

1: The Art of ESO - Extended Sexual Orgasm Powered by PurPlay

The Art of ESO - Extended Sexual Orgasm Powered by PurPlay By KT Mars. *ESO - How you and your lover can give each other hours of Extended Sexual Orgasm (ESO)* is a book written by two doctors in the early 's.

Belly Breathing And Tantric Sex VIDEO The Tantrics and Taoists, in particular, have developed simple, relatively easy and obviously fun techniques to help men train themselves to last longer and experience multiple orgasms. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. We were amazed at how relatively easy, and fun, the practices were and how quickly we saw results - results that have lasted all these years. Though the book is long gone from my library I have no doubt that the techniques are a modern version of ancient Taoist, Tantric, Arabian and Japanese methods for expanding orgasmic pleasure. The Tantrics and Taoists, in particular, have developed, over thousands of years, simple, relatively easy and obviously fun techniques to help men train themselves to last longer, choose when they might ejaculate or not and experience multiple orgasms without ejaculating. Orgasm and ejaculation are two separate physiological experiences. The interesting part about achieving ejaculation mastery is that it is the basic practices of self-control and breathing that is fundamental to success. The same is true for learning yoga and meditation. And that is actually the more important part to these practices. Tantric sex is one of the many vehicles to the destination of consciousness. When you involve your mind with your body you build new brain connections that will stay with you your whole life. Then, the flow of orgasmic energy becomes a vital tool you can use to up the ante on your life. If you can breathe effectively while in high states of arousal and extended orgasm, then, after a bit of practice, you can simply breathe and attain a similar ecstatic state, outside of the bedroom. You have entrained sections of your brain to produce the feeling state associated with the bodily state. See my short video explaining a bit about breathing and ejaculation control: So this is your mission, men. Should you choose to accept this mission it will require: This might encompass six focused workouts. All kidding aside, you are not alone. The basic technique is to practice solo or with a partner to simply last longer. This should begin with self-pleasuring that, on a scale of 1 to 10, stops every time you reach a 7, 8 or 9 - what ever stage you can get to without going over-the-top. Relax and breathe deeply into your belly for a few minutes and then start again. This will require some self-restraint at first but the results are well worth it. Bring your focus and willpower to bear. You will very soon understand that as you get closer to the ability to not go over-the-top you will actually be experiencing orgasmic-like pleasure without coming. Watch the video above to get a better picture of the details. After a few weeks of solo practice involve your lover next. Have them use their hands to pleasure you and use the same techniques to master the extra energy of a partner. You will fall a bit back into old patterns at this stage but they will pass more quickly this time. The next step will be to have intercourse with your partner. You may have to, in effect, start the process over. This time, though, the results should happen much sooner. Your body and mind will be working together this time. Remember to relax and breathe deeply into your belly. Use your mind to imagine the sexual energy spreading throughout your whole torso and up your spine, chest and throat. Your lover can use their hands to spread the sexual energy up your chest, over and over, as they remind you to breathe and relax into the pleasure. Suzie Heumann is the founder of Tantra. She studies, writes, has authored three books and makes films about conscious sex, Tantra and the Kama Sutra.

2: PurPlay Astra Archives - PurPlay Personal Lubricants

Eso Extended Sexual Orgasm has 3 ratings and 0 reviews: Published September 1st by Warner Books (NY), 0 pages, Paperback.

How does breath affect sex? And how does sex affect breathing? He lives most life whoever breathes most air. Elizabeth Barrett Browning She who breathes most when making love lives most fabulous sex life. If a person was to playfully mimic someone having sex, they would probably do so by exaggerating this standard breathing pattern. Breathing during sex is something people are aware of, but often not very conscious of. What exactly is breathing? These actions are termed inspiration inhalation and expiration exhalation and they are accompanied by changes in the size of the thoracic cavity. Although respiratory muscles can be controlled voluntarily, normal breathing is a rhythmic, involuntary act that continues even when a person is unconscious. The respiratory system includes the nose, nasal cavity, sinuses, pharynx, larynx, trachea, bronchial tree, and lungs. However the more advanced and more esoteric teachers and manuals almost always do. Some go into great lengths on the subject. Wherever lovemaking is perceived as an art, conscious breathing is an important part of the palate. Paying attention to breathing helps because it brings you back from thought to sensation, to your body. Breathing also helps because the breathing reflex is complex and many bodily systems involved in sexual arousal are hooked into it. Barbara Keesling, a surrogate partner and the author of *Sexual Healing—A Self Help Program to Enhance your Sensuality and Overcome Common Sexual Problems* teaches a simple, conscious, rhythmic breathing technique as part of her sex therapy. As is true in all martial arts and meditative practices, your breath is the gate through which you can gain control of your body. If you are breathing quickly and shallowly, as after running, your heart rate increases. If you are breathing slowly and deeply, your heart rate decreases. So the first step in controlling your arousal rate, and therefore your ejaculation, is deep and slow breathing. At a prime moment, some deep breaths are taken, the breath is held, and all the muscles in the body are clenched, the breath and muscles are then let go completely into full relaxation. The Big Draw is used during sex to increase energy and endorphin levels. It is the ebb and flow of a primal wave movement. The source of this rhythm lies in the swelling and receding motions of the pelvis and the abdomen as they open to the incoming breath and draw inward on the outgoing breath. She points out that breath is often tied to spirit. Groups of women and men and everything in between lay on the floor—keeping their clothes on— and follow her instructions. Once learned, the technique can be incorporated into partner sex. Breath can be used to help women extend the length of their orgasms. Researcher Matt Crowley explained the practice this way: The idea seems to be that the hypoxia lack of oxygen and ischemia lack of blood flow can contribute to the intensity of sexual arousal. Expert floggers and whippers strike when their flogee exhales. Raelyn Gallina, a professional pierce, invites her clients to breathe deeply, then pierces them on an exhale for a better, more pleasurable experience. I am reminded of the time I was in Pompeii with my lover Willem. He got a life threatening asthma attack from the dust of the ruins and refused to go to the hospital. Back at the hotel I tried everything I could think of to help him to breathe, from hot compresses to a deep body massage. As a last resort, even though neither of us was in the mood, I applied oral sex. Within minutes he started to breathe more comfortably. He claims that the blow job saved his life. Breathing together can intensify feelings of peace, aliveness, and love. Lovers can speed up their breath to increase excitement or slow it down to increase enjoyment. Breath expands capacity to be sensual and increases sensitivity. One clever entrepreneur realized the importance of the breath while performing cunnilingus. He manufactured a unique novelty item— The Pussy Snorkel.

3: ESO - Extended Sexual Orgasm in Internet Slang, Chat Texting & Subculture by www.enganchecubano.com

*This item: ESO: How You and Your Lover Can Give Each Other Hours of *Extended Sexual Orgasm by Alan P. Brauer Paperback \$ In Stock. Ships from and sold by www.enganchecubano.com*

During the last week of October, , Sunrise Center in Corte Madera, California, held an interesting 3-hour tantra workshop. This was a couples-only workshop, consisting of a small group -- perhaps 8 or 10 couples. There were 4 teachers two couples. The couples all happened to be heterosexual, but the teachers made it clear that the same training would be given to homosexual couples, had any signed up. We started by giving our names and listing some of our previous experience with tantra workshops. As usual, ages ranged from early 20s through late 50s, and experience ranged from absolutely none through many years of attending workshops or even giving them. Some couples seemed to be mated or married; others, like my partner and i, were simply "training partners" who liked and respect each other and trained together, much as one might with a martial arts training partner. It was explained at the outset that this particular class would focus on the physiological aspects of the "extended orgasm" or orgasm control techniques popularized through books like "ESO" by Allen Brauer or "One Hour Orgasm" by Bob Schwartz , and that there would be little or no reference to tantra puja or sacred sexuality. The same information applies to men, of course, and the women were gently advised to make sure that after the class we would practice on the males as they had practiced on us. The lecture portion of the presentation consisted of the usual anatomical details of the vulva and clitoris shown on a large, well-made, silky-satin stuffed-toy-like vulva! Those familiar with tantra or extended orgasm will not need a refresher on this subject, but for others, the basics are these: Because there is no specific word for the contractions of female orgasm and because in most males ejaculation and the sensations of orgasm are closely entrained, many people have been led to confuse contraction with orgasm. For the purposes of the class, orgasm was redefined as "anything happening between your legs that feels better than anything else in your body" and muscular contractions were broken down into "peaks," "valleys," and "climaxes. The techniques covered were 1. One teaching couple demonstrated the first five techniques as the other couple described and added comments. The students then applied these techniques one-on-one while all four teachers went around the room checking us and making suggestions. Later, the other couple demonstrated the last three techniques, which we then practiced while the four teachers again checked us. The workshop closed with a lengthy question and answer period. I could give extensive details of the training techniques training from effect and training from cause are extremely useful, and the female detumescence trick was alone worth the price for the course -- but i do not feel comfortable giving away information which i think is well worth the small amount of money one would pay to the Sunrise Center to learn first hand. Take the training yourself, if you want the full experience. The Center runs other types of workshops and their tantra classes are organized under the name Celebrations of Love. You can reach them at Celebrations of Love 45 San Clemente Drive, C Corte Madera, California voice fax As usual, i should state that i am in no way connected with the Sunrise Center except as an occasional student and that i earn no money or free training time by reviewing their classes favourably. I also feel compelled to restate, as i often do, that i believe one could learn just as quickly from books or, if one had a willing partner, through personal experimentation. The benefit of this training class was that it rapidly and positively delivered information on techniques that other people had developed. There are always new wrinkles to this field Send your comments to: Did you like what you read here? Then please click on the Paypal Secure Server logo and make a small donation to catherine yronwode for the creation and maintenance of this site.

4: Sex and Breath | www.enganchecubano.com(ASM)

Eso Extended Sexual Orgasm by Alan P. Brauer, September , Not Avail edition, Paperback in English.

It is by far the best book on sexual pleasuring I have ever read and it changed my sex life forever. I jumped at the chance and the results were mind blowing. I whole-heartedly believe that adults pleasuring each other for hours is the pinnacle of sexuality. Intercourse is fine for those kitchen table quickies, but studying, learning and giving the art of sexual pleasuring exchanging orgasms is what PurPlay was designed and made for. The art of ESO requires an in-depth understanding of your sexual desires and body parts while asking for and receiving pleasure. The fun part is the homework. Practice makes perfect for pleasure givers and receivers. Building desire and anticipation starts to move men and women to a crescendo of feelings and emotions is the key to sexuality and orgasm. Think now that you have been planning the meal all week, shopping on lunch breaks for the best ingredients, accoutrements and that special bottle of wine that you love. That special Saturday evening comes and you begin to prepare. You pour yourself a glass of wine and begin to prepare the meal. You spend three or four hours prepping, arranging and cooking. That special person arrives and you greet them with a warm kiss. You sit down to eat and they gobble the meal down in 5 minutes. Well, that is sort of the way many people have sex. Anticipation builds for days and it is over in two minutes. I personally believe the book and PurPlay should come in a package together because they fit together like hand and glove. For men, there is conjecture that the herbs do the same thing, but much more subtly. Women report beginning to feel the effects in a few minutes. PurPlay instructions say that it takes about 5 minutes. So, I read ESO and had my guy read it to. We both were very hot after the read and acknowledged that just about everything would take practice. My guy is very girl sex savvy and gentle. I explained how PurPlay works and that it would take about 5 minutes for me to begin noticing intensity. It normally takes me about 15 to 20 minutes of building foreplay until I orgasm for the first time. On occasion, I can orgasm four or five times in a session. What happened next was mind-blowing for me and my guy. He applied PurPlay Astra to my vulva area focusing on my clitoris. We began to kiss and play normally and building slowly. It was about 5 minutes and I began to feel like I was sinking into an uninhibited heap of hot sex. After about ten minutes we were very hot and deep and I orgasmed with a literal explosion. We were not having intercourse, but playing like ESO suggested. Normally when I have an intense orgasm, my guy stops and waits for the afterglow to subside. After reading ESO, he did not stop and switched where his play was focused on. Amazingly, he hit areas that I did not even know I had. What happened was amazing. I had another orgasm in just a couple of minutes and it was more intense than the first. He kept going and I kept cuming. Each time I came faster and harder. I became very selfish wanting more and he obliged with different play introducing toys and moves. I lost count, but I think I orgasmed 10 times before the last one came as a constant orgasm that did not stop for over two minutes. He said my vaginal contractions were non-stop squeezing, releasing and squeezing. I have never been so sexually high in my life. Both I think which makes them invaluable beyond belief. It was his turn. I asked him to tell me what he liked and what he wanted. I am a very open sexual partner and will try anything, but I wanted him to participate by instructing me where to go and what to do. After reading ESO, he was right there with me and he looked forward to the attention. He admitted that intercourse sex is hard work and he liked the idea of just laying there and experiencing the pleasure. I began to play using PurPlay to focus on his testicles lightly caressing and squeezing them. To my surprise, he really liked it and wanted me to squeeze harder. I sensed that he was actually close to orgasm, so I kissed his belly moving up to his lips. I kissed him for a while to bring him down slowly and nicely. I kept trying things I learned from ESO and he would climb and then gently cool down. I did this for over an hour and he was out of his mind. I thought he would ask me to take him up for the big O, but it became clear to me that he was in ecstasy. I did a spray of PurPlay to the head of his penis and stroked him through to his orgasm. He came so hard that he was screaming in pleasure and he kept pulsing for a very long time afterward. After he would ejaculate in the past, I would stop and just hug him. Per ESO, as he pulsed, I rubbed his testicles lightly until he finished and fell relaxed. I kept rubbing him and in about five minutes, he became erect again. This time I took him off very quickly again rubbing with

PurPlay Astra. He came even harder and ask for more. The third start up took a little longer, but he became erect again. This time I tried sitting between his legs and rubbing his testicles and thighs while I stroked his penis. He came again higher and harder. This time the pulsations seem uncontrollable and lasted longer. He asked for more, so this time I kissed him hard and deep while rubbing his testicles, but this time I started to squeeze them very hard to the edge of pain. He became erect again very fast as if the cooling down between orgasms was no longer necessary. Yes, I gave him the elusive quad which guys generally only dream of. He was in so much ecstasy he could not talk. Here is the big part. When we stopped our play, it was over 4 and a half hours since we began. Honestly, I have never felt closer to my guy because he totally trusted me because I totally trusted him to give me pleasure without immediate return satisfaction. Pleasuring was intense and like neither had experienced before. So, a little about the book! Brauer and his wife Donna Through years of research and clinical work, Doctors Alan and Donna Brauer have developed an amazing technique which will revolutionize readers sex lives, exploring the mental and emotional as well as physical aspects. It is graphic and very instructive. I learned so much about feelings, touch and intimacy. My first copy was a used dog eared version because the book was out of print went I first discovered ESO circa Frankly, I like turning the pages and seeing the graphic images of what to do. Lastly, get your own copy, read it and have your partner ready it. Then have a conversation across the table from each other. Then play, practice, practice more and play more. There is time in your for ESO and those kitchen table moments as well. While some techniques are described, they are offered with a degree of humility that invites you to experiment. They wisely recommend that partnered activities wait until each person has attained a certain level of skill on his or her own. The advice is pretty simple: While they offer some structured exercises through which to apply these principles, and a few suggestions for initial exploration, this book is neither prescriptive nor proscriptive. My two favorite things I learned from this book, I learned experimentally, by following their suggestions: I think my second favorite would have to be the kissing exercise.

5: Eso Extended Sexual Orgasm (September edition) | Open Library

>Self-Help Books > Sex Books > *Eso: How You and Your Lover Can Give Each Other Hours of Extended Sexual Orgasm.*

6: Extended Orgasm: A Sexual Training Class

Since orgasm begins in the brain, it makes sense to address emotion and behavior as a helpful way to improve your sex life. Yes the font and the format are dated, but the information remains relevant and accurate.

7: www.enganchecubano.com: Customer reviews: ESO Extended Sexual Orgasm

Eso: Extended Sexual Orgasm by Brauer, Alan P. and a great selection of similar Used, New and Collectible Books available now at www.enganchecubano.com

8: Orgasms For Men: Belly Breathing And Tantric Sex (VIDEO) | HuffPost Life

There's a joy in mastering something that might have felt unattainable in the past. I remember many years ago when my husband and I picked up the book ESO - Extended Sexual Orgasm, by Donna and Alan Brauer, a husband and wife team, then at Stanford University.

9: Eso: How You and Your Lover Can Give Each Other Hours of Extended Sexual Orgasm by Alan P. Brau

If you are searching for a book Eso: How You and Your Lover Can Give Each Other Hours of Extended Sexual Orgasm by Richard Rhodes, Alan P. Brauer in pdf form, in that case you come on to faithful.

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