



Multi's For Men: Practice Guide

Start with solo pleasuring so you can focus on yourself, practice self-awareness and practice your skills.

First, play with your ability to halt stimulation just before you've reached the point of no return (PONR). Self-pleasure as you usually do. Stop the stimulation just before you reach the point when ejaculation would be inevitable. Contract and hold your pelvic floor muscles (PFM) for a count of ten. Breathe! Now, relax for a few moments, then resume self-pleasuring. Bring yourself again to the place just before inevitable ejaculation. Try to repeat this several times. Train yourself to be able to identify the point in your arousal that occurs just prior to the PONR.

When you're ready, decide to go for the orgasm. Continue to self-pleasure, attending to the beginning of your orgasm sensations. As soon as you notice the little fluttering contractions that begin your orgasm, squeeze your PFM around your prostate, and stop your stimulation. Try to hold the ejaculate back, while still releasing the waves of orgasmic pleasure. Use your breath and sound to release your pleasure while holding tight to your prostate with your PFM. Channel the energy with deep breaths, move it with sound and visualize it going where you want it to. You can draw it in and up your spine, out your head or into your hands. You can choose to send it out your cock by imaging the energy bypassing and flowing around your prostate.

If you've managed to do that, you'll still be hard and can continue your play session. When you feel like you've had enough practice, either chose to ejaculate or not. If you chose to come, go for it with gusto, pulsing your pelvic floor muscles to increase the pleasure explosion. If you feel satisfied with your non-ejaculatory orgasms, then your sexual energy and engorgement will slowly subside over the next 30 – 60 minutes. If you feel congested, you can gently massage your balls, and pulse your PFM to relieve it.

Practice, practice, practice! Most men need quite a lot of time and practice with these techniques to become adept at it. Probably sometimes you'll ejaculate by accident when you didn't intend to. Be patient with yourself. It's not like having an ejaculatory orgasm is a bad thing!

After you feel that you're getting it, you may want to play with these techniques with a partner. Have clear communications channels so you can request a halt or decrease in stimulation when you're at that place before the inevitable begins.

When you become adept at these skills, you'll be able to have multiple orgasms along with your partner and channel powerful tides of shared sexual energy. Yum!!!

