

A PERSONAL, PRACTICAL GUIDE

Conscious Ejaculation Control & Becoming Multi-Orgasmic

With love, Liri Uzan

Research-based exercises, breathwork, and protocols to expand pleasure, awareness, and ejaculatory control. For men who want to enjoy more, and be more present.

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Introduction

When I was young, I had a boyfriend who was thrilled that he never came. "I'm in control of my ejaculation, I can just not finish at all!" he told me proudly, as if it were something every woman dreams of. And sure enough, he didn't finish. He kept going. And going. And going, without a break. In the end, I was literally begging him: "Pleeease, just come already."

So before I walk you through all the exercises and protocols, let me be honest with you for a moment. In my view, this whole ejaculation-control thing has gotten a little... out of control. I hear it all the time, in my consultations and on my podcast: men who have turned it into a test, or a record to break, instead of focusing on what sex is really about:

Being there together. In the moment. Present.

And I say this as someone who knows: most women don't want (and can't physically handle) 40 minutes of nonstop penetration. Ask any gynecologist. For most women it hurts, it burns, and it isn't healthy for the vagina!

So what *is* the goal of this guide? It's not to convince you that lasting 40 minutes during penetration will make you a superlover. It's to build awareness and control: the ability to feel what's happening in your body a second before the point of no return, and to choose what to do with it. Sometimes you'll choose to hold on longer so you can feel even more pleasure. Sometimes you'll choose to come, because that's what the moment is asking for, and that's more than okay. It's amazing, and it's sexy.

Everything here is research-based. The exercises you're about to learn have significant research support and are recommended as part of a behavioral approach to ejaculation control. Like any other physiological process, there's a muscle involved, and consistency and training are part of the deal, exactly like any other part of your body you want to strengthen. Studies show that men who practice these exercises consistently report significant improvement in 50% to 90% of cases. That's an incredible number!

So what does it mean to be a multi-orgasmic man? The control you're building is really a doorway to a much wider world of pleasure. For most men, pleasure is focused almost entirely in the genitals and builds in a straight line toward a single peak that ends everything. That is, of course, a completely legitimate kind of pleasure. But it isn't the only kind your body is capable of. A multi-orgasmic man, as I understand it, is a man who has expanded his capacity for pleasure and is learning to feel it not only in his penis, but throughout his whole body: in his belly, his chest, his

spine, even his fingertips. He's also a man who chooses what to do with his pleasure, instead of being carried away by the moment.

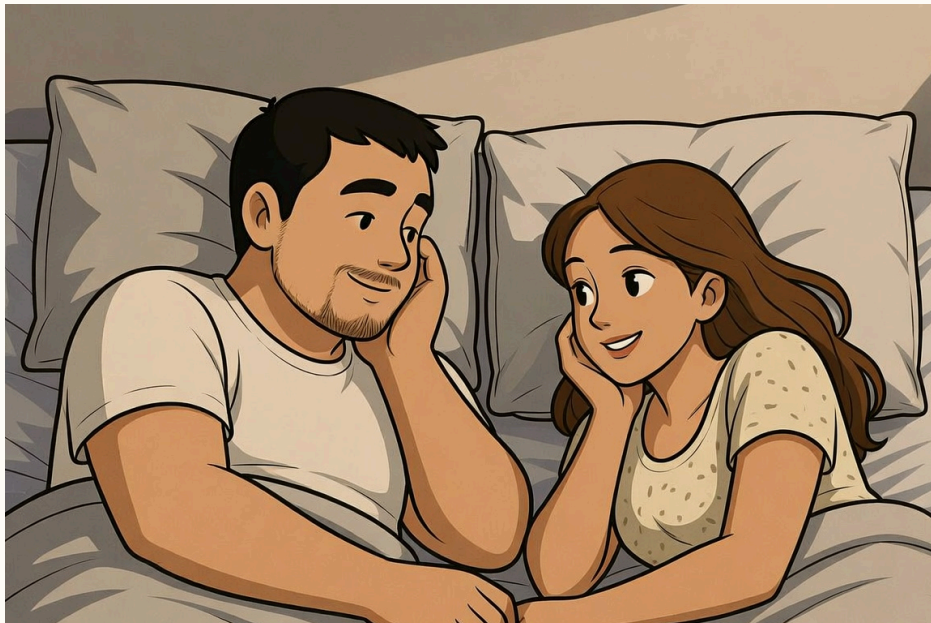
With consistent practice, some men report experiencing a powerful, prolonged climax without actually ejaculating (orgasm without ejaculation, ever heard of it?). It happens for some men, not all, and I don't want to promise it to you as a goal you're supposed to reach. What I *can* tell you is what this guide will give you: a greater capacity for pleasure, the ability to last longer in bed, and control over your ejaculation.

One more thing I want to make clear. Some tantra people believe that sex without ejaculation is better than sex with it. Those people exhaust me, and I don't agree with them :)

I believe everything has its place, and that's exactly why I'm teaching you this: so you'll have the ability to choose.

Four things I want this guide to give you

1. Room to choose, and real control
2. Less pressure in bed, more calm and confidence
3. The ability to expand your pleasure and feel more
4. Research-based tools and techniques for ejaculation control, so you can become the master of your own ejaculation



\$ Medical disclaimer

This guide is for men who want to expand their pleasure and become multi-orgasmic. It's also for men who experience premature ejaculation from time to time, or who have constant premature ejaculation that developed over the years. However, it is not a substitute for medical advice, and it's recommended that you consult a doctor.

This guide is not intended for rapid ejaculation accompanied by pain, or for men who have consistently ejaculated in under a minute for as long as they can remember. In those cases, it's best to consult a urologist or a sex therapist first.

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Part One: The Mental Practice

Before we touch the body at all, we need to get your head in order. The order here isn't random: you can't truly become multi-orgasmic without this part.

1. The Foundation: A Positive Relationship with Yourself

What does "positive thinking" have to do with ejaculation control?

When a man is anxious about failing, afraid of "finishing too fast," worried about what his partner will think, and running an inner monologue of "just don't come, just don't come," he's actually activating his sympathetic nervous system: the system responsible for the "fight or flight" response. And the irony, which I run into again and again, is that this very tension is exactly what pushes him closer to the point of no return.

Calm, confidence, and ease, on the other hand, allow the parasympathetic nervous system to take over. That's the system tied to relaxation, presence, and the ability to stay in the moment.

Negative self-talk ("I'm bad in bed," "I let her down again," "Is she even enjoying this?") feeds exactly this kind of performance anxiety, and performance anxiety is one of the most common causes of premature ejaculation. It's a cycle that feeds itself: the more stressed you are about performing, the more likely your performance will suffer.

So before we get to the physical exercises, let's first build a foundation of patience with yourself:

- Every practice session is a chance to learn, not a test you can fail.
- Celebrate every bit of progress, every small win. Focus on where you succeeded, not on where you didn't.
- Came faster than you expected in a certain session? No big deal. Keep training. Tomorrow is a new day.
- The goal of sex isn't to last for hours. It's for it to feel good and connected. Even if you came faster than you expected, the sky didn't fall.
- And the most surprising one of all: you are not responsible for your partner's pleasure or orgasm. You're not a vibrator. You're responsible for your presence, your communication, and your good intentions. Her ability to connect, to feel pleasure, to be present, and to communicate her needs is up to her.

The moment you take the role of "the performer" off your shoulders and stop keeping score of wins and failures, the pressure will drop, and your nervous system will finally be able to cooperate

with you.

Daily practice: Four Sentences

Every morning, or every night before bed, write down 4 positive statements about yourself in your phone's notes, plus 2 points of encouragement about the process. One of them should always be something positive about the process you're going through.

For example: "I'm a responsible dad. I got the kids to school on time today." Or: "I'm investing in myself and in my relationship. I practiced the breathing technique for 5 minutes today."

2. Tools for the Moment Itself

Beyond the daily practice, there are tools you can pull out right there in bed.

A. Mantras during sex

In real time, your mind tends to race ahead and imagine everything that might go wrong, instead of simply being there. The way to stop that race is by repeating mantras: phrases that remind you that you're okay, exactly as you are right now.

Here are a few mental anchors. Or write your own, something that feels more natural to you and speaks to your specific fears.

For example, if you're anxious about coming too fast, repeat to yourself:

- "The goal of sex is connection. Not a performance, and not a stopwatch."
- "I deserve pleasure even when things don't go the way I expected."

B. Sensory focus exercise

Another simple, immediate tool is sensory focus, which forces you to be in the moment instead of in your head.

Instead of focusing on your performance ("How am I doing?", "How long has it been?", "Is she enjoying it?"), consciously shift your attention to the senses themselves: smell, taste, sight, touch...

In a moment of stress, for example, notice the scent of her shampoo. Focus on how soft her skin is and how it feels... and on other sensory details. This works because the brain simply can't be in two places at once with the same intensity. If your attention is on the scent of the shampoo in

her hair, it can't be consumed by anxiety at the same time. So every time you drift out of the moment, just come back to your senses.

C. Guided visualization

When you wake up in the morning and your head is still foggy from sleep, that's the perfect moment to plant a new reality in your mind. Picture your dream encounter. How you slowly enter her, moving inside her. Changing positions... Imagine the joy you both feel. Imagine it vividly, and feel yourself there.

3. Busting a Myth: Sex Isn't Over When You Come

One of the most common mistakes men make: a man who comes early feels like the show is over. He apologizes, withdraws into himself, rolls over, falls asleep. And that is exactly what turns a small moment into a big problem in both partners' eyes.

Most women aren't disappointed by the premature ejaculation itself. They're disappointed by the feeling that the moment he came, everything was over: he rolls over, falls asleep, and they're left alone with their arousal and their loneliness.

So what do you actually do? You can keep pleasuring her with your hand, with your mouth, give her a massage, kiss her... You now have all your attention free for her, without the pressure of "I also have to last." If you just give it a chance, this can easily become her favorite part.

It also means staying physically present and not running away, even through the embarrassment. The first urge in the moment after is to escape, physically or emotionally. The practice is to consciously do the opposite: don't get up, don't get dressed, don't turn away. Stay in contact: a hug, a hand on her back, your head on her chest.

This part is for all men, even if they don't struggle with rapid ejaculation! Sex isn't over when you come.

The idea that sex ends when the man comes is rooted in poor sex education that, for years, put male pleasure at the center and ignored female pleasure. But the truth is that sex doesn't end after an orgasm, and you can keep going if you both want to.

● For men dealing with rapid ejaculation

Tip for men prone to rapid ejaculation

A lot of the shame around premature ejaculation has nothing to do with sex itself. It's tied to a deeper belief men grow up with: the need to "deliver the goods," to always be strong, always in control, always "fine." And the solution, somewhat paradoxically, isn't to keep

that belief alive. It's to accept being imperfect, and to bring your vulnerability into the conversation with your partner.

Shared vulnerability, when it's honest and not apologetic, almost always brings you closer. It doesn't push her away.

Tool #1: The talk before

Before any sexual contact, take five minutes for a short, honest conversation. Just a simple share of what's going on inside.

Something like:

"I'm really excited about you, and there's a good chance I'll come fast. If that happens, I still want to be with you afterward."

When you share up front, you take away the pressure to hide it. And pressure, as we've already seen, is exactly what brings you closer to the point of no return.

Tip for men in a relationship: if your partner seems disappointed or makes faces

If you feel that your partner's disappointed look or criticism is on the table, it's time for an honest conversation. Not in bed, but at a neutral, calm moment.

The first thing you both need to know: rapid ejaculation isn't your personal malfunction. It's a shared challenge. You're not broken. There's a challenge in your sex life together right now, and like any challenge in a relationship, the way to deal with it is together, not as a battle over who's right and who's disappointed.

You can explain to her that you've started actively working on it. This isn't neglect; it's a process that takes time. And for the process to work, you need her support and encouragement, not criticism. Because criticism, a disappointed look, eye-rolling, and hurtful words create exactly the kind of pressure that makes the problem worse, not better.

Her ability to be part of the process is what will predict its success.

● For men dealing with rapid ejaculation

Things that can cause rapid ejaculation (that you might not have thought of)

Premature ejaculation almost never happens in a vacuum. Often, there are psychological and everyday factors feeding it without us even noticing. Here's a list of common ones:

In the relationship

- Insecurity in the relationship
- Feeling like you have to "prove" yourself in bed
- Criticism of your performance from your partner (even gentle criticism)
- Fear of disappointing her
- Performance anxiety
- Feeling that sex doesn't pleasure you or make you feel good, and wanting to escape it

Stress and emotional strain

- Work stress or general anxiety
- Chronic mental overload (your mind won't quiet down, even in bed)
- Not getting enough sleep over a long period

Habits and outside influences

- Heavy porn use, especially the kind that creates extreme, fast stimulation
- Masturbating very often and very fast
- Alcohol (a lot of it can impair control; a little sometimes loosens you up, but not always)

Inner patterns

- An old habit of "finishing fast" (for example, from a fear of getting caught as a teenager)
- Guilt or shame around sexuality

Physiological factors

- High sensitivity in the glans (the head of the penis)
- Prostate inflammation or other prostate problems
- Thyroid issues (an overactive thyroid)
- Low serotonin levels (strongly linked to lifelong premature ejaculation)

If you recognize yourself in several of these, it simply means there are additional layers worth addressing, beyond the breathing and pelvic floor exercises. You can consult a professional, such as a doctor or a sex therapist. And sometimes just becoming aware of the cause (for example: "I'm stressed about work, so I'm rushing in bed") already starts to loosen its grip.

Part Two: The Physical Practice

Most of the exercises in this guide are for everyone: both for men whose main challenge is rapid ejaculation, and for men who already have good control and are curious about becoming "multi-orgasmic." Wherever an exercise is especially relevant to one group, I've marked it clearly so you'll know where to put your focus. Other than that, just work through it in order, from start to finish.

● For men dealing with rapid ejaculation

● Expanding pleasure / multi-orgasmic

The Right Way to Progress

Start with the foundation: the Foundation Breath if you have rapid ejaculation, or Microcosmic Breathing if you want to become multi-orgasmic. Then do the pelvic floor exercises and the Start-Stop exercises.

How long the process takes: anywhere from a few weeks to 5 months, but it can be longer or shorter.

How often to practice: 3 times a week. Each session takes about 40–60 minutes.

So each session breaks down like this: breathing exercise + pelvic floor exercises + Start-Stop exercises (each one is explained in detail in the pages that follow).

Breathing exercise: 5–10 minutes.

Pelvic floor exercises: about 5 to 7 minutes per session.

Start-Stop exercises: 15 to 30 minutes.

● For men dealing with rapid ejaculation

For men with rapid ejaculation:

Two relaxation techniques that will stay with you throughout your practice. Before the pelvic floor exercises themselves, there are two tools worth learning first. They're the foundation your physical practice is built on.

1. The Foundation Breath (deep breathing)

- **Inhale (4 seconds):** Breathe in and fill your belly. Let your belly fill and expand, not your chest and shoulders.
- **Exhale (8 seconds):** Let the air out slowly, and as you do, try to feel every part of your body melting and letting go. You can (and should!) exhale with a good sigh, "Ahhhh." It

helps your body actually release tension, not just in your head.

- Practice for 5 to 10 minutes.



When: Before sex if you're feeling tense, and any time you see the instruction "Foundation Breath" later in this guide.

Why it works: Deep belly breathing directly activates the parasympathetic system, the one responsible for calm and relaxation. Under stress, your natural breathing becomes shallow and rises into your chest. This is "survival breathing," and it prepares the body for fast action, and for fast ejaculation. Deep belly breathing is its deliberate opposite. In moments of high excitement, it's the tool that lets you override the automatic reflex.

Quick tip: If after a few rounds you feel a little sleepy or foggy, that's a great sign! It means you've successfully activated your parasympathetic system.

2. Progressive muscle relaxation

Use this exercise whenever you feel tense, wound up, or stressed.

The idea: It's hard to relax "on command." But there's an indirect way in: first you deliberately create strong muscle tension, then you release it. The contrast between tension and release teaches your body what real relaxation feels like.

1. Lie down or sit somewhere comfortable and quiet.
2. Go through your muscle groups one by one: feet, calves, thighs, glutes, stomach, hands, arms, shoulders (lifted up), forehead, pelvic floor, and so on.

3. Tense each area hard for about 5 seconds, then release it all at once. Notice the feeling of relief for 10–15 seconds before you move on to the next group.

When to use it: On stressful days, and as preparation right before sex.

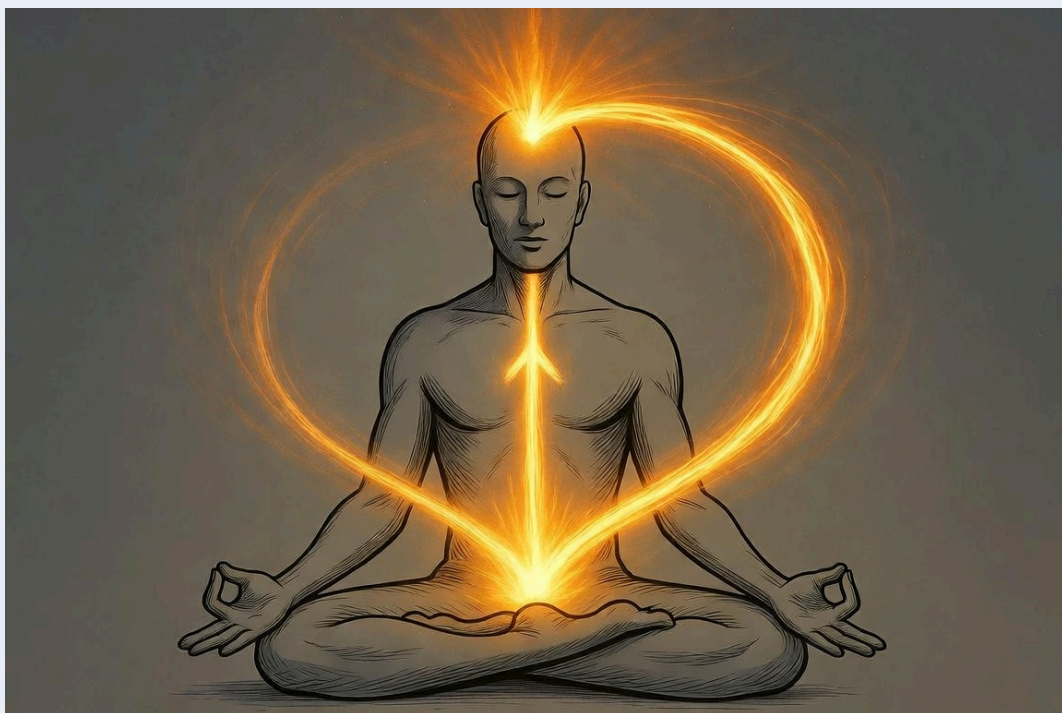
● Expanding pleasure / multi-orgasmic

For multi-orgasmic practice:

A breathing technique for drawing sexual energy upward.

Microcosmic Breathing

This is one of the most powerful exercises there is for raising sexual energy through your body and spreading it. It's the foundation for multi-orgasmic ability, better sexual function overall, heightened pleasure, and a deeper connection to your body. (Credit to Yaniv Gold, who taught me this practice.)



How do you do it?

1. Sit up straight in a comfortable position, with your legs apart.
2. Contract your pelvic floor, then inhale slowly through your mouth, as if you're drinking through a straw.
3. Imagine energy rising from your penis, moving into your pelvis, then climbing up your spine until it reaches the crown of your head.

4. Hold it there, at the crown.
5. Exhale through your mouth while imagining the air is still in your head (you can let out a sound or a sigh), and release the contraction.
6. Repeat the cycle for 5 minutes.
7. At the end of the 5 minutes: press your tongue to the roof of your mouth, exhale, and imagine all the energy you've gathered melting and pouring down from the crown of your head.

Regular practice: Practice this breath for 5 minutes, 3 times a week, on your practice days. Later on, you'll see how multi-orgasmic practitioners put this tool to direct use during sex.

● Expanding pleasure / multi-orgasmic

How to Reach Orgasm Without Ejaculation

Orgasm and ejaculation are two separate physiological processes.

Orgasm is a wave of rhythmic contractions + a peak sensation.

Ejaculation is the release of semen.

You can learn to separate them.

The critical moment is 7–8 on the arousal scale: the zone where your arousal is already very high, but you still have enough control to step in before you hit the point of no return (9).

What you actually do:

- The moment you notice you're reaching 7–8, stop or significantly slow down the stimulation.
- Try consciously contracting your pelvic floor (like stopping your urine midstream). Hold it for a few seconds.
- At the same time, do the Microcosmic Breath and draw the sensation up from your penis, through your spine, to the crown of your head.
- Slowly release the contraction and let the wave of pleasure spread through your body, instead of exploding only in your genitals.
- The goal is to let the orgasmic wave pass through you without fully triggering the ejaculation reflex.

Important:

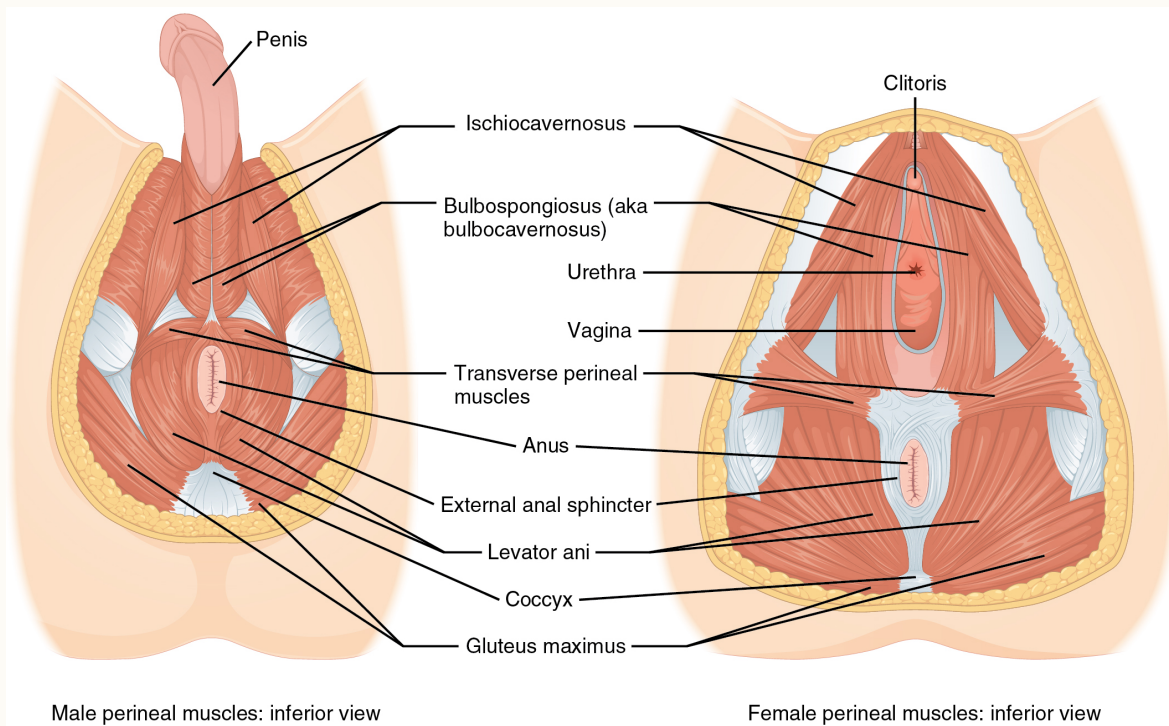
- At first, most men only partially succeed.
- As your awareness of the arousal scale and of your pelvic floor improves, your ability to separate orgasm from ejaculation grows.
- It takes consistent practice. It won't happen right away.

Strengthening and Relaxing the Pelvic Floor: Why and How (relevant for everyone)

This muscle is the foundation both for ejaculation control and for moving energy through your whole body. The pelvic floor is a group of muscles that stretches like a hammock between your tailbone and your pubic bone. In men, these muscles play an active role in the contractions of orgasm and ejaculation, contribute to the firmness of your erection, and can be consciously trained, just like any other muscle in your body.

That's why pelvic floor training is the core of this program. Awareness of and control over this muscle = control over the timing of your ejaculation, plus the ability to maintain a steady erection for longer.

How do you find the muscle?



Credit: OpenStax, via Wikimedia Commons

The next time you pee, try stopping the flow midstream. The muscle you used to stop it is the one.

(Important: this is only a test to help you find the muscle the first time. Don't make a habit of stopping your urine, so you don't harm your urinary system.)

Note: The goal isn't just to strengthen your pelvic floor, but to learn to control it: to be able to both contract it and relax it at will. The ability to relax it is just as important as the ability to contract it, especially as arousal rises.

Pelvic Floor Training: The Protocols

It's best to do all of these exercises on your own bed, in positions that mimic different penetration positions, to prepare your body for the real thing.

The Basic Protocol (contract and relax)

- **Contract:** Squeeze your pelvic floor muscles for 10 seconds.
- **Relax:** Release for 5 seconds. The release should be slow and deliberate. Picture the muscle gradually "melting" instead of letting go all at once.
- **Duration:** Repeat the cycle (10 seconds contract + 5 seconds relax) for 45 seconds total.

Practicing in different positions

In each of the following positions, you'll do two exercises back to back (45 seconds each).

1. Standing

- Exercise 1: The Basic Protocol (contract-relax) for 45 seconds.
- Exercise 2: Pelvic roll. Push your pelvis out and in with a motion that mimics penetration (in & out) for 45 seconds.

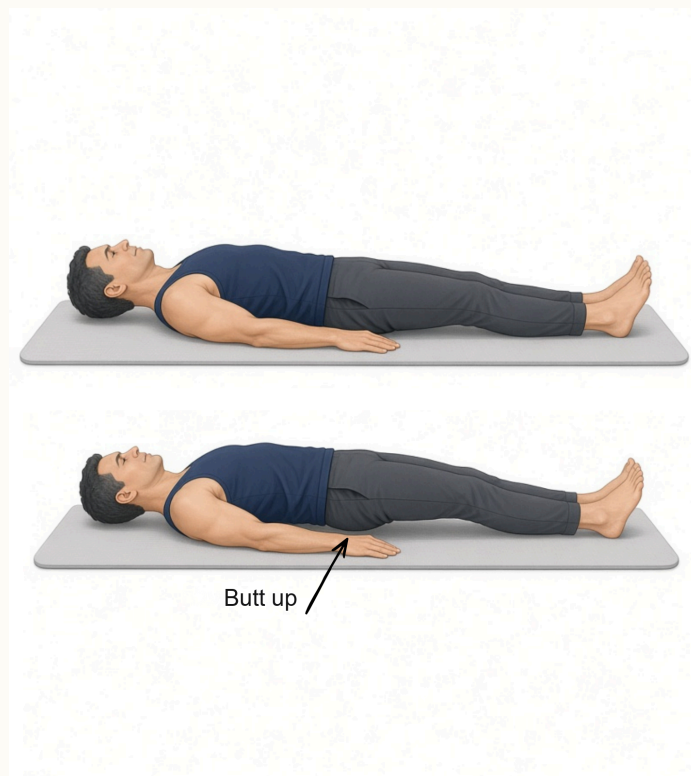
2. Doggy style (on your knees, back straight)

- Exercise 1: The Basic Protocol (contract-relax) in this position for 45 seconds.
- Exercise 2: Raise and lower your pelvis using your thighs (a kind of "kneeling squat") for 45 seconds.



3. Cowgirl (lying flat on your back, body straight against the floor)

- Exercise 1: The Basic Protocol (contract-relax) for 45 seconds.
- Exercise 2: Pelvic thrust. Using your feet, lift and lower your pelvis for 45 seconds.



4. Missionary A: Plank (on your hands or forearms, body straight)

- Exercise 1: The Basic Protocol (contract-relax) in plank position for 45 seconds.
- Exercise 2: Plank pelvic roll. Move only your pelvis, in an in & out motion that mimics penetration, using only your glutes and without moving the rest of your body, for 45 seconds.



5. Missionary B: Pelvic bridge (on your back, knees bent, feet flat on the floor)

- Exercise 1: The Basic Protocol (contract-relax) for 45 seconds.
- Exercise 2: Pelvic bridge. Lift your pelvis as you contract, and lower it back down as you relax. Repeat the movement for 45 seconds.



Start-Stop: Master Your Control, in Any Situation

In this section, you'll learn to become the master of your ejaculation.

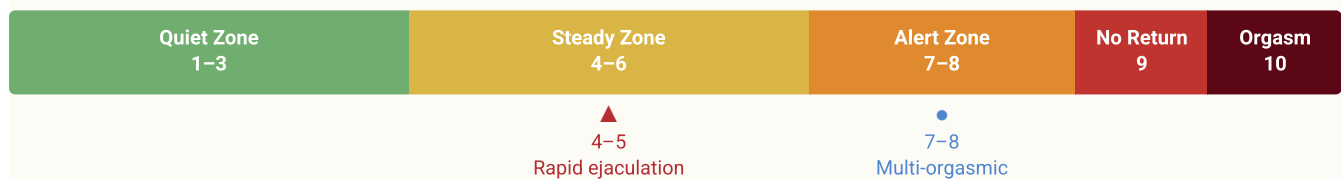
On every practice day you do the exercise for your current stage, starting with Stage 1. Once you've succeeded at a stage on two separate days, move on to the next one.

The most important thing before you start: keep a positive attitude toward the process. Don't treat every one-off "failure" as a real failure. That mindset is exactly what will hold you back. Celebrate every step forward, however small.

It's best to practice in your own bed, where you actually have sex. The idea is to practice somewhere as close as possible to where the real thing happens.

The Arousal Scale

This is the main tool that will guide you through every exercise. Each number represents the level of arousal you're feeling at that moment:



- **Quiet Zone (1-3):** Arousal is just beginning. A partial or strengthening erection. A light, pleasant sensation, and full control.
- **Steady Zone (4-6):** Moderate arousal. A full, stable erection. A clear, pleasant sensation, and still good control.
- **Alert Zone (7-8):** High arousal. Very close to the point of no return. You can still slow down and pull back, but you need to act immediately.
- **Point of No Return (9):** The moment ejaculation becomes physiologically inevitable. Even if you stop all stimulation completely, the orgasm is already on its way.
- **Orgasm (10):** Ejaculation and orgasm.

The difference between most men with rapid ejaculation and men who control their ejaculation is the ability to recognize that they're approaching the point of no return, before they get there.

Men who struggle with rapid ejaculation tend to notice that point too late, when they've already passed it. Men who last know how to spot it from a distance and act in time.

This doesn't happen overnight. It takes practice: learning to listen to your body during sex, until you know exactly where you are on the scale at any given moment.

So, unlike the tips you'll find online ("think about your grandma during sex"), I'm asking you to do the exact opposite: focus on the sensations in your penis. That's how you'll be able to control your ejaculation.

How do you do the exercises?

● Rapid ejaculation

Your stopping point is when you reach 4–5 on the scale. That's how confidence is built.

● Multi-orgasmic

Your stopping point is when you reach 7–8 on the scale. That's where expansion is built.

Guiding Principles

Men who last a long time in bed almost always rely on simple techniques: stopping, changing the touch, changing position, or slowing the pace. Control doesn't come by itself. It comes from learning to recognize your arousal levels and navigate them in real time. The goal is to develop the ability to be present, to enjoy, and to respond precisely to your body.

Before you start, here's a technique you can use during your practice:

The Squeeze Technique

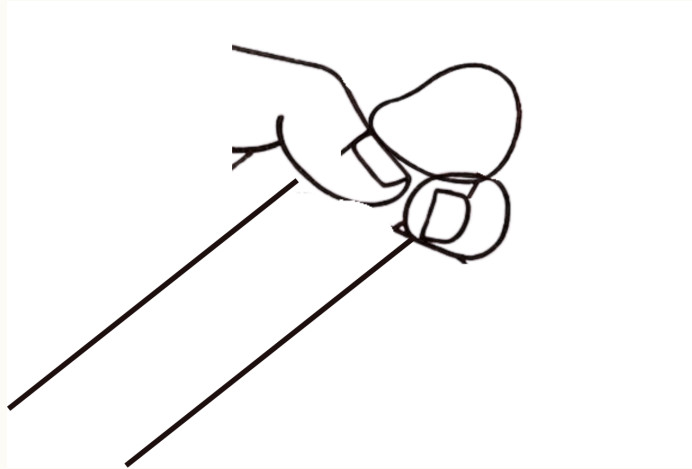
A well-known technique from the world of sex therapy (developed by Masters and Johnson, and based on Semans' Start-Stop method) that helps you learn to recognize and regulate your arousal instead of being "controlled" by it.

You learn to catch the moment your arousal starts rising, stop before you lose control, let it come down, and start again.

How do you do it?

1. Start stimulation and gradually build your arousal.
2. The moment you feel you're getting close, but can still stop, stop.
3. Apply gentle pressure (not painful!) where the head of the penis meets the shaft: wrap your fingers around that area and squeeze.
4. Hold for a few seconds, until your arousal drops.

5. You don't need to go all the way back to zero, just to a place where you can start again without pressure.
6. Repeat the cycle a few times, and at the end, let yourself come if you feel like it :)



A few points to keep in mind

- It should feel good, not painful.
- It's best to start practicing on your own. Once you have a sense of control, move on to practicing together: at your cue, your partner holds the area and gently squeezes.

The Start-Stop Technique

We begin by practicing the Start-Stop technique.

Stage 1: Solo Practice (Masturbation)

Stage 1A: Full stop

Duration: Rapid ejaculation: 15 minutes | Multi-orgasmic: 30 minutes

How to do it:

● Rapid ejaculation

Masturbate with a dry hand.

● Multi-orgasmic

Masturbate with lubricant.

- Focus on the sensations in your penis and on your arousal level the whole time.
- The moment you reach your chosen threshold (4–5 or 7–8), stop all touch immediately.

During the pause:

● Rapid ejaculation

Do the Foundation Breath.

● Multi-orgasmic

Draw the energy up from your penis to the crown of your head, as you practiced in Microcosmic Breathing.

- Only go back to stimulation once you feel a clear drop in arousal.
- **Pause length:** 15–60 seconds, depending on how you feel.

When to move on to the next stage: Only after you've completed the full session with no more than 2 pauses, in at least two separate sessions. If you're not there yet, stay at this stage.

● **Rapid ejaculation:** Add lubricant to your practice, and after two successful sessions, move on to the next stage.

Stage 1B: Change the touch instead of stopping completely

Duration: Same as Stage 1A

How to do it: The exact same exercise, but instead of stopping completely, change your style of touch or your rhythm (circular motions instead of straight strokes, lighter or firmer pressure, slowing down significantly).

When to move on: Only after you've completed the session with no more than 2 changes of touch.

● **Rapid ejaculation:** Add lubricant to your practice, and after two successful sessions, move on to the next stage.

Stage 2: Practicing with a Partner (Manual Stimulation)

Duration: Rapid ejaculation: 15 minutes | Multi-orgasmic: 30 minutes

How to do it:

- Agree in advance on a code word or a clear signal for stopping or changing the touch.

● **Rapid ejaculation**

Your partner stimulates you with a dry hand.

● **Multi-orgasmic**

Start with lubricant right away.

- When you reach your threshold, ask her to stop or change the touch.

When you stop:

● **Rapid ejaculation**

Do the Foundation Breath.

● **Multi-orgasmic**

Draw the energy upward, as in Microcosmic Breathing.

- Only go back to stimulation after a noticeable drop in arousal.

When to move on: Only after you've completed the session with no more than 2 pauses or changes, at least twice.

● **Rapid ejaculation:** Add lubricant to your practice, and after two successful sessions, move on to the next stage.

Stage 3: Gradual Transition to Penetration (For Rapid Ejaculation Only)

Stage 3A: Penis against the vagina (outside)

Place your erect penis right up against the outside of her vagina. Practice slow rubbing, stopping or changing the touch as you approach your threshold.

When to move on: When you can stay in external contact for at least 10–15 minutes with good control (no more than 2 pauses).

Stage 3B: Penis just at the vaginal opening

Position the head of your penis at the vaginal opening only, without entering. Stay there, breathe, and stop or slightly change the touch as needed. Your partner stays relaxed and still.

When to move on: When you can stay at the opening for at least 8–12 minutes with good control.

Stage 3C: Gradual penetration without movement

- Your partner stays relaxed and avoids moving.
- Position your penis at the entrance and give your body a few seconds to adjust.
- Enter about an inch (2 cm) → wait a few seconds → continue gradually until you're fully inside.
- Stay still for a few minutes and focus on the sensations: texture, warmth, wetness.
- If you feel your control slipping, do the Foundation Breath.

When to move on: When you can stay inside without moving for at least 5–8 minutes without losing control.

Stage 4: Penetration Practice for Everyone

Critical point

The goal of this practice is indeed to reach continuous, stable, prolonged penetration. But for it to work, feel good, and last, here's what you must stick to. The goal of this practice is to gradually build the ability to stay aroused and in control over time. That's why at this stage we're aiming for up to 30 minutes of penetration.

But those 30 minutes are a framework for practice. Not an obligation, and not a test. If there's pleasure, ease, and a desire to keep going, you can keep practicing. If your partner gets tired, doesn't want to continue with penetration, or simply wants to stop, you stop. You can continue the practice on your own through masturbation and complete your training time that way.

The goal isn't to "last" at any cost. It's to learn to regulate your arousal and develop the ability to stay in control over time, while listening to your body and to your partner:

- **Arousal and pleasure before penetration:** Prolonged penetration requires excellent preparation. Make sure she gets plenty of external stimulation before you begin, and hear from her what she wants and needs to get aroused. Make the warm-up fun and full of pleasure (manual, oral, or an indulgent massage).
- **Generous, continuous use of lube:** Continuous penetration for 15–30 minutes dries out the vagina and creates friction. To protect her vaginal health and prevent burning or discomfort, use a generous amount of water-based lubricant, and reapply it as you go.
- **Communication and a code word:** Agree on a clear code word in advance. The moment it's said, stop the practice immediately.
- **Presence and attentiveness in real time:** Stay tuned in to yourself throughout the practice, and pay attention to her at the same time. The moment you hear the code word or notice signs of discomfort in her, stop. That's completely okay, even great, and part of the progress.
- If she wants to stop penetration before you've finished the practice time you set for yourself, respect that fully and without pressure. You can complete the rest of the practice (Start-Stop or changing the pace) by masturbating with lube in her presence, or on your own later.

Stage 4A: Penetration with slow movement, only one of you moves

Duration: Rapid ejaculation: 15 minutes | Multi-orgasmic: 30 minutes

How to do it:

- Choose a comfortable position. Choose which of you moves. Even if you decide she goes first, you're the one running the show. That means you guide her on when to slow down, when to stop, when to continue, and how deep to go. She isn't moving freely to satisfy herself; she's following your lead so you can progress in the process.
- Start at a very slow pace. When it feels safe, pick up the pace a little.

Before every increase in pace:

● Rapid ejaculation

Do the Foundation Breath.

● Multi-orgasmic practice

Do the Microcosmic Breath.

When to move on to the next stage: Only when you can complete the full session with no more than 2 pauses or pace changes.

Stage 4B

The same practice, only this time, whoever didn't move last time is the one who moves.

When to move on to the next stage: Only when you can complete the full session with no more than 2 pauses or pace changes.

Stage 4C: Both of you move together

Move on to both of you moving at the same time, at a slow pace. You keep managing the pace and depth, and use changes in movement: slowing down, changing the touch, switching positions, or a short pause.

When to move on to freer penetration: When you can sustain penetration with shared movement for the entire session (15 minutes for rapid ejaculation, 30 minutes for multi-orgasmic) with two pauses.

An important tip along the way

If you don't feel like turning this into a "project" right now, you can treat it as a game for the two of you. Just have sex, without heavy rules. Every time you reach your chosen point on the arousal scale, do one of the things we've learned (slowing down, changing the touch, switching positions, or a short pause). Just let her know in advance, and tell her about it in a light, playful way.

Tip: Why aerobic fitness matters for your practice

This might look like a completely different topic, but there's a reason it's here. Prolonged penetration, especially at an active pace, is actually an aerobic workout. Muscle fatigue raises stress and speeds up ejaculation: when your body is exhausted, it's harder to maintain fine control. And a better-trained body comes into intimacy with a higher "calm baseline," before you've even started. **My recommendation:** 2–3 times a week, 20–30 minutes of moderate aerobic exercise.

Tip: Practice slow sex

Men tend to think that fast, and then faster, thrusting is more pleasurable. But the truth is that slow penetration holds incredible pleasure, and it allows a woman to connect and surrender to you completely.

Slow sex is by no means less orgasmic (and some would say it's even much more so!). It's a different kind of experience: one that allows closeness and deep connection, sex that isn't only physical but emotional too, almost meditative. Instead of measuring success by speed or intensity, the invitation here is to cultivate sensitivity, presence, and tenderness in the touch itself, and to use slow sex as a powerful ejaculation-control technique that has your partner seeing stars. Enter her every so often and move your pelvis slowly, focus on the sensations in your body, and see how much pleasure it brings you both.

A Personal Closing Note

If you've made it this far, well done.

This guide isn't meant to turn you into a sex machine that can last for hours no matter what the moment calls for.

It's meant to give you something far more important:

The ability to be present.

The ability to feel.

The ability to choose.

You've learned how your nervous system works, how stress pushes you toward the point of no return, and how calm makes control possible.

You've practiced breathing, pelvic floor work, and Start-Stop techniques.

And if you chose the multi-orgasmic path, you've started learning how to experience deep pleasure without everything ending in a single moment.

The most important thing to remember: this is a process. Not a test.

There will be days when it works beautifully, and days when it works less. That's completely fine. Every time you come back to your practice, even for just a few minutes, you're building something real.

And if you have a partner, bring her into the process with you. Share, ask for support, and give her space too.



I'm not promising you'll become multi-orgasmic within a month.

But I can tell you this: if you stay consistent, if you treat yourself with patience, and if you remember that the goal is pleasure and presence, you'll come out of this process with more control, more confidence, and a greater ability to enjoy.

Enjoy the journey.

And remember: you don't have to be perfect. You just have to be there.

With love,
Liri