

## The Clench and Hold

Before you actually start this breath orgasm, please read through the instructions and then rehearse the individual steps to help your body learn the process.

### A. CHARGING - First, we'll charge the body with breath.

#### I. Sit comfortably on the floor.

- a. Relax your jaw.
- b. Yawn. Keep the back of your throat open.

#### II. Breathe using the Heart Breath (see chapter 4).

- a. Breathe in **through your mouth using as little effort as possible**.  
Take in as much air as you can with the least possible effort.
- b. Let go. **Let the exhale simply fall out. Let it fall out with a sigh.**  
This relaxed little sound will show that you aren't pushing the breath out.
- c. **Keep your eyes open.** Focus on a point somewhere in the room.  
You want to stay conscious with your breath and not nod off.
- d. **Keep breathing.** If you want, you can gently rock back and forth with the breath.  
You can add Kegels. Make it erotic. Let it feel good.  
Just remember to stay with the breath.
- e. Set a timer. Breathe for ten minutes—or twenty or thirty!  
**The more you breathe, the more you charge up the body.**
- f. When you're ready to do the Clench and Hold,  
**take thirty or so fuller, faster breaths to really charge up.**

#### III. Lie back on the floor.

- a. Take **a full, deep breath**. Fill up your lungs from bottom to top.  
Then let it all go without forcing your breath out.
- b. Take **another full, deep breath**, and let it go, gently and fully.
- c. Take **a third deep breath**.

**Fill up with as much air as you can hold ... and ... hold that breath!**

### B. THE CLENCH

- I. Now here's the important part: **as you're holding in your third deep breath, clench every muscle in your body**, especially your abdominal muscles, your butt muscles, and your PC muscle. It won't matter much if your hands or your feet aren't clenched, but if your abs, butt, and PC muscle aren't clenched, the Clench and Hold won't be as effective. There are a number of ways to do this clench. Lying on your back, you'll want to make sure that you don't put undue stress on your neck or lower back when you tense up, so take a moment and rehearse how you are going to clench before you start breathing. One good way to create the tension you're looking for is to press down into the floor. Try it. Press down into the floor with your hands, shoulders, head, butt, legs, and feet. Alternatively, extend your body as far as it can go, and reach for opposite walls with your feet and hands. Or, pull in toward the center of your body as hard as you can—first clench your abs, and then pull the rest of your body in toward your abs. However you do it, make sure you don't bring your knees up toward your stomach. This releases your abdominal muscles, and that's exactly what you don't want to do!

#### II. Keep clenching for about fifteen seconds, and then let go.

### C. LETTING GO

- I. Now, here's the hardest part of the Clench and Hold for most people:
  - a. have **no expectations**.
  - b. **Don't try to make anything happen.**  
You have given yourself a huge gift of openness and energy.
  - c. **Just be.**