

MEN: SECRETS TO A BETTER SEX LIFE

For men, it doesn't matter what your age or your life circumstances are, **SEX IS IMPORTANT TO MEN!** Big surprise, right? But here's the thing: every man wants to be a great lover to his partner but we're not taught **HOW** to get better.

My own journey in personal development included everything **BUT** sexual awareness. I worked on my mind and body and soul but sexuality was conspicuously missing. Why was this? *Because I had a fixed mindset in the area of sex.* This happens. In my head, you can make improvements to all sorts of areas- vocation, life purpose, money, health, etc. but **NOT** in the area of sex. That was fixed (in my mind). You were either good at sex, mediocre, or bad and there was not much else to do about it. Can you believe this was my mindset? **WTF?**

Part of the reason for this is that sex is loaded- loaded with intense feelings, expectations, shame, excitement. Once you throw in any fetish or deviance (we are all a bit deviant), then avoiding the whole sex-thing may seem like the safe and sane thing to do. Yet to be fully evolving as men, we need to be evolving in our sexuality.

Here are 5 ways that you can immediately start to raise your game sexually. The first three are tried and true. The last two are game-changing and provocative.

1. **Exercise at least three times per week.** It seems obvious at this point but you'd be surprised at the number of men I meet and coach who aren't getting regular exercise. You've got to make time for this somehow men. Make sure you're getting enough aerobic exercise to sweat. Let your body do what your body does best: get the toxins out.
2. **Eat lots of live food.** This means fruits and veggies. Fruits and vegetables have lots of energy for your body. They also have a cleansing effect on your cells. For protein, think fish. It's easier on your system than meat. Also, consider a short 1-3 day fast where you don't eat food. You'll be surprised at how good you feel afterwards.
3. **Grow your ability to live sensuously.** This means feeling your body with greater acuity. Yoga, massage, bodywork all do wonders here.
4. **Avoid pornography.** Yep. Avoid pornography. It's just really fuckin' bad for men. It does weird things to your brain chemistry. It makes sex with your partner seem dull. It will absolutely kill the health of your relationship. Porn is laden with secrecy, shame, addiction, etc. It will literally steal your life force. Which brings me to number five.....
5. **Retain semen.** I know, WTF? I'm not asking you to stop having orgasms. In fact, as I learned from my tantric sex teacher, you can have **LOTS** of orgasms but not lose any semen. Think about it. You get to have lots of pleasure but not lose the vital juice that gives you energy for your life. Keep your life force. Don't spill it all over the place.