



Black Magic  
Tantra

**"THE VITAL  
ENERGY METHOD"**

# *Black Magic Tantra*

## *The Vital Energy Method*

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Hello, and thanks for downloading “**Black Magic Tantra – The Vital Energy Method.**”

This is the exact routine that my friend Dr. Weger used to “cleanse” himself sexually before beginning **any** of the methods described in **Black Magic Tantra.**

**Vital Energy** has been defined by the Swami Chetanananda as:

*“the source of all experience, from the subtlest experience of yourself to the most distant experience of space. Tantra speaks to the total integration of the subjective and the objective. Tantra says “I” and “it” are one, unified in Consciousness.”*

The **Vital Energy Method** can be considered an extreme form of sex transmutation. “Sex transmutation” is defined as:

*“the switching of the mind from thoughts of physical expression, to thoughts of some other nature.”*

The difference with this method is that you’re switching your mind from thoughts of physical expression *now* to thoughts of “some other nature” **and** of physical expression *in the future.*

Discipline is required to complete this – you won’t be able to ejaculate for six (6) days. Trust me, it is worth it. You’ll not only feel “cleansed” sexually but feel better overall. It’s quite simple as well.

# Day One

(5 – 10 minutes)

Before going to sleep, disrobe and lay on your bed. Think about things that get you aroused (please don't email me about these thoughts!), but do not touch yourself in any way.

Once you've become aroused (after two and a half to five minutes) start focusing on positive thoughts. Imagine your ideal self, the goals you wish to accomplish, the type of life you'd like to lead.

After focusing on positive thoughts for two and a half to five minutes you're done for the first evening.

## Day Two

(10-20 minutes)

As with last night, before going to sleep, disrobe and on lay the bed. Don't get under the covers, you need air contacting your body.

Think about things that arouse you for about 5 minutes. After you find yourself becoming aroused, you may touch yourself – **but for no longer than 1 minute at a time.**

Take a break after one minute, continue to do your best to think arousing thoughts, then touch yourself again – but no longer than 1 minute!

Keep this on/off exercise going for approximately 12-15 minutes, then go to sleep while maintaining positive imagery and visualizing your best self. Tomorrow things will be a little more involved, so rest well.

## Day Three

(Approximately 30 minutes)

Before going to sleep, disrobe and relax on top of the bed.

Now you will begin really “teasing” yourself to get the best results. Think of something that arouses you for approximately five minutes, then masturbate for five minutes. STOP masturbating after the five minutes and think of some goal you would like to accomplish. Imagining the type of sexual partner(s) you would like to have is also acceptable. Repeat this routine (five minutes of arousal thought, five minutes of masturbation, five minutes of imagination) one time, then go to sleep.

## Day Four

(Approximately 50 minutes)

This will be similar to the previous day. Before going to sleep, disrobe and relax on top of the bed.

Think of something that arouses you for approximately ten minutes, then masturbate for five minutes. STOP masturbating after the five minutes and think of some goal you would like to accomplish for ten minutes. Imagining the type of sexual partner(s) you would like to have is also acceptable. Repeat this routine (ten minutes of arousal thought, five minutes of masturbation, ten minutes of imagination) one time, then go to sleep.

## Day Five

(Approximately 60 minutes)

Now you'll change things up.

Before going to sleep lay down on top of the bed. Think of something that arouses you for approximately 2-3 minutes, and then masturbate freely until you get to the point where you want to have an orgasm. **Do not ejaculate or the first four days will have been wasted and you'll have to start all over again!**

When you feel the urge to ejaculate, STOP and turn your thoughts to the future. Think of the type of sexual partner(s) you would like to have, and the sort of things you would like to do to them. When you've calmed down a bit, start masturbating again until you're right on the verge, and think about the future some more. Continue this exercise for approximately one hour, then go to sleep.



## Day Six

(Approximately 60 minutes)

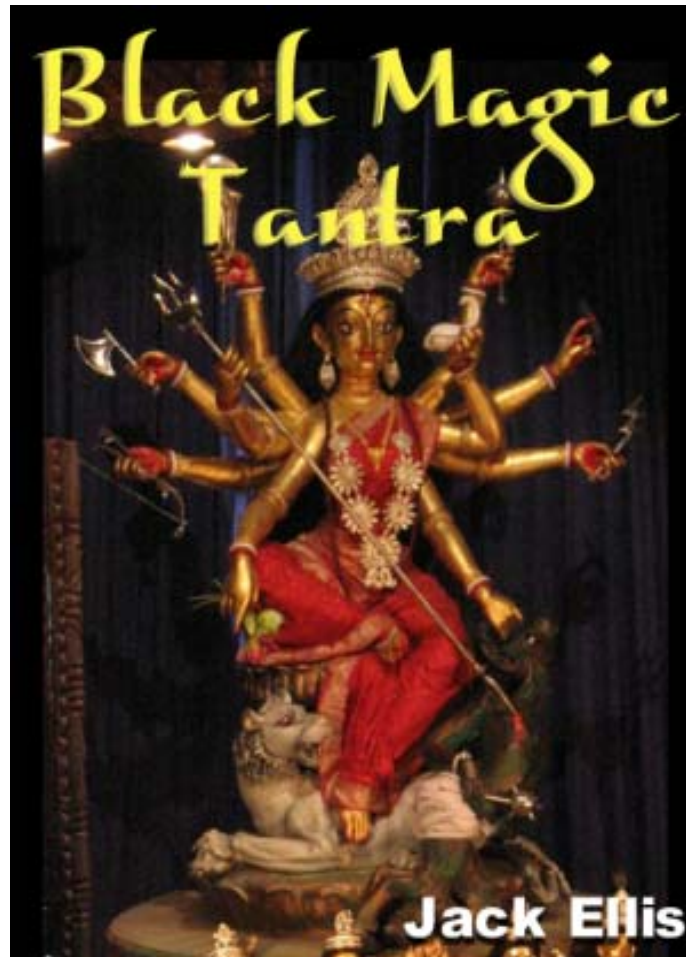
You're almost there!

Before going to sleep lay down on top of the bed. Think of something that arouses you for approximately 2-3 minutes, and then masturbate freely until you get to the point where you want to have an orgasm. **Do not ejaculate!**

When you feel the urge to ejaculate, STOP and turn your thoughts to the future. Think of the type of sexual partner(s) you would like to have, and the sort of things you would like to do to them. When you've calmed down a bit, start masturbating again until you're right on the verge, and think about the future some more. Continue this exercise for approximately one hour, then, after the time is up, **masturbate to completion** and go to bed. Not only should it be an incredible orgasm, but you will have concentrated a massive amount of sexual energy to accomplish your goals.

**You've now finished the "Vital Energy Method." You do not have to do this to practice Black Magic Tantra, but it will be an immense help.**

**Discover More Now:**



The “Vital Energy Method” is great – but it’s only the tip of the iceberg! Learn more powerful techniques than you can count by [clicking here](#) to buy “Black Magic Tantra.”

Take care,

Jack Ellis