

## Episode 7 Hans On Sex w/ Hans

**Drew Stegmaier:** Hey everybody. This is The Drew Steg Show. And I'm your host, Drew Stegmaier. This show is new, evolving and finding itself. We don't yet know what it will turn out to be. And that's exciting. I believe the world has a current civility deficit. And with this endeavor, I'll be exploring tough and taboo topics with compassion and incivility. So you can do the same with your friends, family, and coworkers.

Hey folks, this was a hell of a conversation with my friend Hans who is a certified tantra, not tantra thought it was tantra, but it's tantra certified tantra coach and educator. And we talk about sex. Sex is one of those topics that most people feel like they can't talk about.

I feel like they're not allowed to even ask about it. And I have a personal ax to grind because I think the world will genuinely be a better place. If we can talk more openly about these things. So we dive in, we talk about how Hans became a tantra educator. We talked some about bad relationships, some common threads or themes.

This idea of let's get it over with sex. We talk a bit about religion and we talk a bit about what people can do, healthy behaviors, they can adapt. And if you have any sort of sexual stigma or shame whatsoever, this one's for you.

Oz writes a weekly newsletter that examines personal finance from a psychological lens.

He covers mental models, alternative investing and different ways to think about money reading Oz. His newsletter will help you mind your money. Join his newsletter@ozchen.com. Again, that's my friend Oz's newsletter, who is a former guest on the podcast. And Oz is one of the best damn thinkers that I know whether that came out in the episode, or you find it on his website. He has serious wisdom. Don't knock it.

**Drew Stegmaier:** Hello, Hans!

**Hans Van Rieschote:** Morning or afternoon. I don't know where you are.

**Drew Stegmaier:** I'm a, it's one o'clock here. So I guess you guys are at 10 right in the bay.

**Hans Van Rieschote:** Yep.

**Drew Stegmaier:** Um, so to just dive in, I want to ask, I have your bio from your website, but I want to kind of hear it from you. Like how did you get into this work and what makes you excited?

**Hans Van Rieschote:** Wow. Okay. Um, I think it happened a couple of years ago. I'm trying to think what the good start is of the story without trying to make it too long. But, um, yeah, there was, uh, I don't know, about six, seven years ago, the west is point where my wife came home with this story that she had just talked to a girlfriend of hers who, uh, who is a lady who, you know, her husband passed away, like, you know, multiple years before that.

But she still talked about him. Like he was still there and which by itself is kind of a sad story, but, and then she told me. Uh, my wife that, um, she just had this amazing sex and orgasm and this guy didn't even touch her. And of course now, oh, okay. What, uh, you know, what just happened there? So she said, well, you know, he said, he's a tantric master.

It sounded like. So, um, um, so my wife did a little bit of research and she found this, um, this weekend workshop and basically she asked me, so are you interested in going? And I'm like, yup. Uh, you know, I just looked at it briefly. I'm like, okay, that sounds like an interesting topic to do a workshop on. So, we did, when I was, I was thinking a couple of weeks later, we went to, uh, uh, the, uh, source, the.

The school of, uh, the source school of tantra yoga, which is the official long name for it, or also known as Charles mirror. And he used to run these intro weekends. I think he called them and mostly meant for couples, although they also made it work for single people who would show up there.

And, uh, you know, we went there, it started a Friday afternoon and was, um, I think of a Saturday morning or something, or Sunday morning was Sunday morning. Right? So after we'd done basically a day and a half with this, she asked me, says, do you have your credit card on you? And I'm like, yeah. So I thought she just wanted to, you know, want to get something from that from the store.

Cause they have like, you know, banners and CDs and books and shit and says, so what are you going to get? She says, I'm setting us up for the teacher.

**Drew Stegmaier:** Right. Right.

**Hans Van Rieschote:** And the evidence and, and, and so we paid on this, but she said, there's only two spots left and those are ours. So I'm like, okay, let's, let's, let's take those. So, so it did those, those were, um, I think it was like four months later. So after about two months in, you know, I looked at my calendar like, okay, we got this tin coming up.

And I mean, what is this all about? But did we sign up for it? And the website was a little still, it's a little unclear about it. Um, so we talked to somebody who was assisting at the weekend

and somebody kind of close to our age who actually had to live really close by and we asked them, so it's so what's, uh, What's this all about.

And he's like, well, you know, I'm not the kind of guy that filters anything. So I'm just going to tell you and you spend, and afterwards for both looking at each other, my wife and I'm like, um, okay, we should do this.

**Drew Stegmaier:** Right, right.

**Hans Van Rieschote:** We did. Yeah, we did. So, um, there were ever, it was very, very interesting, very eye opening. Um, yeah. A lot of people said at the beginning of the 10 day course where basically you're there and you're onsite and you know, you don't get to leave for 10 days.

Um, so it's really immersive so to speak. And, um, um, at the beginning, they have a good buddy based. So while you're here, are you here just to. Become a certified tantra educator. That was the, you know, that's the title you could get after finishing the workshop or you're just here for, you know, to increase your own sexual pleasure.

And so we, you know, at the time we both said "well we're just here for increased sexual pleasure" and we're in a minority, but, okay. So we did this thing and after 10 days of it, um, there was a little, uh, at the end of kind of a little, uh, ceremony, you know, by the teacher and getting a certificate.

And then, you know, so we all, one by one went there and the picture is, you know, the good stuff. And sometimes one of the co-teachers asked my wife. Um, so are you going to come back to level two? It starts in three weeks. And she said, it's I'd rather put hot needles in my eyes. It's just a guy who was like, okay, lady.

Whoa, whoa. Okay. So that's what happened. Um, but then Peter's after we came home, we put to practice some of the things we had learned. And, um, I had my first orgasm as, as a man had my first orgasm, uh, we know reject relation. And I remember when that happened, we kind of, I kind of looked around for evidence and I could miss something like, no.

Okay. So we can do that again. Right. Do it again and again, and again, I'm like, whoa, there's something to this shit.

So that's the moment where we decided we wanted to go back to level two.

So we did. Yeah. So we showed up there and that teacher who, you know, Had that statement made about eyes being poked. He kind of looked at my wife like "you are back".. Yeah.

So we went to level two. We went to level three. Um, I think those are all the levels, the head at the time. And yeah, so we've been doing this ever since. And, um, so that was part of my journey kind of, you know, my Toronto journey, so to speak, at the same time, this was back in 2017.

I've read a Facebook article, but this guy, actually, one of the guys I met food, you know, doing all these hunter trainings and he always has these really long posts when he's retired. He retired me. 30 or something anyway. Good for him. And he, um, so I usually read those long things, you know, uh, when I met on the throne in the morning, but this one was a little long, so I, why I saved it as with the, I gotta read this later. And, um, his, his, um, his story was about how he finally went to an eye grip. And of course, you know, when I grew up is, but I didn't at the time. And he said, yeah, I went to the mankind project like years ago and they suggested that we actually do a mankind project to go sit in. I grew up, he says, I hadn't and I just went and it's like, awesome.

So, and it's something took her to me. I'm like, okay, I need to look into this. This is something that resonates. And, um, so I. Instead of doing their usual Google search on, you know, what it's like practically as I grew up, it's just something I did as much later. And actually you can find much on it. Right, right.

Is that I caught the guy and I said, Hey, you know, I, well, I texted him. I said, uh, yeah, I sent him a Facebook message and said, Hey, what's your number. I want to talk to you about that. And I basically, um, instead of, we're just going to ask you a questions. I said, uh, first of all, you know, considering everything that I've done, um, you know, that he and I had shared, I said, uh, do you think this is applicable to me?

They think I would get something out of this. Then he like, yep. And I said, and um, I also, I told him, I says, I also don't want you to tell me really what happens at the beacon. I want it to be a surprise. He says good, because that's how it's supposed to be.

**Drew Stegmaier:** Right, right. Yeah.

**Hans Van Rieschote:** So all of that together kind of got me, put me onto the path of saying, okay, there is, um, I started realizing and, you know, I was just describing my website.

There are a lot of men, you know, especially once they get over 40 or so. And I don't, I'm not sure that's a magical age, but, you know, who gets to a point as I did when I was in my early forties, it's like, okay, this kind of be more to this thing. You know, my, uh, between bracket sex life. I mean, I, I expected more and, um, I expected more at my second lab, but I expected more out of my relationship.

And I have this model, you know, it's a big word, but so I believe that you have a good relationship. That leads to a good sex life. And if you have a good sex life, that leads to a good relationship. So it's kind of like a vicious or virtuous circle where yeah. Uh, you know, the scopes up and unfortunately, most people recognize this as a virtual circle.

Right? You, you get into a relationship, get married or not.. I mean, that's not the point, but, uh, you know, you have a heavy and hot sex and, you know, anytime of the day, anywhere. And then after a while, it's sort of, you know, that's my story. And I've heard this from other men, you know, it started cooling down for me and it got to the point for no, it turned into, um, what I now know as let's get it over with sex.

And this is, uh, this is an interesting topic because if you've been with a person, uh, yeah, For a long time and you've been intimate and you've, you know, having sex on a regular basis, especially when it starts out hot and heavy, and then you keep doing it. I mean, that other person gets to be really good at, you know, getting you off, they know exactly where your buttons are and yeah, that's what happened to me.

But just cut into this is, I'm talking about my, my ex now, but, um, yeah, we got into this, let's get it over with sex. And so, yeah, I've talked about that with other men and yeah, that's the thing. I mean, I'd never heard the term. Of course, sometimes that's get it over with sex turns into, uh, not worth all. I would just, you know, go to PornHub and do it that way.

I mean, that way I'm in total self control. So, and then again, into this whole thing about know it's masturbation taking the place of, you know, being intimate and. It's masturbation bad for your relationship? Uh, wow. Yes or no. It depends how you do it. I think.

**Drew Stegmaier:** Yeah. Yeah. I mean many, many questions about many things you said, and I didn't want to cut you off so first okay.

This dude with this magical power, you know, like spooky action at a distance, right? Orgasm without touching, uh, was that BS, like, do you think he actually can do it?

**Hans Van Rieschote:** Right. So it's interesting you bring that up because I usually tell it as the punchline afterwards. So, we went through this whole training based on, you know, what my wife had heard about this guy who can give orgasms at a distance.

[And, uh, we want the magic powers well, will be some powers and right. So. At one point after we'd done all the training levels, my wife met with her girlfriend again, it's this? Well, thank you for putting me on this path and for telling you for telling me the story and she's like, what story? He just fucked me.

And it felt really good because it had been so long. Cause I kept, you know, attention to my husband who had passed away. So, and yeah, he did talk about, tend to be, they never studied any of it.

**Drew Stegmaier:** Oh my God. So, okay. So if I'm getting this right, you all went down this giant rabbit hole, which ended up being amazing and very fruitful because of a bullshit story.

**Hans Van Rieschote:** Bullshit story. I mean, she didn't say it. She never said that this is something that my wife heard at the time.

**Drew Stegmaier:** So if she misheard the story or heard somewhere else?

**Hans Van Rieschote:** yeah. Or she interpreted in such a way that, you know yeah.

**Drew Stegmaier:** Okay. Yeah. Oh, that is, that is funny. That is great.

**Hans Van Rieschote:** So there's a lot of, there's a lot of things around this, you know, like you said, well, this, this magical power that you can learn.

Right. Um, I don't know. It gets all that magical. Uh, the other thing which, um, I want to set right. Is, you know, you remember staying and how he talked about, he was interviewed many, a years ago about tantra and how he had these amazing six hour long sex sessions. That was the thing, right. That was all over the media back then.

Uh, he just recently, I think it was last year. Um, he confessed that that was actually bullshit.

That's funny. Yeah, of course. You know, that one is hard because it'd be hard to find, but he did say that he's, I would just want it to take the Mickey out of the interview, which see, you know, somehow, I don't know if you fail, you have to say that to her female interviewer and distinct just took off and he never took it back until just recently.

**Drew Stegmaier:** Wow. That's like when trolling goes too far, like he probably gets hundreds of interviews and he was bored and today I'll say something crazy and you know, maybe they'll do some diligence and fact check and they did it. And, uh, so to segue a bit, I think perhaps part of why that story stayed alive is because the topic of sex itself is so taboo that we can't talk about it.

So let's say, um, tantra itself, tantra, tantra, whatever. Tantra. Okay. And so my understanding of it, um, and in prep, I deliberately didn't Google, right? I deliberately didn't Google and didn't search because I think so many people out there are like me where they're like, oh, tantra is this thing from India where they have this book called the Kama Sutra and they do this monkey sex stuff and real freaky people are into it.

And that's, that's the extent of it. And, oh, by the way, asking anyone else about it makes you a freak. Maybe if you have a partner who is really open-minded, you might ask them about it because many people's partners will think you're a freak just by bringing up tantra itself. Right. So there's this kind of prison of, Hey, I can't ask my partner things that I want.

What is.. What is tantra?

**Hans Van Rieschote:** So, yes. Funny, you mentioned the Kama Sutra. So the Solice, uh, February last year, that was my last in-person event. And, uh, originally we're going to my wife and I was planning to do a presentation about the Kama Sutra, because we were asked to do so. So I actually read the thing now, the original one, uh, first of all, has no pictures in it.

So all those pictures, you see all these picture books with the Kama Sutra and the position ship, they didn't have that. Not even, not even wood carvings or anything like that. It's, I mean, there are some very short descriptions of positions, but if you read the description, so like you have to really use your imagination to know what to talk about.

And it's only maybe 10% of the book, the rest of the book. And actually have you recommend the book in its original version is all about how to, it's basically a book for both men and women on how to get into an intimate relationship. And it's based on, you know, an India, uh, still today. A lot of people, you know, are, have arranged marriages.

So you get to live with the person that was chosen, you know, by your, uh, my parents and you just have to make do so. Fortunately they created a book on how do you live with, you know, somebody else. And that's really what the book is about. So it's both, it's mostly geared towards men explaining, you know, how to, you know, make your, your wife.

Yeah, I feel happy and welcome and what things you're supposed to do, not supposed to be, and only attain a little bit of that is the sexual positions. Okay. It's a very interesting book. Have you read it from that point of view? It's actually very interesting and very eye opening and it's just a lot of things.

Um, you should have a Western version of that. Well, we do, but it could just be theirs. Yeah. Yeah. We all, we all think we know what it's like to be in a relationship, first of all. And secondly, because we've practiced so much, right. In India, at least, you know, people don't date, at least not in a traditional time anyway, they don't date.

They don't spend any time with the opposite sex. I mean, they have totally segregated, no male only schools, female only schools, all that good stuff. So it's basically, you know, the first time

you get to spend time with the opposite sex. Basically on your, uh, you know, on your honeymoon. So they said, okay, let's just have a book for that too.

To describe some that's what's it become a suitor it's really about now in the west, we think, because we've been dating and, and, and, you know, having premarital sex and all of the other stuff that we know what it's like, but we never talked about. Got it. Yeah. Yeah. I think

**Drew Stegmaier:** That's, I think that's spot on.

So if I understand correctly, I mean, this is, this is great. This is a little history lesson for me. You have this culture that functions by arranged marriage and necessity is the mother of invention. So they recognize that, Hey, if you immediately get into this relationship and you don't have any history of it, you probably don't have a clue.

So don't worry. We have a manual for that. And the common future is born. And I think in the United States, Where we have, the illusion is like you mentioned, we think we know, and we don't, we're completely full of crap. And we don't admit that we're full of crap. And it's funny you say that because there is a book that I highly highly recommend, but most people won't read it because of its title.

And, uh, it's called more than a practical guide to ethical polyamory. And what's great is they have this thing called the relationship bill of rights. And I see that and it's like, man, this thing alone is gold. And all these monogamous people won't touch it. Right? Like this relationship bill of rights, work for any relationship with other people, with one person, with four people with yourself and people won't read it.

It's like, um, I don't know, like, let's say the nuclear launch codes leaked publicly. But they're leaked during overnight QVC infomercials. Like, no, one's going to blow up the world because no one watches overnight, QVC, infomercials, no one cares. And, uh, I've run into issues recommending this book multiple times because people think, Ooh, polio.

And I'm like, look, even if you're not into the poly thing, even if you're gay, straight, whatever, having a relationship bill of rights helps a ton. And it's almost like we have some, uh, collective allergy. I think America is both puritanical and hypersexual at the same time, which is very weird. Like all of our advertisements are about this like subtle underlying horniness, but you can't show nipples on instinct.

And so it's very weird. You have these implicit themes everywhere just bombarding us, but the explicit stuff is a huge no-no. I suspect tons of people won't even listen to this just when they

read the subject, they will read the subject episode with honors. Okay. Skipping that that's weird. That's creepy.

Um, so I wanted to ask you then when you say intimate relationship, uh, just so we can get on the same page. I think a lot of people hear that phrase and they think, oh, that means a relationship where you have sex. Right. When people say things like we were intimate with each other, what does intimate relationship mean to you? Or in the context of folks you work with?

**Hans Van Rieschote:** Oh, there's all kinds of relationships, right? I mean, you can have an intimate business relationship and we all know how to do that. Apparently. I live in Silicon valley and it's full of startups and ways to do that. And as you mentioned, we, you know, there's plenty of books on business relationships and business coaching and you know, those types of relationships when it gets to the intimate relationships between, you know, two or more people, uh, we kind of shy away.

I mean, there's a few people, who've written some really good books, and you've just mentioned one, um, that, you know, talk about that stuff, but it's, it's something you have to go out and find, I mean, we have a business school, where you can learn all the things on how to create a great business, which is, you know, very much about relationships and relationships with your customers, relationships with your personnel and, uh, How to manage her bias and all of that stuff.

Right. What was that? The one-minute bias or something, or a one minute employee one. I met a manager of eight and then there was the 59 second Napoli. That's the one I'm just.

**Drew Stegmaier:** Okay.

**Hans Van Rieschote:** Hey, wait. This is, it was really old stuff. Am I dating myself? But those are all about relationships in the end. Um, but then we turn towards, uh, what we typically refer to as intimate relationships.

However, that looks and our, like, you know, when I teach you that we don't have a school for intimate relationships. I mean, um, if we do then, you know, they get names like don't dress, you know, or, you know, or those kinds of things. And yeah, that's people that, the show away from that, um, and there's, there's enough people teaching tantra as a way for, you know, for intimate relationships.

I mean, Tantra isn't about, you know, the not so much about the fiscal aspects, that's more about the relationship aspects. I would say emotional aspects, the energy aspects. Um, so yeah,

there's a big lack. And I think the biggest problem is that, um, you know, in America, we realized that, that, you know, we've, we've never run a business, then, you know, we can go to business school, we can even get an MBA or something like that. But then when we get into a relationship with somebody, we know how to do things.

**Drew Stegmaier:** Yeah.

**Hans Van Rieschote:** Wait, I mean, you know, I'm from, you know, and. And when I was young, I had, before I had sex, I mean, the internet didn't exist yet, so at least not the way it is currently done. And so I got all my information talking to other boys in the class who also didn't have sex.

**Drew Stegmaier:** I was about to say that the blind leading the blind. Right.

**Hans Van Rieschote:** Right and yeah.. And that was actually stored at if you masturbate, if you go blind, so maybe yeah. Pun intended.

And I think the current internet is, it's exactly the same thing. It's just like, you know, there's still a bunch of people who don't know what they're doing, but now they're blogging about it. And then they're writing podcasts and they're doing clubhouses and, and, you know, whatever, and it's, it's still the problem.

And the other thing that's, um, Trying to find the information that you need in order to have a proper relationship, is that the internet has now gotten so big and has so much information that whatever, I think I can find a bunch of articles that totally agree with what I'm thinking.

**Drew Stegmaier:** Oh yeah. Yeah.

**Hans Van Rieschote:** That's confirmation bias. Yeah. And that's a big problem .

**Drew Stegmaier:** Yes. I say that algorithmic feeds are anti travel for the mind. It's like, here's what you believe. Let me give you keeping doses of that. And especially like, COVID is one of the examples where, um, I noticed a strong weaponization of science. Like the reality is maybe let's say I'm scared and you're not.

So there's that just emotional thing going on. If I'm scared, you're not scared. So I'll send you seven scientific journals about mask efficacy and you'll send me seven scientific journals saying masks are crap. And they're all from PhD scientists. And we both still hate each other. And I give this example all the time.

Cause it's like, look, I believe this. And I can find evidence and you can believe that and you can find evidence and who cares.

**Hans Van Rieschote:** Yeah. And that's true for, for intimacy even more, uh, an additional problem is there are very few people who have PhDs and behind her and Mr. Professor in front of her name who are willing to publish, uh, research on, on intimacy or on sex. There's very few.

**Drew Stegmaier:** Why, why do you think that? Is it still too weird or career limiting?

**Hans Van Rieschote:** I think it's career limiting. It's also. The way science works in the west is in order to be able to do a proper research study. You need money. And unlike, you know, in Europe where university funding comes from the state in USAA comes from private institutions.

And so now you have to find a private company that would be interested in the results of your study. So there's plenty of money to prove that, you know, statins will help against, uh, preventing heart attacks because of lower sure. Uh, cholesterol. Um, but having. Doing research on to, you know, what you called earlier, the relationships, agreements, and main, you know, which of those work, which of those don't work, which company would be interested in that.

**Drew Stegmaier:** Yeah. Yeah. It's, it's funny. You mentioned that because I feel like most sex education we get is basic biology. That's even calling it basic as an insult to the word basic and just a laundry list of what not to do, right? Like take this pill to not make babies, put this latex thing over your Jimmy to not make babies.

And what's funny, as far as I understand in Mexico, they have less separation of church and state than we do here in the United States, or they're a more Catholic country. And because of all the sexual stigma, We can't talk about sex, which means we can't have good sex education. And when we can't have good sex education, they paradoxically have a higher amount of unwanted pregnancy and pregnancy out of wedlock because nobody teaches them about the sex thing and people get horny and they try the sex thing and if you have no education, well, that's where babies come from. Right.

**Hans Van Rieschote:** Babies come from a lack of education. Okay.

**Drew Stegmaier:** Well that, that, that was, uh, that was a horrible explanation. But basically if you can't teach people about how to use contraceptives, then in theory, they won't use contraceptives or they won't use them properly, or they'll hear stories like, oh, condoms can break.

So you should wear too. That's horseshit. They break much more often. If you were to. But no one says that, you know, or if you check online, some idiot in a forum will say something and

then you'll think, okay, I guess this is what I should do. And you learn by experience, but when experiences creating life forms, that's a big deal.

**Hans Van Rieschote:** Yeah. And that, and that, that's what I was going to say. So, you know, on date, on the intimacy and sex fund, there, there are a lot of people talking about it, but none of them have PhD behind your name or professor in front of it. And it's like a post I saw on Facebook a couple of months ago, uh, or one person was Hessing.

"So what do you guys think? Should I get the vaccine or not?" Right? Yeah. It's like, you know, a million responses. That's probably why it showed up in my Facebook feed. And those were all from people. Who weren't qualified to talk about it, but it's this an opinion poll, or if everybody does it, maybe I should do it.

Or everybody says I shouldn't do it. I won't do it. I mean, that's not scientific. Yeah. And so the other thing with, um, um, sex education is the, uh, a lot that the S the, the foster system law that's a or C anyway, there is a law that was originally meant to, um, against child trafficking, sex trafficking, and children, which is a topic we can all agree with, you know, that should be done and should be punishable and et cetera and they were going after they wanted to try and find a way to. No, make it illegal for these, you know, dark websites to have information that would help people, you know, perform this, this, this crime. So, okay. We're all in favor of that. Well, then they slipped in something which basically means that any website that talks about sex can be, you know, can be prosecuted.

So before this law was enacted, and if you right Instagram, which is owned by Facebook, and if you don't have an Instagram person who, you know, shows nipples that you mentioned earlier then, okay, you might go after this person for, you know, these exposure or whatever the case may be. But since we have this law, the law can now go after Facebook because they own Instagram and so if you're using. That makes sense. Of course, Facebook doesn't want to, you know, get a lawsuit against them because they have a lot of money. So they tend to lose a lot. So they started implementing all these things where, uh, things like Facebook, jail. If you say the wrong words or you show the wrong pictures, they put you in Facebook jail.

Um, no, there's a, one of my favorite sex educators read Mihalcoe me. And he spent more time in Facebook, jail than out of it. And he says, every time he goes into it usually stays longer and longer. And when he tries to find an actual topic to talk about, you know, why did you put me in Facebook jail, their response as well.

We have a bot that reads everything that is published on Facebook, and it decides that or not to put you on Facebook too. And there's nothing we can do it.

**Drew Stegmaier:** So I, I guess I'm a little confused. What is this law that you mentioned? Because the way I was hearing it was like, oh, this law means there's no more porn sites and there's still a bunch of porn sites.

**Hans Van Rieschote:** Right. It could mean that, you know, there are no longer any point sites. I mean, that's one way of doing it, but it's, it's about, it's not so much about showing porn. It's about, um, the laws written so complicated, you can make anything out of it. So, um, if you're using your webpage, if supposedly your website is being used to get people together to, you know, to have sex, then it's considered pandering and that's against the law.

**Drew Stegmaier:** So basically if I understand correctly, it's like, uh, using the internet as a means of solicitation. Which is okay. I'm with you on that. Yeah.

**Hans Van Rieschote:** Yeah. So it was, it was called pandering the law, um, like pandering used to exist before. And for example, if, um, you know, somebody is a, let's say a prostitute and they're in a stage where that's not legal or somewhere it is.

Um, if you are the person who is, um, you know, you're an admin to this prostitute and you schedule, you know, their, you know, their dates, so to speak, you are now pandering. So even though you're just doing, you know, things with, you know, but the calendar on a website, right. So that's already pandering. And, but this, this, uh, sister foster lock evaded was basically that any website.

Okay. This website, you know, does something that can be considered to be pandering can now the website can be responsible, whereas before the website just says, Hey, you know, we're not responsible, but people could put on our website. I mean, that's, you know, freedom of speech, right?

**Drew Stegmaier:** Yeah. Yeah. It's that whole debate of user generated content and is a platform a publisher or is it just a platform? And I think collectively our head's still pretty far up our ass that we don't know. Right. We don't know. We're not on the same page. And, um, yeah, so I guess that's a interesting segue because, um, I had a discussion with a friend this was probably a year or so ago, and he was mentioning something about, um, being against human trafficking.

And I was. Oh, yeah, man. I'm I'm against human trafficking too. So you think we should legalize prostitution, right? And he was like, wait, what? And I was like, well, the moment we make something illegal, that's like creativity school for law breakers. It forces creativity, right? Because the moment we make something illegal, it's not supply and demand.

The demand doesn't go away. Right. This is partially why the war on drugs is such an epic failure. You know, making drugs illegal, hasn't stopped drug activity. It just made drug activity more violent, but we remain committed to our stupidity. Like this thing we know clearly doesn't work, we're just continuing to do it and so when it comes to sex work, um, I think, I don't know what the answer is, but I think we can all agree that this thing that's a week. Doesn't stop right. Making it illegal. Hasn't stopped it. And every time someone gets busted, that just means they get a little more creative the next time and the next time, and the next time, instead of putting things more out into the open, that's the kind of regulation argument, right.

Legalize everything, and regulate the hell out of it. Um, which I think, you know, it has its own drawbacks as well, but I think more dialogue is needed, frankly. And I think when it comes to sex, especially we're so collectively clueless. Right? We're so collectively clueless. I think that's part of why, why we're here and, um, what's weird and I think this is changing, right?

I think this is actually changing partially due to the ease of online commerce, but for a good chunk of the internet history, you know, these people who were porn stars. Who wouldn't be invited to the Oscars and the Golden Globes, but if they're on the street, most men in America would know exactly who they are.

That's a collective shadow. Right. You know, and, and you look at, um, I had a friend who was hiring, uh, basically, uh, software developers to manage, uh, traffic essentially. Right? Cause before AWS has corrected a lot of this, but you know, used to have to buy a server. And then if you want more traffic, you'd have to buy more servers.

It didn't have all this scalability. And as far as I understand, when their company was growing a lot, uh, some of the people he was hiring were from the porn industry, because he said their traffic's always high. Right. You're not talking about the subject matter. Just like, Hey, the traffic going to our servers.

Or there's peak traffic all the time, right? Because no one talks about it. No one says, okay, we're all going to get on at this time. We're all get on in that time. It's all in the shadows all the time. So I think that's dangerous.

**Hans Van Rieschote:** I'm hearing you saying, and I've heard this a lot that, you know, it's, it's our period turn on their call approach, which leads to, you know, criminalizing such education and et cetera, et cetera.

I want to try a different theory on you. My theory is that, um, if everybody would be happy that the way they're having sex, that wouldn't be any healthies, you know, restrictions. Yeah. So,

what has happened is we have all these puritanical or whatever you want to call it. Um, restrictions and laws and, and criminalization, because people are not having sex the right way.

It's not happy. It's not, it's not a good thing. And the example I was, um, this last Friday's episode of Bill Maher, there was a, um, they were doing a political discussion. There was a lady on there. She is a political scientist. I think that's the total that gave her. And I don't know, at some point, um, they were asking about COVID and, and, you know, pros and cons and all that good stuff.

And she said one of the good things that came out of COVID for her. And her relationship was, you know, she, at least COVID and the staying at home and not being worried about everything, you know, gave me the right to, you know, to tell my husband that, you know, it wasn't okay to have sex. She says, I have a sexually, if that it didn't have to deal with his shit.

So what I'm hearing saying, so this lady apparently, you know, never had any good sex or at least she was not having any good sex that she was more than willing to take any excuse like COVID, which is completely unrelated. And, uh, use that to saying, okay, no more. Sorry.

**Drew Stegmaier:** Yeah. Yeah. That's not well, and I guess to clarify what I was saying before, I think puritanical probably isn't the best word I could say.

Dogma. Um, so for example, what I was taught growing up, which is not in the legal system, but it was in some sense my legal system, because it was really just rules was, uh, if you masturbate that as a mortal sin and the way they described mortal sin to us was a scar on your soul. And, and they give this image of like, Hey, like you have a, a dark board, right.

And yeah, you throw the darts into the dartboard and you take the darts out and it's reusable. But every time you do that, there's a hole in it, you know? And eventually you get this old shitty dartboard that's eaten away. And, um, that is told to children everywhere. Right? And, uh, by authority figures that you trust as much as you trust the police officer.

So in that sense, it's not like law and the legal system. No. I know myself and tons of other people were, what they were taught was the rules, um, like facilitates all kinds of toxic behavior patterns. And, uh, I think that's related to the legal system, right? Like if you're a 12 year old who gets taught that, like, if you have sex, you're going to hell and you believe that in every ounce of your being and you act as a good boy, and then you get elected to some sort of public office, you'll find a way in a secular manner to manifest that, that belief.

Um, I don't know if that was a lot of like hoops to jump through, but I mean, here here's another unrelated, non non-sex example, right? Is we say we don't have an official religion in

our country, but most federal holidays are Christian. Right? The Muslims aren't getting time off for ramen. Um, you know, that doesn't make their holiday any less valid.

It's just this thing we've done. And it's, um, I don't have an answer for it. Right. It's just like, Hey, this shit's broken and we need to talk more, which is part of why we're here.

**Hans Van Rieschote:** Yes. Take religion. We can call it that. I mean, yeah, it's, uh, so there's good things and bad things about religion and, you know, a lovely focus on, on the bad things, religion, because, uh, you know, it's nice to complain.

And I think the original idea about religion was to, to create community, have a group of people that help each other there for each other to protect each other from the others. Um, make some rules on how you, how you live together, how you take care of each other and all the stuff like that. So. That made a lot of sense back in, you know, when we were a little villages or, you know, little countries or groups of people and, you know, there was all this threat of others coming in.

So a lot of religions sort of came out of that period. And, and yeah, you can only believe in our community, be part of how us, if you have our religion, probably didn't even have a word for the thing, but that's what they, they called it. And that's why a lot of religions are, you know, it's either us or them and them are enough from our religion, then we're against them because, and that might've made sense in the beginning.

I don't think it makes any sense anymore. I mean, we're, we're a global community now we have access to all kinds of stuff. Um, but we still have, you know, like your example, we still have these, these religious things in there that, uh, uh, yeah, there there's even the. No, the alcohol anonymous, um, you know, when you go in for your sobriety things, that's a completely religious Christian religious process that they're having.

And, um, so I don't know how don't, how that works. If you're, you know, if you're a Muslim and you have a drinking problem, can you go to AA?

**Drew Stegmaier:** That's a great question. Uh, I don't know. I have to ask this, like, that's an amazing question. Well, so I guess after hearing that, and man, this is a place where I did not think we would be going, but, um, let's go, let's go there.

Um, and there's a, there's a great book called seeing like a state via, I think his name is James Scott and he talks about this, this idea that, uh, I replaced state with large organization. Cause it, it just makes it easier for me to grok, but, um, This idea of like quantifying and making metrics for everything.

And you lose sight of things. Like a classic example is a church community where maybe you have older people providing childcare for free, or you provide a rich families, give hand-me-down clothes, the poor families. And when you don't have the church and it's just the government, it's like, okay, we'll give you a stipend for childcare, or we'll give you some money to go buy a jacket instead of just giving a jacket.

So, you know, that begs the question of, as far as I understand, we have more atheism and agnosticism than ever at least in the United States on a, I would say on probably a percentage in absolute basis. Um, so how do we get the benefits, uh, the communities, right from religion while maybe distancing ourselves from some of the dogma that no longer remains.

Like just how do you do it for yourself? Like, how do you get, be like, do you have a religion or?

**Hans Van Rieschote:** Yeah, it's interesting. You ask that question. So we went from, from, from tantra to religion, which we'll get back, I think. But, um, actually I just mentioned this, uh, last week in another interview, but when I grew up in the Netherlands, which was at the time, mostly Protestants, uh, except for the south, the Netherlands, where they were mostly Catholics, but you were either one or the other, uh, atheism, wasn't a thing back then talking about, you know, the previous century, obviously.

Um, at some point I noticed that I was the only one in my classroom that wasn't baptized. So I asked my parents about that and it said, okay, so why wasn't I baptized? And they said, Um, if you're baptized, then, you know, you need a baptized Catholic or a Protestant and we want to you to make your own choice.

**Drew Stegmaier:** Hmm. Okay.

**Hans Van Rieschote:** Like, wow. That's really, I guess my parents were very, uh, you know, advanced thinkers in that sense. And that's gone through a lot of shit during world war II and stuff. So they came out saying, okay, this is a new normal here. And you know, we have to be, have to question everything. My especially, my father was very much like, you know, you have to question everything if somebody says, well, this is how it's supposed to be.

You're entitled to ask why. And he even applied that to himself. So, yeah. And I sometimes have people, you know, they, they tell me something and then I say why, and, you know, sometimes they get upset because that's kind of why.

**Drew Stegmaier:** I understand.

**Hans Van Rieschote:** Right. And of course, you know, you have the little annoying kids, right.

That would just keep asking. Why, why, why, why? Because I say so, and then shut up. Right, right. I mean, I'm a dad, I raised two children. So, you know, I, sometimes I might've said that over recording and never said that. Um, so it's, it's good to question things, but then you have to do it in an intelligent matter.

And that's the other thing that I have, um, religion is almost like, okay, for those of us who don't want to think too much, here's the book on how to do these things, if you, and it, it works. If you are truly, you know, you read the book on how to be, to be a good Christian. Yeah. If you do it, according to that book, you're going to be a really good person.

If you can do it that way, now it bumps to the problem that, you know, with some people it doesn't work. So then you need to becoming, you know, and you say, well, I'm going to force myself. You know, like the, uh, like the gay bashers, you know, these are the people who religiously say, you know, being gay, you know, having sex with people, you know, the same gender is, is wrong and it's against the law or should be against the law and blah, blah, blah, blah, blah.

Well, if we haul here to story spot, you know, in the end we find out that what they're really doing is finding their own urge, that natural urge to have sex with people of the same gender. And so they just make it a law to force themselves to not do that.

Yeah, and that, and I think that that's really sorry. It gets, um, so when you get to a place where you're saying, um, okay, let's just, you know, define the rules ourselves then it becomes more difficult and more interesting. And this is what I like about polyamory. So we have all these rules on how to be, you know, with two people, supposedly, you know, off the opposite gender and then now you have more than two. Okay. Now, now you have to talk about everything and that eventually will create a better set of what you refer to as relationship rules and then includes sexuality too. Um, if you listened to how properly trained people in the BDSM world, uh, treat each other. That's so much better than, you know, the average.

**Drew Stegmaier:** I think that has a ruffling, a lot of feathers.

**Hans Van Rieschote:** Well, why not?

**Drew Stegmaier:** Right, right. It's just a, well, so I guess with that, uh, could, could you give me some examples? I mean, I have some of my own, but I think what I'm trying to do is I think this is pretty far out for a number of listeners.

**Hans Van Rieschote:** And if I'm going too far, just stop me, okay?

**Drew Stegmaier:** I don't, I don't think too far. I want to go far, but I also want to make it, um, relatable.

So, for example, I guess one, one anecdote myself from my interactions with the kink community is this idea of safe porting, right? So a simple non-sexual way to describe safe boarding is let's say I'm at home and you walk in the door and you say man Drew my day sucked.. What many people would ask is just, oh, tell me about the suckiness.

Right? Tell me how horrible your day was and safe boarding would instead say, would you like to talk about it? And if you say, no, I shut up, that's it. End of story. Right. And you could see how that relates to a lot of sexual contexts as well, where you basically create a system of hearing yes or no. Then you can even create proxies for what represents yes or no, this whole idea of safe word, but all of that comes from this shared exploration, this willingness to even explore the willingness to even have a conversation, to even be willing to try and, um, so I guess to, I guess a quick question, which I wasn't hearing the answer to was do, uh, do you have a religion?

**Hans Van Rieschote:** I do not. No.

**Drew Stegmaier:** Okay. Because I think some people say sex is the ultimate religious extent. So that brings us back to the tantra bet. So in some sense, you're a priest.

**Hans Van Rieschote:** Uh, yeah, I, I don't have a, I don't have an official religion, I guess. I mean, I do believe in, uh, you know, there is more to our fiscal being there's more than, than just physical earth that we're in. Uh, I do believe, you know, once we die, you know, there is more to it than just that. So if that's a religion, sure.

Um, then I'm religious. I dunno what it's called. Um, yeah. Um, I also believe that, um, and you know, the things that I believe in are safe to be able to achieve, but I do believe that, uh, we're all being given. I believe, you know, we're spiritual beings that inhabit the fiscal body, you know, for a certain amount of time, depending, you know, how we take care of it and, you know, and our DNA and all that stuff.

Um, the body has a lot of opportunities for pleasure building and sure we can take our mind, our spirit of your life and say, okay, we're not going to do this. I'm not going to eat too much, and we're not going to have sex with anybody that we're not married to. And we're only going to have sex, you know, in a mansion position, missionary position, and we're not going to drink alcohol and we're not, you know, it's, um, it used to be the joke that, uh, You don't live longer that way, doing all these things or not doing all of these things.

So it's not that you live longer, it just feels longer.

**Drew Stegmaier:** I hadn't heard, that's funny.

**Hans Van Rieschote:** Kind of an old joke, but it's, so I'm not saying it'd be a hedonist, I mean, and just live life to the fullest and all of that stuff. Um, but I do say don't keep yourself from enjoying certain things, as long as it's done in a way that's compatible. So that's what I do.

I mean, if it's compatible with, you know, my, my spirit, my integrity, and those of the others that I involve in this, then, uh, you know, I feel good. Hmm.

**Drew Stegmaier:** So that's interesting. Cause uh, it circles back to something I wanted to talk about earlier and you could say. Maybe in a religious sense, this is the idea of sin, but, um, there's this idea that, uh, well, I'll just, I'll just share my personal story.

So for a long time, uh, the scariest thing sex wise, uh, had nothing to do with sex at all. It was talking about sex, right? This idea of, uh, I have some sort of desire, but there's no way I can share that. Like I'm not even allowed to say it, let alone act on it. Right. And I guess if, if what I was hearing you say, um, if I was understanding it correctly, um, you weren't saying like, uh, I mean, it's kind of like a martial arts for lack of a better term, like a martial artists master knows all the moves, but rarely fights, um, So th that's probably a shitty metaphor.

Like I guess what I'm trying to say is I think there is absolutely something noble about getting in touch with and developing a self understanding of your own desire. And that seems much healthier than just pretending desire doesn't exist for lack of a better word.

**Hans Van Rieschote:** Yeah. I mean, it's my personal example. I mean, um, I had my first sex when I was 17. Um, and then I had sex with that same person for another 20, 30 years before I ever had sex with anybody else. Um, and that, you know, at the time it felt right that at some point it didn't anymore. So. I got to a point where I had to, you know, figure it out. What is it that I want that I like? And, you know, definitely it wasn't, let's get it over with sex. I mean, that was the kind of like, you know, it was sort of a brief moment of orgasm and then I was done.

Right. And so if she should go back to whatever she was doing, um, and I sort of said to myself, well, this is not what I want it to be. And there's this, um, it's a couple of months. Yeah, one of a month ago, I taught a workshop together with Galen firsts on how to be a sexual sexually authentic man. And it's now an online zoom workshop.

And we did, we did one, two years ago in person. And the whole struggle there is two. And then what's the workshop's all about is for this case, it's for men only, but I'm sure if it works for

women too, but it's taught by a man. So you don't want men teaching this to women, I think. Um, and he, you know, he, he runs a workshop with this intention where you go into yourself and trying to figure out what it is that you want and be able to at least express that to yourself.

Nobody hacked on that or not. That's, that's a second, uh, you know, that's the second step, so, but it's important to know what you want out of life and it's. Yeah. And, and sex is part of life. So it's important to know what you want out of sex right now, how you go about, you know, getting your needs filled.

Okay. Well, that's, that's, that's a different step and it should probably be, it should be a different workshop. And I find it fascinating when there's this, um, book that I highly recommend. It's called a billion, wicked thoughts, billion with a B it's actually, it's a research paper, but they've written it such that it's very entertaining through it.

And it's a book now and not just a research paper. And they basically looked at all the billions and billions of, uh, visits to sites like porn hub and, you know, X videos, et cetera, et cetera. And they basically mapped out, you know, what human sexuality looks like. And my conclusion from reading the book was okay, well, it depends.

**Drew Stegmaier:** Right, right.

**Hans Van Rieschote:** For you. It's going to be different than for me and that's, and that's fine. So that also means, you know, you shouldn't regulate that you shouldn't regulate that sex has to be this way. Right. Um, so the whole notion of, you know, calling something kinky, because it is a missionary position, you know, with the person you're married with, if anything, you know, other than that is your definition of king then okay.

Then, you know, there are a lot of kinky people, pretty much everybody. Right? And, and it's fascinating, there's this website called FetLife. I don't know if you've heard about that. And, and, and supposedly it's about, you know, fetish life. I think that's what it's going to be fashioned for, but it's very interesting to look, to see what people, you know, are looking for and it's amazing how creative people are on this area. If you let them be and sexuality and creativity go hand in hand, and we all know about, you know, famous artists. Also being very sexually active. Right. And all of these stories, even a person like Einstein. Yeah. Very creative mind. Yeah. There's all kinds of stories about his sex life.

So, um, barely those things go hand in hand, so it's not a part of yourself that you can just shut off and then you still be a, be a whole person, but out your sex life, you know, you're not living a true life.

**Drew Stegmaier:** Yeah. That's great. I mean, you're, you're serving me up here cause I wanted to ask like how can we develop a healthy sexual relationship between ourselves and others?

And I guess part of what I was hearing is like, Hey, step one, figure out what you want. Right. Get in touch with yourself. Um, does that sound right? Or do you have any other, uh, you know, tips, tricks or recommendations for folks. W we've talked a lot about like, maybe start with the tantra thing and, and some baggage and how the world is, but how do we be better?

Right. How do we create a healthy sexual relationship?

**Hans Van Rieschote:** Yes. The first step indeed is, uh, go deeper than yourself and there's all kinds of techniques you can use. And some of them look like meditation and you know, some from artists, you know, uh, get in touch with yourself and seeing what K what do I want out of my sex life?

And be honest about that and try not to filter it with, well, you know, I really shouldn't be doing that. Or, you know, I shouldn't want that even just trying to get rid of that, that that's a really, actually the hardest step and saying, okay, this is who I am. This is what I like. And, uh, Once you've done that step.

The next step is so much easier because Dennis, she's finding, you know, if you're, you know, sexuality is to find us, you know, you have to do this for other people because, you know, you might just decide that, you know, you can just do solo sex and, and that's fine. Yeah. That's great. Um, so you can do that then, you know, I guess you're done after step one.

Um, if however, it's, it's more than a solo sex, then you have to find people who, you know, are compatible with that either like the same thing or like the opposite thing. So you can do these two things together and you know, whether it's with one other person or a bunch of other people, um, would tell me an interesting story.

This is, this is actually a story from, from Carolyn first. You know, the one that I was co-teaching with on the being a sexual authentic man. So, um, Historian he's written about this in books and stuff. So I'm not telling anything, you know, secret. So he, you know, he got Marriott, you know, the traditional way, you know, they have two kids, but his wife, uh, two sons, I believe.

And, um, but he was always into BDSM. Okay. So, and I was something that was totally not discussable. Uh, I think he couldn't talk about it. And maybe the one time he did sort of stumble around it, you know, he's fine. Shut them down. It's okay. Yeah. Yeah. What's this nonsense? So he decided to just, you know, do it anyway.

So we figured out this is what he wanted. He found other people to do this with. And so we had this whole correspondence and activities and stuff that, you know, his wife didn't know anything about. Until she found out.

**Drew Stegmaier:** Oh right.

**Hans Van Rieschote:** Because they were running a business together. They had one business computer.

This is a while ago. We've only had one computer. And so she saw all this stuff. And so she'd been ballistic nuclear, I think it's the, she, anyways, so they, they got a divorce. She got everything. She got the kids, she got the French, she got the church, she got the business, she got the house. He was left with absolutely nothing, no friends.

He had one friend left, a guy who said, Galen, I don't know what's going on here, but you're my friend. You can go sleep on my couch and you know, go figure it out. And he did, he figured it out and he is now, um, he went back to school. He did a PhD in sexuality. He's now a renowned, uh, therapist for, uh, put people with, you know, kink oriented, uh, sexual desire, so to speak.

He, you know, he goes all around the world, leading workshops, I mean, nice. And he's Mr. Kink. Got it. He knows. He knows who he is now. So he created a better life for himself, but I just know it was a really big, you know, valid and you have to walk through, but once you got out of that, he was so much better than he was before, because he was honest with, you know, what it is he wanted out of his life.

And that created all this, all this creativity that, you know, uh, you know, he's still enjoying today. He's in his early seventies now I think, but yeah, yeah,

**Drew Stegmaier:** yeah. That's a powerful story. What I think, you know, after hearing it is, I think there are so many people with a similar story, um, similar in the sense of they're in some sort of relationship and they want something to be different.

And for some reason, or a multitude of reasons, they feel stuck, they feel trapped. And despite feeling stuck, uh, at some point the urge or urge becomes so strong that they act on them anyway, which then often destroys the relationship completely. And my understanding of, uh, let's say relationships in France, for example, is that basically for lack of a better term infidelity, there is more like a misdemeanor.

Whereas here it's more like a felony in, in the sense of, uh, it just loots, it's just viewed as, uh, as a lesser sin, so to speak. So I guess the question is, let's say you're a person, you know, in a

relationship. And you're unhappy or maybe you're even happy and you just want something to be different. How do you navigate that?

Or what are something, some things people could do. Like how do you approach your partner? Uh, I think a lot of people are afraid of just being viewed as a freak.

**Hans Van Rieschote:** Yeah. I think from experience too. I mean, I think the person you're most afraid of, of calling you freakish.

**Drew Stegmaier:** That's deep. The person you're most afraid of calling you a freak is yourself. Yeah. Well, and I guess there's the flip side, which is you have people that identify as freaky and they get off on that. Like I'm a freak. Um, and, and they, they like that identification. So, okay. So let's say.

**Hans Van Rieschote:** Until you tell them they're not really freaky. And then they're like, oh my gosh.

**Drew Stegmaier:** Oh right, right. For them. It's, it's the opposite. It's like, uh, their version of freaky is passe and then they cry.

**Hans Van Rieschote:** So frickey is I think not the right.

I think the SMI also the realization that I'm different than I thought I was, it's the main, you know, it's the main trigger and the main thing to be afraid of. Yeah. And yeah, that's my case has come from a lot of expectations that, you know, were put onto myself. Some of those, you know, I put onto myself, but then I'm like, okay, why did I think to achieve that. And I'm like, I can blame culture. I can blame my dad. I mean, I can always find somebody to blame, right. Yeah. Yeah. But, uh, in the end. Yeah. It's so once I let go of, okay, this is who I thought I was or wanted to be, and I no longer have that. Um, yeah, that's scary.

**Drew Stegmaier:** So I guess in some sense, it's this self knowledge or knowing, um, so you mentioned you, you did this workshop.

Are there other resources or recommendations or books that you have for people like, Hey, maybe some of this conversation has resonated and they want to go do something or they want to go talk to someone, um, where, you know, where could, or should they go?

**Hans Van Rieschote:** It's to me, it's a combination, right? It's about sexuality. Yeah. And so it's about a relationship. So me, those two are intertwined because they're either ambitious or a virtuous cycle. Um, malaria now that, you know, things are going back to somewhat normal. I

mean, some of the, uh, tantra schools are opening up again and, and doing, starting their workshops.

Um, so that's definitely something they're there, the festivals, some of them actually catered to, to beginner, so to speak where you can just go and, and, and just sample a little bit what that's all about. I mean, if you're interested on this, the California Tundra festival or something called Cascadia there was the one B.Helped me again next year, this Aurukun Toronto festival, there's a bunch of festivals results, one in Boston that probably is going to come back. And those were all good places to kind of learn more. Um, if that's too edgy, cause she, boom, you're all about people who are talking about this as if it's normal, which it is.

**Drew Stegmaier:** I think it's, I think it's important that you said that like, uh, people think it's weird and I love this idea that is only weird if you make it weird.

**Hans Van Rieschote:** Yeah. I mean, it's this whole thing around when to masturbation, it may amuse thing. Okay. If give you Harry poms or may go blind. Right. But now it's, well we don't say that anymore because, well, we know that's silly and nobody would believe that anymore, but we make it something else. Now, masturbation is something that leads to erectile dysfunction. I've heard it leads to which is bad road. And it leads to it ruins relationships with people. And there's all these things now.

So it used to be simple, you know, though, I get here my problems, not yet. Okay. I can keep going, but now they talk about all this other stuff.

**Drew Stegmaier:** Right, right.

**Hans Van Rieschote:** But still the same thing it's masturbation is bad and like, okay. Why, if it's bad, then might as it feels.

**Drew Stegmaier:** Yeah. Yeah. That's a good question. Well, so I guess a third route, or what I call is healthy for lack of a better word is, um, instead of an all or nothing approach, like what is, what is healthy.

Masturbation mean or look like, and, and I guess that's with the, the caveat so to speak. Cause I think there's, um, you could say there's some sort of relationship between porn and masturbation. Uh, like they can, they can exist independently, but they also relate right. Where as far as I've heard, not necessarily as a rebuttal, but this idea of masturbation causes erectile dysfunction is just based on my understanding of neuroscience is that excessive porn viewing, which who knows what excessive means.

Right. But excessive can lead to desensitization, which then basically is its own form of erectile dysfunction where you have these like 17 year old or 20 year old kids getting Viagra prescriptions from the doctors. Because their junk doesn't work.

**Hans Van Rieschote:** Right. Well, maybe it's because they're not exercising that it's, you know, sitting in front of her iPad, but I dunno.

I mean, erectile dysfunction is a whole topic by itself and yeah, I mean, I haven't heard about 17 year olds, but I've heard of, you know, 25 year olds or 30 year olds having that same problem. Like I'm 67. I don't have any problems, so it's not an age thing. Okay. So, and yeah I think it is, it's actually, you know, we talked about step one on , you know, how do you improve your sex life, sort of speak.

And, and one of the things is trying to figure it out, you know what, but you would like . Uh, one good way to do that is yeah. I just, you know, type in the scenario into the Pornhub search engine and bug something to get your turn on. Okay. Maybe that's a good thing to do, right. Or you might want to read about it.

Some people works better if they read things rather than see it actually. So whatever, whatever works for you best. Yeah. That's a good way to try that. And you look at that and then go, Ooh, never again. Okay. That was a few that I go like, okay, I'll watch another one. Now you, you know, you get an idea of something that, you know, hence your interest.

Now. I'm not saying, you know, watch Pornhub a nine, go do it in real life, but that's another step I first need to figure out, you know, what it is. You're like, and that's what I think, you know, the porn sites. Um, and if you get it. Satisfaction from just watching it and, you know, getting off from that then fine.

If you're saying, well, I actually like to do that in person. Well, now it's a whole new step in, again, you have to find, uh, people that you can do this with, that, you know, are fully into consent with the butter dish that you're going to be doing, and you have to have a whole presentation on, on, uh, on safety.

I'm going to share one story. There was, uh, one, um, client of my wife and she was married. Um, she has kits and at one point 15 years ago, her husband, who is a minister. Okay. Hi, in reading up on this and I'm a second. Okay. You said something that explains why we're not having sex anymore, or when we do that, I'm not really into it.

I mean, a sexual assertion looked up and she says, okay, that's the thing. So, anyway, so that's when they were living somewhere in the, you know, in the middle of the country, they moved

here to the bay area and, um, well eventually, you know, they got a divorce for other reasons, I guess. And, um, as soon as they were divorced, he showed up with a boyfriend.

**Drew Stegmaier:** Oh, wow.

**Hans Van Rieschote:** He had been , I mean, you know, gay all this time, but because of his job being a ministry of church, because of what society had taught him, he thought he had to go marry a woman, have children and do this thing. But then he never really was into having sex with him. And he was intersecting with men, but he did that prior to his divorce.

I don't know. Um, I can only hope he did, but okay. That's that's new docking. Um, yeah. So this is an example of somebody who wasn't honest with what he was doing and, and well, who you ask and what he wanted. And it creates a lot of pain also for her. Cause she hadn't had any, you know, she was like, you know, monogamous.

So she hadn't had sex with, you know, with anybody in those 15 years, um, not even met herself. And so when this when she got her divorce, she basically went wild, you know, to catch up.

**Drew Stegmaier:** Right.

**Hans Van Rieschote:** Yes. And so the first thing, you know, we talked to her about was, okay, so, you know, there are diseases you can get then there's protection and there's not just taking the pill, but it's, you know, cause she knew about that one.

Yeah. And she's like, what?

**Drew Stegmaier:** Right, right. Yeah. A whole new world. Um, yeah.

**Hans Van Rieschote:** And anyway, so, and, and so that's what I said about the second step. First, you find out what are the issues you really want. And then the second step is, you know, how to, to get that in a safe and consensual way.

**Drew Stegmaier:** Well, and I guess what's, what's interesting to kind of come full circle, no pun intended, but, this idea of let's get it over with sex in some sense, uh, there's this mental model of like inverting, or if you don't know what you want, you know, talk about what you don't want and turn it upside down.

So I guess what I'm trying to say is if someone might not know what they want. They're probably in a situation where they have a good idea of what they don't want or don't like, at least that they're not lying to themselves. So if you're in this situation of let's get it over with sex, you

know, that's probably a strong indicator of, Hey, I should probably try something different or Hey, something is up here.

**Hans Van Rieschote:** Yeah. Well, there's, there's not a point to it too. Right. I mean, I heard the story from, uh, somebody and, uh, her now was, you know, accused excessive porn usage and the only thing you ever watch, but you know, teen sex. And of course, you know, she is not a teen anymore. Right. So he basically, you know, couldn't get it up for her because she was, she looked like a teen.

Um, but she was a very sexual lady. So, and so when after the war. She got herself 18. I had this 22 year old and she's in her early fifties, I would say. And yeah, her and her first boyfriend after her divorce was, was a 22 year. Okay. Yeah. Very mature for his age. I mean, I've met him, so, um, but yeah, not something that you would think so, so I don't know if she was staying at revenge or whatever she was doing, but the real problem, which we've talked about with her later on Norville problem in her marriage was that, um, her husband got stuck in this thing. Like, you know, cause when they were first dating, she was a teen well 18 or whatever. And, he just got stuck on that. And of course, you know, both he and her got older and he just got stuck. Doing teens. So that's the only thing he could get off on. So that meant there was also a lack of skill on his side, on, on case.

So what, besides in and out a few times, I mean, what else can you do? And this is what the Neo tantra really teaches you is, um, you know, it's more than just internet. I mean, the average in and out it be. Yeah.

**Drew Stegmaier:** That's the podcast I'm trying to keep.

**Hans Van Rieschote:** Um, so the, um, so there, there's also a lack of knowledge on how to.

You know how to have sex. So there is something to be said for, you know, learning the basics, what else can you do besides the internet? And again, PornHub, and those sites are not good teaching for that. Cause they usually just, you know, cut right to the end. Um, there's a lot to be learned there and a lot to be practiced and not to be, to be tried.

And so the thing that, that, that, you know, sting it is saying, okay, well this is sex that can last for six hours. I mean, when he said it, it wasn't true, but it is true in general about tantra, maybe not six hours, but you know, at least an hour or at least two hours. And that's how I have sex these days.

Yeah. I'd take my time. Um, quickies are so great. But you know, I prefer to take my time because then it allows, you know, both sides to, you know, Do you have a good time? Um, the average intercourse lasts two minutes,

**Drew Stegmaier:** That's what I want to know.

**Hans Van Rieschote:** You can find those, you just search for the middle, you know, show up. It's it's two minutes. That's the average mean? Right. So mine is more like an hour. So in order to get it to a two minutes average, how many people do we need to be less than two minutes to make up that average? Right, right. Do the math.

It's like it's when I first heard that it was astonishing, actually I heard the stat the first time at one of my, uh, uh, tantra educator trainings. It's incredibly set. We think that that's what people, you, not just men, but people in general think sexy. The left 10 minutes have been in and out on average, and then it gets it to, you know, get it over with, because it is not pleasurable for, for, you know, for, for both parties.

So to get back to that, so we can make sex pleasurable for everybody involved, everybody gets out of it, what they want to get out of it makes it pleasurable. Then there's going to be less, need to colonize it and make it weird and all that kind of stuff. And it makes it more discussable. And then nobody wants to sit around and going, ah, I had such bad sex with my husband last night.

I mean, no, right. They do want to talk about how great it was. Right. Of course it has to be great in order to be, to, to be talked about. So, that's when we need to go.

There you go. We'll have hats that say that. Okay.

**Drew Stegmaier:** Well, unless, uh, you have anything else you'd love to share or anything else that's alive for you right now? Um, I think that's a good place to wrap it up.

**Hans Van Rieschote:** Yeah, I think we, I really appreciate it. The questions and, uh, we went into a few side roads, like religion and stuff, but we did get back to the topic so much appreciated that.

**Drew Stegmaier:** So for folks who are listening, uh, where should they go to find you and your work or more information?

**Hans Van Rieschote:** I started a website a while ago. And I haven't spent a lot of time on it yet, but maybe if you hear this podcast, sometime in the future, there'll be more information. My website is HANS H a N S on sex, O N S E X.

Pounce on sex.com. Um, it's basically a site for men and those who like men to find out it's a bunch of resources that I've curated of those things that I have done that worked for me, that I just want to share with the rest of the world. It's got everything from, you know, lists of vitamins and supplements.

I take to your favorite Jew on how coffee is actually good for you as well. Uh, how men can have articles on how men can have multiple orgasms. No, but in the hour and you know, right after each other and all that, all the Google, the good stuff in between. So do check it out and hopefully I'll have time to add more information to her.

**Drew Stegmaier:** Awesome.

**Drew Stegmaier:** Oz writes a weekly newsletter that examines personal finance from a psychological lens. He covers mental models, alternative investing and different ways to think about money reading Oz's newsletter will help you mind your money. Join his newsletter@ozchen.com. Again, that's my friend Oz's newsletter, who is a former guest on the podcast.

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Thank you.