

# Masculine Sexual Energy

If men knew the inner power that they possess, they would never again worry about their erection failing or become anxious about their 'sexual performance'. They would properly understand that their penis does not fail them.

Most men want an easy way to solving erection difficulties. If they can take a pill or a potion, even if they could forcefully pump blood into their penis sufficient for an erection to just "get the job done" they would. Most men are passive or even lazy and wish that their penis would do what they want it to without any effort on their part.

Sex is a chore to most men and a fantasy to others. It is a source of great anxiety and worry, a burden that they work hard at avoiding. They make excuses to avoid sex even within long-term relationships, just in case they may be asked to become authentically intimate with their partner. It is easier for such men to avoid sex than to enjoy it. It becomes a habit to worry about sex and to consider it a duty, a task, rather than to enjoy it as a source of pleasure.

Many men secretly hate their penis and are at war with it. They think that it should perform at all times on demand and that they are being betrayed and let down by it. They come to expect failure and their experience lives up to their expectations – a 'self-fulfilling prophesy'.

Can this constant cycle of negative expectation and experience ever be broken? Can a man take charge of his penis instead of his penis being in charge of him?

The answer to these questions is an unequivocal "Yes", but it will not happen to the passive, lazy man or if he is double-minded. Getting 'plugged in' to universal principles and laws, to access the resources available to every man requires inner shifts and changes of perspective and perception.

Then again, it is possible to be 'plugged in' but not 'switched on'. This also requires effort, practice and perseverance. One thing is certain, however, that if a man is determined to become both 'plugged in' and 'switched on' to the hidden creative power that is available within him, he can transform the quality of his life and that of those around him. This applies not only in the bedroom but in many other areas of his experience as well.

Once 'plugged in', the 'switching on' and the 'tuning in' requires some dedication and commitment. This is where many men fall away. Most men want a short and simple way to an erection without any commitment or effort from themselves. This is why pills and

potions are so popular with medical doctors and men of all ages today, but not popular amongst the partners of pill-popping male lovers.

Medical doctors can diagnose whether there are physical conditions within these three body systems that are causing erection problems<sup>1</sup>. In these days, 'little blue pills', chemicals and treatments can help to rectify the superficial symptoms of erectile dysfunction if the causes are physiological. However, the physiology of the body is not the sole determining factor of an erection. Does a musical instrument play itself? Does a canvass adorn itself with paint and colour and become a Mona Lisa or a landscape all by itself?

According to the medical profession, there are three aspects of man's body that, when working properly, produce an erection. The three are:

- blood supply, containment and flow
- the nerve system
- hormones

There are two other vital aspects of man's faculties that are responsible for creating erections. The first of these two vital links to the body is *the mind*.

The second vital aspect is *force*; energy within and all around us that is the hidden source of erection power. When a man has discovered this secret source of energy he will not need blue pills or hormone supplements. He will have found the real key to unlock his erection and can connect with it at any time. This energy, when released in a sexually intimate content, may be expressed as 'SEXUAL ENERGY'.

It is this vital source of power that is primary in the process of a man's penis becoming properly erect. Every man can discover how to connect with this source of power and also how to release it, in the form of 'masculine sexual energy'.

The ICASA Sexual Confidence Programme teaches the practical techniques that provide a scientific method of connecting with your masculine sexual energy and taking charge of your erection.

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<sup>1</sup> Known as 'erectile dysfunction'.

# Mind

When the mind is mentioned, most people automatically think merely of the physical brain. This is, indeed, a marvellous organ. Like a 'super computer' hard drive, the brain holds more memory than the greatest and most powerful computer on earth. Its intricacy is beyond the knowledge of the most learned scientists. It is not, however, the originator of all impressions. The brain is a receiver through which we translate impressions into thoughts, concepts and concrete information; just as a radio or TV set is the receiver of invisible waves that beamed from a source of signals and transformed into intelligible information. Your mind is not imprisoned within the brain. It is capable of wisdom and knowledge far superior to your individual conditioned experience and knowledge gained through your studies.

Like any computer, this brain is cluttered with a huge amount of unwanted programmes and data. In a computer, these files can be apparently deleted with a simple operation but in fact the data is actually compressed beneath an influx of new data. When old data such as this re-emerges, the human computer will 'crash', often with the collapse of his erection as these thoughts predicted.

The cortex<sup>2</sup> brain is a huge database of information; most of which has been input from external sources and experiences. Much of this data does not originate with you. Thoughts stored in this part of the brain are not your thoughts, most are other people's thoughts and the majority of them are negative! Conditioned thoughts and experiences in the human brain cannot easily be deleted – *"I hope my erection doesn't go down like last time!"* or *"I bet I won't be able to get an erection..."* Parents, teachers, mentors, religious elders, peers and lovers – all have provided material for the data input into the database of your brain. Negative thoughts can come crashing into your awareness just when you don't want them, like uninvited guests that don't bother to call before turning up at your house, overstay their welcome and won't go home!

Negative thoughts create *feelings* in the body such as dread, anxiety, despair and fear. The effect is that the physical body may dysfunction under crushing negative *body feelings*. A man who identifies closely with these *feelings* believes that the *thoughts* must be true; something must be fundamentally 'flawed' with him. He is 'damaged' in some way, 'not normal'. Now it is deduced that an erection cannot happen. It seems impossible to separate the thoughts from the thinker.

Specific circumstances may trigger particular negative thoughts and feelings. In order to avoid those circumstances, life becomes an unending cycle of trying to control events to prevent negative thoughts to arise. This downward cycle is based on fear. The result is deprivation of happiness.

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The intellect cannot fathom the mysteries of love, life or death but the intellect is only a small part of the mind. The mind is altogether greater than the brain. You are that mind; *you are not simply a brain.*

You can learn by the practice of scientifically based exercises to master your thought life, to eliminate the effects of negative thoughts and feelings and to remove the weight of inhibition that has anchored your erection to the ground.

## Awareness

How many times have you gone to bed at night with an ‘unsolvable’ problem on your mind, only to discover that you have received the solution *when your thinking brain is asleep?* Your mind is capable of receiving impressions, inspirations and intuitions that are beyond the range of acquired knowledge.

Have you ever experienced an awareness of your body being in one place while your mind is in another? At such times you will find yourself acting like a sort of spectator at your own event. This is particularly common amongst men who have performance anxiety. You may be in bed with your partner but your mind is somewhere else completely; somewhere ‘out there’ looking down on yourself.

Such men are spectators at the humiliation of themselves. They witness an agonising spectacle organised by their ‘disobedient penis’; an apparent punishment for simply being born. Riddled with guilt and engulfed with negative or crowded thoughts rushing through their brain, they still try frantically to satisfy their partner, by any desperate means, hoping against hope to hear her moan with fulfilled gratitude; the sound that will herald the end of the ordeal. Alas, the hoped-for ecstatic sighs do not materialise and as their frenetic attempts get more and more akin to drilling through the Channel Tunnel with bare hands, she thankfully calls a halt to further torture either by faking an orgasm or declaring the trial unsuccessful and finished for now.

This inability to focus and absorb moment by moment sensations, emotions and body feelings is the primary cause of the loss of an erection. Conscious awareness as distinct from analytical thinking, is as distinct as *tasting* food from *commenting about* food. To enjoy a meal, one has to enter into the experience; to focus on and savour the taste. A meal or a fine wine may be enjoyed while wearing a blindfold. This is equally true of the awareness of sensations and feelings during intimacy. Intimacy and sexuality can only be experienced, not judged.

Awareness has other very practical benefits. For example, are you aware of the stage of your erection as it proceeds through the necessary stages *before* reaching a full erection?

What builder or engineer would attempt to put the roof on a building that has not yet been erected fully? Many men attempt intercourse as soon as their penis looks or feels stiff, only to find to their dismay that it loses stiffness upon moving their body position or when putting on a condom. A blood-filled penis is not a full erection. It is only *stiffening*, and until the next stage of an erection has been reached, the blood can disappear from the penis almost as quickly as it has entered.

‘Rigidity’, or ‘hardness’, develops only when the levels of adrenalin generated by initial anxiety have lowered and when the nervous system has contained the blood in the shaft of the penis. Even then, this is not a full erection. This stage may be an improvement on simply stiffening but developing to the next stage is the best bet. After a while, enjoying the sensations and feelings generated through a gradual *hardening*, you’ll become aware that your penis is *hot*. A full erection will soon occur – *hot, hard and enlarged*. Now you can make love if your partner is ready and agreeable.

Learning how to eliminate anxiety, reduce adrenalin, to stay present and become aware of all that is going on during intimacy can be discovered and practised through the ten-step ICASA Sexual Recovery Programme.

## Consciousness

The solutions to all the problems men experience with their erections are to be discovered *within themselves*. It is as if there is a door to be opened within. You can enter a realm of tangible, real experience so absorbing that your negative, analytical thoughts simply dissolve into ever deepening awareness, feelings and sensations.

The way to better sex doesn’t happen by ‘doing it’ faster and harder but by going deeper. As you go deeper, your penis gets stronger. It is given the ‘sexual oxygen’ that it requires to express itself fully.

Going deeper is an adventure in self awareness; a journey of discovery into different states of being. This adventure requires ‘letting go’. Learning to let go is the most liberating realisation that can be experienced.

When you discover that you are not simply a physical body you realise that you are not subject to it’s precarious behaviour. The body is meant to be a willing servant and you its caring master. This requires a major shift in your understanding of who you are; a reorientation of your self-identity.

Thinking of yourself as being simply a physical body is not only limiting but can be frightening, considering the changes that the physical body goes through in its relatively

short life span. Learning that you are consciousness and will always be conscious is empowering.

If all this talk of deepening your state of awareness and consciousness sounds a little weird and scary, you are in plenty of good company. It is not what most people expect when they read a book on solving erection problems.

It is exciting to explore sexuality through deepening consciousness rather than through trying to achieve performance goals. The ICASA Sexual Recovery Programme takes the explorer on a step-by-step process where each new step is a discovery of new experiences with clearly stated boundaries of intimacy.

This principle of boundaries is a positive tool. Boundaries are not barriers; they are positive 'containers' within which intimacy can be experienced fully and consciously by both partners without fear of the level of intimacy becoming too much for either partner. Only when both partners are comfortable and have eliminated inhibiting anxieties should they then proceed onto a next step with a new and raised boundary. This graduated, step-by-step, boundary led process is the way to restore sexual confidence.

## Power to Choose

A man who has consistently lost his erection over a period of time, or has experienced the pain of sexual failures, will have lost at some level, the power of his will. He no longer has the power of choice. He feels that there are some vital experiences in life that he is destined to be denied. He will feel that he is limited, restricted and powerless to affect particular parts of his life, notably those parts that involve intimate relationships. He will create a façade, a persona based upon life choices that do not involve the experience of happiness.

For such a man, he has lost connection with a vital aspect of his Self. The power to choose is the greatest and most precious gift that all human beings possess. It could be said that the human being is defined by this power to make choices. It is what elevates the human species above that of the animal species. This is what distinguishes crimes of sexual force and sexual abuse from other crimes, in terms of general public abhorrence. Such personal invasion is theft of the free will of another human being. It can often take longer than the remaining lifetime for that which was stolen to be restored.

The erroneous belief that man is a body and that he is at the mercy of the organ called 'penis' is akin to self abuse; unwittingly subjugating his own free will to the rule of a physical organ. Asking the question "*Is it going to get hard?*" is like asking your legs whether you are going to get up in the morning, or asking your mouth whether you are going to have breakfast!

You have power called will; sometimes called volition. It is the power to choose and it is mighty powerful. When you exercise your will, worlds change and mountains can move. You can literally create a different world to live in, where everything is different. In this new world you attract different people and circumstances because your choices have taken you to different places at different times than those places that you would have been in your previous world.

The truth is that you are not a victim of your penis, erection or 'staying power'. Your sex life is waiting for you to take control through the power of your will. As a consequence, you take charge of your erection. *Yes, you can take charge of your erection.* It doesn't start with the penis, it starts with you. You do not depend upon your penis. Your penis depends upon you.

Within the ICASA Sexual Recovery Programme, the techniques of self-pleasuring provide step-by-step exercises to help you take charge of your erection by your own conscious awareness and practice. Once you have discovered and become familiar with the method you will never fear losing an erection again, whoever you are with or wherever you are. After learning how to take charge of your erection you will always know that you are able to recover a lost erection.

Taking charge of your erection starts with letting go of old patterns of masturbation, especially if accompanied by fantasies or watching erotic or pornographic images in order to become aroused. The next step is to connect with the source of sexual energy and to learn how to move the energy throughout your body through correct breathing and movement techniques that can be practised methodically and mastered. The final step is to be able to quieten negative thoughts and to remain present.

The process of recovery begins, however, with your *choice*. Only you can decide to change. You have that power; it is your will.

## Energy

When you combine consciousness with the application of your will, *energy* is the result. Energy is all around us at all times and in all places. Everything is energy in one form or another. Everything that we call 'matter', including the chair you are sitting on or the table you are sitting at; even your own physical body is actually the actualisation of energy.

Behind everything that we can see, feel or touch is energy. The universe is a teeming, swirling bundle of energy; atoms, gasses, electrons, protons. If you could see the energy that is compressed by particles into physical matter you would understand that everything is constantly in motion.

## Love

The primal source of energy is love. Without this energy human beings would destroy and devour one another and the world would implode. This inexpressibly vast energy of love is the very stuff of the cosmos and of creativity. To believe that you are separated from this energy is not only erroneous but misery. The awareness, through direct experience, of being connected to it produces the lasting state of happiness.

In the human experience there are many expressions of this one primal energy and all are unimaginably powerful. If we were to experience love fully in its different expressions; family love, friendship love, love for humanity and romantic love and Divine Love – what an amazing kaleidoscope of powerful energies emanating from the one primal energy.

## Sexual Energy

Energy can be experienced in many different ways, one of which is through intimacy and sexuality and may be called ‘sexual energy’. Similarly, men and women have different primary aspects of this energy that may be called either ‘feminine energy’ or ‘masculine energy’. Both men and women have a combination of these complimentary polarities, masculine and feminine; it is the balancing or harmonising of these two compliments that so-called ‘attraction’ or ‘chemistry’ occurs between two people.

Generally speaking, masculine energy is active while feminine energy is responsive. The key to deep and passionate sexual relationships lies in the ability of both partners to be aware of the different phases of these energies; to ride the waves of energy together in a dance where both partners are alternating between their predominate energy to their secondary energy. Ultimately, intimacy enables both partners to be lost in a genderless, timeless merging of energy that leads ultimately to an orgasmic state, a full-body experience for both man and woman.

Connecting with this sexual energy starts by making a conscious decision. There are some powerful techniques that can be practised to encourage your awareness of this connection. The truth is that everyone is already connected with love – to experience it, it simply requires the obstacles to be removed.



## Connecting with Masculine Energy

Sexual charging, sexual movement and sound exercises practised along with self-pleasuring practises alone, as well as with a partner<sup>3</sup>, enable men to:

- open the energy centres that are strategically positioned along the spine.
- become aware of the progressive states of sexual energy as it becomes more and more potent.
- release this energy in the expressions of both masculine and feminine energies
- discover the full body affects of the orgasmic state.

If you would like more information regarding the ICASA Sexual Recovery Programme, need advice or have specific questions relating to the subject of this little book, you may contact ICASA by the following contact details:

Email: [enquiries@icasa.co.uk](mailto:enquiries@icasa.co.uk)

Telephone Advice Line:  
01525 862068

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<sup>3</sup> Or with an ICASA Surrogate Partner in the context of the ICASA Recovery Programme