

trying so hard, but that's impossible – like "acting normal" or "trying to sleep".

I decide to speak to a few of my fellow Tantra students for reassurance.

Jacob, 24, is your average Aussie guy who'll take a swing at anything – even Tantric sex. "I had no real problems [in my sex life], but my girlfriend has [since] noticed a big difference – I can last much longer and it's more fulfilling," he tells me. "Before, I had sex like I was in a porno and talked dirty to get her revved up. Now it's more emotional."

Mike, who's 45 and done yoga for 10 years, says he is "amazed by the power of moving energy around the body. It's mind-blowing".

Has he had sex for six hours yet, like Sting? "I've gone nowhere near that. But my partner's smile has got bigger. These are techniques that can help a man delay orgasm and create space for your partner to have more than one orgasm."

But what about all that spiritual stuff? "If you had talked to me a couple of years ago about Tantra, I would have had a hippy-style image of it. But it [the course] hasn't struck me like that at all. I haven't come across anything where I've thought, 'No, this is absolute crap.'"

Barry, also 45, who's been teaching yoga for 20 years, says something very reassuring. "Even as a yoga teacher, I don't talk spirituality. I want practical stuff that works, not something airy-fairy. Because that's what guys want. [With the course] work on little bits at a time. If you try to take on the whole thing, it's too much."

In session three, I get it. Or it gets me. The idea of the entire session is to get a hand job. Or to "receive". The theory is that, in the last 20 years, guys have become conditioned to performing wonders for their woman and expecting little in return. I'm not convinced, but I'm not arguing, either.

Kerry tells me that I can't just lie there. I've got to put that toffee thing into action. "Don't hold your breath. Breathing makes you less tense and has the ability to spread energy through the body. Pull the energy right up and spread it out."

My other job is not to come. One of the reasons for sucking all this energy away from the genitals is to make you last longer. Another is to give you a "spiritual experience" – to put you into a state of ecstasy.

"Valley orgasm is where the energy moves through the body," Kerry has explained. "It feels like a flood of warmth, or a deep, peaceful sensation. It's a whole-body experience."

It's funny what you think about when you're getting a hand job. I think about blue toffee. It's pooled in my sex chakra, but I'm forcing it up and out with my PC muscle, up through my heart chakra and out through the top of my head.

My left hand tingles. I ask Michelle if she can stop what she's doing and tell me if I'm having a stroke. She says I'm doing very well. The tingling is all the energy I've breathed up.

The feeling in my hand becomes more intense, and starts to move up my arm. Now it feels like I've slept on it for six hours and all the blood is rushing back into my dead limb. It's a bit scary. Something has turned my stupid hand into a tuning fork. It's visibly vibrating. It's too much. I've been hexed with the wrong magic. I couldn't come now even if I wanted to.

Michelle does this weird sweeping, stroking ritual over my body and out through my feet, and eventually things calm down.

"That was amazing," Michelle tells me enthusiastically. "I could really feel the energy." I'm a charged battery. I feel like bouncing around the room. And I'm not frustrated at all.

This is the point, really. I had to get over the barrier of falling without landing – the mental wall of sex without climax. With my new magic power, I could have sex for ages and still be ready for more. If I had the physical stamina, that is. I'm still a clapped-out desk-jockey, after all.

The fourth and last session deals with female sexual energy. The book can't say enough about it. "Soon the true shakti [female energy] will emerge from within women and heal the world of what's happening now," it rants, biblically. Not only that, but it is "healing, rejuvenating, and is a source of enormous power... if you drink deeply of its energy, you will gain power".

Yes, and if you trust the Force, you'll be able to use a lightsabre.

Somehow this all translates into Michelle sliding herself naked along my lower spine. Kerry has told me that the purpose is to sexually excite herself so that she's generating energy up my



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spine. The spine is apparently a sexual path, and the yoni (vagina) has got a hell of a lot more energy than a pair of hands.

The least I can do is play along. I breathe in, imagining myself psychically absorbing sexual energy. A small voice in my head wonders what I think I'm doing. I tell it to go away. Especially when Michelle gets me to roll over.

From here on, session four is much like session three – it's back to the old hand job. Only as well as breathing blue toffee, I have to do for her what she's doing for me. It's full on.

Within 15 minutes, the pins and needles are shooting through both hands. I've plunged my arms up to the shoulders in static electricity. I'm still not sure I like the sensation – it's bordering on painful – but once Michelle has spread the energy around, it's better. I feel great. I can't deny it. And I still don't come.

I am not Sting. I can't have sex for a million hours straight. But my girlfriend might start appearing in public with a really big smile on her face.

FACT FILE

For this course, call Kerry Riley on (02) 9974 4724, or go to www.tantragoddessoz.com. A session with the goddess, two consultations, book and video: \$280. The book, *Sexual Secrets for Men*: \$19.95, available from bookshops

HOW DO YOU LIKE TO MIX IT?



Jameson & Cola
Blend Jameson and cola over ice and serve in a tall glass. Garnish with some lemon.

Jameson & Ginger

Blend Jameson and dry ginger ale over ice and serve in a tall glass. Garnish with some mint and a slice of preserved ginger.



Jameson & Cranberry
Blend Jameson and cranberry juice over ice and serve in a tall glass. Garnish with some berries and a slice of lemon.

Jameson Irish Whiskey is surprisingly versatile:

- It has a smooth, mellow taste, with no harsh smokey flavours – ideal as a base spirit.
 - Is easily mixed with cola, dry ginger, cranberry juice or is perfectly at home in a cocktail.
- However you like to mix it, the choices are endless.

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