

Mari Gern



SEVEN SECRETS OF LONG SEX

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«Издательские решения»

Gerr M.

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This book is the quintessence of official and private interviews, personal observations and conclusions made on the basis of psychological counseling. Years of reportage journalism and psychological practice, thousands of human lives, with which the author came into contact, created a single fusion — a unique and unique experience. The result of the research of one topic was this book, in which the author presents his unconventional view on a topic that interests many men and women: long sex.

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Seven secrets of long sex

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ABOUT THE AUTHOR

The author of the book – Mari Gerr (Maria Gerasimova), a Russian psychologist, historian, journalist, writer, gave 25 years of professional life to print media and psychological research. Now she collaborates with online publications, specialized websites and book publishers.

For many years the author has been collecting materials for a wide variety of research articles and books. And the author has been collecting materials for this book for almost 15 years.

Years of reportage journalism and psychological consulting practice, thousands of human lives, with which the author came into contact, created a single fusion – a unique and unique experience. And this book is the quintessence of thematic interviews, official surveys, personal observations and conclusions made on the basis of numerous psychological consultations.

In the book, the author presents his unconventional view on a topic of interest to many men and women: long sex.

The book is written easily and readable in one breath.



Mari Gerr – author of the book

INTRODUCTION

*I'm not a feminist,
not a masochist,
not an exhibitionist,
not a communist, not...
I just sometimes thought comes to mind.
And then I think of her.*

I do not remember where I read this phrase, but I remember it a long time ago:

“Orgasm – is the moment when you let go of your Self, separate from the body and dissolve in absolute bliss. At first it can be scary because it is light, pure energy. But at that very moment you are a Buddha”

Sometimes you do not even notice how some particular situations are combined into a single whole, in a certain general direction. And then an interesting story begins to unfold.

So with this book turned out the same. Scattered, seemingly unrelated events suddenly began to form an interesting mosaic, which amazed me with its originality and colorfulness.

Since I started practicing psychological practice, helping to solve the problems that arose with my friends, then with friends of my friends and their friends, but I'm not at all familiar with me, one interesting tendency emerged: people are interested in long sex or lack of it. Do not misunderstand me: not a few sex acts in 2—3 hours, but ONE sexual intercourse for 2—4 hours.

And when another man came to me on the recommendation, about which I will talk further in one of the chapters, and at first, as usual hesitating, but gradually liberating himself, outlined his throwings and longing, I realized that it was time to collect all my experience, knowledge and theory together and write this book.

I also interviewed many men and women, sometimes officially interviewing, sometimes just in private conversations, trying to get their opinion on this issue. All together: consultations, surveys and personal experience – and formed the basis of this book.

And although everything that I will talk about here relates directly to men, women will also be interested. A peek on the other side of the mirror is always useful: maybe you will see yourself?

In the book there is no demagoguery and empty reasoning. I will not give you the anatomical details of the structure of a man and a woman. This information is known to everyone, and if you still have some secrets – open the medical encyclopedia or the Internet. My book is not about that. It is about WHAT you should do in order to prolong ONE sexual intercourse to two, three or even four hours. As is known, the average rate of this process, recognized by official medicine, ranges from 10 to 20 minutes.

I also allowed myself to sometimes use profanity, but only where it gives an extra charm.

From the book you will learn what kind of sex you need to engage in, to prolong one sexual intercourse for several hours, how to achieve this, what psychological mood a man should have, whether size matters, what is the relationship between sex and longevity of a man and much more, what is possible, forever change your view on sex. What you read may be unexpected for you, maybe intriguing, maybe you will get scared. But you can know yourself better. Or just find out!

I also broke the book into seven main chapters and, without hesitation, called them “First Secret”, “Second...», etc. In each of the chapters I reveal one of the seven topics that make up a general view of the problem I describe.

My book is not fiction and not a dry textbook. This is a literary statement of many years of experience, research and conclusions, reworked, rethought and fused into a single concept.

And I think it's time to start already!

FOR WHAT?

To begin, answer yourself the question: WHY do you have sex? You may have smiled? In vain. The answer to this question, in fact, is not as simple as it seems. You know about the direct use of this process – the instinct of procreation. But sex is also used as a means to achieve some goals. Here is a modest and far from complete list of these goals.

1. The manifestation of love – no comment! And so everything is clear.

2. Reproduction – not so much the process as the final result, erotica is not important, only the social or natural qualities of the participants are important.

3. Discharge of sexual arousal – the quality of the partner is not important, and in general you can get by with masturbation.

4. Recreation – sex is seen as an exercise that restores power. Partner satisfaction – as an addition to your own pleasure.

5. Communication and communication – establishing intimacy between partners.

6. Self-assertion – in the first plan the need of the individual, mostly men, to test or prove to himself or others that he can attract, like, sexually satisfy.

7. Cognition – the knowledge of women, the satisfaction of sexual curiosity peculiar to all people. The famous biblical phrase “to know a woman” is this “aria” just from this “opera”.

8. Ritual – maintaining a certain ritual or habit, proof of the stability of existing relations between partners, occurs mainly in marriage.

9. Improvement of the state – physical and emotional; the achievement of this goal in general can become a kind of “drug addiction”.

10. Religious or mystical practices – in many nations in different historical times, customs of ritual intercourse were common in the fields during the seeding period.

In ancient Greece there was a cult of Demeter – the goddess of fertility and agriculture. The holiday lasted for several days, and in one of them the young Greek women were given to men on the newly plowed fields.

Eastern and Western Slavs on the night of Ivan Kupala – initially the holiday was associated with the summer solstice – marriage rites were performed, and according to some sources, mass free copulation.

On one of the Moluccas, if a bad harvest was expected at the carnation, naked men came to the plantation at night and shouted “More carnations!” And sowed the seed on the carnations.

In some parts of Transylvania and India, naked women plowed at night, giving their reproductive power to the earth.

In the Australian aborigines, the dieri ritual copulation of four pairs of men and women was considered a means to increase the fecundity of emus.

You can list for a long time, but, I think, enough, this is not a treatise on the sexual rituals of the peoples of the Earth. And it was point 10.

11. Getting material benefits – prostitution, marriage of convenience.

12. The demonstration of superiority over a partner and his humiliation – is characteristic of the social classes, the army, prisons and the criminal environment in a broad sense; Here, oral sex is the most popular method of cumulative demonstration, which is an ideal aggregate method.

13. Rape – forced sex, sexual abuse, involving the commission of sexual intercourse by one or more people with another person without the consent of the latter.

14. Transmission of venereal diseases – the conscious action of a patient with a venereal disease of a person in relation to another person with the aim of harming or avenging something.

15. Pleasure – is absolute, pure enjoyment of sensations. Here in the foreground a variety of erotic techniques.

Due to the fact that sexual attraction is a powerful motive for people's behavior, it is often used by all kinds of special services and criminal communities in order

- receiving information,
- control over the selected individual,
- providing a side effect on the behavior and thoughts of individuals through the assigned “delight specialist”,
- getting compromising in order to blackmail,
- the destruction of the psyche of the subject through the call impotence, infection with venereal disease, training the selected object to new forms of sexual activity,
- further development of “drug addiction” in order to more effectively manipulate.

In many societies, sex and manifestations of human sexual behavior are subject to social, ideological, and criminal restrictions. And, the more authoritarian the society, the stronger these restrictions. For example, in many countries, infidelity is still recognized as a crime for which material or criminal liability can be imposed, including the death penalty and stoning of people who have departed from tradition.

I think enough excursion into the historical and psychological jungle. Tell me, did you find yourself in these lists? Have you found the reason why you specifically have sex? If so, read on. If not, stop and think about the answer.

So you thought. And now you know exactly the reason why you are having sex.

And now answer the question: What kind of these types of sex allows stretching ONE sexual intercourse for two, three or even four hours?

And here FIRST SECRET

Only one – number 15, pleasure! Everything! There are no other options! Only absolute enjoyment of sensations from this process. For pleasure, pleasure is NOT a reaction, but a mood, a mood to enjoy emotionally at any moment of bodily communication, inclusion of every nerve ending in this process. The traditional reaction – the desire to necessarily experience an orgasm, because it is right and normal – is meaningless. It is violence over sensual experience. And the same applies to bringing your partner to orgasm. Such sex does not bring real satisfaction, its outcome – frustration and emotional problems in the future.

In order to get the mystical share of pleasure from sex, you need to learn to feel satisfaction from the very beginning and literally every second, developing pleasure as an inner blissful smile until this bliss captures the body totally.

Even number 1 – love – does not fit! Because “the love of evil – you will love the goat!”. And this postulate is valid in both directions. This phrase like no other reflects the essence of the situation: neither external data, nor social status are important, nor by what method does the partner have sex – nothing matters! In the partner, EVERYTHING is accepted without exception, and there is no desire to change anything. And even if a man ejaculates five minutes after the start of sexual intercourse – this is not perceived as his fault. This is a FAVORITE man!

And even the number 11 – prostitution – is also not suitable. Because if you think that the main goal is confusing is to give you pleasure, you are deeply mistaken! The main and only goal of a prostitute is to make money!

And since one does not earn much from one client, then, accordingly, it is necessary to “skip” through yourself as many clients as possible. Then the total income will be more. And there is no longer a place for long fun. Finished – and go out of here! Of course, among the “night butterflies” are those who engage in prostitution out of pure “love of art”. Well, they love this thing! Why such love? Maybe their first and second chakras – Muladhara with Svadhisthana – are developed like mom do not grieve. Maybe they just like this business, they see their purpose in it, the Universal Mission. But such units. The bulk of women who go to the panel, goes to her to earn. Why exactly this way? And this you ask their fathers and stepfathers who raped them in their youth or even in childhood and forced them to surrender to their drunk friends. You will ask this from the state, which is already a hundred years old, how it cannot bring the economy to a level that ensures a decent life, and which closes factories and mills, raises the prices of essential goods and makes education more “free”. This you ask yourself, taking the girls in marriage and closing them in the four walls for many years, not allowing them to get an education and not allowing them to work for reasons – “mine, I will not give it to anyone!”. And then, divorce them, take away their property and leave them with the children in their arms, without livelihood and the opportunity to go to work because of a small child. Of course, this is not always the case. And the ladies, too, are not embroidered sewn. But there is some truth in this.

Not suitable also number 6 – self-affirmation. For example, you decided to have a spy in the office of your boss, and his pretty secretary is most suited for this role. What to do? How to make her loyal to yourself, how to recruit her and have a tool for blackmail? Of course, fuck! But this must be done quickly, very quickly! There is no time for long caresses and “ritual dances” – he put it on the office table and fucked him.. From the same series, and quick sex at a corporate party, when

drunk a man drags a woman who he likes or has just liked for a long time into an empty office – and go ahead!

Well. Now you know something about yourself. Go ahead.

In the announcement, I promised to talk about a man who turned to me for help in solving one problem. It was this incident that gave me the final impetus for writing this book. I tell. Without a name, of course. I will call him NN.

So, having begun his story, stammering and silencing, choosing words for a long time, NN finally said that sexual intercourse in his performance can calmly last about three hours – and this is not the limit. But! All the women that he still had, DO NOT SUPPORT such a long marathon! After telling this information and having calmed down a bit, NN began to tell... What he had not suffered for years of his sexual activity. And, in fact, it came to the point that impotence loomed on the horizon. Do not laugh! You, as a man, know perfectly well how a woman's refusal has a negative effect on male ego.

I will not retell his confession, it is useless. But while he was talking about his thorny path, she remembered that she herself had come across this several times. And I will tell you about the most interesting case.

I had a lover who could the same! He could ONE sexual intercourse extend up to three or four hours! Having sex for one hour meant for him to get laid in a hurry! Two – all right. Three is the norm. And sometimes we reached four or more hours at a time. And everything went well, and I didn't even immediately realize that in our relationship "not so". All the sexual behavior of my lover said that he did not finish something. Hiding something. And when the relationship became more trusting and we began to have heartfelt and frank conversations for a long time, I still learned from him his secret. And when he told me that ONE sexual intercourse he can conduct for 2—3 hours and that this is a problem for him ("*I do not ejaculate as quickly as women want*") which ultimately resulted in an inferiority complex I fell into a state of shock. How?! For thousands of years, mankind has been looking for ways to prolong sexual intercourse. There are endless treatises written on this subject. For centuries, the best minds of the three great cultures of India, Japan and China have been searching for the cherished "sexual Grail" (not counting the smaller cultures). Modern medicine in a mad marathon invents "magic pills" for a hard and long erection, and you have this gift from nature and consider yourself unhappy and defective?! You are crazy! Yes, alas, he considered himself unhappy, flawed and defective! Even at the very beginning of his sexual life, he tried to "unleash" the ladies for such a feat, but nothing good came of it, and over time he simply began to adapt to his women, not even hinting at his abilities. Can you imagine what it is like to hide and restrain your most intimate male talent and sexual essence all your life!

Gradually, I found out that the ladies who were with him before me didn't really like sex at all. Of course, I will not call them frigid, as frigidity, what is called "sexual dysfunction" in modern sexology, is an extremely complex phenomenon. This is an intricate interweaving of many physical and psychological factors: here there are diseases of the urogenital system, psychological traumas, actions of various drugs, etc., etc. But there was something "fish" in these ladies, judging according to the stories of my lover.

I must say that with all my obvious desire to know what ONE sexual intercourse lasts for four hours, I had to "rock" my lover for a long time to a state of complete trust. Trust – in the sense of creating complete confidence in him that I will not alienate him when it comes to such a time. And the hour has come! When, finally, we reached a fairly stable psychological comfort and unity of bodies and souls, the result exceeded all expectations! And now I can say with full confidence: this

experience brings the consciousness to a completely new, higher, unexplored and very, very attractive level. Moreover, tempting prospects loomed ahead! And our meetings would last for another three or four months, we would go into absolutely fantastic areas! But... As is often the case in life, our flight was interrupted. We broke up. Ask why? His official wife, for reasons completely incomprehensible to me, was against our meetings.

There was a clear connection between the two men – my former lover and the client at the consultation. And you can formulate it like this:

Even having such a gift – to prolong ONE sexual intercourse for several hours – it is difficult for a man to find a partner who would like it or who could withstand such a marathon physically and psychologically!

Конец ознакомительного фрагмента.

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