

The Guide For Multiple Male Orgasms



by Ernie Cobbet Copyright © 2013

We hope that you and your partner enjoy the new found sexual stamina and staying power this book will teach you.

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The Guide For Multiple Male Orgasms

As you know some men can experiencing multiple orgasms as well. It is in fact very possible for a man to have multiple orgasms.

When men have multiple orgasms it is being able to cum without going limp, and having multiple repeat orgasms completely eliminating any worried about PE. For most men however, it takes a lot of practice to learn how to having multiple orgasms without losing their erection.

Changing your experience of sex into one of multiple orgasms is a great way to deal with PE. Ultimately, it's the easiest, and perhaps only, way for someone with a high sex drive/nervous system to have abnormally long sex (1-3 hours) without losing it. When the time comes, a multiple orgasm can allow you to keep going after just a brief pause without losing your erection. If you want to be a great lover that lasts as long as he wants, incorporating multiple orgasms into your plan would be a good idea.

Ejaculation vs. Orgasm

Before I get into the details of having multiple orgasms, you need to understand that ejaculation and orgasm are actually two separate processes. They only appear as one process because they typically happen at the same time. This is why it's possible to have a non-ejaculatory orgasm, or vice versa.

The biggest confusion men have over multiple orgasms are: 1. how to have them and
2. how they're supposed to feel.

There are four basic types of orgasms that could be classified as a 'multiple'. Each type has its advantages and disadvantages.

Ejaculatory Orgasms - The first type of multiple orgasm is nothing more than a regular orgasm, which enables you to keep your erection afterwards.

This is too hard for most men because they go limp afterwards. Avoiding the erection-killing effects of a regular orgasm is not easy, but can be done. These types of multiples are effective, but not my first choice. If you are able to do this, go ahead. But after 1-3, I'd recommend holding back the ejaculation and having a dry orgasm. The high intensity of a regular ejaculatory orgasm will usually take its toll on a man after just a few of them.

Maintaining an erection after a typical ejaculatory orgasm requires two things.

First, you need to have a high level of arousal and a highly responsive nervous system. If you are planning on continuing stimulation after you ejaculate, you need to be as aroused as possible.

Secondly, you need to have good blood flow. A weekly regiment of cardiovascular exercises, like jogging, boxing, or swimming, can increase blood flow.

Dry Orgasms – The dry orgasm is basically what its name entails – you experience a regular orgasm without ejaculation. If done correctly, you should be able to experience an orgasm and be able to keep going afterwards with no mess or erection loss.

In order to have a dry orgasm, you need to use the PC Muscle to hold back ejaculation.

All you do is stop having sex (but stay inside), flex the PM during the point of no return, or when you feel you're about to ejaculate.

It's quite simple really. If you do it at exactly the right time, you should experience an orgasm and be able to hold in ejaculation. Flexing too early may actually induce ejaculation/orgasm, while flexing too late is usually ineffective. Also, flexing too hard where your veins start popping out of your skull may induce ejaculation as well. Just take it easy and use a decently firm flex. You'll need to practice your timing to get it right.

With a dry orgasm, the seminal fluids never enter the prostate or urethra. So if a little semen leaks out, or if you felt the semen go through the prostate or urethra, but you were still able to hold in the majority of it and maintain your erection, you most likely flexed a little too late and had a retrograde orgasm/ejaculation instead of a dry orgasm. I'll discuss retrograde orgasm/ejaculation next.

Advantages

- Allows you to keep going after orgasm with no erection loss
- No mess to deal with
- More of a natural process

Disadvantages

- Usually, it's not a very intense orgasm, meaning the urge to ejaculate can come back within seconds or minutes. You'll need to take a good 5-10 second pause to clear your head and calm your body.

Retrograde Orgasms – I have already briefly described a retrograde orgasm/ejaculation. It's basically the same as a dry orgasm except the semen goes a little further through the process. Like a dry orgasm, you have to use your PC Muscle to hold in the ejaculation. During a retrograde ejaculation, the semen is forced up into the bladder, and some may remain in the bulb of the urethra. If you flex too late, a little semen may leak out, but this usually doesn't cause erection loss.

Advantages

- Allows you to keep going after orgasm without erection loss
- Little or no mess
- Tends to cause more hypersensitivity than a dry orgasm, which automatically lowers your arousal (You should feel that 'release of energy' that you feel with a typical orgasm, although it should be less intense with no erection loss. I think this is due to the semen entering the prostate. Regardless, this will prevent the urge from coming back so soon.)
- The easiest way to delay ejaculation and keep going.

It's easiest because the timing doesn't have to be as precise as a dry orgasm. (Although this is effective, it's best used sparingly for men who are still learning and just need a quick fix. Once you master the other techniques I've covered, you won't have to worry as much about using your PC Muscle to have these types of multiple orgasms.)

Disadvantages

- Is unnatural and possibly harmful to the genital area

(although I've never heard of anything of the sort). Some sex educators are against

retrograde ejaculation, but most agree it's harmless to the body. It can be messy as semen can often leak out if timing is off.

Complete Orgasms – People describe the following type of orgasm differently, and really, it doesn't have a set name. I figured I'd just call them 'Complete Orgasm', because people typically describe them as a feeling throughout the whole body and enjoy a more complete sense of release.

Your first priority in dealing with your PE is to get familiar with your body and learn how to control it. Your ultimate goal in dealing with PE isn't to have multiple orgasms; it's to prevent your body from cresting over to the point of no return for as long as possible. This is all done via arousal control, mental control, breath control, and body/muscle relaxation. Once you have mastered those aspects, and you are able to last as long as you want, it's time to start having Complete Orgasms. That being said, don't worry about this until you have developed control. This is just an added benefit you can experience once you get your PE mastered.

First of all, I want to describe how Complete Orgasms feel so you don't get confused. When I say Complete Orgasm, I don't mean that your entire body is going to feel the same way your perineal muscles do when you have a regular orgasm. A full body orgasm is typically described as a euphoric feeling that rushes through the body like a wave. You may experience some muscle contractions if it's very intense, but the feeling itself doesn't feel like a genital orgasm. The intensity is based on how much sexual tension you build up, and how emotionally connected you feel to the woman.

How do you have Complete Orgasms? You have to be extremely aroused and emotionally connected to your partner. It's important to note that Complete Orgasms don't start out in the beginning; you need to implement them towards the end once she has been adequately satisfied. This is Complete Orgasms require a build-up of sexual tension and arousal like I said, and the only way to build up a vast amount of sexual tension and arousal is to stop right before ejaculation/orgasm, and then keep going while repeating the process. This constant stopping and starting will get you highly aroused and will feel good (because you're constantly on the brink of orgasm), but it isn't exactly something that will get her going, which is why you wait until the end to perform this.

Here's an example. Get close to orgasm and then stop. Wait 2-3 seconds, and then start going again. After 10-30 seconds, the urge should come back, so stop again. Then, just keep repeating.

Each time you stop when getting close to orgasm, you should feel a pleasant sensation. I call this sensation a pre- orgasm. They feel very good and you can have as many as you want. Just make sure to stop on time or else you'll ejaculate (unless you hold it in). The stopping and starting also causes your arousal to continue climbing even though you're not ejaculating or having an orgasm. This causes a build-up of sexual tension, which, in turn, will cause you to feel pleasant wave-like feelings throughout your entire body.

You can try this while masturbating to get the hang of how it works. The best part about this type of orgasm is the ending. After she has been satisfied and you have built up enough arousal via stopping, starting, and staying on the brink, you can ejaculate as normal and the orgasm will be the most explosive you've ever had, guaranteed. The sensational release of tension is so intense that it should be felt throughout the whole body.

Advantages

- Feels incredibly awesome, and will bring the pleasure you derive from sex to new heights.

Disadvantages

- Involves a lot of starting and stopping in order to build- up enough arousal and sexual tension.
- Not as good in the beginning of a relationship or for someone with whom you don't feel connected with.

Complete Orgasms are not a cure for premature ejaculation. They are an added bonus you can experience once you get your PE under control.

The stopping and starting might confuse your partner, so make sure she's in the know. She'll have to understand how they work, and she'll have to want to be a part of it. For you ladies reading, this is the best way to give your man the orgasm of his life. It's all about the build-up, followed by the explosive release.

By the way, a woman's body works the same way. She can ride on the brink of orgasm by starting and stopping, and then let it all out in one hugely intense orgasm. Many partners have practiced this enough to get both individuals in this stage, and that is a truly incredible experience. It's basically the definition of Tantric sex.

Controlling the level of intensity – Some of you reading this may possess the ability to have a regular orgasm/ejaculation and be able to keep going, but most of you will have to rely on the dry and retrograde orgasms to keep yourself from falling victim to temporary erection loss.

In order to have these types of orgasms successfully, you'll need to control the level of intensity. The intensity of both the dry and the retrograde orgasm is what determines their effectiveness at keeping you hard and going.

This is why...

If your orgasm is too intense, it may put you over the top and cause a full-blown ejaculatory orgasm, which will usually result in erection loss.

On the flipside, if your orgasm is not intense enough, once you start going again, the urge will come back too soon, causing you to start and stop too often.

So what you need to do is practice your timing and find a middle ground. Once you find this mid-level of intensity, you can have a pleasant orgasm without losing your erection or having to start/stop too often.

How do you control the intensity of an orgasm?

It's based on your level of arousal and the intensity of the PC Muscle contractions.

When it comes to having a dry orgasm or a retrograde orgasm, the most important tool is your PC Muscle. You can use the PC Muscle to control the contractions of an orgasm. For example, keeping it flexed throughout the whole orgasm would be less intense because you'd be preventing it from contracting, while flexing for a shorter length of time would be more intense because you'd be allowing the contractions.

Controlling intensity correlates with controlling hypersensitivity. This is the sensitive feeling in the glans after orgasm/ejaculation. Hypersensitivity is one of the reasons men are unable to continue penetration after ejaculation and orgasm.

Just like the intensity of your orgasms, controlling hypersensitivity can affect your

success at having multiple orgasms both positively and negatively.

If you experience full-blown hypersensitivity (usually the result of a multi-contraction ejaculatory orgasm), chances are you'll lose your erection. On the other hand, a regulated amount of hypersensitivity will actually help you last longer because it temporarily lowers arousal and has a slight numbing effect.

The contractions of the PC Muscle during orgasm/ejaculation is what causes hypersensitivity. Therefore, you can use the PC Muscle to control hypersensitivity. You can even induce it by voluntarily contracting the PC Muscle at the right time. Controlling hypersensitivity and intensity of orgasm are essentially the same thing, as they go together and are both controlled by the PC Muscle.

Practice – Having multiple orgasms is an ability that takes consistent practice. You will notice some results within a few weeks, even a matter of days for some, but to master it will take a few months. Like anything else, it only gets better with experience. If you continue to practice having multiple orgasms, your body will naturally adapt to the change, making it easier to have them.

In a sense, it's all about timing and finding a middle ground. This is why you need to practice and get familiar with how your body works, and how it reacts.

In addition to practicing, you need to have a fairly strong PC Muscle, so make sure to exercise it somewhat routinely.

Unloading – If you want to guarantee a good long session of sex tonight, pay close attention to this next paragraph.

It's common knowledge that masturbating before an encounter can help you last longer (or simply going a second round). This technique works, but when it comes to multiple orgasms, it has an even greater benefit.

One of the difficulties of having multiple orgasms is the part where you hold back the semen. A lot of times, the semen will get released and cause a full-blown ejaculatory orgasm, along with erection loss. Therefore, if you have no semen left to shoot out, it will be easier to have multiple orgasms without losing your erection.

Once you are completely unloaded, you should be able to slightly flex the PC Muscle and have as many multiple orgasms (nice clean dry ones) as you want.

You can use your mind as well to regulate the intensity of your arousal and orgasm.

So, it's much easier to have multiple orgasms after you've already unloaded once or twice.

'The longer you go, the longer you'll last.'

This means that in the beginning of an encounter, your genitals are more sensitive. After you've been going for 5-15 minutes and have had a few multiple orgasms, they will start to adapt to the environment. You will start to feel less sensitive and it will start begin to feel somewhat numb. The multiple orgasms will also have made your arousal a little less intense, making it easier to control the situation.