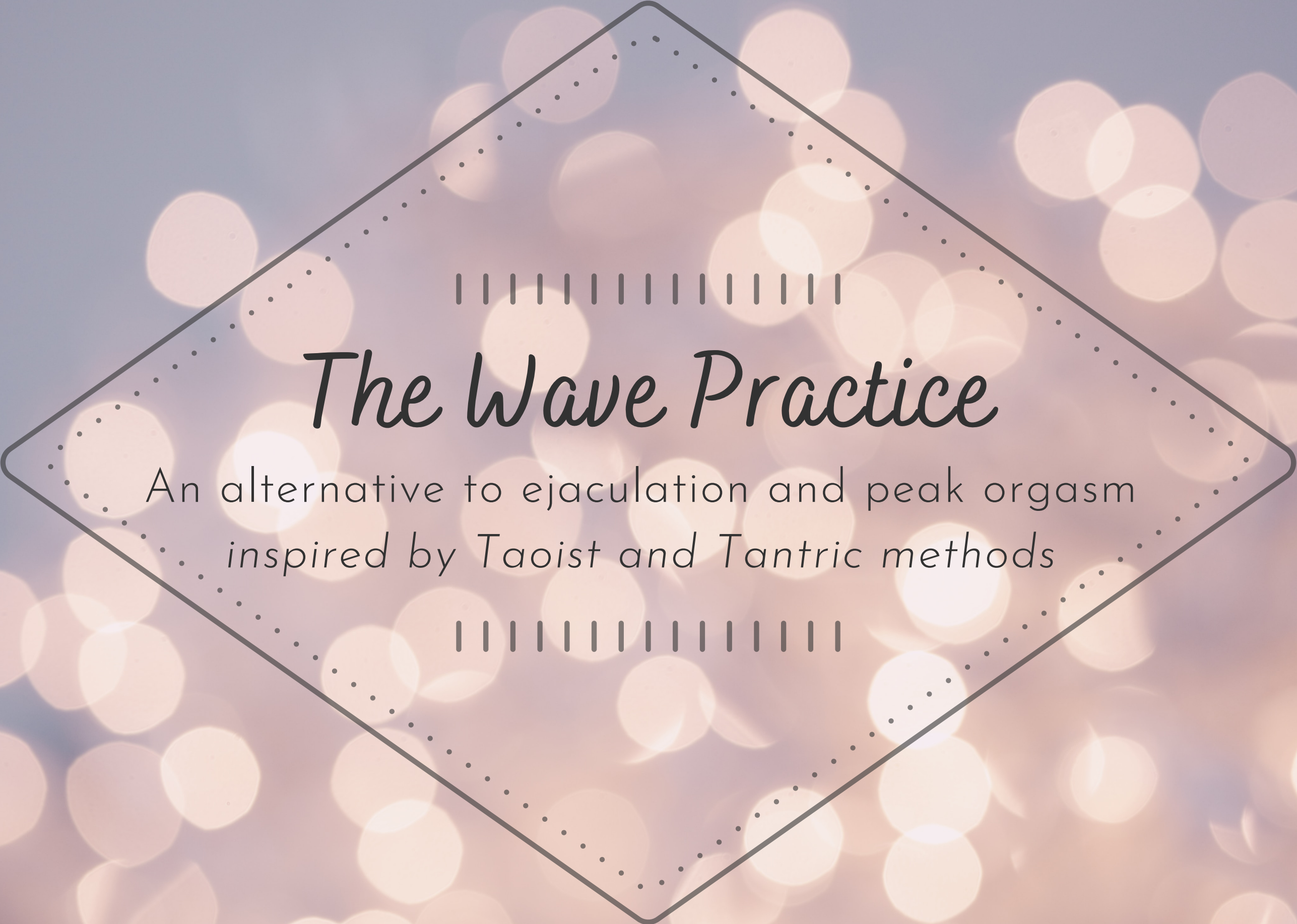




The Wave Practice

An alternative to ejaculation and peak orgasm
inspired by Taoist and Tantric methods

The Wave Practice is designed to combine mindful breathing with muscular relaxation and encourage you to learn how to let go of tension on the exhale, so that arousal and sensation can spread through your body with the returning inhale. You can use this practice at any point during your masturbation or partnered sex for a mini 'pause' experience, allowing your arousal to be whooshed around your body. Alternatively it can be used as a way of ending your session, instead of just ejaculating.

Here's how to do it...





- During sex or masturbation, pay attention to your arousal levels. This practice doesn't work if you are past the 'point of no return' i.e. about 8.5/10 in terms of arousal. You need to get familiar with what 6-8/10 feels like in your genitals and the rest of your body.
- When you feel like you're at a 7-8 level of arousal... Start breathing a little faster than your regular breath with a 'stepped inhale' breath (two short inhales through the nose, one exhale through the mouth). Combine with continued stimulation of your genitals and full body. Communicate with your partner, indicate that they might need to slow down and be really present here. Breathe this way for around 2 minutes (anything from 30-50 repetitions of the stepped inhale).



- THEN...take three deep inhales/exhales making the out breath long and total - exhale all the air from your lungs.
- At the bottom of the third exhale, stop the breath (do not breathe back in again) and let your body totally and completely relax. It sometimes feels as if your body is sinking to the bottom of a deep pool.
- Hold the breath 'on empty' for as long as you can, allowing energy to pool and gather in your genitals and the base of your spine.



- When you can't hold the breath out any longer, take a deep measured inhale through the nose and let your attention/energy/sensation/awareness move up from the sex, through the spine and the centre of the body into the heart, throat, crown of the head and above. This breath shouldn't feel like 'gasping' for air - you should be able to slowly, smoothly draw the breath in. This takes some practice.
- Hold the breath briefly at the top of the inhale, without clenching or contracting any muscles in your body at all, before you...
- Let the breath return to it's natural 'uncontrolled' rhythm whilst you enjoy the buzz and sensations in your body.

You might find that your body jolts, trembles or shakes. That's quite normal. This is what it feels like when sexual energy moves through your body rather than out of your cock.

If doing a 'mini wave' during sex, pause here for a few moments and then continue. This, for me, sometimes feel like moving to a new 'plateau' of relaxation and arousal.

If choosing to end your session then rest in the afterglow for as long as you want.



Touch of Happiness Massage

For more information and to book coaching sessions:

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