

# EJACULATION CONTROL

LAST HOURS, NOT MINUTES!



by Michael McClure

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## Foreword

Most of my life I was a regular monogamous guy, and I thought I was a great lover. Where I got the idea that I was a great lover, I don't know. Maybe I was just young and cocky (literally). Maybe my girlfriends were stroking my ego to keep me happy. I had not had formal training or even read much on the subject of sex. I would occasionally hear a tip about sex and incorporate it into my style and thought I was doing great. When I was having penetration sex with a woman I lasted on average around 15 minutes. And every once in a while, I would ejaculate in less than a minute and I was totally shocked. I had no idea why it happened or how to stop it.

Then 15 years ago I hired a business coach, who led me to a life coach, who led me to a sex coach. I needed a sex coach and didn't know it. I didn't even know sex coaches existed! In the process, I discovered a thriving Tantra community in San Diego. Tantra is a spiritual practice that often involves sex. In our Tantra community, I learned and practiced the subtleties of sex and relationship.

At the same time, I met a bisexual woman and realized I was not monogamous. She brought other women into our bed and introduced me to polyamory. Polyamory is having sexual, love relationships with more than one person with the knowledge and consent of all lovers. I highly recommend it.

Soon after this huge revelation in my life, I met and married Kamala Devi. We now have a son in elementary school, own a house together, and have been learning and teaching Tantra, polyamory and sexuality ever since. Now I am best known as the lead on the Showtime hit TV series *Polyamory: Married & Dating*.

A few years into our now 12-year polyamorous, Tantric marriage, I was fortunate to be introduced to some of the top teachers of ejaculation mastery and was able to learn the skills of how to last longer in bed and avoid those random misfires. The ability to have better and longer sex went hand in hand with creating a community of lovers. Now we party and share lots of sexual play with our lovers on a regular basis.

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I hope this e-book solves your problems, but even more important, puts you on a path to extraordinary sex and joy in your life. I hope to see you using your new skills soon at one of our parties.

With love,  
Michael McClure

## Introduction

You are reading this because you are a man who wants to last longer in bed, you ejaculate prematurely, or perhaps you can last for hours in sex but occasionally you slip and ejaculate before you want to. You could also be a woman who has male lovers whom you wish could last longer in bed. In either case, you are reading the right book. Yes men, there are women reading this book too. Lots of them. If your lover is reading this book, feel lucky; feel very lucky.

As you continue reading, we are going to jump into 9 effective techniques that will stop your premature ejaculation and help you last longer in bed.

If you don't ever have a problem with premature ejaculation and don't want to last longer in bed, you may want to take my ***Ejaculation Mastery*** course. You can get information at: <http://www.ethicalstud.com/ejaculation-mastery>. In it, I describe additional cutting-edge resources about taking your sex to new levels.

You might be straight, gay, or bi. You may be a man, a woman, or identified some other way. Many of these techniques will work for you regardless of your orientation or gender identification.

I wrote the book primarily for men and often use references to him and her in how to apply the techniques. If you need to change or eliminate the pronouns for your situation please do. The techniques will still have value for you.

If your lover is reading this book, it means you have support and the work is going to be a lot easier (and a lot more fun) for you, so congratulations! If you have lovers who would be interested in reading this book with you, I highly recommend that you share it with them. You will be on a faster track to a life with more and better sex, not to mention a lot more fun.

Maybe you have had times when you have ejaculated before you wanted to, and spoiled your lovemaking or even spoiled your relationship with your lover. You are not alone. Most studies reveal that 20-30% of all men over the age of 18 have experienced

premature ejaculation (PE) within the past 12 months.<sup>1</sup> A typical time definition for premature ejaculation is ejaculating in less than 1 minute.<sup>2</sup> According to recent research, the average man lasts 4-8 minutes before ejaculating.<sup>3</sup>

4-8 minutes is certainly better than 1 minute; but by my definition, 4-8 minutes is premature too! I want all of us men to be able to last hours, not minutes, if we want to. Don't worry. You can and will do better. Guaranteed.

Now that you have started this program you will begin to see yourself as the fully-expressed sex god that you have fantasized about being. First, let's get down to getting you to last longer in bed and avoiding premature ejaculation.

### **Shame on the Island**

I was on a tiny South Pacific island. The environment was magical with soft white sand, coconut palms and, pardon the cliché, but the sea really was warm like bathwater. There was only a small group of us foreigners on the island and we were dancing in the soft sand of the disco that had been set up in a cave, complete with flowering vines spilling down from the cliff walls. Did I say it was magical already?

What made it even more special was that everyone was hooking up and having sex with everyone. It was the most incredible thing.

And more magical: without any work on my part, the most beautiful woman of all ... a young South Pacific goddess ... set her sights on me. We kissed passionately and walked out onto the long beach. Under the stars and the lightly-swaying coconut palms, I laid her down and touched her softly, from her neck down her flat stomach to between her legs. She was so wet and excited and ready. I was at least as erect as one of the nearby coconut palms.

We entangled our limbs; and as I spread her legs open, she encouraged my cock to enter her. It was such a primal experience, much like a thousand generations of our ancestors have experienced.

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And much like my primitive ancestors, I thrust in and out and in less than a minute ... I exploded.

I tried to fake it for another few seconds, pretending that I had not just come, but it was no use. She knew what had just happened and she was understandably pissed. She jumped up; and the last thing I saw was the back of her beautiful legs disappearing into the night.

I'm sure this was hard on her emotionally. I never saw or spoke with her again. In fact, if by some other magic you are this beautiful woman and reading this story, I am truly sorry. I am a different man now.

It was hard on me emotionally too. I assumed that I came so fast because she was so hot. It made me worry that if I was ever again with a woman this hot I would have the same early ejaculation problem.

Years later, I figured out why I came so quickly with her, and it wasn't because she was so amazingly beautiful, or because of the magical wind, or Mekong whiskey. By the time you finish this book, you too will understand why I came so quickly and how you could, in this same situation, be a hero and make love for hours.

At the beginning of my marriage with Kamala Devi, I had times when I ejaculated too early. This was scary for me. It made me worry that maybe she would leave me just like the other woman.

You probably have your own stories of premature ejaculation that have been equally hard on you and your lovers. Much of the shame, regret and hurt that you may be experiencing right now can be avoided. By the time you finish reading this book, you will be able to last hours, not minutes, in bed and you will know how to prevent even the occasional premature ejaculation.

If you already know these techniques and want to increase your pleasure by 10 times, get your orgasms to last 10 times longer, have multiple orgasms without ejaculating and have full body orgasms, take my *Ejaculation Mastery course*. You can get information at: <http://www.ethicalstud.com/ejaculation-mastery>.



## **Disclaimer**

All of the techniques that I will teach you in this e-book come from my own experience. They are a distillation of the techniques that have worked for me. I am not going to bore you with the science and research behind the techniques. I don't even claim to know most of it. There is plenty of good science data out there from other sources.

Also, I want you to know that though these methods have worked for me, they may not work for you. Don't do anything that doesn't work for you or hurts you. Consult your doctor or other experts for health issues before you try anything here.

## **Why Is Ejaculation Control Important?**

When working with men in my Ethical Stud course, the most frequently-asked question is how to ejaculate less quickly. I always like to ask the men: “Why do you want to be able to control your ejaculation and last longer in sex? Take a moment to answer this question yourself. There is no right or wrong answer.”

Here are six common reasons I have heard from our guys:

1. To avoid shame and embarrassment.
2. To avoid the reputation of being a lousy lover. (Yes, your lovers talk to others.)
3. To avoid having unsatisfied lovers.
4. To increase my own pleasure.
5. To increase the pleasure of my lovers.
6. Great lovers are happier.

I have had many wonderful girlfriends in my life and there have been numerous occasions when I ejaculated too quickly. These women were really sweet about it, but how unsatisfying this must have been for them. Maybe they had never had a lover last more than a few minutes. No wonder many women have never experienced an orgasm.

Every time I ejaculated too quickly, I thought of other men who I knew were capable of lasting for hours. I didn't see how my lover would be able to avoid comparing us.

Later, as I got better at ejaculation control, I realized the women I was making love with were having more orgasms because I was lasting longer. I would have lovers tell me that I was the first person they had 4 or 5 orgasms with! I even began to experience female ejaculation from my lovers. Since I have learned control I have had lovers ejaculate what seemed like gallons and orgasm numerous times.

I didn't realize it, but my mystique and reputation were growing too, just like my length of sexual play. Because I was polyamorous,

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I was able to make love with more women in group sex situations because I was not dependent on the time of my refractory period, which is the time it takes to get hard again after ejaculating. Lasting longer in bed has been really good for all of my relationships.

Just as good health is important to allow us to have good sex, good sex improves our health. Getting regular erections pumps natural testosterone into a man's system that helps us with energy levels and strength. As I have learned these techniques I have begun to look younger and be stronger. We have men in our community who are in their 60s and 70s and are our sex party leaders. Yes, great lovers are happier.

When I was 18 years old, I could have sex, ejaculate and stay hard and continue to have sex. I had no refractory period! Around age 20 I lost the ability, though I know men who are over 30 years old who can stay erect after ejaculating and have no refractory period. How long is your refractory period?

If you can stay hard after you ejaculate, without a refractory period, ejaculation control may not be as important for you.

I remember ejaculating and having a woman start sucking me immediately afterwards. I was hard again in seconds and we were able to penetrate again, immediately. But I was 20 years old. Then this short refractory period started to get longer and longer. Now it is an ancient memory.

At the point when my refractory period started getting longer, I began using the strategy of masturbating and ejaculating before a sex date. I found that I had trouble with premature ejaculation on my first ejaculation but I could stay hard and not ejaculate for half an hour or more for my second ejaculation. This strategy worked if I was going into a sex scene and had preplanning time. It did not work on spontaneous sex because I would still end up ejaculating too quickly and then not have the ability to keep my lover interested during my half hour refractory period. I lost her attention.

Whatever stage of life you are in or how long your refractory period is, use these techniques to make your love life better. I say love life and not “sex life” intentionally. As you get better at sex, use these techniques to improve the love between you and your

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partner, yourself and all of the people you play with in your life.  
Better lovers are happier.

## **Before You Get Started**

*How to Introduce It to Your Lover in a Way that She Will Embrace*

I'm going to give you all of my tips and training. For some of you, parts of the training may be a repetition of things you already know. Some of it may be foreign and hard to relate to.

Communicate with your lover that you are using these techniques. One of the most attractive things you can do for your lover is to give her informed consent. Informed consent means getting a yes and that she knows what she is saying yes to.

Most women love to help, so there's no reason not to let her in on your ejaculatory mastery goals. That's why it's important to introduce ejaculatory control practices in ways that include her and give her a choice. When a lover says yes to having sex with you, you want her to be saying yes to having sex with the new longer-lasting you and to enthusiastically support your ejaculatory control practice. Informed consent means telling your lover that you are just learning these techniques and that they may be clumsy at first.

More than likely, you have a woman who is interested in your long-term happiness together. I recommend that you tell her that you have been introduced to this program of ejaculation control that is recommended by many great lovers, and that you are interested in studying it to help improve your and her satisfaction.

Ask her what she thinks and then shut up and listen. (Let me repeat: shut up and listen.) She may ask questions to which you don't have the answer, and that is the perfect opportunity to ask if she'd like to read this program with you. If she seems receptive, emphasize how much you'd love to read with her, and how you are turned on that she's interested.

If she comes back with a definitive no, tell her that you respect her opinions and ask her if it is okay for you to study the program. If she gives you a yes, you will not feel guilty or that you need to hide your study from her. If she is positive but not willing to put the time in to do the study with you, thank her and ask her if it is okay for

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you to study the program and try different techniques with her as you learn them. Assure her that you will do all the work and study and that you love her and want only the best for her.

Also, assure her that since the techniques are new, you may not do them perfectly and that you won't expect her to do them perfectly either, and that you won't judge her in any way.

Perhaps you don't have a partner, or this just isn't the right time to include her in your new goals. Don't worry, this program works great for solo study and for single men.

## **Let's Get Started: Nine Techniques**

### **How to Exercise Your Pubococcygeus (PC) Muscle**

I will give you nine techniques you can begin to use to get you there immediately. I want you to do one of the exercises **RIGHT NOW**.

Pump your pubococcygeus (PC) muscle. The PC muscle is part of a group of muscles around your genitals that help the functioning of your penis, the flow of urine through your urethra and your ejaculation. Squeeze these muscles as if you were peeing and wanted to stop the urine mid-stream. Pump the muscles ten times.

If there are people sitting around you they should not even notice this subtle movement. By strengthening these muscles you will be able to have better control.

Congratulations! You have begun the very simple and profound journey towards ejaculation control. As you read this book, remember this little PC break and do a batch of PC muscle squeezes.

[See Also ... #9: Physical Techniques.]

### **#1: 1 to 10 Your Totem Pole**

Have you ever seen an Eskimo totem pole? Imagine a totem pole that is marked at the bottom with a 1 and the top with a 10. The totem pole represents how aroused you are. 1 is completely unexcited and 10 is ejaculation.

If you ejaculate prematurely on a consistent basis, your mission is to keep yourself as low on the totem pole as possible while still staying hard enough to have sex.

Later, as you have sex for a longer duration of time, your mission is to stay as far up the totem pole as possible without tipping over into ejaculation. By practicing the following techniques you

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will get better at staying high up on your totem pole for longer and longer periods.

**DANGER DANGER.** Right when I enter my lover and start thrusting, I usually experience a feeling where I may be as low as a 3 or 4 on the scale but I feel the beginning pulses of what could immediately turn into an ejaculation. This is the DANGER ZONE. **Do NOT, for the love of all things sacred, DO NOT keep thrusting at this point.** If you do, you will ejaculate, forcing the end of your sex session.

This is a classic premature ejaculation. This is also the perfect time for you to stop and breathe. Once you have stopped and taken a breathe, this early ejaculation subsides quickly. Within about 10 seconds you can start thrusting again and start climbing back up your totem pole.

Sometimes a small amount of ejaculate or pre-cum will come out but it doesn't usually hinder my erection. The second time I start thrusting it is much less likely for me to go immediately from a 3 or 4 to a 10 and shoot off the totem pole.

Later, once you are warmed up, you will learn to play on the totem pole between 6 and 8 for long periods of time and without leaping up to a 10 and ejaculating.

Sometimes, I can hit a high 9 and still pull myself back completely; but this is rare, and pretty dangerous. When I go over the top, sometimes I am still determined not to ejaculate so I relax my PC muscles and breathe deeply and ejaculate only a small portion. After a partial ejaculation, I usually stay hard and continue having sex; but sometimes a partial ejaculation can be anticlimactic (pun intended).

Sometimes it is better, if you are going over the top, to go for a big strong ejaculation and orgasm. I usually make the decision based on my lover. If I communicate with her and she is ready to finish I will go ahead. If my lover wants us to continue, or if I have other lovers I want to play with and I decide to go for a full ejaculation, I usually regret it.

It feels great to have the choice ... to cum or not to cum ... once you are good at control.



After you learn these techniques, you will be able to play on the high part of the totem pole, better and longer. The totem pole will become your scale to measure your progress. Tell your lover about the totem pole 1-10 scale and make it your way of sharing and communicating to your lover the experiences that you are having.

## **#2: Masturbation Is Good**

Masturbation is GOOD. There; I said it. Whoever the jerk-off was that told us that masturbation is wrong should have been beaten, or at least beaten off.

Before you try these techniques with a lover, it is good to practice them while masturbating. The habits you form while masturbating will carry over into the bedroom. If you want to last longer while having sex, last longer while you are masturbating.

Many of our problems as men have stemmed from a boyhood of quick, secret sex and hidden masturbation. It is time to experiment with the opposite ... long, luxurious, uninterrupted self-pleasuring where you can really pay attention to your cock and see how it responds to new stimuli and your new techniques.

**Masturbate and ejaculate.** If you are able to stay hard and continue having intercourse after your first ejaculation, have that first ejaculation while you are masturbating, before your sexual encounter. This works for many men and is a quick solution to the problem of ejaculating too fast with your lover. Just make sure you have enough time between ejaculating and sex to allow for your refractory period so you can be erect enough when she is ready for you.

**Masturbate immediately before sex and don't ejaculate.** This masturbation can act as your male warm-up period or foreplay which I will explain in technique #3. This self warm-up may be necessary if you expect your partner is not going to warm you up with her hands or mouth before penetration.

**You can also use masturbation for warm-up,** if you find that you ejaculate too early while she is touching you or sucking you.

While masturbating, you can better regulate your own excitement level and can practice controlling how long you warm up and before you ejaculate.

Masturbation is a great practice because you can control your own stimulus so closely. If you want to last hours in bed, practice masturbating for hours.

While you are masturbating, get in the habit of thinking of what level you are on your totem pole scale.

### **#3: Foreplay and Warm-Up**

This step will probably be the most critical to your success in lasting longer in bed.

Yes, I'm still regretting that sad night on the South Pacific beach. At least now I know why I ejaculated so fast. We men need to warm up more slowly if we want to prevent going off the top of the totem pole and ejaculating. As I mentioned in the masturbation section, some of this warm-up can happen during masturbation, ahead of time. Had I spent 15 minutes touching myself or getting stroked by or sucked with her, or even grinding or dry humping with a hard cock, I would have had the control I needed to have sex with her without ejaculating too early.

Think of your totem pole scale while you are in foreplay and warm-up. Check in with yourself often to figure out how excited you are.

Speak with your partner about this 15-minute male foreplay and how important it is to prevent you from ejaculating too soon. Women need foreplay too. In fact, most women respond well to 30 minutes of cuddling and less physically-active foreplay. When you talk with her about foreplay, offer her more regular foreplay as a gift. It is a gift to both of you.

## **#4: Slow Down and Breathe Deeply**

Slowing down your thrusting can slow down the ejaculation. Speak with your sex partner and find out what she likes. Often, women prefer us men to slow down. It's not a race. Find the slowest rhythm that allows you to stay hard. You can even slow down far enough that you lose your erection and then speed up and bring it back.

Deepening your breathing can also slow down the ejaculation. Deep breathing helps us relax and can release some of the tension that causes us to go over the top to ejaculation. Breathe in and out as deeply as possible. This deep breathing helps prevent ejaculation and can even extend the time of our orgasm when we get there.

In general, slowing down is a good practice. Specifically, when you are rising up the totem pole too fast, slow down and breathe. Try pulling out ... not completely, but holding your cock just at the inside of her opening ... and take several deep breaths. You can visualize that each breath takes you one number lower on the totem pole.

Have the discussion with your lover ahead of time so that she knows why you are slowing down and can help you drop down the totem pole to a safe level. I have had lovers who, because I didn't tell them ahead of time, continued moving swiftly and caused me to ejaculate.

You can also pull out completely and deep breathe if you are getting too close to the top of the totem pole. You can imagine that if you have not explained this abrupt pulling out to your lover ahead of time that she might be a bit shocked!

## **#5: Communications Before, During, and After**

Explain and communicate with your lover that you need her help to slow down or pull out.

By explaining what you will be doing during sex she won't be shocked or worried about the way that you make love. Many women

are not familiar with the practice of ejaculation control and may find it jarring or a turn-off until they experience the benefits.

A higher level of communication is to ask your lover what she wants. You may need more explanation because a lover who is not familiar with ejaculation control may not know what her options are or what she is missing.

If she agrees to work with you on ejaculation control, make sure that she understands what that entails. Give her specifics; talk about the 9 techniques in detail.

For example, tell her about your totem pole scale and how you are using it to measure your excitement level. She can use it too. Introducing these practical communications into the bedroom is a great way to deepen your love life.

Start speaking with your lover during sex. Ask her where she is on the 1-10 scale. Make it playful and eventually it will become exciting for you both to speak about what is happening to you physically and in your fantasies.

It is also really helpful to develop the habit of talking to your partner after you have sex. Afterplay can be more important than foreplay for your relationship. Take the time to cuddle with her before you fall asleep or rush off to work.

Talk with your partner about how the sex was. What was the experience of ejaculation control like for you? How many times did you climb up the 1-10 sex scale before pulling back down and how far did you make it? What did she enjoy most? Were there any clumsy moments you can laugh about together? Were there any things that she did that were especially arousing or helpful to your ejaculatory control?

Get your partner engaged and interested and you will be able to elicit her help for the future of your training.

## **#6: Use Your Fantasy**

You've probably heard that if you don't want to ejaculate, "Think of your grandma." Well this may work; and it may be

because I am getting older, but I am starting to meet more and more hot grandmas. Also, I don't know how I would really feel if I was thinking about my grandma and I still went over the top.

Start noticing whether certain fantasies take you up or down the totem pole and use those fantasies as needed.

Sometimes fantasy gets us too excited and takes us over the top. Try opening your eyes during sex and looking directly into your partner's eyes. Take yourself out of fantasy and back to the experience.

Go on the Internet before you make love and watch porn. Again this can help your male warm-up period but you can also collect fantasy images that you can use in your lovemaking session.

Try watching porn with your lover. Let her know that your goal is to extend your lovemaking session and see how it works.

All of these fantasy techniques can be used either to slow you down from coming or to get you more excited and harder. Learn the subtleties of your own fantasy mind and how to use them to help you last longer in bed.

## **#7: Use Condoms**

Condoms ROCK! Once I learned how to use them correctly I was able to slow down my ejaculation and last longer in bed. It is common wisdom that the condom makes the penis less sensitive.

The other advantage of the condom is that it allows you to stay in the woman when you are coming close to ejaculation without having to pull out if you are using the pull-out method. Plus, you can examine the condom to see if there is ejaculate in it if you are not sure whether you ejaculated.

You can also use female condoms at times when you want more coverage area or to prevent spread of juices along the base of your shaft. The woman inserts the female condom into herself instead of onto the man.

Female condoms are like a latex sack with two rings, one around the top (to prevent the condom from going inside the

woman) and one further inside (to keep the condom from pulling out of the woman). The female condom may be helpful for you if you have the trouble of losing your erection when you put a condom on.

Female condoms are also fun if you want to make love with multiple women because you can go from one woman to the next without having to take off and put on a new male condom. Also, you can go straight from a blow job without a condom into your partner's female condom without the time delay of putting on a male condom.

One problem with female condoms is there is a tendency for the outside ring to get pushed completely into the woman during vigorous sex. If the condom needs to get fished out, it may not be as safe as the male condom.

I imagine some of you are shaking your heads in disbelief. How can condoms be sexy?

Perhaps you've had the experience where you've gone limp while trying to put one on or been disappointed by the difference in sensation. I'm here to tell you that it's time to see condoms differently, and here's why.

For sexual health, condoms are a simple, proven tool; and they will aid you on your way to total ejaculatory control.

I use condoms even when I masturbate, so I can practice what it will be like in the field. It's sort of like football players wearing their full pads during practice so they get comfortable performing with them.

Start thinking of where you are on your totem pole scale while you are wearing your condom vs. not wearing a condom. Make the condom a tool to help you last longer in bed.

## **#8: Try Other Sex Positions**

I just heard an interview with a porn star and he said he uses "think about something not sexy" (Technique #6) and the new angle or position techniques to prevent ejaculation.

Different sex positions have effects on the excitement level of men. Much of this is mental, based on fantasy and past memories of different positions. Whatever the reason, this knowledge is another tool you can use to prevent early ejaculation.

I know it is difficult for me to ejaculate when a woman is squatting on top of me. If I am super hard, I will often move the woman to this position to soften my erection.

Try letting the woman be on top. Since your heart is lower than your penis it reduces the amount of blood pressure in your cock. This can weaken your erection as needed.

The opposite is true too. If I need to get erect, I stand up or get up on my knees. This action of raising my heart above my cock makes it easier to get blood into my cock and make it harder. Try different positions to see which ones slow you down and which speed you up.

Another position that prevents me from going over the top is to push my cock all the way in and to rub the part of my belly right above my penis on my partner's clitoris. This takes some rubbing pressure off of the tip of my cock. I can still stimulate her but it is less likely to take me over the top.

Any position that does not get you so excited is one you can use to your advantage to slow down ejaculation.

Pulling your cock out or almost all the way out may also help get you back down the totem pole scale.

## **#9: Physical Techniques**

Are you still doing your PC squeezes? [See: "How to Exercise Your Pubococcygeus (PC) Muscle" at the beginning of this section.]

Go ahead; do another batch now. I do PC muscle exercises at every red light when I am driving. There are several muscles down there. Try isolating the ones specifically around your anus, penis and other areas.

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Also called Kegel exercises, these exercises are good for both men and women. They create strength in the muscles that control the genitals and will give you more control.

Right now, tighten up your muscles around your penis and anus as if you are trying to stop your pee mid-stream. Now pulse those muscles 10 times and then hold them clenched for 10 seconds. Doing 500 to 1000 repetitions per day with these muscles will strengthen your control and stamina. The goal is to be able to relax or tighten the right muscles with more precision at the right times.

Reach down under your testicles. There is a spot, between your balls and your anus. It's call the perineum; and inside there is the tube where your semen comes through on the way to the penis, and eventually onto your lover's face or wherever else she wants you to shoot it. If you press that spot properly you can actually block the ejaculation from coming out, or sidetrack it away from your penis.

It can go a few other places, including into your bladder. It is relatively safe to do, but be careful as the tubes down there are fairly delicate. I'm not a big fan of these physical blocking techniques. When I practiced it regularly I got to the point where if I did not use this "lock" technique and I just ejaculated normally, the stream of my ejaculation felt like it had bubbles in it. I did not feel comfortable with this so I stopped the practice.

Having good PC muscle control, you can do some of this same type of control in the perineum area with those muscles instead of having to use your fingers. Using the muscles there, you are less likely to damage one of these systems.

Once you have blocked your ejaculation with a physical technique, look at your urine. If your block pushed the ejaculation into your bladder you may have experienced what is called a retrograde ejaculation. Look at your urine and see if it is milky or cloudy. This may be a sign that you have forced your ejaculation into your bladder instead of out your urethra. It may not be particularly dangerous but it also may not meet your goal of not ejaculating so you can stay hard longer.

These are delicate systems of your body. Don't hurt yourself.



## *Ejaculation Control for Men (and Women)*

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Cock rings are another physical tool that may help you maintain an erection longer. You can wear them around your shaft or all the way around your testicles. I won't go into the details here because there is ample information online for you. Just know, these rings can hurt you. Be careful.

I advocate learning to do your ejaculation control from your mind first. Once you have achieved Jedi Jizz Control, you can venture into these other physical techniques safely if you wish.

## **Conclusion**

Now that you have your nine techniques to last longer in bed, you may be asking, “Where do I go from here?”

Start using the techniques every time you have sex. The next time you masturbate, use the totem pole and the other techniques. Visualize and fantasize about having sex the way that you want to, with whom you want to, and do it as long as you want to.

These tools are a really good foundation and can take you far in your quest to be a great lover. I hope being a better lover becomes a pursuit for you. Of course, the study of better sex is immense and it alone can (and hopefully will) last your lifetime.

With Love,  
Michael McClure

## **Ejaculation Mastery Course**

If you want to take these trainings further now, we offer other cutting-edge training courses, interactive live tele-courses, breakthrough events, and I even offer small group masterminds. My commitment to you is to get you information you can't get anywhere else.

If you want to increase your pleasure by 10 times, get your orgasms to last 10 times longer, have multiple orgasms without ejaculating and have full body orgasms, take my ***Ejaculation Mastery*** course.

You can get information at:

<http://www.ethicalstud.com/ejaculation-mastery>.

In this course you will learn how to:

- ✓ orgasm without ejaculating
- ✓ have multiple orgasms for men
- ✓ “gusher” with high-volume orgasms
- ✓ make your orgasms last 10 times longer
- ✓ have sex in groups and at sex parties
- ✓ have full-body orgasms
- ✓ communicate and eliminate any guilt or shame
- ✓ have simultaneous group orgasms
- ✓ make your sex spiritually-enlightening

## **BONUSES**

Right now, because we are just releasing some breakthrough information, we are offering you these bonus products you cannot get anywhere else.

### **Bonus 1: Condom Caddy**

I have heard from so many men who can't use, or don't like using, condoms that I have been experimenting to find a condom that actually feels better than not using a condom. I have finally cracked the code with a revolutionary system that makes a condom more sensitive and more fun to wear than not wearing one.

I was shocked when I made this discovery and realized this simple, inexpensive system also helps me get harder, stay hard longer, and prevents condoms from slipping and breaking. This product alone may change your sex life forever, and you cannot get this product anywhere else. Period.

### **Bonus 2: 10 Video Tips for Better Sex**

This is a fun video with the top tips from my sex pod. This bonus product has helped many couples have better sex. We've even gotten testimonials from married couples saying it's saved their marriages.

I'm really excited about *Ejaculation Mastery*. I know my editor is going to complain that I am giving away too many secrets but I can't help myself.

"Ejaculation Mastery" means having complete ejaculatory choice. Masters may decide to have sex sometimes and not ejaculate at all.

You're probably wondering, "Why would I want to have sex and not ejaculate?" Did you know that many of the greatest masters of sex, Tantra Masters, Taoists, and even porn stars all advocate not ejaculating during sex?

It was a foreign concept for me too until I met a Tantra Master who began my deeper training. Masters know how to orgasm without ejaculating, have male, multiple orgasms, and experience elusive and beautiful full-body orgasms. When they do orgasm, masters often can extend their orgasm 5, 10, even 20 times longer!

Soon you will not see the ejaculation as your greatest goal. Additionally, you begin to see how more and better sex will make your life more pleasurable outside of the bedroom.

**Really? Isn't ejaculation still necessary for true satisfaction?**

Absolutely not! I was so attached to ejaculating every time I had sex that I could not get the idea of why I would not want to ejaculate. Once I broke through my stuck thinking and started to experience sex without ejaculation I began to understand the other benefits of not ejaculating. Don't get me wrong. Ejaculating is a pleasurable, wonderful thing; but the benefits of not ejaculating are an amazing, whole other ballgame of pleasure.

You will see the benefits of having more energy; feeling and looking younger; plus being able to have better sex, longer and with more partners.

I hope to see you soon at one of our events.

Sex is Good.

With Love,  
Michael McClure

## Footnotes

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3. Strassberg, D.S., & Perelman, M.A. (2009). “Sexual Dysfunctions.” In P.H. Blaney & T. Millon (Eds.), *Oxford Textbook of Psychopathology* (2nd ed.), pp. 399–430. NY: Oxford University Press.