

# GREAT **SEX** EXPECTATION 10

## I can't have sex before the big game

Well that depends entirely on the *type* of sex you're having.

And I am going to refer to men here, as women loose most of their energy when they **menstruate**, not usually through sex.

So this idea of 'no sex before the big game'; it's been around for decades.

Mohammed Ali was known to refrain from sex for six weeks before a fight, so he could increase his energy.

Now while abstinence may seem like a good strategy – *having* sex could actually work in your favour.

You see on the build to orgasm our body releases dopamine.

Dopamine is like a cocaine high – it's what drives you to achieve and take risks.

Dopamine also builds testosterone, which boosts performance.

Here's the dilemma.

When you orgasm, you get a release of another hormone called prolactin.

The prolactin counteracts the dopamine and leaves you feeling all relaxed and calm, which is lovely, not so much if you're looking to increase your dynamic edge.

So what you want to be doing the night before the big game, is not *avoiding* sex, but having sex in a way that allows you to cash in on the dopamine hit.

And you can do this through circulating your sexual energy so you can orgasm without ejaculating.

Because unlike ejaculation which depletes you, orgasm energises you.



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In learning to satisfy your partner, the most important thing is to remove your ego. Remember, you are not out to give him or her the best orgasm. You are not trying to be the greatest lover in the world. People who get hung up on sexual performance miss the point. Replace *performance* with *pleasure*, for the both of you. We're not out to win the world cup! **The best lovers are those who are completely relaxed and present to every caress.**

There's even this **study** where men were shown porn at work.

They divided the men into three groups.

Men not viewing porn at work.

Men viewing porn at work and masturbating to ejaculation.

And men viewing porn, masturbating and **NOT** ejaculating.

Guess who had the **highest productivity?**

The men who masturbated but did **NOT** ejaculate.



Revvng up their sexual energy gave them a mental boost, while ejaculating depleted them, reducing their productivity.

### **Taoist philosophy:**

He who withholds semen 10 times during sexual union will be immortal.

And that leads us into tomorrow' *Great Expectation*: If my sex doesn't resemble a porno, I'm doing it wrong.

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