



Voluntary Ejaculation and Male Multiple Orgasms

by Al Link & Pala Copeland

**Voluntary Ejaculation and Male Multiple
Orgasms:
Instruction Manual for Masculine Sexual
Mastery**

By Al Link and Pala Copeland

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[*“Quick Sex Recipe: Thirty Minutes or Less!”*](#)

[*“Aphrodisiacs: Increasing Sexual Desire and Capacity”*](#)

[*“How to Make First Sex Fabulous Sex”*](#)

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Introduction

"The degree and kind of a man's sexuality reach up into the ultimate pinnacle of his spirit."

Friedrich Nietzsche – Beyond Good and Evil

Is this an all too familiar scenario? Hot and heavy loving with hungry kisses and tender caresses that promise orgasmic bliss for both you and your eager partner when all of a sudden you're one thrust past the edge, the dam bursts and it's over. You're finished, "spent" and ready for sleep. She's still waiting for more, perhaps wistfully contemplating a purchase of that acrylic-vibrating dildo her friend has been raving about.

Most ordinary men believe that ejaculation is the best part of sex. But there is something better—orgasms without any ejaculation at all. It is possible to have many orgasms in a single session of lovemaking, none of which includes an ejaculation. Furthermore, if you end lovemaking while you still have desire, in other words without ejaculating, you will super-boost your immune system and increase your physical energy, mental creativity, emotional resilience and spiritual quickening.

Orgasm and ejaculation are not the same thing. Using simple techniques that we explain here, any ordinary man can experience orgasms without ejaculating. Any male who learns how to do this will achieve alpha male status, radiating a masculine charisma that is irresistible to women. You do not already have to be a super-stud to learn how.

One of the best-kept secrets of our time is that men (not just women) can be multi-orgasmic. Not only can a man have several orgasms during one session of lovemaking, but also he can do it and still have lots of energy and desire. The key is learning to separate orgasm from ejaculation. Because ejaculation follows orgasm so closely—within a split second—most people think they are one and the same, but they are two distinct phenomena. With the simple techniques explained in this eBook, you can learn to experience the pleasure of orgasm without the accompanying letdown of ejaculation.

There are only two things you need to learn in order to become a multi-orgasmic man, able to separate orgasm from ejaculation:

1. Stay relaxed no matter how sexually aroused you are.
2. Move your hot sexual energy up and away from your genitals.

Any man who does this and makes love long enough to build a very high sexual charge will eventually spontaneously experience non-ejaculatory orgasm.

Advantages of Voluntary Ejaculation

1. You can last as long as you want in active lovemaking, including during intercourse.
2. You can give your female partner complete sexual satisfaction by taking as long as she wants and needs to have all the orgasms she can stand.
3. Your relationship with your lover can be immeasurably enhanced and strengthened. She will adore you!
4. You can experience a great deal of physical pleasure, more than you could possibly imagine.
5. You can become a multi-orgasmic man, having any number of orgasms in a single session of lovemaking that extends over a period of hours.
6. Each orgasm can last longer and be more intense than an ordinary ejaculation. Usually these orgasms are experienced as pleasure throughout the body rather than being restricted to the genitals alone.
7. You can maintain optimal prostate health.
8. You can super-boost your immune system for total well-being, rarely getting sick and recovering quickly when you do.
9. You can experience a tremendous increase in available energy throughout each day.
10. You can have available a deep source of creativity to draw upon for application in all other areas of your life, for example, business, science, sports and the arts.
11. You can gain a serious competitive advantage over other ordinary males who do not know how to do this.

12. You can regularly experience states of sexual/spiritual ecstasy in which time stands still and the boundaries between you and your lover completely disappear.
13. You can regularly experience various forms of mystical altered states of consciousness.
14. You can radiate a sense of self-confidence and charisma that you formerly may have envied in other superior alpha males.

Three Types of Orgasm

When the Prince of Wales, later to be King Edward VII, said to his mistress, Lily Langtry, during a quarrel, that "I've spent enough on you to buy a battleship," she replied, "And you've spent enough in me to float one."

Ejaculation Orgasm

You have probably been regularly experiencing the pleasure of ejaculation since early adolescence. During an orgasm accompanied by ejaculation, a man's whole body tenses while contractions of the prostate gland vigorously propel semen out the tip of the penis in a forceful shooting stream. For a few seconds there is intense pleasure, restricted almost exclusively to the genitals. Almost immediately (usually within one or two minutes) the erection subsides and a refractory (recovery) period sets in. The entire body relaxes (not just the penis) and most men experience a complete loss of interest in further sexual activity. Sleepiness also commonly follows an ejaculation. How long it takes before energy (capacity for another erection) and libido (sexual desire) are restored depends on the man's age, health, and frequency of ejaculation. Some younger, stronger men are able to retain an erection in spite of ejaculation by maintaining rapid, continuous thrusting.

No matter how good it feels, repeated ejaculation with its accompanying loss of sexual energy can deplete your body's strength and vitality, and this is true for even the strongest, most virile males.

Prostate Ejaculation Orgasm

As you practice the techniques presented in this manual you may experience an orgasm with prostate ejaculation. This is noticeably different from a regular ejaculation. With a prostate ejaculation the contractions of the prostate are not as strong and a smaller quantity of ejaculate is expelled. The ejaculate dribbles out the end of the penis rather than shooting out in a forceful stream. The pleasurable sensation localized in your genitals will be less intense, but so will the resulting letdown and loss of physical energy. You will find that the refractory period is considerably shortened allowing you to more quickly regain another erection.

When you have a prostate ejaculation this is evidence that you are learning to keep the external genital muscles and the **internal smooth muscles** relaxed rather than involuntarily tensing them as in an ordinary ejaculation. It is a definite sign of progress on your journey toward masculine sexual mastery.

Non-Ejaculation Orgasm

A non-ejaculatory orgasm is as good as it gets. This is the best of both worlds. You get to have an orgasm, and you get to keep your erection and your sexual desire! Not only can you keep your erection for as long as your partner wants and needs to have all the orgasms she can stand, you can also go on to have any number of orgasms, with the intensity of each one varying from mild to overwhelming. You will be a multi-orgasmic man. There is no greater physical pleasure than this.

You can accomplish this wondrous experience regularly by learning to stay completely relaxed regardless of

how sexually aroused you become, by successfully circulating your hot sexual energy up through your body, away from the prostate, and by extending your active lovemaking over a period of hours.

As you learn the required skills your entire body will become an orgasmic erogenous zone. You may experience orgasmic sensations in your toes, for example, or rippling through your entire body rather than only in your genitals. There is no physical limit to how many of these energy orgasms you can have in a single session of lovemaking.

Rather than experiencing a physical letdown and loss of energy, you can build indefinitely to higher and higher energy intensity. Many men experience a mystical opening of the higher spiritual centers that far surpasses the extraordinary physical satisfaction of multiple orgasms. It is an experience beyond physical pleasure.

If you end the lovemaking while you still have desire, in other words with no ejaculation at all, you will build up a reserve of sexual energy that can be used to give you a powerful competitive advantage in any endeavor including sports, business, science or art. For thousands of years, Eastern emperors, princes and lords used this secret to accomplish greatness and rule their world. Even if you are not interested in leadership alpha male status, you can benefit from the tremendous boost in your immune system function, maintaining optimal vibrant health. And, active male lovers who preserve their seed become highly attractive to women.

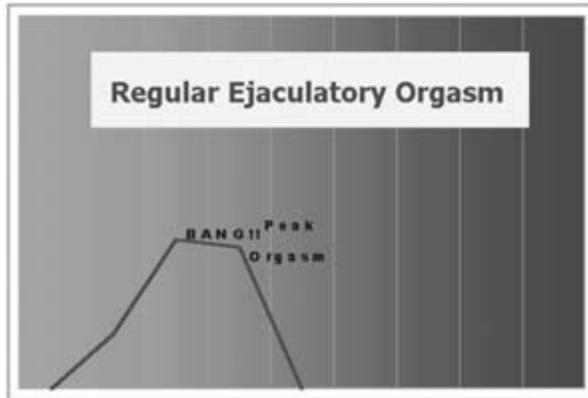
During a non-ejaculatory orgasm, the physical pleasure will not travel out the end of your penis to be lost forever. Rather it will move through your entire body

bathing every cell in the most exquisite sensations. Furthermore, while an ordinary ejaculation lasts merely seconds, the non-ejaculatory variety can go on for minutes and will sometimes result in such a delightfully altered state of consciousness that time simply becomes irrelevant and you enter into a continuous timeless bliss state. Your body may contract and jerk involuntarily with the force of this flow of ecstatic energy.

We hope that you are beginning to understand that by not ejaculating you will not give anything up! There is nothing to lose and so much to gain. After all, you can always have an ejaculation any time you want to, but most men who learn to have an orgasm without ejaculation usually experience ejaculation as a letdown that ends the pleasure and seriously depletes physical energy. By comparison, orgasms without ejaculation leave you relaxed, but not tired. You keep your erection or get another one as soon as you or your lover wants. You will still have intense desire and this will not be experienced as something driving you, but rather as vitality and vigor. This state does not interfere with sleep, on the contrary, you can be simultaneously aroused, excited and relaxed, able to choose more lovemaking, another activity or going to sleep.

Male Multiple Orgasms

"You never know a man until you know how he loves."
Sigmund Freud



Stimulated by the hormone testosterone, men have been driven to populate the earth, planting their seed wherever they could at every opportunity. No small part of this drive is the intense sensation of pleasure derived from the simple act of ejaculating. Reaching a peak of sexual excitement, spewing ejaculate from the tip of their wand of light, and collapsing in a swoon of energy and tension release commonly takes only a matter of minutes for most men. As the simple diagram illustrates, this experience is a little bit like stepping off a precipice and flying into an abyss. The urge to do this repeatedly seems to be almost irresistible and becomes an obsession with many men. A typical male between the ages of fifteen and thirty can scarcely think of anything else day and night.

Alternatively, Taoist and Tantric sacred sex practitioners have perfected a mastery of this hot wild sexual energy. They have learned to ride the bronco and have tamed the stallion. These ancient practices originated in exotic locations such as Tibet, India, and China. For thousands of years they were kept secret for the benefit of a chosen few who learned to harness their sexual energy for health, longevity, creativity and ruling the world. Now these secrets are revealed in this manual of masculine sexual mastery, and are easily accessible to any male who wishes to rise above the common man with a bit of disciplined practice.

Sexual mastery requires graduation from friction sex to high-energy sex. High-energy sex involves learning to delay the involuntary ejaculation response. Lovemaking is extended over a period of hours (usually four hours or more) rather than recklessly spewing sperm in five to ten minutes of frantic thrusting more suitable to animals than gentlemen. While the common man seems to take some misguided satisfaction in being able to come as fast as possible—perhaps he is still worried about getting caught or that his partner will change her mind—the sexually charismatic alpha male will take delight in rising from one peak to another in a continuous ascent to higher and higher levels of ecstasy, satori and Samadhi.

As illustrated in the diagram below, at each peak of sexual arousal, the master will relax and rest, while performing simple [breathing](#), [muscle contraction exercises](#), and [visualizations](#) to circulate the hot sexual energy away from his genitals, moving it up through his entire body. Once the hot sexual energy has cooled down and become more manageable, active lovemaking can be resumed, building to yet another peak of

heightened sensitivity and expanded consciousness. In this way the lovers can build sexual energy and excitement again and again to any number of orgasmic peaks. At some point counting the peaks and orgasms becomes irrelevant as you both enter into a continuous orgasmic intensely high-energy state.



Paying Attention to What You Do Want

A core principle in masculine sexual mastery is to pay attention to what you do want rather than focusing on what you don't want. You must train your consciousness to focus on such things as [pleasing your sexual partner](#), building high sexual charge, circulating hot sexual energy throughout your body and exchanging it with your lover, extending the physical pleasure, and expanding your consciousness. You do not want to focus your attention on avoiding ejaculation. Remember, you will always get more of what you pay attention to. When the focus of your attention is on "not ejaculating" you are really paying attention to what you don't want, and unfortunately,

you are going to get more of it, not less. In other words, trying not to ejaculate is one of the quickest ways to ejaculate!

Trying to stop ejaculation is an example of the ordinary man's attempt to stay in control. But the masculine sexual master understands that he controls nothing, nor does he care to. Rather, he rises to the challenge of surrender, allowing himself to let go. In this way he will enter into the flow of the mystery. He will stay completely aware, witnessing each timeless moment as it unfolds. He has no goal orientation. He does not perform. He simply becomes the lovemaking. In this contemplative state of consciousness (where the lover and the act of love become one), the sexual master experiences complete freedom in a continuously flowing bliss state.

A sexual master is not a performance champion; rather, his lovemaking is an effortless artistic creation. However, much effort and practice have prepared him for this act of creation. It is to this effort and practice that we now turn our attention.

Awareness of Your Sexual Arousal Process

Prolonging lovemaking for hours is not difficult. There are a number of simple techniques you can easily learn to enable you to do this. A good starting place is to map your sexual arousal process, by creating a scale from one to ten so that you can always be aware of exactly how close you are to an involuntary ejaculation response. On your arousal map, one is the lowest level of sexual excitement and ten is the highest. While you are learning the skills of masculine sexual mastery you will try to stay below a certain level of arousal where

ejaculation becomes unpredictable, but as your level of mastery unfolds, you will easily soar to the heights of bliss and ecstasy at the top of your scale.

Here is a description of what the various points on an arousal scale could look like. Of course, you will have to observe your own arousal process over many repetitions in order to complete your own map, but it may be helpful to have some ideas of what to look for. It really does not matter at all what anyone else's map includes at each point on the scale from one to ten; what you must do is become aware of your own.

Arousal Level One

Your penis is soft. Nevertheless, you find yourself thinking or fantasizing about sex. This is quite different from working on the next report for work. You may imagine yourself and/or your lover touching you sexually.

Arousal Level Two

Your penis starts to respond. Blood enters the penis faster than it is leaving and you show just the beginning of an erection. If you have pants on, you will feel your penis start to push against your pants. Your breathing may start to change, for example speeding up slightly or there may be some involuntary gasping for breath. You may find it difficult to focus your attention on some responsibility or task you have been performing. You may actively initiate sexual activity with your partner or engage in the beginning of self-pleasuring by removing clothing and/or touching yourself sexually.

Arousal Level Three

There is active sexual touching. You have enough of an erection ([stage two](#) or possibly [stage three](#) erection) for the beginning of intercourse. You do not feel any urgency to ejaculate, but your excitement is building rapidly including a strong desire to touch, fondle and please your lover. You also have a strong desire to insert your jade stalk into her fig pocket, which you may or may not have already done. Your breathing is faster and more irregular. You are feeling powerful. You may have an urge to make animal sounds, but this is easily controllable if you wish to remain quiet for any reason.

Arousal Level Four

You have a sense of overwhelming passion. You feel consumed by desire and an urge to lose control. You may find it difficult to avoid thrusting rapidly, even frantically to release the sexual tension with an orgasmic spasm. But you are still aware enough to make the decision to slow down and take more time. You are aware of where your partner is in her arousal and pleasure and know that if you ejaculate now it will disappoint her (and probably yourself as well). You choose to wait. You use intentional breathing—deep, slow breaths—to keep a lid on your rapidly building excitement. You may divert your attention to something other than the lovemaking in order to neutralize the urge to complete the ejaculation release (this is not necessarily a good idea, but is a common practice with many men). You apply some [PC squeezing](#) to help keep the urge to ejaculate manageable by circulating

some of the hot sexual energy away from your **prostate**.

Arousal Level Five

Your breathing becomes more and more irregular, one moment you are panting, another moment you are holding your breath. Blood is moving rapidly through your body and your upper torso begins to flush, for example your chest, face, nose, or ears. You begin to tighten and tense various muscles in your body. For example you may squeeze your lover with your arms, clench your fists, close your eyes tightly, grit your teeth, arch your body, etc., in a way that is increasingly involuntary. You are becoming quite noisy in showing your excitement and appreciation. You may feel inspired and motivated to speak words of love and endearment in your partner's ears, amazing yourself and your lover with the poetic creativity not ordinarily available to you.

The urge to complete the orgasm with an ejaculation is becoming very strong. You can't seem to focus on anything else but the intense pleasure that you experience when you come. The anticipation of this pleasure creates an urge to ejaculate that is hard to resist. Your erection is now at least **stage three** and quite possibly **stage four**. You may start to think and worry about premature ejaculation and the resulting disappointment to your lover and yourself if you come too quickly. This could start a whole train of thought that ironically leads to losing your erection without any ejaculation.

Number five on your arousal scale may be the point at which ejaculation becomes unpredictable.

Unpredictable does not mean imminent. In other words, you may come in the blink of an eye, or you could last for another hour. The importance of reaching this point (wherever on your scale it is) is that you must make a decision to change what you are doing in your lovemaking in order to allow the hot sexual energy to subside. For many men this is the first peak of arousal where they must slow down, relax, possibly stop and rest, focus on [breathing](#) slowly, doing [PC squeezes](#), using visualization techniques, [pleasing your partner](#), etc., to get the attention off the urge to ejaculate.

For those men facing a more serious problem of premature ejaculation, this critical point could actually be reached at level two or three on their arousal scale, or in extreme situations even at level one, where ejaculation is almost instantaneous with the beginning of sexual activity. But most men reach the point where ejaculation becomes unpredictable at five, six, or seven on their scale. With sexual mastery, ejaculation will not be unpredictable even at ten on the arousal scale, but this is a very high level of masculine sexual mastery and may not be attained until many years of practice.

Arousal Level Six

Getting to level six on your arousal scale without an involuntary ejaculation is a sign of developing ejaculation mastery, but happily there is still a long way to go. The degrees of physical pleasure, and the vastness of expanded consciousness available at the higher numbers on your scale are wondrous indeed and worth every possible disciplined effort to attain. To successfully move into level six and beyond requires

the ability to be aware as soon as you go into **stage four** erection, to change what you are doing to quickly drop back to **stage three**, or to lose the erection completely, allowing the hot sexual energy to subside, and then returning to active lovemaking, building to another peak of sexual arousal. Getting to level six, means that you are able to ride a peak of arousal without going over the edge into an ejaculation release. You are able to move the hot sexual energy away from your prostate using **PC squeezing**, almost as fast as it builds, so the urgency to ejaculate involuntarily is significantly delayed. Your **breathing** is slow, deep and rhythmical.

Arousal Level Seven

At level seven on your arousal scale, you may experience an orgasm without ejaculating. Usually this will happen if the lovemaking has been extended over a period of three, four or more hours. This may happen in less time as your mastery grows (eventually within minutes), but often for months of practice it may take four hours or more of continuously building and circulating your hot sexual energy to gain enough energy charge to access this type of orgasm.

You have already reached a number of sexual arousal peaks, but have repeatedly backed off from the urge to take a release of the energy that has been building relentlessly. With this level of mastery you may have already navigated through four, five or six sexual peaks and have had perhaps one non-ejaculation orgasm. This orgasm lasted a minute or more, with energy blasting its way through the upper torso of your body in electric shock waves of pleasure and delight. Afterwards, you become relaxed, but not spent. There is no loss of energy, and no loss of libido. Your desire for further

sexual activity is completely undiminished. You are ready and willing for more, as your lover is undoubtedly also. You have allowed your erection to subside, but can regain one without the slightest effort.

To play at levels seven and above on your arousal scale, you must be able to move out of [stage four](#) erection quickly. Your consciousness is so acute, that you are always aware of your stage of erection and can manage it voluntarily. You have already gained enough mastery to be able to maintain a stage four erection for a limited time, but are able to drop back as necessary. To do so you have become aware of the subtle internal signals that your body gives you of where you are on your arousal scale.

As sexual arousal builds, your prostate becomes engorged, enlarged, and bursting with hot sexual energy. At some point if this energy continues to build faster than you are able to move it away, like a pressure cooker, there will be an explosion; in this case an ejaculation. Certainly you may wish to have a voluntary ejaculation at this point and it will be a big one, well worth the wait. However, taking the ejaculation at this point closes off the possibility of moving into the superb levels eight through ten.

Your prostate will give you a preliminary surge of the familiar orgasmic pleasure that accompanies an ejaculation. This sensation feels exactly like the onset of ejaculation. But there is momentary separation in time between the orgasm and the start of the ejaculation. When you feel the beginning of this orgasmic sensation, the prostate has not gone into complete irreversible spasm. You have enough time to change what you are doing and this will short circuit the