Testicle Breathing – Why You Should Breathe With Your Balls

by Steffo Shambo

Testicle Breathing is the subtle art of contracting and lowering the family jewels. It is done in the pursuit of mastering your inner sexual energy.

Testicle breathing is also known as Scrotal Compression or Testicular Breathing. It transforms raw sexual energy into higher energy. This energy then nourishes the spine, the nervous system, the brain, and other organs. This practice results in a tremendous increase in the energy of the brain and nervous system.

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Testicle breathing is an easy and effective exercise that trains a man to be sensitive and in tune with the subtle energy within his testicles. Testicle breathing uses the mind and breath to move internal energy via muscle contractions.

When a man is unaroused, the energy in the testicles is in the cold Yin state. Testicle breathing guides this cold energy from the testicles up
the spine and into the head. Here, it stimulates and activates the pineal and pituitary glands.

Dr. Joe Dispenza has researched ancient yogic knowledge. This is what he said about these kinds of exercises:

“When we inhale through our nose, and at the same time squeeze our intrinsic muscles, we accelerate the cerebrospinal fluid into the brain. As we follow the movement of energy to the top of our head, then hold our breath and squeeze, we are increasing intrathecal pressure. The increased pressure moves the cerebrospinal fluid from the fourth ventricle through a small canal into the third ventricle (arrows). At the same time, fluid traveling around the cerebellum (arrows) compresses the crystals of the penial gland. The mechanical stress that is applied produces an electrical charge in the penial gland, creating a piezoelectric effect.”
Testicle Breathing after 30-days of Non-Ejaculation

Men who have not ejaculated in thirty days or more will see quick results from testicle breathing. 
Men who have not learned to control their ejaculation as yet will not reap as many of the benefits from this exercise. 
I understand that it can be daunting when first attempting to control your ejaculation. 
But once you get the hang of it you will see that it’s actually super feasible. 
Honestly, you’ll even start to enjoy it! 
This will greatly increase your success in lasting 30 days. 
You might struggle with ejaculation control, or you might have an addiction to ejaculating frequently. 
Worse yet, you might suffer from premature ejaculation. 
It is common in a man’s life at some point, and studies suggest that around one in every three men suffers, or has suffered from premature ejaculation (PE). 
Having worked with hundreds of men with those issues, I know how devastating it can be. 
It can greatly affect your confidence, relationships, and vitality in life. 
Find yourself in the same boat and are committed to working on solving these issues? 
Start by watching my free training, and let’s see if we’re a match to work together! 
We can then craft a game plan on how you can master the art of ejaculation control. 

The Benefits of Testicle Breathing
- Energizes the testicles with fresh pranic life-force. 
- Removes stagnant energy in the pelvic floor from sitting too long and wearing tight undergarments.
• Increased testicular health and general male sexual health.
• Increased perception of subtle energy in the energy body.
• Removes sexual frustration, stress, and tension.
• It helps to control sexual energy by moving it upwards.
• It rejuvenates the kidneys, prostate, and other organs.

Testicle Breathing Instructions

The best way to get started is by freeing your testicles. You want them to hang freely and away from tight clothing. So you can either
do it naked if you’re in a warm climate or you can wear loose-fitting clothes without undergarments.
Start breathing in and out through the nostrils. Visualize pranic energy flowing down into the testicles as you inhale and up into the brain as you exhale. Picture the movement along the central channel parallel to the spine.
As you inhale, you’re also squeezing on the Mula bandha, the root lock. But this is a gentle squeeze that comes from the mind rather than from physical exertion.
While exhaling you release the contraction of the pelvic floor and lower the testicles. This is all done while internalizing with the eyes closed.
The best way to practice it is to do it standing, and the second-best is to be sitting down as explained below.
Testicle Breathing Sitting Exercise
1. Sit on the very edge of a chair with your testicles and scrotum unsupported.
2. Your weight should be entirely on the buttocks and feet, and not on your perineum.
3. Inhale deeply through the nostrils and lift the testicles with your mind and root lock.
4. Visualize energy moving down to the testicles.
5. Exhale and lower the testicles.
6. Visualize how the energy is moving along the central channel up to the brain.
7. Repeat this 9 times and you will start to feel the activation of your sexual energy within the lower body.
8. After 9 rounds, inhale deeply and hold your breath while doing the Big Draw.
9. Visualize you drawing bright white energy upwards.
10. Relax, take a few recovering breaths, and you will notice the effects.
11. That’s one set, now repeat for 3-6 rounds.

Testicle Breathing Standing Exercise
1. Stand with feet hip-width apart, knees slightly bent.
2. Shake your hips to loosen the scrotum and let it hang freely.
3. Inhale deeply through the nostril and lift the testicles with your mind and root lock.
4. Visualize energy moving down to the testicles.
5. Exhale and lower the testicles.
6. Visualize how the energy is moving along the central channel up to the brain.
7. Repeat this 9 times and you will start to feel the activation of your sexual energy within the lower body.
8. After 9 rounds take a big inhalation and hold the breath while doing the Big Draw.
9. Visualize you drawing bright white energy upwards.
10. Relax, take a few recovering breaths, and you will notice the effects.

11. That’s one set, now repeat for 3-6 rounds.

The Big Draw Technique

Known as the Power Lock for men in the Taoist tradition, the Big Draw differs slightly from Tantric circles by way of practice. The idea is to draw aroused sexual energy up to the higher chakras and energy centers of the body. And thereby, transforming sexual energy into spiritual energy – a higher form of Shen.

You can use this by yourself or with a partner.

How To Practice The Big Draw

1. Begin to contract the root lock, Mula Bandha.
2. Contract the muscles of the anus, Ashwini Mudra.
3. Contract the muscles of the abdomen, Uddiyana bandha. Pull the navel against the spine.
4. Contract the throat lock, with the chin down towards the chest, Jalandhara Bandha.
5. You have now entered the famous Granthis – the three main knots of the human body, which is the key to awaken Kundalini.
6. Press the tongue to the roof of the mouth, i.e. the soft part of the pallet.
7. And lastly, roll your closed eyes up locking towards the third eye, in the middle of the forehead.

Practice these movements one at a time until you are able to combine all of this into one swift motion.

Start from the bottom and do a wave-like motion from bottom to top, in a repeated manner. This will release a tremendously powerful Kundalini energy shooting into your brain.

The most important thing is not to focus on perfecting your movement to 100%. Instead, it’s how you feel and how you experience the energy that matters most.
So try playing around with it until you find a way that feels natural. Try not to overly fixate on the different ways this technique is being taught in different teachings. Tantra is an experiential path, and your experience is what matters most. This practice is safe to perform anytime throughout the day. However, please don’t use it together with The Million Dollar Point technique that some teachers would recommend. The MDP can be devastating for your health and sexual functions.

How often Should I Practice Testicle Breathing?

You may do this practice with rounds of 9 breaths and 1 big draw, for 3-6 sets. It can be done at any time throughout the day, but especially when the energy is stagnated, or you are feeling frustrated.
You can practice it while standing in line, on a flight, on the bus, or even while making love!

When To Practice Testicle Breathing?

You can do it at any time throughout the day, especially when you feel negative feelings of irritation coming up from sitting down at your desk all day. As mentioned above, it’s especially good to do while on a long-haul flight. Because it’s so discrete, you can get up during the flight and stand up in the aisle in order to practice it! No one is ever going to even realize what you’re doing.

And of course, you can practice testicle breathing when you are making love. Try to do it when you feel you are close to ejaculation. This will help to calm you down and to charge your brain with that powerful sexual energy called Jing Chi in Taoism. Thus it will help you preserve your seed – the youthful elixir stored in your testicles.