



What Intimacy Is For

*A guide for men to have what
they have always wanted.*

BY ROB KANCLER, FOUNDER OF SOMA WISDOM

A PRIVATE GUIDE

“A great sex life is better than every alternative.”

Important Caution

Anyone may find the practices and ideas in this resource useful, but they're shared with a clear understanding: neither the author, the publisher, nor any related organization is offering specific medical, psychological, emotional, sexual, or spiritual advice.

Nothing here is meant as a diagnosis, prescription, or recommendation for any medical or psychological condition. Every person's needs are different, and no resource can account for those individual factors.

If you have a health concern, especially one involving your sexual organs, consult a qualified professional before practicing what's described here.

BEFORE WE BEGIN

A word about how this is written.

The page that brought you here was written carefully. Advertising platforms have rules about how a man can be spoken to about his sex life, and we followed them.

This is not that page.

Here I am going to say things plainly, because the subject deserves it and because you are an adult who came looking. Some of it will be blunt. None of it is here for shock.

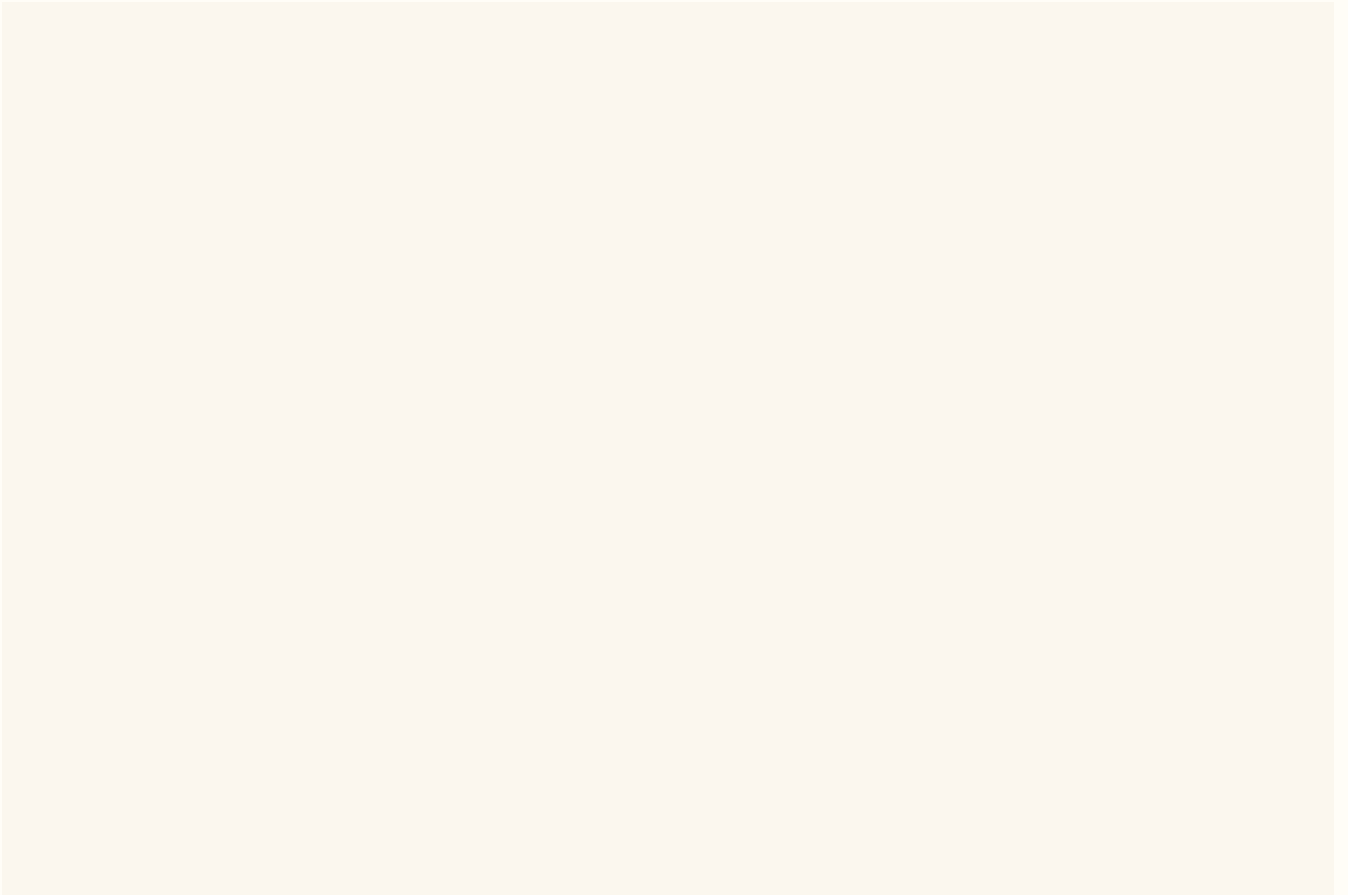
Three things worth knowing before you start.

This is written for men. Women read it too, and much of it applies to them, but the address is to men.

It is philosophical on purpose. It is the foundation the practical material stands on, and without a foundation like this the practical material turns into another set of techniques.

Nothing in it asks you to believe me. Everything here is testable in your own body, on your own evidence, on your own timeline.

About thirty minutes. Read it in order.



PART ONE

The Proposition

Four sentences that, taken together, describe a life most men
have been told is not available to them.

Your penis needs a home.

What seems to be true for almost all men is this:

Having a home for your sexuality is necessary if you want to feel whole and complete. You can try, but without it you may find what other men have found: you simply cannot.

Without a home for your sexuality, you will never feel settled or complete in yourself and in your life. You will often feel not quite right, even in ways that have nothing to do with sex.

Men often describe an ongoing, background sense of being incomplete that follows them everywhere, more or less loud in different situations and states.

They cannot shake it, and they cannot compensate for it elsewhere.

They can, however, relieve it or distract themselves from it.

That is not the same thing as having a home.

There is a severe, hidden tax you continue to pay day after day, year after year.

Keen interest in sex is not a character flaw, an immaturity to grow out of, or a guilty pleasure to moderate. You are not broken. You are not a dog. You are not a caveman. Your body is not malfunctioning. It is trying to get your attention and point you toward home.

Perhaps the amount of energy and attention men spend on sex is commensurate with how much it actually matters. We have just been misguided in how to integrate it and be effective.

For all men, this requires that you train yourself.

If you do not develop certain awareness, capacity, and skills, you will never be sufficiently competent in sex.

Becoming a man who has a home for his sexuality is possible. You just have to learn how and keep yourself on the path.

So what could possibly be a home for your sexuality?

2 THE SECOND THING

Your penis needs a home.

That home is a woman.

It is in everyone's best interest that you make this happen.

The only suitable home for your sexuality is a particular kind of dynamic and context you cocreate with a woman that is completely in her best interest too, and for the greater good.

It is not you, yourself. Not your hand either. The modern story about independence and self-love and being your own everything has its place. But to apply it here would be fiction. You alone cannot be the home for your sexuality.

Your sexual satisfaction is not a cost for women to pay for being in this world. She is not a martyr, and she is not doing you a favor. She is not a pick-me either.

Personal interest → it is for both of us → it is for the greater good.

Me → us → everyone.

There is a way for a woman to become a beautiful, healthy, honoring home for a man's sexuality without letting herself down, and in a way that is truly that for him.

This is perhaps among the most benevolent, pleasurable things her sexuality and her being in general can express.

Her side of this has its own depth and nuance. It matters. This is not her self-exploitation, her performance, or her duty. It cannot be. A woman cannot become a real home for a man's sexuality by abandoning herself.

The deeper work explains what this actually requires from both of you. For now, understand the basic proposition.

Your sexuality having a home is good for you.

Her being that home is good for her.

The goodness extends outward into everything the two of you touch.

So what does a home for your sexuality actually look like?

What does a home for your penis actually look like?

Your sexuality is fully welcomed, wanted, and celebrated.

It is free to give, to take, to play, to be bold, full-power, and met as a wholly good thing. She wants it.

She welcomes it, celebrates it, and appreciates it. Your sexuality is not merely allowed around her. It has somewhere it is wanted to live.

And her being that home is not something she tolerates or performs for you. It is joyful for her too. It is one of the ways her own sexuality gets to express itself: welcoming you, wanting you, enjoying you, and meeting what is alive in you with what is alive in her.

That is a home.

It is where you are known and met. Where you have room to be full force, full range. There is a place for what wants to move through you: to give, take, create, play, get charged up, feel alive, and become more.

MEN DESCRIBE IT AS

Flow.

Amplification.

Abundance.

My sexuality feels truly at home. I am free to be full force, full range. Everything is on the table. She is into the things I am into. We are sexually adventurous. She initiates. She wants it, craves it, yearns for it. Wholesome and filthy.

The kind of sex life we are talking about is not just one that is fine, one you have made your peace with, or one that you either get or do not get based on luck, the perfect partner, or a genetic lottery.

It is not immature, selfish, or irresponsible to value this.

Its value is vast, irreplaceable, and fundamental. The cost of its absence is heavy, expensive, and hidden throughout men's lives.

An ongoing experience of this feeds you, and feeds your life in every way. And it is possible for you to have.

INTERLUDE

Who is telling you this.

Your penis needs a home.

That home is a woman.

It is in everyone's best interest that you make this happen.

It is possible for you to make it happen.

Over the years we have watched this become possible for men and women from many different backgrounds and life circumstances, in a short time, once they understand and do what is in this work.

How?

Let us talk about that.

What makes me able to contribute here has two parts. First is the results in the lives of the people I have trained. Second are the extraordinary results in my own life after a typical modern American sex life.

I have learned to engage with this subject the way an engineer's mind works on a complex system, a researcher's mind works on an unsolved problem, and an artist's mind works on their medium.

That is how I am wired, and what I have dedicatedly cultivated over years of discipline and service.

It is one thing for me to talk about it. It is a whole other thing to hear it in the words of my students.

I have never had orgasms like that before. Not even close.

CLARA N., MUSICIAN AND TEACHER

I got a new reference point that normalizes sex as a deep spiritual experience.

RYAN S., MARKETER AND COACH

I have never heard any of my friends talking about the kinds of experiences we have been having.

MARY M., MOTHER OF THREE

My wife and I are in our 50s, and the sex we are having now is better than anything we experienced in our 20s. I did not even think that was possible.

JON S., TECH EXECUTIVE

This is the work you have been looking for all along without knowing it.

ALAN M., ENTREPRENEUR

For me, it was a nagging feeling about the gap between what my sex life was and what I felt I needed to experience. I could not stop being bothered by the dissatisfaction. I could also not stop being inspired by somehow knowing what was possible.

So I started studying my own life, and whatever good information I could get my hands on. That was over twenty years ago.

Since then I have studied this one subject the way other people study medicine, or music at a conservatory, or their religion at seminary.

Ancient traditions. Thousands of hours of rigorous personal research. Thousands of hours guiding men and women from varied backgrounds. A body of work I have been developing, expanding, and refining throughout.

I have obsessively studied my own sex life, body, and relationships, and heard back from enough people to know what works and what does not regardless of background or prior experience.

Do not take any of it as gospel. I am just a guy.

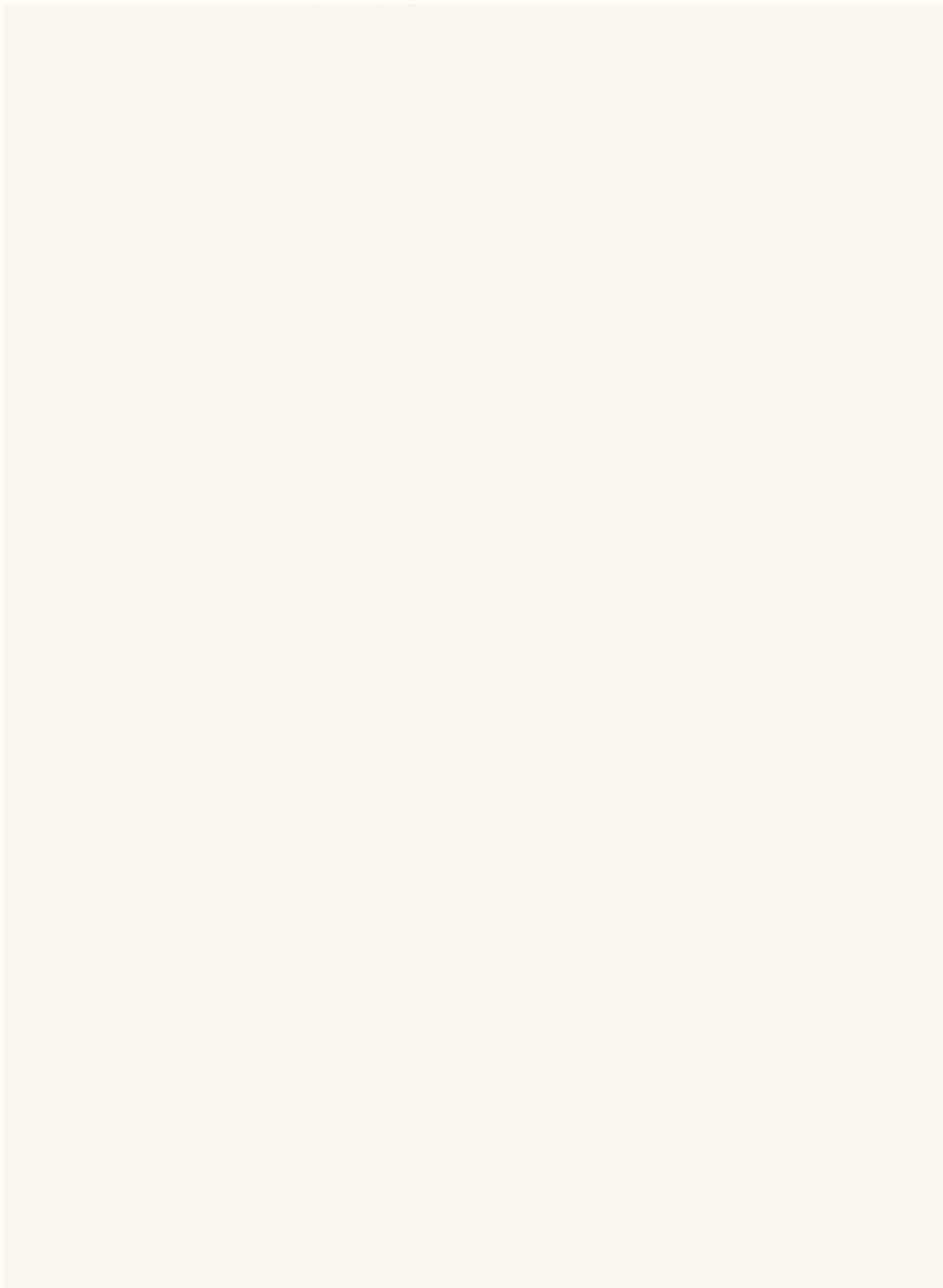
These are my findings. Articulations of perceptions, and invitations.

It may be in your best interest to read this carefully, do it exactly as it is given, and see how it helps you.

Everything here is testable in your own body, on your own evidence, on your own timeline. That is the only kind of proof that is worth anything in this domain, and it is the only kind I am offering.

That is the setup.

Now onto the map and compass for a life of Limitless Sex.



PART TWO

The Map and Compass

What sex is actually for, why the usual model never arrives, and
the five conditions a home is made of.

There is another person in this.

She has her own needs, her own preferences, her own history, her own edges. Which raises the question every intelligent man runs on in some form.

How do I get her on board with what I want without harming her, controlling her, or asking her to make a sacrifice?

Or on the other side: how do I accommodate her without losing myself?

Some flavor of this is running for every man. Pleasing, controlling, holding back to keep the peace, driving through her preferences to satisfy yours, transactional relating, resentment, hiding, performing.

It is the water we all swim in.

And it is the first place your attempts to build a home for your sexuality will crash if we do not resolve it now.

That is why we start here.

The Selfishness Paradox

To be a truly selfless, devotional lover, you must learn to be completely selfish. And to fully enjoy yourself, you must learn to be completely selfless.

This sounds backward until it clicks.

Digest slowly.

When a man tries to please a woman while disconnected from his own genuine desire and enjoyment, the attempt to please is not generosity.

It is transactional.

It is an adaptation, and it is commerce, rooted in the outside-in self-esteem where you are trying to earn a signal that you did it right.

That is commerce, and commerce produces Limited Sex.

The woman on the receiving end is not being met. She is being managed toward a reaction that resolves something for him.

One caution before we go further, because this is easy to take too far the other way.

Dropping the performance and the outcome-chasing does not mean disowning what you actually want.

You do want to be good at this.

You do want your partner profoundly satisfied.

That longing is real, and pretending you do not have it is not humility. It is a small dishonesty, a way of not taking yourself seriously enough to pursue what matters most to you.

The resolution is not to try harder at pleasing her.

It is to stay connected to your own enjoyment.

When a man is genuinely, fully, embodiedly enjoying a woman, not performing enjoyment, not fishing for a response, but actually experiencing the pleasure of seeing her, feeling her, being with her, something opens in her that no technique produces.

Women are profoundly responsive to being deeply enjoyed.

The transmission of authentic enjoyment is itself one of the most powerful conditions for her opening that exists.

This is the beginning of how the apparent conflict resolves.

What you actually want, to be fully known, met, and enjoyed inside a real home for your sexuality, is not opposed to what she actually wants.

Being fully in your own experience and being completely present for hers are not opposing moves.

They are the same movement.

There is a lot to learn and correct so that this becomes real for you.

We are starting with the most basic thing: what sexuality actually is, what it is for, and why it exists in your life at all.

What is sex actually for?

We will start with an analogy.

When you have the urge to sneeze, it resolves by sneezing. It comes on, you do something, then it is done.

A complete movement.

A complete process.

Now apply that logic to sex. When you have the urge to be sexual, how does that resolve?

How does the movement horniness compels you toward complete itself? Most people give one of two answers.

The first is: you have sex.

That is partially true. But notice what usually happens when you start having sex. The urge often gets more intense, not less.

The second answer is: you come.

That seems right too. But for most people, the ordinary peak and drain does not complete the movement either.

It ends something, but it does not necessarily arrive anywhere.

The charge is gone, but the deeper process never fully happened.

This is one of the central confusions of modern sexuality.

We have inherited a model of sex that is highly abstracted from reality and missing critical information about ourselves, our nature, and how to have a good life.

You may have spent your adult life trying to get a result that model was never built to produce, and somewhere quiet, concluded the problem was you.

It is not.

The problem is the model.

So what is the answer?

Sexual fulfillment comes from The Movement toward The Destination.

The Destination is where the sexual impulse is actually trying to take you.

Go back to the sneeze. There is an impulse, it drives you to sneeze, you sneeze, and the impulse is gone. It resolved because you arrived where it was driving you. Same with peeing: the impulse drives you to empty your bladder, you do, and it is gone.

Horniness is the same kind of thing. It is an impulse, and it is driving you toward a specific destination. When you arrive, it resolves. When you do not arrive, it does not.

The destination is often described as merging with your partner in a way that can only happen in a profoundly intense mutual orgasm. When it happens, people tend to describe it as concurrently merging with everything, or with the universe, or with God.

This is incredibly strange and a deep thing to contemplate, and life changing to experience. It is real, reproducible, and people have been talking about it for thousands of years. The exact mechanisms behind this phenomenon are fairly well explained in Ayurveda, the ancient Indian yogic science and medical system. Within that system it is actually quite clear why this happens.

You do not have to take someone else's word for it. This is not about faith or dogma. It is checkable, testable, with your own body. I will show you how if you want. This is essentially what the work is about.

To be clear, what the work is about is helping you have a deeply fulfilling and meaningful sexual life, and for most people this does not require completing The Movement all the way to The Destination. What matters right now is that you understand The Movement, because that is all having a deeply fulfilling and meaningful sexual life requires.

The Movement is this

You experience and express everything that wants to come through you, and your partner receives you in that experience and expression.

At the same time, in a seamless, emergent weaving, your partner experiences and expresses everything that wants to come through them, and you receive them in that experience and expression.

There is a deeper intelligence at work in what wants to come through you. It trumps your ideas, your thinking mind, and your habits.

And there is a lot that wants to move through, and be experienced, expressed, and met.

Love. Lust. Giving. Taking. Tenderness. Generosity. Rage. Longing. Terror. Vulnerability. Appreciation. Awe. Adoration. Disgust. Grief. Joy. Devotion.

The full raw, undomesticated, unconditioned ranges of being a human, being animal, being divine.

Peaceful and ferocious. Leading and yielding. The sacred and the filthy. Arising in a harmonious interplay.

This is that space of what we call Limitless Sex.

Limitless Sex and Limited Sex are the binary we use as a teaching tool. Limitless means it can keep expanding in capacity and in the beauty of how it expresses itself, without a ceiling. Limited means something in the way you are having sex is slowing that down, interrupting it, or preventing this natural process from happening.

That is the whole distinction.

A living traverse two people make together, where a massive spectrum of expression and dynamic exchange gets welcomed in love and freedom, able to move, flow, and become more.

And this is where the idea of home comes all the way together

The Movement does not happen in the air.

It does not happen because you want it to.

It happens inside a specific kind of context between two people.

That context is what I have been calling a home for your sexuality.

A home is the context in which The Movement can happen.

Without a home, The Movement has nowhere to unfold.

What is in you does not get expressed because there is no place for it to land. What is in her does not get expressed because she cannot feel the container will hold it. The natural process cannot complete because the conditions for its completion are not present. You get the loop instead: activity without arrival.

With a home, The Movement is what naturally happens.

Not because you make it happen. Because a natural process, once it has the conditions it needs, does what it does.

Your penis needs a home.

Not a woman as parking space.

The sexual current needs a coherent path so it stops running against you. Home is not a location. It is a set of conditions maintained inside a living relational field.

Everything from here is about what those conditions are, and what it takes from you to build and maintain them.

Limited Sex and Limitless Sex.

With all of that laid out, the two categories now make sense on the right level.

Limitless Sex is sex that has a home.

It is The Movement toward The Destination: sexuality with somewhere to go, something real to become, and a context in which it can keep opening.

It is not limited by misunderstanding or failing strategies.

It expands into more profundity, more beauty, more goodness, more health, more coherent and benevolent expressions of being.

Limited Sex is sex that has no home.

It is the loop: horniness, activity, climax, drop, reset. The same circuit, indefinitely.

Not because anyone is bad or broken, but because the conditions for something more have not been built.

The difference between the two is not effort, technique, or the right partner. It is orientation, capacity, and conditions.

Limited Sex is what you get when you are trying to discharge the impulse.

Limitless Sex is what you get when you are building the home the impulse has been trying to point you toward the whole time.

The Five Pillars

A home for your sexuality is not a place. It is a set of conditions, held between two people, sustained across time. And those conditions organize around five specific things.

1 PRESENCE

The ground. Being here, in the now, in your actual body, with what is actually happening.

2 **ATTUNEMENT**

What you are being present with. Yourself, her, and what is actually alive between you.

3 **OPENNESS**

Whether there is flow: internally, relationally, and in the body. Room for expression and movement.

4 **POLARITY**

Whether there is enough charge between you for anything to actually happen. Enough difference, enough juice, so things can move instead of getting muddled.

5 **COHERENCE**

You being one congruent system all the way through, with no split-off or unintegrated parts.

When any one of them is off, you are not just having slightly worse sex. You are having Limited Sex, with all the structural limitations and dead ends built into it.

When all five are working together in synchrony, the ceiling disappears.

What becomes available is continual discovery: pleasure, connection, and depth that keep expanding instead of peaking and receding, again and again.

That is what Limitless points to.

Not a peak you chase and then have to chase again.

A capacity that keeps opening.

Each one develops the others

- Presence makes attunement possible. If you are not actually here, you cannot feel anything, in yourself or in her.
- Attunement lets you work with polarity, because you can only shape charge you can actually sense: in yourself, in her, and between you.
- Openness lets all of that move instead of stalling out.
- Polarity tested honestly reveals where you are incoherent, because charge exposes what pretending covered up.
- Coherence deepens presence, because there is nothing in you working against you.

Around and around.

Inside these, you will run into a lot of apparent contradictions that resolve once you see they were never contradictions at all. You already met one of them earlier. That was the Selfishness Paradox. There are more throughout the work. Learning to hold seeming opposites as complementary is one of the core capacities this whole thing asks of you.

This is why it is an architecture, not a checklist.

And this is where the whole Guide converges.

The home for your sexuality is not an idea. It is these five conditions being maintained.

The Movement happens inside the field these five pillars make.

Wholeness lives at the end of that road.

Your agitation resolves at the end of that road.

Everything the Guide started with resolves at the end of that road.

You are the biggest variable in that field.

Which means all of this is buildable.

Your penis needs a home.

That home is a woman.

It is in everyone's best interest that you make this happen.

It is possible for you to make it happen.

IN CLOSING

Where this leaves you.

This is the foundation. It is philosophical and foundational on purpose, because context has to come before technique or the technique has nowhere to live. Skills without a home become another script. Moves without a why become another performance. Almost everything men are sold about sex skips this step, and that is most of why almost none of it holds.

So we start here. Once the foundation is in, the rest can actually land.

And there is a lot of rest.

Most men do not come to this work because they wanted a philosophy of sexuality. They came because something specific was not working.

Mismatched libido. She lost interest. She does not orgasm, or does not orgasm from intercourse, or orgasms only one way and both of you know it. You want to last longer. You want stronger, more reliable erections. You want stamina, control, range. You want to know where to touch her, what to say, how to blow her mind, how to actually give her the kind of orgasms she has read about and never had. You want to go deeper. Into her, into yourself, into what sex can actually be.

Then the layer past that. Energy orgasms. Cervical orgasms. Multi-orgasmic capacity in your own body. Getting out of the ejaculation-spill cycle we described and into the full orgasmic range that is available to a man. Oral. Deep throat. Anal. The quality of intimacy that makes you both actually want to have sex on a regular basis, not talk each other into it.

All of that is real. All of that is in here. Not in this Guide, but in the body of work this Guide opens the door to. We teach it through the tantric way, the body-intelligent way, the limitless-sex way, and the work of becoming the kind of man for whom any of it can hold.

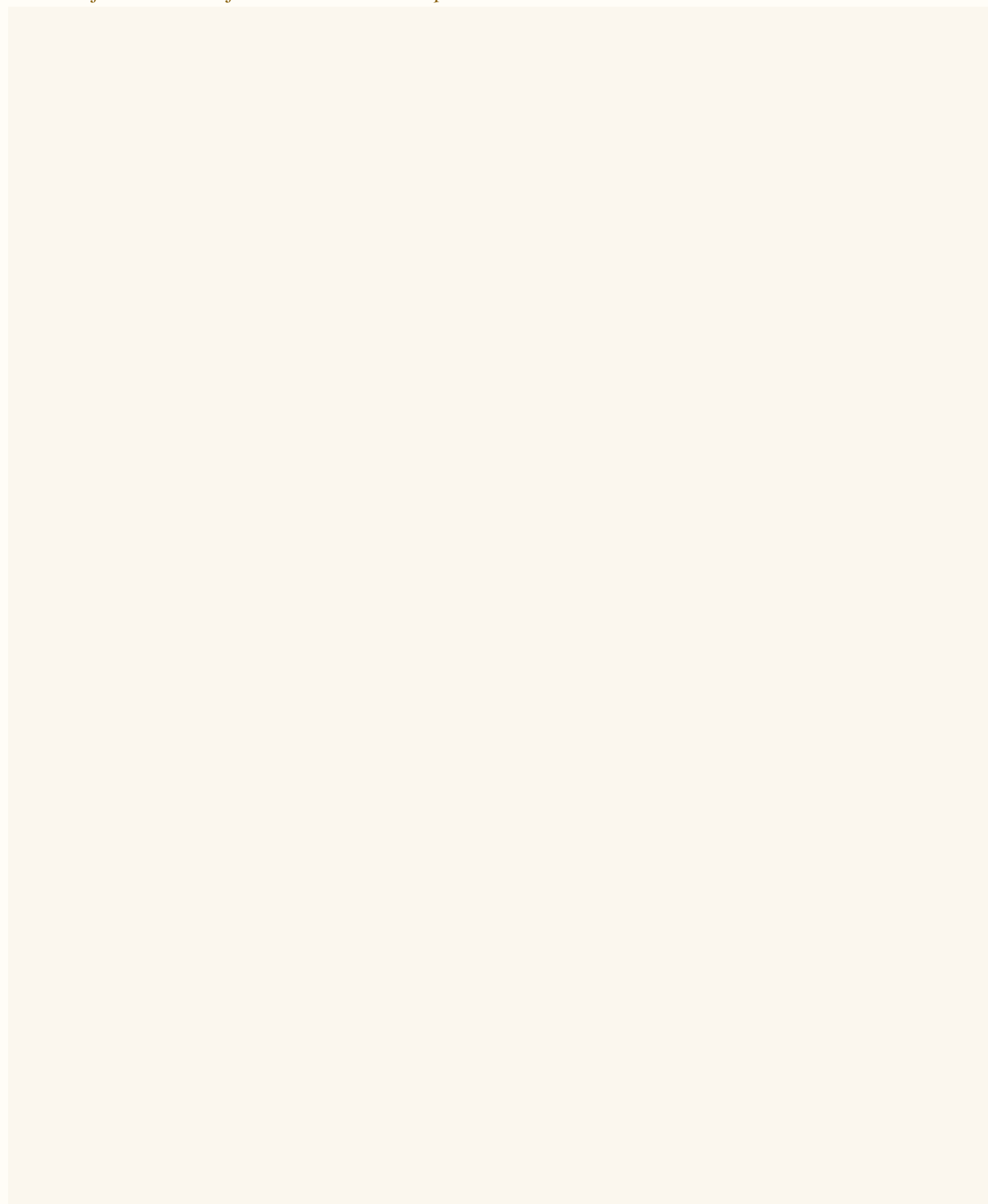
We start with the foundation because we have to. The rest of it is strong medicine, and strong medicine handed to someone without the frame will get misused every time. That is why the sequence is what it is.

It is not withholding. It is care.

If what you actually want is a great sex life, I know. I want that for you too, and everything past this Guide is built for exactly that.

If what you actually want, underneath that, is to become the kind of man who lives a coherent life, where sex is one of the honest, alive, integrated parts of it and not the thing that is always slightly off, I want that for you more.

You can join the rest of us who are on that path.



WHAT COMES NEXT

You have the foundation. The next guide is the how.

How to Open Women: The Secret Truth of Feminine Arousal and Orgasm. Women are highly sexual and orgasmic in the right conditions. If you want women to be highly sexual and orgasmic with you, you need to understand what those conditions are, and how to create them with and for women.

It is free. Answer five quick questions about where you're at, and the guide is yours.

GET THE COMPANION GUIDE

STAY IN CONTACT WITH THE WORK

You are going to have questions. You will probably see things differently once you start trying this in your actual life. That is part of the process.

Our free WhatsApp community is the central place to stay connected. You will meet other people doing this work, get new teachings, hear about the free weekly Zoom calls, and have a place to bring what comes up.

JOIN THE WHATSAPP COMMUNITY

The wider body of work.

The Guide you just read is the foundation. The teaching goes a lot further than this.

Below is a partial list of specific bodies of work, modules, sessions, seminars, and deep-dives, from what has been taught over the years. Titles are honest previews. Some of them are provocative. All of them are real.

Advanced Pussy Whispering

Reading a woman's body accurately enough to work with what is actually happening in her, not what you assume is happening.

How To Get So Horny You Ascend

How horniness, followed all the way to its actual completion, opens onto experiences most men have been told belong to mystics.

Give Yo' Dick Some Space

The difference between performing sex with your dick and letting your dick be a part of you having sex.

Her Throat Is a Pussy and Heart Portal

What is actually happening in a woman's throat, sexually and energetically, and how to work with it.

The Selfishness Paradox: Her Pleasure Is Your Sexuality

Why the deepest access to your own sexuality runs through hers, and why this dissolves the objection most men bring to this work.

We Are Not Giving Power Tools to Teenagers

The ethics of who gets access to advanced sexual capacity, and why sequence and readiness matter.

Outgrowing Mugglemind

Moving past the default cultural story about sex, gender, and what is possible in the body.

How to Talk a Woman Through Any Of This When She Doesn't Yet Know

How to bring a partner into this material with respect, honesty, and no pressure, when she has never encountered it.

The Art of Cockworship

The receptive side of a man's sexuality, and what happens when it is met by a woman who knows how to meet it.

How To Talk About The Sex We're Not Having

Naming the gap between the sex you are having and the sex you actually want, in a way that does not blow up the relationship.

Modern Woman and Her Clitoral Obsession

Why so much modern sex has narrowed to a single access point, what has been lost, and what opens back up when the map widens.

Transcending Sexual Shame: How To Access Your Nympho Slut

For the women-facing side of the work. Meeting the parts of a woman's sexuality that shame has locked away, and letting them come home.

Essence Sex vs. Colonizer Sex

The difference between sex that comes out of who you actually are and sex that takes over on top of your partner.

Ripe Fruit: Taking What Is Given, Not What You Can Get Away With

The line between honest sexual pursuit and violation, and why the first one is where the actual power is.

The Myth of Age-Related Sexual Decline

Why the story that sex has to fade with age is mostly a story, and what is actually true about the body over time.

Asidhārāvrata: Wizard Edging

A specific practice with real teeth. Not a technique.

Squirtshop: Is It Pee?

The question every man has and almost none will ask out loud. Answered plainly.

Pro Bono Pro Boner: Fuck Her For Free

Why the best sex you will ever have has nothing to owe and nothing to earn.

Erotic Linguistics and Dirty Talk Master Keys

Language as a sexual instrument. What it does, why it works, and how to actually use it.

How To Be An Orgasmic Puppeteer and Why You Shouldn't

The point where technical mastery becomes a trap, and what to do instead.

The free weekly call

Wednesdays, 10:00 AM Central, 90 minutes. Open to anyone. Bring what is alive for you. No cost, nothing to sign, the fastest way to find out whether this is real.

YLSF — Your Limitless Sexual Future

Three-day live events. Deep-dive intensives on the material this Guide points at.

Men of Substance

Three-day seminars. For men working on becoming the kind of man this work asks for.

Teacher training

For people called to carry this work.

Soma Society

Annual mastermind. The ongoing container for the people going all the way in.

“In over three decades of sitting with founders, leaders, teachers, and wisdom keepers at the highest levels, I have rarely encountered a body of work as original, as nuanced, as genuinely needed, and as personally embodied as what Rob carries.”

SATYEN RAJA, FOUNDER, WARRIORSAGE

“Every once in a while, you encounter a body of work that doesn’t simply add another perspective to the conversation but changes the conversation itself. Rob’s work has this potential and I could not be more excited about him opening it up to the public.”

ILAN STEPHANI, BEST-SELLING AUTHOR AND PUBLIC FIGURE

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