

To achieve multiple male orgasms, you must have a spontaneous (natural) erection to start with, and then, apply the ballooning method (Natural Penile Enlargement Method) to expand your penis to an extreme size so that the blood pressure inside the penile cylinders can block the nervous communication between the glans and prostate. To achieve this level, you must hold your ejaculation back 3-5 times during lovemaking. Each ejaculation-holding will balloon your penis to a maximum size, under which condition your partner will feel very stimulated. Repeating this penile ballooning procedure several times and following the penile ballooning method given in <http://www.actionlove.com/cases/case7648.htm> your penis will be expanded upto 140% in length, depending on the level of both your testosterone burst/burning and her excitement.

By the way, to hold ejaculation back several times, you must have a hard erection and practice the Sexual ChiKong Intercourse, as described in

<http://www.actionlove.com/cases/case2res.htm>

and

<http://www.actionlove.com/cases/case7715.htm>

You should learn the [Anal Breathing Method](#) which enable you to channel the sexual energy from you prostate back to your brain, through your tail bone, via your spinal cord and the Governing Vessel of the acupuncture network. You have to periodically contract your tail bone muscle (to synchronize with each penile stimulation stroke if you are in a sexual act, or each love stroke if you are thrusting her or she is thrusting you.) While a sequence of sexual energy pulses passes through the tail bone, you will feel a sequence of orgasmic(heat) waves running into your spinal cord up to your brain. This is what the male orgasm without ejaculating is all about! Of course, you can ejaculate at the same time.

For the responses of Sexual Chikong practice from our readers, please read

You may be able to have multiple orgasms without ejaculation (termed as Dry Orgasms) when **your heart pumps at a rate below 100 (75, preferred) beats per minute (this is the most critical factor!)**, the blood pressures are below 150/100, and you breath rhythmically and deeply at about 4 times per minutes (about 15 seconds for a breathing sequence consisting of short step-wise/digital inhaling at a rate of 0.8 second for 5-10 seconds, holding breath for 3-5 seconds, and slowing exhaling for 2-5 seconds) during intercourse. Heart rate and blood pressure will alternate your brain's sympathetic function associated your ejaculation control. To prolong sex, you must put your brain and heart function in the parasympathetic mode, that is, [let your mind do nothing but guide the circulation of your sexual energy along the Governing and Conception Vessels of the acupuncture network.](#)

The Key: Apply a light pressure against your bladder, lightly expand your low abdomen, lightly contract your tailbone muscle between the anus and tailbone at about at a rate of 0.8 second (this is the natural orgasmic contraction rate) **All The Time in the suggested breathing sequence above**; ascend your mind from the tailbone to your rear brain along the spinal cord while inhaling; focus your mind onto the rear brain first and slowly move your mind to your third eye between your two eye bows while holding your breath, and then descend it down to your prostate along your Conception Vessel - the central line of your front body while exhaling. Always keep a slight pressure against your bladder to relax your prostate even when you exhale. **You will feel your tailbone muscle is vibrating during the off-line (non-intercourse) practice - practice it anytime when your body is in relaxation. During online (intercourse) practice, the vibrating tailbone muscle will pace orgasmic contraction across the anus toward the prostate muscle and penile shaft once the tailbone muscle traps sufficient sexual energy. If you don't know how to practice this advanced Sexual ChiKong, go to read <http://www.actionlove.com/love/chikong.htm> first.**

Don't contract the prostate and its surrounding muscles. Instead, relax them. Load your thrusting forces or body tension on your knees, legs, shoulders and hands and contract your tailbone muscles and bend your head/neck backward against your spinal cord to allow sexual energy to flow into your spinal cord via the tail bone from the prostate. The trick is, the tailbone nerve will trap a part of the sexual energy. When Sexual energy elevates at the tailbone nerve over -40 mV, the tailbone autorhythmic fibers induces Orgasmic Contraction which spreads from the tail bone muscle to the penis and the prostate muscle. The orgasmic contraction does not deeply reach the seminal vesicles for induction of ejaculation, even the prostate lightly contracts. Therefore, ejaculation does not occur, but your woman can feel your penis contracting at that moment. She can sense your penile contracting 3-5 times without ejaculating! When your orgasmic contraction occurs, don't move or thrust, but inhale deeply or hold your breath and widely open your eyes to allow your pupils to dilate upon the orgasmic wave pounding your head. If your glans penis is kissing her cervix at the moment (see the central graph of <http://www.actiontao.com/imge/resonant.jpg>), your contracting penis, acting like a vibrator stimulating her Epicenter/cervix, may induce her orgasm at the same time (Note: if you ejaculate a powerful, hot semen jet when your glans penis is griped and kissed up by her Epicenter/cervix, she will achieve a powerful orgasm with you!). The feeling is very beautiful for both of you! It is like an orgasm orchestra performed by the uterus and the glans penis. For us, we feel like the bioelectric sparking across the glans penis and the Epicenter/cervix. Therefore, we preserve the bioelectric energy for another orgasm again and again in one love session.

If the seminal vesicles are full of semen, the shallow prostate contraction may pop out one small drop of semen, which would not affect the erection power for continuous lovemaking. That is, your refraction period in re-arming your penis is almost in zero second!

Note: You may fail to achieve this when your prostate tension is high as a result of the excessive dihydrotestosterone (DHT) building up due to an excessive testosterone burning in the prostate tissues. You need DHT in the penile tissues to power up the penis, but you don't want it in the prostate tissues. The excessive testosterone burning occurs when the pituitary produces too much LH (Luteinizing Hormone) and the liver supplies sufficient 5-alpha reductase for burning testosterone. This is also a main cause of young men's premature ejaculation (PE). Contracting the prostate and its muscle to assist erection during sex is the second cause of PE for men of all ages. Blood congestion in the perineum area may cause prostate tension as discussed in <http://www.actionlove.com/love/massage.htm>