

## Why Not to Come Tonight

I gave away my virginity when I was 16. It was a lousy performance. Once I figured out where to enter, the action was over momentarily. My girlfriend was patient – perhaps because I demonstrated other useful skills. Eventually, I improved. Part of that improvement came from paying attention to my partner, part from books. Two years later, by the time we ended the sexual aspect of our relationship I believed, like many men, that it was a privilege to sleep with me.

Over the years, in contemporary writing culled from ancient Indian and Chinese manuscripts, I learned the theory behind men increasing our sexual pleasure without ejaculating. As I prepared this essay, I did a quick survey of some of my male friends and was surprised that no one was using this technique. The most salient question asked of me was a shocked, “Why would I want to do that?” There are two basic answers. The first is because it can give you, the man, greater pleasure. The second is because it can give your partner more pleasure as well.

Let’s look at the first reason. Too frequent ejaculations result in both the ejaculatory fluid and the rich orgasmic experience decreasing to almost non-existent. Any man who has experienced multiple ejaculations with little recovery time knows this. On the other hand, sex without ejaculation requires not recovery time and can produce strong feelings of full-body pleasure different from, and in many ways superior to, the ejaculatory sneeze.

Whenever a man ejaculates – regardless of age, body type, or income – he experiences a temporary loss of energy. A pleasant sensation to be sure, but a depletion nonetheless. That’s the explanation for the classic stereotype of a man falling asleep after sex. From personal experience, I can attest that there is no male energy loss after sex without ejaculation. “Why bother?” you ask. “Where’s the pleasure for me?” Think about the thrusting, squeezing, licking and kissing. All these aspects of sex are pleasure filled, but subordinated because they pale in comparison to ejaculation. Men tend to be more goal orientated than women when it comes to sex (and one could argue other activities as well). Curtailing our obsession with getting to the “finish line” of ejaculation creates the space to enjoy these more subtle pleasures to a higher degree.

In addition, the fact that there is no energy loss is itself another payoff. Instead of being depleted, imagine being energized by sex. When you stop – either because no more time is available or because your lover has had enough – you are still erect and ready for more. Using visualization and physical movement, you can circulate the retained energy up your spine and along your limbs to energize your entire body. You

are still full of stamina. You don't feel tired. You and your partner have enjoyed all the pleasures of sex except your ejaculation and you are able to jump up and perform any other kind of physical or mental activity with added vigor – including more sex!

The second, more altruistic reason why a man would want to have sex without ejaculation is to increase his partner's pleasure. As we explore this angle, let's define "premature ejaculation" as any ejaculation that occurs before the man or his partner desires it. Left to my own inclination, five to ten minutes of sex would be enough for me. My unrestrained tendency is to get to the intense pleasure of ejaculation quickly, then move on to something else and get another quickie later.

My desire to slow down and pace myself is due largely to concern for my wife who takes longer to become aroused than I. Without consciously delaying my gratification, I could not satisfy her. Listening to other women and men has convinced me that my wife and I are not unusual in our patterns of arousal. To use a cooking metaphor, men are like microwave ovens and women are like crock pots. In mainstream U.S. culture, the "wham, bam, than you ma'am model" is promoted as ideal, encouraging selfish sexual behavior particularly in young men. Some men are simply not interested in delaying their sexual satisfaction and thus some women are left largely unfulfilled by the premature ejaculation of their partners. I too was indoctrinated with the modern American concept of copulation, so having sex without ejaculating seemed irrational and counterintuitive to me at first.

In my experience, women take an undetermined and changeable amount of time, based on many variables, to reach erotic fulfillment. The do, however, generally take more time than a typical man takes to stroke straight to ejaculation. Attempts by a man to set an arbitrary time of 5, 15, or even 45 minutes before ejaculation creates the potentially problematic expectation that the woman must also reach her peak by that time. And if you, as a man, ejaculate before your woman is fulfilled, you have failed and must endure her disappointment. If you are not accosted with your failure immediately, you will surely suffer it in an indirect form in the future. Some of you know what I'm talking about. I suspect much of the tension that occurs between men and women is traceable to this unfortunate sexual dynamic.

This is a good time for a disclaimer. I have not mastered ejaculation control, as my wife will readily attest. I don't always bring her to complete satisfaction before I ejaculate. In fact, my understanding of her satisfaction is evolving as I mature. I used to think the goal for her was to have an orgasm every time – as was my goal. As I listened to my wife more, I realized she didn't need to reach the heights of sexual passion every time we got horizontal. Thus, I began to understand the famous female fascination with cuddling, which is much easier for me to participate in and enjoy if I am not racing off to ejaculation land.

This is the basic theory of ejaculation free sex. If you deem it worth a try, you can practice some exercises that are best learned over time and are themselves the topic of full-length articles. Briefly, let me address one crucial aspect of the practice, the physical

ability to control ejaculation. In *The Tao of Health, Sex & Longevity*, Daniel P. Reid explains a simple exercise that teaches a man to “lock the gate” that controls ejaculation: “While urinating, a few seconds before the flow of urine stops, sharply lock the flow, as if you were ‘holding it’ while looking for a toilet. After a second or two, relax the contraction, let the flow of urine resume, then immediately ‘squeeze it off’ again. Each squeeze will cause a strong spurt of residual urine as the (urethra) is contracted. Repeat this three to five times, or until no more urine spurts out when you squeeze, than hold the last contraction for 5 – 10 seconds while you tuck yourself back in and zip up.”

The muscle you develop in this exercise is the same one you use to control ejaculation during sex. Strengthening it will allow you to physically control your ejaculations with less difficulty. Once you locate the muscle you can practice contracting and relaxing it anytime. Think of the added value to all those boring meetings you have to attend!

The more difficult aspect of the practice will likely be convincing yourself there is pleasure beyond ejaculation. This can only be known by direct experience. You needn't give up ejaculation entirely. There is obviously pleasure to be found there. However, I am suggesting you sacrifice or delay a percentage of your ejaculations for an even greater prize. If you want to move beyond the ordinary realm of sexual interaction, exploring the deeper pleasures of ejaculation free sex will open doors of delight for you and your mate. If you can gently bring your old mental habits under control by delaying ejaculation, you may find, as I did, fruits of sexual pleasure that men addicted to ejaculation will never taste.

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