

## Hard AND in Control Summary

Your brain runs on messages - signals. Change the messages you give to your brain and you will achieve Hard AND in Control.

### ED: (Weak Erections)

"I order you to punch the air in front of you." The thought is there but it is the ensuing action which will energize the muscles in the hand, arm and shoulder to actually throw the clenched fist to make the punch! The same is with sex. There is no point concentrating elsewhere when the primary objective is to inflate your penis so you can participate in sexual play!

You must concentrate on your penis to invigorate it. It is the distractions which take your brain away from the muscle program which will inflate the penis with blood, so you need to stay focused using all the weapons you can, to put your brain in that area and gain (or regain) a hard penis! Remember also, it is testosterone and a vivid imagination which adds energy into that area, so assume a sexual persona to play with her, not a passive personality!

Concentrate on the feeling inside the penis and use the visual display in front of you to stimulate your imagination. Talk, ask questions so you know what is expected during this touching (foreplay) phase, this way you will learn new skills. She may not be experienced at sex, so lots of communication will direct each other in a positive manner.

**Once hardness is sensed, you will attempt to stimulate her with foreplay.** Remember that it only takes a male one minute to ejaculate so you must be mindful and aware of your position on the arousal scale! Once you are aware of your inflating penis you must mentally switch between your penis and her, so you can maintain a consistent size. This is the rule to getting ready for penetration when asked to do so. When directed you will penetrate her and by using the steady rhythmical movement, you can mentally check in to your penis to make sure it is at operating size. By sensing the stimulating feeling, if it is "deflating" you can re-concentrate on your penis and check in every minute to make sure it remains hard!

This concentrated pattern can energize the penis when you realize how comfortably stimulating the end of your shaft is becoming. This is the initial tactic to inflate the penis!

Now you must use visual data to assist you. It can be the sight of her nude body or a fantasy of what you want to perform. This is manifested differently in each person. There is no limit to describing your fantasy thought as long as she is in agreeance! She may have entirely different preferences ie: morals and communicate a negative reply. If so, you then have two main options, use her nude body as a sexual focal point or keep the fantasy alive in your brain without mentioning it!

Now, I must mention the arousal scale again. Where you are on the arousal scale will determine the level of sexual problem you have met. There is a fluctuation on the scale which will also make your problem change. **You may go from being unable to gain an erection to being unable to ejaculate.** This is basically the same problem.

After overcoming the ED problem and gaining an erect penis, you may not be able to ejaculate. This is an encountered problem which is overcome by putting more thought into your penis to energize the muscles and programs in that area. It is usually exactly the same problem but with a different outcome.

**SO, more thought into the penis area to overcome ED, and being unable to ejaculate!**

This miscalculation can also cause ejaculation at the wrong time. So it is all about balancing your concentration in your penis to optimize the choice of ejaculation time.

**PE: (Early Ejaculation)**

Ejaculating early is relative to the arousal scale. This is manifested by placing too much emphasis and concentration in the penis area, or on your own arousal. What happens is the muscle program to eject the sperm, enters a phase where it is impossible to stop and ejaculation is the result.

Squeezing, pushing, or other actions which cause you to switch focus to the sensations in your penis all increase blood flow to your penis... This in turn amplifies your awareness of sensations, which then causes PE.

As far as your brain is concerned, thinking about how aroused you are feeling and trying NOT to think about how aroused you are feeling, causes the same problem. Both will move you along the arousal scale toward ejaculation.

This condition needs to be subdued so the penis is stimulated but not overly excited to the point of no return! **It is best controlled by placing your mental energy elsewhere ie: focus on the physical actions of stimulating your partner to enhance her overall experience and check in on your penis every minute, not continually.** This means there is only intermittent thought in the penis area and so the penis is not overly stimulated.

I understand that you are feeling extremely overstimulated which makes you feel anxious and you're hyper-aware of the sensations and her pleasure. You want to be able to relax and enjoy sex (like after the first round) however, you're confused on how you should be switching your attention so you can achieve this.

By the way, it's common for men over the age of 25 to start finding it difficult to gain an erection after the first round. That's normal, it's more to do with strength in the muscles which support the penis and this can be solved with The Best Penis Strengthening Exercise which you can download from Part 2 of the member's area.

I know you don't mean to, but you are mostly thinking about yourself... or *trying* not to think about how aroused you are feeling. And this is what's causing you to lose control in the first round. Or thereafter.

You're trying not to think about the sensations in your penis which means that is *exactly* what you are thinking about.

You cannot try not to think about something because that doesn't work. You need to *switch* your attention and I mean *most* of your attention to the physical actions of providing an amazing experience for your partner, before foreplay, during foreplay, and during intercourse. You cannot do this if you are thinking about yourself or trying not to think about yourself!

Let me take you back in time, to the times that you've cum early the first time, then started the second round and could last longer. In the second round, you stopped thinking about yourself and what's going on with your penis, right? You switched your *full* attention to your partner and made sure that your *overall technique* was amazing so she would be fulfilled.

Even when she started making happy noises in the second round, you would briefly acknowledge how horny that was and then you would *switch* your attention back to fulfilling her with your complete technique. Kissing, feeling, touching, rhythm, you made it more about *her*.

Your conscious mind can only focus on one thing at a time. So as soon as you start becoming intimate with her, put your mind into your hands (instead of immediately trying not to think about your penis.) As you're running your hands over her body, focus your attention on making that amazing for *her*. As you're kissing her, focus your attention on making that kiss technically perfect for *her*.

If she starts making happy noises, briefly acknowledge to yourself (2 seconds) that it makes you horny then switch your attention back to fulfilling *her* needs.

When you are totally focused on attending to the *tasks of your partner's comfort* as you start becoming intimate, attending to the *task of giving your partner* foreplay, then attending to the *task of applying lubrication to her very carefully for her comfort*, of *focusing your attention on her comfort* when you are penetrating her, of starting and maintaining a slow even rhythm *for her fulfilment* then you won't have this problem.

Apply this technique of focusing your attention on her needs and you will gain control.

I believe you can do this.

While you may think, you have already been focusing mostly on your partner, in reality, when a negative thought has sneaked in, you have been allowing it to snowball. This switches you away from focusing on your partner and makes it all about your own arousal again... which is what caused problems.

It's normal for your mind to wander, you've got to be disciplined about bringing your attention back. Just intermittently (once a minute) switch back to your own desire - and only for 2 seconds at a time. Otherwise you will start over contemplating your penis which can snowball into becoming over aroused.

**Get it out of your head that this is just another distraction method because it's not.** Correcting how you focus on your partner before and during foreplay will provide the signals that your brain actually understands (and needs) to stay hard AND in control.

When you don't over arouse yourself during foreplay, it will feel safe to penetrate. When it feels safe to penetrate, your in/out motion will feel safe during intercourse. Which means your mind won't be panicking during *these* times? This is achieved by changing your point of focus before and during *foreplay*.

Concentrate on fulfilling HER with your touch and actions, instead of making it all about you. Remember: it's not your penis which is servicing her, it's your **overall** sexual technique!

Gain your pleasure from making the sexual act amazing for her. *Then* when she says she's had enough, *that's* when it's safe to make it all about your own arousal. And sex will be so much more fun because you *can* stay hard *and* in control!

Remember that sex is a game of strategy. Stay focused on fulfilling your mission - making sexual experiences awesome for HER and by default you will stay in control of ejaculation.

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Remember that anxiety is a physical response caused by over thinking and negative thoughts - it's not the actual thoughts themselves.

If you start having negative thoughts, switch your attention to allow the *uncomfortable sensations* of that emotional response to prevent the negative thoughts from snowballing. Physically this feels intense and uncomfortable (increased heart rate! Muscle tension!) but **ONLY** for a few seconds - just like a sneeze.

How this works is straightforward, you cannot focus on two things at once. As you switch focus to that brief uncomfortable sensation (which has the same duration as a sneeze) by default you switch off those negative, distracting thoughts. It's like a reset button, which enables you to refocus your attention for hard **AND** in control.

Remember, switching to allow that brief *physical* emotional response *interrupts your negative thought pattern* so you can think clearly! I've had over a thousand men successfully solve their sex problems by using these techniques and I know that you can too.