



with Jan Robinson, Ipsalu Tantra Kriya Yoga Instructor  
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## TRANSMUTATION BREATH

The **Transmutation Breath** diffuses orgasmic energy throughout the body. Use the Breath to:

- Overcome early ejaculation/delay sexual climax
- Intensify sexual arousal
- Propel you to increasingly higher peaks of pleasure
- Build up to full-body orgasm. The KEY is coming to the brink of orgasm, pausing the stimulation, transmuting the energy to delay and building up again.

Transmute several times while you make love.

**4 STEPS:** Stimulate until near climax. Then . . .

**1)** Pause the stimulation. Exhale vigorously and completely through mouth (as if about to whistle). Drop your awareness into your root (anus for men, cervix for women).

**2)** Inhale long and slow through the nose. Visualize pulling the sexual energy up from the genitals to the Third Eye (the point between your eyebrows and just above)

**3).** Retain the breath as long as you comfortably can without strain. Eyes closed, gaze up to Third Eye.

**4)** Exhale with a sigh and relax the body.