

## **Meditation and Relaxation for Erectile Dysfunction**

Meditation and relaxation are key components of Ayurvedic medicine as a treatment for erectile dysfunction, and is beneficial to treat both medical and mental erectile dysfunction.

Meditation and relaxation is easy to implement, and can be used anywhere.

### **Meditation and Relaxation for Erectile Dysfunction in Young Men (Age 20-40) and Older Men (Age 50-75) with Erectile Dysfunction Symptoms.**

- Meditation and relaxation, before sexual intercourse, can help men overcome performance anxiety and erectile dysfunction.
- Meditation can be done for as few as 5 minutes or up to 30 minutes per session.
- Meditation is used to clear energy blocks in the chakras (7 energy centers in the body) that prevents mind/body balance, and improves blood flow.
- Meditation and relaxation quiets the mind from daily distractions, and improves intimacy and connection with your partner.
- Meditation can clear negative self talk and subconscious beliefs about your inability to perform sexually and satisfy your partner.
- Deep breathing during sexual intercourse keeps you centered, calm and aware, which can enhance foreplay, improve improves erections and prevents rapid ejaculation.
- One of the oldest and best Ayurvedic relaxation techniques, used for thousands of years to promote wellness is yoga.
- Meditation and relaxation techniques are recommended for both young men with erectile dysfunction and older men with erection problems.

## Benefits of Meditation and Relaxation as a Natural Treatment for Erectile Dysfunction

- Meditation and relaxation can help reduce high blood pressure naturally. High blood pressure impacts efficient flow of blood in the body.
- Relaxation techniques eliminate stress, anxiety, depression and insomnia without prescription medication, by slowing the breathing process.
- Meditation can help clear energy blocks in the chakras (7 energy centers in the body) that prevents mind/body balance to promote natural healing.
- Meditation has been shown to improve erections and utilization of nitric oxide by improving blood circulation to vital organs by increasing oxygen saturation.
- These Ayurvedic healing techniques are discreet and can be done without your partner knowing what you are doing.
- Meditation and relaxation do not use ED medications as a treatment for erectile dysfunction, and the results are permanent.
- Relaxation techniques, such as deep breathing and visualization improve mood and well-being in both young men and older men with erectile dysfunction.
- Meditation has been shown to relax the circulatory system and improve blood flow to the major organs of the body.
- Deep breathing techniques and meditation have been shown help men overcome ED due to heart disease and diabetes without the use of medications.
- Meditation for heart disease and diabetes can help men reduce or eliminate prescription medications for these conditions and their side effects, such as ED.

## Expected Results from the Genesis Meditation and Relaxation Exercises:

- √ Elimination of erectile dysfunction symptoms
- √ Elimination of Premature Ejaculation Problems
- √ Stronger and Harder Erections
- √ Improved mood and well-being
- √ Heightened sexual awareness
- √ Improved Self Confidence
- √ Elimination of stress, anxiety, insomnia and depression
- √ Elimination of erectile dysfunction due to age or health issues
- √ Regain lost intimacy and connection with your partner
- √ Improved sexual ability in men with heart disease or diabetes

## Relaxation Exercises for Young Men with Erectile Dysfunction (Age 20-40) (Routines A and B)

Relaxation exercises are easy to do, do not take any special training to do properly and can be done while sitting up or lying down.

The exercise routines A and B are similar, but the main difference is in Routine A, men are sitting on the floor with legs crossed, and in Routine B men are sitting in a chair.

Relaxation exercises can be done in silence or while listening to soft relaxation music.

### Routine A – Deep Breathing Technique before sexual intercourse

- 1) Take off shoes and sit on the floor or a pillow with legs crossed.
- 2) Place hands in lap with palms faced up.
- 3) Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
- 4) As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
- 5) Do this exercise for 5 minutes, alone or with your partner. The goal is to clear your mind of anxiety, stress or worry about sexual performance before have sexual intercourse to prevent premature ejaculation.
- 6) After several minutes of this breathing technique, you will begin to feel your shoulders relax, you will feel lighter and your breathing will naturally become slower and quieter as you become more relaxed.



### **Routine B – Guided Imagery for Erectile Dysfunction**

Guided imagery is a proven form of focused relaxation that helps create harmony between the mind and body.

- 1) Take off shoes and sit on floor or pillow with legs crossed.
- 2) Place hands in lap with palms faced up.
- 3) The goal with guided imagery is to change the pictures in your mind of how you perceive yourself as a person, and while having sex.
- 4) Bring up a picture in your mind of how you see yourself with ED, premature ejaculation, as a smoker or while drinking excessively.
- 5) Repeat this statement to yourself: I am vital, strong, healthy and can achieve an erection with ease.
- 6) As you repeat this positive statement, your mind and body will reshape the reality of how your mind sees you, from having ED (current), to healthy and able to achieve an erection with ease (goal state).
- 7) You can rephrase the message, but make sure the statement is positive. If you use negative statements, such as “I don’t want to have ED anymore,” the mind will interpret this into “I want more ED.”
- 8) Do this exercise for 5 minutes to 15 minutes alone as a natural cure for erectile dysfunction.
- 9) Repeat this exercise daily regardless if you are having sex or not. The goal of this exercise is to reshape how your mind sees You.

### **Meditation for Young Men with Erectile Dysfunction (Age 20-40) (Routines A and B)**

Meditation is easy to do, does not take any special training to do properly and can be done while sitting up or lying down.

The exercise routines A and B are similar, but the main difference is in Routine A, men are sitting on the floor with legs crossed, and in Routine B men are sitting in a chair.

Meditation exercises are used to heighten awareness and consciousness to achieve mind/body balance, and can be done in silence or while listening to soft meditation music.

**Routine A – Meditation while sitting on the floor**

1. Take off shoes and sit on the floor or a pillow with legs crossed.
2. Place hands in lap with palms faced up.
3. Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
4. As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
5. Listen to the sound of your breath as you inhale and exhale. Focus your attention on the sensations.
6. If you are new to meditation, you will find your mind wandering to work issues, life issues or just chatter from your mind.
7. As this happens, bring your attention back to your breathing.
8. With practice, you will find it easier to control your mind, and you will find the time of day that is best to practice meditation.
9. While relaxation techniques are good to relax the mind, meditation is an intense mind/body control practice that is used for relaxation and healing.



**Routine B – Meditation while sitting in a chair**

1. Take off shoes and sit on a chair with your legs slightly apart.
2. Place hands in lap with palms faced up.
3. Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
4. As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
5. Listen to the sound of your breath as you inhale and exhale.
6. Focus your attention on the sensations.
7. If you are new to meditation, you will find your mind wandering to work issues, life issues or just chatter from your mind.
8. As this happens, bring your attention back to your breathing.
9. With practice, you will find it easier to control your mind, and you will find the time of day that is best to practice meditation.
10. While relaxation techniques are good to relax and clear the mind, meditation is an intense mind/body control practice that is also used for Ayurvedic healing.

## **Relaxation Exercises for Older Men with Erectile Dysfunction (Age 50-75) (Routines A and B)**

Relaxation exercises are easy to do, do not take any special training to do properly and can be done while sitting up or lying down.

The exercise routines A and B are similar, but the main difference is in Routine A, men are sitting on the floor with legs crossed, and in Routine B men are sitting in a chair.

Relaxation exercises can be done in silence or while listening to soft relaxation music.



### **Routine A – Deep Breathing Technique before sexual intercourse**

- 1) Take off shoes and sit in a chair with your slightly apart.
- 2) Place hands in lap with palms faced up.
- 3) Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
- 4) As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
- 5) Do this exercise for 3-5 minutes, alone or with your partner. The goal is to clear your mind of anxiety, stress or worry about sexual performance before have sexual intercourse to prevent premature ejaculation.
- 6) After several minutes of this breathing technique, you will begin to feel your shoulders relax, you will feel lighter and your breathing will naturally become slower and quieter as you become more relaxed.

### Routine B – Guided Imagery for Erectile Dysfunction

Guided imagery is a proven form of focused relaxation that helps create harmony between the mind and body.

- 1) Take off shoes and sit in a chair with your slightly apart.
- 2) Place hands in lap with palms faced up.
- 3) The goal with guided imagery is to change the pictures in your mind of how you perceive yourself as a person, or while having sex or incontinence.
- 4) Bring up a picture in your mind of how you see yourself with ED, premature ejaculation, or incontinence.
- 5) Repeat this statement to yourself: I am vital, strong, healthy and can achieve an erection with ease.
- 6) As you repeat this positive statement, your mind and body will reshape the reality of how your mind sees you, from having ED (current), to being able to achieve an erection with ease (goal state).
- 7) You can rephrase the message, but make sure the statement is positive. If you use negative statements, such as “I don’t want to have ED anymore,” the mind will interpret this into “I want more ED.”
- 8) Do this exercise for 5 minutes to 10 minutes alone as a natural cure for erectile dysfunction.
- 9) Repeat this exercise daily regardless if you are having sex or not. The goal of this exercise is to reshape how your mind sees You.

## Meditation for Older Men with Erectile Dysfunction (Age 50-75) (Routines A and B)

Meditation is easy to do, does not take any special training to do properly and can be done while sitting up or lying down.

The exercise routines A and B are similar, but the main difference is in Routine A, men are sitting on the floor with legs crossed, and in Routine B men are sitting in a chair.

Meditation exercises are used to heighten awareness and consciousness to achieve mind/body balance, and can be done in silence or while listening to soft meditation music.



### Routine A – Meditation while sitting on the floor

1. Take off shoes and sit on the floor or a pillow with legs crossed.
2. Place hands in lap with palms faced up.
3. Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
4. As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
5. Listen to the sound of your breath as you inhale and exhale. Focus your attention on the sensations.
6. If you are new to meditation, you will find your mind wandering to work issues, life issues or just chatter from your mind.
7. As this happens, bring your attention back to your breathing.
8. With practice, you will find it easier to control your mind, and you will find the time of day that is best to practice meditation.
9. While relaxation techniques are good to relax the mind, meditation is an intense mind/body control practice that is used for relaxation and healing.

**Routine B – Meditation while sitting in a chair**

1. Take off shoes and sit on a chair with your legs slightly apart.
2. Place hands in lap with palms faced up.
3. Close your eyes and take three deep breaths in through the nose, hold for 5 seconds then release slowly with long exhale through the mouth.
4. As you breathe in, feel your lungs fill with deep breaths of air, then release slowly.
5. Listen to the sound of your breath as you inhale and exhale.
6. Focus your attention on the sensations.
7. If you are new to meditation, you will find your mind wandering to work issues, life issues or just chatter from your mind.
8. As this happens, bring your attention back to your breathing.
9. With practice, you will find it easier to control your mind, and you will find the time of day that is best to practice meditation.
10. While relaxation techniques are good to relax and clear the mind, meditation is an intense mind/body control practice that is also used for Ayurvedic healing.

## Genesis Erectile Dysfunction Treatment Program

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