

# Partners for Life

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# Chapter One

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## Introduction



My name is Matt Cook and I'm writing this book because I believe you want a relationship that is leaps and bounds better than what your parents had, than what your friends have, than what anyone you know has.

I have the exact secret to this relationship here, right now.

I'm going to share it with you, and while it might take you an hour or two to read, after that your life will be entirely, 100% different and changed.

### **A Promise of Transformation**

You will become someone who has the most incredible partner anybody could ever dream about.

If you're a guy, you're going to get more sex than you ever dreamed possible - not just now or when your relationship is new, but 10 years, 20 years, 40 years from now.



Your woman is going to do anything she can for you and everything she can for you. She'll want to make you super happy and treat you like a king, absolutely and totally.

If you're a woman, your husband is going to be obsessed with you. He won't be able to get enough of you.

He will want to please you and want to make you happy in all ways that he possibly can. You'll never face him withdrawing from you or disengaging.

**He will always want to make you happy and will always try to do as much as he can for you.**

I want to emphasize that this is a completely different relationship than almost anybody has today - completely different, really.

Today, relationships are just falling apart, if they even start at all. They typically start out with lots of intense sex, which then tends to

dissipate and leaves people feeling unhappy, dissatisfied, and unfulfilled.

Nobody is particularly fulfilled these days. When couples do get together and live together, they just end up becoming unhappy with each other, having affairs, splitting up, or deciding on open marriages and other abominations.

As you're reading this short book, I want you to keep in mind that I am quite biased.

My bias is for long-term committed relationships where you are each crazy about each other.

My bias is for women that are beautiful and feminine, who are nurturing, who are wonderful mothers if they choose to be mothers, who are wonderful wives who will serve their husbands.

My bias is for husbands who will do everything they can for their wives or girlfriends, who will strive to please them in every way they possibly can, who will try to make them happy and make sure that their needs are more than taken care of.

The word "husband" comes from the expression "husbandry" as in taking care of somebody.

## **I believe men and women have very different roles.**

I believe it's quite obvious men are more dominant in the bedroom in general, women are more nurturing and tend to be much better with social connections, and men are better with things and with repairing and helping and fixing things.

My system that I'm going to show you takes into account all of that.

It is going to be very, very different from anything that you've heard from anybody before.

It is going to require a bit of a different approach, but I will show you exactly how to take that approach.

By the time you're finished reading, you will want to take this new approach because within 90 days I believe you will find the relationship you have in your dreams - much better than anything your parents had, much better than anything your friends have, much better than anything you've ever had.



Your only regret will be that you didn't find this book years ago.

**This book is designed for anyone of any age, whether you're just starting out or whether you're in your 80s or 90s.**

Nobody wants to be alone. Everyone wants great sex and great fulfillment.

While I do talk about men and women, it doesn't matter if you're choosing a partner of the same sex as yours or the opposite sex - it's totally fine either way.

For those seeking a same-sex partner, you can adapt these principles.

There are a few things that have to be done a little differently, but not really much because human nature is human nature.

We're all very, very similar - at least men are similar to other men and women are similar to other women.

# Chapter Two

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## My Story

One of the big questions I get is, "Why are you so obsessed about sex, Matt? Why do you write about it so much? Why are you so interested in coaching people on it and helping people with it?"

I have to say that I find the fact that I'm here very unlikely.

I grew up with my father being a physician, and my mother was a therapist.

My father was more than a physician - he was a psychiatrist, which is the worst kind of physician because they're always crazy.

My father left my mother with four children when I was just weeks old. He went and lived with a much younger woman.

I would visit him every two weeks and spend all day with him. That was how we did it then.

He was constantly battling my mother in court about child support and alimony.

I sort of come from a very broken home as far as relationships go.

I have siblings who responded to the horrors of growing up in different ways. One of them got a vasectomy because he didn't want to bring children into this terrible world.

Two of them became gay. I'm not saying there's anything wrong with that or a connection, but I think there may be.

I'm the only one that actually has children. I'm the only one that has a "normal" relationship.

I pursued various business ventures and had some success here and there.

### **I had tremendous difficulties with women and around sex. I had what we would call ED today.**

I would bring a girl to a point where we would go to bed maybe after a few dates, and then I would fail to get an erection.

She would try different things, and she would think it was her fault, and then she would leave me.

I don't know what gave me the courage other than being super determined - I just wanted a woman for sure in my life.

### **I wanted a partner. I wanted a companion.**



I persisted and had several girlfriends, but they never said anything about my failure. They just left me.



**One day I was alone in my apartment, and I had been invited to a singles event.**

We didn't have dating apps then, but there was a singles event held routinely for singles that could afford the fee, which was \$20 at the time - a lot of money back then.

Because I really hated meeting people and found it so difficult, I told my best friend, "I'm not going."

Fifteen minutes later, he was at my front door knocking on my apartment door.

He walked in, grabbed me, forced me to get into my suit and tie (yes, you needed a suit and tie then if you were a man).

Strangely enough, I met this woman I just couldn't get enough of, and she kind of made the move on me.

**I found out that women almost always make the first move, but they do it subtly, hoping the man realizes they've been receiving a signal of interest and responds.**

So if you ask a girl out, guys, chances are she's already giving you signals that she's interested.

That's how it works.

This girl gave me signals she was interested, and she initiated a conversation with me, or at least she made it easy for me to pretend I had done it.

Then we ended up getting something to eat, and the next few days we went hiking together.

## **Three or four days later, we ended up in bed, and I just couldn't perform.**

Unfortunately, I hate that word "perform," but I'll use it here in this context because that's what everybody says.

I couldn't get an erection. I could certainly be happy to give her oral sex - I love giving oral sex.

But I couldn't actually stick it in and have it stay hard.

Today I know how I could have had perfectly great intercourse no matter what my penis was or wasn't doing.

## **This method that I'm going to show you works for men who have intractable erectile dysfunction.**

I've worked with men who have not had an erection in 20 years, and they're having intercourse several times a day with this method.

She had just come out of a relationship, a marriage actually, where her husband had a similar problem.

So she was thinking to herself, "Oh, my gosh, what is it about me? Why am I attracting these kinds of men?"

This was the '80s. Today it's very common for men to have ED, but it wasn't so common then.

We discussed it, which is something that I had never done with my prior girlfriends.

I ended up going to a hypnotherapist that I found, and I had some hypnosis sessions, and I was able to have successful intercourse.

Everything has been really, really good that way. It certainly fixed the problem, and then we ended up getting married and had children.

Occasionally I would have ED, but almost always it was just because of fear, anxiety. Normally everything works fine.

But what happened with us is we went from maybe three or four times a week to once a week to once every other week, and sex was so boring to me.

I didn't connect it with the fact that I had spent hours every night watching porn and masturbating to porn. I just didn't connect the two together.

My wife was kind of okay with it because she didn't have any libido at that point.

She just had no interest in sex - none.

She had reached what's called perimenopause, where periods become irregular. They're not every month on clockwork anymore.

This is a period of the change in life that can take years for women that we call menopause, when they stop their periods altogether.

A lot of times women lose their libido at this point, and my wife had certainly lost hers.

So she wasn't unhappy that I had this porn outlet at all. But I was. I was super unhappy, super dissatisfied.

So what I decided to do was think about - and I hate to say this.

I'm absolutely ashamed because I have the most wonderful wife, but I was thinking, maybe I should break up my marriage and find someone else and start all over.

I didn't like that idea. I found it weird and strange, and I remembered the destruction that my father had wrought on our family by leaving.

But I just was feeling what we would call a midlife crisis. Is this all there is to life?

And then I regretted not sowing my wild oats.

I had a number of amazingly beautiful girlfriends, but I just had very poor experiences in bed with them.

I thought, well, now that I have good sex, I could just do it with different women, and it would be great.

But I didn't really like that idea because I love my wife so much, even then.

**So I was doing research, and one day, after many, many hours of research - days, weeks, months - I stumbled on the secret group of men and women who have this all figured out.**



Something attracted me to what they were doing.

At first I was repelled because it seemed so weird.

But then I took another look, then another look...something about it attracted me to it, and I started participating in their discussions, and it just was a complete 100% game changer.

I almost immediately, after I started to accept the idea, realized what an impact it could have on my life and how it could solve all my problems in theory, and I jumped in the deep end of the pool.

Some of them were very discouraging, especially the women.

They said that you're going to have an impossible time doing this because your wife isn't interested, and you probably will end up with a different woman, and you'll probably have to get a divorce.

I didn't believe them, and I'm glad I didn't.

So I implemented this idea, and my wife sort of resented it, I have to say, but she went along with it because I was the natural leader in the bedroom.

**It created the most incredible, amazing sex life that we'd ever had.**

She still held some resentment, maybe still does, that I just foisted this on her and made her do this, but it's really what saved my life and saved our marriage.

Several years later, we were in Paris. We had rented an apartment on Rue de Guerre for I think a month.

**We were laying together after having sex, and she said, "I really like this better than the old way."**

That was the first nice thing that she said about it, but meanwhile, we were having a lot of sex and amazing sex, and we were closer than we've ever been.

Then years and years later, here we are today, and we have sex twice a day, almost every day.

**Can you imagine? Almost 40 years together and we can't keep our hands off each other - making love twice a day every day.**

Sometimes she has a class in the morning (we love morning sex) or I have some work-related thing, but virtually every day, we have sex twice a day and have for several years.

And this is with a woman that has no libido, and we both have the most amazing time, and we just can't get enough of each other.

Of course, we don't believe in public displays of affection because that embarrasses other people, but early on when I got into this, I just couldn't stop holding her hand, staring at her, stroking her, until my kids were rolling their eyes and going, "Dad, get a room."

And yet I'm proud of the example that we set for our children -- because we are such a loving couple.

We get along so well. We have no arguments, no bickering, no carping, no complaining, no nagging.

If something is happening that she wants me to change, like she said, "Oh, you never close the cupboards when you leave the kitchen," I work really hard to close the cupboards.

I want to make her happy. That's all there is to it. She wants to make me happy, too. I know that. 1000%.

I don't criticize her. I don't argue with her. (I mean, I'm a guy, I can't help a little arguing but really, not too much...)

I don't try to change her behavior. I try to support her whatever she does, and she does that with me.

We're more giving of each other than we are to ourselves, and the beauty of this is that it's just wonderful to live in a world of such kindness, of such beauty.

It's just awe-inspiring.

And I would say that we love each other more than can be imagined -- but in different ways for sure.

I have a strong sex drive, and she has no sex drive, and I think that makes somewhat of a difference.

My love language is one of talking, telling her I love her, and also helping her as much as I can. If you are a guy you know you love to be helpful to your woman.

If you are a woman, asking your man sincerely for help is the greatest way you can express your love for him.

I tell her how often I love her, and I do things for her.

I try to help her as much as I can, anything that I can.

While her love language is service. She does laundry and cooking and just does whatever she can for me to help me.

So we do different things for each other, each in our own way.

My job is to love her like no one has ever loved her or ever will love her, so that eventually when we do pass, I know in my heart that I have truly loved this woman and done everything that I possibly could in this world to love her.

That she is truly and well loved, and she knows that all the time.

That's my desire and my job. And I love my job.

**You cannot imagine how beautiful love can be when you do this type of approach in life, this Partners for Life approach.**

It's just such an incredible, incredible feeling.

So that's my story.

And if this is something that you want for yourself, time to go to the next chapter and get started.

# Chapter Three

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## Chapter 1 - How to achieve fulfillment in all areas of your life

**M**ost men and women are living in a state of lack, a state of not getting enough.

It's a little bit for men and women, but it's similar.

**Most men are living in a state of lack by not having enough sex, not having enough love.**





Men typically want a few things from a romantic connection. They want a very good sex life and they want peace at home.

This is basically what men want.

Women live in a state of lack also. Today, the state of lack for women is often around lack of fulfillment, a feeling of hollowness.

They are growing up now and they don't have to automatically get married or raise a family. So their traditional role is now an option rather than something that is an expectation.

So they will often go to college, start a career. They'll be competing with men and basically acting in the world of men, which is now more and more the world of women.

Women are taking more and more of the jobs men traditionally were holding, including management jobs.

And if they decide they don't want to have children, they just end up in their 30s, maybe 40s. And they are wondering what life is about, a feeling of hollowness, emptiness.

Men often have no friends or very few friends. They have a lot of connections, perhaps online, but not real friends.

Women tend to have friends. They tend to have girlfriends.

And so women form closer connections with their girlfriends, which provides them with a sense of fulfillment and connection and satisfaction.

So they don't miss having a man as much. Also, women have a strong sex drive, but oftentimes their sex drive falls off in menopause and even perimenopause, the period before menopause.

And so they don't necessarily miss sex all that much.

**I've worked with about 80,000 men and a lot of wives and girlfriends and women and couples, mostly men, though.**

And there are so many women that get so little out of a romantic relationship that they write men off.

Why do I need a man anyway? All of their experiences have been so negative.

They started out promising, but they ended up very negative.

The complaint that women have most often is that if they're in a romantic relationship, the man is disengaged, distant, and pulls away.

They don't understand why men do this.

**From the man's point of view, a woman complains, nags, does things that the man doesn't like, is uninterested in sex.**

And so the man feels, well, I'm not getting much out of this either. And he gets upset with his girlfriend or his wife, low level upset.

He may stay with it for years or decades, but he's not happy. So neither one is happy.

And this is the state of affairs between men and women today. Men and women feel a lack, not enough, hollowness, emptiness, lack of fulfillment.

**What they don't understand is that there is a biological switch. They can flip and they can change everything.**

Everything. They can have the relationship of their dreams better than their dreams.



Consistently, 100% of the time, I know it sounds absolutely insane, far too good to be true, but it's not.

Let me explain what I have discovered.

And I have to thank my friend, Marnia Robinson, for laying the groundwork for this and providing an outlet many years ago, where I was able to get together with a small group of men and women and figure all this out.

Marnia and her late husband, Gary, wrote a landmark book called *Cupid's Poisoned Arrow*. This is where I learned about the cycle involving sex, a cycle that repeats over and over and over again.

**And basically, rather than the type of sex bringing us together, keeping us together, it drives us away, drives us apart, makes us more interested in other people.**

This is the reason why women become emotional and naggy and complaining and whining. This is the reason men become disengaged, remote, withdrawn, and maybe even abusive.

And it can all be set up in such a way that you have an incredible relationship that never, ever involves nagging, complaining, withdrawing.

Here's how the relationship can work. You love doing things together. The man loves helping the woman.

You love doing things together. You love going shopping together, having sex together, eating meals together, raising a family together.

You are deliriously happy with each other. Occasionally, there may be an argument, but it's never personal.

It's never raising voices or being angry. It's just a difference of opinion that you work out.

In fact, the core of it is this. You help your partner and want your partner to do better even than you want yourself to do well.

You want your partner to have the best of everything. Your partner wants you to have the best of everything.

It's the harmony that we can create with Partners for Life. This is what I was shown in the Robinsons' book and in my own practice and in coaching and in my own life.

**I found that it is possible to have the most enormous wellspring of love for each other that can grow greater and greater as time goes by.**

That will make you a better person, make you a better parent, a better son or daughter, a better employee or a better entrepreneur or a better partner in your business.

**I also found, weirdly enough, that this creates an enormous amount of sexual abundance that spills over into an abundance of wealth and abundance of material things.**

The universe seems to work well to reward people who are Partners for Life.

Now my system Partners for Life is not a hookup system. It's not a casual sex system.

It can be used when you're in the dating phase of your life, when you don't know that you found the one. Absolutely.

In fact, you need to use it in all phases of the relationship, what I call the love cycle. All phases.

**So you're using it when you're first dating, you're using it when you have your first kiss, first intercourse, first everything. All the way through your relationship, all the way through to the end.**

And instead of emptiness, you have fullness. You don't look for other people to fulfill you. You already are fulfilled.

As a result, your cup runneth over. You have more than enough for others.

When you help others, it doesn't feel like you're taking away from yourself. You have so much to give, truly.

## **This is what I'm going to show you in Partners for Life.**



So let me first start out with how I developed this and discovered this in my life. I'll show you how you can use it immediately.

My goal is to create a short explanation that you can use immediately. Don't skip the whys and the how comes and the science part because you need to understand that my system is not a theory.

### **It's a scientific fact. It's how we're built.**

But we didn't find this program in our brains. We didn't find it in our bodies because we were on the wrong program.

### **We've been given the wrong information. We've been taught the wrong thing by everybody.**

Most of us discovered sex and discovered relationships on our own. All the ideas and theories and teachings and advice is completely wrong.

Everything is completely wrong. There's no wonder why we're so screwed up.

In writing this book, my goal is to bring together thousands of happy couples and committed relationships to have the kind of happiness that I have.

# Chapter Four

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## Chapter 2 - How to put dating troubles behind and meet the partner of your dreams

**T**oday's relationship issues probably begin with the lack of good examples in our lives when we're growing up.

A lot of people are born into one-parent families. The parent that's usually absent is the father.



To a girl, the father is probably the most important determinant of satisfaction and happiness with a romantic partner. So not having a father creates a big void in a girl's growing up.

For a man, and for a woman to some degree, but especially for a man, a father is the one that helps a man grow from boy to man.

I grew up in a single-family household myself, raised by my mother, and I can tell you from personal experience, it's very, very difficult for a boy to become a man without having a real father around.

And I felt an almost physical longing for a real dad. And I was always looking for examples and trying to find my way, and it was so, so difficult without having that person in the home raising me.

So we start with that big disadvantage right there that nobody's really talking about.

Fatherless families make it very hard to have a good romantic connection and a partner for life, but not impossible, just more difficult.

So now we get to meeting somebody to settle down and have the relationship of our dreams. We need to meet somebody.

The big fundamental difference is this. When I was looking to meet somebody, I could go up to a girl and chat her up.

Today, the girl's on her phone. Everyone's on their phone. They're alone on their phone.



It's very difficult to go up to somebody who's on their phone, get her attention, and chat her up and get a date because you're being annoying. You're interrupting somebody.

**So right there, it's much, much more difficult for people to meet the way that they used to in that sense.**

Then, of course, even for the third issue, I would say, the first is being brought up in a single-parent home, and the second issue is being alone on your phone.

The third issue is that today we have so many distractions that our lives can be somewhat complete enough without a partner.

We have games, videos to watch, TikTok, Facebook, Instagram, Snapchat, Telegram, X, and whatever other social media sites have started.

There's so much to do, so many posts to respond to, so many videos to watch. There's an issue with our brains where our attention span has gotten shorter, and we require a high-powered stimulus to feel much of anything because we're so used to seeing extreme things in videos, pornographic videos, regular videos.

For women, it's a bit better because they tend to have friends, generally girlfriends. I go out sometimes with my wife, and we see packs of girls together.

Usually they're in their 30s. They could be in their 20s. They could be in their 40s, but typically they're in their 30s, and they're alone with other girls.

You can just tell they don't have a boyfriend, they don't have a husband. They're alone, but at least they have each other.

**Men on the other hand really don't develop very much in terms of friendships. Many men have no friends.**

They may not be getting out of the house enough. It's hard work for a man to make a friend.

They have to have activities with other men. They have to try hard for those activities - for example, hiking, weightlifting, jujitsu, hunting, fishing, lots of things that men can do together.

But if they aren't doing it together, they're not going to make friends, and that's the case for the majority of men. Their social skills are poor, too, because they're so isolated.

**Now, a lot of people meet through dating apps. Dating apps are extremely problematic.**

When a woman gets on a dating app, she gets a ton of messages from men, so she begins to feel that she's super desired, and she can be very, very choosy.

She builds a long list of requirements that the man has to meet, and no man actually meets those requirements, and if he does, she can only tell that after getting to know him, and she's not giving him a chance because she's not even going to go out with him once, let alone get to know him, so she's judging from his photo and judging from his poorly written profile.

**Dating apps are extremely broken. If you're a man, this may surprise some women, but if you're a man, you get no messages.**



There's been many people on YouTube that have gone ahead and set up fake accounts as a man and as a woman. The woman gets 100 messages a day, the man gets no messages for the entire month.

So women feel overly wanted, and men feel overly unwanted. It's not a good recipe.

Now, let's take dating. Let's say you do go on a date. Dating is a skill. You get good at skills as you practice them.

That means you have to go on a lot of dates to get good at dating. Most men have maybe one or two dates a year.

They don't have a chance to develop a skill.

When they do have a date, since they have so few, they pack so many expectations and fantasies and so much hope in that date that the stakes are too high.

They're stiff, they talk too much or too little, and the date goes poorly.

The woman is generally more verbal than the man. Generally women are more verbal.

Women often will carry the load on the date.

The guy doesn't really know how to, doesn't have the skills to be equal to the woman on the date, so a lot of times she'll say, "Yeah,

that guy's not good. He's not very good. He's too quiet. He's too withdrawn. He's boring." All kinds of things.

This is what happens on most dates. Women have a lot more dating experience than men do because women go on a lot more dates than men do.

Strangely enough, I know it sounds weird, but some men go on lots of dates. Most men go on very few, but most women do have a number of dates they go on.

And women are more verbal and have better social skills, so they tend to do better on dating than the men.

Men often also go on dates that are very poorly thought out because they believe that's what's expected of them.

For example, an expensive dinner date, which is usually a really bad idea if you're a man.

**It's a bad idea to go out on a dinner date as a first date because you're sitting across from each other. You don't have a chance to have physical closeness.**

There's a waiter involved. There's lots of choices that can go wrong. She gets the wrong dish.

Someone spills a glass of water or wine on her dress or whatever. Just a million things can go wrong, and it's expensive.

The man has only had one or two dates. He's full of hope and dreams. He goes out on this date. Things go wrong. It's stiff. It's difficult, and it ends badly.

Let's say that they go beyond that. Now sex is expected. At least a blowjob. At least something.

I've spoken to a lot of men who actually feel that if they buy a girl dinner that he deserves a blowjob. Now you think that's just awful. Men are so icky.

Well, in some ways men are so icky, but in some ways they have a point.

I hate to say it, but the point is that society is teaching us primarily through what I call sexual triggers that life is just about the physical act of sex.

**It's just expected. Everybody just has sex. They don't realize that they're undermining any chance for a future together by hopping into bed too fast or by some kind of sexual act too soon.**

They don't realize that. I'm going to show you how this is so true.

One of the things that everybody has seen is porn. They've seen porn sex. This has led to an escalation of sexual acts.

When I was growing up, anal sex was something that people never even talked about or mentioned. Now it's almost normal.

Sex is everywhere. Then it's very common for all kinds of things that were really hardly ever done in the past are now in the mainstream because of pornography.

This has created very, very unhappy expectations around sex. It's largely ruined the experience as one that can be filling and that can further the relationship and move you into the romantic connection that you're craving.

At this point, I want to mention something for women. Men crave the emotional and romantic connection just as much as women do.

But it seems to be more reduced to men just wanting sex. There is some truth to that. Of course, men want sex. Women want sex too.

But women tend to be more focused on their future, on a longer timeline, on what they're hoping to get out of a relationship in life, perhaps meeting somebody and having children or family life, other types of long term goals.

Whereas a man typically isn't planning very far. He's really thinking, how do I get her into bed?

So that's where we get this idea that men are only interested in sex.

In reality, they're interested in that connection just as much or more than women are. But it's just very hard to express in today's dating environment.

Then there's the robotic and mechanical aspects of sex, because that's the sex that we've all seen endlessly on porn.

Also sex has become rougher as women have watched porn and they become desensitized.

They lose sensitivity in the connection between their brain and their genitals. They get desensitized.

**Men get desensitized. They feel less and less in their penis. So sex has to become more and more vigorous and active and basically rougher.**

This is where the escalation continues into rougher sex, into erotic asphyxiation, which is quite common nowadays, and all sorts of things that just escalates.

And pretty soon that becomes boring, and then you have to find something else that's exciting.

I'm going to show you why this escalation happens and how to stop it for good and why it's making you very, very unhappy.

**This escalation is also keeping you from the romantic connection that you crave and maybe stopping you from the life that you deserve, stopping you from partners for life.**

So porn sex is extremely robotic and mechanical. Women can basically, if they want to, lubricate and receive the man's penis, but the man has to have a good erection so he has to "perform."

And these expectations that men have and women have based on porn are unrealistic given real men.

Real men don't work that way, especially real men who are on PDE5 inhibitors like Viagra.

So then if things do progress beyond that point, because of this type of sex, the relationship actually deteriorates. It actually makes things worse for the couple and drives you two apart.

**Creates boredom. You get bored with each other. This is why there's a honeymoon period in a relationship, but then the sex starts to really decline in frequency and intensity and quality.**





And you do see so many times that people have sex hardly at all, even if they're not even married that long and even if they're young.

Then there's the desire for space and the desire for drama. When men and women are burning out through the wrong type of sex, men tend to withdraw and women tend to have drama.

**Women tend to have emotional ups and downs that they would take out on their relationship. It's completely unnecessary. I'll show you how to avoid all that.**

This type of sex also drives the attraction to other partners.

This can manifest itself in, for example, a fad towards bringing a third person into the bedroom or simply dropping the partner you have, trying to find someone else.

Seeing other people as more attractive than your partner. Finding all the faults with your partner. The desire to cheat on your partner becomes bigger and bigger.

There's always going to be more porn and more masturbation and more fantasy and more difficulties.

So that contributes to the general decline and the replacement of the relationship between a man and a woman with porn, masturbation, and other partners, if there are other partners.

So these are the problems that we're facing today in meeting someone and maintaining a relationship.

**In the next chapter, I want to show you the science behind it and how and why this type of sex is causing all these problems.**

You'll see then how to have the most tremendous and amazing life of your dreams.

# Chapter Five

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## Chapter 3 - Oxytocin vs. Dopamine Track

**W**e could tell a lot about the intent of our creator by just looking at our bodies.

For example, if you look at the penis size of various animals in proportion to the size of the male animal, it turns out that humans have the largest penis size in proportion to their body size of any animal.

What's the reason for that? There must be a reason for it. The reason is because sex is super important to human relationships.

There's another thing that's very unusual if you look at men and women as compared to other animals.

That is what scientists call hidden estrus, which means that it's difficult to tell if a woman is fertile or not.

If she's in the phase of her time of the month when she can have sex and be fertile or not, it's very hard to tell. Why is it hard to tell?

I would contend there's a third thing that when you look at the male and female animal compared to others that is striking and that may provide an answer, and that is that we can't exist on our own.

We need other people to exist. A woman can't really raise a baby on her own. She needs help.

"It Takes a Village" was the title of that book, which probably does take a village. It takes a few people anyway. We need other animals of our species around to help us.

We're very cooperative. We need that cooperation. We're extremely social. It's a basic biological need.

We can't even exist without clothing, which has to be made by someone else to stay warm. There's so many needs that we have that can't be met without other people.

Whereas you take an animal like a wolf, it can live in its environment. It's got fur to keep warm. It's got teeth to catch food.

So we're very different. And what keeps us together in a relationship was designed to sustain our lives is romantic connection with a partner.

**And that's why we're designed to have a lot of sex.  
Some other animals are similar, like some primates,  
such as bonobos.**

Bonobos are famous for having multiple sex acts every day as part of their life.

Now, if you observe bonobos - I have not observed one personally, but what I've read - they have a lot of sexual acts, but they don't have a lot of orgasms.

**This is going to give a clue to what helps keep us as human primates together, which is having a lot of sex, but maybe not so much orgasm. I'm going to get to that shortly.**

So we're designed to have sex on our minds all the time, thinking about how relationships are built around it. It's very, very important.

This means a couple of things. It means that people who are living alone, it's very hard for them to be happy.

It's not that they can't be happy. You're going to say, Matt, I can be happy by myself. I have all my friends. I have my things. I have my hobbies.

**Of course, I'm glad. Some people do fine without having a romantic connection. But the fact that you're reading this book means you're not one of them.**

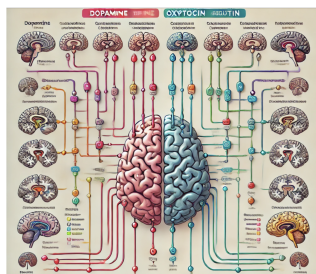
Most people, if they have the right romantic partner, are far happier than they are by themselves. Almost everyone is.

The problem is that we've been listening to the wrong programming that we've been exposed to through porn and through sexual triggers, and we've been given the wrong information about sex.

**The type of sex we're having is driving us apart rather than driving us together.**

There are actually two tracks that we can run to programs. I call them tracks in the brain.

**I call one the dopamine track. The other one I call the oxytocin track.**



Dopamine is a hormone secreted in our brain when we want something or need something.

Dopamine is connected with what scientists call the reward circuitry in the brain.

That means that there's pleasure in getting something.

There's a relief of suffering or pleasure. If we're thirsty, we have to get up before laying down and get a drink of water to relieve our thirst, which is a form of suffering.

The reward circuitry and the dopamine is involved in when we go shopping, when we buy stuff on a credit card. But it's also involved in surfing from one tick tock video to the next.

Dopamine is a little spurt that rewards us each time we see a cool video. The problem with dopamine track is that it's a hormone of want, not the hormone of happiness.

And it's important and we can't live without wanting. We can't live without something driving us to get up and get a drink of water.

Dopamine is also a hormone that creates an addictive cycle because the spurt of dopamine starts to generate more and more receptors in our brain.

And as we get more receptors, the same amount of dopamine has a less and less effect on us. It's less and less rewarding.

This is why when we're gambling, we start wanting to gamble more and more because the amounts we were gambling before aren't very interesting anymore to us.

The dopamine receptors are multiplied and the dopamine is insufficient to reward all those additional new receptors.

It's also exactly the same thing that happens in a drug addiction. If we snort cocaine or shoot heroin or take fentanyl, it is rewarding us through a dopamine cycle, but we get more receptors.

The dopamine that we create is spread around more and more receptors, which dilutes it. So it has less and less effect.

And then we need a greater hit of drugs or greater hit of gambling or greater hit of shopping or a more extreme video in order to get the reward we were getting before.

**So dopamine is a necessary and important thing, but we have to manage it properly, correctly.**

Technology has created the ability to deliver a super stimulus to the reward circuitry. In other words, a stimulus that would never exist in the wild.

For example, extreme acts of porn, a routine. We can click, click, click, see one after the other after the other. That's very unnatural.

That creates a very high amount of dopamine at first. After a while, because of the receptor issue, the dopamine has very little effect and we have to escalate still further.

It's why we become bored with relationships. Why we get bored and we find flaws and we find the warts in the other person.

This is a whole cycle having to do with relying on the dopamine track. And yet this is the only track that people are aware of.

What I call the dopamine track makes it so that we go crazy, we meet somebody new, but then we quickly become bored.

There's another aspect to it. There's a whole bunch of chemicals that are created during the sexual process.

And these chemicals serve to, at first, bond us together and then later drive us apart.

In a sense, we have the ability to be happy, to be thrilled, to be ecstatic. But we also, if we miss that, we have the ability to just be very endlessly unhappy.

And this is how most people live because they're living on the dopamine track.

**Ultimately, the dopamine track becomes boring, creates emotional withdrawal, drives us away from our partner, drives us to other people, and then they in turn become boring.**

So we have this endless chain of unfulfilling, empty sexual relationships, if you can call them that.

Dopamine is also what drives us to play video games and spend all the hours on social media, which creates a substitute in our waking hours for what would have been taken out by spending time with our family and with our partner in the past.



Instead of being driven to desperate boredom and having to go out and find somebody to be with, you just go to your phone, your computer, and you don't have to worry about that.

You've got plenty of things you can do. You don't have to be that bored at all.

When I was growing up, I spent so much time being bored that I had to find things to do, and I had to create my own fun. And I think that I got a lot out of that, which people don't get today.

The super stimulus issue is present in everything. We're not designed to be on Facebook.

And when they designed Facebook, when they designed TikTok, they designed it around the knowledge of how the brain works and how super stimuli works.

It's basically a consciously created addictive cycle to get you spending hours and hours every day on things like social media.

Being on the dopamine track is a real bummer for men and women. So after an orgasm happens, there are chemicals such as vasopressin that are secreted in prolactin.

These create -- they're a little differently in men and women, but they have an effect over days after the orgasm.

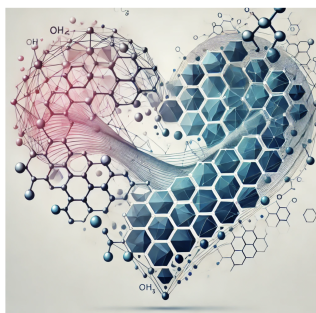
The first effect has been called the Coolidge effect. The Coolidge effect is what makes us super interested in other people instead of our partner.

It is actually named after President Coolidge. I'm not really sure why. There was a story about him that I won't get into, but that's the reason why it's called the Coolidge effect.

There's also the Chaser effect. When we have sex once, we want to have sex again with someone else.

It puts us on a roller coaster of emotions at the beginning of a relationship. It's not -- it doesn't take up any of our psychic space

because of the honeymoon hormones that are secreted when you first meet someone and are very excited with each other.



But there's nothing that ever stays in that honeymoon period for more than maybe six months, nine months or a year. Nobody ever does.

And at that point, that's when the boredom can set in, the interest in other people and all that.

So the honeymoon period is a get-out-of-jail-free card from the orgasm fallout cycle. But the honeymoon period never lasts very long.

Now, the dopamine track is one that is characterized by each person chasing after their orgasm.

Sex is getting together, climbing up the mountain. You're finally at the top of the mountain. That's the height of arousal where you fall down the other side of the mountain and have an orgasm.

It could be one orgasm if you're a man. It could be multiple orgasms if you're a woman. It could be multiple orgasms if you're a man who knows how to have multiple orgasms, which most men don't know how to do.

But basically, it's all about climbing the hill, getting aroused to the point where you're at the point of no return, a little beyond that, and you cum. And that's it.

When I was a kid growing up, Christmas was a really big deal. And everybody worked really hard about preparing for Christmas, months of preparation for Christmas.

And there's the days before Christmas, the anticipation. Then there's the morning of Christmas, and there's Christmas, and it's over.

It's like, what happened? All that anticipation, all those months of planning and imagination and wanting, it's all done. And what's left is just one day. It's over.

That's how the dopamine track is. You climb the mountain, and you have your orgasm, and you're done.

And again, I want to emphasize that in the early stages of a relationship, because of the honeymoon hormones, it's not a problem. It's just a problem once the honeymoon hormones wear off.

It can be a problem if there are no honeymoon hormones. If you're having casual sex, there's nothing that keeps you interested in someone else.

And all it is is a sequence of meaningless sex acts with nothing that's going to bond you or anything, but you still have the orgasm fallout cycle, even if it's casual sex, even if it's masturbation, still have the orgasm fallout cycle.

**So there's another track that we don't know exists, unless we're lucky enough to have discovered it. Maybe 10% of couples discover it, and sometimes they're called swans in the scientific literature.**

Swans are people that love being around each other and are married for decades and decades and just have the most amazing, happy life.

Hopefully your parents were swans or are swans. Probably not, though. There are some, but not many.

It's just kind of been luck, because until I wrote this book, nobody knew how to do this. It just was luck if you fell into it somehow.

Otherwise, you're on the dopamine track, and you're always disappointed and unhappy and empty and relationships fail and flounder and all the emotion and all the rest of it just really makes it suck.

**The oxytocin track is named after oxytocin, the name of the alternative hormone secreted in the brain, also secreted in the genitals as well, in other places.**

Oxytocin is, like all hormones in the body, a hormone that has multiple uses.

But when you give oxytocin to somebody, which has to be done through an injection or through a nasal spray, they tend to trust other people more than they would otherwise.

There's a lot of effects of oxytocin. It's not just about sex. But I call this the oxytocin track, because when you're on the oxytocin track, instead of feeling like you don't have enough, that life is empty, you feel that you have more than enough, you have plenty and abundance.

You don't feel anxiety anymore. You don't feel depression anymore. All those things lift.

Of course, everybody has bad days, but you don't have a period where you're really depressed.

It also kind of quenches addictions. I've seen people on the oxytocin track who are alcoholics or drug addicts, and within a year or two, they were completely alcohol-free and drug-free with virtually no difficulties, whatever.

I remember I was a, I would say, compulsive masturbator, as many men are. And as soon as we started the oxytocin track, I lost my desire for solo masturbation and watching porn.

I just lost it completely. It was a marvel, because I had a whole lifetime since I was 11 of masturbating when I was a teenager, 10, 15 times a day, not as much as when I was an adult, but a lot.

And it became something I had no interest in overnight because of the oxytocin track.

It tends to completely quench addictions. You have the feeling of abundance in everything.

Workouts are easier to do, much better. Testosterone levels increase, and you tend to lose fat.

Women will lose fat around their belly fat and upper leg fat. Men lose belly fat. Muscles are easier to get.

It keeps you looking younger. It keeps everybody looking younger. They'll always think you're much younger than you really are.

**And what I love about the oxytocin track is I'm always ready. I have great desire. I want my partner. I think about her all the time.**

And I could do it twice a day. It's in fact that we do it twice a day, one way or another, some type of sexual activity twice a day, always hugging and cuddling and kissing, always having fun with each other.



It's a thrill to feel this core of desire all the time. It tends to make me kind of in a nice way, it's like being on a boat in a fast-moving river when your boat is moving with the current.

That current just moves me through life so automatically, so easily. And as I'm going through life, I'm passing all this wonderful scenery and having the best time of my life.

And I don't have to paddle the boat. I don't have to work the boat. It's just moving down the stream automatically.

### **That's what the oxytocin track does is it propels us to greater and greater happiness and accomplishments.**

You're so in love with your partner, she with you or he with you, that you can't even imagine this type of love today and that it gets better all the time.

Rather than fading, it actually gets stronger. For a man, one of the benefits of the oxytocin track is he can have sex for hours at a time.

That's amazing. And for men, there's a refractory period everyone knows about after an orgasm, after an ejaculatory orgasm, when a man can't have any sexual interest and can't get an erection.

If you're very young, it may be ten minutes. If you're older, maybe two days or many days.

**But with the oxytocin track, you are always ready.  
You don't have any refractory period whatsoever.**

And I have also learned as a man how to have many, many multiple orgasms on the oxytocin track, which I discuss in my other book, *Masculine Maximizer*, just for men.

The oxytocin track is an incredible discovery. Very few people ever find it because everything in life is driving us to the dopamine track.

All the sexual triggers drive us towards that. Just have an orgasm, have an orgasm, have an orgasm.

And it's just like Christmas. An orgasm lasts 15 or 20 seconds and it's over. Then you have all the fallout, just like Christmas was when I was a kid, months of preparation, anticipation. And then it was a day and it happened and then it was over.

Now, also, I'll say a couple of other things for both men and women. Some women have discomfort around sex.

There's different diagnoses for this type of condition. There's different reasons for it. It could be a lack of vaginal lubrication. It could be painful intercourse, vaginismus.

But all of that tends to be all A-OK and not a problem for women on the oxytocin track. Yeast infections and UTIs are much rarer on the oxytocin track.

It's much better for women. And women who have not been interested in sex just don't have much drive, love the oxytocin track, because they get all the benefits of a close romantic connection with their partner without all the negatives and the baggage that comes from the dopamine track.

Now, for men, besides being always ready, some men have a smaller penis. And I have found that with this type of sex, you don't need a big penis to satisfy a woman.

**Even a smaller penis is fine. Did you know the vagina is generally only about three inches long? It lengthens more or less depending on the size of the penis.**

And even the actual sensation of what it feels, although she can have a feeling of fullness with a larger penis, she feels the sensation and pleasure primarily in the first few inches of her vagina. So that's all she really needs.

Now, some people don't have a partner and they wonder if they can increase oxytocin. Oxytocin is a wonderful hormone to increase. It makes you feel really, really good and satisfied and fulfilled.

There are oxytocin building activities aside from having a partner. Pets can build oxytocin. Taking care of plants and gardening builds oxytocin.

Helping other people who are in need helps oxytocin. Spending time in nature helps oxytocin.

There's also supplements that can increase oxytocin. My family owns the company Ideal Male Labs. We have a product called Urgent Oxytocin Assist, and if you take that, it can increase oxytocin.

It's actually a special probiotic strain that can result in lower inflammation and higher oxytocin.

There's a lot of things that can result in higher oxytocin. Even being thirsty can increase oxytocin.

Spending time with prospective romantic partners or other people can increase oxytocin.

I always suggest men and women take ballroom or Latin dance group lessons because they get to meet a lot of other people, possible partners. You get eye contact and touch in what society has put to-



gether as a very safe and non-sexual activity that is nevertheless quite sexual.

And in ballroom and Latin, like tango, salsa, merengue, bachata, it's an amazingly sexual thing that can increase oxytocin.

Now, in the process of meeting your partner and becoming partners for life, I just want you to focus on yourself. You don't have to have any techniques here.

I'm going to explain what you want to do and how you want to do it when you meet somebody, but it's not a matter of technique.

**And one of the things that I found with this oxytocin track is novelty is not important at all.**

The best positions are the simplest ones, and just having intercourse is the most amazing thing you can ever imagine.

Looking into each other's eyes, it's amazing when you're engaging in sexual activity, incredible. There's no need for other types of acts.

You can certainly do them. You might want to have oral sex. Oral sex is great, but it's not like you have to have a quest for novelty.

**Because, you see, if you listen to what everyone's telling you out there in the media, the so-called gurus, everybody knows that you become bored with sex, right?**

Well, it's not true. You get bored with sex on the dopamine track. So the answer is always more novelty.

Bring toys into the bedroom. See if you're into spanking. See if your partner is interested in anal penetration. Blah, blah, blah, blah, blah.

It's all novelty. But the novelty stops becoming novelty once you do it a few times. It's less and less novel.

That's the escalation problem that we were talking about, needing greater and greater stimulus, because the dopamine that you get has less and less effect.

So you need more and more of that novelty. And there's just not much novelty in the world after a while. You've just seen it all, done it all.

Nobody wants to live that way. And you don't have to, because the oxytocin track makes it new and wonderful and sparkly all the time. All the time. So fulfilling. So incredible.

# Chapter Six

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## Chapter 4 – Root Focus

**S**o I discussed with you in the previous chapter the idea of the three keys. And the first key is to relax.

We hear that a lot, and it doesn't mean anything anymore because everybody says it all the time. But in this chapter, I'm going to show you a specific way to relax that is very, very critical.

**When you are having this type of sex -- and let me just define a term that I use for this type of sex, this partners for life sex. I call it Nirvana sex.**

I don't mean it in any derogatory term for people who might have a religious idea of the word Nirvana. I'm using it in the Western sense, Nirvana being like the greatest thing ever.

**So I call this type of sex Nirvana sex, and it's the only type of sex you're going to want to have from now on because the rewards are just so much greater in every area of your life than they are with what I call fertilization-driven sex.**



So fertilization-driven sex is the oxytocin tract type sex where you try to get orgasms. In fertilization sex, it was originally designed, the program was designed in our brains to make babies.

So the dopamine tract type sex is Nirvana sex, which is a program that already exists in our brains, already exists in our bodies. We generally don't find it. We don't use it.

But this program creates the most amazing abundance of everything in our world. There will be so much fullness in your life that you can't sometimes even stand it.

It's just so incredible. Your friends will be so jealous of you. You won't relate to your friends as much anymore because they're com-

plaining all the time, and they're alone, and you, on the other hand, have just the most incredible life anybody could dream of.

So the Nirvana sex key involves relaxing, and it also involves something around sexual energy. By that, I don't mean having the food and the calories needed to have sex.

I don't mean that. I mean sexual energy in a more spiritual sense. Even that's not a very good term.

I think as a practical matter, there is an actual sexual energy that is recirculated during Nirvana sex.

So if I am inside my wife, my penis is in her vagina, our sexual energy is going from my penis into her, up into her body, into her chest, through her breasts, back into me, assuming that we're having frontal sex face-to-face, which generally we are.

This energy is circulated, and so there's an idea of polarities like there is with electricity, positive polarity entering her body, negative polarity through her breasts.

That's kind of the energy I'm talking about. I'm not talking about it in a woo-woo sense, although you may be looking at it that way, and it's perfectly understandable.

It's perfectly fine. But I just look at it from a practical point of view. There is a circulation of sexual energy.

In order for that to happen, in order for you to have the fulfillment, the incredible ecstasy, going on and on and on for 20 minutes, 30 minutes, an hour, two hours, as long as you want, you want to be open to it.

**So I'm going to give you a skill here that you want to practice. You want to practice it all the time, as much as you can.**

When you're driving, when you're lying down, when you're in a boring meeting, you want to practice this. It's called root focus.

I'm going to talk about it for men and for women because it's slightly different.

**I've taught this for men for a long time, and then women have told me they've been using it and have extraordinary results, so I started teaching it to women as well.**

So let's look at it from the male point of view right now. The problem with Nirvana sex, the problem with sex where you're not trying for an orgasm is you can get congestion in your testes, which we call blue balls.

When I used to go on dates and we didn't have sex, I would be worked up and aroused, and I'd come home and my balls would hurt and I would masturbate in order to relieve the pressure.

So blue balls is a condition, there's a medical term for it, which I won't bore you with. So root focus helps eliminate that.

It allows you to not have blue balls as a man so that you can have a lot of sex at a high level of arousal without having the painful congestive feeling afterwards.

On the more positive side, it's a method of relaxing your penis and testicles and opening up this gateway of energy so that your masculine energies are open, you're receiving her feminine energies.

It allows you to have whole body pleasure instead of just in your penis. And I have taught this to a lot of men.

They use it when they're talking to girls. It's a bit distracting. It gives you something to do with your mind.

It's not very difficult. So the rest of your mind can respond authentically because you don't have the part of your mind which is saying, "Do this, do that. Uh-oh. Oh, no. It's not going to work. It's going to be bad. It's scary. It's awful."

That part of your brain, the part that warns you about danger, is quiet when you do root focus. The real you then comes out naturally.

So, again, this is for the man. You sit on a chair. I generally would sit on a hard chair like a kitchen chair that's just made of wood at the beginning just to learn how to do it.

And you can then feel your -- just put your energy down into your focus. Put your focus just down there.

I would say here's what you do. You know how to do a Kegel? You know, like you pretend you're pulling in a bowel movement, pretend you're stopping the flow of urine when you're urinating?

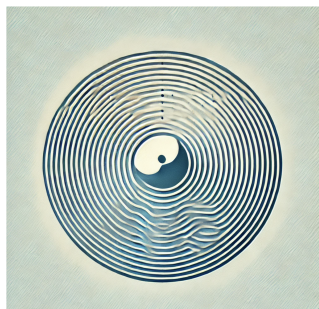
That's a Kegel. You're contracting those muscles. And if you're sitting on a chair, you can -- then you know what area that you're going to put your mental focus on.

Now, I want to emphasize something. For both men and women, this is not a muscular workout exercise.

There's absolutely no muscle movement whatsoever, no muscle movement at all. There's nothing to do with muscles or movement.

**The only thing I'm saying is at the very beginning when you're first learning it, it's all about focusing your mind, just your attention, on the area basically in your scrotum, or what some men call their taint or their perineum.**

It's focusing on that as best you can. That's all it is.



But to identify the area for your mind to know, oh, that's the area, it helps to do a Kegel and just start out by sitting on a hard chair just to isolate the area just so you can feel it.

You don't normally sit in that chair. You don't have to do any Kegel. And certainly when you're doing root focus, there's no contraction of any muscles at all.

But just to get started and know where you're supposed to put your focus, it's helpful to do a Kegel or sit on a hard chair.

Now, all it is is just focusing on that area. Now, here's what I mean by focusing on that area.

I'm going to ask you right now instead of that to focus on your left foot. You had a left foot a moment ago, I'm assuming.

You still have a left foot, but now your attention is on your left foot. You may feel as I do my socks, I feel the hard floor.

I'm aware of the bottom of my feet. So I didn't have an awareness of those sensations before, although they were being fed into my brain.

I wasn't paying attention to them. Now I am, so I can feel my left foot.

Your perineum or your root, as I call it, is giving your brain signals all the time, just like your feet are, but you're not paying attention to them.



By doing root focus, you learn how to pay attention and you practice paying attention to those signals.

**And what this will do is it'll begin increasing the pleasure in your penis and in your whole body, along with keeping it relaxed to avoid blue balls.**

The positive is the amount of pleasure you'll feel will be absolutely sensational. So all it is is just putting your attention there.

That's all root focus is, putting your attention on your root. The penis goes into the body, and there's about maybe even a few inches of your penis in your body, depending on whether you're having an erection or not.

A good deal of your penis is in your body, and there's blood vessels and nerves and things that come out in the root. That's the root.

So when you're focusing down there, you're focusing on the root. I don't worry about whether I'm doing it right.

You're always doing it right. Doesn't matter. Your brain will tell you you're not doing it right, but you are.

So don't worry about it. If your brain says, oh, you're not doing it right, you go, oh, yeah, that's it. I would think that. That's cool.

You just gently refocus back on your root. Now, you start doing this. Your brain just continues creating more and more thoughts.

It's going to say you're not doing it right. Oh, you've got to pick up your dry cleaning from Mrs. Kim. You forgot to pick it up on Tuesday. You said you would be there.

Oh, my gosh, I forgot. I have a dental appointment next week. I forgot to write on my calendar. These are the thoughts that intrude.

And I want to tell you something. When you're doing root focus, you're putting your attention on your root. You're focusing on the root.

Those thoughts are normal and expected and wanted because they will train you as soon as you have the thought to train you to go right back to refocusing on your root.

So it's root focus, distraction, root focus, distraction, root focus, distraction. You get better and better at root focus with every distraction.

So those thoughts are actually what you want and you always have them. So don't worry about it. You could do root focus all the time when you're in a meeting, any time, like I said.

Now, put your attention there and if you wish, you can go a step further. You can visualize white light down there.

You can visualize a feeling of love or sunshine. You can picture an image of things and that may help you and you may have pleasure from that.

It's also common for men to have an erection when they're doing root focus, although many men don't. I don't.

And what's really good is to do root focus when you're cuddling or when you're having sex or when you're doing anything you're doing with your partner.

Doing root focus makes it all the better. So I want you to learn root focus and practice root focus so you get better and better at it.

You are always doing root focus. Root focus is so valuable at all times.

So that's the instructions for men. If you're a woman, I wanted you to hear those instructions or read those instructions because you should have an understanding of your partner.

But also it's very similar. You don't sit in a chair necessarily, but you could do a kegel just like you're trying not to pee and pulling in a bowel movement.

And then you just put your attention down there. That's it. That's all there is to it.

And your mind wanders. You gently refocus back on that area. You have thoughts. Just gently refocus back on that area.

**Now, it's super simple. There's not much to it, but the whole key is just practicing it, because every time you redirect your thoughts back to gently doing root focus and putting your focus there, you're doing it right.**

Now, in either case, man or woman, you're not trying to picture that area. You're not trying to see it in your mind's eye.

You're just feeling it. It's OK if you see it. It's fine. It's just another thought.

But basically, you're feeling it just like you feel your left foot when you're walking or when you're standing.

When I said think of your left foot, you just feel it. It's not like you see it, although you may in your mind's eye, but you're feeling it.

That's the whole point. The more you feel it, the better.

And you can picture white light or love. It could be in your vagina. It could be your clitoral area.

Either way, it doesn't matter. It's just that area in general, wherever you feel that root focus, like where you feel the center of your femininity, that's where you're going to do your root focus.

Now, one other thing that for some women, I suggest, well, I suggest all women also practice this as breast focus.

Now, you know, in a woman and a man, actually, but we're talking about women, breasts can be very key to a woman's sexual core.

Very key, obviously. And the trouble is that a lot of women or almost all women have gotten used to seeing their breasts in a mirror or maybe feeling them.

They're touching their own breasts or someone's touching their breasts, but they don't feel them inside.

So feeling them inside, just putting your attention inside your breasts as a second form of focus, of root focus, will help you as you get better and better at it.

Some women will actually find they get much better results by doing root focus on their breasts than on their vagina and clitoris.

Their breasts just work better for them, and they become much, much more eroticized.

The breasts become a tremendous source of sexual power and sensation for these women.

And I do suggest all women do root focus on both areas. And if you're gravitating to one or the other, you can focus on just that one, either your vagina, clitoris, or breasts.



But I do suggest that you do both areas if you feel like it.

Feeling your breasts inside, by that I mean instead of looking in the mirror, just feeling them, just being aware of what they feel like inside.

**You get better and better at that, and that will open up a tremendous amount of erotic sensation when you're doing Nirvana sex.**

So that's the root focus. Try to do it as often as you can, many, many times during the day.

When you're cuddling with your partner, when you're having sex, when you're having a conversation, when you're at the bank, do root focus.

# Chapter Seven

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## Chapter 5 - Mindful Masturbation Practice

So, in this chapter, we're just about to get to actual Nirvana sex and dating and partners for life and all of that, but I want to move a step closer with you, and I want to do that through mindful masturbation.

So basically, what we've learned, most of us masturbate. They always have this joke, 95% of men masturbate and the other 5% are liars.

Most women masturbate too or have. I mean, I think every woman has masturbated. Some women don't masturbate normally.

Probably fewer women masturbate than men masturbate for sure, but there's some shame around masturbation. I'm not really sure why, but anyway, it's good to get over that for sure.

It takes some time.

It's a very natural sex activity and a wonderful one, but mindful masturbation is a method of getting closer to your body and your sexual core so that it expands, so that you basically will get more and more erotic pleasure and a much greater romantic connection with your partner.



So it's good to have a little bit of lube available to you. I'm going to talk about it for men and women and just kind of interweave that through this chapter.

Both for men and women, it's good to have a little bit of lube.

Don't use personal lubricants. Don't use almond oil. Don't use anything except coconut oil, cocoa butter, olive oil, or ordinary dairy butter, not margarine, butter, just plain butter.

So those are okay to use. Nothing else.

Whatever works. The only thing I find is coconut oil. I always have coconut oil in the bedroom. We just use that.

It's pretty good. It's very unlikely to cause irritation or an allergic reaction. Filtered kind, not the kind that smells like coconuts.

You want this refined coconut oil that's been passed through a diatomaceous earth to filter it out. It has no odor at all. It's fully refined.

It's very good for you and it's perfect for a lubricant. You could put a little bit on your hands.



If you're a man, you can get some on your penis. If you're a woman, just put it on your hands. Just kind of makes things more slippery and slidy.

Now when you're doing mindful masturbation, the purpose of it is to get to know yourself and your sensations.

It's to do that without necessarily getting aroused or having an orgasm. You can have an orgasm and you can get aroused. It's fine.

But that's not the purpose of it. That's not what you're going for. You're just spending time doing it. That's it.

Time. 20 minutes, 30 minutes, an hour, 10 minutes, whatever you have.

The goal is to just spend the time very, very slowly, very slowly exploring your nipples for men and women, your penis and testicles, your vagina, your labia, your clitoris, just very, very slowly with your fingers exploring and feeling inside what it's like.

It's a good idea to do root focus while you're doing this. Do root focus while you're doing it and focus on your feelings, how it feels.

Very, very light hand. If you're a man, you don't need an erection. If you're a woman, you don't need to be wet and aroused.



It's fine if you are, but you don't need to be. And you're just slowly exploring every nook and cranny, every little area with as sort of soft a touch as you can, as light a touch as you can.

That's it. That's really all there is to it.

**The thing that a lot of times happens is we become focused on an outcome of arousal and orgasm. I don't want you to do that.**

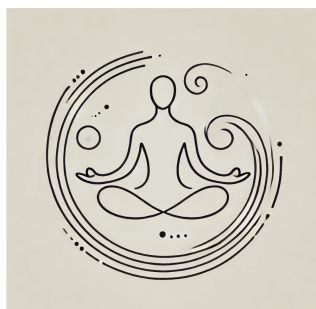
I want you to focus on the outcome of just spending the time doing mindful masturbation.

So you could set a timer on your phone and just do it until the timer goes off. And it doesn't matter whether you're aroused or not, but I do want to encourage you to root focus.

And if you get fantasies that pop in your head, it's perfectly fine. Just redirect your attention back to your root.

In the case of your woman, it would be your breasts or your genitals. Either way, if you're a man, probably the root of your penis.

So you're not fantasizing actively. If a fantasy happens, it happens. It's perfectly okay. It's perfectly fine.



But you're doing root focus. And that kind of tends to replace the fantasy in your consciousness with the sensations you're getting.

**So you get, you do this, you get better and better at feeling your sexual sensations.**

Even if you have a partner, maybe even especially, this is a great way of doing things.

Because if you have a partner and you've been doing fertilization-driven sex, this is a great way to begin regaining the sensation that you've lost through having rough fertilization sex.

So last thing is, if you're a man, one of the things that we'll cover is not ejaculating as often.

And if you do ejaculate here, it's fine. But the goal is to just have the mindful masturbation session without getting anywhere or reaching any particular point in arousal.

# Chapter Eight

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## Chapter 6 - Nirvana Sex Dating

So I'm going to be talking about the Nirvana sex dating formula, which is part of Partners for Life.

This is the part that will serve you well anytime you have someone that you're with.

**And even though I mentioned it as a dating formula, a lot of it is still quite useful when you have a long-term committed relationship, which we're going to get to in the next chapter.**

We're going to be doing everything but actual sex, actual intercourse in this chapter.

And there's a lot here because to build oxytocin, to stay on the oxytocin track, we need to build oxytocin.

And it's important that we start that way if we can.

So one of the first things I want to address is getting physical fast.

The difference between friends and possibly will-be, soon-to-be lovers is personal space.

**You have a certain personal space that you maintain with your friends. With a**

**potential romantic partner, you want to get inside each other's physical space as quickly as possible.**

One of the critical, if not the most critical thing about attraction that nobody talks about much is our natural scent.

Everybody has their own scent. It's different.

**And I highly recommend, highly recommend that when you're dating, you wear a good pheromone perfume with animalic cords.**

I'm biased because we make one. Our family owns a company called Ideal Male Labs.

We make a very, very fine animalic accord pheromone perfume. We have one for men and one for women, and they're very high quality, very expensive ingredients, but they're reasonably priced.



They're made here in the USA. And when you -- when someone has this on, when they're wearing this type of perfume or cologne, it gets them noticed.

People notice it. It's very sexy.

And if you see somebody that you are attracted to visually, when you get into their space and you smell them and you smell this, you're even more interested.

There is a scientific signature, chemical signature we have called the MHC, the major histocompatibility complex.

There's a set of basically a chemical signature each of us has, the MHC.

And you're attracted to somebody with an MHC that is sort of right for you.

The sense of smell is key, and this is one reason I highly discourage women from using birth control pills.

They're very harmful, and they interfere with your perceptions of your possible romantic partner's scent, making it really impossible to find a partner of your dreams because it interferes with that scent.

The scent is so amazing and so critical. So you want to get into each other's space as quickly as you can.

It's very helpful to kiss on the first date in the first ten or twenty minutes. It's a way of seeing your compatibility.

And if you like each other chemically, if you're designed for each other, that's why it's important.

But it's very important not having sex immediately, not having any penetrative sex or oral sex or anything directly involving penises and vaginas.

Not to. The reason is because what we're going to do is we're going to build a foundation for a partner for life, which is for decades and decades, decades.

### **It's like when we're building a house. The first thing we build is foundation.**

There's a lot of work going into the foundation. A lot of work goes into it.

It doesn't look like anything much. You've got a lot of this dirt, and then you've got this concrete pad on it.

And after a while, there's a lot of work involved in bulldozers and machinery and pouring concrete just to get that foundation.

That's how important it is. It's important to a relationship, vitally important.

You do not ever have sex immediately. I'll get into when to have sex, but if you want, you can explain, "I want to get to know you first. I like you, and I don't want to just jump into bed."

Then in most areas of sex, it's better to have fewer words than too many words.

Body language and what you actually do with each other is really the important part. What you say is not important, and words can get in your way.

The first physical thing you have together that you should do, this is going to be hard, but it's really, really going to be... You're going to thank me for this.

Both of you will thank me for this. Keep your bra and panties on. Keep your underwear on.

**I want to snuggle with you tonight. Let's snuggle, and we can have sex after a few more dates.**

The reason you keep your underwear on is it prevents or helps stop sexual escalation to penetrative acts.

You don't want to stimulate each other's genitals. You don't want to do that.

**You don't want to do sexual stimulation. What you want to do to build oxytocin is you want to cuddle, snuggle, and what they call making out, kissing, snuggling, touching each other.**

It's perfectly fine to touch genitals, but you don't want to do it in a way to try to get someone off.

And it's very hard not to slide into that, try to stimulate the other person sexually.

That's why it's good not to reach for each other's sex parts during this part of the relationship, building the foundation.



Now, if she tries to stimulate you or he tries to stimulate you, it's all about intent.

**You can fondle each other. It's wonderful. But you don't want to escalate sexually.**

The intent is just to feel each other. You can feel his penis. You can feel her labia or wonderful pussy.

It's just wonderful. That's great. But then you start rubbing and trying to get her off. That's not what we're trying to do here.

So we're trying to stop that. You don't want to do that.

Now, you may have as a guy, you may have an erection. It's perfectly fine.

So what? Just because you have an erection doesn't mean you have to do something with it.

**So a lot of new stuff here. There's a whole new approach.**

This is the approach to build oxytocin and have partners for life rather than just jumping into bed and having meetings with sex.

So there's four processes for this, for Nirvana sex I want to talk about here.



The first one is eye contact. Having eye contact with somebody involves what has been called, I think, quite well, a soft gaze.

If I'm looking into her eyes, it could be very intense. There's nothing more intense than eye contact.

**It's much more intimate than penetrative sex, actually. But if you look into each other's eyes and focus on your route at the same time, that avoids the intensity that's uncomfortable.**

And it builds an enormous, strong, intimate connection very quickly.



Now, a lot of people are not comfortable with long periods of eye contact or just looking into each other's eyes.

It's very, very difficult. So you should do more and more and more.

One of you, generally the man, you say, "Let's look at each other's eyes. Look at me. Look into my eyes."

I think it's normal and probably overwhelmingly better for the man to take charge in the bedroom.

But there's no rules. There's no such thing as Nirvana sex police. I've never seen them.

So one of you says, "Hey, look into my eyes and look into each other's eyes. No, no, don't look away. Look, look, look."

And it's amazing the intimacy that's built this way. When you focus, you have a soft gaze.

You're not gazing intently and you're looking into other's eyes.

Now, don't look at her nose. Don't look at his nose. Don't look cross-eyed.

I think sometimes it's good to look from one eye to the other. If you're close to each other, look at each other's eyes.

You really can't look into each other's eyes at the same time. So you might want to do one eye more than the other.

Don't look at the nose or the middle of the bridge of the nose. No, no, no. Eyes to eyes.

### **That's the first one. Second one. The second process is what I call porous touch.**

Porous means that it's leaky. When you touch somebody with porous touch, you glide your hands over them.

It's a hand glide, it's called. And you do it where there's a very thin layer of air between your palm and their body.

It's very, very light. You could touch the inside of the elbow, breasts, nipples, lower back.

The neck is a wonderful erotic zone. The nape of the neck, the area that the Chinese call the jade pillow, which is basically where the neck meets the shoulders, that part of the cervical spine.

It's very erotic. Next to the neck on the shoulder, that area, the nape, on the top of the shoulder area near the neck.

Legs, amazing. Legs are so erotic. Belly can be a bit erotic.

Obviously, the butt, eyes, his forehead, hair, all of that. Really, really, really amazing.

And at first, it doesn't feel like that much. It's a process where the more you do these things, the more you look in each other's eyes, the

more you use hand gliding, porous touch, the more you do root focus, you get better and better and better.

Your body builds more neural connections, more brain cells dedicated to feeling pleasure doing this.

And more and more brain cells feeling pleasure means it becomes more and more pleasurable.

**The next of the four processes is kissing. Now, here's the difference between this type of kissing and fertilization-driven kissing.**

Fertilization-driven sex kissing is about getting somebody up the mountain, getting them aroused.

**This kissing, Nirvana sex kissing, is about building a connection.**

And if you kiss the other person, and normally, you know, everyone closes their eyes and they kiss. Sometimes they use their tongues.

And that's great. It's very sexy. It's very arousing. It's wonderful.

But I'm encouraging you instead to say, "Hey, just kiss me and hold our lips. Hold your lips to mine. Don't let go. Let's just kiss lips to lips, okay?"

And you kiss each other and you hold it for a really long time. And your eyes open is really, really nice.

You don't have to, but you can have your eyes open. It's wonderful.

And you have root focus. You're doing root focus.

You can also kiss your lower lips or his lower lips and grab the lower lip with your lips.

That may be too arousing, but that can be nice.

But the idea is to be engaging in a really, really long kiss, a 40-second kiss, a one-minute kiss.

And just absolutely, just wouldn't believe the intimacy that develops this way.

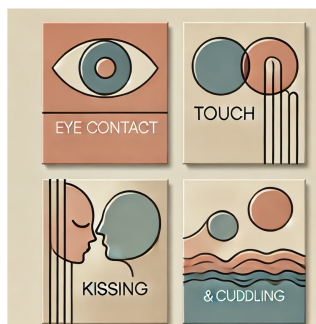
And the last one is cuddling. Having your body on hers, she on yours, it's better not to be on top of her or she on top of you.

That's generally very, very sexual, and it'll graduate to sexual intercourse.

And you just can't go back once you're down that road.

So you're side by side. You're having those long kisses and hand-gliding and fondling each other.

That's basically it. Cuddling is when you get up from a session, you feel almost pleasantly, I would say almost drunk without having drunk any alcohol.



It's like this amazing feeling of satiation and being stoned, but you're not stoned.

It's just amazing. And don't neglect to kiss each other's bodies, but don't get into too much of that.

That's too arousing. So I would recommend that you don't do too much of that here because you're going to end up doing oral sex.

And one thing leads to another.

**The point here is to build oxytocin is to cuddle, kiss, eye gaze, stroke.**

Ideally, three weeks is ideal. If you could do it, three weeks is ideal.

If you can't stand to wait three weeks, three different times, that's good.

The more often you get together to do it, the better.

And you and she will settle into a point where you're very, you're lustung after each other.

You're very horny for each other. You really want each other.

This really is really cool. Now, it's just absolutely incredible.

This is something that changes everything. Everything.

**So this is how you want to have your first encounters with somebody that could be, you know, where you could be partners for life.**

Your first encounter is this way. Remember, three weeks is ideal.

Three times is a minimum, three different occasions as quickly as possible for one falling out of it.

Like every day is nice. If you can't get to it every day, every week, whatever.

This is critical to setting up the relationship for the long term.

This is going to be great.

# Chapter Nine

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## Chapter 7 - Nirvana Sex

I speak about fertilization sex as if it was a mountain that you and your partner are climbing to get greater and greater levels of arousal until you are at the point of no return...

...and then at the top of the mountain, whoof, off down the other side very quickly, representing orgasm.

Now you're at the bottom of the mountain, and depending on the situation and honeymoon hormones...

...it could be that you're suffering from the post-orgasm fallout of some kind, which people don't like to admit happens, but it does.

And if you're really perceptive, you'll notice it more and more.

**But what I want you to now consider in this chapter is a different model for Nirvana sex, which I call the lake.**

So imagine you and your partner are swimming in a lake together, and you're playing together, having a wonderful time.



The water is very comfortable and warm, and it's just absolutely the most deluxe and imaginable.

Now at one end of the lake, there's a waterfall, and once you get down that waterfall, you're out of the lake, and you can't get back.

Once you start to fall down the waterfall, there's no way you can claw your way back to the lake. It's too late.

Now it's fun to play in the lake. It's more fun to play near the waterfall together.

As you get closer and closer to the waterfall, it's more and more fun to play.

You're playing together right near the waterfall is the most fun. You get more and more skillful at playing close to the waterfall and in closer yet.

Occasionally, you lose your balance and move a fraction too far, and you fall down the waterfall, representing an orgasm.

Of course, the waterfall represents an orgasm. When that happens, you enjoy your orgasm.

You get out of the water, and you dry off, and you try again. You get back into the lake.

Not a big deal. That's how we learn.

That's the model that I want you to consider. In addition, I want you to consider monitoring your arousal from a scale of 1 to 10, where 1 is slightly aroused. 10 is orgasm. 9 is very close to orgasm.

9.5 is extremely close, like what we would call the point of no return.

But as you get more skillful, you can actually linger at the point of no return without having an orgasm and experience orgasmic sensations that go on and on and on.

The scale of 1 to 10. So if you're on a scale of 6, 7, or 8, that's where I encourage you to play with your partner.

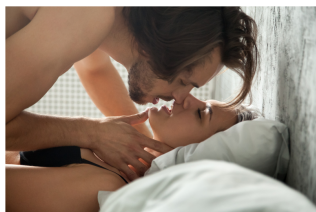
I encourage you to be at an arousal level of 6, 7, or 8 rather than a 9 or 9.5, especially at the beginning.

So obviously it takes some time, and each partnership has a different way of going about it.

## **You develop your own secret ways with each other.**

So now, the way it starts is you lay together and let arousal take over your body.

Use eye contact, stroking, kissing. Now, you could have oral sex if you want.





I suggest the man gets the woman wet with oral sex. If you both enjoy that, that's always wonderful.

She can give the man oral, hopefully not to the point of an orgasm. That's fine.

You're all doing root focus during this, and the root focus helps prevent the congestive feeling.

Women get it, too, by the way. I was talking about blue balls in an earlier chapter.

Women get something similar with sort of a painful feeling in their genitals called blue petals.

So if you do root focus, you won't get that.

So now you're ready to have intercourse. Intercourse is like the greatest thing ever, as opposed to everything else that you could be doing.

I mean penis in vagina intercourse. You need to -- you generally want to lube.

A man wants to lube his penis, so I mentioned it already. Coconut oil that's refined, doesn't smell coconutty.

There's two kinds. There's a 76 degree and a 92 degree. The 92 degree is solid at room temperature, and that's the kind that I recommend.

It's highly refined, and it's pretty cheap. They use it for making soap. It's very, very safe.

You can also use butter if you don't have that kind of coconut oil. You can use cocoa butter. You can use olive oil.

You can use saliva. It may be fine. Depending on age and lubrication, saliva can be fine.

And then what you do is -- this is how I want you to look at it. You plug in.

Your man puts his penis in the vagina and just spend time together. There's not a lot of thrusting here.

Movement is fine, but don't move too much. And you're doing root focus the whole time.

Now, at the beginning, you may not feel very much. A woman wants him to go really fast and rough.

He wants to feel something. He goes rough. It may feel very little. That's okay.

It's fine. You'll feel more and more as you do this more often.

You'll get a tremendous amount of pleasure out of it anyway. You'll get the connection, the romantic connection that's just incredible.

I suggest that you avoid overstimulation. You stay in that 6, 5, 6, 7, 8 range in arousal.

You avoid positions that would put you over the edge. Some positions that I feel are too arousing that I don't want to do because I'm just going to have an orgasm very quickly.

Maybe doggy style, maybe receiving oral. It's different for different people.

**And at this point, I want to introduce you to something that's a technique that you can be practicing, which I call pleasure centering.**

So you focus on your root. About 80% of your attention is on your root.

And, of course, you have your lips kissing each other and your eyes in contact, and it's wonderful.

So you put a small amount of your attention on this, on your body's connection with each other.



And normally that would be, let's say you're in a missionary, that would be her breasts.

If you're the man, you put your attention on your root and your penis and a small amount of attention on the chest where you feel her breasts against you.

If you're a woman, you really, the same thing, you put your attention on your clitoris, vagina area, your root, and with 80% of your attention and small amount of attention is on your breasts.

And you've maybe been doing root focus on your breasts as well, breast focus, so you're good at that, better.

**And what happens is when you do this, you actually achieve the state of full body orgasmic sensation as long as you're having intercourse for 30 minutes or an hour.**

It's just unbelievably pleasurable. It's not the same intensity as a conventional 15-second orgasm, but it's an amazing orgasmic pleasure feeling the whole time, pleasure centering.

So people ask me, "What about different positions?" Of course, you can do different positions, go from one to the next, the next, whatever you want.

As I said, I recommend avoiding positions that are too arousing, which by experience, you'll find the ones that drive you over the waterfall.

**So when is it done? How long does it last? The nice thing about this is it's as long as you want.**

I find usually the woman will call time, and I as a man, I just want to do this forever, but she's got things to do.

She's got laundry to put in the dryer. She has other things she wants to do with her day.

Maybe I do too, but the nice thing about this is it doesn't necessarily have to work up a sweat either.

You can plug in before you go to a concert or dinner at night. You can plug in before guests come over.

You can do this multiple times a day, and you're just finished whenever the time runs out.

Now, the biggest issue that I get is, you know, what if she insists on orgasms?

What if he insists on, you know, coming? We're kind of built and conditioned to want to, quote, "give an orgasm" to the person.

I think the expression "giving an orgasm" is ridiculous because we each have our own orgasms, but that's the lingo.

**Going to give her an orgasm. In this case, you don't want to have an orgasm.**

You want to have this endless pleasure, this Nirvana sex.

Now, I find a lot of times the man starts this. The woman still has orgasms.

It's difficult sometimes if a woman is coming not to come as a man, but you learn to do it.

And then she can come as often as she wants and you don't come.

The thing that's nice is women can have 10, 20 orgasms and you don't have one.

And normally you would have one and it's over.

So she has for the first time what you might call a sexual space to explore, because the duration of intercourse is no longer regulated and determined by your erection and your ejaculation.

It just continues as long as you both want. So she can have an orgasm and another orgasm and another orgasm.

It's very common for women to be super multi-orgasmic.

And then a lot of times the woman ends up saying, "I like that idea. I'm just going to do what the man's doing. I'm just going to have this continue and not have orgasms."

Because you actually have much more pleasure and connection with long periods of Nirvana sex rather than orgasms.

But you certainly can have orgasms. In some relationships, the woman has many, many, many, many, many orgasms every day.

It's perfectly fine and great, and the man doesn't, and he's having an incredible time. That can work really, really well for some couples.

So I don't want to discourage you from that type of exploration. Now, the simplest positions are often the best.

I'm going to make a diagram here for the scissors position, which is a very relaxing position.

And if you use pillows, basically the woman's lying on her back, the man's on his side scissoring her, and his penis enters her vagina.

And it's very -- there's not much thrusting. It's just spending time, and you can spend hours together this way.

And she doesn't have to spread her legs. And spreading legs after a while can be a strain on the muscles, on the abductors and adductors.

So this way you avoid that. And you just go for a really long time.

And when I've done scissors, that's when I've had some of the most interesting experiences sexually.

Like one of them is very, very infrequent, but it's called a valley orgasm. It's like a real orgasm, but it just goes on and on and on and on.

It's absolutely amazing. But either way, I have incredible orgasmic sensations as long as I want to, and it's amazing.

So the scissors position can be pretty good, you know, but the simplest positions are the best.

I know that one of the practitioners I learned this from said that -- he said that, you know, you need to move enough to keep your penis hard, but if you do too much in and out, then you end up pursuing orgasm.

So he suggested going from sort of side to side instead of in and out as a way of maintaining your erection.

And I think that can be a good idea. So a little movement, a lot of movement, sometimes you move too little, a little bit more.

That's basically the key to the whole thing. It's absolutely incredible.

And remember, it's a new way for you to do this, and if you've done things with fertilization sex for a long time, then it's not going to come naturally because you're conditioned the other way, but you'll learn how to avoid trying to get to an orgasm.

You just get better at it with practice, and it gets more and more pleasurable.

Sometimes you go, "Oh, I didn't come this time." That's amazing, you know.

Even one time can represent a learning curve, and then maybe you do it a few more times, and another time you don't have one, and pretty soon you can get really good at it.

**It can take months to get this. It's perfectly fine.  
Meanwhile, you're having more fun than you ever  
had in your life.**

A couple of other techniques and mentions I want to give.

Rather than doing a great deal of pelvic thrusting, there's kind of a system where you each are moving together, like in an amazing symphonic rhythm, woman and the man.

And so there's a little bit of pelvic movement where he's moving and she's moving, but it's not so much in and out.

It's kind of like you're each just kind of moving. You're moving forward and moving backward.

You're thrusting and moving back, and she's doing the same thing, and you're together. That's just awesome.

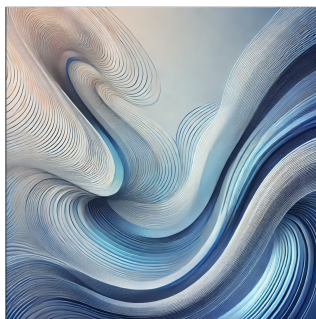
And another thing that can be done for more clitoral stimulation in this is the man can -- let's say he's on top.

He can kind of move up a little bit so his head is above the woman's shoulders a little bit higher than the woman.

That puts his penis shaft kind of against her clitoris, and then she moves and he moves that way, and they call that -- it's got a great name, grinding the corn, and she can get clitoral stimulation this way.

Hopefully not too arousing. It's really wonderful.

So those are some things to play with. Everybody finds their own way.



The nice thing is you can do this multiple times a day every day, and you'll want to.

I've seen men and women who -- well, here's a story for you. She had never had an orgasm in her life, and that's not as uncommon as you would think.

**Some women never reach orgasm. And then once he started introducing this, she became incredibly multi-orgasmic.**

They would have hours and hours of sex. He would have countless orgasms, countless.

And he wouldn't because he was doing Nirvana sex, and both of them were just so thrilled to bits.

He kept emailing me about it, and I've heard that kind of a story many, many times to different degrees.



I remember a man and woman who were married who never had sex because they were both severely diabetic, and he never had an erection, and they just were happy with each other.

And then when I showed them that they could do this, they started having intercourse, and they were just absolutely amazed.

**Now, that brings me to what I call intercourse anytime, and that is where a man can get his penis into the woman's vagina, just kind of lubricate it, and then just kind of ease it in when he's on top, even though he doesn't have an erection.**

And this is perfect for men who have some kind of a medical condition or erectile dysfunction where they can't get an erection, and they can have perfectly great intercourse this way.

And remember I said that the sensation is felt mostly in the front of the vagina, the first few inches.

So a woman is perfectly satisfied this way.

And then if he goes on his back and she gets on top, he can hold his penis into her vagina by reaching a hand across her leg and her butt so that his hand is basically holding his penis in through his scrotal sac...

...and then she can rub against his pubic bone and she can be moving and she can come if she wants to have clitoral stimulation, which is a very easy way for her to reach orgasm if she wants to have an orgasm.

And even though he has no erection at all, she can't even tell. She's enjoying it like crazy.

So intercourse anytime, and that is what I call the hidden finger method, are absolutely fantastic if the male partner is experiencing ED.

# Chapter Ten

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## Chapter 8 - Introducing this to your partner

**T**he next step that people ask me about is how do you get this started in your relationship? How do you get it going?

**So there's a lot of ways of doing that, of course. The worst way is to talk about it.**

I found that talking about sex is **rarely** a good idea. Sometimes you have to discuss it a little bit, but really not much.

So what I did when I introduced this to my wife, which keep in mind she wasn't that thrilled, so there's that.

But when I introduced it to her, I just started to enter her, and I go, "I'm not going to come this time."

And she goes, "You're not?"

And I go, "No."

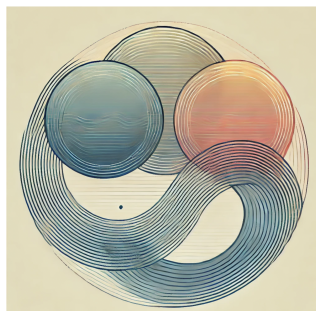
That was it. And I didn't.

I did root focus, and I just had a good time, and then she had her orgasm, and I continued, and then I decided it was time we were done, and I pulled out, and we went about our day.

That's how I started.

Now, at this time, I never realized this, but there's a period of adjustment for a couple.

I would say it goes into three phases. Phase one is the introduction, just starting it out.



Phase two is the short-term adjustment period of trying this out.

Phase three is about six months, maybe sometimes a bit longer, where you really get used to it, and you really adjust as a couple, and you develop new patterns of behavior around this Nirvana sex.

That does take some time, for sure, because something like this, as a couple, involves a combination period, an adjustment period, getting to know each other again.

**None of that is going to be immediate. So phase one, the introduction, I suggest you just introduce it.**

Just say, "I think this is a good idea for me. You might want to do it. You might not. I'm going to do it."

So I'd appreciate it if I put my hand on your shoulder or I do this, that you stop doing what you're doing because I'm trying to avoid orgasm.

So you prearrange some type of signal. So whatever she's doing, if it's too stimulating, you've agreed. You touch her on the shoulder, she'll stop or she'll slow down or whatever.

**I believe that this works better than words because just do it.**

Now, at this point, I want to mention you definitely do want to avoid one major thing, which is to pressure your partner.

All you want to do is just say what you're going to do. You don't have to pressure her. You don't have to pressure him.

**He or she can do what he or she wants to do. I believe that you never want to pressure someone about what to do in bed.**

It's their business what they do in bed. I know that sounds weird because, Matt, it's a game of two people.

Yeah, but it's really a game of one person. There's just you. You can't look into somebody's head.

You don't really know what they're thinking. You can love somebody any amount and you still can't look in their head.

**So I suggest that you just worry about yourself. You don't try to tell her what to do or not to do.**

So in my case, my wife became very multi-orgasmic for a period of time.

And I've since seen that many, many times with couples that I have coached because the woman's sexuality was always limited by the man's penis.

He had an erection. He entered her. He came. He got soft and disinterested and withdrew.

So her sexual experience was limited to that duration between insertion and the man's ejaculatory orgasm.

Now it wasn't limited by that. She could go as long as she wanted. And she started to explore this newfound sexual space that I had created for her because I wasn't coming.

And sex lasted a lot longer and was much, much better for her, for sure. She became very multi-orgasmic for a period of time.

Eventually, she decided to join me in my practice, and she no longer has orgasms very often. But she went through that period of discovery.

I remember one couple that I -- in particular, I worked with a man, and his wife had never had an orgasm in her whole life.

They were in their, I believe, you know, maybe 70s. And it's not that rare for women to not achieve climax, actually. It's quite, you know, fairly common.

So when he started this practice, she became suddenly incredibly orgasmic, and they would spend hours and hours having sex.

**And she would have orgasm after orgasm after orgasm after orgasm. She just could not get enough.**

And that's a case. It's not like the only case of it. I see that a lot of times.



A woman just has this like, oh, my gosh, I have this opportunity now to, you know, to come, to explore, as she never had before.

So I find it just absolutely very, very common for a woman to start enjoying that space.

So that's how I would suggest introducing it.

Now, you get resistance, and the resistance comes because we love to please the other person.

I want to please her. She wants to please me in bed.



If you think about it deeply, you'll realize it's our ego talking.

If she wants to make me come, if she's really intent on having me come, and if that's required of her, if she thinks that she needs to have me come, what that shows is that she needs to be validated by having me have an orgasm.

It's a form of vanity. It's a form of self-validation. It's a form of selfishness, really, because she wants to feel that she is beautiful, and then she turns her partner on enough that he just comes.

That's what it is. And it's the same thing for men.

They want a woman to come. It shows that he has prowess. It shows that he still has it.

And if she doesn't come, he feels like he did something wrong, that she's not satisfied.

And that is the conventional definition of successful sex. You had a great orgasm.

This is not the case here at all with Nirvana sex.

# Chapter Eleven

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## Chapter 9 - Challenges and how to smoothly meet them

All right. So in this chapter, I want to talk about various issues that come with Nirvana sex.



And as I said earlier, this is a long chapter. But I think that it's only because there's a lot of little challenges that can happen.



**And I want to answer those for you so that you feel more comfortable with starting on this path.**

So the first one might be the man. He's always dripping. So men have this is not a problem, necessarily.

But I noticed when I was cuddling and when we started to do a lot of cuddling and hand holding and all that, I noticed that I did have a lot of drippiness from my penis, which is also called pre-cum.

It's created in what they believe is the Cowper's glands. They don't really understand a lot of things about sexuality, believe it or not.

There's no sperm in pre-cum. There may be if the man has had an ejaculation and there may be some sperm living in the urethra still, although if he urinates, it should get rid of it.

So it's not a big deal. It's kind of nice. I found it's a healthy thing to produce a lot of pre-cum.

The purpose of it is to help lubricate at the start of intercourse and also to condition the environment of the urethra where the urine goes through to make it more viable for sperm.

So it's less acidic. So it's not really a big deal.

The next one that I get is she's not lubricating. This happens for women that are older sometimes or women who haven't had pleasant sexual experiences.

So what I suggest is you use a good lube, coconut oil, especially the 92-degree fully refined coconut oil, or cocoa butter, butter, dairy butter, or olive oil, and plenty of lube on the penis.

And I also suggest that the man gives the woman oral sex to get her pussy nice and wet and lubricated if she enjoys oral sex. Receiving it, who doesn't?

So that's the easiest thing to do. And this works pretty well.

I've worked with couples where the woman has medication she's taking after getting cancer that keeps her vagina from lubricating well, and this still works pretty well.

Also, I'll talk later about some vaginal issues from a health aspect.

**The next issue that I want to discuss is that he's too quiet during sex. He just doesn't say anything. Or she's too quiet. She doesn't say anything.**

This is a tough one. First of all, let me just tell you that you may not be making much noise during sex, but it's a very good thing to make noise during sex.

Now, you might begin by feeling very self-conscious, and the noises you make will be consciously made, sort of maybe an imitation of what you imagine it would sound like or what you've seen in the movies or something or porn.

But you ultimately want to let yourself go, so you make noises that are, I would call them, somewhat involuntary, showing your pleasure, moaning, groaning, that type of thing.

It also helps deepen your own pleasure. I think you have to fake it at the beginning.

You can start making some noise, and then you can let yourself go. And as it gets more and more intense, the pleasure builds up over weeks and months.

It gets better and better and better. You may not even feel very much at the beginning at all, especially because you didn't have an orgasm.



You feel very little. The woman feels nothing. The man feels very little.

Persist, persist, persist. It will get really, really good. It will get so, so good.

Okay? And since you don't feel much at the beginning, you don't have any feeling you should be saying anything or making noise, you could always ask your partner to make noise.

You can say, "Hey, make some noise. Come on." Which is fine. You could do that.

**"Hey, make some noise. Come on." That's okay. You know, be a bit bossy. It's all right with sex.**

And as far as the feeling goes, you may feel very, very little. And I don't suggest that you worry about it because you will start to feel more and more and more as you go along.

So that's not an issue, but it may be several months. It takes time for the brain to create more neural networks of brain cells to feel pleasure.

Once you're doing this Nirvana sex, your brain starts recruiting more brain cells to experience the pleasure, and then you feel more and more and more.

And it takes a few months for that to start to happen. Meanwhile, try to make some noise.

**The next one, she's not into it or he's not into it. Here you need to have some faith.**

You need to have faith that she will become interested. She will get interested. He will become interested.

He will get it. It just takes time. It takes practice. You know, nothing happens immediately.



Just keep doing it yourself. It's going to feel better and better and better.

**Even if she has a low drive or other issues, she is going to -- or he is going to begin enjoying it more and more and more. It just happens. It's quite all right.**

Now, along with that, sometimes women experience a little pain, vaginismus or pain. They sort of shut down.

It's another form of not being into it. I suggest you encourage each other to just stick with it because it gets really, really good.

For a woman that's had discomfort with intercourse, this is the best way of having intercourse, and generally it becomes totally fine.

I did find you can buy -- if you're in a place where it's legal, you can buy a Solve for sex. It includes cannabis.

It includes THC and CBD, especially THC. And if you -- the man puts it on his penis when he's having intercourse with a woman, she'll get some of that in her vagina.

And a lot of times that's very helpful for opening things up and increasing her comfort level with sex and also her pleasure.

So I highly recommend you find one of those products if you can. I find that they're really helpful, actually, especially when containing THC.

She could be getting yeast infections, UTIs. So have her urinate right after sex.

Have her shower and empty her vagina if there's anything there. She should not use a douche.

Those things usually will take -- will fix it. Some people think that if you take some supplement that's a type of sugar called D-manose, D-M-A-N-O-S-E, D-manose, like 500 milligrams twice a day, that that helps avoid a urinary tract infection.

You're much more -- you're very much less likely to get a urinary tract infection or a yeast infection with Nirvana sex because it's a lot less rough.

### **The next issue is really like when do we do it, what do we do?**

I find the morning is the best time for sex, and morning sex on an empty stomach is the best.

If you have sex after you've eaten, it's not nearly as good. The digestive process robs your body of a lot of blood flow that's better

running through your genitals than in your stomach, in your digestive tract.

So I try to suggest you have sex on an empty stomach in the morning.

**I suggest you have sex days and just snuggling days, a schedule.**

Now that sounds terrible. It's not spontaneous. It's absolutely fantastic. It takes all the pressure off.

We used to schedule for many, many, many years. We don't use one anymore because we kind of have a -- we sort of have our own schedule, which is twice a day every day, so there's nothing to it.

**But we used to do it on Tuesday, Thursday, Saturday, and Sunday in the morning.**

And if, you know, there was a sickness or a funeral or we're staying -- or guests are staying with us and the walls are thin and they can hear us, we're not comfortable, then we don't have intercourse.

But all the other times when scheduled we do, regardless of how we feel like it.



And I'll tell you why I feel this is important to have a schedule. Because if you don't have a schedule, here's what happens.

This is a very amazing and pleasurable activity. Let's say that the man wants it more than the woman does.

Let's say the man loves sex more than the woman, and that's a common scenario. It also could be the other way around.

So the partner who wants sex more, the man, is constantly trying to manipulate his girlfriend or wife into bed.

Maybe they're just cuddling and just having a good time, and then he's going to reach for her and try to get her turned on, and then they start moving from just nice snuggling into sexual snuggling and trying to get her so she'll want to have sex with him.

And it does work sometimes. So it turns the man into a manipulative person, always trying to figure out when he can get her into bed and get her into having sex with him.

Also, if you don't have a schedule, you wonder, are we having it? Are we not having it? You don't know what's going on.

You know you're going to have sex tomorrow morning. You're mentally sort of ready for that. You're looking forward to it.

**So I suggest a schedule. I think a schedule is absolutely key. And some days can be sex days, intercourse.**

Some days are just cuddling days. And if you're just cuddling, don't turn it into sex. You can -- absolutely not.

This is a big mistake, turning cuddling just into sex. It should be cuddling days and sex days.

Next problem, as I keep coming -- I just can't stop coming. It could take months to get this figured out because for a while you just may come and it's just so hard not to come, so difficult sometimes.

And really it's okay because if you are successful even one out of ten times, that's a victory.

Then you're going to be successful two out of ten times. And eventually you'll be successful all the time that you want to.

So just look at it as a success. And if you think that your brain can't get itself wrapped around this idea, try to give yourself two weeks mentally, just two weeks of not having an orgasm.

And say, "I'm going to go back to having one after two weeks." It's a little trick.

Even though your brain knows you're only -- you know, you're going to go back to it in two weeks, it's like it's happy.

And then those two weeks go and that gives you two weeks of no orgasms. And you're going to be much happier about not having orgasms because it's been really, really good.

And you're much more likely to want to continue. So just keep at it. You're eventually going to get it.

**Now here are some tricks that I have found that will prevent you from coming when you're close to the point of no return and you don't want to come.**

The first one is to smile. I know, force your lips into a smile. Smile.

I don't know why, but when you smile, it brings your arousal level down quite a bit. That's even if it's just making your lips move and grimace into an imitation smile.

Just smile. Force yourself into a smile and it will cut your arousal down.

Another one is you keep your head wherever you are and your eyes go up into your head as if you're looking into your skull.



Your eyes go up into your -- like as if you're trying to look inside your head. They just go up like towards the ceiling, but you're not moving your head.

It's like your eyeballs are going up. This also reduces your arousal level dramatically.

**The most important one, the third trick, is to slow the fuck down. Slow the fuck down. Slow down.**

Everybody goes too fast. And at the beginning -- okay, it's possible to overdo it and not move at all, but you want to slow the fuck down and you want to stop sometimes.

You can be inside her and just stop. Sometimes, though, or she can have you stop or she can stop.

The man stops thrusting and just you dwell with each other, looking into each other's eyes. Maybe your lips are locked together.

This is just what you need to do to stop from coming, basically. Just stop. Slow the fuck down.

And you can also do the technique I learned from Dr. Bass, which is the man can move his penis sideways instead of thrusting in and out, which keeps his penis stimulated but not too stimulated.

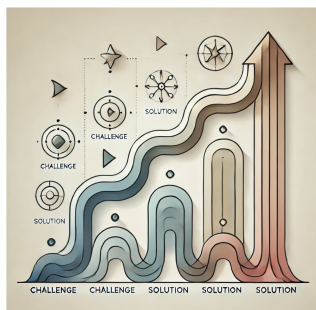
But sometimes you'll also get surprise orgasms out of the blue. You'll be going along and then you just can't stop it and you just come.

It's like this happens to everybody occasionally. Now, there is the orgasmic fallout that I have discussed.

There's the Coolidge effect, looking at other people with interest.

There's the effect of emotional space and just feeling weird and a little bit unstable and all that, feeling uninterested in your partner, all that from an orgasm.

When you have a surprise orgasm, enjoy it because usually you don't have any fallout at all. It's like there's no orgasmic fallout from a surprise orgasm, the one you don't try for it, one that just happens.



It's kind of nice. It's like a gift.

The next problem is blue balls or blue petals for a woman. Relax your root.

**When you're having intercourse, do root focus. When you're cuddling, do root focus.**

You can also learn the microcosmic orbit that I learned from Mantok Chia. I use it quite a bit, actually.

As a man, I can feel the energy, and I guess you could say I'm picturing it in a sense, going up from my testicles, up my back, over my head, down my face, through my mouth.

My tongue is on the roof of my mouth. That makes the energy go down into my chest and into my belly button where it's stored, according to this theory, this practice, this energy movement practice.

And a woman can practice this as well to move the energy out of her vagina and into her belly button.

And this stores sexual energy, and it allows you to have a higher intensity without actually cumming.

So that's good. That's a really good way of doing it, the microcosmic orbit.

For a man, another technique at the beginning if he's getting blue balls is to keep ice water by the bed.

And after intercourse, he goes into the shower stall with the ice water and pours it on his balls and his penis.

Really, it works. Or he uses a shower if the water's cold on his penis and balls.

Cold water really helps reduce discomfort from that.

And basically, root focus and relaxing during sex is the key.

I have written a lot about this for men in my "Masculine Maximizer" book where I explain how to have multiple male orgasms without any effort whatsoever, without any real techniques, and without reducing the levels of arousal.

So you can learn to have very high levels of arousal without having congested feelings.

Next one is condoms. So condoms are -- you know, first of all, they require you to be erect as a man.

If you're using condoms, a man has to have a good erection. Some men don't get erections.

They still have intercourse with my intercourse anytime method, but they are not going to have an erection. So condoms are kind of difficult.

**But I have found a way to use condoms virtually all the time and not have to worry.**

What we used to do is sometimes -- you know, the thing about the Nirvana sex is it can last a really long time, and the penis kind of becomes softer, harder, softer, harder.

You know, it doesn't stay really hard all the time. So sometimes the condom would come off, and then I would be fishing in her vagina for the condom, which is not as fun as it sounds.

**So what I found is, first of all, avoid latex condoms.  
Use the polyurethane or the lamb gut condoms.**

Avoid condoms with spermicide. They're very harmful.

And to avoid it slipping off, there's some products called -- one's called It Stays On. It's called a body adhesive.

And you can put this on -- the man can put it on his penis and then put the condom on, and it keeps the condom on like a little glue.

But it's not glue that, like, you can't get the condom off ever. It just helps. And then he can be inside, and it doesn't matter.

And this even works if the penis isn't very hard when he puts the condom on. The condom will stay on.

So it's pretty cool. I think it's better if we didn't have to use condoms, but we do.

Another thing you can do to avoid condoms if sexually transmitted diseases are not an issue, that you can try this all during her period.

Or if you're a woman, you know, you can have more intercourse when you're on your period, maybe certainly on lighter flow days, and then you don't need a condom because you're not going to get pregnant when you're having your period.

**Another question, what if we want to have a baby?  
Well, he can certainly ejaculate for fertility.**

You can look up the rhythm method that is written about on the Internet, and generally 12 to 15 days before your period, your temperature goes up by 0.4 to 0.8 degrees Fahrenheit.

And you can have ejaculatory -- he can have ejaculatory orgasms then deposit sperm into your body.

Sperm lives in the body up to six days inside. So this can work very, very well if you want to get pregnant.

**So basically you could spend a few days a month  
having ejaculatory orgasms and the rest of the time  
Nirvana sex, and you generally get pregnant quite  
easily.**

All right, pain in the vagina. I've covered some of it already, but the man has to enter very slowly.

I find that that's important in that the woman is wet enough. I think it should take you, the man, two to five minutes to enter a woman.

The tip goes in a little bit, and you're teasing, and you're moving just a little bit on the tip, and a little more of the penis goes in, and you're kissing each other and loving each other and looking into each other's eyes.

Maybe a little more goes in, and eventually the penis is in, and it's like really invited in. It's not like you're pushing it in.

Her vagina wants your penis. You want his penis. It's just kind of like, oh, yeah. It just completely happens automatically, man. It's just great.

So a man has to wait for her vagina to invite him in, basically. If you're using natural lube, you shouldn't have a problem, but try a different lube.

Avoid silicone-based lubes because they're dangerous. They're not safe for you. It doesn't belong in the body.

Personal lubricants, as they call them, are full of bad ingredients. Petroleum jelly is bad.

Glycerin, anything with glycerin is bad. The ones that are water-soluble tend to have glycerin, which is bad.

It's not that glycerin is harmful, but it doesn't work well in the vagina, so I would not recommend those.

And this pain gets better and better over time, and I've also explained the cannabis sexual salve or sometimes drops that are designed.

The man can put it on his penis, or the woman can put it on her vagina and kind of rub it in and rub it around to get it in there.

And 10 or 15 minutes before intercourse, and that helps a tremendous amount in increasing pleasure and reducing any pain.

The man could have pain in his prostate. You can rule out medical issues.

Be careful you don't get taken advantage of by the horrible medical rat hole that takes so many men.

But it should get better. The pain should get better and go away.

However, I do think that you do need to ejaculate occasionally.

So I have and recommend an ejaculation schedule. Now, how often you ejaculate will depend on your fitness level, your hormonal levels.

So if you're on -- I'll just use an extreme example. If you're on 10 or 12 or 15 medications, you recently had stents put in, you have numerous health conditions, you might be better off ejaculating once every couple of weeks or once a month.

I generally go every three days or four days. I generally don't want to go longer than that.

I've gone a week, which is too long, and I've gone more often. But I try to -- every three to four days is what I try for.

It seems to work best for me. So I found that with all of the sex that we have, I don't have much orgasmic fallout, a little tiny bit, but hardly any at all this way.

So that works very, very well. The way that it works is if I go too long without ejaculating, first of all, I might have difficulty urinating because my prostate has gotten kind of swollen.

Now, it's not swollen like it's sick swollen. It's just kind of got a lot in it, fluid, and it wants to discharge that fluid, and I'm not letting it.

So it can interfere with urination a little bit. So I know I have to cum at that point.

You can also do prostate massage. It can be done by rubbing the area between your penis and your scrotum and your anus, that often called the taint or more properly the perineum.

It can be used to massage your penis. You can push down closer to your rectum, almost on the hole there.

There's a place where you can get your prostate externally and massage it.

Or you can use a toy, and I like the Anaros toys very, very much. You lubricate them and insert them, and they're a great way to do prostate massage safely.

And I'm a big proponent of that for prostate health.

Or you can have her put her finger in your butt and learn how to massage your prostate with her finger, which is even more fun.

But generally, pain like this is when you get too aroused and you keep pulling back, too aroused, and you keep pulling back.

So the solution is to learn how to avoid getting as aroused, or if you do get as aroused, you stay relaxed.

One of the big things about sex that everybody believes is that you have to get kind of tense up before you're going to have an orgasm.

You tense up, you tighten up. As you enter this period, it's kind of a -- before an orgasm, you know, there's a moment kind of like you're ready to spring, you know, as if you're pouncing on an animal.

But the reality is you can actually be in a very high level of arousal and very relaxed.

The more you can relax, the more highly aroused you can get without having an orgasm.

The secret of it, and that was why I said the first of the keys is relax.

If you can completely relax, you can get a very high level of arousal and not have an orgasm and not have any painful prostate or blue balls or anything like that.

So those are the major things that can happen and some of the things you can do to get through these issues.

I'm going to end with a chapter on how to build more and more sexual energy to give you an idea about doing that.



# Chapter Twelve

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## Chapter 10 - Advanced Methods

In this chapter, I want to talk about some advanced techniques to build incredible sexual energy. You can enjoy sex so much more than before with these methods.

The first thing I want to address is developing nipple sensitivity.

Nipples are an organ designed purely for pleasure in men. While a penis has multiple functions like urinating, nipples in men exist solely for pleasure. Otherwise, there's no point in men having nipples.

For women, nipples serve multiple purposes, but they can be a tremendous source of pleasure as well.

By the way, a fun fact: the hormone prolactin, which is also involved after an orgasm, is naturally present in both men and women.

When prolactin increases significantly in women, it can cause lactation, producing milk. If prolactin levels are high enough, men can lactate as well.

But back to our focus - I'm going to show you how to get more pleasure from nipples. This works equally well for men and women.

As I've already mentioned, women often look at their breasts in the mirror or when getting dressed, but they aren't truly feeling their breasts. This is true for men too.

But if you start practicing the feeling of your breasts inside, you'll notice a change. Simply put your focus on your breast root, if you're a woman.

Or if you're a man, you can do the same thing. Using some of the methods I'll share, you'll rewire your body.

When you do this, you'll recruit more brain cells and increase neural connections between your brain and your breasts. This also applies to the vagina and clitoris for women or the penis for men.

Over time, you'll begin feeling more sensation in your nipples—and if you're a woman, more sensation in your breasts. The same goes for men.

Many women don't feel pleasure in their nipples, while some can have orgasms from nipple stimulation alone.

Your nipples may feel ticklish or uncomfortable when touched. You may feel defensive or want to cover them with your hands.

All of this is normal and understandable. The key is getting familiar with how they feel on the inside.

Focus on your breast root or how they feel inside. You don't need to visualize anything or imagine a specific image.

This is purely about the feeling.

As with root focus, you may find your mind wandering. You might think, "I don't feel anything," or, "I forgot to put the laundry in the dryer!"

That's completely fine. Part of this exercise is recognizing stray thoughts and refocusing.

When your mind wanders, gently bring your focus back to the inside of your breasts or nipples.

Do this again and again, every time your thoughts drift away. You can practice this focus at any time—while working, watching TV, or even in a meeting.

This focus is simple and effective. Men typically have one root focus, generally in their penis.

Women, however, tend to have two roots—the vaginal/clitoral root and the breast root. Women naturally have more neural connections with their breasts.

I've found that men and women alike can experience incredible pleasure in their nipples.

When you want to, especially when you're in the shower or nude, try stimulating your genitals.

Begin with mindful masturbation, gently stimulating yourself in the usual way.

Next, use a very light touch on your nipples. This helps your brain wire the neurotic sensation with the light touch.

It takes about three months to rewire this neural connection. At first, you might not feel much.

But as you practice, lightly brushing and touching your nipples regularly, your brain will create stronger connections.

You can practice in private—when you're in the bathroom, urinating, or anytime you're alone.

Over a few months, you'll start building that connection between your brain's pleasure centers and your nipples.

After about three months, you'll begin experiencing amazing pleasure in your nipples. Don't feel embarrassed about asking your partner to stimulate them during sex.

Whether you're a man or a woman, nipples are incredible and can add so much pleasure.

You can squeeze them or brush them lightly, even over clothing or fabric.

You don't need to focus solely on the nipple itself. Try stimulating the area around the nipple, like the areola, for a gentler sensation.

Whether you're a man or woman, this works the same way.

If you stimulate your breasts excessively for hours, it can raise prolactin levels, which isn't ideal.

So I suggest keeping nipple play to five or ten minutes at a time. It's best during sex or masturbation.

You don't need to spend hours on this practice, but if you do it regularly, you'll experience fantastic results in just a few months.

For women, this method enhances pleasure not only in your breasts but also in your vaginal and clitoral areas.

It creates full-body orgasmic sensations that are incredibly satisfying.

Next, I want to talk about anal stimulation. A lot of people are hesitant about anal play, often because it doesn't feel clean.

It's true—anal play isn't naturally clean. But you can make it clean.

You don't have to go through the hassle of doing a deep enema every time you engage in anal play. Deep enemas take time, can be uncomfortable, and aren't always the healthiest if done regularly.

If you're planning on engaging in anal play often, daily enemas aren't necessary. Most people don't need to go that far.

Instead, you can keep things simple. A little mess is okay—just a little bit.

Here's what I suggest: put on a glove. In my bathroom, I use gloves made of polyethylene instead of rubber. Then, I dip my glove in coconut oil.

I use my finger, coated in coconut oil, and gently mop inside my butt. When you take your finger out, you'll see how clean the area is.

You can also use an enema kit, but you don't need to go deep. A syringe or a small douche attachment on the toilet can clean effectively.

Alternatively, you can clean yourself in the shower. Open your butt cheeks and let the water rinse the first few inches inside.

The actual fecal matter isn't sitting right inside your rectum unless you're about to have a bowel movement. There's a valve that stores it higher up.

Depending on your diet and health, there may be a little residue. However, you can clean the area without doing a full enema.

As long as you're careful, you don't need to be perfectly clean for anal play.

There are a few ways you can stimulate the anus. You or your partner can use fingers, which is a great way to start.

Men can also use a prostate massager. Lubricate it and insert it during solo play or intercourse.

For men, if you can't reach your prostate yourself, your partner can help. She can gently rub the prostate area, which is a little harder and more textured.

Rubbing the prostate can be incredibly pleasurable. Sometimes, a little fluid will come out of the penis—this is called "milking" the prostate.

Milking isn't necessary, but it can be fun. I encourage you to explore this area, as the prostate holds a tremendous amount of pleasure for men.

Some men are afraid of anal pleasure because they think it's linked to being gay. First, there's nothing wrong with being gay.

But enjoying anal pleasure has nothing to do with sexual orientation. The prostate is a natural pleasure center for men.

I believe that if God gave us this pleasure, it's meant to be used. Personally, I've never wanted a penis in my butt, but who knows—maybe I'll change my mind one day.

Women can also enjoy anal pleasure. Though they don't have a prostate, the rectum has many nerve endings, making it a sensitive and pleasurable area.

Women can receive anal sex from their partner, which can be a fantastic experience. Again, I recommend pursuing anal play with the same mindful, connected approach as Nirvana sex.

Let's move to the next topic: ruined orgasms for men.

A ruined orgasm happens when you're stimulating your penis, and just as you're about to cum, you stop all stimulation.

Your partner—whether it's your girlfriend, wife, or someone else—stops the stimulation right before you orgasm.

You still cum, but your penis is untouched during the orgasm. It just waves in the breeze while you ejaculate. That's a ruined orgasm.

Why would you want to experience this?

One reason is that there's less orgasmic fallout from a ruined orgasm compared to a full orgasm.

When you stimulate your penis during a full orgasm, you experience a higher level of exhaustion or depletion afterward.

With a ruined orgasm, there's much less of that.

Where things get interesting is with partial ruined orgasms.

This happens when you edge toward the point of no return—around 9.7 or 9.8 on a scale of 1 to 10—and then stop just before ejaculation.

For about 10 seconds, nothing happens. Then, a small squirt or two comes out.

That's a partial ruined orgasm.

Partial ruined orgasms relieve pressure from your prostate, seminal vesicles, and testes.

They release some of the "horny pressure" but don't cause the same amount of orgasmic fallout.

After a partial ruined orgasm, you're still ready to go. You're horny, but not too horny, which makes it a great way to keep going.

You can do this again and again. You can work with your partner, teaching her to recognize when you're about to cum, and she can stop just in time.

Look for the pause before ejaculation—your penis will wiggle or waggle a bit, then there'll be a small squirt, but not a full release.

You don't want a large amount of semen, just a drip or two. Developing this ability is very rewarding.

It's also great to have a partner who can edge you to a partial ruined orgasm.

Afterward, you'll stay hard, continue having intercourse, and can last for hours.

While it's not as intense as a full orgasm, a partial ruined orgasm is still quite pleasurable.

At first, you'll likely fail a lot, and most of the time, you'll have a full orgasm.

But with several months of practice, either by yourself or with your partner, you'll get the hang of it.

Eventually, you'll be able to experience partial ruined orgasms again and again.

You can have intercourse, edge to a partial ruined orgasm, and enjoy an amazing night or day of it. It's fantastic.

I highly encourage you to try this technique.

The last topic I want to discuss is masturbation edging for women.

One of the biggest mistakes I see women making is depending too much on a vibrator.

Using a vibrator is fine, but the problem comes when your body adjusts to the intense stimulation.

After a while, normal stimulation doesn't feel like much, and you find it hard to orgasm without super stimulation from a vibrator or very rough sex.

That's why I wouldn't recommend starting with a vibrator, and if you're already using one, I suggest backing off.

Personally, I don't think relying on vibrators is a good idea.

If you do want to use toys, try non-vibrating, non-moving toys like dildos.

Passive toys are less likely to desensitize you, whereas vibrators can be very desensitizing over time.

For masturbation, use plenty of lube and focus on slow, mindful masturbation.

Concentrate on your root—whether that's your breasts or your vaginal/clitoral root.

Once you get close to the point of no return, stop.

You'll be edging—stopping just before orgasm—then letting the arousal settle before starting again.

The goal is to edge without actually having an orgasm.

Get as close as possible, as many times as you can, before stopping.

At first, you might accidentally orgasm a few times, even when you don't mean to.

You may not even feel the orgasm very intensely.

If your clitoris becomes too sensitive or uncomfortable, or you lose interest, go ahead and let yourself orgasm, then try again later.

Look for signs that you're getting close—like tensing up, breathing faster, or feeling the need to bear down.



When you reach that point, stop, then start again.

With practice, you'll get really good at edging and getting close without going over.

This technique will build your sexual interest and libido over time.

Eventually, instead of stopping at the point of no return, you'll learn to slow down and lighten your touch.

This allows you to sustain a high level of sexual arousal, even at or beyond the point of no return, without actually having an orgasm.

At this stage, it feels like a series of rolling orgasms.

It's pretty easy to learn how to do this as a woman, and it leads to multiple rolling orgasms.

The advanced technique is to not stop when you feel like you're going to cum.

Instead, relax even further, slow down, and lighten up.

Monitor your high arousal and then start again.

This leads to rolling orgasmic pleasure without ever going over the edge.

There's no orgasmic fallout afterward.

We've come a long way together, and I'm encouraging you to use these methods to build a lasting relationship.

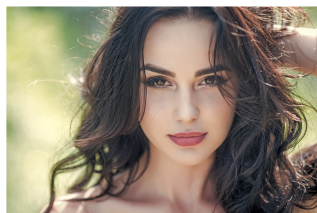
I believe that if you practice Nirvana sex with your partner, you'll find you can't get enough of each other.

You'll love being around each other, love being in bed together, and feel a sexual connection almost 24/7.

Whenever you're with your partner, even in the same room, you'll feel attracted to them.

Of course, your level of attraction may vary day by day, depending on your mood, recent orgasms, and other factors like the time of the month.

But in general, you'll have a bulletproof relationship.



All couples have conflicts and perpetual issues that are never solved, but when you practice Nirvana sex, those issues don't really matter.

You have the most wonderful, fulfilled life imaginable, with abundance in every area.

You'll find that your partner can't do enough for you, and they adore you just as much as you adore them.

That's how you'll feel most of the time.

The problems everyone else talks about—issues and counseling—won't bother you much.

You'll handle them easily, with respect for each other, without trying to control or interfere in each other's business.

You'll also know with certainty that nobody's cheating.

If you're having incredible sex once or twice a day, like I do, with a partner you love deeply, there's no chance of straying.

It just doesn't happen.

In some cases, couples in these types of relationships may find they aren't compatible, and they can break up without drama.

They'll stay very good friends and may even continue having a sexual relationship occasionally, but they won't live together anymore.

There's no anger or resentment—they still want the best for each other.

They're just in love in a different way.



That's one of the huge benefits of this approach.

Even if you break up, it's a no-drama breakup.

You might think that being madly in love would make it devastating when the relationship ends, and of course, it's hard.

But if both people know it's for the best, they can handle it without too much difficulty.

This approach really is an incredible way to live.

I want to mention that we're also putting together various groups that you can join to continue learning and practicing these methods.

Stay tuned for more details about how to get involved.