

THE

Sexual Secrets
Every Man Should Know

How Any Man Can

MULTI-

Experience Multiple Orgasms

ORGASMIC

and Dramatically Enhance

MAN

His Sexual Relationship



Mantak Chia & Douglas Abrams

THE

Sexual Secrets

MULTI-

Every Man

ORGASMIC

Should Know

MAN

Mantak Chia and

Douglas Abrams Arava

The Sexual Secrets

In this book you will learn to

Have multiple orgasms without losing your erection

Experience longer, more intense whole-body orgasms

Use your sexual energy to improve your overall health

Increase your sexual energy and vitality

Recognize the signs of your partner's desire

Help your partner to become multi-orgasmic

Master thrusting techniques that will completely satisfy your partner

Use sexuality to deepen your spirituality

Make all sex safer

End premature ejaculation

Overcome impotence

Increase the size and strength of your penis

Raise your sperm count

Prevent and help prostate problems

Increase your sexual strength in middle and older age

Maintain the passion in your relationship as you age together

For our sons, Max and Jesse

The Sexual Secrets

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WARNING *This is not just another sex book.* There is so much talk about sex today, and yet still so much misunderstanding, that it is difficult to know what is of any value or use. You have no doubt seen advertisements from sexperts that promise to teach you how to become the world's greatest lover, have daylong orgasms, and reach sexual ecstasy—all without doing anything. Because this book is based on a three-thousand-year tradition of actual sexual experience, the authors are well aware of the effort that is involved—pleasurable as it may be—in changing your sex life. Learning sexual secrets is one thing, but using them is quite another. The techniques in this book have been tested and refined by countless lovers over thousands of years in the laboratory of real life. We have tried to present them in as clear and simple a way as possible, but the only way to benefit from them is to really use them.

These are powerful practices. The techniques given in this book can profoundly improve your health as well as your sexuality. However, we do not give any diagnoses or suggestions for medication. People who have high blood pressure, heart disease, or a generally weak condition should proceed slowly in the practice. If you have a medical condition, a medical doctor should be consulted. If you have questions about or difficulty with the practice, you should contact a Healing Tao instructor in your area (see the appendix: "Healing Tao Books and Instructors").

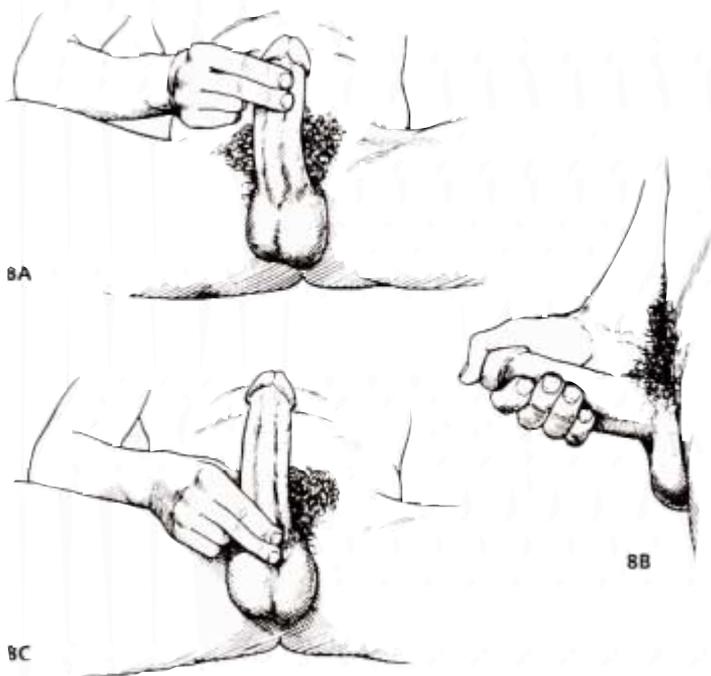


FIGURE 8. DELAYING EJACULATION WITH THE SQUEEZING METHOD

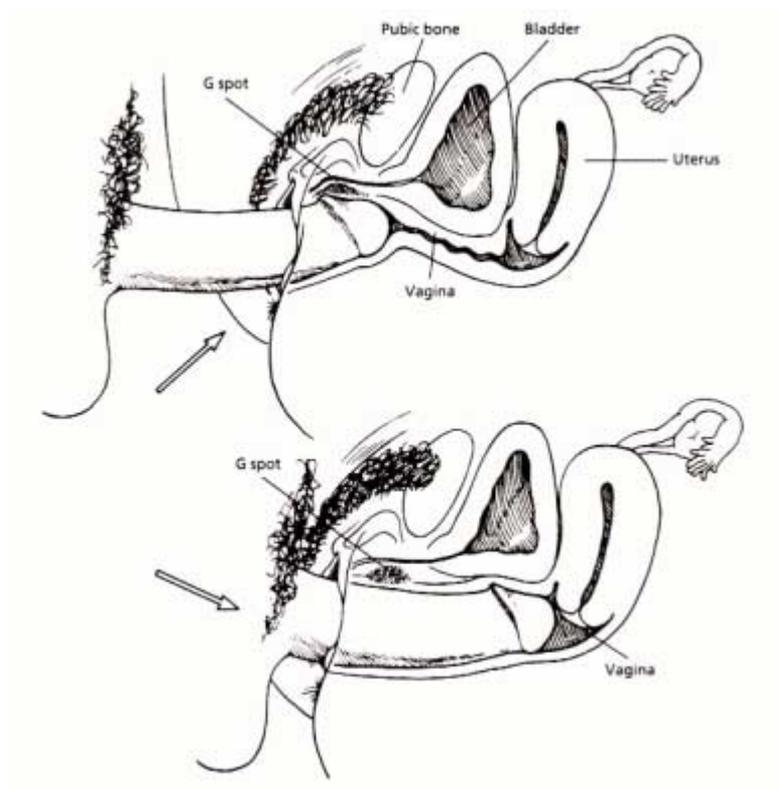


FIGURE 20. SHALLOW AND DEEP THRUSTS

Over three thousand years ago, the Chinese recognized that men can achieve multiple orgasms by delaying and even withholding ejaculation. This is possible because orgasm and ejaculation are two distinct physical processes, though they have long been equated in the West. Although clearly less precise than today's sex researchers, the ancient Chinese recorded their findings in detail for future generations of sexual and spiritual seekers.¹

In the West, it was not until the 1940s that pioneering sex researcher Alfred Kinsey reported similar discoveries.² Yet even several decades later, after his claims have been proved repeatedly in the laboratory, most men remain unaware of their multi-orgasmic potential. Without this knowledge and without a clear technique, men are unable to feel the difference between the crescendo of orgasm and the crash of ejaculation.

Male sexuality in the West remains incorrectly focused on the inevitably disappointing goal of ejaculation (“getting off”) instead of the orgasmic process of lovemaking. *The Multi-Orgasmic Man* shows men how to separate orgasm and ejaculation in their own bodies, allowing them to transform the momentary release of ejaculation into countless peaks of whole-body orgasms. In the words of one multi-orgasmic man, “In the normal, everyday sort of ejaculation my pleasure is quickly over with. Not so in multiple orgasms. The pleasure generated here stays with me throughout the day. There seems to be no final peak to this pleasure, either. This practice offers the added bonus of affording extra energy so I am just never tired. Now I can have as much sex as I want and I can control it rather than have it control me. What more can a man ask for?”

The Multi-Orgasmic Man also shows men how to satisfy the multi-orgasmic potential of their partners. One multi-orgasmic man who had been practicing the techniques in this book for three months explained his experience: “Basically, I have slept with three women since starting to practice these techniques, and *all three* have told me that I was their best, literally said it to me while we were in bed: ‘This is the best I have ever had.’”

Women who read *The Multi-Orgasmic Man* will learn secrets about male sexuality that few women, and even few men, know. Couples who read it together will find levels of sexual ecstasy and satisfaction that they may never have imagined were

possible. As one partner of a multi-orgasmic man put it, “Our lovemaking has always been good, but now it is so much richer and more balanced with both of us experiencing many waves of orgasm. Multi-orgasms, though, are just the beginning of the profound changes that this practice has made in our relationship. Our love is much deeper and more intimate now.”

The fact that men can have multiple orgasms is so surprising to most of us that we may find it hard to believe. It is worth remembering that only in the last forty years have female multiple orgasms been recognized and accepted as “normal.” Even more surprising is the number of women who have become multi-orgasmic—once they were told it was possible. Since the fifties, when Kinsey was studying female sexuality, the number of women who experience multiple orgasms has tripled, from 14 percent to over 50 percent!³ In the 1980s, sexologists William Hartman and Marilyn Fithian found that 12 percent of the men they studied were multi-orgasmic. As men recognize that they also have this potential and learn some simple techniques, more and more of them will discover that they too can experience multiple orgasms.

In this book we draw on both ancient Taoist (pronounced *DOWist*) practices and the most recent scientific knowledge to show you how to separate orgasm from ejaculation, how to experience multiple orgasms, and how to improve your overall health. The Taoists were originally a group of seekers in ancient China (around 500 B.C.E.) who were extremely interested in health and spirituality. Although many of the sexual techniques they developed are now more than two thousand years old, they are as effective today as they were then. Since the techniques in this book were introduced to the West fifteen years ago, there has been a quiet sexual revolution going on among ordinary men who have tried these techniques and proved that they work. However, we believe that the only real proof is in your own body. We hope you will accept or reject the information given here based on your own experience.

Multiple orgasms are not just for adolescent boys, unusually lucky older men, or religious adepts. A software salesman in his thirties who calls himself a “cynical, uptight New Yorker” sat down one evening with the exercises in this book and had six orgasms: “The orgasms got more powerful one after the other. It was like nothing I had ever experienced. But the most amazing thing is that I had been working too much and was getting sick.

The next morning I woke up healthy and with more energy than I can remember.” According to Taoist sexuality, experiencing multiple orgasms without ejaculating can also help men achieve their body’s optimum health and even, believe it or not, live longer.

Taoist sexuality, also called Sexual Kung Fu, began as a branch of Chinese medicine. (*Kung fu* literally means “practice,” so *Sexual Kung Fu* simply means “sexual practice.”) The ancient Taoists were themselves doctors and were concerned as much with the body’s physical well-being as with its sexual satisfaction. Sexual Kung Fu helps men increase their vitality and longevity by allowing them to avoid the fatigue and depletion that follow ejaculation—to stop them from, literally, going to seed.

In chapter 1, we describe the Eastern and Western evidence for male multiple orgasms. We also discuss recent scientific research that seems to confirm the ancient Taoist understanding about the importance of orgasming without ejaculating. In reporting on these surprising studies, the *New York Times* concluded, “Creating sperm is far more difficult than scientists had imagined, demanding a diversion of resources that might otherwise go into assuring a male’s long-term health.”⁴

Theory without practice, however, is worthless. So in chapters 2 and 3 we give you the “solo practice” that you can use to develop your multi-orgasmic ability—whether you have a partner or not. Many men begin experiencing multiple orgasms within a week or two, and most are able to master the technique within three to six months.

Chapters 4 and 5 teach you the “duo practice” that you will use to share Sexual Kung Fu with a partner and to pleasure her in ways she probably never imagined were possible.

Although women will benefit from reading the entire book, chapter 6 is written especially for them and explains what they will need to know to help their partners—and themselves—reach their multi-orgasmic potential.

Chapter 7 is written for gay men and describes the specific practices they need to learn for a satisfying and healthy multi-orgasmic sex life.

Chapter 8 addresses the concerns of men who are experiencing difficulties with their sexuality, such as premature ejaculation, impotence, and infertility. Taoist sexuality offers completely different ways to think about and overcome these problems.

Finally, chapter 9 offers advice on how men and their partners can have a lifetime of ecstatic sexual intimacy. It begins with a section for middle-aged and older men, who often experience a decline in their sexual appetite and potency. We present research on multi-orgasmic men that contradicts the widely held belief that male sexuality peaks in the teens and declines slowly thereafter. The Taoists have always known that if a man understands the true nature of his sexuality, it will only improve as he matures. This chapter also includes a section on how we can help our sons begin a life of healthy and satisfying sexuality. If only *our* fathers had known!

China produced the world's first, most comprehensive, and most detailed sex manuals. In *The Multi-Orgasmic Man* we continue this long tradition by providing men and their partners with a practical, straightforward guide to transforming their sexuality. Although in Taoism sexuality and spirituality are not separated, we realize that some readers will be interested exclusively in practical sexual advice and that others will want to learn more about the sacred dimension of their sexuality. Starting with basic techniques that all readers will need in order to become multi-orgasmic, we gradually add more subtle techniques for readers who are interested in using their sexuality as a path to improving their health and deepening their spirituality.

It is worth mentioning that this is not a book about Taoism, either as a philosophy or as a religion. (One of the authors of this book, Mantak Chia, has already written over ten books that explain in great detail the practical teachings of this ancient tradition, from which he has developed a comprehensive health system called the Healing Tao.) In *The Multi-Orgasmic Man*, we offer practical Taoist techniques that have been confirmed by scientific study to readers who are looking not for a new religious system but for a deeper experience of their own sexuality.

It is also our hope that this book will spark further scientific research to confirm or revise the theory and practice offered here. We believe that the time for secrecy and cultural chauvinism has passed. East and West can share their knowledge for the benefit of all modern lovers who seek sexual fulfillment in this age of carnal confusion.

Becoming a Multi-Orgasmic Man

Now that you have a better understanding of your sexuality and its true potential, it is time to become multi-orgasmic. This ability requires developing both your sexual strength and your sexual sensitivity. As mentioned in the introduction, most men who practice the exercises in this chapter will begin to experience multiple orgasms within a week or two and will master the technique within three to six months. Some with strong sexual energy and sexual sensitivity may experience them the first time they try, while others with weaker energy or less sensitivity may take longer than six months to become regularly multi-orgasmic. It also depends on your dedication to the practice. We give you these time frames as an estimate, but the most important thing is not to get discouraged. If you persevere, you will get it.

Breathing Basics

Strange as it may seem, learning to control your ejaculation and to become multiply orgasmic begins with strengthening and deepening your breathing. As is true in all martial arts and meditative practices, your breath is the gate through which you can gain control of your body. Breathing

is both involuntary *and* voluntary. In other words, we breathe regularly without thinking about it, but we can also choose to change the rhythm or depth of our breathing. This use of the mind to cultivate the body is the very basis of Sexual Kung Fu.

Your breathing is also related to your heart rate. If you are breathing quickly and shallowly, as after running, your heart rate increases. If you are breathing slowly and deeply, your heart rate decreases. As we learned earlier, increased heart rate is part of orgasm and breathing quickly is one sign of orgasm's approach. So the first step in controlling your arousal rate, and therefore your ejaculation, is deep and slow breathing.

BELLY BREATHING

Most of us breathe very shallowly, generally into our chest and shoulders, which allows only a small amount of oxygen to be absorbed by our lungs. Belly breathing—breathing deeply into the bottom of our lungs—is the way a newborn child breathes. If you watch a sleeping newborn, you will see the child's entire belly rise and fall with each breath. Belly breathing allows us to replace stagnant air at the bottom of our lungs with fresh, oxygen-filled air. This is the healthiest way to breathe, but we lose this natural ability as stress and anxiety cause us to cut our breathing short. This anxious breathing is confined to our upper chest. When we are happy and laughing, we are able once again to breathe into our belly. In this exercise, you will learn to belly breathe as you did when you were young.

FINDING THE WAY

Inhale Through Your Nose

When practicing any of the exercises in this book, always inhale through your nose, which filters and warms the air. When you inhale through your mouth, you breathe unfiltered, unwarmed air, which is harder for your body to assimilate.

Learning to Control Ejaculation

Now that you have started learning how to control your breath and your sex muscles, you are ready to learn some specific techniques for controlling ejaculation when you are highly aroused. The more you practice the exercises you've learned so far, the easier it will be to practice the ones given later in this chapter and stop yourself from going past the "point of no return."

STOPPING

First, and most important, you need to stay aware of your arousal rate and *stop a few strokes* (or thrusts, if you're with your partner) before you think you will ejaculate. Many sexologists call this *the stop/start technique*, but it is just common sense. Better to stop too soon than too late. In the beginning, you will probably need to stop stimulating yourself for ten or twenty seconds to allow the urge to ejaculate to subside.

BREATHING

The deep breathing we described earlier is extremely important in controlling your arousal rate and in delaying ejaculation when you are highly aroused. One technique that has proved especially effective is to breathe in deeply and hold your breath for several moments until the urge to ejaculate subsides. Some multi-orgasmic men, however, breathe rapidly to delay ejaculation. (This quick, shallow breathing is called *the breath of fire* in the yoga tradition.) Deep, slow breathing helps control your sexual energy, whereas shallow, rapid breathing helps disperse the energy. You can experiment and see what works for you.

CONTRACTING THE PC MUSCLE

As already mentioned, the PC muscle surrounds the prostate, through which your semen must pass during the expulsion phase of orgasm. By learning to squeeze your prostate during contractile-phase orgasm (when it is contracting involuntarily), you can help yourself avoid moving from contraction to expulsion. (Between contraction and expulsion lies the infamous "point of no return.") One multi-orgasmic man described his experience: "I hold back the ejaculation simply by contracting the PC muscle at precisely the right time. It took quite some time to master this process, but the results are definitely worth the effort."

SQUEEZING THE PENIS

Many sexologists recommend squeezing the penis, a technique that was originally developed for men who ejaculate “prematurely.” It is simple. Just place the first two fingers of either hand on the underside of your penis, place your thumb on the top, and squeeze (see figure 8a). Some men also find that gripping their penis like the handlebar of a bicycle and pressing down on the tip or underside with their thumb helps them reduce their arousal (see figure 8b). Although these techniques can be effective in solo practice, they are awkward when having intercourse because you must withdraw. To prepare for this situation, you can try using your mind to help squeeze the tip of your penis. Eventually, you will be able to squeeze the tip of your penis with just your mind and will avoid the clumsiness of having to use your hands. Another good technique is squeezing at the base of your penis (remembering to also squeeze with your mind). This will help you control your arousal and will also expand and strengthen your erections (see figure 8c).



FIGURE 9. SCROTAL TUG

PRESSING THE MILLION-DOLLAR POINT

One of the oldest Taoist techniques is pressing the Million-Dollar Point while contracting your PC muscle. This helps delay ejaculation both by focusing your attention and by interrupting the ejaculatory reflex. It is simple and effective. First locate your Million-Dollar Point, which is just in front of your anus (see figure 2). There should be an indentation when you push at the correct spot. You will need to push your finger in up to your first joint. One multi-orgasmic man described his experience: “Pressing on the Million-Dollar Point for a while decreases my erection slightly and the danger of ejaculating greatly.” You will also be able to use this technique during intercourse without withdrawing.

SCROTAL TUGGING

Since your testicles have to pull up close to the body in order to propel the semen out of the testes, pulling them away from your body can delay ejaculation. Circle the top of your sac with your thumb and forefinger (see figure 9). Pull down firmly.

DRAWING AWAY SEXUAL ENERGY

More than any mechanical technique, the secret to stopping yourself from ejaculating is learning to pump your sexual energy away from your genitals and up through your spine to the rest of your body. If the sexual energy continues to build up in your groin, it will eventually be too great to control and will shoot out in the most direct way it can—through your penis. However, if you draw this energy away, it will be much easier to stop yourself from ejaculating. As we discussed in the previous chapter, this is also the secret to learning how to have whole-body orgasms. In the next section we will give step-by-step instructions to show you how to circulate your sexual energy through your body. In the meantime, simply imagine drawing your sexual energy out of your penis, past your perineum, and up your spine. Contracting your perineum will help pump the energy up and will prepare you for the Big Draw exercise we describe later in this chapter.

EXERCISE 6

SEPARATING ORGASM FROM EJACULATION

1. Start by lubricating your penis, as you did in the Self-Pleasuring exercise.
2. Before focusing on your genitals, remember to touch and massage the rest of your body, especially your belly, thighs, and nipples.
3. Self-pleasure however you like, remembering to stimulate your entire penis, your scrotum, and your perineum.
4. Pay close attention to your arousal rate. Once again, try to notice your increasing levels of arousal: notice the tingling at the root of your penis, notice the stages of erection, notice your breathing change and your heartbeat rise.
5. As you feel yourself getting close to the point of no return, stop, breathe, and lightly contract your PC muscle around your prostate. In addition, you also can delay your ejaculation by pressing on the Million-Dollar Point, by using the scrotal tug, by pressing on the tip of your penis, or simply by using your mind to squeeze the tip of your penis. You can experiment and see which of these techniques works best for you. Most important of all, however, is paying close attention to your arousal and stopping in time—at least a few strokes before the point of no return.
6. If you feel that your sexual energy is getting too wild and difficult to control, try to draw this energy up your spine with your mind, and squeeze and release your PC muscle several times. If you are still feeling too hot and out of control, stop for ten or twenty seconds and focus on deep breathing.
7. Try to notice the contraction of your PC muscle and anus that occurs at contractile-phase orgasm.
8. After you have peaked several times without ejaculating, stop. You will feel peaceful and/or energized afterward. Try to notice your sexual energy circulating in your body, which you will feel as a tingling, itching, or prickling.

In exercise 6, you will use these techniques to help cool you down as you start to get highly aroused. Again, you will try to experience the pleasurable involuntary pumping of the prostate and anus (contractile-phase orgasms) without ejaculating. One multi-orgasmic man described how he is able to orgasm without ejaculating: “I do a number of things. [1] Variation seems to help, not doing the same over and over again—varying the depth of the thrust when I am making love, or using different strokes when it’s just me and my hand. [2] Slowing down when I feel close to the edge. [3] Deep-breathing exercises. And [4] moving the accumulated *chi* up my spine and through the Microcosmic Orbit.”

Whatever techniques you use to heat yourself up and cool yourself down, *the most important parts of the practice are breathing, squeezing your PC muscle, and learning to relax into a non-ejaculatory orgasm.*

Becoming a Multi-Orgasmic Couple

Controlling your ejaculation while self-pleasuring is one thing, but controlling it during the throes of love-making is quite another. The control you developed in chapter 3 over your breathing, your concentration, your PC muscles, and, most important, your sexual energy will help you immeasurably in becoming multi-orgasmic with your partner, but you also need to know the duo practice for lovemaking.

Pleasuring Your Partner

Unlike men's arousal, women's has no precipice. True, many women will have orgasms that they find so fully satisfying (and climactic) that they do not need to continue making love. And as we discussed earlier, some women even ejaculate. But since women do not have to worry about losing an erection or spilling their seed, they can generally surrender themselves to pleasure in a way that men cannot. Nevertheless, women do not fall into bliss without effort. Reaching orgasm, multiple orgasms, and expanded orgasms requires knowledge, skill, and effort of women just as it does of men. Here's how you can help.

In Sexual Kung Fu all aspects of touch are seen as part of the union between man and woman. Touching hands or lips is as much a part of harmonizing with one another as is intercourse. As with self-pleasuring, you probably have your own way of pleasuring your

partner, and though most women have the same general erogenous zones, each woman, of course, has different sensitivities at different times. Try out these Taoist techniques, but let your partner's preferences be your guide.

"The essence of foreplay is slowness," states the *Discourse on the Highest Tao Under Heaven*. "If one proceeds slowly and patiently, the woman will be exceedingly joyful. She will adore you like a brother and love you like a parent. One who has mastered this Tao deserves to be called a heavenly gentleman." Because anticipation and growing intensity are important in bringing your partner's desire to a boil, you should begin with passionate kissing. Begin at her extremities rather than her genitals. Caress, massage, and kiss her hands and wrists as well as her feet and ankles. Move up her arms and legs to her abdomen. Stimulating points along the meridians of her body (energy channels) will help increase her sexual excitement: there are many points along or near her spine (the Back Channel), such as the small of her back, her neck, and her ears. The underside of the arms and the inside of the thighs are also very sensitive on most women. By *caress*, we mean that your touch should generally be featherweight, although it can be heavier when you are stimulating larger muscles such as her buttocks.

HER BREASTS

As we mentioned earlier, when you approach her breasts, spiral around them in ever narrower circles until you slowly reach her nipples. Most men go for the nipples too soon. (Old breast-feeding instincts, perhaps.) Circling them slowly will draw her sexual energy to her nipples. Also, remember to rub your thumbs and forefingers together to generate more *chi*. Finally, touch her nipples lightly, and try rolling them between your thumbs and index fingers. (You can touch both breasts or just focus on one at a time.) Some women enjoy harder squeezing and fondling, but let your partner's responses guide you. As we already mentioned, your tongue is highly charged with *chi*, and using it to lick, spiral around, and suck on her nipple is often an excellent way to arouse her. If her nipples become engorged and erect, you are doing something right.

HER GENITALS

In approaching your partner's genitals, it is best to stimulate her inner thighs, mons, and vaginal lips before approaching the clitoris. Imagine that you are moving through concentric circles of increasing pleasure and intensity. When you finally approach

her clitoris, her sexual energy and excitement will be enormous.

Each woman likes to have her clitoris touched differently, and you need to become the expert in her particular pleasure. Even more important than where to touch is how to touch. Using your finger, stroke or spiral evenly—not too fast, not too slow. Avoid big movements: the clitoris's sensitivity is far more concentrated than that of the penis, and you are better off with more focused, subtler movements than with the kind of vigorous stimulation that most men enjoy.

As for where to touch, you are best off starting with the less sensitive parts of this very sensitive sex organ. Try stroking the base and sides of the clitoris. Then try stroking the hood and rolling the clitoris between your thumb and index finger—gently! Remember to touch the hood first, before touching the extremely sensitive glans. Experiment with different strokes and varying degrees of pressure. If your partner likes it, she will push her genitals slightly toward you for more stimulation. Moans, sighs, pants, jerking muscles, curling toes, and sweat, as well as smiles and other facial expressions, are all good signs. If your touch is too heavy or uncomfortable, she will pull her pelvis slightly away. Lighten up or try another stroke.

TONGUE KUNG FU

Although effective, fingers are not ideal, because they are not nearly as sensitive as your partner's clitoris. The hardness of the bones in your fingers and the sharpness of your nails can be painful. (Always make sure your nails are short and smooth.) For this reason, your tongue is much better suited to the task.

There have been many jokes about oral sex and its attendant smells and tastes. There are men who grimace at the thought and men who smile with fond memories. One multi-orgasmic man described his conversion to an oral-sex fan: "In the past, I definitely didn't like to use my tongue because it felt like I wasn't getting anything out of it. I was kind of selfish, really—I was a getter. And now my partner will be having these incredible orgasms because of what I am doing with my tongue, and it feels great to watch. I even start tingling in my body. It's true what the Tao says about when you are in tune. I get by giving. This is something a lot of guys miss. I know I did for a long time." Whatever your personal feelings are about oral sex, you should know that it is probably the fastest way to get a woman's vaginal juices flowing in preparation for lovemaking. As we discussed earlier, it is also the easiest, and for some women the only, way in which they have an orgasm.

If you are not a cunnilingus fan, you do not have to dive in head-first. If you use your tongue on your partner's clitoris, your nose and face will be nearest her mons and lower abdomen. If it is the odor that you object to, you and she can try bathing together or using scented oils. (We should mention that many men are turned on by, or over time come to be turned on by, the smell of their partner's vagina.) Best, of course, is not to focus initially or exclusively on her clitoris: use your tongue to touch her inner lips, the sensitive spot at the base of her vagina, and her perineum as well.

It is also important not to get overly fixated on her genitals to the exclusion of the rest of her body. Some women feel disconnected during oral sex, and this feeling can be lessened by using your hands to continue caressing her legs, belly, breasts, hands, and face. Many women find that having their nipples stimulated during oral sex can heighten their pleasure immensely. Other women find that this distracts them from the intensity of clitoral stimulation. As for clitoral techniques, you probably will want to try a combination of brushing with your lips, flicking with your tongue, and sucking with your mouth. Alternating between using your tongue and gently sucking her clitoris into your mouth can be extremely pleasurable. Again, be careful of too much pressure. Light, consistent, and rhythmic pressure is generally best.

Many men mistakenly think that oral sex involves inserting their tongue into their partner's vagina. This is not generally the case, since the tongue is usually too short and too soft to stimulate a woman's vagina successfully, although Taoists do recommend a technique for stimulating the G spot by hooking your tongue and pulling back. It's worth a try—especially if you have a strong tongue! (You actually can strengthen your tongue by sticking it out and then pulling it in like a snake as fast as you can for a minute or two. Practice as often as you can.)

ENTERING HER

Generally, your fingers are more effective than your tongue for stimulating the inside of your partner's vagina. You can use one finger (or, if she's very aroused, two fingers) to enter her. Circle around the wall of her vagina to find where she is most sensitive. Don't forget to try the G spot about an inch or two behind her clitoris. You may also wish to thrust your fingers in and out (slowly at first), simulating the action of your penis.

At this point, your partner's desire is probably close to boiling and she is eager for you to enter her. But do not enter her quite yet. Hold your penis in your hand as if you were about to

guide it into her vagina. But before entering, rub the head of your penis against her clitoris. This will help bring her passion to a rapid boil. Then enter her gradually, first about an inch, then two, and then pull back a little so that your penis is just inside the entrance to her vagina. This slow, lingering approach will help you control your own desire and will allow you to begin a thrusting pattern, which will bring both of you to the peak of pleasure many times.

If she is multi-orgasmic, you may want to help bring her to orgasm before you enter her, or you may want to wait until you have entered her. If she has already orgasmed at least once, she may be more patient with your need to stop momentarily during lovemaking as you approach the point of no return. Also, when you are making love her orgasms actually will help you control your ejaculation. As the Taoists understand it, water (vaginal fluid) cools down fire. As you gain greater mastery over your urge to ejaculate, this will be less of a concern because you will be able to use your breath and your mind more effectively to control this urge and will need to interrupt the rhythm of lovemaking less often.

CHARGING HER EROTIC CIRCUITS

While pleasuring your partner, you should try to avoid sexual scripts or patterns of lovemaking that can become routine. The sequence for pleasuring your partner described in the previous section is not the only one. It generally follows the pattern of arousal for most women, but not necessarily all women and certainly not at all times. During a “quickie,” for example, you might want to jump right to oral sex. Mix and match. See what your partner wants and what the mood of the moment is. Although techniques can help you satisfy your partner, it is worth bearing in mind Herant Katchadourian’s advice in his *Fundamentals of Human Sexuality*: “A simplistic search for bodily levers and push-buttons leads to mechanical sex since the energy that charges the erotic circuits is emotion.” Knowledge of your partner’s body is essential, but there is no substitute for sincere affection.

Thrusting Techniques

Most porn movies portray men thrusting in and out, sawing away until they ejaculate. It is no surprise that this is therefore what most men think they should do. In fact, this thrusting rhythm is a recipe

for fast ejaculation and little satisfaction for either the man or the woman. The Taoists recognized that proper thrusting was essential for coital pleasure, ejaculatory control, and sexual health. Yet even more important than any particular technique is making sure your partner is already highly aroused. Thrusting in too soon (before she is highly lubricated) should be avoided at all costs. Even if she is eager for you to enter her, a slow hand and pelvis will raise her anticipation and help you control your ejaculation.

FINDING YOUR RHYTHM

The Taoists developed numerous different thrusting patterns, most of which involved varying between shallow thrusts and deep thrusts (see figure 20). All of these patterns encouraged the man to thrust shallowly a number of times before thrusting deeply, the most common involving *nine shallow and one deep*. (As you learn to control your ejaculation, you can lessen the ratio to six or even three shallow to one deep.)

Alternating between shallow and deep thrusts will not only help you last longer; it will also thrill your partner. The deep thrust pushes all of the air out of her vagina, creating a vacuum, which the shallow thrusts intensify. You want to avoid withdrawing completely, which breaks the seal of the vacuum; instead, pull back so that you are about an inch or so inside her. One multi-orgasmic man described his experience: “When I read about this Taoist thrusting technique I really didn’t believe it would work, but women just go crazy: they *love* the shallow and deep. They orgasm a lot quicker and can have two or three before I get to one. In the past, I couldn’t last long enough to get a woman to that point.”

More important than any particular number of shallow and deep thrusts is practicing a basic rhythm that you can maintain and that both you and your partner can enjoy for prolonged periods of time. Don’t allow your thrusting to become mechanical by getting lost in counting off numbers.

DEEP THRUSTS

When most men thrust deeply, they pull back all the way, which rubs the head of their penis—their most sensitive spot—against the full length of their partner’s vagina. If you have difficulty getting or maintaining an erection, this in-out deep thrust is especially valuable (see the Soft Entry exercise in chapter 8). However, as you can imagine, this thrust is also highly arousing and ordinarily leads to quick ejaculation.

For this reason, the Taoist masters developed the up-down deep thrust. This thrust uses the base of your penis, which is your least sensitive spot, to stimulate your partner's clitoris, which is her most sensitive spot (see figure 21). The benefits for postponing ejaculation are obvious. Instead of pulling back, you can stay deep inside your partner and thrust up and down repeatedly. This is especially important when she is in the midst of orgasming and wants you deep inside her but you are close to the edge.

Keep in mind that women's clitorises differ in their proximity to the vagina, which may be one reason that some women are more easily orgasmic during intercourse than others. You will be able to stimulate some women clitorally just by using the up-down deep thrust, while others will need the help of your fingers. Either way, this thrust will help you immeasurably during the most intense throes of lovemaking.

INTRODUCTION

1. After reading these accounts, Herant Katchadourian, M.D., author of the standard textbook *Fundamentals of Human Sexuality*, concluded: “The ancient Chinese clearly understood the distinction between ejaculatory and nonejaculatory orgasm. Those who mastered the art of achieving the latter obviated the refractory period [in other words, didn’t lose their erection], which made it possible for them to engage in prolonged coitus with multiple nonejaculatory orgasms” (p. 292).

2. In conducting his famous studies of male sexuality, Kinsey discovered that “orgasm may occur without the emission of semen. . . . These males experience real orgasm which they have no difficulty in recognizing, even if it is without ejaculation.” See Kinsey et al., *Sexual Behavior in the Human Male*, pp. 158–59.

3. Hartman and Fithian, *Any Man Can*, p. 157.

4. Natalie Angier, *New York Times*, Dec. 3, 1992, front page.

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5. The Big Draw for Women

HEALING TAO BOOKS AND INSTRUCTORS

The sexual practices described in this book are part of a complete system of physical, emotional, and spiritual development called the Healing Tao, which is based on the practical teachings of the Taoist tradition. Following is a list of other Healing Tao books written by Mantak Chia.

HEALING TAO BOOKS

Awaken Healing Energy Through the Tao

Awaken Healing Light of the Tao (with Maneewan Chia)

Bone Marrow Nei Kung: Iron Shirt Chi Kung III (with Maneewan Chia)

Chi Nei Tsang: Internal Organ Chi Massage (with Maneewan Chia)

Chi Self-Massage: The Taoist Way of Rejuvenation

Fusion of the Five Elements I (with Maneewan Chia)

Healing Love Through the Tao: Cultivating Female Sexual Energy (with Maneewan Chia)

The Inner Structure of Tai Chi: Tai Chi Kung I (with Juan Li)

Iron Shirt Chi Kung I: Internal Organs Exercise

Taoists Secrets of Love: Cultivating Male Sexual Energy (with Michael Winn)

Taoist Ways to Transform Stress into Vitality

To order Healing Tao books, audiocassettes, or videotapes, write, call, or fax the Healing Tao Center, 1205 O'Neill Highway, Dunmore, PA 18512 (tel. 717-348-4310; fax 717-348-4313).

HEALING TAO INSTRUCTORS

There are over three hundred Healing Tao instructors throughout the world who teach classes and workshops in various practices, from Sexual Kung Fu to Tai-chi and *chi-kung*. For more information about instructors and workshops in your area, contact the Healing Tao Center, 1205 O'Neill Highway, Dunmore, PA 18512 (tel. 717-348-4310; fax 717-348-4313), or the International Healing Tao Center, 274 Moo 7, Laung Nua, Doi Saket, Chiang Mai 50220, Thailand (tel. 66-53-495-596; fax 66-53-495-852).

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About the Author

Mantak Chia, educated in anatomy and physiology, is the leading teacher of Taoist sexuality in the West.

Douglas Abrams is a writer and editor and longtime student of Taoist sexuality.

Reader comments for *The Multi-Orgasmic Man*:

“No man should have sex until he reads this book!!!

This book absolutely changed my life. The info that I applied in this book was surprisingly easy to learn and use. I believe that if you want to be good at something you have to study it and this was a great place to start concerning my sexuality. My only regret is that I wasn't exposed to this book a long time ago!”

—A reader from Rolla, Missouri

“If you don't buy this book you're making a mistake.

This is undoubtedly one of the most surprising things I have ever learned. This really works. Males can have multiple orgasms. This is one book that I will be glad I have read for the rest of my life (not to mention the appreciation my girlfriend has for this book). If you do not buy this book, you are making a mistake. The techniques laid out in this book are something every man should know!”

—A reader from San Diego, California

“The technique works! This is the first book like this I have ever read—and it may be the last. Although I am generally skeptical of this sort of “self-help” book, this one is everything it claims to be. I am absolutely amazed that a technique such as the one this book describes could be so easily workable. To say the least, my wife has enjoyed the book every bit as much as I have, and she hasn't even read it yet!”

—A reader from Salt Lake City, Utah

“A must-read for men (and women) of all ages. I read this book before encouraging my husband to read it. The chapter for women is an added blessing. I plan on allowing my teenage son to read it, possibly for the benefit of my someday future daughter-in-law.”

—A reader from Massachusetts

“You'll be begging for more. This book expands the realm

of possibility... Run, don't walk ... buy this book for yourself and then make your significant other read it as well."

—A reader from San Francisco, CA

"Wow! Easy to read and master techniques for accomplishing every man's (and woman's) dream. A must have for all men. I intend on making sure my sons each have it. My second day practicing I had any number of orgasms...to tell the truth I stopped counting."

—A reader from Utah Valley

"A must read. On the second day I had 8 orgasms, and have been a believer since!"

—A reader from Oklahoma

"The authors have changed sexuality from a source of anxiety, frustration, and mystification to a wonderfully satisfying experience of growth and passion. After reading this book, one realizes that our society's view of sex has little resemblance to what can be achieved between two people through the gentle control enabled by these techniques. To be in deep throes two and a half hours later is something men deserve to know about. It's almost too good to be true. I'm a love machine."

—A reader from Maine

"This book is absolutely PRICELESS!!! This book finally allowed me to release all my sexual performance anxiety, allowing me to enjoy making love instead of worrying about it. It will change your life.... It's as simple as that."

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Credits

Cover design and photography: Laura Beers

Illustrations by Todd Buck

Book Design by Ralph Fowler

Set in Fairfield Light and Frutiger

THE MULTI-ORGASMIC MAN: *Sexual Secrets Every Man Should Know*.
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Adobe Acrobat E-Book Reader edition v 1. September 2002 ISBN 0-06-054132-6

First HarperCollins paperback edition published in 1997

30 29 28 27 26 25 24 23 22 21



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