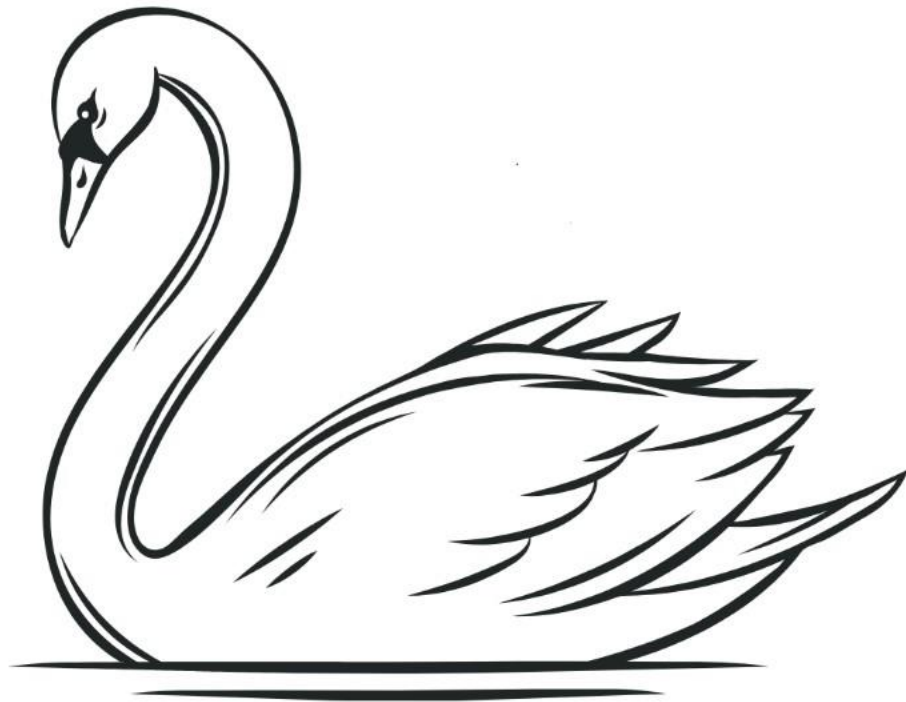


WHAT IS THE RESERVED UNION AND HOW IS IT ACHIEVED?

INSTRUCTIONS FOR MEN



Docteur Ioda

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1. Introduction

In this manual, we explain the "Reserved Union" (RU) sexual method. RU is partnered sex during which the man foregoes ejaculation. As his body adapts, it becomes capable of reserving his semen. The couple opens to other pleasures.

Although this manual addresses men, women will find it interesting to learn more about the mechanics of male sexuality. Few women know that men have the innate ability to pass up ejaculation or that women have a role to play in helping their partner achieve what could be called sexual mastery. The woman is very much an equal partner in this method even when she appears to be passive. Well informed, she will be better able to collaborate in the success of RU, above all by communicating her feelings.

RU is undoubtedly a very ancient practice, probably as old as humanity. It has other names. It is "*carezza*" in Italy, "*karezza*" in the Anglo-Saxon countries, but also "*reservata*" or "*copula reservata*" in Latin, and the "oriental embrace" or the "reserved embrace". Some prefer to call it the **Reserved Union** (RU). Many Asians are reputedly experts in this method. Some advocate it as an elixir that promotes long life.

In modern sexology books the practice is generally only mentioned as a sexual technique, but without being described in detail because the authors assure us that it is difficult to practice. In fact, it is surprising that almost all couples ignore this very simple method.

While basing this work mainly on the works of Paul Chanson and many others, we also include elements of our personal experience and reflections. This manual represents almost 20 years of investigation.

Author Paul Chanson (re)discovered this method in the 1950s. After fathering several children, he and his wife wanted to continue to have a fulfilling sexual relationship without using contraception. He succeeded thanks to this method. He wished to share his discoveries with all couples and published various books on the subject (see Bibliography).

Before reading Chanson, we already knew about the possibility of deferring ejaculation, but we had never managed to put it into practice because the advice was rather imprecise, and in some cases so was the order of performance. Moreover, we had never found a really detailed description of the technique.

To speak of "technique" in matters of love and sex may seem inappropriate. Indeed, spontaneity and freedom hold a rather privileged place in human love. Unfortunately, human beings' natural intuition does not guide them well in lovemaking. It is therefore beneficial, or even essential, to detail the method and review useful advice. Eventually, one gradually masters what Paul Chanson called the *L'Art d'Aimer* (*The Art of Loving*).

RU's greatest advantage is that it does not endanger the health of either partner, and can only increase the love, the true love, between spouses. It allows the man take pleasure in giving the maximum emotional and physical happiness to the one he loves and vice versa.

There has been much controversy about this method because it was often denounced, in particular in the year 1950 when Paul Chanson brought it to public attention. Mostly it has been misunderstood!

We strongly believe that it is destined for as many people as possible. Still, you need to understand and apply the instructions, and then not to fool yourself about the goal.

We have tried to be as precise and simple as possible in order to make the method accessible to all couples of goodwill.

For this reason, we have divided this manual into two parts:

- The first part reveals the anatomical and physiological details that demonstrate why ejaculation is not necessary for men every time they make love.
- Next, we describe the precise elements needed to achieve Reserved Union.

Most men are unable to envision sex without ejaculation. Therefore, we hasten to point out that this method does not generate any frustration or tension, and that it is in no way a question of *blocking* ejaculation. If a man has to struggle, it means that the couple are either practicing it incorrectly or they need a little more time to "harmonise" (i.e. get into synch with each other).

2. What is the definition of "Reserved Union"?

To define RU is not an easy thing. Like any definition it will always be somewhat incomplete.

We can, however, say that Reserved Union is an Art of Loving in which lovers unite without necessarily resulting in an orgasm. It is a sexual relationship in which the man foregoes ejaculation. Again, its practice does not generate sexual frustration.

Naturally, it sounds difficult for a man. Indeed, he often confounds his sexual desire with the need to ejaculate. However, as we will see, it is possible to defer the ejaculatory reflex indefinitely without building up tension and without forcefully suppressing it.

The latest discoveries in the physiology of the sex act show that it is perfectly possible and natural not to ejaculate. It only requires only a little attention and some knowledge.

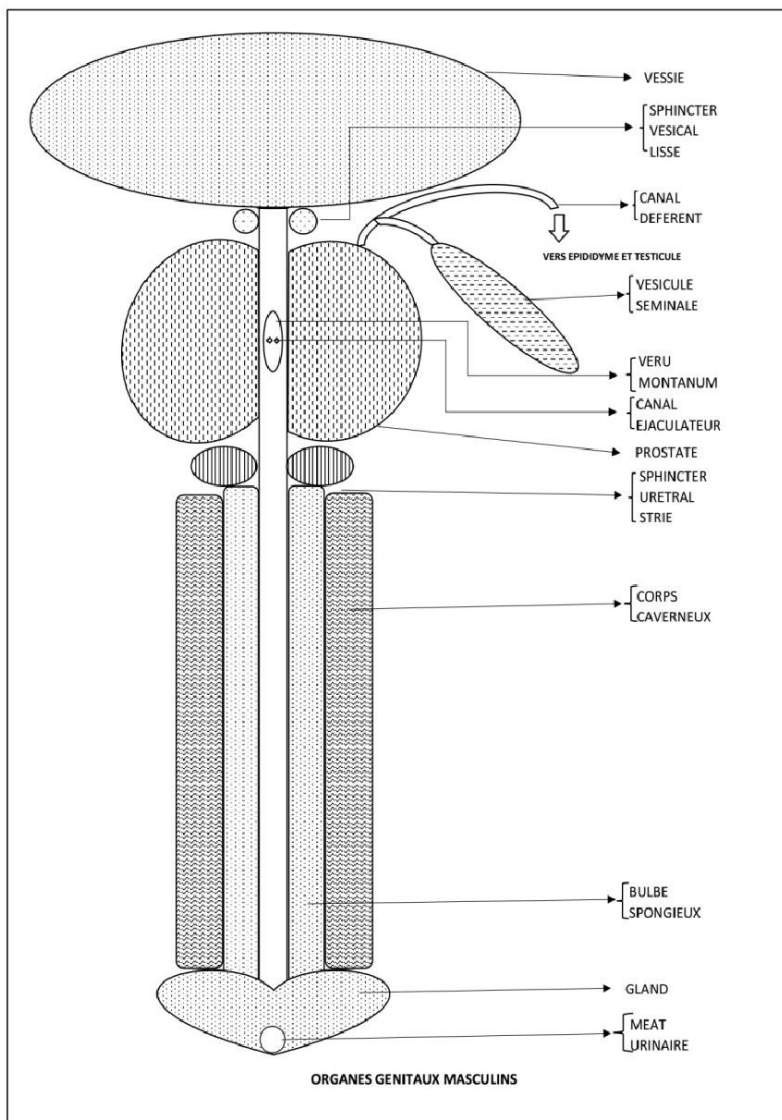
Before describing the technique for controlling ejaculation, we will briefly look at the anatomy of the male genitalia, the various nerve circuits, the most sensitive erogenous zones and the physiological events of the sexual act.

3. Anatomy and physiology of the male genitalia

This anatomical description allows us to demonstrate that ejaculation in men is not necessarily "automatic" during sexual intercourse and that it can remain under the control of his will.

We will describe the parts of the male genitalia that play a role in sexuality, either directly or indirectly. We will also briefly discuss the parts of the nervous system that control erection and ejaculation.

a. Anatomy of the male sexual organ



Imagine a "flow" through the following structures:

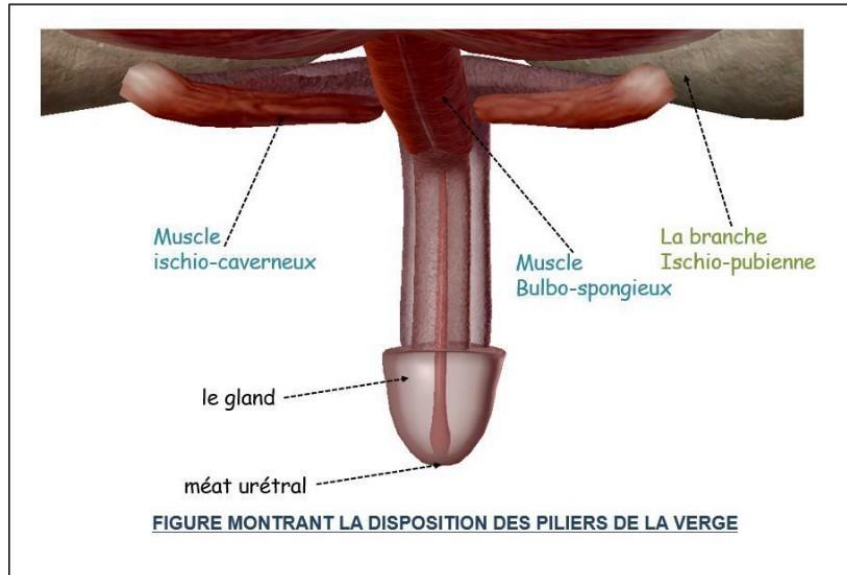
- *The testicles*, where spermatozoa are continuously produced.

- *The epididymal ducts*, which transport the spermatozoa from the testicles to the vas deferens.
- *The vas deferens*, which carry sperm to the prostate.
- *The seminal vesicles* join the vas deferens before entering the prostate. Their contents comprise part of the seminal fluid.
- At the prostate, the vas deferens become *the ejaculatory ducts*.
- The ejaculatory ducts empty into the prostate at *the verumontanum*, [a structure located on the floor of the posterior urethra].
- *The prostate* is a gland which, like the seminal vesicles, secretes liquid to transport the spermatozoa. It is composed half of muscular fibres, which contract at the moment of ejaculation.
- *The bladder* is not part of the genitalia, but the base of its sphincter contracts during ejaculation to prevent the seminal fluid from flowing backward into the bladder.
- *The urethra*, which carries both urine from the bladder and seminal fluid during ejaculation, crosses several structures including the prostate. The urethra then passes through:
 - *The urethral sphincter* at the base of the prostate. It is composed of smooth muscle fibres (responsible for involuntary reflexes) and striated muscle fibres (responsible for voluntary control).
 - The urethra then passes through the *corpus spongiosum*, which ends in the glans.
 - *The glans*, which is the primary erogenous zone in men, is covered by the foreskin.
 - *The foreskin* is a supple piece of skin that allows the glans to be covered or uncovered. During circumcision it is removed.
 - The *corpora cavernosa* wrap around the corpus spongiosum to form the cylindrical body of the penis.
 - *The corpus spongiosum and the corpora cavernosa* fill with blood as the penis becomes erect and give the penis its rigidity.

Two groups of muscles are also worth mentioning (see image below):

1. The ischiocavernous muscles on either side of the penis, at its base. And,
2. The bulbospongiosus muscles, which lie under a portion of the corpus spongiosum.

These muscles contract at the time of ejaculation to expel the seminal fluid. The contraction of the ischiocavernous muscles also give the penis additional rigidity during the excitation phase.



b. The nervous system

The nervous system that controls the sexual act is very complex and has not yet revealed all its secrets. It involves as well certain areas of the medulla oblongata and the spinal cord, as well as nerve plexuses (essentially crossroads of nerve fibres) close to the sexual organs.

We mention only 2 areas:

I. *The sacral parasympathetic centre (S2-S4)*. It projects into the inferior hypogastric plexus above the bladder. It helps to govern the vascular reactions of the genitals, triggering arterial vasodilatation, i.e., erection.

II. *Two thoracolumbar sympathetic centres (T11-L2)*. These are essentially motor centres belonging to the sympathetic nervous system. They help trigger and synchronise ejaculation.

We speak of these 2 centres only to show that 2 *different* nerve pathways control erection and ejaculation. For some of us this is sufficient proof that ejaculation is not imperative following an erection.

c. The male erogenous zones:

One generally speaks of primary and secondary erogenous zones. The primary erogenous zones trigger orgasm when they are stimulated to a certain level, whereas the secondary erogenous zones only facilitate it. For example, their stimulation may trigger reflexes, such as erection in men or lubrication in women.

The man has only one primary erogenous zone, the glans. The secondary erogenous zones are numerous and vary according to the individual. They may include the scrotum, the inside of the thighs, the nipples, the lips

The description of the glans, which is the sole primary erogenous zone in men, is important because it furnishes a key to understanding of the Reserved Union and its feasibility.

The glans is composed of Krause-Finger corpuscles, corpuscles of arousal. They require a progressive, increasing excitation in order to trigger the ejaculation reflex. They function like "capacitors". That is to say that with a certain "charge" or sufficient excitement, they produce a sensation of imminent ejaculation in a man. He then arrives at a point of "no return" where triggering the ejaculation reflex becomes irreversible.

As we will see later in detail, mastery of the Reserved Union rests on understanding this fundamental concept: The accumulation of increasing stimulation at the glans will, in the normal course, gradually produce an irreversible threshold of intensity.

4. The sexual act

The sexual act is usually described in 4 phases for men as well as women:

- *The excitement phase* with stimulation of the secondary erogenous zones, initiating erection and the drawing up of the testes.
- *The plateau phase* after the penetration, during which the stimulation crescendos to a point of "no return".
- *The ejaculation phase*, more or less concomitant with the orgasm but not always.
- *The resolution phase* with detumescence of the penis and a refractory period, the length of which varies according to the individual.

The erection phase is the result of vascular and muscular mechanisms. Indeed, in a state of rest, the smooth muscles of the intracavernous arteries contract and the erectile tissue is essentially empty. During the tumescence of the penis (erection), we observe a relaxation of the smooth muscles of the arteries and vasodilatation, permitting the filling of the cavernous spaces as the penis grows longer and begins to straighten.

This is the first phase, which occurs in response to psychological stimuli or stimulation of secondary erogenous zones. During this early phase, direct stimulation of primary erogenous zones may be perceived as unpleasant.

Next, the stimulation of the glans (primary erogenous zone), triggers, by reflex, the contraction of the ischiocavernous muscles which considerably increase the intracavernous pressure and consequently the rigidity of the penis. In this way, maximum rigidity is reached.

The plateau phase is important to describe because it includes the sequence in which ejaculation *may* become inevitable.

Indeed, during this period, which can last from 2 to 10 minutes, movement of the penis during sex typically accelerates. Repeated stimulation of the glans during this phase leads to an

accumulation of a certain sensory potential. This accumulated potential is suddenly discharged, and the cascading reactions trigger ejaculation.

Do not forget: The functional units (corpuscles of arousal) that trigger ejaculation work like capacitors which discharge if they reach a certain intensity (accumulated stimulation).

The ejaculation unfolds in 2 phases:

1. **Emission:** During this phase, the epididymis, the vas deferens and the seminal vesicles contract, mixing with spermatozoa to form the spermatic fluid. This fluid flows into the prostatic urethra through the ejaculatory ducts where it is incorporated into prostatic fluid. The sphincter of the bladder closes to prevent retrograde ejaculation (passage of sperm into the bladder). At this moment, the man feels an imminent need to ejaculate, which is the point of "no return". That is, he will completely lose control of the urethral sphincter and will necessarily finish, i.e. ejaculate.

2. **Expulsion:** This phase corresponds to the ejection of the sperm in the urethra at the level of the glans through the urinary channel. The striated urethral sphincter opens and the prostate contracts rhythmically, as do the bulbospongiosus and ischiocavernosus muscles in order to propel the spermatic liquid forth. The bladder neck closes during this phase to keep the semen from the bladder.

Let's summarise:

1. Erection and ejaculation are not controlled by the same nerve centres or the same neural circuits. Therefore, one may experience an erection without ejaculation.

2. To occur, ejaculation must be preceded by a progressive stimulation of the glans in order to trigger the necessary cascade of reflexes. In effect, the glans functions as an accumulator or capacitor. A certain level of stimulation triggers forceful discharge of the ejaculation reflex.

3. The urethral sphincter, which opens at the moment of ejaculation, is a striated muscle. This means that expulsion of the seminal fluid is voluntarily controlled. An accumulation of stimulation in the glans must overwhelm this control to trigger an *involuntary* discharge (i.e. the ejaculation reflex) and allow the seminal fluid to pass through.

5. How does one achieve Reserved Union?

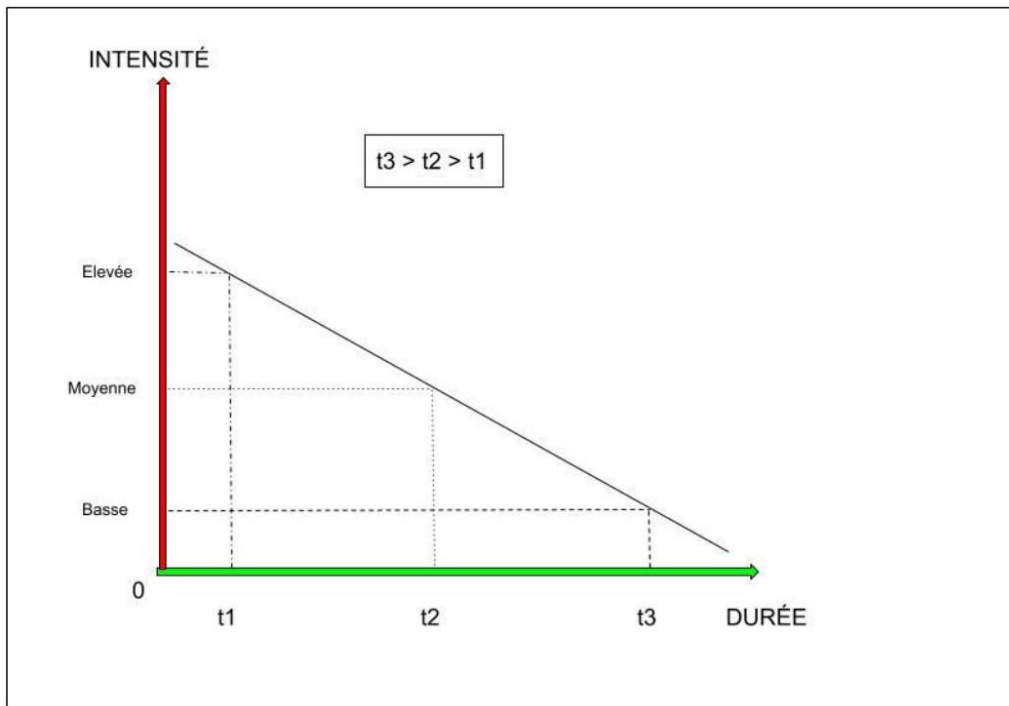
As we have just seen, the stimulation of the glans with sufficient intensity "charges" it (like a capacitor), triggering the reflex cascade of ejaculation, often quite rapidly.

As underlined by Doctor Dugast Rouillé in 1950 in his book on the medical study of Reserved Union, "one cannot have both intensity and duration!"

Indeed, the man well knows that when sex is very intense, ejaculation will occur rather quickly (often to his great regret).

These fundamentals of intensity and duration must be understood in order to approach Reserved Union successfully.

We can visualise the relation between duration and intensity in this way. (See diagram below.) In order to extend the duration of intercourse, it is necessary that the intensity be kept "moderate". Thus, when the intensity is "low", the duration is longer. Conversely, when the intensity is "high", the duration may be very short. Unfortunately, the latter is what most couples experience in "conventional" sex.



We could also address the relationship between intensity and duration from other points of view. There would be much to expand upon, but we have chosen to keep this presentation simple. We leave everyone to reflect on their own insights.

Aspects / Orientations	Intensity (greater)	Duration (longer)
Male goal	Ejaculatory orgasm	Deep contentment
Female goal	Clitoral orgasm	Deep contentment
Male erogenous zone	Glans	Penis
Female erogenous zone	Clitoris	Vagina
Focus during coitus	Stimulation	Relaxed penetration
Short-term effect	Release	Relaxation
Long term effect	Compulsivity/Emotional distance	Profound tension relief
Post-coital feelings	Loneliness	Completeness

Sexuality	Carnal	Spiritual
Objective	Procreation	Communion
Means	Sperm	Energy
Sensitivity	Physical	Psychic
Movements	Rapid	Leisurely
Satisfaction	Fleeting	Profound
Expression	Ardour	Tenderness
Virtue	Passion	Temperance
Affect	Desire	Devotion
Symbolises	Duality	Unity

Let us summarise:

During RU the couple and especially the man must choose: intensity or duration?

The method of Reserved Union is based on mastering both degree of intensity and the capacity for extended lovemaking.

A. Mastering intensity

Any man who has ever had sex knows how difficult it is to control the intensity of intercourse. Here are some tips on how to do it.

Everything must be done to prevent the primary erogenous zone of the man, the glans, from becoming "overloaded". Indeed, if the accumulation of stimulation is too great, it inevitably triggers the seminal reflex (ejaculation).

The vast majority of authors who have written recommend the following:

- **Favour stillness during intercourse.** Moving in and out, though perhaps instinctual, is not necessary during lovemaking. By relaxing in a comfortable position, it is possible to remain united without any movement. In our opinion, *this is the most important advice for mastering RU*. It is simple to implement and it allows lovers to discover other dimensions of the sexual act. It takes a little time for the partners to discover those gifts. Sometimes, they perceive an "exchange" of energies....
- **Move slowly.** This is one of the easiest ways to prevent the glans from becoming overstimulated and pushing the man to the "point of no return" (ejaculation). There is no requirement that lovers start at a "gallop", rush on at a gallop, and then triple gallop to reach ejaculation quickly. Very slow, even very, very slow movements in and out allow couples to experience unexpected sensuality and pleasure, especially for the woman who is fond of "caresses". Indeed, if the man has one primary erogenous zone, the woman has two: the clitoris and the vaginal canal (its anterior, belly-side). If the vaginal canal is stimulated with great gentleness, the woman may be most appreciative.

- **Alternate slow movements and stillness.** It is possible to alternate periods of stillness with periods of slow movement.
- **Avoid positions that are too exciting.** This sounds like common sense but must be kept in mind.
- **In case of “alarm” ...** Even gentle intercourse may become extremely arousing without warning. In this case, the man may feel the threatening signs of the "point of no return". Immediately, he will want to remove his penis from her vagina for a few moments. Interrupting intercourse is not a mistake. On the contrary, one can resume without frustration after the level of excitement drops.
- Other "techniques" to control intensity are also possible and we propose only the only the easiest ones. Everyone will discover additional techniques for themselves. Some ways are better suited to one couple than another. For example, one author mentions "digital pressure on the glans" to reduce arousal; others press on the base of the penis. Some use breath control (like yogis) or think about their taxes.... Human sexuality is very diverse and cannot be completely catalogued.

B. Mastering duration

Before describing how to master lovemaking's duration, we will address the concept of erotic tension between partners. This is the key to understanding how Reserved Union permits lovers to reach equilibrium without frustration or forceful suppression.

To shed light on this phenomenon, we formulate the following hypothesis: erotic tension in the couple, that is to say the "desire to find what they seek", can be broken down into 3 fundamental needs:

1. The need to unite and to rediscover the Original Unity. This is the unconscious need that most often drives us and which returns us to each other. This innate tendency seems "magnetic", much as 2 magnets attract each other due to their opposing polarities. It is without doubt the purest expression of human Love.
2. The need to penetrate (for men) and the need to be penetrated (for women).
3. The need to ejaculate (for men) and the need for clitoral orgasm (for women).

It is evident that Reserved Union allows satisfaction of the first 2 fundamental needs.

The need to ejaculate for the man and the need of a clitoral orgasm for the woman are probably not meant to be satisfied at each sexual relation. This is the great discovery RU! Pursuit of climax is undoubtedly somewhat reserved for procreation, while RU gives spouses the freedom to manifest their Love when they wish, that is to say, even in a fertile period when the woman is not using contraception.

All couples who practice RU testify that at some point in a lovemaking session they reach a sense of "completion", an impression of profound easing of erotic tension. Even for the man, the desire to ejaculate abates completely.

Let's look more closely at mastering the duration of a lovemaking session.

After mastery of intensity, the second key to the RU method is mastering duration.

Indeed, *it is duration that eases the erotic tension between the spouses.*

We can affirm that:

During lovemaking of a sufficient duration with controlled intensity, the couple naturally discovers a decrease in erotic tension and the abatement of the need to ejaculate for the man.

In other words, even if the couple chooses only motionless positions or those with little movement, the mere duration of the union leads to deep satisfaction and termination of the partners' sexual frustration.

It is as if time and penetration alone were sufficient to achieve the complete appeasement of the sexual appetite. For the man, his need to ejaculate naturally fades away. At no time does he have to "block" his ejaculation; he simply no longer feels the need after a time.

It is as simple as that!

Remark This element is probably the most subtle to grasp with respect to the Reserved Embrace. It will require a little time for the couple to appreciate. Only regular practice makes it possible.

With a little practice, the couple learns to recognize the point where they have "said it all" and the union can terminate without any frustration for either one. Just as when dining, once you are full you don't want to continue eating. It is even advisable to leave the table while you still have an appetite. This is also what UR offers.

The man and the woman enjoy a deep easing of their desire, allowing them to resume their respective activities without difficulty.

There is no established ideal duration for lovemaking, but several authors recommend a minimum of about 30 minutes. However, shorter sessions are also nourishing, especially when lovers have practiced RU for some time. And sometimes longer sessions...

In his book *L'Art d'Aimer* Paul Chanson, whom we have already quoted, tells us that,

it is by prolonging itself that the union sublimates the sensual... It is through extended duration that carnal pleasure is transmuted into spiritual communion.

Further on, he notes that during extended union,

the reciprocation of pleasure between the partners, the spiritualisation of their pleasure, and the impregnation of the memory of their senses evoke incomparable fidelity.

As we can see, the mastery of intensity must lead us to the mastery of duration, and the mastery of duration to the discovery of how RU eases lovers' erotic tension.

Learning to sense this point of satisfaction and the easing of tension requires a little attention and practice.

The evidence of successful UR is a total absence of frustration for either partner. At no time is there forceful suppression of ejaculation.

Let's summarise: During a UR, the man and the woman choose to control the intensity of their union by remaining under a certain threshold of excitation. They alternate motionless phases with phases of rather slow movement. Under these conditions, the man avoids the point of "no return". With sufficient duration, the partners experience a drop in erotic tension until it almost completely subsides. The man does not block the ejaculation. His urethral sphincter, a striated muscle under his control, retains the seminal liquid until the need to ejaculate decreases sufficiently to conclude the encounter. The woman typically also recognizes this drop in erotic tension.

6. In conclusion:

Is RU practicable for all couples?

The description we have just given appears to be accessible and a simple practice to implement.

It is by no means an act of willpower or sexual performance. Rather it calls for developing an awareness of positions that are less exciting, and learning to recognize the moment when the erotic tension is sufficiently reduced for both lovers to conclude the session in complete comfort.

The mastery of intensity and duration gradually leads the couple to discover a genuine Art of Loving.

Authors who have spoken about this method agree that it requires a "certain time" to grasp the technique and implement it. Each couple, according to their history, education and origins, create a sexual connection unique to them. It is impossible to describe all of the different factors that come into play.

Even if the man is a central actor with this method, his wife cooperates in the Reserved Union. She avoids increasing the man's excitement too much and she also senses when the natural end of the encounter arrives. Generally, the partners are synchronous, or become so with practice.

The discovery of lovemaking without ejaculation is often a kind of revelation for the couple. Its slowness, its duration and the mastery of intensity permit the discovery of an unanticipated pleasure, a feeling of completeness and of knowing each other profoundly. For couples who

choose not to use contraception, RU during the woman's fertile period can lead to unions of rare beauty.

A stable, faithful and constructive relationship is ideal for RU. Thus, the framework of marriage is ideal.

Some men, upon discovering the possibility of deferring ejaculation, may legitimately wonder whether they will give it up entirely. Indeed, the benefits are obvious: renewed energy, disappearance of sexual performance problems, healthy sexual appetite, better self-control, harmony within the couple, fulfilling sexuality....

Some Hindu or Taoist sages advise ejaculation only for procreation, but our position is more nuanced. Even if a man's ejaculation is a source of serious fatigue or "loss of energy" it is nonetheless essential. Ejaculation supplies a great feeling of fulfilment that is important to experience throughout one's life. One can determine the frequency of ejaculation depending upon one's temperament and objectives. Ageing invites a reduction in frequency....

An entire book could be written about this method. There are many elements that we have touched on quickly, and specific situations that could be elucidated in greater depth. We have chosen to keep the description simple and educational.

We would like to thank all our predecessors and above all Paul Chanson, whose work on the subject was considerable, but who was undoubtedly too far ahead of his time. We also thank all the friends we have met on the net who helped us to refine this work and its presentation. Finally, thank you to my dear and tender wife who supported me throughout this adventure and with whom I have shared awe-inspiring moments.

Let's hope that all men and women of goodwill will find here all the elements they need to discover a free and happy sexuality for nurturing true Love.

This method belongs to the endowment of Humanity and as such, its diffusion must remain free of charge and free of rights, as long as the presentation and its terms are respected.

One more detail: My wife and I are doctors. We choose not to use our names for several reasons. First, this work is impersonal and is intended to improve the well-being of humanity. We leave everyone free to create their own versions of the concept. Second, we wish to pursue a simple life in complete anonymity. We choose the name "Ioda" due to our particular affection for this character from the "Star Wars" universe.

Dr. Ioda, July 2022

The Reserved Union – 7 key points

- **Know that the Reserved Union exists.**
- **Accept the idea that it is possible to have a fulfilling sexual relationship without ejaculation for the man.**
- **Discover the joy of the stillness of united bodies.**
- **Enjoy a slow pace during sex.**
- **In case of excessive arousal, disconnect for a few moments.**
- **Focus on extended duration and minimise intensity.**
- **As a couple, learn to recognize “the sweet spot” at which erotic tension eases for both partners.**

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