

30 ROADS AWAY FROM PORN

*More than 30 Real Techniques
to Quit Porn*

by Salman Pasha

**Copyright © 2019 Salman Pasha
All rights reserved.
ISBN-10: 1731306407**

DISCLAIMER

The information contained in this text is not intended, nor implied, to be a substitute for professional medical advice. The methods described in this book are the author's personal thoughts and experiences. It is provided for educational purposes only. The author does not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause. Always seek the advice of your physician or any other qualified healthcare provider before starting any new treatment or discontinuing an existing treatment. Nothing contained in this text is intended to be used for medical diagnosis or treatment.

Visit the author's blog at www.mahsal.com for more tips and techniques for quitting Porn.

This page is intentionally left blank.

Dedicated to

the reader who is determined enough to regain what was lost to PORN.

This page is intentionally left blank.

WHY I WROTE THIS BOOK

*“We shape our tools and afterward our tools
shape us.”*

Marshall McLuhan

The life of a porn addict can be thought of as a three-part loop which he goes through repeatedly. This loop consists of three phases - the Relapse, the Reboot, and the Retreat. The Relapse or phase one is when he goes back to his old ways of watching porn from a successful streak, the Reboot or phase two is when he is away from porn on a successful streak for any amount of time, and the Retreat or phase three is when the porn cravings hit him hard and he slowly moves back towards phase one or the Relapse.

The porn addict behaves differently in each one of these phases. During phase one when he relapses, he is full of guilt and shame. During this phase, he has every reason to quit porn and every reason why porn is bad for him. He is full of motivation to quit porn and to get his life back on track. He will delete his porn collection, gets porn filters for his phone and PC, decides to exercise, meditate and do a host of other things which he thinks might help him in quitting porn.

Salman Pasha

During phase two or the Reboot, when he is on a successful streak, he is full of energy and motivation to keep going on and the drive to succeed in quitting porn and doing the things which are important in life. During this phase, he is the most productive, confident, charismatic, enthusiastic and optimistic version of himself. And then, comes the dreaded phase three or the Retreat, when he is triggered by something sexual, a sexual thought, imagery, ad, or a sex scene in a movie and the porn cravings hit him hard. During this time, he starts losing control, doing everything possible not to watch porn and feeling helpless and irresistibly attracted to porn. And he relapses and binges on porn just to begin his Reboot phase again.

The way an addict deals with his addiction and his life in each phase is completely different. The resolution and the motivation he has to quit porn in phase one is completely faded away in phase three. And the confidence, motivation towards life goals, the energy and vitality he has in phase two is completely gone in phase one. So, he would need different approaches in each phase to deal with and to master his addiction and this is where this book comes into the picture.

This book includes 45 techniques to deal with porn and masturbation addiction and it is divided into three parts corresponding to the three phases discussed above. Since the best time when an addict invests the time, money and energy into quitting his porn addiction is after phase one, that is after his relapse. So, the first part of this book deals with the techniques to build a solid base before he builds his Porn free lifestyle.

The second part of the book deals with the techniques to maintain a successful streak; techniques which will help him to keep going on. And the third part of the book will give him techniques for the times when the going gets tough. It deals with Triggers and Cravings because they are the sole reason for every relapse. This part will give him the techniques to deal with the cravings when they are strong and when they are very strong.

I would like to wish good luck to you, the reader, as you move onto the next stage in your life. Without a doubt, you will continue to have success in all areas.

The Author

This page is intentionally left blank

Salman Pasha

TABLE OF CONTENTS

WHY I WROTE THIS BOOK	7
WHY THIS BOOK?	15
YOUR ATTITUDE TOWARDS THIS BOOK.....	17
INTRODUCTION	20
I AM I ADDICTED	23
HOW TO USE THIS BOOK?	26
THE GOLDEN KEYS TO MAKE THIS BOOK WORK FOR YOUR ..	28
THE RELAPSE.....	35
THE DRAWBACKS OF WATCHING PORN.....	39
UNDERSTANDING SOME CONCEPTS	42
THE ADVANTAGES.....	45
THE DISADVANTAGES	49
THE COMPULSION KILLER SHEET	54
DESTROYING THE COMPULSION	57
THE REBOOT	62
QUIT PORN MOTIVATION	64
SEXUAL ENERGY TRANSMUTATION	67
HYPNOTIZE IT AWAY	70
SMILING IT DOWN.....	73
BREATHING IT UP.....	75
THE SUPERIOR WAY	77
CREATIVE VISUALIZATION	79
MINDFULNESS TO PORNLESSNESS.....	81
FEELING GOOD	83

Salman Pasha

MEDITATE IT AWAY	86
HACKING THE HABIT LOOP	88
SWISHING IT AWAY	90
RELAXING IT AWAY	92
HANGING OUT WITH HUNGER.....	94
LOWERING THE GAZE	96
FASTING FOR FASTER CONTROL	98
THE BOOK OF POSITIVES	100
APPRECIATE AND GET FREE	102
THE POSITIVE REHEARSAL.....	104
INTENDING IT AWAY.....	106
IGNORE THE “P & N” IN PORN	108
WHERE’S IT LEADING?.....	110
THEY’RE WATCHING.....	112
I WILL BECAUSE I CAN	114
THE POWER TO REJECT	116
CLEARING THE WAY	118
THAT THING AGAIN.....	120
WHAT’S WITH THE COLOR?.....	122
CHANGING THE ROUTINE	124
FILLING UP THE TIME.....	126
THE POWER OF AMLA.....	127
THE RETREAT	132
EXHALE IT OUT.....	137
THE BAHYA PRANAYAM.....	139
THE RIGHT RITE.....	141
TAPPING IT AWAY.....	143

LOOKING UP	145
BREATHING IT AWAY	147
FIGHTING FLASHBACKS	149
THE FLASHBACK DUSTBIN	151
BREAKING THE STATE	153
THE RUBBER BAND TRICK	155
COOLING DOWN THE CRAVINGS	157
THE LIGHTER'S WAY	159
CONCLUSION	161

Salman Pasha

WHY THIS BOOK?

“Having only one option is not an option”

Anonymous

You can quit porn, you can definitely quit porn, but quitting porn is not like uninstalling an app from your phone. You cannot quit porn by just deleting your porn collection and activating porn filters on your phone and PC. You know very well from your past experiences that once the time comes, you will deactivate all the filters and you will download the porn again. So, quitting porn requires techniques, which deal with your mind and body. And this book gives you just that. You will find more than 30 techniques to quit porn in this book.

When you have a fever and you know it, the best possible thing is to do something about it. But, if you sit down thinking and studying why you got the fever or how you could have avoided it or how it works, it will be just a waste of time. The fever will remain unaffected by your thinking or studying about it. Similarly, you are reading this book because you are addicted to porn. To give you details about what is porn, how you get addicted to it etc, will be just a waste of time too. There are hundreds of books and websites which already do that. So, this book is different, it directly delves into giving you

Salman Pasha

the effects of porn addiction and the benefits of getting free and then it will give you more than 30 real techniques to deal with your addiction.

Quitting porn can be hard or easy, depending on how you go about it. If you hate porn, you are still too emotionally involved with it. Hate can be as intense as love. It is what it is, don't love or hate it. Porn is neither good nor bad for those who are not yet addicted, who have not watched it as much as you have. Those who say "smoking doesn't kill" haven't been killed by smoking yet. Those who talk about "recreational drugs" have not recreated with them regularly enough. And "masturbation is healthy." says the doctor who has not masturbated enough to get addicted and feel the consequences.

Porn is neither good nor bad for you if you don't watch it. Masturbation is neither good nor bad for you if you don't do it. But if you do watch porn and do masturbate, then you already know how much havoc it creates in your physical, mental and spiritual life. So, don't listen to those who don't watch porn and/or masturbate as much as you do. Because they will give you the wrong idea about it.

There is an old joke about a man who goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. When I touch my knee - OUCH! When I touch my forehead, it really, really hurts."

The doctor says, "I know what's wrong with you. You've injured your finger!"

On a similar note, you might be facing so many mental, emotional and physical problems and the root cause of all these problems might be your porn addiction. You never know until you heal your injured finger; it will hurt wherever you touch.

YOUR ATTITUDE TOWARDS THIS BOOK

*“A man who views the world the same at 50 as
he did at 20 has wasted 30 years of his life.”*

Muhammad Ali

There’s an old saying in the teaching world: *“Tell them what you’re going to tell them. Then tell them. And then tell them what you told them.”* And so, as you move through this book, you’ll probably notice much repetition of thoughts and ideas, because we usually learn best through repetition.

There are few things in this book which are not scientifically proven yet and when you come across them, you will have two options to choose from.

- Try those things and prove their effectiveness for yourself.
- Or, wait until there is scientific proof for their effectiveness before you try them.

But be aware, if you go for the second option, you would have to wait for a few decades before the scientific world catches up with the lived experience

Salman Pasha

of porn addicts. And it would be too late for you. Always remember that science will always lag behind the lived experience.

The case with every new phenomenon is that science lags behind the lived experience.

Just take a look at History.

- Doctors advertising cigarettes and prescribing them as a treatment for Asthma. Until smokers started getting diagnosed for cancer.
- “Children’s Soothing Syrups” used to soothe those little brats which had morphine, chloroform, heroin, powdered opium, etc. Until science discovered the effects of those drugs.
- Using mercury to cure pretty much anything and everything. Until people started noticing harmful effects on their lungs, kidneys, nervous, digestive and immune systems.
- Using heroin to cure your cough until we got to know about the effect of it on our bodies and minds.
- People using Lobotomy (making an incision to the frontal lobe) to treat mental illnesses, ranging from conditions as serious as schizophrenia to something as mild as depression or anxiety. Until they saw how bad an idea it was.
- And girls using radioactive cosmetics, containing Radium until they started dying from Radioactive exposure.

The list can go on and on and on, but the point I am trying to make here is that science will always lag behind the lived experience. Because it has to, it's natural. You cannot reach any conclusion unless you have enough proof and evidence. If we had not noticed the effects of Tobacco, Radium, Mercury, Heroine, Morphine, etc., we would still be using them today as we used to do in the past. But people lived through those times, people went through the experience, the sufferings. Only and only after that science caught up with their experience and told them that what they were doing was not a good idea.

A similar thing is happening now, history is repeating itself again. Millions of people are watching porn on a regular basis, and millions are suffering from a range of symptoms. From social anxiety to Premature ejaculation.

The brave souls, however, those who don’t like waiting until science tells them that porn is bad. People who listen to their minds and bodies more than the so-called experts. People who don’t fear to face the truth, the people on *noFap*, *PornFree*, *MuslimNoFap*, *Semenretention* subreddits, have come

30 Roads Away from Porn

forward to tell the world again that – *the case with every new phenomenon is that science lags behind the lived experience.*

So, it is better to be safe than sorry. To quit porn now and reap the benefits, rather than wait for a few more decades when science will accept these people to be the pioneers in this field.

If you are reading this, it is clear that either you or your loved one is addicted to Porn. If it's you, you already know that porn is bad for you. And if it's your loved one, the chances are that he/she is on the denial mode and you are looking for ways to prove to him/her that porn is bad. Get him/her on to www.YourBrainOnPorn.com. It will definitely be an eye-opener.

If you are addicted, or your loved one, the only thing that matters most is – “What are you going to do to get FREE? “.

Do you have enough knowledge about the ways in which to quit porn? If your answer is “No”, then this book is definitely for you. Read on.

Salman Pasha

INTRODUCTION

“Addiction is the disease that makes you too selfish to see the havoc you created or care about the people whose lives you have shattered.”

Anonymous

Porn is “*Pleasuring On Regressed Nonsense*,” said one porn addict and the other addict said that porn is “*The Pursuit Of Pleasure in Pixels*”. But whatever you think porn is, one thing is for sure. That Porn is a parasite. It steals your life from you, it feeds off your time and potential to grow and be what you truly can be. It gradually destroys your time, dignity, self-esteem and potential. It has a kind of negative hypnotic effect, that is, it grabs and then keeps your focus of attention locked until you wake up from the porn trance feeling empty, worthless, exhausted and miserable, your self-esteem destroyed.

Porn and masturbation are a deadly duo. They can ruin your physical, mental, and spiritual life. They have ruined marriages, careers and lives of hundreds and thousands of people who were not aware of how dangerous they

30 Roads Away from Porn

can be, and if you are reading this book, probably, you might have already experienced some of their negative effects.

Feelings of boredom, insecurity, and loneliness or even just having the opportunity can all result in porn addiction. These feelings can easily start to become automatically anchored to and then associated with using porn. So, you might be using porn as a way of numbing or escaping certain feelings and situations or to take the edge off the stress and tensions in your life. But porn is a parasite, it never has and never will deliver what it promises, because the more you view it, the more you want to view it and the more extreme the pornography that you will seek out.

You might have made efforts to control it, you may go for days, weeks or even months without using porn and then almost without knowing it you are back into it again, you might have fooled yourself thinking that you are not really hooked, or that you will just view porn for few minutes but then you were entranced again by the porn and hours went past and you woke up from the porn trance feeling empty, worthless, exhausted and miserable, filled with self-disgust and your self-esteem destroyed.

So, to completely get rid of your porn addiction, what is wanted is the elimination of the need for porn and not suppression. Suppression of the porn cravings is not the eradication of this habit. You can never be free of that which is suppressed. The suppressed porn cravings will attack you again and again and will produce withdrawing symptoms, wet dreams, irritability and restlessness of mind. You know how this world is crazy about “*everything sex*”, everywhere there are porn triggers, everything is sexualized, you just cannot run away from this world where everything has been sexualized.

Hence, repression or suppression of the porn cravings will not help you much. If they are suppressed, they will again manifest with even stronger force when a suitable opportunity arises, when the will becomes weak, when your motivation wanes, when there is slackening in your desire to quit porn, when you become weak owing to an attack of disease, stress or anxiety. Do not try to run away from porn, if you do, it will then chase you terribly on every corner. All these cravings, the desire to watch porn is in the mind. If the mind is subdued, what can these external triggers and porn cravings do?

So, what is wanted is a judicious control of your mind. The mind should not be allowed to run riot in sensual grooves. It should not be allowed to throw us ruthlessly into the deep pit of porn and masturbation. And this book will

Salman Pasha

give you more than 30 techniques to get control over your mind and your addiction.

I AM I ADDICTED

"Before you can break out of prison, you must realize you are locked up."

Anonymous

If you have chills, sweating, dehydration, headache, muscle aches and pains, a feeling of weakness and loss of appetite, the chances are that you might be suffering from a Viral Fever. Because these are the general symptoms of Viral Fever.

You would completely agree with me that to cure a disease, you first have to know that you have one. Then you have to know which disease it is. Then and only then you would be able to medicate yourself. It is no different with Porn Addiction, which to me is no less than a disease which requires immediate medication.

If you are reading this book, you would have already experienced and still experiencing the effects of porn and masturbation. But if you think you are not addicted to porn and masturbation, consider this: -

*Fish don't know they're in the water
If you tried explaining it, they'd say, "Water? What's water?"*

Salman Pasha

*They're so surrounded by it, that it's impossible to see
They can't see it until they get outside of it
Addicts don't know that they are addicted
If you tried explaining them, they'd say, "Addicted? To what?"
They are addicted to it so much that, it's impossible to see
They can't see it until they try quitting*

If you still think you are not addicted, I would suggest you go through the following list of porn addiction symptoms and see if you have any of these symptoms. And, if you have, try quitting porn and masturbation for the next 30 days, you will see the difference it will make in your life. You can quit porn and this book will show you how. In quitting porn and masturbation, you won't lose anything except temporary pleasure, but you will have a whole lot to gain.

THE SYMPTOMS OF PORN ADDICTION

- You watch porn and masturbate compulsively.
- You have tried to quit porn multiple times without any success.
- You are viewing progressively more intense or bizarre sexual content.
- You feel a sense of emotional distress, or feeling of withdrawal when you quit porn.
- You are escalating the amount of time you spend on porn, from hours sometimes to even days.
- You continuously use porn, despite negative consequences and promises made to yourself or others to stop using it.
- You have started lying, keeping secrets and covering up about the nature and extent of your porn use.
- You get Angry or irritable if confronted about the nature or extent of your porn use.
- You watch porn as a way to alter your mood, to obtain a “high” or to avoid other unpleasant feelings, like anxiety or depression.
- You have lost interest in non-porn activities such as work, school, socializing, family and exercise.

30 Roads Away from Porn

- You are suffering from sexual dysfunction with your partner, (including erectile dysfunction, delayed ejaculation and an inability to reach orgasm) but not with porn.
- You are neglecting important social, occupational, or recreational activities to watch porn.
- You prefer fantasy over reality and find sex less satisfying, and porn use is more sexually exciting to you than a partner.

DOES YOUR STORY SOUND LIKE THIS?

I feel powerless to resist the urge to view porn, and I frequently spend more time or money or both on porn than I initially intended. I have made many unsuccessful attempts to limit or stop viewing porn but, I spend a significant portion of time viewing porn, thinking about porn, or engaging in activities that will enable access to porn. Due to which, I neglect family, social, or work obligations. I continue to use porn despite experiencing negative consequences and I pass up opportunities or consider passing up opportunities, to have more time to use or view porn. I feel anxious, stressed, or irritable if I'm unable to access porn.

Salman Pasha

HOW TO USE THIS BOOK?

“Take the first step in faith. You don't have to see the whole staircase, just take the first step.”

Martin Luther King Jr.

All the exercises in this book have two parts. Part one is “*What do I do?*” which guides you step by step through the exercises, and part two is “*Why do I do it?*” which gives you a brief explanation about how and why the exercises work.

When it is dark, you switch on the light. You don't sit down studying how electricity, a light bulb or the light switch work. You just switch on the light. And I want you to do the same thing with this book. Don't read the “*Why do I do it?*” part first. Just do the exercises as described, to the letter. Then, and only then study why you did what you did and why and how it works. There are multiple explanations for how some of these techniques work and you don't need to know them for these techniques to work. The techniques work if you do them as described. So, do the exercises first and if you want to know why and how those techniques work, then study the “*Why do I do it?*” part.

Just imagine that you are about to watch porn and masturbate, you have gone through this experience so many times. Every time the porn cravings hit

30 Roads Away from Porn

you, you try a couple of things you have learned to avoid watching porn. But every time you fail and feel guilty afterward. It has happened to you so many times that you have stopped learning new ways to fight your addiction. The problem is not with the techniques, it's with us. We don't practice, we don't rehearse those techniques when we are not sexually excited. We are like a warrior who has a number of weapons, but he has not practiced with them enough. He goes to war and loses his life. We know so many ways to stop the porn cravings, but we haven't mastered any one of them. We are as the saying goes "*Jack of all trades, master of none*". If we practice just one technique and master it when we are not sexually excited, we can use the same technique when we are sexually excited, a time when our will power is very low, to say "No" to porn. As Bruce Lee has rightly said, "*I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times*".

This book gives you more than 30 techniques to fight your porn addiction and eliminate it completely. You just have to go through these techniques one by one and find out the one which you like the most. And practice it as much as possible and master it. So that when the porn cravings hit you, you hit them back with the same force and energy as any professional boxer would.

Salman Pasha

THE GOLDEN KEYS TO MAKE THIS BOOK WORK FOR YOUR

*“People often say that motivation doesn’t last.
Neither does bathing. That’s why we
recommend it daily”*

Zig Ziglar

Imagination, the right technique, and consistency are the three Golden Keys to a porn-free life. Each one will play an important role in your journey to quit porn. Keep an open mind and go through the following pages and I will assure you that it will be worthwhile.

30 Roads Away from Porn

CONSISTENCY

"It's not what we do once in a while that shapes our lives. It's what we do consistently."

Anthony Robbins

All the tips, techniques and the methods on the internet, in the books, in the lectures are just temporary fixes. But ask anyone who has crossed that 30 days or 90 days mark and he will tell you that *"I did not do different things, I just did things differently and the secret of my success was CONSISTENCY, I was consistent with whatever I did "*. Successful people don't do different things they do things differently.

The millions of addicts are proof of "The Power of Consistency", they are very consistent about their behavior, they get horny when alone, they watch porn after school, they jack off when depressed, etc. And the billions of non-addicts or thousands of recovered addicts are proof of "The Power of consistency" too, they don't watch porn, that's what they are consistent with.

If you really want to quit porn, you need to find a method and stick to it. Because consistency is the magic ingredient in all successful endeavors. Go through the techniques in this book and find the ones most suitable for you and stick to them.

Salman Pasha

IMAGINATION

*“Our thoughts and imagination are the only real
limits to our possibilities.”*

Orison Swett Marden

Emile Coue was a French psychologist and pharmacist who introduced a popular method of psychotherapy and self-improvement based on autosuggestion or self-suggestion.

He is mostly known for his famous autosuggestion “*Every day, in every way, I am getting better and better.*” He has cured countless men of their psychological and physiological diseases with just auto-suggestion.

He has famously said, “*When the imagination and will power are in conflict, are antagonistic, it is always the imagination which wins, without any exception.*”

But we go through lives using our weak will to fight strong habits and addictions which use our own imagination against us.

Countless people are quitting porn and masturbation countless times and relapsing again and again and again.

Do you know what the problem is?

It’s the use of will power more than the power of their imagination. How many times were you able to sleep using your will power to induce sleep, or how many times were you able to salivate by willing to salivate, or how many times were you able to rationalize your fears and phobias?

The answer? NONE.

Because imagination is way too powerful than the will power. You can use your imagination to imagine tasting a big lemon to induce salivation, or you can imagine drifting on a cloud or any other relaxing scenery to induce sleep.

30 Roads Away from Porn

Imagination is like a big powerful truck, and the willpower is like its steering wheel. A truck can run without steering, but without the engine, its nothing.

Similarly, you can use your willpower to steer the course and use your imagination to power your goals to reach your destination. But if you use the willpower alone, you will not move an inch towards your destination.

You can decide to quit porn and masturbation, you can delete all your porn collection, burn every porn magazine and put porn filters on your devices. But once the porn cravings kick in, they will use your imagination against you with porn fantasies. At this moment, if you use your will power, you are sure to fail. But you can't use your imagination too at this moment.

The only way out is to relapse.

Yes, you read it correctly, Relapse.

And once you have relapsed, you are at the best time to write down all the reasons you want to quit porn and masturbation. All the positive results you expect when you quit this addiction. Write down why you want to quit porn and masturbation, what it has done to your past and present and what it can do to your future.

Once you are done with the list, it's time to get these things impressed on your mind and imagination or the visualization is the best way to do it.

Impress your mind with the ideal life you want to have. Get this image completely impressed on your mind. Let it generate positive emotions in you. And the next time a porn craving creeps in, you just have to think about this image of your ideal life and the craving will just vanish away.

Salman Pasha

CHOOSING THE RIGHT TECHNIQUE

“Practice does not make perfect. Only perfect practice makes perfect.”

Vince Lombardi

People wrongly believe that “*Practice makes a man perfect*”, but they never stop to think that it's a half-truth and the reality is that “*Only perfect practice makes a man perfect.*”

But in the case of Porn addicts, even that belief does not hold good. Because “*Only perfect practice of the perfect thing makes a man perfect.*”

Porn addicts try to quit porn for a few days and relapse, they start again and do the same things they did at the start and fail again. They think that if they practice quitting porn enough times, they will succeed eventually. But alas! that is not the case.

To learn juggling, you need to practice. But if you practice the wrong technique, you are heading towards failure. To master juggling, you need to practice the right technique in the right way. If you keep practicing failure, you will learn to fail again and again and again.

What I strongly believe is that you need to go through all the techniques you know about quitting porn and find out the best technique and practice that technique until you master it. That's the only way I know to succeed. Practice the right thing in the right way.

I have compiled more than 30 real techniques to quit porn in this book. Go through all the techniques and find the one you like the most or the one which was most effective and stick with it.

And now, let's begin our journey towards a porn-free life.

30 Roads Away from Porn

PHASE ONE

Salman Pasha

THE RELAPSE

“Failure is simply the opportunity to begin again, this time more intelligently.”

Henry Ford

The Relapse or phase one of a porn addict’s life starts when he goes back to his old ways of watching porn and masturbating. He would have gone without porn for days, weeks or even months but he is back to square one. He would have thought, seen or done something which would trigger his addiction and he slips back to his old ways and ends up binging on porn and masturbation. He is filled with shame, guilt, and hopelessness. But he will not stay in this state for long. Once he has binged enough on porn, he decides to quit porn forever, which he has done countless times before. He knows that “*forever*” is just around the corner, it may be a day, a week or a month away and he will be back to porn again. But he has decided to quit porn and has made decisions and arrangements to keep on track. He might delete his porn collection if he has any, he might install porn blockers on his phone and PC, he might shift his computer to the living room where everyone can see what he is browsing, he might start an exercise plan, starts a hobby, joins a club, etc.

Salman Pasha

Relapse is the time when an addict knows every reason on earth to quit porn and get his life back on track. So, it is the best time to write down his goals and all the reason why he wants to quit porn. And the techniques which follow will help you do just that. But before that, let me give you something very controversial. Controversial for those who think masturbation is good. Just keep an open mind and read the following. If you get the point I am trying to make here, great. If not, don't worry, the techniques in the book will still work for you.

Have you ever wondered why quitting porn can help you to succeed in life?

Before I tell you how quitting porn can help you to succeed in life, keep the following statements in mind.

- Our body needs the energy to maintain all the necessary bodily functions, and we get the required energy from the food we eat.
- In Maslow's hierarchy of needs (which is a theory in psychology proposed by Abraham Maslow in his 1943 paper "*A Theory of Human Motivation*" in *Psychological Review*), the most fundamental need for human beings, after breathing and food is – SEX.
- Where awareness goes, energy flows.
- A full sperm regeneration cycle (called spermatogenesis) takes about 64 days. This entire process from production to ejaculation of mature spermatozoa takes, on average, 64 days to complete.

Just keep the above statements in mind while we discuss the inverse relationship between porn and successful life. Where porn is inversely proportional to success in life. The more porn, the less success in life.

Now, let me tell you how "Quitting Porn can help you succeed in life".

From Point Number 1 – Our body needs the energy to perform bodily functions, to build, maintain and repair itself. And we get this required energy from the food we eat. The food we eat is converted into anything and everything our body requires to function properly. It is used to create the blood, bone, flesh, enzymes and a host of other things.

From Point Number 2 – Our brain is wired such that it channels all the body's resources towards fulfilling the basic needs first, which are survival, search for food and fulfilling the need for sex.

30 Roads Away from Porn

So, once you are safe (at a safe place, with privacy preferably), and once your stomach is full, your brain moves towards fulfilling the need for sex. (That is why the privacy and a full stomach is always a detriment to your porn free journey. Be in a public place and be slightly hungry all the time and you will see how easy it is to quit porn. This will be covered in “*Hanging out with Hunger*” technique which we will discuss later. Let’s get back to our discussion.)

Once the basic needs are met, your brain channels the remaining energy and resources towards other things. And one important thing you need to remember here is that “Where awareness goes, energy flows”. That is, whatever you think about most of the time, your energy and resources flow to that thing, towards achieving that thing, towards doing that thing.

From Point Number 3 – If most of the time you are aware of your horniness, your raging erections every morning, your need to have sex, your need to get a release, then all the energy and resources (after fulfilling the basic needs) is channeled towards getting a release.

From Point Number 4 – Since sex is a basic physiological need, your body gives a large chunk of available energy to prepare you for mating, to procreate. It takes a very large amount of available energy and resources to create semen. A full sperm regeneration cycle (called spermatogenesis) takes about 64 days. This entire process from production to ejaculation of mature spermatozoa takes, on average, 64 days to complete.

If every other day you are ejaculating, your body will keep channeling a large chunk of available resources and energy towards producing sperms to keep you ready for mating. The energy and resources which could be used in other areas of your life, like getting that project completed, learning a new skill, getting that dream job or improving yourself.

If you keep watching porn and masturbating, you will always be low on energy because you are wasting your energy and resources for a momentary pleasure.

On the other hand, if you stop watching porn and masturbating, you will not tax your body in producing the semen again and again and again. And this extra energy can be channeled towards other productive things. This channeling of energy into other productive things is called “Sexual Energy Transmutation“ which is one of the many techniques you will find in this book to quit porn.

Salman Pasha

For now, I would suggest you write down all the negatives affects you have seen in your life due to your porn addiction. And to help you do that, I have listed a few of the drawbacks faced by porn addicts here.

THE DRAWBACKS OF WATCHING PORN

“Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in.”

Isaac Asimov

From the experiences of thousands and thousands of porn addicts, I can surely say that if you don't quit porn and masturbation and continue your life as it is: -

- Your life loses all zest, zeal, and charm.
- Your body and the mind will refuse to work energetically.
- You will experience much exhaustion and weakness.
- You will become physically, mentally and morally debilitated.
- You will become a victim of several diseases like pale face, loss of memory, gloominess, palpitation of heart, pain in the back, loins, head, and joints, weak kidneys, fickle-mindedness, enlargement of

Salman Pasha

testes, pain in the testes, debility, nervous breakdown, lack of thinking power, etc.

- There will appear boils on the body, acne or eruptions on the face, blue lines around the eyes, sunken eyes, loss of eyesight, discharge of semen along with urine, drowsiness, gloominess, bad dreams, wet dreams and restlessness of mind.
- In the end, you will suffer from sexual impotence and sterility.
- You will deplete the source of your greatest driving force and will waste, without adequate compensation, your creative energy.
- You will dissipate the energy needed by nature to maintain physical health because sex energy is nature's most useful therapeutic force.
- You will deplete the magnetic energy which is the source of an attractive, pleasing personality.
- You will remove the sparkle from your eyes and will set up discord in the tone of your voice.
- You will destroy enthusiasm, subdue ambition, and will lead inevitably to the habit of drifting on all subjects.
- You will lose interest in non-porn activities such as work, school, socializing, family and exercise and neglect them.
- You will suffer from sexual dysfunctions, such as erectile dysfunction, delayed ejaculation, premature ejaculation and an inability to reach orgasm.

These are just some of the drawbacks of watching porn and masturbation. You might be experiencing some of them or most of them. If you are, don't worry, these effects are reversible. On the next page, write down all the effects you are facing due to watching too much porn. Keep this book handy and whenever porn cravings hit you, read this list. It will definitely be helpful as "most of the time, actions are determined by the consequences."

30 Roads Away from Porn

THE EFFECTS OF PORN IN MY LIFE

Salman Pasha

UNDERSTANDING SOME CONCEPTS

*“Those who cannot change their minds cannot
change anything.”*

George Bernard Shaw

IS MASTURBATION BAD?

There are so many people who speak about butterfly stroke but have never gone for swimming.

Then there are those who speak about masturbation, but would never have masturbated as much as people who have finally come to a point when they ask themselves *“Is it good or Bad?”*

If you are masturbating and want to know if masturbation is good or bad, the best way is to quit doing it for a month and see what changes occur in your life.

Completely stop masturbating, and see how your life changes for better. If nothing changes, then, your frequency of masturbation is not much that it can have a physical or emotional effect. But it is like smoking, one Cigarette cannot kill you, but a habit of smoking will slowly and definitely kill you. Masturbating one time may not be harmful, but do it every day and you will see what effect it will have.

30 Roads Away from Porn

Consider this...

Fish don't know they're in the water.
If you tried to explain it, they'd say, "Water? What's water?"
They're so surrounded by it, that it's impossible to see.

They can't see it until they get outside of it.

Similarly,

Masturbators don't know that it is harmful
If you tried explaining them, they'd say, "Harm? What harm is in it?"
They have done it so many times, so habitually that, it's impossible to
see.

They can't see that harm until they stop doing it.

Some people have been masturbating for so long that they think that their life is going well, masturbation doesn't affect them a bit. But I would like to tell you that if everybody smoked from age 5, then cancer would be considered a normal disease, as everyone would be getting it. And there would be no control group to compare against. Masturbating from an early age is like tying one of your hands to your back and going through life. You will grow up thinking that this is normal. But once you quit masturbation, once you untie your hand, you will see a whole new world. You will see that your potential is doubled. If you still think that masturbation is healthy, increase your frequency of masturbation in the coming days, you will see how healthy it is. You can believe what I said and improve the quality of your life, or you can go through life thinking that life is what it has been from the beginning – boring, without meaning and purposeless.

WHAT'S SEXUAL ENERGY?

People who quit porn and masturbation report such varied and amazing benefits that it is a bit difficult to comprehend. But, if you understand a few basic concepts, which are part of Ayurveda and Chinese medicine which are thousands of year-old systems of medicine, all the pieces will fall into place.

There is bioelectric energy called Chi in Chinese medicine and Prana in Ayurveda, which constantly circulates through every cell of your body. And, Ching also called Kama Shakti or Vital energy is the sexual energy which is

Salman Pasha

produced and stored in the testicles. It is a synthesis of all other types of chi given by all the organs and glands, including the brain.

The production of this highly refined energy is very taxing on the body as it takes a large amount of life force chi to produce just a small amount of Ching. Thirty to forty percent of your daily chi energy goes into the production of sexual energy and this energy is then used in the production of sperm.

When you look at porn, Ching goes down and activates your sexual organs, it is this energy which is spent when you ejaculate. This is the reason you feel so tired and sleepy after you ejaculate.

Mantak Chia in his book “The Multiorgasmic Man” narrates a story of a man who says “Before I started practicing Sexual Kung Fu, if I had not ejaculated in a while, my sexual urge would get stronger and stronger. I would look at pornography, look for one-night stands, or go to prostitutes. After ejaculating, this urge would disappear almost instantly and I couldn’t understand why I had spent so much time and money trying to satisfy it. I would tell myself that I wouldn’t do it next time, but I knew that after a while the sexual urge would return and I would do it all over again. When I finally started practicing Sexual Kung Fu, my sexual energy was still strong, but balanced. It was the first time in my life I was happy to be a man sexually because I finally had control over my sexual energy.”

A similar thing happens to us when we quit porn. The energy builds up in our head and genitals from days and nights of sexual fantasy and sexually charged surroundings and this energy if not channeled properly will lead us to porn, prostitutes and masturbation.

We live in a world which is filled with stress, tension, and anxiety, and most of the time we live in our heads and forget our bodies. We do so much of chronic thinking that all of our life force or life energy is accumulated in our head. If it builds up in our head, we begin to spend more and more time fantasizing about porn, sex, and masturbation. The solution is to circulate this energy, to bring this energy down and we will discuss some of the techniques to do that later.

THE ADVANTAGES

“What’s done is done. What’s gone is gone. One of life’s lessons is always moving on. It’s okay to look back to see how far you’ve come but keep moving forward.”

Roy T. Bennett

According to Yogic sciences, when you don’t waste this Vital energy and save it up by not ejaculating, you develop an attractive personality, you become a person who is outstanding in his works, whose speech is impressive and thrilling, who has lustrous eyes and a magnetic aura on his face and who has awe-inspiring, charismatic personality.

One of the greatest self-help authors of the last century, Napoleon Hill, the author of the best-seller *“Think and Grow Rich”* has written a whole lot on this energy and ways to use it to achieve success. He calls it sex energy and the process of transmuting this energy into success as “Sexual Energy Transmutation”. He has dedicated a whole chapter to it, and according to him, it is the tenth step towards riches.

Salman Pasha

He gives the benefits of conserving this energy and transmuting it as follows: -

- The men of greatest achievement are men with highly developed sex natures (who don't waste their Vital energy by unnecessary ejaculations); men who have learned the art of sex transmutation (the switching of the mind from thoughts of physical expression, to thoughts of some other nature).
- When you don't waste your vital energy, the sex energy, you develop keenness of imagination, courage, will-power, persistence, and creative ability.
- The factor of personality known as "personal magnetism" is nothing more nor less than sex energy. Highly sexed people always have a plentiful supply of magnetism. Through cultivation and understanding, this vital force may be drawn upon and used to great advantage in the relationships between people.

This energy may be communicated to others through the following media: -

- The hand-shake - The touch of the hand indicates, instantly, the presence of magnetism, or the lack of it.
- The tone of voice - Magnetism, or sex energy, is the factor with which the voice may be colored or made musical and charming.
- Posture and carriage of the body - Highly sexed people move briskly, and with grace and ease.
- The vibrations of thought - Highly sexed people mix the emotion of sex with their thoughts or may do so at will, and in that way, may influence those around them.
- Body adornment - People who are highly sexed are usually very careful about their personal appearance. They usually select clothing of a style becoming to their personality, physique, complexion, etc.
- Transmuted sex energy can add warmth to your handshake, strength to your voice, attraction to your personality.

30 Roads Away from Porn

He goes on to say: -

- Controlled sex supplies the magnetic force that attracts people to one another.
- It is the most important factor of a pleasing personality.
- It gives quality to the tone of voice and enables one to convey through the voice any feeling desired.
- It serves, as nothing else can serve, to give motive-power to one's desires.
- It keeps the nervous system charged with the energy needed to carry on the work of maintaining the body.
- It sharpens the imagination and enables one to create useful ideas.
- It gives quickness and definiteness to one's physical and mental movements.
- It gives one persistence and perseverance in the pursuit of one's major purpose in life.
- It is a great antidote for all fear.
- It gives one immunity against discouragement.
- It helps to master laziness and procrastination.
- It gives one physical and mental endurance while undergoing any form of opposition or defeat.
- It gives one the fighting qualities necessary under all circumstances for self-defense.

When you transmute your sex energy: -

- You can have the Strength, Genius, Libido, and Erection Anytime.
- You become more sensitive to stimuli and more exuberant and expressive.
- You become more energized and inspired and will be more driven to take action.
- You become more aware of hunches, and you get “Turned on” by whatever you are working on or thinking about. In brief, it makes winners and not quitters!

Salman Pasha

Jay Onwukwe, in his book “*Sexual Energy Transmutation: The Secret Path to Health, Wealth and Genius*” writes a very poetic description of things which semen retention can do and you will find it repeated many times in this book to keep you motivated.

He says that, when you retain your semen and don't ejaculate it unnecessarily, your body's energy and resources can be channeled toward creating that “*SOMETHING*” which is: -

The fire in the General's eye;
The melody in the Singer's voice;
The flow in the Author's pen;
The warmth in the Teacher's voice;
The sprint in the Athlete's feet;
The firmness in a Hand-shake;
The healing in the Pastor's hands;
The radiance on the Master's face;
The eloquence of the Orator;
The charisma of the Statesman;
The genius of the Professor;
The charm of a Lover;
The acumen of the Businessman;
The doggedness of the Champion;
The creativity of the Artist;
The equanimity of the Adept; And so on.

THE DISADVANTAGES

“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”

Dale Carnegie

But if you lose this energy by watching porn and masturbating frequently, you become physically, mentally and morally debilitated. You will experience much exhaustion and weakness. The body and the mind refuse to work energetically. Your life loses all zest, zeal, and charm. You will become a victim of a number of diseases like pale face, loss of memory, gloominess, palpitation of heart, pain in the back, loins, head and joints, weak kidneys, fickle-mindedness, enlargement of testes, pain in the testes, debility, nervous breakdown, lack of thinking power, etc. There appear boils on the body, acne or eruptions on the face, blue lines around the eyes, sunken eyes, loss of eyesight, discharge of semen along with urine, drowsiness, gloominess, bad dreams, wet dreams and restlessness of mind. In the end, you will suffer from sexual impotence and sterility.

Salman Pasha

About the loss of sex energy by overindulgence in sex, masturbation or any other way of losing the vital energy, Napoleon Hill says: -

- The greatest damage is that it depletes the source of man's greatest driving force, and wastes, without adequate compensation, man's creative energy.
- It dissipates the energy needed by nature to maintain physical health. Sex is nature's most useful therapeutic force.
- It depletes the magnetic energy which is the source of an attractive, pleasing personality.
- It removes the sparkle from one's eyes and sets up discord in the tone of one's voice.
- It destroys enthusiasm, subdues ambition, and leads inevitably to the habit of drifting on all subjects.

Now you know why quitting porn and masturbation can have such a profound effect on your overall life.

Remember that Ching, Prana, Kama Shakti, Vital energy, Sex Energy and Personal Magnetism are the names of one and the same thing. And quitting porn requires that you do Sexual energy Transmutation which in turn requires Semen Retention and the result will be a successful life.

30 Roads Away from Porn

WHY ARE YOU QUITTING PORN?

There are numerous reasons to quit porn and most of them are mentioned above, but they are not as important to you as your own reasons. You might have your own reasons to quit porn. And I would suggest you make a list of those reasons and go through them regularly to stay motivated and on track. If you find it difficult, read again the list of “Symptoms of Porn addiction” and also the “The Drawbacks of Watching Porn” and note down all the things which you are experiencing. It is always better to know why you are doing something and what you will get or lose if you don’t do it.

MY REASONS FOR QUITTING PORN: -

Salman Pasha

WHAT DO YOU THINK YOU WILL GET?

The innumerable benefits of quitting porn are already given above, but you will have your own reasons to quit porn. What do think you will get if you quit porn? Write down the benefits which you think you will receive if you quit porn. If you find it difficult, read again the “Benefits of Quitting Porn” and write down the things you want to develop from the list. This and the above list will be very useful when the porn cravings come with all their might and power.

IF I QUIT PORN, I CAN/I WILL BE: -

30 Roads Away from Porn

YOUR GOAL

Having a short specific and measurable goal is the secret of success in any endeavor. Write down a goal for yourself in the present tense. Make it very attractive and motivating. This goal will be very helpful while you do most of the exercises in this book. You can start your goal in the following way and add whatever you want to add. Repeat it as many times as you can with all your heart, mind and soul feeling as much and as many emotions as you can.

“I am so happy and grateful now that I am free of porn and I am happy, healthy and wealthy, prospering in every way.”

MY GOALS IN LIFE: -

Now that you have all the reasons to quit porn, let's begin with the techniques which will help you to build a solid base for your Porn Free lifestyle.