

Announcer:

Bulletproof Radio, a state of high performance.

Dave Asprey:

You're listening to Bulletproof Radio with Dave Asprey. Today's guest is John Gray. He's famous for his work with *Women Are from Mars, Men Are from Venus*.

John Gray:

Men Are from Mars, Women Are from Venus.

Dave:

I said that backwards just to make you mad.

John:

Everybody does.

Dave:

I totally did that just to see how you'd respond. Basically, we're from different planets. The names of the planets are vague, I'm kidding. He's also been in a couple of my books, particularly in *Game Changers*, where I interviewed 500, I call them elders or masters, people who've done massive work to change the world. And if you've never read any of John's books, his most recent book is called *Beyond Mars and Venus*. And it is mind blowing from a biohacking perspective.

So, yes, relationships where their insights have helped my marriage that I've learned from John in person, but there's also just a lot of stuff around what your hormones do and all. And so, first of all, John, I'm so happy to get to spend time with you and to get to share this time with a few hundred thousand people. Welcome.

John:

Well, thank you. It's always a pleasure to be with you, and nice to be up here in the mountains hanging out.

Dave:

When we've hung out other times, you've supported my book launches by giving a talk in San Francisco. And I'm so grateful for all the work you're doing, but after we put down the microphones and all over dinner, you told me all these juicy secrets of Taoism that I just don't know that the audience is ready for that. This is off the record. I mean, no, when you have a master with you, you don't want somebody off the record. That's the best stuff. So, you agreed that you're going to spill the beans-

John:

Today.

Dave:

... about some of the stuff that a lot of people want to know. If your kids are listening, some of this stuff is maybe not safe for work, but it is all out of respect on how humans work and science base and all that stuff, but it might get a little bit sticky.

John:

This is R rated, X rated.

Dave:

We're not going to go to X.

John:

No, I don't think. It's education. I think we all need sex education and this is things that I've been learning and teaching and practicing since 1979. I was a monk for nine years, hadn't had sex in nine years.

Dave:

First of all, let's go there, brother. We're going to talk about the equation, the Taoist equation I tried to disprove and failed to disprove about male ejaculation versus orgasm. We'll talk about women and the effect on them as well. What's it like to not have an orgasm for nine years, because I went for 30 days a few times to disprove and fail at the Taoism thing, but nine years, I can't imagine. What did it do to you?

John:

This is from 18 to 27.

Dave:

So, the time we're supposed to ejaculate every five minutes.

John:

First of all, I'm very active as a teenager sexually. I like sex a lot. And The Beatles went to speak with Maharishi, and they said, "You can get high without drugs," so I got all inspired and did that. He was a celibate. I'm a student. He was my mentor. I want to be you just like him. And how do you go without ejaculating or masturbating for nine years? You have to be motivated and you have to meditate a lot. You take the energy up.

I remember I used to meditate twice a day, 20 minutes, then it went to 30 minutes, then 50 minutes, then an hour twice a day, then two hours twice a day. And I'm in more of an ashram type setting at this time, traveling with him quite a bit too. I was his personal assistant. But then we go on these retreats and I went to literally 15, 16 hours a day of meditation. We're talking sitting straight up effortless, ecstasy of the energy just flowing up and swirling around.

Dave:

You can go some very, very altered states that way.

John:

Yeah, very altered state, but in order to do that, in my experience, is you have to contain the semen. The semen gives you the energy. After maybe about seven years into the celibacy for me, not releasing ever, you could actually smell the semen coming out of my perspiration. It filled my body. The Hindus talk about that as ojas. It's your semen then converts if you hold it into your body and you use it. You can't just not sex. That just goes dead. You've got to use that energy. So, sex for me was a lot like this movement like this. Literally, I was having-

Dave:

You're basically meditating and rocking your pelvis?

John:

Yeah.

Dave:

But were you getting ...

John:

No sexual arousal. No.

Dave:

Okay.

John:

It's spiritual arousal. It was amazing. It's unbounded awareness. It's ecstatic. It's like listening to a symphony. And at certain points when I would fast, I actually hear the music of the spheres, which was heavenly. It was heavenly. Then after nine years, my brother was bipolar and meditation didn't fix it, so I couldn't be out there meditating and being happy without doing something.

So, that's when I went to study psychology and got into psychology and relationships and all that. It's a big fun story, but the bottom line is I started having sex. And the first time I had sex after not ejaculating for nine years was three days.

Dave:

Did you turn yourself inside out?

John:

I don't know what that means.

Dave:

Well, I'm just imagining that if I didn't have sex for nine years, I would have basically had such a powerful orgasm that I would physically turn myself inside out.

John:

It was orgasm and orgasm and orgasm and orgasm.

Dave:

So, three days of that?

John:

Yes, three days of that. Yeah, and we slept and we ate in between.

Dave:

Were you physically destroyed after that?

John:

I was in heaven. I mean, I've been in heaven before but I said, "If I could have a choice, I'll take this." Our physical orgasm was another level.

Dave:

Did you regret your nine years of celibacy when you finally got to have sex? Did you regret your nine years of celibacy when you finally got to have sex?

John:

Oh, no, not at all.

Dave:

So, it was worth the quest.

John:

It was not a sacrifice for me to be celibate. It was a freedom to have this time to go high and then bring it down. You see, a lot of people just want to go high. And there's nothing wrong with that. But at certain point, you are one with all, so then that point is bringing into the body and not everybody has to be as extreme as me to do that. So, I went to that extreme. As soon as I finally ejaculated after three days, it was all gone.

Dave:

Oh, so you had sex for three days, and then you ejaculated.

John:

Then I ejaculated.

Dave:

Okay. Got it.

John:

Yeah, so I was orgasmic.

Dave:

That's why you didn't turn yourself inside out. Got it.

John:

Yeah, yeah. No, I crashed. It was like suddenly-

Dave:

Afterwards, okay.

John:

... this huge effortless spaciousness of awareness and fluidity just was gone. And then I realized that that's why you want to conserve the energy or the semen for men. It is the fuel for the brain to have higher consciousness in my awareness. So, I started teaching it. That was my first classes. I mean, basically, I traveled around for a year, having lots of girlfriends, and I read their palms.

Dave:

This was done in the '70s?

John:

Yeah, yeah.

Dave:

And I was only eight in the '70s.

John:

It was a fun time.

Dave:

I missed on that fun decade. All right.

John:

See, and the TM movement, I was like this celebrity, but also known as untouchable because I was a celibate. But then all these girls, now I was out, I had easy access to a lot of women.

Dave:

You went to touchable from untouchable.

John:

Anyway, it was really fun. But with every woman, I said, "You know I've been a monk for nine years. I need you to teach me about your body." So, I had these conversations with women about what they liked, what they didn't like. And I'd never known any of this stuff. And maybe a lot of other guys don't know this stuff, particularly back in the '70s. There weren't a lot of books about this.

So, I figured after a year of this, I would start teaching classes called Making Love workshop and get people together and share what I would learn during that year. And everybody in the room talk about what their best sexual experiences were. And that was just my going-

Dave:

Not in a porno way, but in a learning way.

John:

No, in an educational way.

Dave:

Yeah.

John:

And eventually, that moved into to sustain the sexual attraction, you need to have love. I mean, love is really what it's about. I mean, the subtitle that workshop was the purpose of sex is to make love, sharing and expressing love. And that's really what it's about for me. And to me, we have to understand the energetics of higher consciousness. If you lust after a woman, basically, all the energies is going out of-

Dave:

But it's one of the seven deadly sins.

John:

Well, it's not like a bad thing. I mean, teenagers looking all over the place, but at the same time, if you want to raise your consciousness, when you're lusting after someone who's not lusting back at you, that's the whole key. You've got to circle the energy. And that's where the love comes into place. Otherwise, you deplete the higher consciousness, the energy goes out.

Dave:

Is there a difference between desire versus lust?

John:

Yes, for sure.

Dave:

Okay.

John:

In my experience, a simple distinction would be when I was a teenager, I would lust after girls. Oh, I really want to have that. I really want that. I really want ... And even sometimes in my marriage, I would have feel lust when I would feel like Jimmy Carter saying, "I sinned, I felt lust." I'm not judging in any way. I'm just like-

Dave:

Just a quick commercial break, or not commercial, but just whatever PSA has called, look, every man alive has felt lust for someone or a very strong attraction like, man, I'd really like to do and in sort of the blanks, it's part of being a guy.

John:

It's the lazy part of being a guy.

Dave:

And it's how you act on that desire that decides whether you're a high integrity guy or not.

John:

It's how you act on it and it's whether it's returned, it becomes desire.

Dave:

Yeah.

John:

See, then that's when someone loves you and you love them, then the energy is not wasted. But you're kind of pining away after somebody, all your energy's going out. And it's a funny image, she's coming up, but the place where I would experience it the most because we didn't have a lot of internet porn then or anything like that. But you had the Olympics skaters and those women would be twirling around and I would look at it and go, this energy, I wanted that. I wanted that.

Dave:

When I was 14 and watched the Olympics, I remember that too, those little skater outfits. I used to wonder why is skating one of the most popular Olympic sports.

John:

Absolutely.

Dave:

No, I got it.

John:

But what I what I realized is that, that very strong, very strong attraction to that is the masculine part of me wanting to connect with the feminine part of me. See, ultimately enlightenment and being in the flow and creativity and self-actualization, and all those good things, is about balancing the masculine and feminine within ourselves.

When you look at all that the ancient Tibetan statues of the gods, they're always making love and having sex and they actually were, but at the same time, it's also a metaphor and a symbol for the masculine and feminine connecting together.

Dave:

Within one person.

John:

Within one person, within oneself. And I had achieved that in my own spiritual path. I was very fulfilled, but it wasn't in my body. You got to bring it down and it wasn't I was able to bring it down through

having a loving relationship with my wife, Bonnie, and having great sex with my wife, Bonnie, and practicing many of these things with her that I was able to maintain that high consciousness in this body.

And I could actualize my inner potential to fulfill a part of my mission, which was the right men are from Mars, women are from Venus. That was just a calling.

Once I realized I was going to write that book, 3:00 in the morning came along and I woke up and I would suffer until I got up and I would suffer so much that I had to go and write the book. It just made me write that book.

Dave:

So, you felt called to do it?

John:

I felt very called to do it.

Dave:

And there may be some people listening who haven't read that book and just don't know what's in it. Even you're 25 years later, you've replaced it now with Beyond Mars and Venus and you addressed some really good things that you wouldn't have addressed 25 years ago, like you talk about gay relationships and things like that. And you updated it with your only 25 more years of understanding the human condition. So, as I read that book, but either one of those things is full of knowledge about human behavior and biology beyond what you expect from the title.

John:

Right.

Dave:

It's not just a relationship book.

John:

It's not just a relationship book because it goes right to the biology. There's been an evolution in my message from just my observations of how men and men and women are how they miss an understand each other. And if you haven't read those books, they're still classic books. One of the big trouble in a relationship is you connect with your partner and you're getting really close. And like right after sex, you can feel men pulling away. Well, why is he pulling away at this moment of closeness.

Or women will be on the weekend, they have a great romantic weekend. And now, he's back to work and she's going back. But I thought we went to this high level of intimacy and connection and sharing. And so, that whole idea is that men have cave time. They need this time to come back to themselves.

Dave:

After an ejaculation.

John:

Well, now, we're talking about the actual sex part of it. Yeah, the basic ideas of Men Are from Mars book was, I mean, this fundamental misunderstandings between men and women, often men pull away and women go, "Oh, why does he love me? Doesn't he about me?" But the male physiology supports men in getting close, but then pulling back and I would call that the cave time. He goes to his cave. It's not about her. It's not that he doesn't love her. He just needs some time for himself. And then he has more to give to her.

And then there was another idea that very popular rubber band, men will get close and then they pull back. And if you don't run after him, they'll spring back. He's like a rubber band. But if you keep following him, he'll just keep pulling away. Another one, which is so good, is about what women need to talk, they need to share. Many times men interrupt with solutions. No need to solve the problem, just learn how to ask questions.

So, lots and lots of examples in those books on that. And another key point was that was little things make a big difference because we often think, oh, if I do something big, it's kind of a bigger reaction. Actually, you can bring your 24 roses. You're going to have almost the same hormonal reaction as one rose. So, the concept there is get through lots of little things creates a quality relationship. So, that's that message.

Dave:

And it's in there and it's oftentimes quantified and you know a lot of stuff that isn't in your books, weird hormonal response, curves and things that are echoed and from Taoist practices. And Mantak Chia was just on the show. We talked about Taoism and qi gong and we got in pretty graphical on that. And guys, this isn't a signal to you that Bulletproof Radio is going in that direction.

There's three F words that, pretty much four F words really, that if you read my books, you know about these things, fear, which is a big one we all have to overcome. And then there's food or hunger, right, and then there's fertility or another F word that you could use instead. Right? So, those are the three drivers of life.

And if we don't address our responsiveness and what those do to us before we can think, then we will be reactive and we'll act like animals. And then the fourth F word, just in case you're worried about the darkness of humanity, it's friend, that we form communities, we support each other and we help each other survive as a species and as a people, and as a planet actually.

So, this is a positive message, but we got to talk about sex sometimes and like this is a master, but you're kind of coming out with some stuff that you haven't before.

John:

Okay, so I'm coming out with new things now that my wife had asked me not to talk about. She died. She passed a year and a half ago.

Dave:

Yeah, and I'm so sorry.

John:

I know I felt empathy there and I'm going through my ups and downs with it. But when I'm in my work channel, I'm fine. But my heart is broken. I'm going to the grieving process. And a big part of that is finding love again. And that has happened in my life is that I have a partner now that I'm in love with.

And some people think how could you fall in love after having the love of your life for so long? I'm a loving person. How could I not fall in love.

But I just want to explain it. There's a place where you feel a lot of pain, so much pain when she died, died of cancer that the reason I felt pain, see, we have a logical brain. The reason I feel pain is because I love her so much. So, if I'm not feeling pain, then doesn't mean I don't love her. That's how the primitive brain goes. So, I have to be in pain the rest of my life to convince myself to prove that I still love her. And that's not the reality.

The pain is a wound. It's a brokenness that needs to be healed. And it gets healed by feeling the feelings, remembering the memories, missing her, loving her, feeling grateful for her. And then my heart is open again. And I feel more loved than I've ever felt before.

Dave:

You're an amazing human being. The work you've done on yourself just over the course of decades and just the way expressed that. That in and of itself will help thousands of people.

John:

Yeah, not to feel guilty if you feel happy. And of course, the other side, people always say, you know on the other side, she wants you to be happy. Of course, I do. But you have to overcome that little hurdle side. It's okay to become happier again, happy again, and then happier again. That's her gift to me. And for I'd say six months, could not sleep through the night and I remember every mistake I made in the relationship. It was so beautiful to see.

Again, how could I have handled that differently and now, I'm a better person. I'm wiser, have more love in my heart. And the lucky woman I'm with, she's just so grateful. And also, I'm happy that I can now share more about my sex life because she doesn't mind. My new partner ... Bonnie always wanted to keep our sex life private. So, I did write a book called Mars and Venus in the Bedroom, and it was more sort of G rated. But now, I can take it to R rate, so to speak.

Dave:

I get to ask you the hard questions now and you can actually answer this.

John:

Yeah.

Dave:

Okay. How does a guy not get blue balls if they're going to have sex all the time and ejaculate?

John:

Okay, so now we've just covered a big jump there, okay, which is-

Dave:

Everyone listening, all the guys are asking this right now. And the second one will be from the women's perspective, just so you know.

John:

Okay, so the concept here is when a man only has sex for like five minutes of intercourse, okay, what happens is he ejaculates. He now becomes addicted to ejaculating within five minutes and then four minutes. Okay, this is an addiction. There's nothing more powerful than ejaculation. Nature gave it to us. It says you got a job to do, go out and do it.

Dave:

Oh yeah.

John:

And so, we know cocaine produces high levels of dopamine. Ejaculation is on the same level. It says you do it. You want to do it again and again. Then nature puts something else inside of us. It gets another program which says, if you ejaculate into someone you love, different chemicals get produced.

Dave:

Wow.

John:

And what happens if I was to masturbate to internet, what would happen is I would ejaculate. My testosterone goes down. We now know that. But if I ejaculate with my wife, prolactin gets produced. And prolactin is what causes the recovery period. Now, recovery period is so that if we look at the ideal setup, is you ejaculate, you produce a lot of prolactin. Prolactin then lowers your dopamine so you're not going to go out there and hunger for another woman, and it prevents you from being turned on again for several days. Okay, now, if you're stressed, then the prolactin gets used up right away.

Dave:

And then you're horny again.

John:

And you're horny again right away. Or if you just saw online stuff, you get horny online. But let's go back a thousand years in a world where people didn't have all these stressors all the time, the high dopamine stimulators. You would ejaculate. You love the woman so you produce prolactin. You're not interested in sex for six days. And then seventh day-

Dave:

Even if you're 18?

John:

I'm telling you, this is what the research shows on 18-year-olds.

Dave:

Okay.

John:

The Japanese did this research on young athletes. They ejaculate on Saturday night. If they go for six days ... They ejaculate on Saturday night, the testosterone goes down half. It stays down there for a half for six days.

Dave:

So, get this, one ejaculation equals 50% drop in testosterone.

John:

So, that's for six days. And then on the seventh day, it doubles. You become alpha man again. That's the alpha level. It's double the average testosterone level. And you get that as a gift from nature to if you go without hunting for another woman for a sex six days. So, this is like mind blowing stuff because in my practice throughout all these years, the biggest issue couples want is they want to feel that passion they felt in the beginning. And where that passion goes away is ironically too much ejaculation.

Now, there's two solutions to that. One solution is just ejaculate once a week. And as you get older, maybe once every 10 days. And there's a formula for that, that you know from the Taoist, but basically, occasional ejaculation will keep your sex life very spicy.

Dave:

What I found in the data and I saw on the webpage on the Dave Asprey site is that when I ejaculated afterwards, as you would predict, I didn't usually have sex for a couple days afterwards and I was testing for me the number was don't ejaculate more often than every eight days, but I tested up to once every 30 days. And the longer I went without ejaculating, the more times I had sex. And this is really good for your relationship.

John:

And it's fantastic. Now, just think logically, if you're kind of bored with food, don't eat for two days. And whatever you eat is fantastic. It's fantastic. You fast. You fast from it. And we all know that's good for our bodies. It's also good for our sex life. And so, people are always asking me, how much sex are couples having. And many couples really do just have sex once a week. Other couples have sex twice a week.

And my experience is those are the ones who are in their 40s who are no longer interested in sex because they're now at a lower level of arousal. But if you can go for six days without it, then you get this double the level of passion that you would experience.

Dave:

You're saying without ejaculating, but now without sex?

John:

Oh, you definitely want to have sex, then just don't ejaculate.

Dave:

So, it's an ideal frequency of sex.

John:

Oh, first of all, let me back up. I misunderstood you from it. Yeah, many couples have sex on Saturday night and they wait and they have sex on Saturday night, and they wait and have sex on Saturday night. And they have their sex their whole lives. This is the old fashioned way of doing it. Now, couples of trying to do more. They feel like, oh, I want to have more because they're being so stimulated. But then they run out of the gusto by the 40 years old or after 10 years in a marriage. So, that's one system. Okay, that's basic ground level. You want to keep your passion for a lifetime.

Now, you want to be Superman for a lifetime. That's what we're about, is you learn to have sex every day without ejaculating. You start with every other day. You have to build up to this and there's a technique to it and we'll explore the technique. But basically, the overview of this is for me, for example, it's sex every day and usually twice a day. And minimum 30 minutes, five or six orgasms.

Dave:

Okay.

John:

Maybe 20.

Dave:

And you're listening to these, men can have an orgasm without ejaculating and that's what you're talking about.

John:

That's what I'm talking about. And Mantak wrote wonderful books on that. Dr. Chang and The Tao of Sexology writes books on that is that nature put that orgasm, which is this surge of pleasure and love and biologically, it's a surge of estrogen.

Okay, so see, if we can back up for Beyond Mars and Venus, the new book, I explained that men need at least 10 times more testosterone than a woman to be happy. They need 20, 30 times more testosterone than a woman to be really turned on to her and in love with her. Okay, you can't be in love with someone who have an erection unless you have really high testosterone. So, love-

Dave:

Maybe injecting some testosterone along the way is not a bad idea though?

John:

That's one system. Sex every day will do it. You won't do-

Dave:

Look, if you do both, I mean.

John:

That would need to. That would need to. That would need to.

Dave:

So, you don't use testosterone?

John:

I don't know. No.

Dave:

Can I ask how old you are?

John:

I'm 68 years old.

Dave:

All right. Similar thing if you're watching this or if you look at what Mantak Chia looks like, who practices similar.

John:

Yeah, he does. He says every 30 minutes, 30 minutes every morning, have twice a day.

Dave:

You both look younger than you are. I mean, for real.

John:

Yeah, yeah.

Dave:

It does do something to you energetically and physically. Okay.

John:

There's no question about it and that the energy level that I feel is outrageous when I have great sex on a regular basis.

Dave:

Now, we're speaking about this so far from a pretty male perspective, right? Now, if you're a woman going, oh my god, I can't imagine spending half hour an hour a day having sex. Like I'm already getting pestered for three times a week. How does this work?

John:

Okay.

Dave:

I got my answers from my tests, but I want to know how did it work for you because you're married to Bonnie for so long and you talk to more people than me.

John:

You can't always do it that way. I'm talking about right now it's every day because I don't have little children running around.

Dave:

That helps, yeah.

John:

Okay, so there's no little children. But Bonnie and I, we had always at least that ejaculation every week. Okay. And then many times, we would do the sex without ejaculating. It wasn't as nearly as much as what I can do now because I don't have little children. But I remember one time I said, "I'm going to just do it every day for 30 days." And I also made an investment in the stock kept getting higher and higher. And I put in 100,000. It was a currency and it went to 200,000. And then I really felt like I needed to ejaculate. So, I took my money out, made 100 grand and ejaculated. So, I think it gives you good luck as well.

Dave:

That all sound a little bit humorous. When I first published my data, and I talk about this openly on stage, it was a talk, one of the most embarrassing talks I've given at a quantified self-conference, because if you publish your data for a year, oh, here's an experiment. I was going to go 30 days without ejaculating, they're on day 23, oops. How do you record that day? I wasn't going to ejaculate, but I did, you know?

John:

Right.

Dave:

I made a bad call. And so, you write that stuff, but people came to me for a year or two after that. And they said, "Dave, I just tried it for 30 days and I got a \$30,000 raise. I started two new companies." And part of this is this energy that comes in, but yeah, there's something magic.

John:

It's intuitive energy, it's creative energy. And clearly after 30 days, I felt like hey, I just made \$100,000, that's good enough for me, I'm out. And it just turned out the two days later, I would have lost some of that money. So, intuition is activated.

Dave:

Okay.

John:

I just think we want to use our full brain potential and we're draining our brain potential today and we can see it now with our kids today, particularly the boys, you know I wrote a whole book also called Boy Crisis. It got boys, good book to read. But what's happening to them and on one level, the big part of it is internet porn and they're masturbating all the time to internet porn. And it's even more potent than just masturbating alone in your bedroom than to be looking at internet porn. Okay, so it's going to have a bigger addictive reaction to you.

Dave:

What about phone sex with your partner?

John:

Fantastic. I love that FaceTime thing. It's not a complete replacement of course and definitely more so for women it's not a replacement than for men because we're more visual.

Dave:

Okay.

John:

So, our imagination can be stimulated by that. But too much of it, it then can become too dopamine oriented rather than dopamine, serotonin, testosterone, estrogen, oxytocin. When you're with someone in physical touching, there's a lot of different hormones that get produced to keep sex from being overstimulating because anything which is overstimulating destimulates you, desensitizes your ability to be turned on to your partner.

So, I'll give you an example of that. We see teenagers now masturbating every day to internet porn. They at 21 years old are impotent with a real girl, they can continue doing online. And that long before they get there they're with a real girl, they lose sexual interest after two or three times because they can't sustain that level of attraction because the brains desensitizes. It requires higher levels of dopamine that can only be stimulated by new and different.

Then when you're with somebody you care about, this is another one of the paradoxes, the more you love someone, care about them, the more estrogen gets produced in the male body, and that lowers his testosterone. So, just getting married will take a knock off your average testosterone levels. Having children will knock it down even more. Unless you have counter practices that bump it up.

And that's Beyond Mars and Venus is all about teaching women how never to complain to your husband. Anytime you complain to him, you knock his testosterone down. It's like biologicals.

Dave:

It's like the anti-Viagra.

John:

Yeah, it's the anti-Viagra. It's feeling successful raises testosterone. Feeling unsuccessful lowers testosterone. And when women complain, they don't realize they think it's a little having a little effect, men don't notice it so much, but they start getting more passive and more passive and then there's more to complain about. So, just as a rule of thumb, anytime a man is passive, irritable, depressed, angry, frustrated, grumpy, his testosterone is low.

Dave:

That is 100% true. Okay, what if you're single, your testosterone is low? I mean, my life has been changed. Even though I was having a good amount of sex in my 20s, my testosterone was lower than my mom's. I had metabolic disorders, right? So, I started taking testosterone and it really improved things. I'm on testosterone right now.

John:

It makes your whole mood change and see, here's the clear misconception. People think aggressive, violent men are high testosterone men. Actually, they're high estrogen men. They do have more testosterone in their body, typically, but when they don't have confidence and they don't feel loved and supported, what happens when a man loses confidence, his testosterone, if he feels threatened, turns into estrogen and estrogen shoots up and the estrogen causes anger, which is aggressive.

And one of the techniques in Beyond Mars and Venus is if you start to have an argument with your partner, if you're angry and you're a man, you need to stop talking because if you talk, the estrogen goes higher and higher. Talking increases estrogen if you're talking about feelings.

Dave:

So, in that case, instead of talking, you just eat Ben and Jerry's or how do you deal with that?

John:

You say, "Timeout." Timeout and then you go and do something. I call it cave time. You do something that you're good at, that makes you feel good, that's not going to lower your testosterone like masturbate.

Dave:

Okay, good call. I'll get even with her.

John:

But ideally, go back to work. Ideally, do something that's going to help somebody. Ideally go work on your book. Ideally go solve a problem. Do whatever it takes for you. That's what hobbies by the way are. A long time ago, hobbies, every man quote on his resume put his hobbies. You didn't have dignity if you didn't have a hobby because when you're stressed, you have to have a hobby, which means a challenging activity that you're good at. And that raises your testosterone, which allows you to then forget the problems you're upset about. So, forgetting is the key.

And men today, oh, you're supposed to talk about it. No. First forget it. And that's what the Buddha taught. That's what meditation is. Forget all your problems, let it go, empty the mind. This is the answer and then come back to the world. Because when you meditate, if you're a man, your testosterone will go up if you can forget your problems.

Women also today can benefit from meditation. Traditionally, they didn't.

Dave:

I didn't know that.

John:

Go to India, with the home of meditation. Women were not taught meditation. They all say it was too difficult, too difficult.

Dave:

Wasn't that also just like straight up sexism?

John:

No, no. [inaudible 00:31:32] did studies having men just sit down on a couch and measure brain activity. Men's goes down. Women sit down on a couch, so their brain activity goes up, because they're thinking about all the things they need to be doing while they're sitting there. Women's brains are designed to be busy, busy, busy. We can more easily say, forget it, and not worry about it and let it go.

Dave:

So, wouldn't that mean that a woman would need meditation even more?

John:

Well, let's look at the hormones of it. Okay. So, what hormone lowers stress for women? It's either estrogen or progesterone. Oxytocin increases estrogen. That's why. Oxytocin is the safety hormone.

Dave:

The love hormone, okay.

John:

Oxytocin is safety. When you feel I can trust, I'm safe, oxytocin gets ... That's what oxytocin ... If you're affectionate to a woman, you create safety oxytocin goes up. Now what we know, the new science, everybody just thought the oxytocin did it. No, what oxytocin does is lowers those high testosterone levels that women have today and then their estrogen can go up. And estrogen is a hormone that says, "I have help. I need help and I can get help." That's what lowers her stress.

Women's stress level primarily goes up when they feel I don't have help. Men stress levels primarily go up when they feel I can't help. I don't have the answer. So, this is the two worlds coming together. And you can say this is all just conditioned into us. No, this is pure biology. A woman's body's designed to make babies. She needs every 14 days for estrogen levels to become 20 times higher than a man's in order to get pregnant.

Now, what stimulates the production of estrogen is feeling need. I need your help. So, women have to find places in their life at certain times of the month where they need help. It could be going to your podcast. It could be going to a coach, a therapist, a doctor, or you could go have sex with your husband and it will go up even higher, if you feel you're safe.

So, oxytocin, which is affection, nonsexual touch, nonsexual touch, will generate oxytocin, will help women move from their male side, which is this testosterone production of solving problems all day, the testosterone starts going down, allowing the estrogen to start going up. And as the estrogen goes up, then she can start to become sexually responsive. She's not sexually responsive without estrogen.

Dave:

Interesting. So, there's this complex interplay in relationships that go back and forth. And I hear two things from the smaller sample size than you have. But I've talked with women whose partners have said I don't want to ejaculate and the women actually, at the end of lovemaking, they feel like they failed because they didn't produce the results.

John:

The women are the ones who want that ejaculation.

Dave:

So, why is that? And how does a woman address that?

John:

It's all about education. Okay, so first of all, when I work with women, teach women how to be multiorgasmic, okay, and teach men how to be multiorgasmic that you've got-

Dave:

Which is probably harder to learn.

John:

It's an advanced class. It's an advanced class. And you'd have to be in a harmonious relationship to learn it. So, that's the basic foundation of it. Then you go to the next level up. Generally speaking, you look at the big statistics in our country, and I didn't do those, the big studies that say half the women have never had an orgasm, the next half, half of those can only give themselves an orgasm through stimulating the clitoris.

And then there's a quarter that have experienced having a clitoral orgasm with their partner. And maybe a small portion of those have had vaginal orgasms. Well, in doubt. Yes. We're talking a small amount.

Dave:

Okay. I didn't realize that. That's just sad. Because those are pretty advanced spiritual states when you achieve those other things, at least all the women I've talked to who have that as part of their practice, really, it does something much more than just pleasure.

John:

What are they-

Dave:

Just having a vaginal orgasm or just you having really intense ... People see god when they have sex. They have incredible out of body experiences. Not all of them, but some do.

John:

Absolutely. Yeah. I mean, but this is a very tiny portion of population that has that and there's a whole story of doing it to yourself. If a woman's doing it to herself, she's not going to have nearly the experience she could have if she was with a man, period. Sex is two people coming together. It's doing it on each other.

And now you can get your release. Guys doing this, woman's got a vibrator. And just as this is very addictive to men, the masturbation women using their vibrator desensitizes the clitoral and at certain point, a man can't give her an orgasm. But good news is whenever you're overstimulated, you understimulate for a while and with the right nutrition, it will come back. It can come back. That's the good news, but you've got to stop the overstimulation.

Dave:

But some vibrator use for foreplay and all, not a bad thing?

John:

If you don't need to.

Dave:

If you don't need to? Sometimes it's fun, right?

John:

Everything is fun and sexually play so I have no judgment on it. But I do know that vibrators overstimulate the clitoris and desensitize it.

Dave:

With super frequent use for sure.

John:

For sure, for sure.

Dave:

But if it's two minutes of play with two partners or something, that's unlikely to cause desensitization. Maybe?

John:

You have the fun you want.

Dave:

No, no, I'm asking-

John:

We don't have any data on that.

Dave:

We don't, okay.

John:

We don't have any data on that.

Dave:

It was observational data in relationships I've been in. I'm married and certainly have played with toys. But so many of my friends have and most of those women who at least the ones I talk with it about, they're all pretty multiorgasmic. And they don't seem like they can.

John:

No, you can do this and be multiorgasmic. But it's a different kind of orgasm.

Dave:

Oh, no, they're multiorgasmic without their toys, just with their partners, right.

John:

That's good.

Dave:

But they don't rely on the vibrators only and use them for long periods of time.

John:

Okay, good.

Dave:

But we don't have any real data to your point.

John:

We don't really have real data.

Dave:

And there's risk. I'll get you on that.

John:

So, there's a truth there. Okay, so coming back to one of the most interesting things that's not scientific for a moment from Taoism because I've been-

Dave:

Taoism is scientific. They've been studied for thousands of years.

John:

This is our 5000-year-old system and I've been studying it 10 years in China. Before that, I studied in India, doing the Tantra thing. Okay, so I like the Taoism thing the best, but I combined it all. Okay, and regular old making love. Okay, so, one of the things they talk about is how the different zones of the vagina equal the zones of the penis that go to different organs in the body just like we have acupuncture points in certain parts of the vagina stimulate the liver, certain go to the lungs and so forth.

And the clitoris goes to the kidneys. Now, if you're having all your orgasm energy releasing in the clitoris, then the kidneys become overstimulated and overstimulation to the kidneys causes inability to process water effectively in your body and you tend to gain weight. And there's a lot of women that are like getting really big. And one of the reasons they're really big is because they're sitting with a vibrator for three hours a day.

Dave:

Are you joking?

John:

No.

Dave:

If you said that there isn't like a study about this.

John:

It is my own experience working with people.

Dave:

Holy crap. All right. I'm just going to take that with a grain of salt, but I believe.

John:

Yeah. And doesn't mean that every woman out there is overweight and sitting with a vibrator three hours a day. Okay, but the reason it's three hours three times a day is they're addicted to sex. They're addicted to the release. And the more they do it, the longer it takes. Okay, so it gets longer and longer and longer. So, I have to let them go through withdrawal. Okay. So, then they can start losing weight again. Now, that's just one.

Now, a big part of what we know in psychology is if you've been violated in childhood, so you've got a trauma around sex, that can also cause weight gain. And so-

Dave:

Yeah, that's common.

John:

It's commonly known thing, now commonly known. But doesn't mean every overweight woman has that and doesn't mean all men, yeah. But it's a thing you have to deal with. And part of the solution to those things is sex, is having the right lover, someone you love.

Dave:

Sex with the lover.

John:

Sex with someone you love, not with yourself. And having someone and learning about the body and the nine orgasms that a woman can have, according to-

Dave:

Nine types of orgasms.

John:

Nine types of orgasms. And the first, which I'm going to just briefly go through.

Dave:

Go through the nine. This is fascinating.

John:

And it varies in different parts of China. Okay, so the first is breath. And I think the Tantra people sort of went off on that one where they get in classes and they just breathe together. And a lot of people go, "This is so boring." But the Taoist, you don't do much sexual play. You can do some interaction until you notice the breath is taking on by itself. It's a huh-huh-huh. I'm no longer doing it. That's the first orgasm. That's orgasm of the lungs. Okay. You allow that to happen and you let yourself go into the pleasure of the automatic breath.

And you don't go to any of the heavy petty or anything until you've got the arousal. Otherwise, there's no chemistry. So, if you have no breath, then you start by taking each other's clothes off and massage.

And loving massage is a woman ... If a man is having the challenges, loving massage means could be 10, 15 minutes of just touching his whole body and giving about 20% more attention to the penis, that's about it and all the genital area within the whole body and feeling love and awaking him in that way and dressing him and doing that for him and dressing her body. He can undress her body. Have somebody undress you is very arousing for most people, okay.

Then when you get the breathing going, now you're going to embrace and you're going to touch, hug, and breathe together. You're producing oxytocin. You're also going into somewhat of a trance state where you're no longer breathing. See, it's happening to you. When your breath is automatic, then your primitive brain is activated, and that's what a sex drive comes from.

So, just to jump into having sex without even feeling the arousal, and men will feel it first. And so, you shouldn't just jump in until she ... You can't go anywhere on her body much until she's got it going. Otherwise, she's just pretending. Okay, so that's your first orgasm.

Next orgasm is the kiss. The kiss after the breathing, there'll be more salivation. That tongue will start to ... The lips will become dry. There's more liquid flowing like that, until you get to the French kiss. And then you have to teach people that permission to exchange kisses. Some people are prudish, don't want to put the tongue into the other person's mouth. Well, you're putting a penis inside.

Dave:

Are these like married people?

John:

Some people don't even kiss when they have sex.

Dave:

Wow, okay. The things you like.

John:

It's a man sometimes gets so much into the intercourse, which is definitely the most stimulating, we go right for that. It's kind of like a cocaine addict just wants to get his cocaine up, just the video game you want to win, win, win. It's the inability to delay gratification. Sex gives you this tremendous power to delay gratification. That's what men have to learn. And women have to learn relaxation and surrender.

So, I mentioned about two orgasms for women. One is where she's doing it to herself. She's trying it, she's doing it, she's working at it, whatever and that's a different kind of orgasm altogether. Then allowing it to happen, a wave crashes on you. You don't do, he does to you. And there's a shift there. And what happens generally is when she's allowing him to do because she loves him and he'll be going along at whatever stage of some kind of stimulation down south. And then she'll see, oh, I could have an orgasm, and she'll try to grab it, and she'll go for it.

And that's exactly when the man will ejaculate. Because she isn't suddenly taken over. Because the truth is, if a woman can totally surrender, then a man will be totally selfless and never need to ejaculate. He doesn't have to have any control at all. But these are perfect states that you can build up to. But you have to practice to get there unless she's able to just surrender and enjoy, surrender and enjoy. Not just okay, you can have me.

Dave:

Right, right.

John:

Use me, that's nothing. It's like I'm really enjoying this more and more. So, she has to practice. And so, what a man can know at that moment, whenever you're sort of getting your ejaculation urge to come, back off. Not because you need to, because she's taken over. Don't let her take over. You have to feel the control. See, she has to feel I'm yielding. You're leading.

Dave:

Okay.

John:

Now, I'm not saying you do that all the time. I'm saying for ejaculation control. Once you got a lot of control, then there'll be a natural shift where she'll want to jump on you. And she might even start out. So, role reversal is really fun and sex of course where she becomes a dominant, he becomes a submissive and he becomes a dominant, she becomes a submissive. You're bringing back the male and female energies until then you're just going into the ... Orgasmic state to me, the climax is I'm yours, you're mine, we're one. I'm yours, you're mine, we're one.

Dave:

In these different, you said there are nine types of orgasm

John:

Okay, we just started with the breathing, the kiss.

Dave:

Those are the first two.

John:

First two, now, we're moving down over the whole body.

Dave:

This is very Taoist.

John:

Very Taoist.

Dave:

This is classic Taoist, okay.

John:

Yeah, very systematic, doesn't mean you always exactly have to do it, but you have to have kind of a sense of structure.

Dave:

Having a system to understand and study and oh, that's what that was. That was my voice actually. Oh, that was type seven.

John:

Yeah, right.

Dave:

So, the third is whole body, talking about nipples it looks like.

John:

No, whole body moving her up to the breasts, around the whole body.

Dave:

Okay.

John:

Bringing it up.

Dave:

So, caressing everything, the breasts.

John:

Getting action here and gentle heading towards the nipple until you get some response. So, it has to become erect so to speak. It starts to come out that means and then sucking on that and just sucking in that. That gives her another orgasm. So, the orgasm in the mouth, by the way, is when she wants to penetrate you. So, your tongue, generally guys want to penetrate first, but when she's penetrating back, that means she's now in her masculine. She's been receptive and she's in a masculine. The kiss is wonderful.

And then you start kissing down the neck, kissing behind the ears, kissing under here. This is a really erogenous zone here. Coming around the breasts, it's kind of like you're wanting her to feel desire to get to the nipple, but not giving it to her and then grazing over. And not always exactly the same, just

sort of a range of activities to do. And then some pinching of the nipples. Some women are different than others. Some are sensitive in those, but you want to get a lot of blood flow in there first.

Now, nothing's really going to happen down here until you get all this blood flow slowly comes down her body. So that's one, breath is one, kissing is one, breasts, full body and breasts is two. And this is what they talk about that stage, the third orgasm is the loosening of the joints. That's something liquids get put in your joints so you just sort of.

Dave:

So, that's part of the third, the breasts one is [crosstalk 00:46:35].

John:

Yeah, but it's the whole body experience of wiggling all around and anything.

Dave:

And four.

John:

Okay, four, now, we're down to the clitoris. Now clitoris, and now we know and there's a lot of wonderful YouTube Ted Talks about women discovering that their clitoris is just the tip of their penis, which is it's a split penis that goes all the way around the vaginal opening. So, you want to stimulate that area first actually. You never want to give too much right to the clitoris. You want to move that whole round. It's two sets of lips.

And you're touching there with your hands, thighs. You always want to tease. You're going thighs, up to that area, circling that area, lots of circling until you're getting fluid. And if you took your time, you would get fluid down there.

Dave:

Okay.

John:

Good.

Dave:

So, that was four.

John:

That was four. Now, you're touching the clitoris and you're doing the clitoris and circling clitoris, touching clitoris. Different women have different size clitoris and many women have a bigger hood or a smaller hood. The clitoris has a little protective hood over it. So, sometimes you have to pull the hood back. Sometimes a woman knows that and she'll just pull it back herself. So, that's when she wants direct stimulation. If you push too hard, it just numbs the whole area. So, it's gentle until she's pushing harder. So, that's area four.

Okay, now we're going to enter. Okay, enter is just the beginning of the vagina. And so, what you're going to do is move your penis around there and stimulate back over the whole area you just touch with your hand with your penis.

Dave:

Or with a finger potentially, okay.

John:

But you did it with your finger the first time. Now, you're going to put the penis in the vagina. So, it's kind of like it's a magic wand. Now, if you didn't warm her up for a lot of men, half the men, they'll ejaculate within a minute or two. Because they went into that electric socket and she wasn't yet turned on.

Dave:

Got it.

John:

So, if you're totally turned on as a guy and you go into a dead socket, you're going to ejaculate.

Dave:

Because there's no pushing back.

John:

There's nothing to receive your energy.

Dave:

Okay.

John:

So, her excitement is receiving your energy. So, she's wanting to get you in there at that point, but you're not giving it to her. You're circling around the entry of the vagina with your penis. And it could be just a tiny teeny movement and take your hand, move it around, move it back and forth, move it in, and she'll have another orgasm. Okay, these are like waves of pleasure, waves of pleasure.

Dave:

Okay, so five is from the inside, but all the way at entry.

John:

At entry. Six is the G spot.

Dave:

Okay.

John:

G spot is like a quarter. It will pop up after a few orgasms or one orgasm, or at least 15 minutes of arousal or 20 minutes for some women. It will start to come out and it's just that far and generally speaking, you feel the size of a quarter. It needs pressure, not soft touch. It wants pressure. That's why it needs a good hard penis in there pushing up against that. Now, that's the G spot. She has that orgasm. Okay, now she's moving around.

Dave:

Now, she's pretty damn exhausted by now.

John:

Not if she has enough estrogen.

Dave:

Okay, got it.

John:

Estrogen fuels the whole thing.

Dave:

I'm not saying she wants to stop. I'm just saying she's exhausted.

John:

Oh, she won't want to stop. She's not exhausted. Well, I don't know. Maybe she's loving it. Okay, then, okay, beyond the G spot, the same about an inch in there is something called the E spot. And it doesn't have pleasure until the G spot has an orgasm. And that's the E spot. I don't know why it's called the E spot, but they call it the E spot. Some guy's name would start with E. He discovered it. That's western.

Dave:

That was Mr. Erotic,

John:

Okay. Mr. Erotic. Okay, E spot. Now, you're stimulating. You're going a little deeper. So, the idea for men just to remember from this is starting little, and going a little deeper, a little deeper, get a little deeper. For quite a while, she's going to want you to go all the way in. Don't go all the way in. So many guys would like to last all night, but it's because they go right in. It's too much energy. She can't receive all that energy backs up into you.

So, now you're going deeper and deeper and deeper. Okay, and you feel like you're almost all the way in, but then what will happen is after she has an orgasm or two of the E spot area, then what happens is C spots. C spot is cervix. That's number, we're at four, five, six, seven-

Dave:

Some guys aren't quite long enough to get to the cervix, right?

John:

You don't have to be. Generally speaking, you're not because if you had such a long penis that you hit it right away, it doesn't feel good to her.

Dave:
Right.

John:
It just feels like this hard.

Dave:
It's painful.

John:
It's painful. So, the idea is you're not reaching it. It will come down and kiss your penis. It moves down at the after several orgasms, it will come down and at certain times of the month where it won't. Okay, so it comes down. And then every touch is like sparks. Now at this point, we're at eight or nine at this point and then you stay in. And then she gyrates her body. And it's like a just like a little push in. The whole thing becomes very spongy. And it holds you in. And just these little pushes.

Dave:
Little pushes, okay.

John:
Every little push. You don't have to be moving in and out.

Dave:
That's number nine?

John:
That's number nine, yeah. And she's orgasmic. And then what will happen many times is you push in and then her body will pop-pop-pop and that's an orgasm. Push in and that's an orgasm. Push in and that's an orgasm and just stay in. And you can go as long as you want doing that. That's a position.

Dave:
Okay. Is this in one of your books? It seems like a masterclass.

John:
That's a masterclass I teach online and it's not finished yet. So, you're foreplay to that, so people can go to marsvenus.com and find that class.

Dave:
Just tell me that the class is going to be called a seminar. I just made that up on the fly.

John:

Very well done. Very well done. So, okay, I know our time is coming to an end. And the challenge here is real quickly, what a man has to learn to do is he gets to the point of arousal and just think about this, you're going to give up what you think is orgasm for a couple of months. Just give up because you think and you experience ejaculation-

Dave:

As a man?

John:

Yeah, as a man, as a man. Ejaculation and orgasm happen at the same time for men until you learn how to separate the two. Okay. So, in your mind, you have to go I'm just going to have sex, but I'm not going to orgasm for two months. And what will happen is you'll build up your semen so that you're going these waves where you go up in your excitement and then you notice that if I keep going further, I will ejaculate. At that point, you relax and usually you change a position. And I'll tell you something else to do in a minute. But that's called a peak of pleasure, let it come down, a peak of pleasure, let it come down.

And as you get higher, those peaks of pleasure are really withholding back from what we would traditionally call an orgasm, but they're little orgasms, but they get bigger and bigger and bigger. And after a few months of semen retention, they're bigger than the pleasure you'd ever feel with a real orgasm, and you're not ejaculating.

Dave:

Okay.

John:

Now, what to do at those moments of peak? Those moments is you need to notice what your body would normally do if you had an orgasm. What you would normally do is ...

Dave:

Yeah, increase the speed?

John:

Yeah. So, when you could do the thing, then just like this much time ... with your pelvis, just you're kicking the energy. You're displacing the energy into the muscles of your body. And here's the secret. This is a million, million dollar secret. Took me a long time to figure this one out. Because I couldn't do this all the time with my wife because I get this darn blue ball sometimes.

Dave:

Yeah.

John:

So, the way you get out of blue balls is when you're thrusting as a man at any level, whatever you're doing, whenever you're inside of her, moving on, or whatever, you have to do these exercises to learn how to thrust without contracting your anus.

Dave:

Interesting.

John:

That's the secret.

Dave:

Relax the anus while you're thrusting and then you're not going to get blue balls.

John:

Yeah, that's the whole key. But if you get-

Dave:

That's totally true. I don't get blue balls anymore from this, but I just naturally didn't have that. I never thought of it. That's totally something I do.

John:

Relaxing anus and there's exercises to do it. I learned it from Taoism, I learned it from Tantra and I learned it from Baryshnikov.

Dave:

Wow.

John:

Baryshnikov, he's my mentor, but I remember being admiring of him because he's a ballet dancer. He was known for a sexual prowess. The guy was like a super stud.

Dave:

Right, right.

John:

Okay, super stud. And he didn't need to ejaculate. He can go from one woman to another to another. Okay, not that I want to do that. I want to go with my wife, okay, because it's about love for me. But he had performance down. And so, there's a little thing they do in ballet where you come up at the plied, okay, and if I can be seen on the camera doing it, we won't work.

Anyway, imagine a ballet man dancing, his legs going like this coming down. What that does is it strengthens these thigh muscles and the buttocks comes together. And when you do it, it pushes hard. You want strong buttock muscles without contracting the anus. That's one of the movements.

Dave:

So, it's separate in control of the anus. I have to pee muscle, whatever that's called.

John:

Yeah, pubic caucus muscles.

Dave:

Right, and most of the time until you've tied yourself, those are the same trigger but those are separate muscles and then learning to relax one but not the other.

John:

Always keeping the anus relaxed. Now, there's a lot of apps online. One is called Stamenia, S-T-A-M-E-N-I-A, which teaches you how to exercise your PC muscle and then reverse PC muscle. Reverse PC muscle is actually more important than PC muscle.

Dave:

Wow.

John:

PC muscle is pulling back. Reverse PC is pushing forward because you're going in and that's the whole key is to go in while your anus is still relaxed, but you've got to learn to identify your reverse PC, you've got to first identify the PC which is holding back after you urinate. That's all about awareness down here.

Dave:

I cannot wait until I get to look at your class on this stuff. I knew many of these things, but there's so many nuances in this. And I have one question for you.

John:

One other simple technique, okay, real quick.

Dave:

Yeah. Teach it.

John:

Real quick, is the brick technique.

Dave:

Okay.

John:

We can't stand up. The setting isn't there. It looks a little silly, but take a regular brick, wrap a towel around it, put it beneath your thigh.

Dave:

Or a yoga block would work, right?

John:

I don't know.

Dave:

Okay.

John:

I use a brick. You need some good weight.

Dave:

Okay, then a yoga block wouldn't work, yeah.

John:

And then for two or three minutes to five minutes, to 10 minutes, just stand there.

Dave:

Put it between your legs.

John:

Put between your legs.

Dave:

While you're standing.

John:

And practice doing your Elvis pelvis pump.

Dave:

Oh, so weighted thing that you're squeezing between your thighs like just, okay, pumping your thigh.

John:

And the whole time, because the brick is there, you can't squeeze your anus. So, you're creating muscle.

Dave:

So, it's as high as you can get between your legs in the widest part of the brick. Okay.

John:

Yeah.

Dave:

That was smart. Okay.

John:

Not the wide, just in there.

Dave:

Okay.

John:

Just enough in there so that the weight could go-

Dave:

Do I put it in like this was a long way or, okay, the long way, okay.

John:

Just put in like that and now you're just going to do your pelvis rock and pop, pop, pop.

Dave:

Wow.

John:

And what you're doing is training muscle memory. It takes a lot of muscle memory because you have no consciousness down there when you're having sex.

Dave:

I think we could do like a group fitness class around that. No.

John:

[crosstalk 00:57:18] And then when you walk, you'll notice right afterwards, walk down the hallway, and your hips will sway a little bit like a woman's, because that's why women can last so long is that whole muscle areas loose down there.

Dave:

Weird.

John:

Ours were like tight. So, if you're loose, it swings around. And that frees the energy up and so you do that every day and do some plies from ballet.

Dave:

Blown away. Now, I've gotten to the point where I don't really want to ejaculate most of the time when I have sex because I just know I'd be more tired and just off the game the next day.

John:

Now, you lose your super power.

Dave:

Yeah.

John:

It's proven if you ejaculate, your testosterone goes down 50%.

Dave:

And so, I've learned that. I taught myself after a year of trying to prove it wasn't so because I didn't like that idea. The problem now though is that, okay, when I'm in the middle of lovemaking and you're getting pretty close, all of a sudden, I change my mind. I'm like, you know what, the best idea I could have on earth right now is just to be fill her up, for lack of a better term.

John:

That's right. That's called the monkey brain.

Dave:

And I'm pretty good at controlling this, this now to the point where I know that, but it happens so reliably. So, for the person listening who is just going, "I could never do that. I would die. I don't have to do it." What's the trick for turning off the monkey brain when you get to that point, where if I don't ejaculate now, the world will end? How do you change that process?

John:

It's the training before you have sex. Okay. This is all training the brain. And this is something I prefer to say just for a bunch of men but men masturbate, and so you give up masturbation. You stop looking at porn and you're in bed, you feel like you want to masturbate. So, you touch yourself feather touch and you look at the clock and you say, "We're going to feather touch."

And as soon as any kind of closed urge to ejaculation comes, you stop touching. You just learn to have an erection without an urge to ejaculate for 25 minutes, 30 minutes. And then you go take a shower and you don't ejaculate. You're training yourself that you can be fully aroused, which is double the testosterone without needing to end it.

Dave:

Okay.

John:

It's training.

Dave:

So, arousal and ending are separate events that we think are connected that aren't. Okay, John, this is incredibly precious knowledge. I mean, we do go deep on a lot of knowledge here. I'm going to put this up. I'm going to mark it as explicit and all that sort of stuff. There's a warning ahead of time. If you didn't want to listen to this, you shouldn't have to. But this is science that's done thousands of years of practice based on 40 years of your practice. And just thank you for being willing to talk about it because it's touchy stuff for some people.

John:

And you brought up something that we didn't finish, which was women also want him to ejaculate.

Dave:

Oh, yeah, we didn't finish. Let's finish that and then we'll end the show.

John:

They feel they did it. Every man always says to a woman, did you orgasm? We want to know that we provided pleasure for our partner. And a woman wants to feel that she provided the pleasure for him. So, there has to be an education around this. And another reason instinctively she wants him to ejaculate is the monkey brain just like you have the urge to ejaculate, he wants to get pregnant. This is the thinking brain. It says, I haven't done that done until I get that. That's her job to get it.

And if she's consciously wanting you to ejaculate, it makes it way, way harder. Now, in fact, you can't resist. Say, as soon as a woman thinks and women will get tired in sex and then they just want the guy to ejaculate. So, there should always be room for her to stop anytime. That's why you change positions. After every couple little orgasms that you're rising, let's move to another position, let's move to another position and so forth.

So, she has to be clear on that. And now, I'm going to take it to the highest level. The reason she wants to feel that ejaculation is that at the moment of ejaculation, the reason we ejaculate is our estrogen levels spike and estrogen is the feeling of love. So, she gets to feel that huge surrender on his part. And it makes her feel ... Her mirror brain goes into feeling so much loving too. So, it's a moment of pure love for her because his estrogen goes so much higher.

But if she also takes into consideration, this is a practice that as he maintains semen longer, his testosterone will go higher, which means that in sex, his estrogen can go much higher than ever he's ever gone. So, those little orgasms that you have and get bigger and bigger, they're filled with estrogen, higher than what was before. But it's a practice, it's a delayed gratification instead of like, I want it now, I'm going to put some money in the bank account and let it earn some interest, and then we're going to have a much bigger kingdom.

Dave:

So, the whole, honey, I'll buy you flowers if you don't make me come.

John:

I'll buy you flowers and do that.

Dave:

John, thanks for just being real and for your careful study and analysis of tradition and what you've seen from talking to thousands of people and just sharing it. This is the height of how our elders, the people who have become masters have shared with the world. I just truly appreciate you. Your most recent book, Beyond Mars and Venus.

John:

Thanks.

Dave:

And when your new seminar comes out, just as your friend, I would be honored to share it on my list. If you guys want to sign up to daveasprey.com. I send occasional emails with stuff that I think is worthwhile. It's not a high commercial drink Bulletproof Coffee every day, although I might mention that

occasion, but I send out basically the latest podcast. So, I will send an announcement to John's class whenever it's ready, because that's actually something that I will be reviewing 100%.

John:

Thank you so much. Thank you so much.

Dave:

If you liked today's episode, you know what to do. Go buy one of the books we talked about, read it. And then as you know, if you don't leave review, you're a horrible person. Have a great day.