

# GREAT SEXPECTION 3

## Ejaculation and orgasm are the same

This is the big doozy getting in the way of men experiencing deep pleasure. And often leads men to think they can't have a good time unless they cum.

Yeah?

Male ejaculation is not the peak experience we've been led to believe.

Most men are familiar with what I call the 'Balloon effect'.

So the man's penis inflates, he continues to pump energy into that area, then not quite sure what to do with all that energy – cause there isn't a lot of good information out there – he pops; his penis ejaculating and his mood and energy deflating very quickly.

**This has led to very rushed sexual experiences.**



*Studies show the average man lasts around two minutes once he's inside his partner.*

Now that's not nearly long enough to build your sexual energy so you can experience multiple and full body orgasms.

In order to take that sexual energy to the next level – so you can indulge in those deeper more expanded orgasms – you need learn how to not ejaculate and just have the orgasm.

**Orgasm and ejaculation are two separate processes.**

**The orgasm cums first!**

The orgasm energises you, whereas the ejaculation depletes you, bringing intercourse to a premature end.

Now learning how to have orgasms alone, does take a little work.

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For starters, you need to build *physical* control of the PC muscle in the penis.

According to the authors of the *G-spot* a man with a healthy penis should be able to lift and lower a towel on his erect penis, just by squeezing his PC muscle.



Please give it a go!

And if you're not there yet, that's ok because there are specific exercises you can do to gain that PC strength.

I teach these exercises – and so many more – in my [Sexual Self](#) 6-week course.

You'll learn how to awaken your penis to new pleasures.

You also want to look at how you *programmed* your penis as you were going through puberty.

In a bid not to get caught masturbating, many boys rush to the finish line.

This sets up a pattern of behaviour where your penis is essentially on autopilot.

So no matter how hard you try to hold off, your penis acts as it *always* has.

‘Real sexual fulfillment lies not in feeling the life going out of you but in increasing the awareness of the vital current that flows through the loins.’

– Great Tao master Mantak Chia

It really is about clearing the *mental* conditioning, as much as building physical strength when it comes to enjoying longer lovemaking sessions.

And we'll going into more detail on mental conditioning tomorrow ... when I share *Great Sexpection 4: If I love sex people will think I'm a nymphomaniac.*

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