

SYNERGY

The Book

EXCERPT FROM CHAPTER 1 "THE BASICS":

Synergy lovemaking ("Synergy") is a radically different, playful approach to sex in intimate relationships, an approach you and a partner can explore to see if it yields benefits. It's simple, though challenging at first to change habits, costs nothing, and is reversible should you return to your current habits. It is suitable for any intimate partnership.

The other night, we started talking about our first attempt at [Synergy]. She explained how it had completely shaken up her view on sex. She told me that sex for her was being 'fucked'. Being pounded. Submitting and taking it.

But the other night we were equal. It wasn't about dominant and submissive power struggles. She had never thought of sex in this way. She also wondered whether bonding-based sex was what two casual lovers, who had broken up a month earlier, should be doing. I liked that comment because it showed she realised the power of non-orgasmic sex.

I took my clothes off and we kissed, cuddled, stroked. I remember putting my hand on her vagina on top of her panties. My intent was not to make her horny, just to comfort. She later did a

similar thing to my penis. I find it strange how clearly we read each other's intentions.

We connected. Hardly moving, but deep inside. I finally understood what was meant by the penis growing and searching as if having a life of its own; snake-like. I felt her vagina responding, contracting and releasing, welcoming me. When we used to have hot and heavy sex I actually wouldn't feel much. This was different. I've never experienced her vagina so intimately.

We kissed, cuddled, and shared intense, long gazes. I smiled at her, and seeing her smile back filled me with joy. She was radiating femininity, she looked absolutely beautiful. I was overwhelmed.

I asked her a couple of times if she was okay. Coming from orgasmic, goal-orientated sex, [Synergy] initially seems to be missing a clear feedback loop. The first time she uttered a few words. Another time there was just this intense look on her face and a nod. I remember myself replying with a nod when she asked me. I didn't seem to need words.

Energy flow

I remember energy flowing around my body. A state of bliss. She gently asked me to 'fuck her slowly'. I stayed deep inside and we lightly moved our bodies. She got more excited but never pushed over the edge. She looked so goddamn cute. Afterwards she explained it was like a 20-minute orgasm without having an orgasm.

Her body was super sensitive afterwards, but not in the usual 'you can't touch me anymore because I am too turned on, whilst closing legs to show her pussy is now out of bounds' way. It was just this energy shooting around her. Like an endorphin high. I felt the same and still feel it now, the morning after. My body feels alive and buzzing. It's so strange. I'm sitting here smiling. I feel like a little kid.

I'd like to know how long we stayed connected. I think 30 minutes, but it could have been longer. I remarked that you could just stay like that for hours. She asked me 'Why did we never have sex like this before?' I replied that I had never had sex with anyone like this.

I left semi hard and we lay together. She asked me if I wanted to cum and I said, with completely honesty, that I didn't see the point or a need. I had finished sex in a state of complete relaxation. Ejaculation would just wear me out and leave me exhausted which didn't seem worth it for a 3-second high. Neither of us had an orgasm and both felt perfectly satisfied.

As we lay together our bodies buzzing, we both looked at each other and said 'Wow', 'What just happened?', 'What was that?' It was like nothing I have experienced before. Transcendental.

An equal experience

Because neither person is dominant it becomes a mutual experience. She told me that even when I was on top towering over her it felt like we were equal in the experience. That's just the position we happened to be in at that moment. For me it felt great to leave aggression out of sex. I was relaxed instead of heated up.

I didn't have to worry about ejaculating. There was no performance. Normally it's a juggling act between stimulating her more whilst keeping myself from falling over the edge into orgasm, which marks the end of the experience for me. That takes a lot of concentration and thought. I also normally engage in fantasy talk. But using fantasy in sex is moving the experience into your mind and out of the present moment.

I thought staying so still would be boring. But it wasn't. Without a goal what do you do? Where do you go? You just are. I felt so present. My world was her. Connecting and being in this moment.

My attraction to her has increased so much because of these experiences. I totally dig how open-minded she has been. The fact that she respected me enough to give this a go. I see my life as a grand learning experience. I'm a pragmatist. It's awesome that she is a part of this. That we are experimenting and learning together and from each other. She challenges me and my thinking. I hers. Mutual growth.

The Western World enjoys unprecedented freedom to explore sexual behaviour, to experiment with gender and orientation fluidity, to pursue casual connections and poly options (multiple partners) for relationships, and so forth. Yet for some, these opportunities are leading not to contentment and fulfilment but rather to confusion, anxiety, decreased responsiveness to pleasure and less sex.

For example, do you or your partner need stronger stimulation, or a longer time, to climax? Is climax less satisfying than it used to be? Does partnered sex feel like a chore? Is your sexual responsiveness sluggish? Do you find less pleasure in everyday activities? Are you increasingly despondent, anti-social, foggy, or dependent upon distractions and mood-altering substances to get through each day? Has partner turnover or discouragement in your relationships left you weary, and prone to wondering if the grass might always be greener elsewhere? Maybe you've even found yourself thinking, "There must be a better way".

Variations of Synergy have surfaced under different names for thousands of years. Labels include: Taoist dual cultivation, sacred sex, karezza, white tantra, *amplexus reservatus* (the reserved embrace), etc. Versions of this practice have been associated with spiritual discipline, sometimes in remarkably sex-positive cultures such as ancient China, and also in secular traditions such as *cortezia* (courtly love).

The fact that this practice has reappeared throughout human history suggests that it is an option grounded

in our physiology. Thanks to our genes' priorities, it's easy to lose sight of this universal potential. Yet Synergy can offer remarkable advantages.

Some lovers find Synergy increases energy and clarity, as well as promoting a refreshing sense of light-heartedness, pleasure and liberation in the bedroom. Paradoxically, it can both ease cravings in those who feel plagued by excessive sex drive, and awaken slumbering desire in those with sluggish libidos. This is because it helps balance the ancient brain structures that govern desire. By eliminating performance-driven behaviour, Synergy helps lovers accommodate each other, naturally improving compatibility between divergent levels of desire.

Organization of this book

Chapter 1 - "The Basics" lays out the practical details of Synergy lovemaking, and answers some of the common questions that people ask when first contemplating the concept.

Chapter 2 - "Sex, Bonding and Brains" explains the physiology of sexual desire and bonding in easy to understand terms.

Chapter 3 - "The Gifts of Synergy" discusses the wider implications of the practice, including benefits of attachment and Synergy's effects on our perceptions, priorities and choices.

What is Synergy?

At its most basic, Synergy is intercourse (usually leisurely) without the goal of climax, ideally performed by a couple that engages in daily [bonding behaviours](#) (more on those in Chapter 2). As a pre-orgasmic state is generally easier to sustain without vigorous friction during intercourse, Synergy lovemaking tends to be rather relaxed. Still, sex is inherently enjoyable, so it's a lot better than watching paint dry. In fact, Synergy is a way to have as much sex as you both wish without fatigue, surfeit or soreness.

The focus is on mindful connection and feeling the subtle energy flow between you, rather than sexual performance. During intercourse, erections may arise, fade and return. Some lovers like to start a session together at "zero" by using a technique known as [soft entry](#).

During Synergy lovemaking, it is common to intersperse periods of controlled movement with stillness. During the latter, Synergy becomes a sexual meditation. In contrast with conventional intercourse, you are not trying to get closer to the edge of climax. Your only goal is to stay in the present moment and experience the flow.

Resting from the noise of your minds and lives, you can more easily notice open-hearted feelings and subtle, perhaps even ecstatic, physical sensations. This state of mind is surprisingly refreshing and restorative.

Synergy recipes

During intercourse, touch each other lovingly. Feel your genital sensations, such as your erection or your vagina lubricating. Enjoy the beneficial surge of hormonal arousal in your body. Imagine an exchange taking place between you. To avoid discomfort, stay well back from the brink of orgasm. ([Advanced breathing practices](#) exist, which allow lovers to get closer to orgasm without experiencing discomfort, frustration, or other negative effects, but you do not need these to enjoy Synergy lovemaking or benefit from it.)

If you have time, allow yourselves to fall into stillness while connected, and to become aroused anew. Repeat this cycle as often as you like.

When you sense your session reaches a natural stopping point, allow your genitals to separate. Cuddle your partner naked for a time. When you arise, wash your genitals. If you use lubricants, know that some can be irritants.

Below are more descriptions by actual Synergy practitioners. Note: For space and reason of convenience this book is written from a heterosexual perspective, but with a bit of improvisation the concepts can be adapted by other genders and sexual orientations.



From my experience, [Synergy] lovemaking is so individual there are really no rules. Each couple finds their way from feel. It's about as Zen as it gets. I think of it as a meandering river; you just get in it and see where it takes you.

With that said, here's our general routine. Morning is without a doubt our time. The day is fresh and whatever "stuff" was roaming around from yesterday is usually washed clean. We start with cuddling and sometimes even a little talking. If there is something on either one of our minds, we like to share it first so our minds and emotions are present, not distracted.

We like stroking each other's back, arms, legs, head, almost light massaging. We do this while embracing face-to-face, often on our sides.

I don't know if I have ever done soft entry. She just turns me on too much. By the time we're embracing, my penis is at attention. In general, we like it face to face, we both love the full body contact. Occasionally we move into spooning or scissors position.

We have intercourse most days, for about an hour on average. Rarely less than a half-hour. If all we have is a short time, we pass and save it for when we can indulge. Quickies just don't seem to cut it for us.

One of the best parts is that this kind of lovemaking is always evolving and changing, over the months, over the years. It never stays quite the same. You'll find your way as well.



The main thing I have to say is that once you and your lover learn to be present and conscious (with no external intruding thoughts), with your minds focused on your genitals and your bodily sensations, you will find there is no right or wrong way. Things will go the way they need to go and for as long as they need to go.

You will probably end up being amazed at how time passes. We can be together for what *feels* like 15-20 minutes and then discover it's been over an hour or so (easily~~there have been times where we've stayed connected over 2 hours and even fallen into a sublime sleep in the middle of it all).

As far as positions: choose comfort. The best position is one where you both can completely RELAX your bodies. We usually start out in missionary (but it's very triggering for orgasm for both of us), and then roll over onto our sides with legs wrapped around each other. Then we'll switch sides or I will be on top. The key is to try to not disengage while you roll around (which is fun, and funny, and should be something to laugh at, which we do).

In the mornings, we tend to gravitate toward scissors [position] because it is soooo relaxing and we're already very relaxed. We will shift where my leg is (over his, under his, etc.) and sometimes change our angle. The nice thing about this position is that we can talk and look each other in the eye.

Most of our talking revolves around saying out loud what comes to mind at the moment (how things feel). I love knowing what he's feeling in the moment and he loves hearing me say what I'm feeling, too. There are times where we'll lie in an embrace and just talk about something else,

too. But for the most part, we try to spend that time focused on the moment at hand and not on outside conversation.

Soft versus hard entry: We usually try soft entry when we are both really tired, but still want to connect anyway (like right before dozing off to sleep at night). The soft entry usually becomes hard entry pretty quickly, though, no matter how tired. Once you are fooling around with lubrication (which is always on the nightstand), it usually isn't long before the penis responds. But we have inserted his penis completely soft, and I really enjoy feeling it grow inside me.

We kiss a lot. It gets us both in the mood and we both enjoy it so much. When I am kissing him, I am also allowing my focus to go to my vagina (relaxing it). That, in turn, causes his penis to respond. I love for him to kiss my breasts, too, and that *also* causes his penis to respond.

As far as oral, we don't do it nearly as much as we used to, and our intent now is so much different. Every touch we give is done in a way so as not to arouse, but to feel nice (to giver and receiver). It is hard to explain, but there is no hungriness and no urging forward toward orgasm. It's all very slow and delicious. But let's just say we both sometimes get kissed and licked *all* over our bodies.

As far as length of time, again, you'll just know when it's time to end. You might have something you need to do, or you both might just feel happy and satisfied. Or you might need to stop because you are getting too close to orgasm (I don't like stopping like that. I like for him to stay inside me until his penis is soft and then we gently part).

We've had "quickies" where we connected before we had to go to a party (a really nice way to start your evening!) and we've also had mornings where we've been connected for 2-3 hours (rainy mornings are nice for that).

As far as whether it's awkward to lie there in stillness— yes, it would be if you weren't focusing on all the wonderful sensations in your genitals and instead, thinking about the weather. That is why it is so important to be aware of your own body. Because [Synergy] is FAR from dull!!! Things are happening. There are pulsing, throbbing and electrical charges—and moments where you can feel every little nerve and cell in your body.

The longer you do it the more sensitive you become. In the beginning, you might thrust and move more, but eventually, you get to where you cannot do that much movement anymore. You don't need to move that much.

My lover says he moves when he feels like he needs to —his penis just seems to know when to move and when to be still. It also seems to know where my little tight spots are and how to heal them. It's simply amazing.



We always begin in the spoon position. First, I get inside her all the way, which I try to do very, very slowly, then I don't move any more than it takes to remain hard, which sometimes is no movement at all. Actually, the best erection [for Synergy] is kind of a semi-erection, mostly erect but still not rigid. That is likely to feel best to both of you.

We will remain that way for around ten or twenty minutes, and then I will begin to move in and out, again very, very slow and smooth, and that usually lasts for about another ten or twenty minutes. This is where the fluid usually starts to flow. Then I pull almost completely out and we are just barely connected by her labia and the head of my penis, with real slow, short strokes and she absolutely loves this. After that I get all the way back in and just lie real still, again with only enough movement to stay firm. We don't talk at all. It seems like talking is a distraction for us.

Now, it's a matter of just being with her, savouring her. I focus on making sure I'm nose breathing as that seems to make the feelings more exquisite. My mind's eye is on my root, directing a feeling of relaxation to my perineum, or pelvic floor. (If that's confusing, you can locate the muscles I am consciously relaxing by tightening your muscles as though you were keeping in a bowel movement and trying not to pee.)

Feel those muscles relax. The more I focus there, the more the pleasure is drawn up into my body - as long as I don't strive for that pleasure. I stay focused on my root and sort of observe the pleasure out of the corner of my mind's eye.



As this is a different way to make love, be aware that your combined self-consciousness and past war wounds may make the first couple of times, let's say *interesting*. You may get all shy. You might actually fall asleep inside her. Believe me this happens, and is all part of a healing process. Try it and see how nice this is.

If you begin in stillness, you tend to stay in stillness (we later add movement, but from a place of calm.) Everyone thinks there's a fine line between coming and not coming. In conventional sex that is so. But with [Synergy], you both operate in a radically different paradigm. It's like night and day.

By using comfortable positions that allow relaxation of the body, by focusing on the little sensations rather than chasing the intense ones, by not clenching the pelvic floor, by breathing fully and consciously, and so forth, you operate in a vastly different paradigm. One where even the thought of ejaculation, never mind the worry, is just miles and miles and miles away.



When you experiment with Synergy, what do you notice over the following days? Do you laugh more? Do you find yourself inviting your partner's touch or touching your partner? Do you seek excuses to hear your partner's voice? Do you feel a sense of gratitude toward your partner? Share your experiences with each other.

Further tips

Learning Synergy is not unlike learning to snowboard. Expect to take some tumbles as you master it. For more, see **How easy is this to learn?** below. The

following tips may speed your mastery. Take what you can use and leave the rest.

Hand signals

Agree on a simple hand signal, such as a special tap, to let your partner know that you are becoming overly aroused and need to stop moving for a while.

Monitor

Take turns being the monitor during sex. You know what your partner's "O-face" (orgasm-face) looks like, how their breathing changes, and so on. If orgasm appears to be approaching, the monitor calls a flag on the play and you both slow down. Then, when things have cooled off you start up again.

Self-awareness grows the more you engage in Synergy lovemaking. Eventually, you will not even think about adjustments—sort of like driving, where your foot automatically goes to the brake.

Next time, take turnabout monitoring each other.

Foreplay

Especially at first, keep the foreplay to a minimum so you don't overheat your partner and bring the session to an untimely end.

On the other hand, if arousal feels like work, don't hesitate to use some of your favourite lubricant and/or experiment with [soft entry](#). The connection itself is beneficial, and once you are underway your genitals will usually join the party.

Enter slowly

Don't rush. Never try to penetrate by force or suddenly. If you haven't tried slow penetration before, it can be a unique and enjoyable experience. Creativity is fine.

My lover begins intercourse by using the tip of his "lingam" (penis) to circle around the entry to my "yoni" (vagina) several times and then makes a slow, *shallow* entry. Next, he circles the head of the lingam around the vagina again, but one less time, followed by a gentle, *deep* entry. I think he starts with 9 circles, subtracting one with each round and alternating shallow with deep penetration. The effect is extremely sensual, and effective.

Observe your breathing

You can slow your whole body down by relaxing and slowing your breathing. Experiment with relaxing your stomach muscles and your breathing muscles.

What positions work best for Synergy?

Synergy lovers tend to make love for at least 20-30 minutes (or longer). It helps to change positions frequently, keep pillows handy, and check in with your partner about comfort.

Experiment with positions that don't require much movement, such as deep locking penetration with hands free to caress each other. One possibility is the [side-lying face-to-face position](#) with the bottom partner's legs wrapped around the other. Switch

sides when necessary, perhaps stopping midway with one partner on top for a while.

During periods of stillness, you may want to experiment with an ultra-comfortable position such as [bridge](#), scissors (similar to "bridge" but with legs intertwined), or [spooning with penetration](#). Lots of pillows help keep arms, legs and necks happy.

Level of arousal

Find what works for you, but while you're learning "less is more".

At first a guy will interpret the Synergy concept to mean, "I'll get really close to orgasm and then back off a bit". That just builds up more and more pressure. At first, I used to put cold water on my genitals after sex. I'd suffer a bit of "blue balls" otherwise. But quickly I learned how not to get too "edgy" and also, more than anything else, to relax my pelvic floor. If I end up more at 8 or 9, that's very "edgy" and doesn't feel right the next few days. In other words, my brain seems to respond to it like an orgasm and I have negative fallout. I don't feel as good about my wife, I may feel tired and cranky.

I keep to a 4-5-6 in a 1-10 scale, 10 being an orgasm. And I relax my pelvic floor, focusing my attention on that part of my penis where it starts, inside my body, the so-called "root". Women, too, can learn to relax their pelvic floor and benefit tremendously from it during Synergy.

How easy is this to learn?

For most people, Synergy is both straightforward and bafflingly challenging. On the one hand, what could be easier than *not doing* something? On the other, you have probably formed some powerful habits that now lie between you and contented, consistent Synergy.

You are likely to find that you can't bludgeon your existing sexual programming into a new routine. You'll have to coax it, firmly but forgivingly. Keep the goal of consistency in mind, but also keep a sense of humour. You'll need it.

The drive toward climax and the impulse to urge a partner to climax won't disappear overnight. Even with their new intentions set in stone, lovers can find themselves compromising in the heat of the moment, or startled by a completely inadvertent "point of no return" and orgasm.

Most people who master Synergy tend to say, "I made every mistake it was possible to make while learning this. And yes, it was worth the struggle".

Derailments aren't failures. In fact, you're likely to learn more from them than you do from the lovemaking sessions where Synergy seems effortless. It can be very illuminating to observe yourself over the days following both scenarios.

Practice and consistency

As with any other skill, training, practice and patience are the keys. However, opinions differ on how best to succeed. Some say it's best to start with one experience of Synergy, just to show yourselves you can do it and get past your initial disbelief that such an experience can be enjoyable. That may work well for established couples.

Others recommend an unhurried, deliberate approach, beginning with [bonding behaviours](#) and progressing to intercourse. Weeks of consistency can show you things that sporadic Synergy explorations cannot. It is similar to sticking to a diet rather than doing it half-heartedly. An even more relaxed approach to learning Synergy, and the reasons for it, are explained more fully in Chapter 2.

Above all, experiment fearlessly. As a Chinese proverb asks, "Who ever became a good rider by talking about horses?"

I think of beginning this practice like stepping into a room that's in total darkness. At first, we all stumble around, bump into things, don't even know what's in the room, and search for the light switch, (which isn't there because this room is only lit by natural light). Slowly we start to see where things are, what's in the room and how to get around. Also, everybody's room is arranged differently as we're all different and the partners set up the room uniquely for them.

[Synergy] is a "fumble as you go, and find your own way" kind of experience. Once you're in the room (which you get to by your intention to avoid orgasm, notice I only said "intention"), it's all about the discovery and the dance between partners. And what a sweet dance it becomes.

There's no right or wrong way, only your discovery as the room slowly comes into focus. If I was going to give *any* advice, it would be to choose behaviours that don't lead to slipping over the edge. Of course, slipping over the edge will help you figure out which behaviours to choose. How about that?

It's taken my wife and me 14 years of feeling our way around this room on our own to get where we are now and I'm very glad we did it by feel and intuition, although having fellow travellers to talk with in the early days would have been nice.

Be honest with yourselves about your results and observations. What are you really seeking? Where do you think it will be found? If you know in your hearts that you want to continue exploring Synergy and one approach isn't working, try another. If you feel stuck, persevere and wait for the next insight.

A newbie asked me for really detailed information. I gave him specifics: how my penis went in at first, how many inches, how many seconds, whatever.

But a week or two later, it was kind of a joke because he and his partner had broken through where they had been stuck, and all my detail hadn't added a thing.

That's my experience personally too. The specifics seemed to matter a lot, but only when I felt stuck. Just persevere and you'll break through. It is always *your* journey and it doesn't matter how anyone else does it. You'll do it the way you both love it.

In short, this approach is very different from all the "25 new positions" and the "what to do that's new in the bedroom when you're bored" crapola that's out there. Technique is just totally unimportant here.

I think it takes at least 6 months to get the hang of it, and maybe a year or more. It changes the whole relationship for the best I think, but it takes time and there's no way around that. It didn't take me long to stop having orgasms. But it took me a long time to feel good about my life and get over issues that were mostly due to my imposing my beliefs on my partner. So, there was an undoing, a letting go, and an accepting of what I had rather than what I'd imagined I wanted (a wife always eager for sex rather than merely cheerfully willing). Now it's all good and it's been about two years.

The good news is that male Synergy practitioners often report feeling more "male energy", that is, more confidence, enthusiasm and creativity, perhaps because they experience more energy. Similarly, women report feeling more "female energy", with similar benefits, as well as feeling more nurturing and calmer.

How often?

Authors who have written about Synergy recommend various intervals between lovemaking sessions. Here, we outline a slightly different approach geared toward reducing sexual hunger and helping both partners remain loving.

Lovers often comment how pleasurable Synergy sex is, which can lead to wanting to have sex every day, especially at first. As long as both partners are equally enthusiastic all is well. However, over time, an expectation of daily intercourse can inadvertently create a sense of "entitlement" or "duty" that can ultimately undermine sexual harmony.

Intercourse can be effortful, and occasions will arise where one partner is too tired to enjoy it and is likely to feel some resentment, or at least to feel as if daily sex has become a chore or a duty, not a treat. Conversely, if that partner declines to have sex, the other partner may feel baffled, unloved, undernourished, etc.

A solution is *daily* intimate contact. Choose from naked snuggling, [sexual meditation](#), motionless genital connection, or gentle intercourse. Feel free to mix it up.

If one of you is feeling sexually needy, try a first-thing-in-the-morning sexual meditation or Synergy session with virtually no movement. More energetic sex can still be incorporated on other occasions, but the simple "plug-in" (or merely pressing genitals

together) helps both partners feel calmer and well cared for.

No matter how much you both love intercourse, some accommodation will always be needed because...life. The good news is that practicing daily intimacy and Synergy helps lovers *want* to accommodate each other. It's a way to encourage partners' sexual gears to mesh without a buildup of resentment.

Scheduling

Is waiting for mutual spontaneity to lead to intercourse leaving one of you restless during the adjustment to Synergy? It's not unusual for one or both of you to feel uncharacteristically needy for a while after moving away from conventional sex with its built-in recovery period.

As explained above, it helps to engage in daily intimacy even without active intercourse. Naked snuggling, sexual meditation, and motionless genital connection can be surprisingly soothing.

With respect to active intercourse, agreeing on a schedule will help create harmony between you. It's easier to ignore passing feelings of sexual frustration if you know for sure that you will be engaging in intercourse at an agreed upon time.

Whatever schedule you set, keeping your commitment is vital. If life intervenes and you must reschedule, respect the new commitment. Even

when intercourse must be deferred, remember your daily [bonding behaviours](#). They take only minutes, but their effects last for hours.

Several weeks of trial and error were required before we got as far as negotiating a regular schedule for intercourse. That's when things *really* started to anchor for us. And the reason for this, I believe, is it creates intentionality. Scheduled intercourse means that both of you are aligned and committed to the process. Powerful.

Experiment. What works for you and your partner?

We've moved to scheduling [Synergy] intercourse every 3 days, but engage in bonding behaviours daily. Scheduled intercourse is a relief for my wife. Now, she realizes that my physical touch is not a veiled request for sex. So, she seems more open to spontaneous, intermittent hugs and the like.

It can be wise to leave at least one day between intercourse encounters so you remind your nervous systems how delicious bonding behaviours and effortless intimacy can be, even without intercourse. That way, the easy ways of being intimate are a familiar, nurturing part of your repertoire when one of you is not up for more athletic intercourse. With a break between intercourse encounters, intercourse tends to remain a treat rather than becoming a chore or resentment-building entitlement.

Safety and birth control

If you have been sexually active prior to your current relationship, get tested for STIs (sexually transmitted infections), including herpes. Discuss the results before deciding on a form of birth control.

If you decide on condoms as a way to prevent unwanted pregnancy and reduce the risk of STIs, keep in mind that (male) condoms may not always cover a herpes outbreak depending upon its location.

Frankly, the combination of condoms and Synergy is less than ideal. Some lovers report that condoms block the flow of energy between them. Here's an account of the power of condomless sex:

Not using condoms for birth control anymore has changed everything. We have been practising [Synergy] for 15ish years, but only reached the next level of "Wow!" when we transitioned to using a subscription-based temperature charting contraceptive app to show green days and red days.



The most amazing experience happened when we, in a totally unplanned way (we were out of condoms), made love without a condom. This was a completely different world - unbelievable! It was indescribably deep, and obvious that completely different things were happening from an

energetic point of view. To say we felt connected afterward would be an understatement. This palpable, beautiful, sacred energy was so strongly present. The difference between with a condom and without a condom was like day and night. Now I can understand all these beautiful things that [Synergy] practitioners have been writing about, which I had not experienced until then.

If you and your partner are not worried about STIs and have developed sufficient self-control, you may choose to risk foregoing condoms. The chance of pregnancy due to the presence of pre-ejaculate is [statistically remote](#). See: [Does preejaculatory penile secretion originating from Cowper's gland contain sperm?](#) And [Better Than Nothing or Savvy Risk-Reduction Practice? The Importance of Withdrawal](#). However, disease transmission is still possible. See [Researchers find no sperm in pre-ejaculate fluid](#).

Are condoms imperative? If they are, here's a bit more information:

First, Synergy lovemaking tends to be lengthy and relaxed, and erections typically arise and fade and arise again during a single session. When using a conventional condom, lovers must keep the arousal high enough (say a 4, 5 or 6 out of 10) in order to maintain an erection – or else apply a fresh one now and then. This can feel like work.

If you enjoy relaxed lovemaking, you may want to try securing your condom with roll-on body adhesive. It will keep conventional condoms on even if erections

fade and return and fade and return. Choose a body adhesive that washes off with water. Next, condom users report that natural lambskin condoms seem to allow a better energy exchange than conventional condoms. They are certainly more costly. *Note:* While natural lambskin condoms reduce the risk of pregnancy, they do *not* protect against STIs. And hold onto them when it's time to withdraw!

Finally, you may wish to experiment with "internal condoms", also called "female" condoms. These are soft plastic pouches that cover the inside of the vagina. They are very different from conventional "male" condoms, but used with body adhesive they eradicate erection performance pressure. Said one user, "I like the female condoms a lot. I've never liked the way male condoms feel like a one-way trip. Once you get started you've got to keep going".

What about Synergy and casual sex?

If you want to plumb Synergy's depths, and you have the opportunity to experiment within a committed relationship, that is ideal. You may also find it easier to pass up orgasm with a familiar partner. Brief encounters with new partners usually produce so many sparks that control is challenging. Also, both partners are seldom equally enthusiastic about Synergy.

If you're not feeling ready for intercourse, keep in mind that bonding behaviours and skin-to-skin contact without intercourse also nourish both partners. Paradoxically, intimate contact of this type can often ease frustration.

As long as you're open to bruising if there's no future in a particular connection, you can start with whatever wholesome opportunity is available to you. A woman recounted the following:

I began to experiment by opting out of orgasms with my then current sexual partner. I was shocked at how I felt totally satisfied and blissed out for at least three days. Whereas if I had an orgasm, I would feel horny and in need of another release in about 20 minutes. It was a huge difference to feel "blissed out" for days rather than "in need" shortly thereafter.

For years I had been burning through men, or they would burn through me. So, I simply told potential partners that I wanted to try this new way of being sexual, and explained to them the orgasm cycle.

Every time you have an orgasm, it's a neurochemical high not unlike shooting heroin. No wonder it feels so good, and makes you want more! Also, from a biological perspective, once you have an orgasm, your body thinks, "Okay, I've fertilized this woman" (if you're a man) or "Okay, I've been fertilized by this man". You may become irritable, or just lose interest. Sometimes within hours, sometimes days, weeks or months, you can stop being attracted to the person and want to move on to

someone different. (Moving onto a new partner helps to create more variety in the gene pool.)

According to Chinese medicine, you lose a lot of your Essence every time you orgasm, and sex without the goal of orgasm has been practiced for thousands of years in many religions and cultures. Every time I explained this to a man, he got to check for himself whether it was true for him, and whether he wanted to try this new way of being sexual.

I would say that at least half of the men I've spoken with were interested in doing this. In fact, a surprising amount of them already do this, because they know it to be true. They enjoy being able to last longer in bed with their lover, and they don't like the feeling of losing so much energy after they've had their orgasm.

With regard to the men that I've slept with since returning from Asia, I can tell you that the experience has been amazing! My first lover called it "riding the wave". The idea is that instead of having foreplay to create a need to release, i.e., orgasm, we have a slower, more connected way of being intimate. Yet we're still playing and doing all the things we love. He would say, "Let's ride the wave all night!" as he didn't need to stop and recover from an orgasm.

My third (and favourite) lover this year would lie in bed afterward, and gush about how satisfied he felt, and how he didn't have blue balls at all! He expressed his shock and excitement, and enjoyed how energetic he felt afterward. We played using bonding behaviours, traditional foreplay methods (but slower), wrestling and kissing. We had hours of fun!

He and I used words like “yellow” meaning surging towards orgasm, and “red” meaning to stop or it was going to happen any moment. One night, I went from yellow to red so fast that I had an orgasm, which was not my intention. For needy. On that occasion, however, I felt really separate and distant from my partner, while at the same time pining for him and feeling like I needed to be nurtured and held. This time was different also because I felt like I didn’t have much to give. It felt like I was pushing and pulling at the same time, rather than connecting and playing and laughing.

My hormones went through the roof. I picked fights with people I loved, had a rough menstrual cycle, and felt altogether uncomfortable for two weeks. Once the cycle released, I calmed down, and was able to connect again. This cycle is just not worth it for me for a few seconds of orgasmic pleasure.

The most profound difference I can see so far about Synergy is that when the sexual aspect of being in a relationship is complete, we easily shift from being lovers to being friends. In contrast, I can look back now and notice how I am not friends with almost any of my former [conventional-sex] lovers. (Maybe 2 out of 50?)

Genital pain from over-arousal

Too much stress on the sexual organs can potentially be painful. Vasocongestion (sometimes called “blue balls” or “lovers’ nuts”) is a signal that you have gone too close to orgasm in your Synergy lovemaking. Discomfort (“blue walls”) can affect women too (especially the clitoris, labia and outer third of the vagina).

“Blue balls” is a real feeling. It’s not like someone kicked you in the nuts, more like an achy swollen feeling and it’s uncomfortable. It is also part psychological because you know how to cure the feeling: shoot your load. If my girlfriend massages me around my junk and in back of my sack it can help.

Long-term, the solution is to maintain your arousal at a level that is less intense. This gets easier with experience. It also helps to avoid fantasising during sex and focus instead on what you are experiencing in the present moment.

There are also [advanced breathing practices](#) that can reduce the risk of discomfort.

If you find yourself getting close to the edge during intercourse, cool it down a bit. Stay in the middle zone. You may want to keep your lovemaking short at first, and extend it as you master this approach. Focus on taking full, deep breaths, especially as you become aroused. This helps keep you relaxed, and draws your attention away from thoughts of climax.

If you’re a man, stay active enough to keep your erection (in between relaxation phases), but not so stimulated that you get overheated. Some men report that if they keep their pelvic floor muscles relaxed (not clenching the muscle between anus and penis), the energy doesn’t seem to build up.

Staying in deep and not getting too heated may help keep the pelvic floor muscles relaxed. The longer you

go in a single session the easier it gets to stay calm.
Said one man,

When I'm at maximum penetration I totally relax, send my sexual energy to my partner, and pause there. Sometimes only for a few seconds, sometimes for minutes. This may sound a little airy-fairy, but it seems to siphon off the energy that can build up and lead to blue balls. You will get the hang of it. Practicing [Synergy] with a partner is one of the most deeply satisfying experiences I have in life. It's well worth the learning curve.

What if it's too late?

Even if you do nothing, the discomfort will eventually subside. However, you can usually relieve it quickly without resorting to the conventional method: orgasm. These alternative suggestions come from Synergy explorers.

Cold water

Use the cold-water technique as soon as you get out of bed. Rinse down your entire crotch area, not just your genitals. A shower head that is removable is ideal for this. Alternatively, kneel in the bathtub in front of the tap and run cold water over your genitals.

If male, you can also lean over a sink and pour cold water over the penis and testicles for a minute or two.

Energy draw

If you have an uncomfortable full feeling in your genitals after lovemaking, sit on the edge of a chair with your back straight, take deep in breaths and imagine pulling the energy up the spine from your genitals. Five minutes should make a positive difference. This technique can be adapted for use during intercourse as well.

Ice

Use an icepack wrapped in a towel, and stick it under your scrotum (or over your labia) when lying down or sitting.

Warm water

Taking a warm bath and relaxing your genitals helps alleviate any pain. Warm water improves circulation, which can reduce congestion.

~End of excerpt~

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