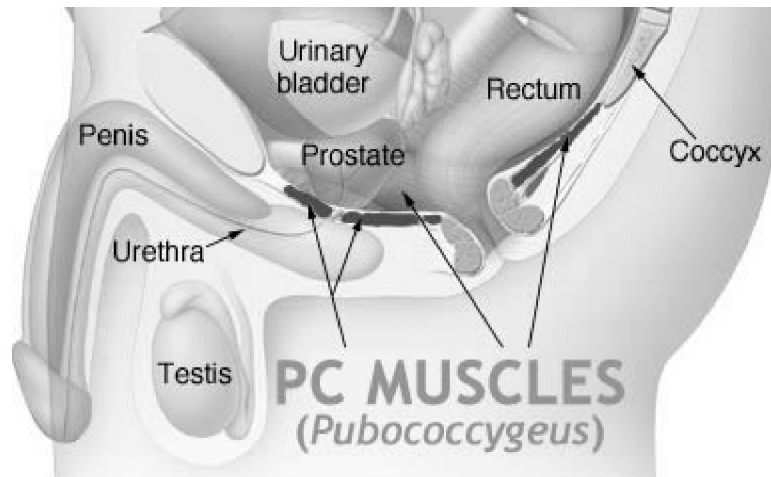


Sexual Self-Mastery

PC Muscle Training

The PC Muscle

The pubococcygeus (PC) muscles compose a hammock-like muscle group that stretches horizontally from your pubic bone back to your tail bone. The muscles circle your prostate, anus, and urethra, and connect through other muscles to the penis. The PC muscles are what you use to stop and then restart the flow of urine, or when you make your penis "dance" when you have an erection. They also prevent incontinence and help support your internal organs as part of your pelvic floor.



The PC Muscles and Sex

As you get aroused, your PC muscles tighten. You can sometimes feel them involuntarily contracting. This tightness is what leads the male body to ejaculate. So the trick to prolonging your erections is to relax the PC. You can do this in two ways:

- **Kegels:** pumping the PC in and up repeatedly so that it is forced to relax through exhaustion.
 - **Reverse Kegels:** consciously relaxing the PC by pushing it firmly out and down.
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Training

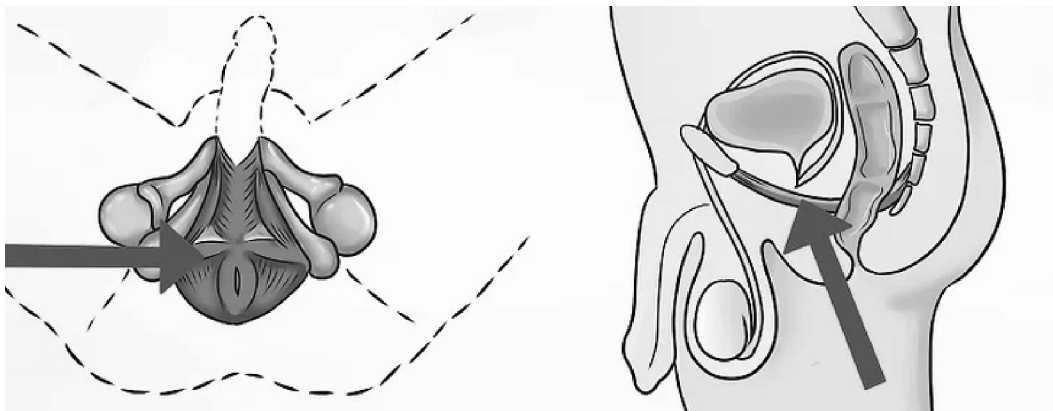
You can control your PC's by strengthening them through repetitions of Kegels and Reverse Kegels. ("Kegels" is a colloquial name for PC muscle exercises, named after Dr. Arnold Kegel, the American gynecologist who pioneered them)

Kegels

1. Inhale through the nose while squeezing the muscles in and pulling them up towards your belly. Imagine there are a pair of tiny lungs in your cock and breathe into them.
2. Hold your breath as you tense the muscles.
3. Exhale out your mouth while slowly releasing the muscles.

Reverse Kegels

1. Inhale through the nose.
2. Exhale, releasing your PC's as much as possible, and then continuing so that the release becomes a push away from your torso. It should feel like you're pushing out against your penis.
3. Inhale and relax.



Variations

- **Holds:** 5 second pull up and in while slowly inhaling, hold breath and squeeze PC's for 3 seconds, release and exhale for 5 seconds.
 - **Elevators:** Breathe in & squeeze, breathe in more and squeeze further, then breathe in more and squeeze further. Then reverse: breathe out a little and relax, breathe out more and relax further, then exhale fully and push out.
 - **Lifts:** When erect, stand up and lift your cock using just your PC's. You can also put a towel over your cock for added resistance.
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Training Tips

- All these exercises can be done sitting, standing, or lying on the floor. Experiment.
 - Empty your bladder and bowels before you begin.
 - Press your finger upwards on the space between your anus and balls (the Perineum). This allows you to more easily feel the movement of the PC muscles.
 - Consciously relax your abs, thighs, and anal sphincter muscles as you work your PC's. Reverse Kegels especially may lead you to pass gas.
 - None of this should cause pain. Stop if you feel cramping or severe tension.
 - You can tell the muscle is exhausted once you've tried to hold it in and can't.
 - You can make a sound with your exhales to amplify the release.
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Using the PC

1. **When you're turned on:** pump your PC's with a few Kegels to circulate sexual energy from your pelvis through your whole body. This helps to reprogram your nervous system to relate to the whole body as the container of sexual energy.
 2. **During sex or self-pleasure:** when you're getting more aroused than you want to be, apply the Reverse Kegel firmly. This will keep you relaxed and calm your arousal.
 3. **When you're close to ejaculation:** pause, and use a set of a few slow Kegels to pump the energy throughout your body. This will exhaust the tensed muscle so that it has to relax, and will pull you back from the brink.
 4. **Once you've passed the point of no return:** there is a 5-10 second window before ejaculation in which you can "create a seal" and prevent ejaculation. The second you feel yourself falling over the edge, do a single intense Kegel, pulling up and back, just as if you were trying to stop yourself from peeing. Hold your breath, and then relax. This should allow you to continue.
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Remember...

PC training is not just about strength, it's about forming an intuitive connection with the muscles so you are able to tighten and relax them at will. So consistently doing your PC's every day is more important than the volume of squeezes or sets. Enhance this mind-body connection by squeezing them all the time, especially when you're getting started. Finally, control of your PC alone is not enough to gain sexual self-mastery. Use these exercises in conjunction with your breath, sound, movement, and visualization to actively move your sexual energy throughout your entire body.

Sample PC Exercise Plan

Each set should take no more than 5 to 10 minutes. The Kegels and Reverse Kegels here can be done as pulses, with inhales and exhales lasting roughly one second each.

Week	Sets / Day	Exercise + Reps			
		Kegels	Reverse Kegels	Holds	Elevators
1	1	15	15		
2	1	20	20		
3	1	20	20	5	
4	1	25	25	5	
5	2	25	25	5	
6	2	25	25	5	5
7	2	25	25	10	5
8	2	25	25	10	10
9	2	30	30	10	10
10	3	30	30	10	10
11	3	40	40	10	10
12	3	50	50	15	15
