



THE KAREZZA METHOD

J. WILLIAM LLOYD

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THE KAREZZA METHOD

OR MAGNETATION: THE ART OF CONNUBIAL LOVE

BY
J. WILLIAM LLOYD

THE LOVER IS THE ARTIST IN TOUCH

KAREZZA IN THE PERFECT FORM IS NATURAL MARRIAGE - THAT CLINGING,
SATISFIED UNION OF BODY AND SOUL WHICH TRUE LOVE EVER CRAVES AND IN
WHICH IDEAL MARRIAGE CONSISTS - AND WITH EVERY REPETITION OF THE ACT THE
LOVERS ARE REMARRIED, THEIR UNITY RENEWED, DEEPENED, INTENSIFIED.

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The Karezza Method By J. William Lloyd.

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CONTENTS

Preface

Soul-Blending

What Is Karezza?

Magnetation

Cleanness

Sex And Soul

When Sex Satisfies

Duality And Spirituality In Sex

Sex-Commerce And The Elixer Of Life

The Wine Of Sex

The Karezza Method

The Woman's Part In Karezza

The Woman's Time Of Great Desire

Does The Woman Need The Orgasm?

The Woman's Shock

Psychic Impotence

Karezza The Beautifier

The Danger Of Excess

Final Considerations

Appendix To The Karezza Method

It satisfies her love-nature along with her sex-nature - which to her is the most important thing.

It removes all fear of pregnancy, so that she feels safe.

It requires no lotions, douches, greases, tampons, plugs, pessaries, drugs, syringes, skin-pockets, rubber bags, napkins, getting up in the cold, or any adjustments whatever - it leaves the poetry of the act not only intact, but intensifies it. Thus it satisfies the imagination, the craving for the ideal.

Because it cultivates self-control and requires the sublimation and transmutation of the merely sexual into the tender, the loving, the gentle, the romantic, its inevitable tendency is elevating, not degrading, to redeem and purify sex, not only to maintain its perfect natural innocence, but to add to it the chivalrous, the moral, the religious, in an ascending scale. Thus it satisfies the mind and soul.

It gives complete birth control.⁶

A general knowledge and use of it must certainly lift most of the odium which now attaches to everything sexual, thus increasing the respect for and appreciation of sex, its liberty and exercise, thereby automatically removing gradually the curse of social reproach.

Between the well-mated it leaves no sense of weakness or exhaustion, but one rather of sweet satisfaction, fullness of realization, peace, often a physical glow and mental glamour that lasts for days, as if some ethereal stimulant, or rather nutriment, had been received.

As this satisfaction is always normally combined with a grateful affectionateness and tender yearning toward the partner, it maintains, increases and makes habitual the union.

Where properly and successfully performed between the well-mated it gives the most absolute and perfect satisfaction without the orgasm.

Withdrawing the sexual electricity from the merely sex-organs, distributing it throughout the system and discharging it from every part toward the loved one, exchanging with that loved one, every part so used

⁶ This is not true. It does, however, make conception less likely. *Ed.*

he feels it relieves and benefits him, and if his glands are excited by the sexual embrace they may rush more energy into the vacuum, even an increased amount, making repetitions possible until the pressure is lowered. During this the contagion of his emotions may excite the glands of the woman and she also may have multiple orgasms, or may have them anyhow because of her own endocrine flow.

On the other hand a man in whom the flow of endocrines, or hormones, is only normal may feel quite spent after an orgasm, demagnetized, and must rest before a repetition. If his glandular flow is weak and a surplus only slowly accumulates, then, if he repeats too soon, he may spend not only his too scanty surplus, but may draw on his reserves to a degree that may cause uncomfortable or even alarming symptoms.

But *must* the nervous sexual surplus find an outlet through the orgasm? Yes, say the doctors of the orgasmal school, or health suffers. Here is where I differ. They recognize a *coitus completus*, a *coitus interruptus*, a *coitus reservatus*, and I would add a *coitus sublimatus*, which may also be a *coitus completus* in another way. I teach an embrace in which, in its perfect realization, there is a complete dissipation of congestion, complete discharge of nervous surplus, complete relief from tension and a complete satisfaction. An embrace peculiarly suited to the weak, because its action is to increase the function of their ductless glands and to make strongly sexed individuals out of those previously afraid of sex or feeling themselves sexual failures; and which can also completely satisfy the normally strong.

But where the technique of the orgasmal school is followed this embrace can hardly be realized, especially by those of powerful surplus. For everything in their technique tends to create a local congestion which must find relief in orgasm or distress follows. A "mutual, reciprocal, simultaneous friction" must certainly produce this result. I teach an alternation of friction, one positive while the other is passive, or else mutual quiet, magnetation and sublimation being the object. With them the whole matter is sexual and tends *downwards* to a sexual conclusion. With me the sexual magnetism is generated simply as a current on which to carry the love message, or by which to create the love light, all to be *sublimated upwards* to a romantic, poetic, spiritual conclusion, satisfying sex incidentally. They would concentrate the energy on the

genitals and I would diffuse it from the genitals throughout the system, from the sexual to the affectional, from sex-desire to romance, tenderness, spiritual exaltation and love, affording, I contend, more complete satisfaction than an orgasm, especially to the refined.

And their method requires always the use of contraceptives, or else observance of times and seasons (all such safeguards being conceded by the best authorities unsafe and unreliable), while my method may be used at any time, with "nothing between," and all of Nature's romance of touch unrestrained, with the certainty that where no semen discharges no conception occurs.

One believes he has discovered what becomes of the semen in Karezza - that it leaks backward and comes out in the urine. But better authorities claim that leakage of semen only occurs in diseased conditions, and not at all from continence. I think where the sublimation and absorption are carried to the right degree there is no leakage, but I think it possible that it occurs where the excitement exceeds the sublimation.

I am willing to concede that where the intercourse is of such a nature as to cause a congestion that is not sublimated, or where sexual congestion occurs and sublimation and magnetation are not available, the orgasm may have a necessary place. Perhaps it must be admitted that everything has somewhere its use.

The idea that when once the usual amount of semen has been secreted, secretion largely or completely ceases, only enough being secreted usually to replace what is absorbed, and this even under frequent or habitual sexual excitement, is, I believe, probably correct, and agrees with my own understanding of the matter. But ever and anon, with the usual man, a surplus does accumulate, is not sublimated, and an orgasm occurs.

The question of whether the woman's orgasm is essential to the best conception seems to have a new sidelight thrown upon it by the discussion concerning birthmarks and prenatal influence.

If, as most modern physicians seem to agree, there is no truth in the old theory of prenatal influence; if the germplasm is something separate, of which the individual sex-partner is only a carrier, as a postman carries a letter, but with the message within which he has nothing to do, then it

would appear that the woman's orgasm or nonorgasm has as little influence as any other prenatal factor. Just as it would not really matter, so far as the message in the letter was concerned, provided it was delivered, whether the postman was quiet and normal, or had an epileptic fit at the moment of delivery, so it would not matter what the woman, or the man either, did or did not do, provided the ovum and sperm-cell were safely gotten together. Their motives and emotional states, according to this theory, do not count. Which would explain how a woman could be impregnated by the semen from a syringe; or bear a normal child even if raped; or if in a drug-sleep.

Again it must not be forgotten that conception, scientifically speaking, is the penetration of the ovum by the sperm cell and their coalescing. This rarely, if ever, occurs at the moment when the carriers are having their orgasm, but sometime after, often hours or even days after, at the moment when the sperm cell reaches the waiting egg. How can the previous orgasm have any effect then to devitalize him?

The idea that a child begotten where the mother has an orgasm would be more passionate or robust than where the mother has none may have a core of truth. A robust woman would, all other things being equal, be more likely to have an orgasm than a more mental type. This robustness, or lack of it, would likely be an inheritable character transmittable to the child as a trait of the strain. In other words, the orgasm would be a *symptom* of the mother's robustness, which the child would be likely to inherit, but would be in no sense a cause of that robustness or its inheritance. If the sperm-cell could get to the ovum of that woman, no matter how quiet she might be, the result would be just the same as if she had the most intense orgasm - unless indeed the magnetic state of the parents could have an effect to vitalize or demagnetize the germs, which is also something the sceptical modern physician rejects. Also her orgasm, in many cases, would be a symptom of her being in "heat," *ripe* for impregnation, but no matter how ripe she might be, if she were slow, the man fast, she could easily be impregnated without her own orgasm, with exactly the same results to her child. Which accounts for the well-attested fact that many women have been impregnated by the mere spattering of semen within the lips of the vulva. Finally, as to whether she did or did not get the orgasm would depend upon how much

she was excited, not upon her procreative power at the time - as it is certain that a sterile woman may have intense orgasms.

To get the sperm-cell of a healthy male to the ovum of a healthy female is the one important matter in conception, and how it is done, provided it is effectually done, seems of minor importance, perhaps of no importance at all.

* * * *

To sum up: The orgasmal school is honest but mistaken. Its fault is that it is a doctrine of the strong, only for the strong. Just as a wealthy man may spend money recklessly for a while and still not be poor, so a man rich in thyroxin and adrenalin may spend recklessly in orgasms for a while and not seem any the worse. And the method, taught by the orgasmal school is such that it *creates* a demand, by congestion, for the orgasm, which must then occur or bad results follow. But for a weak man to follow their advice is very dangerous and courts a nervous breakdown, while my method builds him up. That orgasms are weakening is easily proven. Just as the way to get real facts about alcohol is to consult life-insurance companies, so to get facts about the orgasm go to the stockbreeder. Business has no sentiment or prejudice. Every stockbreeder will tell you that to permit a bull or stallion to serve too many or too often is to devitalize him.

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