you clench all your pelvic muscles – like you would if you needed to urinate and defecate but had to hold it back.

### Step 2: Full Retention (4 Counts)

You now stop the inhalation. With full lungs you focus in the middle of your forehead. Keep the pelvic muscles contracted. Now say inside of yourself: “I have full control”.

### Step 3: Exhalation (4 Counts)

Now release the pelvic contraction while exhaling through the mouth.

## Step 4: Void Retention (4 Counts)

With empty lungs you now focus your attention in the genital area while visualizing that you have a powerful lingham (penis). You cultivate inside of you a feeling of power and control. Say inside of yourself “I have a powerful Lingham”. (lingham is the Tantric word for penis. A much more elevated and powerful word).

### **REPEAT STEPS 1-4**

You repeat steps 1-4 - preferably for a time span of 5 minutes.

Now you are ready to go into the lovemaking!

This is one of the most powerful techniques out there for calming the nerves and preparing you for a SUPER SEXUAL PERFORMANCE!

And remember that PRACTICE will INGRAIN this technique into your subconscious mind so that you by yourself will start to do it automatically.

**Imagine:**

- 1) You automatically start breathing rhythmically like this before and during lovemaking.
- 2) Your sexual energy is always moving upwards towards your third eye.
- 3) Your subconscious mind starts to repeat the suggestions automatically “I have full control, I have a powerful lingam”.

So simple, yet so powerful.

I wish you all the best with this life transforming technique.

Johannes





## THIS MIGHT BE THE START OF AN INCREDIBLE JOURNEY!

Why not join the TantraCURE Stamina Intensive program?

8 Week of online training where you will learn to gain full control over your sexual energy with some of the most powerful techniques from sexology, Tantra and Tao.

Visit our homepage and see more:

[www.tantracure.com](http://www.tantracure.com)