

“The American bedroom has become a national disaster area,” according to [Victor Gold](#), sexual healing instructor who teaches erotic spirituality. On the “[Mind, Body and Soul Show](#),” Victor shared his knowledge on couples making love so they can learn to savor and extend orgasms to experience an altered state of consciousness that leads to higher spirituality.

“Very few have formal instruction on making love, but get their education from extremely dubious sources,” he said. Those sources include parents, religious leaders, pornography, the street, movies and unknowing friends and family. Also, many sexual programs are based on misguided beliefs and erroneous assumptions that have led to the current state of affairs. In the most comprehensive sex survey since 1948 (the Kinsey Report), statistics suggest that 40% of today’s women and 30% of men have sexual issues such as no interest, inability to reach orgasm, premature ejaculation as well as other difficulties.

Even though most businesses know that sex sells, they are not talking about the real thing. Victor describes Tantric sex and teaches skills to “savor and extend the journey of arousal and change conceptual reality.” Describing a sexual experience that became a spiritual one, Victor said, “in 1974, during sex, my physical body dissolved and became a vibrating, dancing vessel. I couldn’t tell where my body ended and my partner’s body began. This experience was of divinity and sent Victor on his search to discover what had happened. There are erroneous beliefs that need to be altered to achieve better sexual practices.

Victor’s Potency Principles of sexual energetic guidelines bridge the gap between sex and spirit. There are 10 points to board the “vehicle to divine sexual expression.” He shared four. The first is that male ejaculation is not the highest option when making love. When ejaculation occurs it results in a loss of vital energy, leaving the ejaculator depleted. Second, Victor said there is a bigger and better orgasm waiting on the other side for those who can attain seminal retention. Male ejaculation is not the most ecstatic moment. Ejaculation and orgasm need not be the same. They are two distinct physical processes. “Once we learn how to substitute orgasms for ejaculation we can retain our energy,” he said.

Finally, the most disputed point, is that women are sexually stronger than men. For one thing, they don’t need to maintain an erection. Also, women don’t lose their energy when making love. In Victor’s lessons he teaches breathing techniques and other exercises that enhance making love. Changing intention is key. Combining all he teaches, males learn how to channel energy to their highest chakra centers which go up and not out. “It opens people’s hearts... gets their “heart on” and creates joyful orgasms that open to spirituality.

For further instruction, Victor has written a book, "[The Potency Principles: Transforming Sexual Energy into Spiritual Power.](#)"

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