

Conscious Ejaculation

The path of Full Body Orgasms

Introduction

This guide is not a replacement for the program. It is a companion: something to read before, to revisit after, to annotate, to bring into the practices. Each module has its own section, following the same structure as the videos: an introduction, the explorations, self-pleasure, partnered work, and the challenge.

The written content follows the program structure but goes further than the videos in some places, adding context, research, practical detail and invitations for reflection that would be too much to hold on screen.

How This Program Works

What You Are Actually Here For

If you are reading this, something in your sexuality has been asking for more. Maybe you have been sensing it for years without quite naming it. This program exists for that unnamed thing: the difference between sex that works and sex that is genuinely orgasmic, all over your body.

I cannot tell you how long it will take to get there. I do not know where you are starting from. What I can tell you is that this path is real and that it works when you follow it properly. "Properly" means one thing above all: through the body, not just through the head. You can watch every video, read this guide cover to cover, and understand everything I am saying with perfect clarity. If you do not practice, none of it will have reached you.

One module at a time. One week minimum per module, ideally longer if something has not fully landed. There is no race. The program is not asking you to get somewhere on a schedule. It is asking you to feel something. Those are very different invitations, and most men confuse the two for the first few weeks.

The Structure

Each module has a main theme, an introduction video, and a set of practices and explorations. The practices are the program. The videos are orientation. Keep that hierarchy in mind: watch with attention, then go practice.

You also have with each module a **Time to Reflect**. It is an important part of the journey, where you are offered to look back into your experience and bring forth comments, insights, and resistances.

Why Written Reflection Consolidates Learning

Research in cognitive neuroscience on memory consolidation consistently shows that actively retrieving and re-encoding an experience, as happens when you write about it, significantly strengthens the neural traces of that experience compared to simply having had it. A 2011 study by Roediger and Karpicke found that students who wrote about what they had learned retained it at substantially higher rates than those who simply restudied the same material. The effect holds across domains including experiential and somatic learning. Writing about what you noticed in your body during the practices this week is not journaling as performance. It is the mechanism through which the practices become permanent.

About Commitments

On top of committing to do the explorations and the practices, there are two things I am asking you to stop for the duration of this program, at minimum for the first four weeks.

The first is ejaculation. The reason will unfold naturally through the modules, but the short version is this: most men have built an automatic reflex around ejaculation that runs the whole of their sexuality without their conscious involvement. We need to interrupt that reflex before anything new can come in. You cannot discover what exists beyond a habit while the habit is still running.

The second is porn and unconscious masturbation. By unconscious masturbation I mean stroking with ejaculation as the only point. Pornography does real damage: to the ejaculatory reflex, to the capacity for genuine arousal with a real person, to the neurological pathways that govern desire. The little it gives does not balance what it costs. Cut it. Both of them.

DID YOU KNOW?

The American Society of Training and Development found that people who commit to a goal privately complete it roughly 10% of the time. That figure rises to 65% when they commit to someone else, and to 95% when they schedule a specific accountability check-in. The mechanism is not shame. It is how the social brain treats a spoken commitment as categorically more real than a private intention. That is why the invitation to do this program with someone is not a soft suggestion.

Recommendations

Beyond the commitments, three things will significantly increase what you get from this program.

Keep a journal. Written or audio, it does not matter. The practice of articulating what is shifting, even to yourself, reinforces the change. Something said out loud or written down lands differently than something noticed and then forgotten.

Invite someone into the journey. A friend, a partner, a brother who is also willing to explore. Not necessarily into the practices themselves, but into the commitment. Shared accountability changes everything. A promise made to yourself is fragile. A promise made to someone who will ask how it is going is something else.

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Bring joy to all of it. Not forced positivity. Genuine curiosity and a lightness of approach. The biggest obstacle in this kind of learning is taking it too seriously, too effortfully. We learn through play at ten times the speed we learn through striving. I will come back to this, but hold it from the start.

There is light at the end of the tunnel, and that light is a blissful orgasm.

The Spacing Effect: Why Consistency Beats Intensity

In the 1880s, Hermann Ebbinghaus documented what he called the forgetting curve: newly learned material is lost rapidly unless revisited at intervals. His research also established the spacing effect, the finding that skills practiced across multiple short sessions over time are retained far more durably than the same material compressed into a single long session. Over a century of replication across motor learning, language acquisition and therapeutic practice has confirmed this consistently. For this program, ten minutes of daily practice across seven days produces more lasting neurological change than a single ninety-minute session once a week. Consistency is not being requested as a motivational principle. It is the mechanism through which change actually enters the body.

Why I Built This Program

Three Problems, One Root

I was lucky, in a weird way. I had all three of the common male sexual difficulties: premature ejaculation in my late teens, erectile dysfunction in my early twenties, and a libido that was more absent than present through my late twenties. Lucky because having all three eventually forced me to see what I could not have seen from inside just one: they were not separate problems. They were the same problem wearing three different faces.

Each one is a difficulty with energy. How to feel it, how to hold it, how to move with it instead of against it. That was not obvious to me at the time. What was obvious was that something was not working, and that I needed to fix it.

So I did what most men do. I went looking for techniques.

The Tantric Community

I was fortunate to encounter a tantric community and school where I lived for several years. They taught me ejaculation control: how to manage the reflex, how to hold back, how to extend duration. The teaching was strict. Ejaculation was not just discouraged; it was shamed. And I practiced seriously. I became genuinely skilled at it. I could last a long time. I could manage the intensity. I had, by any external measure, solved the original problem.

And then I had to face the fact that solving it had given me something I did not actually want.

Control and lovemaking do not go together. The deeper I looked at this, the clearer it became. You cannot surrender and manage at the same time. You cannot open fully while also holding the reins. I had become a technically proficient lover and, in doing so, had closed the door on something that mattered far more than technique.

What Was on the Other Side

When I finally released the tools and stopped trying to manage what was happening, something else became available. I am not sure I have language for it that does not sound either clinical or exaggerated, so I will just say it plainly: lovemaking became a meditation. Not as a metaphor. As an actual experience where the mind went quiet,

the body opened, and what remained was something that felt close to what the deepest meditative states feel like, except shared, physical, alive.

Some of those moments brought tears. Not romantic ones. Something more like devotional awe. The kind of feeling that makes you understand, in your body rather than in your head, why so many traditions across so many centuries reached for spiritual language to describe sexual experience. They were not being poetic. They were being accurate.

Full body orgasm is not a technique. It is what becomes available when you stop managing and start feeling. Everything in this program is in service of that transition.

What This Program Is Not

This is not a program about lasting longer, though that will happen as a natural consequence. It is not about impressing anyone or fixing a performance issue. It is not about becoming a better lover in the sense of having more skills to use and show off.

It is about becoming a man who knows how to feel his own pleasure. Who arrives in intimate encounters with something to offer rather than something to prove. Who has a relationship with his own body that is curious and generous rather than functional and managed.

The education most of us received about sexuality was biology class, locker room mythology, and whatever we could figure out alone in the dark. This program is the education we deserved and never got.

I cannot promise a full body orgasm in four weeks. What I can promise is that if you follow this path with genuine dedication, you will get closer to it than you have ever been. And every step of that path has its own beauty, as long as you let yourself actually feel it.

The Daily Explorations

Where These Practices Come From

The explorations in this program are not the most dramatic ones I encountered across years of training. They are the ones that reached the deepest. There is a difference. Some practices produce strong immediate effects and leave little trace. Others are quieter in the short term and change something fundamental over time. These are the second kind.

I chose them because they worked in me. Not because they are the most well-known or the most exciting to describe.

How to Practice

Those explorations are meant to be practiced every day for the duration of its module, not once or twice as a curiosity. Some can run throughout the entire day, woven into ordinary life, while others require a time dedication of about 10 to 15 minutes daily. When I give a duration, I give the floor: if you have more time and energy, use it. The difference between a week of daily practice and a single long session is not a matter of degree. It is a different kind of learning entirely.

When one module ends, the practice does not have to. If something is still alive in you from the previous week, carry it forward alongside the new one.

Once you have felt the essence of an exploration, make it yours. Change the form, invite someone into it, adapt it to what actually works in your body and your life. A practice that is genuinely yours reaches places a borrowed prescription cannot.

On Play

Every exploration in this program works better when approached with curiosity than with effort. This is not a soft observation. Research in motor learning has shown repeatedly that skills acquired through playful engagement are retained at rates many times higher than those learned through disciplined repetition. The numbers are striking: something that takes 100 to 200 effortful repetitions to embed can land in fewer than 20 when approached through genuine play.

This means the quality of your attention matters as much as the quantity of your time. An hour of dutiful practice produces less than twenty minutes of genuinely curious

exploration. Bring lightness to this. Not as a performance of lightness, but because it is actually how this works.

Why Physical Practice Changes the Baseline

Research in somatic neuroscience distinguishes between cortical learning (understanding something with the mind) and subcortical learning (knowing something in the body at a level below conscious thought). The two systems use different mechanisms and produce different kinds of change. Understanding that energy can be moved upward through the body rather than discharged is cortical. Feeling it happen, repeatedly, until the body begins to do it automatically in response to arousal: that is subcortical. Subcortical learning requires repetition over time and physical practice rather than conceptual understanding. This is why the practices in this module need to be done daily and need to be continued beyond this week. The body is learning something that the mind cannot learn for it.

Self-Pleasure

Not Masturbation

Most men learned to masturbate the same way: quickly, quietly, in the dark, with ejaculation as the only point. The body learned that sequence thoroughly. In this program, that sequence is exactly what we are undoing.

Self-pleasure is something genuinely different. It is the slow, curious, attentive exploration of your own body: what you feel, how sensation changes with different qualities of touch, what opens and what contracts, what is pleasurable in ways you have never given attention to. No goal, no finish line, no performance. Just genuine investigation.

If this sounds simple, try doing it for 45 minutes without the mind finding a reason to stop. You will discover very quickly that it is not always simple. The mind is expert at filling unfocused attention with alternatives. Boredom arrives. Distraction arrives. The impulse to hurry things along arrives. All of these are part of the practice, at least a possible phase. Stay with them and you'll find gold.

DID YOU KNOW?

The word masturbation likely derives from the Latin masturbare, possibly combining manus (hand) and stuprare (to defile). The etymology encoded shame from the beginning: the act was defined, at its linguistic root, as self-defilement. Self-pleasure is not a softer name for the same thing. It describes a genuinely different practice, with a different intention, approached in different conditions. The name matters because the frame matters.

Why This Is the Foundation

If you depend entirely on a partner to generate pleasure for you, two things follow: you become dependent, and you arrive in every intimate encounter with a need. That need shapes everything before a single touch is exchanged. A man who knows his own body, who has genuine curiosity about his own pleasure, arrives with something to offer. That is not a small difference.

Self-pleasure is the practice through which you develop that knowledge. It cannot be read into existence or understood theoretically. It has to be felt, session by session, with genuine attention.

Explore with a Partner

Everything in this program that matters, every practice needed to feel your sexual energy and work toward full body orgasm, can be done alone. The partnered explorations are an addition, not a prerequisite. If you do not have a partner right now, these videos are worth watching because they will give you something to look forward to. But do not stress their absence. Come back to them when the time is right.

When You Have a Partner

Practicing with a partner makes things more alive, more challenging in the best sense, and in some ways more revealing than solo work. We are social and sexual creatures, and that aliveness is real. If you have someone willing to explore with you, then enjoy and have fun.

The simplest approach: show your partner the partnered exploration video before you begin. Let them see what is being proposed before you start organising it. If you tend to be the one who leads and plans in your relationship, step back deliberately here. Invite your partner into the organisation of the exploration rather than presenting it as something you have arranged. Their involvement from the beginning changes the quality of what unfolds. And if surprising your partner feels truer to the dynamic between you, then trust that. The aim, in either case, is more genuine connection. How you arrive there is a personal choice.

Adapting the Explorations

Every partnered exploration in this program is given in a form that can be adjusted. If something feels like too far a stretch for where you and your partner actually are, find the essence of it and bring it closer to your reality. If it feels too easy, do it with more slowness, more presence, more genuine attention. The measure is whether it actually touches something in both of you. Not whether it matches the instruction perfectly.

The Module's Challenge

What a Challenge Is

Each module comes with a challenge. Not an assignment, not a performance standard: a genuine search for your edge. Something just past the boundary of what is comfortable and familiar.

I cannot calibrate it perfectly for every man in this program. You all start from different places, different histories, different edges. What feels enormous to one person is routine for another. So I give a base, and ask you to make it real for yourself.

How to Calibrate

If a challenge feels too hard, do not abandon it. Scale it down until you find a version you can actually attempt, and then do it. Resistance from the mind, the voice that says this is stupid or this is too much, is not a signal to stop. It is usually the most reliable indicator that you have found the right territory.

If a challenge feels too easy, first be honest with yourself about that. Is it too easy or are you taking it easy? Sometimes easy means you have genuinely understood and integrated what is being asked, other times it is just that you are not giving yourself to the possibilities. And if it is indeed too easy for you, find a way to top it up, give it you're A game. Part of the fun is to make it your, downgrading or upgrading is up to you and where you're at.

Share the fun

The most fun and profound way to meet any challenge in this program: commit to it with another person. A friend, a partner, someone who will ask how it went. Accountability is part of it, but more than that, challenges done in company become shared experience. They become bonds. They become the kind of closeness that talking about things rarely builds.

Enjoy the challenges. They are meant to be alive, not heady.

FAQ: Before You Begin

What if I accidentally ejaculate during the program?

It may happen. Especially in the latest modules as we move more energy. The reflex has been running on autopilot for a long time and it will not simply stop because you have decided to observe it. When it happens, do not punish yourself and do not restart the count with some idea of failure. Notice it, understand what triggered it, and continue. The point is not abstinence but building awareness of the pattern. But make also sure that you are not using the “easy usual way”!

Do I need to abstain from sex with a partner?

No. The invitation is to not ejaculate, not to avoid intimacy. Lovemaking without ejaculation is actually part of the later modules. What you are cutting is the unconscious, reflex-driven discharge, not genuine intimate connection. The two are very different things.

I do not have a partner. Should I wait?

Not for a single day. The solo practices are the core of this program. A partner enriches certain practices but is not required for any of them. Many men who have done this kind of work alone report that the changes in their relationship with their own body eventually transform how they show up with partners naturally.

How long until I notice a difference?

That is impossible for me to truly answer. Most men will notice something within the first 2 week of practicing. Not the full transformation, but a shift in how much they feel, how present they are in their own body, how familiar their own arousal becomes as an experience rather than just a reflex. The deeper changes take longer and compound with consistent practice. There is no shortcut, and there does not need to be: each stage of the journey has its own quality.

What if I find self-pleasure boring or strange?

That is actually a meaningful signal. Boredom during self-pleasure usually means the mind is trying to escape from something it does not yet know how to stay with. Not a reason to stop: a reason to stay and look closer. If it feels strange, that strangeness is exactly the distance between where you currently are and where this practice can take you. It takes new road to get to new places!

Can I share this guide with my partner?

Yes, and it may help them understand what the program is asking you to explore. Some men find that sharing the guide creates a more informed and interested partner in the process. Others prefer to do the personal work alone first. Trust your sense of what will serve your journey rather than what feels comfortable.
