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CHAPTER 1

Why Retain My Seed

At about nineteen years old is when I instinctively knew that when I ejaculated (discharged my sexual energy) I felt drained. I remember the exact situation when I had this insight. I was in the middle of having sex with my girlfriend, and then something inside me just said, “Don't release,” and so I didn't. I detected afterwards that I had lots of energy for the rest of the day. This was very noticeable because I already had the contrasting experience many times of feeling tired after ‘releasing’ so I was aware of the difference. Releasing my semen always gave me a kind of pseudo sense of relaxation, but always at the cost of becoming more dull and unstable both emotionally and mentally in the long run. I also noticed when I didn't release during sex, I didn't have to eat or sleep as much – roughly for the next twenty-four hours. This made sense because we need to eat and sleep for energy. Unfortunately, I didn't take my newfound revelations seriously. I was still too immature and wanted to use porn and masturbation as an escape from my inner turmoil. PMO means: porn, masturbation, orgasm, and is a huge and widespread addiction that many don't even know they have and don't recognize the disastrous effects of doing it. But by Grace, I intuitively knew early on that it wasn't healthy for my nervous system when I masturbated and released my seed and I was sensitive enough to feel the obvious negative side effects when I would indulge in so called ‘healthy self-pleasure.’ So I tried to do it less, but I would still relapse frequently because I didn't have any guidance or a full spectrum lifestyle that supported this practice. My lifestyle habits created so much stress that I felt compelled to use PMO as an escape tactic from this intense inner strain.

CHAPTER 2

Everything Comes Down To Dopamine

It's funny how most people think conserving one's sexual energy (semen retention) is weird. They find it funny only because they don't understand it, while at the same time, believing that watching porn and jerking off is normal and healthy and those who want to be free from lust are seen as odd. That's the mindset in today's world, people are unable to think clearly. It's their habits that are doing the thinking for them. When you explain conserving sexual energy, it doesn't compute. They default into thinking it's weird because the ego calls anything it doesn't understand strange or stupid. Have you ever introspected to see why watching porn and masturbating is so gripping? How it can hold your mind hostage and make you repeat it over and over to the point where it can make life unmanageable? Where does this seemingly addictive dark vortex get its power? In fact, anything that compels you to do it repeatedly is dark or negative. People can stay on the computer all night, not eating or even going to the bathroom. They just keep going deeper, watching more stimulating and extreme pornographical fetishes online, and eventually, some actually feel drawn to experience it in real life, hence the darker crimes that can take place that you hear about. Most may not reach this level, but still, you can contemplate the insanity of it. It's like you become a slave to the dark side of your own imagination. People are imagining that they are enjoying watching others have sex, and doing weird stuff to each other. You probably wouldn't want to do these things in real life with a person, but you love imagining it. That's what porn does, it stimulates and corrupts the imagination and creates enticing fetishes: babysitter, teacher/student, step mom, incest, etc. You know that this isn't reality, but you plug into this virtual world, and allow yourself to feel that it's real. That's the dark power of a corrupted sexual instinct.

CHAPTER 9

The Dark Side Of Semen Retention (Severe Withdrawals)

Severe withdrawal symptoms (or flatline) is the dark side of semen retention, and is one of the main reasons many will give up on the practice. Not everyone experiences the same intensity when it comes to withdrawing from dopamine.

When I am talking about flatline, I'm taking it up a notch when it comes to withdrawal symptoms. Another term for this is post-acute withdrawal syndrome. Some people, due to their nervous system and other factors, experience a very intense and heavy withdrawal period.

I experienced this as a teen when I quit smoking weed and went to rehab. I was flipping out. Other people who were there detoxing from marijuana withdrawal were like, "What's wrong, bro? What's the big deal?" They didn't understand and couldn't relate. I even experienced severe bipolar and manic episodes. I saw all kinds of weird images when I closed my eyes. I went through some very intense withdrawals, to say the least.

For people with a sensitive nervous system, stopping an addiction causes a lot of stress. Your cortisol levels crank up triggering the fight or flight response. Your body trips out because you're not giving it the drug it used to get all the time. You may stop sleeping, eating, and basically be living off of cortisol (your own bodily steroids), which can make you crazy over time.

I'm sharing this with you to let you know that if you experience these symptoms, it doesn't mean that you're crazy or that you still shouldn't quit PMO. Some people just have to go through this.

Stay humble. Admit to yourself that you are seriously powerless over this addiction when it comes to using sheer willpower. Admit you need access to some greater power to assist you. Then, a deeper power will begin to arise, which can do for you what you can't do for yourself. That's the whole premise of surrender.