

Kim Anami: [00:00](#) I really do believe in the idea of clarity. Like we live in a world of duality. Like, you know, most spiritual teachings will say to you that there are higher planes of existence where we do not have duality where there's, but we here on the physical plane, there's light, there's stark, the sun. And then there's, see, and there's Yang, there's masculine, there's feminine. That's just a natural part of life. All right. Front row dads,

Jon Vroman: [00:22](#) welcome to the show. This is the place for family, men with businesses, not businessmen who happen to have families. And today I'm very excited to have Kim a Nami with me. Kim, welcome to the show.

Kim Anami: [00:36](#) Oh my pleasure. Thank you so much for having me. And I love what you just said. Family man who has businesses. That's wonderful.

Jon Vroman: [00:43](#) It was a, you know, this whole thing started. Uh, I'll let you know. Not because I felt like I was crushing it in marriage and as a dad, but because I felt like I was getting crushed and I felt like I, I needed help. So we started the group because I wanted answers. And so we started searching and um, it's been quite the journey. We now have quite a few men that are part of this wanting to be better men and they're some of the best dads and husbands I know already, but they just want to be better.

Kim Anami: [01:09](#) Well that's the way it is. People know there's always another level to go and even if you're really good at what you do, that's how you stay good at it is you're always one step ahead of yourself even in challenging yourself to be that next level.

Jon Vroman: [01:21](#) That's right. And let's talk about what you do. So your bio is quite interesting. In fact, I thought about it, even reading that bio would be challenging. Uh, cause there's a lot to it. Um, the how do you sum up to men particularly what you do?

Kim Anami: [01:36](#) Well, I'm a holistic sex and relationship coach and so I work with women, men, couples, penises and Vaginas. And so, you know, all of the above. And I really help people to harness the power of their sexual energy. And often when people hear, oh, so you're a sex therapist, so you help people with problems. I'm like, well, Kinda. But what I really do is think about how to uplevel people and help them to realize what's truly possible with their conscious use of their sexual energy. So, you know, in my book every now and can be having multiple orgasms, every man can have sex for hours. Every man can bring his partner to cervical orgasms, g-spot orgasms, ejaculation that hit the ceiling and to be able to separate orgasm from ejaculation. And I

noticed people's jaws drop because they're like, what is that stuff even possible?

Kim Anami: [02:26](#)

Or that women can have all of these orgasms and be multi-orgasmic and gushing, lubricating through menopause, child's, uh, early childhood pregnancy stuff where we typically are bought into these stories that, oh, no, no, no, your sex drives in a plum. And at that time, oh no, no, no. It's normal after you have children, not one half sex for about five years. You know, all of these really mythologized excuses and rationalizations that people just buy into because they don't really know any better. And that's the dominant messaging out there. So all of my work is really had to up level. And then one of the I'm most passionate about showing people is how sexual energy can be used as creative energy out into the world. So if you're not making babies with that entity, it can take that energy and infuse it into every part of your life, especially your business. You know, I'm an entrepreneur, I'm a creative, and so I'm all about, I often say hashtag powered by vagina, I've traded my business. So you're tapping into my sexual energy and using that for my creative ideas, my marketing ideas, and to boost my bottom line. You know, to really like

Kim Anami: [03:30](#)

paint my entire business with this level of inspiration and creativity.

Jon Vroman: [03:35](#)

Well, there's a lot of places we can go with all that. Let's talk a little bit about, and I really wrestled Kim even thinking about where to start here. And I kind of laughed to myself about how fast can I get into this knowing that we, you know, oftentimes we're talking about intimacy, taking your time. And I thought about this is a conversation that I, I don't want to waste time getting to the good stuff because I also think you're really good at just saying it like it is. I mean, I remember the first time I listened to your podcast, I was like, Whoa, Tim, Nikolai, I've had, you know, had had said you've got to check. He was sending me links to your show and I was blown away by not only how open you are and how transparent, but also how spot on you.

Jon Vroman: [04:18](#)

Where abouts some things that I, I really resonated with, but also the goals, the things that you had set out to say, Oh man, I didn't even know that. For example, you talk about three different orgasms for women, you know, and, and there's things that I was like, I've got a lot of room to grow here. I've got a lot of [inaudible]. Yeah, I need knowledge so that I'm excited about this. Maybe we can begin with the feminine and Masculine Energy as a place to start. You know, this is something I've been

thinking about. I've read about this, but what's your take on masculine and Feminine Energy?

Kim Anami: [04:47](#)

Well, I really do believe in the idea of polarity. Like we live in a world of duality. Like you know, most spiritual teachings will say to you that there are higher planes of existence where we do not have duality, where there's one, but we hear on the physical plane, there's light, there's dark, the sun, and then they see it and there's, yeah, I think those masculine, there's feminine, that's just a natural part of life. And the idea in sexual polarity is that most people, most with men have more feminine energy. More men have more. Those men have more masculine energy. And these are archetypal efforts, right? Where Feminine Energy might be described as this idea of being in flow, receptivity, openness or vendor. And masculine energy is more about like drive and exertion and getting things done. Being out in the world. And we all have different, you know, expressions of these within us and can be quite fluid.

Kim Anami: [05:37](#)

But sexually speaking, the most chemistry, the most sparks fly, the most passion happens when we have more exaggerated polarity. So when we have a more cement, say a woman who's more her feminine and a man who's more in her masculine. And then of course you have the phenomenon of 50 shades of gray, which came along and sold one of the best selling books of all time, making policies wet all over the world. Like reading this book in the subway, make leaf and little puddles on a seat when they get up. Like so aroused, like because there's grading, women were grading this energy that they probably couldn't even articulate, which was like a strong, passionate, wild, masculine man. A very dominant, confident nat. And you know, we come to this place where we've neutralized our energies where women have taken on a lot more masculine energy and because they think they have to to achieve in the world and to get things done and make it in a man's world. And then then it's taken on a lot more feminine energy or tried to really stuffed down their masculine energy and power. And, but deep down the is are most nurtured by and nourished by the [inaudible] feeling into the opposites that we have in each other. So, you know, despite us being in this time right now of gender neutrality and even notarization like I'm all about really amplifying the power of the masculine and the feminine to create the most, you know, chemistry and long lasting passionate interrelationships. So I'm sure this is a topic that you've explored in this fruit before.

Jon Vroman: [07:07](#)

Yeah, absolutely. And it brings up a lot of other questions around polarity. For example, when polarity is lost, right? How

is it regained without being, and maybe it's not without something, but how has it regained? Maybe we just leave it at that. How do people recapture polarity? Cause I'm guessing that when it's, when a relationship is fresh, when it's new, that polarity is often times easier to tap into. At least that's my experience and conversations with people. But over time people try to turn their, the excitement of their relationship, which they first felt into, they tried to turn it into like their best friend. They tried to make everything the same and equal and the, there's the problem with that because you probably didn't want to marry your best friend, otherwise you would have just spent a lot of time hanging out with your best friend. But this polarity in this, this a attractions one another, if it's lost, how do you get it back?

Kim Anami: [08:00](#)

It's a great question and I, but I think some people do want to marry their best friends because it's safe. You know? Like I think what happens is that we get, you know, we start into a relationship, we dive in, we're raw, we're vulnerable, and then we get to a certain point and people don't know how to get past that, right? Like that's why there's this kind of idea of the two year. It's not that that's supposed to happen. That's because people don't know how to go deeper with each other. And so I think that when you're in real raw polarity that's very vulnerable, it's very deep. It's very intense, right? And so you're really reaching these depths sexually, intimately, emotionally, that you can't when you're just buddies, when you're just good partners. You know? And so people who avoid those depths will then kind of slip into that buddy partnership.

Kim Anami: [08:47](#)

And because it's safe there, they don't really need to reveal themselves and expose themselves. So I think part of getting to reestablish, even established polarity that may have not even been acknowledged. I think that this is okay, this is what's been going on because this dynamic happens in every single couple. And usually when they share that for the first time, they're like, oh, that's why this, this and this. That's why I get angry with him when he doesn't take the lead, then that's why I've taken the lead because he's not taking the lead and I, but I don't want to be taking it and I'm taking it right. And then men get into this position where they're afraid to really speak the truth and take the lead because they're women just like pounces on them and belittles them and criticizes them. And so it's this vicious circle.

Kim Anami: [09:32](#)

So it's acknowledging, okay, this is what we've got ourselves into right now. This is what we've devolved into. Do we both agree that we want to shift this dynamic and regain this kind of polarity, which is some man typically then working on

amplifying his masculine and the woman really inhabiting her feminine and then it's looking at, well what does that look like for us? You know, for example, I would say that at times that's like, like one of the assignments we'll often give men in the whole reestablishment of clarity is he has to plan a date night. So let's say Friday night she has to pick the venue, pick whatever it is like to the restaurant, the movie, the food that he might even go so far as to pick his woman's outfit and lack of underwear and certain shoes that she's wearing. And then he just says, you know, be ready at six o'clock. And she's like, where are we going? He's like, shut up and get in the fucking car. You know what I mean? Like she doesn't get to say anything. And she, I'm assuming you've had some discussions about polarity. This is a completely new or else it might sounds a bit like,

Jon Vroman: [10:30](#)

yeah, let's be honest. It could be new to some folks. Right listening. Yeah, of course.

Kim Anami: [10:34](#)

Well, all right. So maybe if then in that case he wouldn't be shut up and get the phone card, but it's just like, how do you, I've got everything taken care of. Get in the car and we'll go and just hike that dress up a little bit further as you sitting next to me and I want to see that lack of tattoos. That's really nice. Now sit there and be quiet. Take her to the restaurant, order her food, you know, like be the complete dominant decision maker and where that energy for several hours. Right. And then so, and then the woman is going to practice not taking charge, not jumping in and not second guessing, not trying to grab the reins back. Right. That's her practice. And so then we commit to that practice ongoing to rebuild that flirty. And then there may, there's a transition phase of, okay, he's going to fumble and not take control or just kind of go, okay, yes I need, and not really a certain one he wants, she's going to jump back in and try to gain control. And so they have to work through that and try to call each other out on it in the most loving possible ways and then start to move into these more established new habits of occupying these different energies.

Jon Vroman: [11:38](#)

Have you seen it work, uh, in the opposite? In the opposite where the female has the masculine energy? Yeah. Have you seen, cause I know, I know some couples where it fair, it feels that way. [inaudible] she's definitely got the masculinity.

Kim Anami: [11:50](#)

Well I see that happen, but they come to me when they come to me and, and you know, some people in the polarity world say, oh, the woman might have more masculine energy and then could have more feminine energy. I've never seen it work.

And so meaning that when couples come to me, and that's the role that the roles that they've evolved into, they're not happy there. Like she's secretly resentful, he's better about it, they're actually not happy. And when I scratched underneath the surface, it's like she's kind of polarized herself into that opposite role as the protection mechanism because she didn't feel like he could fully handle it. So she had to take charge and then he's in this other role because he didn't feel like he was confident enough to go forward. And so when I do this deeper work with them and I uncover that underneath that they actually end up moving, gravitating back towards, she's in the feminine, he's in the masculine, and they're happier that way. So I look, and this is 20 years of me doing this work in polarity and I've never seen it, so I'm not, I could possibly be out there, but it's kind of like people have stories that they tell themselves to rationalize decisions that they've made and protective barriers they put up. And often all the time when I speak to them and I get under the surface, that's usually, it's never so far as us, it's never been the true reality is that they actually occupied this other space.

Jon Vroman:

[13:12](#)

So I liked the idea of men stepping up. I like the idea, especially in our group, we talk about with front row dads, we want to fight against this idea that dads are bumbling idiots. There's a lot of jokes around about that. In fact, I tell, I tell this story regularly that somebody who I really respect had posted not too long ago on Twitter, something like, uh, I was getting a haircut and the woman said, do you want a dad haircut? And then the response was like something like, can we all agree that anytime you add the word dad to something, it makes it not cool? Right. And I was just like, that's exactly what I want to fight against because I want when people like guys in our group, I want them to be healthy, wealthy, wise, fit, you know, just like guys that people look at and go, that guy's got it dialed in on many levels.

Jon Vroman:

[13:57](#)

Like he's got a great business, but he's got a great relationship with his wife. He's present with his kids and he's taking care of his body. Like that's the group we want. Right? And, uh, I want to create more masculinity within our group, not within our group, but within men all over the world. And part of the challenge that I see Kim, and I'd love your take on this is like when I hear things like step up and lead or be more dominant or that women want that confidence, I feel like in my life I've stepped up, go over the line there at times and yeah, maybe you have to figure out where the line is. But I even go back to like when I was dating prior to my wife being married to my wife now of 10 years, but somebody had said to me like, girls like it when you talk dirty, you know, they're, they were Kinda like teaching me and I was like with this girl and I tried to say

something, you know, kind of dirty and I immediately turned her off and I recognize that it may not be just an, it might've been in how I, it might've been

Kim Anami: [14:52](#)

the way I shared it.

Jon Vroman: [14:53](#)

[inaudible] do you find that when men are trying to reclaim their masculinity, their power right. When they're trying to step in and lead. Did you know what challenges are they up against? So what guidance can we give them? What have you seen with your clients? Right? And how they do that. Because I can imagine some of our guys are going, I get it. I need to step up. I need to lead. I might need to be more dominant. But how I'm a little, I'm a little hesitant there.

Kim Anami: [15:17](#)

Well, I think for one, and when it comes to intimate relationships, there's a big difference between a dating scenario and established relationship in a committed relationship. And so, you know, there's this big thing out in the vernacular there that's like, consent is sexy. Like you should always ask for permission before you have sex with a woman. And I'm like, uh, no, you shouldn't. I mean meaning, okay? Like in a dating situation, okay, fine. If you're not very good at rooting signals and you really think that asking is the thing, alright, so be it. That's whatever. But in an established relationship, that's the least sexy thing that a man can do is like, um, honey, uh, if you're not busy later, maybe would you maybe want to have sex with me? No woman's going to say yes to that woman's going to be like, I have so much laundry to do.

Kim Anami: [16:02](#)

I've got a couple of root canals that need doing. Like she's going to avoid that energy, that timid, unsure energy. Because the ultimate question that a woman is asking every man who she's intimate with is, if I fall, will you catch me? And if the energy is not strong and solid, you know, she's going to just be repulsed. She's going to move a little away from that energy and she'll avoid it. And so I think that, you know, like the, I say to my clients and people I work with men is like, you've taped your woman, you initiate sex, you take her. And if you know you have an agreement, you maybe have this discussion. Then as you're moving more into polarity of like, okay, and if she wants, if it's a note, she'll say no. And that's it. Of course the no is a no, but it's like you just initiate it.

Kim Anami: [16:45](#)

If you go up to a woman and instead of doing what I just did, you pick her up against the wall, you put her arms up over her head, you'd like open up her knees with your leg and you, you know, rumble and growl and nuzzle into her neck with your

stubble. She's going to be like melted on the floor and you can just pick her up over your shoulder and toss it over onto the batch. That's what women love. So I think in terms of intimate relationships, if you're gradually moving into polarity, like I said, you have this transition phase where you can start talking about clear cut examples with your partner, whether that sexually or just out in daily life. And then you have this understanding of like, okay, if I stumble a little bit, that's okay. And then one can then say like, okay, that was maybe a little bit too much or that could be stronger.

Kim Anami: [17:28](#)

Like you can give constant feedback if you're having that dialogue to the point where then you just start to know instinctively like what works or from experience and what doesn't. But I think that the more a man really develops that if a woman gives him permission to rely on his intuition, it's like, no, we have this myth out there that women, women's intuition as the men kind of in the stereotype you're talking about men have these bumbling idiots and they don't know. They're like, oh I see. I want food, I want sex. You know? And that's like the end of this where the men I've met are extremely intuitive. Like men have an incredible intuition and I think even the more Elsa, they are, their intuition tends to be more pronounced, like more sensitive either. And so, you know, I think that once they're given the permission to occupy that space and feel into their own intuition and their own desires that get stronger, right?

Kim Anami: [18:19](#)

It's like you turn up the volume and you hear that voice better, you get more confident to act on that voice. So I think it is a process. And the communication with one's partner, and I'm assuming that as we're calling this front row dads, we're talking more about committed relationships and not so much to that dating. So in those situations it's an ongoing communication, but typically if the energy that's presented from the core is authentic confidence, the man can pretty much do anything. Because what the woman's really tuning into is that energy. It's not so much the actions, it's that energy of if I fall, will you catch me? Are you a solid pillar of strength that you can contain? Like when a woman reaches these heights of like cervical orgasms and g spot orgasms, so she's screaming and crying and like pound against the wall, then that needs to be able to handle whatever comes out of her.

Kim Anami: [19:07](#)

And if he's like, get me like, then she won't go there again because it's not safe. And so the more that the man is constantly reinforcing those messages, even in small like chivalrous kind of gestures like opening the door for a woman, getting a coat for a woman, I think all of those things are



beautiful gentlemanly expressions of holding a container for the woman emotionally and sexually so that she can reach these heights of surrender and deep, deep, deep cataclysmic vaginal orgasms where she's shattered open and that she totally admit into that feminine space and that he can hold that space for,

Jon Vroman:

[19:48](#)

yeah, I love this and I'm looking at the clock going, Oh man, I wish I had three hours. I got like a hundred questions and you know, we've got only a limited amount of time here. Let me give you a choice, Kim, let me give you a choice of where we go here. One is I want to get right into like literally talking about sex in the bedroom, the three different orgasms for women. Even like your commentary about the three hour sex date is amazing. There's some great commentary of that because I guess I'm betting men are asking, all right, teach me more about sex. At least that's where I've been over the last year and a half is realizing there's a lot more for me to learn. And by the way, I feel good that I've, because of a lot of your help for you. So thank you. My wife should be thanking you, but uh, you know, so I want to talk about that and I also want to talk about, and you can choose which direction we go here next, but the other one is about radical honesty in a relationship. The emotional part, because I feel like that's sort of a logical next question, but I want to,

Kim Anami:

[20:47](#)

I want to give you the opportunity to take it where you want.

Kim Anami:

[20:49](#)

Well, let's start with the number one most important tool that a man can build is stamina, right? 75% of men ejaculate within three minutes and that is completely unacceptable and no woman is ever going to feel sexually satisfied with that kind of experience. And instead what she'll start to do is avoid sex, right? She'll be like, oh, I've got a little libido. Oh, whatever. Oh, I've got children now in breastfeeding. Oh, it's not that. That's not it at all. It's because you're fucking her in three minutes and failing and you're totally pulling the carpet out from underneath her. That's why she doesn't want to have sex with you. So be honest with yourself if you're in that category, that's what's happening. So I've got some great videos up on Youtube. I've got a sexual mastery for men playlists on Youtube. There's one called how to last longer in bed.

Kim Anami:

[21:36](#)

And I've also got sexual mastery for men preview video series on my west site in my salon section that is giving instructions about breathing techniques that men can use to extend their stamina. And I've seen them go from three minutes to an hour within a few days of practice. So it can be very powerful for a woman to get to these deeper orgasms. And in my world, I'm all

about the vagina. The good stuff is in the vagina. Most people think that a woman's sole orgasm is a clitoral orgasm. And I say that's just the tip of the iceberg. Literally, that's 10% of what a woman can have and everyone, every woman on the planet I make this guarantee can have g spot orgasms, squirting orgasm, cervical orgasms, all of them, and like 10 1520 in a row. She just needs the right tools. I'm Walker and a man having great stamina is definitely one of those tools and that energy of if you fall, I will catch you.

Kim Anami:

[22:29](#)

And so these deeper orgasms are a woman's daily bread. If a woman is sort of like, yeah, around sex, it's probably because she's only ever had three minute fuckers or clitoral orgasms, and both of those experiences are going to leave her with like, Huh, I know sex is all right, but like what's the big deal? No kidding. Because all the good stuff is in these other deeper orgasmic experiences in the vagina. So I encourage people to go deep. All the good stuff is, and again, on my youtube channel, I've got some videos there about these different orgasms. I have great videos about Yoni massage and lingam massage because one of the great ways to activate the Yoni for the woman to kind of wake her up to the potential that's in her vagina. One is that to the weightlifting, I'm using a j day, but you is doing Yoni massage and she can do the on herself, but it's much more explicit when done by her partner and a way that a woman can help them. Then we connect to his coffee. So many men are victims of circumcision and that's creates like a numbness and dissociation and association in the clock is that by doing genital massage on him so he can help him reconnect to that area. And you know, I feel like a lot of that premature ejaculation really is coming from all of the, you know, mass amounts of circumcision that are going on in America. Yeah,

Jon Vroman:

[23:46](#)

yeah, yeah. Good point. When you think about keeping something fresh or leveling up for most guys, and I think that the resources that you've shared are great. I love that you've got this course coming up, the sexual mastery from men. That's great. And it's good that we have these resources now for guys to go learn because like I said, being totally transparent, I would say for the last 10 years of our marriage, I was falling short in this area with my wife and I wasn't really taking charge. I wasn't the guy that you're describing, you know that. Uh, but over the last year and a half, we've really been working on it and it's made huge differences in our relationship. Like it's, I'm actually shocked. So I'm glad to see that we were able to go to the next level. But now I'm thinking to myself, what's the next level after that? Right. So I'm actually up against this, like what's the next level look like? How do you keep it fresh and exciting and new

when you're like, what else do I do? I think I've, I've run through all the positions. Like if this is where a guy is out there saying what else can I do to keep it fresh? What's your thought on that?

- Kim Anami: [24:48](#) Well, I would ask if the man is able to separate orgasm from ejaculation. Does he give his woman 10 cervical orgasms in a row? Can he make his woman have an orgasm just by looking at her from across the room for three hours straight of Split sexual intercourse? Like if you haven't hit all of those milestones, you've still got plenty of things that you can learn and the level of lift.
- Jon Vroman: [25:12](#) Yeah. Awesome. All right, so apparently I have a little bit of room to grow now. So when you say a man going for three hours, is that right without having an orgasm or are you saying men can have multiple orgasms or should have multiple orgasms?
- Kim Anami: [25:25](#) Well, the absolute ideal for men is to be able to orgasm without ejaculation. Like in some ancient tantric in Dallas schools, they believe that men lose a lot of energies through especially excessive ejaculation like I church to teach a lot of breathing techniques and energy movement techniques that help men should retain a lot of that energy even if they do ejaculate. But a lot of people would say that it's fast. If you can separate them, you may have the best of both worlds. You still have an orgasm. But you don't ejaculate.
- Jon Vroman: [25:53](#) So when did I just hear you, right, Kim? You're saying that men can have an orgasm without ejaculating?
- Kim Anami: [26:01](#) Yeah,
- Jon Vroman: [26:03](#) that's all right. You gotta give me a little more on that. Tell me more about that. Tell me more about the breath. Tell me more about that part.
- Kim Anami: [26:09](#) So in this idea of building stamina at the biggest tool that men have to build stamina is breathing. So that means that as you're building in your sex play, whether you're self-pleasuring with your partner, you great. And so most people tend to hold the bath. Well, he's really shallow and tighten up the body as they are, you know, moving towards orgasm. And so then they typically gets orgasm. They have, I feel like they don't have any control in that seven to 10 zone. It's like zero is not about zone 10 is orgasm. And then, oops, I just went over the edge again.

Right? And so what we're doing is getting men to work with the breath and so that they slowly build up their level of specials. So let's say for most buys, a seven out of 10 is where they're close to orgasm, but not yet in need.

Kim Anami:

[26:57](#)

You have billing or video, and so especially when they get to that place and let's say a seven they breathe, they take lots of long, steady, deep breaths in him. Four counts, exhale, four counts. We circulate that energy in the body and that brings their Sydney, so it makes them subside a couple notches, like let's say down to the six or five and then they start again breathing and moving up to orgasm. When it gets to that edge, they breathe, they breathe a bit, and eventually men can get to the place where they say build from a seven to a 7.5 to an eight to an 8.5 to nine 9.5 9.8 9.9 they can hover at a 9.94 hours. So they can be just almost dipping their toe into the whole or gas and experience and how good there, and that's what women need. They need to get penetrated for a long amount of time to get to these deeper, especially cervical orgasm.

Kim Anami:

[27:47](#)

So what eventually happens is that when a man is learning and is able to master hovering at that edge for that length of time, he'll eventually just have the orgasm but not have his ejection, his ejaculation, and he'll maintain his erection. I mean some then rare amounts of man can like ejaculated and then reboot very quickly. But that's not really what I'm talking about. I'm talking about being able to have internal orgasms and ejaculation and just keep going. You know, and I've had partners who could go for like, you know, have eight internal orgasms and no ejaculations, which would mean like hours and hours of very on the edge, wild headboards slamming dooby style kind of sacs where you know, most guys would be like, oh, doggy style, like my Kryptonite, you know, and like within five minutes they are gone. No, no, no. You can go for literally hours in those positions.

Kim Anami:

[28:39](#)

And that's when I talk about this three hour sex date. Some people, they're like, oh, okay, like what? Three hours straight sex and I'm like, well, if you take my work, yes. But like otherwise you do some sizes you do somewhere else actually do some manual play. Like I mentioned, Yoni massage and Lingam size and then yes, intercourse and then the more masterful you get, the longer amount of time. So all of this is because yes, it feels good, but the larger benefit than that is that you're learning to harvest this. The longer that you have sex for, the more whether that's oral, manual, penetrative, whatever is you and you learn and use these breathing techniques I talk about. You recirculate that energy in the body

and you harvest it and then you have it available to infuse into all parts of your life. And so this is where I often say the relationship between your sex life and every other part of your life is tantamount.

Kim Anami: [29:32](#) Because once you're tuning into this energy and you channel it out, everything gets better. Obviously your intimate relationships get better. You get more patients loving as a parent, children pick up on when there's sexual difficulties within the relationship. Even if the parents try to hide it, children know exactly what they don't know consciously. Oh, Mama's not giving enough love. Jeff's like, no, they don't know that, but they know that something isn't, that something isn't cohesive and connected in that relationship that's supposed to be there. Right. The couple's energy is what contains the safety really of the, of the children and when they're all discorded, that creates and gives out an energy of not being safe to the children. So little tangent and had to come back to you. Okay. Every other part of your world. So like your business, right? Like I say, my business is fueled by my vagina, obviously because I'm a sex coach, but because I use my sexual energy in a creative way out in the world and overall you just present as a different energy, right?

Kim Anami: [30:29](#) Like I talk about the wealth box woman. There's also the wealth fucked man. There's certain kind of radiance of, you know, magnetism, vitality. But that's flowing through someone who's having great sex and wearing that great sex. And to me, great sex isn't just like busting at an orgasm. It's important. You need great sex is what I call gourmet sex, where you have like a multidimensional connection with your partner, emotional, physical, spiritual, psychological, and you're so deeply, openly, so vendored and connected. That creates what I call gourmet sex versus junk food sex, which would be like busting out an orgasm to porn and you know, furtively in the middle of the night kind of thing.

Speaker 3: [31:14](#) What's up guys? Hey, want to take a quick second to tell you about our next open enrollment for you to join the Brotherhood. This happens twice a year and our next open enrollment is November 1st through the 15th and you might be asking what is the Brotherhood that's currently a group of about 120 high performing, hard charging entrepreneurial men who've decided that they not only want to keep growing their business but that it's more important to grow their life at home as husband and as a father. Our group of men gets together and they have valuable discussions around five key areas of family life, thriving relationships, which is really your marriage,

intentional parenting, which is considered that education integrated living, which many would call a work life balance, emotional mastery, your self awareness and awareness of your family, a consciousness, and then of course vibrant health for all.

Speaker 3: [31:59](#) A couple of times every month our members hop on a video chat. We have active conversations on the most important subjects relating to family life. Guys share their best ideas. They ask their most pressing questions. We cover all the ideas that help guys that are new families and guys that have teenagers that may be finishing high school. The conversations are real and raw. We challenge each other to grow. We have challenges throughout the year for our community. In fact, as I record this, we're just in the middle of one where we're doing something amazing for our wives every day for the month of September and we've created a space to have conversations that aren't happening anywhere else in our lives. You know, many of us have business masterminds that were a part of but only a few family masterminds that they're a part of. We even have a membership area where we host all the replays from our calls, which is accessible from an app so you can listen on the go while you're working out on a walk in the car, whatever you're doing.

Speaker 3: [32:51](#) We have small groups within the Brotherhood called bands, usually four-ish guys per band and we also have two retreats per year that are around 40 or 50 guys. You can see a few of the videos on our retreats and what a band is about. You can read about all that [@frontrowdads.com](#) the Brotherhood is designed for men who wants to be family, men with businesses, not businessmen who happen to have families. It's designed for men with wisdom who are also wise enough to know that there is more to learn. [inaudible]. One of the things we say in our brotherhood is it's not always about new, it's about true. It's about reminding yourself and others about the core principles that make it all work. This is for men who value the benefits of working on their business versus in their business and they understand that the same rules apply to our family.

Speaker 3: [33:38](#) Like I said, the next open enrollment is November 1st through the 15th. We'll be posting about this in our open Facebook group, which you can get to by going to [front row dads.com/facebook](#) connect you right to the group. And also we'll send out notifications through our weekly insights email. If you're not getting that, you can sign up for that effort. [inaudible] dot com guys, I just want to say this group isn't for everyone. We know that this is for high-performing hard

charging entrepreneurial men who want to invest in their families like they would, anything that's important in their lives. This is a unique community. There's nothing like it anywhere in the world. And uh, if it feels like it's the right Brotherhood for you, join us in November and I'll look forward to talking with you on a future call or meeting you at a future retreat. What is a healthy amount of sex to be having in your opinion? You know, for a married couple, let's say they've been married for a decade, right? What is a healthy amount of sex? What should they be striving for?

Kim Anami: [34:31](#)

Every day? Yeah, every day. Even twice a day, like the morning and the evening that Dallas used to have called, this happened, this phrase, the, the sexual prayer, you know, morning to wake up, start off your day, and then in the evening to connect and kind of send yourselves off into the dream state. I would say a minimum of three to four times a week. If a couple was having sex less than that, then to me that would be a red zone. That there's some level of disconnection and you know, before people pipe up. But I'm really busy. Um, let me tell you a story. So I had a couple come to one of my volume retreats and they had both just come out of sort of miserable marriages where they'd been together with their partners for about 10 or 15 years and they sexless dead, you know, duty type marriages had kids stayed together for the kids kind of thing.

Kim Anami: [35:20](#)

But then both of them hit a wall and had the courage to lead, right? So they stepped out into the world. They met each other, they connected, and they both were really committed to having a, an amazing relationship. Right? They both came out of like, never going to do that again. You know what they came from into, we're going to put everything into this new relationship. So between them, they had five children because they too hurt the Brady bunch and they both worked really high power jobs. He was the CEO of a giant corporation. She was upper level management and they had sex every single, okay. Every single day without exception because they prioritize it. So you know, before people start like, boom, we're so busy. We have young kids, we have busy jobs. Like, no, no, no, I don't accept your bullshit excuses. They are excuses. If you're committed, you'll do it. You know? That's it. And if you allow other things to creep into the space, those are your excuses that you're allowing to run your life.

Jon Vroman: [36:14](#)

What do you say to a guy who maybe doesn't feel attracted to his partner anymore? You know, that, uh, you're a place where it's like, hey, you got to step up. But he's just thinking, I'm not, I love the person, but I'm not really attracted to them, so I don't

want to engage physically with them. I love who they are. I love our life, but they're just not attracted to that person.

Kim Anami: [36:34](#)

Well then I would want to know why not? Like were they ever, you know, it was, and then what happened? Like I said, some people actually do get together as friends I guess, and they, because it's this safety, they can kind of hide there. And so in a situation like that, I don't know if it'll ever be there because it never was there. Right. But for say a couple of where it was there and then it's now gone. Or like you're saying from the male perspective, like, well, what happened? You know, when did that start to go away? And then you have to try to chase back the sequence of events that led to that. Right. Because if you're really honest about it, it didn't just happen, right? Like a bunch of things led to that situation where now you're not feeling that. And in my work, I talk a lot about radical honesty and I give this analogy of a clear pane of glass so that imagine between two people, there's this clear giant window of glass.

Kim Anami: [37:28](#)

I'm on one side, you're on the other side. And every time that one of those people tells a lie or as sin of omission or doesn't fully show up and be honest, it puts a splotch of mud on the glass space. And then another one and another one and another one, another one. And if that goes on for years, they've now built a wall between the two of them. And so desire completely evaporates with that for money. And so if people have defaulted to a don't ask, don't tell, I want to rock the boat kind of energy. That usually leads to a lack of desire because they're just living literally in a room full of lights and unresolved stuff, right? Like, oh big thing in my work is getting people to go back and then trying to like look at that wall and be like, okay, big job that like where do we start?

Kim Anami: [38:13](#)

All right, well let's start with this thing that I just secretly seed about and have for the last five years. But I would really like to, well, maybe even not like to get it out in the open, but I encourage people then to get it out in the open and talk about it. It really goes through that process of, because it'll never get better. It'll never ever get better unless that happens. So basically what happens at point is they resigned themselves to a sexless marriage. Usually one person will go out and start having affairs or both. Well and they stay together for the kids and the money and their social standing, whatever. But that's not feeding anybody. And eventually that takes a toll, right? Kids start acting out, people start developing mysterious health problems. Money starts to drain away because it's like when the energy of the relationship is strong and powerful, it seeds everything else around it. When it's not, when it's like not



healthy, when the people aren't having sex, when they have lots of unresolved issues between them, it sucks everything else into it like a vortex. And people don't make that connection because society doesn't make it. That connection. Medicine doesn't make that connection. Right. But I need that connection and that's why I do so well in my work is because I do make that connection and then I help people to [inaudible] it.

Jon Vroman:

[39:26](#)

I want to stick on this radical honesty. Thanks for that transition. That was really nice. You're good at this. You're a total total pro. Uh, it was great. I love working with pros. So let's talk about this for a second because I get, this is a big subject and I'm looking at the clock and I'm paying attention here, but you know, let's talk about this radical honesty because is it possible to have an amazing relationship without being totally honest? Like where is a secret actually a benefit to the relationship? Where is it like you, I'm trying to think of examples. Like my wife goes out with her girlfriends and I'm, I don't need to know what they talk about. Right? Moments where you don't have to tell your partner everything. And I've really wrestled with this out of integrity. Like, well what do I say? What do I not say? Where is it? Just like, oh, she doesn't need to know that. But then there's the lying by omission. Like I didn't say it, but then I'm kind of lying because of that because I didn't say it right. There's a, I think that's a really gray area for some people as to how honest to be. Because I think there's also a fear of what happens with your partner when you're fully open. Right? And you feel like this, if I tell them this, this could be the end of it.

Kim Anami:

[40:33](#)

Well, okay, so that's a great question. And my view is that anything that's directly pertinent to the relationship and your desires in the relationship needs to be talked about. So let's say for example, your partner did something that kind of offended you or irritated you that's related to you. Like, talk about bring that stuff up now or there's desires that you want, you know, things that you want to have happen either sexually or overall in your life. Like you talk about all that stuff that's really, really important stuff to be constantly keeping the conversation open. The effluvia of your day. No, I agree. That stuff is, you go out with your guy friends or she goes out with your girlfriends, like you don't meet a play by play of like, oh I went grocery shopping today and then I bought Spaghetti and it wasn't soon to get the spaghetti or the king was spaghetti, but then they went with the spaghetti and you're like, don't need any of that.

Kim Anami:

[41:21](#)

And there's actually a deliberate cultivation of mystery and that as well is when you're omitting on purpose details of the AFLW Livia of your life, you're creating a little bit of mystery, right?

Like that person went out and did something and you don't need to know everything and like that's okay. So I think that kind of Admin a flew via of your life like that doesn't need a play by play with your partner. What does need constant checking in with his, anything regarding the tender of your relationship, if it's affecting how you feel about your partner, you know, how you feel about yourself even. And if that stuff, sometimes you can talk about that stuff with friends and not bring it to your partner. If you can really resolve it, that's okay. But if it's really to do with your partner in a way that they need to hear so that they can respond or alter something or support you, then yes, you might have emotional issues. You don't have to bring all of those to your partner. You can talk about them with friends or a coach or a therapist again, but if it's really relevant to them. So I know it's a little bit hard to distinguish those ways that like I, you know, anything that's directly pertinent, yes. Random, whatever stuff. I actually wouldn't talk about it with the partner because it just fills up the space with too much familiarity. Yes.

Jon Vroman: [42:37](#)

Yeah, absolutely. Kim, I know you talked about a lot of this a lot of the time, right? Some of these things are like you've repeated these thoughts and ideas and you've shared them multiple times with multiple groups. What are you excited about right now? What's really capturing your heart? What's new and exciting for you in this space? Something you're studying, something you're learning, what's catching your eye?

Kim Anami: [43:00](#)

Well, right. I just started a mentorship program this year and people have been asking me to do some kind of teacher training program for years and I just hadn't felt drawn to do it. And then I was this year and I made it as a teacher training like preferred professionals, so people who are adopters, naturapath, ob, Gyn, counselors, coaches who want to be able to work with people, but then they're missing this giant piece. So that intimacy and sexuality that even people in coaching professions or counseling professions where she fits off, there's even obj. Lions aren't really taught about in a deep way, honestly. And so that's what I've really been digging my teeth into lately is I'm in the middle of that program and just being able to work with peers of sorts, right? Like colleague type people and chat about these things on a much deeper level, like the kind of the deepest possible level of what I'm trying to convey so that we can also put out there a group of people, because we often get asked like I get asked if I do one on one where it can, I don't.

Kim Anami: [44:00](#)

But then people get asked, well can you recommend someone? And they [inaudible] because the type of philosophy that I have isn't just run of the mill where I can just say go see such and

such a counselor. Like I want to have people really schooled up in my way of thinking and my protocols so that they're going at this from this radically holistic perspective. Right. And I mean I'm so passionate about it because I get results like I don't just use band aids on people. I don't just give them like late superficial home play two do I them dig deep? And because of the digging deep, they have very radical transformation. So I want to be able to help disseminate that in other ways. Obviously I have my own work, my podcast and the teachings and my, my platform, my courses online, but and like to be able to also now educate people to do this on a one too.

- Jon Vroman: [44:50](#) Well, I love that you're, we mentioned it earlier, but you've got this sexual mastery for men. That's actually as we record this, it's coming up later this month or next month.
- Kim Anami: [44:59](#) I think it starts at the end of this month.
- Jon Vroman: [45:01](#) Okay. The end of this month. So this is real timely. How would somebody know if that's the next step for them?
- Kim Anami: [45:06](#) The end of September.
- Jon Vroman: [45:07](#) Okay, cool. Yeah, that's good. As we release this, you guys will have, you know a couple of weeks to get registered and get in there, but I'm fascinated by this, so I would love to go through the program. Somebody out there saying, Hey, is this for me? What am I going to learn there? What are we going to explore? Maybe they feel really competent in this area. Maybe they feel like you've got a really dynamic relationship there, like they are level 10 in the arena of sex. Who knows? But what would you say to the, you know, everybody out there listening about that sexual mastery for men course.
- Kim Anami: [45:36](#) Well, it's the ultimate course to gain mastery, like all of the things about sex and sexuality that we ought to have been taught, but we're not. And so for men it really goes into how to own your masculine energy, how to occupy that space in yourself and then how to portray that energy and interacts with your woman with that energy. We go into all those different orgasms I spoke about like everything from sure clitoral, but then to spot ejaculation and sort of cool I gazumped how to get there, how to really support a woman, you know, like how to open up a woman energetically and then create that container. Like I said, how to be constantly conveying that mantra of if you fall, I will catch you. And how for men to take their sexual energy and use it in their own lives, right. I talked about channeling that energy out into the world.

Kim Anami: [46:25](#) So using it in your business, using it to boost your financial standing, using it to become a better parents and a better part and just a better human out into the world. So how do you take that tangible energy and spread it out into everything that you do? So it's like all of this stuff that how to become more of your own true self and authentic masculine and then how you interact with your partner at the same time. And I would say that most of this stuff, unless you've done a lot of sexual teaching, it's next level for most people. Like the stuff that I talk about, you know, like I said, it's you like separating or I guess I'm from ejaculations or giving a woman 30 cervical orgasms and info. Like that's not in the realm of normal for most people. Yeah,

Jon Vroman: [47:06](#) yeah, yeah. You're probably right about that, but that's why people come to see you. So that's right. Kim, let's talk for a moment as we wrap here. For the guys that are out there and they're part of our group. You know, we get together for these retreats. We get together in small groups, we have a lot of one-to-one conversations. We have trainings within front row dads, uh, in a lot of is on these subjects. And I think guys are going to really dig your material here, but what type of conversations could they be having or should they be having with each other? Right. Like if you were to say guys, when you're, do you have thoughts about that? I, I know you're not a dude and I know you're not in that space, but would you have a thought about, hey, when, when guys are getting together, what types of questions should they be asking? What maybe with what types of questions should they be asking themselves and their buddies around this subject? Cause I think a lot of people don't want to talk about it. It's kind of like, hey, did you catch the last UFC fight? But not, hey, how many times did you have sex this week with your wife?

Kim Anami: [48:06](#) I mean, I think a great place to start where I think men really do need an outlet to talk about it and maybe by Zara already, but this real, this masculine piece, like in this modern world where there's been a backlash against masculinity and now there's become this, there's this whole gender neutralization idea. It's like, like what does it mean to be a man? Like what, you know, where do I feel comfortable being? What do I feel uncomfortable being like? I think men need a real outlet to have those discussions. Because if I was in in, and I was looking at all of that going on right now, I'd be like, well, what the fuck am I supposed to do? You know? Like what am I allowed to do now? You know? And look the obvious things aside of like not hitting on women in the workplace.

- Kim Anami: [48:46](#) Like, I think that's kind of a given. But I mean outside of that like in even how you might conduct yourself in general at work, but like also obviously within your partnership, then you know, what does that look like to be, to really, you know, rewire when south like to reconnect to that masculine energy and then be radiated out into the world. I think that's a great conversation for men to have. And then of course like wherever they feel comfortable to go and having these sexual conversations, like, you know, in my experience, when somebody opens up that door to start a conversation about sex, people usually jump in because they're so desperate to have these conversations and they so want to have them. That is it. So to somebody just opens up the door. They're like, they might be a little shocked at first. Like, did you actually just say what I thought you just said?
- Kim Anami: [49:32](#) But then they're like, wait a sec, this is awesome. It's like reality TV because most people don't talk about these things. So I encourage you to go first and if there's something that you want to discuss or get a friend's or Kali or whatever, like a group within your group opinion on this, just go for it and bring it up. And then see what people say. Like what are your top tips for building stamina? How long can you really go for it? You know, like what do you, and like the answer is not thinking about football. The answer is thinking about breathing and cultivating a new way of being and the relationship with your sexual energy. So yeah, I think that's the biggest thing is like you just, the person next to you wants to have this conversation as much as you do, but somebody has to start it. So being the one to start it.
- Jon Vroman: [50:13](#) So I want to give you the final words here, Kim, and thank you so much for your time. I really appreciate it. And Tim, if you're out there listening, thank you so much Kim and her work because there's no doubt that it's made a huge difference for me and my wife and our family. So thank you for thank you for your work. Tim also threw some questions my way, which helped shape this interview, which I think was really great and there's so many more things that we can get into, but the good news is you've got courses for this, you've got videos for this, you've got resources for people to go tap into. I've enjoyed your podcast. Not every episodes for me as a dad, as a husband, but there are some in there that are really good and even the ones I've tried to dig into where I'm like, title doesn't necessarily apply to me directly, but maybe it does because if it matters to my wife, it matters to me.
- Kim Anami: [50:59](#) Do you mean like the one about setting ping pong balls with your vagina as well as apply to me?

- Jon Vroman: [51:12](#) Yeah, but it's interesting because I mean we didn't even get into a lot of the stuff that makes you such a fascinating person. Like the weightlifting. If you just go check out your Instagram, I mean I had to really like, I did a triple take the first time I went through Instagram. I'm like, oh, what's happening here? And it totally not even on my radar, just not even on my radar, but that's even a thing, a vaginal weightlifting. But [inaudible] what's interesting is I think this gives me to learn more about women, right? It doesn't have to be just about me to learn what it is to be a man or would I need to do, but to learn how women think and what they need and what they want and you know, all parts of a woman if I can become fascinated and curious or I think that's really good.
- Jon Vroman: [51:54](#) So anyway, my point is, thank you so much for providing all these resources where we're much better off because of you and my wife, again, as I said, is very happy because I've been introduced to your work. For final words here, what would you like to say to the guys? Anything at all? The floor is yours. There's guys out, there's thousands of guys listening to this right now. What do you want them to know? What do you want her to think about? What action do you want him to take aside from? Definitely go sign up for sexual mastery for men.
- Kim Anami: [52:20](#) Well you're a woman really wants your masculine strength and power. And you know, one of the number one skills I said that you can cultivate is stamina, is sexual stamina, being able to go the distance in sex and not get thrown off. And then think about that question that I asked. You know, are you constantly communicating to your woman in some way form energetically if you fall, I will catch you like think about that question and what that means and how you show up that way in your life and in your relationship. And do you honestly feel like you are inhabiting your masculine energy and are there ways that you feel like you're holding back and why is that? And then I would either talk about that stuff or both with your group or, and also with your woman of like, you know, I want to like have that polarity conversation and I want to start stepping more into this.
- Kim Anami: [53:10](#) Like how does that look for this? And like, I'd like to start doing this. Are you okay with that? You know, or however that goes. But I would really address that because I think, you know, one of the major things that I found is that when a man is really showing up in his, in his bed that shows up in his erection. So man who's like really self-possessed and strong and confident and sexually confident, that's the erection when he's not all of those things, that's the eviction. And so there's a very direct

relationship between how we show up in bed and how we show at the life and vice versa. And so that's our barometer. The cock is the barometer. So even look at your cock as a barometer and see what it's telling you and then that's your answer.

- Jon Vroman: [53:52](#) Wow. Kim, thank you so much guys. Please go sign up for sexual mastery for men. We'll put all the links for this over@frontrowdads.com underneath the episode here that Kim has been so giving here and her, her wisdom and her openness. I'm so grateful here at Kim for this conversation. Thank you again for being with us and I look forward to connecting with you down the road.
- Kim Anami: [54:13](#) My pleasure. Thank you so much for having me.
- Jon Vroman: [54:16](#) Oh, and one more thing, Kim will have all the links to everything of course that front row dads, but where do guys go connect with you? What's the name of the podcast and your site?
- Kim Anami: [54:24](#) Yeah, so it's Kim and nami.com and under sexual savant salons you'll find sexual mastery for men, the online ecourse and eight week program that's held online. And then my podcast is called orgasmic enlightenment, iTunes, Spotify, whatever other mediums. And then my youtube channel is also great source of information and I have a sexual mastery for men playlist on the youtube channel, which would be of great interest.
- Jon Vroman: [54:52](#) Cool. And guys, when you've listened to Kim's podcasts, do not have it on your speaker when your kids are in the car. That's not the opening is quite, uh, you know,
- Kim Anami: [55:06](#) oh, it was, some of the older episodes still have it, but actually we heard that several times that people were playing it out in public.
- Jon Vroman: [55:16](#) I had my kids in the car and I was like, Oh, let me just, right. And it was, it was literally like I just plugged my phone in. I wasn't, and it just started playing and I was like, Whoa, they're, they're great. Yeah. It just sounded like excited people it sounded like.
- Kim Anami: [55:32](#) Yes. Yeah. Working out hard.
- Jon Vroman: [55:34](#) Yeah. But it's a really great show. You've done a fantastic job with that. And uh, thanks for being with us all the way from Bali today. So thanks for making time.

Speaker 3:

[55:43](#)

Hey guys, if you haven't already done so, go right now to front row dads.com/facebook and join the conversation that's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn. And we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to. That's front row dads.com/facebook or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there, links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas and even suggestions on the latest gear that would save you time and help you be more effective. We've got updates on upcoming events and so much more. Go right now to front row dads.com/facebook and join the conversation. I'll look forward to connecting with you there.

Speaker 4:

[57:11](#)

[inaudible].