VIDEO 2

Arousal: Everything You Need To Know To Turn A Woman On

TRANSCRIPT



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Alex 1: Okay. Let's talk about arousal and the ways in which you can make arousal happen. Of course, there is some cyclical basis for this as I said, because stimulation can also cause arousal. But arousal really needs to come first or stimulation's just uncomfortable or ticklish.

Here's the components to arousal, sexual polarity, being in your masculine or your feminine and feeling that tug between two people of different sexual orientation, which is to say, either a masculine man or masculine woman with a feminine woman. This creates attraction and arousal. Demonstrations of sexual polarity go a long way. We'll dig into that.

Sexual thoughts, arousal can happen all on your own just by thinking sexual things. It doesn't matter if you're a man or woman, start thinking about sexual things, we have sexual thoughts, arousal follows. Probably the most common way that all of us get aroused and should be obvious, that you can give your partner sexual thoughts. You can give them something sexual to think about and therefore, get them aroused.

There's this other thing, very, very powerful. I've been talking about it a lot recently. At least on my last couple of programs, because I really think this one is so powerful and it cuts both ways. It's really important to know that it can cut both ways: It's emotional state resonance.

What I mean by that is that whatever emotional state you're in dramatically affects the other humans in the room. The more connected you are with the other humans, the more it affects them.

If somebody walks into a bar, and they're all in the mood for a fight, they're … Every human in the room feels it. They all feel that emotional state and they'll resonate with it, some in a way that reinforces it, which is to say they'll be like, "Yeah, let's fight!" Others will resonate with it in a way that rejects it, like, "Oh God, let's get out of here. This asshole wants to fight."

It's the same with your turn on.

As a man, if you're aroused and you walk up to a woman in bar, she's either going to feel aroused too, she's going to get that little giggly like, "This is fun!" or she's going to reject it and be like, "Whoa, this creepy. This guy's aroused and I'm … It's not welcome to me."

If you're with your lover, same thing could be true … She could be in an emotional state where it's not appropriate in her mind, she doesn't want your sexual energy right now. I'm sure you've been there, you're horny and she's like, "Ugh, God. Please. After this terrible thing just happened and we just ran over that dog and you're horny?" You can see how that that doesn't work out.

For the most part, you and your woman are in bed at the same time, it's time to make love, you're emotional state is a really powerful way to get her aroused. The reason that I am harping on this, I actually have a whole slide on it in a minute, but the reason I'm harping on this is because the thing with emotional state resonance is it cuts both ways.

Sometimes as a man, when you're feeling stressed or nervous or all kinds of things other than arousal, while you're trying to get your woman aroused, she's not resonating with your arousal because there's these other things that she's picking up on. Your anxiety around giving her an orgasm, for example.

Another great way to get her aroused is of course stimulation, as I mentioned. You can physically stimulate a woman and get her aroused.

If you nibble on the nape of her neck, it's going to cause arousal. We'll breakdown all of these things. You can see that, again, I'm going to emphasize, you don't need ALL of these things. A little bit of sexual polarity, you're good to go. A little bit of a dirty talk with sexual thoughts in your head, you're good to go.

You don't need everything I'm about to cover, because I'm about to cover a lot, but just know that you don't need to know all of them. You need two or three good tricks, and depending on your mood, you could pull two or three different tricks.

Okay, here's the arousal how-to. This is how you do it:

Sexual polarity, it’s a little confusing to some men. Let’s get into it.

Dominance is one way to show your masculinity. Dominance, really, is a form of leading. Talk about that in a minute. Really, it’s that polar piece where you’re pushing your will forward and she’s accepting your will.

If she doesn’t accept it, you don’t have sexual polarity, you’re both being masculine. You could just lock horns with a woman. Here’s some ways that you can express dominance in a way that is very likely to make her feel very feminine…

One is by just using your physical strength. We men have testosterone, we’re naturally strong. Pick her up off the ground. Pick a woman up off the ground. I don’t mean pick her up like, “Hey babe, come here often?” I mean lift her up. Any time that you display strength this way … By the way the other one is holding her down, right there.

If you just pick her up, you carry her into the bedroom, and you don’t look like it’s too difficult for you, this sense of your physical power when you pick her up, off her feet, and you spin her around and say, “I'm crazy about you,” and bite her neck, you’re really going a long way to getting her sexually aroused because she’s feeling that physicality and it’s making her feel feminine.

By doing these things, not only are you expressing your masculine, but you’re doing in a way that polarizes her and makes her feel feminine. When she feels feminine, of course, that’s a sexual thing for her to feel. Leading in sexual aggressiveness, telling her what to do … By sexual aggressiveness, I mean you’re the sexual aggressor…

You’re the one that says, “Hey, let’s have sex.” Your the one that starts stroking her hair. You're the one that starts whispering in her ear. You're the one that picks her up and carries her into the bedroom. You're the one that begins to unbutton her shirt. You're the one who pulls her shirt off. These kinds of things are sexual aggression.

Her following that lead … You leading as you would lead in dancing.

By the way, if you're a good dancer, leading in dancing is a highly polarized activity. Especially, if you're good and you spin her a lot and dip her a lot, all the physical moving her from place to place, that leading is a great way to create arousal.

Of course, professional dancers probably don't feel this way because they're locked into that, but for those of us who aren't professional dancers, a woman in a bar and you know how to lead, she's going to feel attraction.

Telling her what to do, like, "Unbutton your shirt." You're not the one unbuttoning, but you're telling her what to do, you're leading the action. "Unbutton your shirt. Lay down in the bed," this kind of thing where you're telling her what to do, even during lovemaking. "Turn over now, I want to see your ass," or "Come here, let me have your hands."

Again, holding her down, same thing. I don't mean this in a rapey way, I mean, literally, during making love, to hold her down. Give her something to push and struggle against. It's fun and she feels your physicality. I'm talking about playful stuff, obviously. Dominance can be very, very playful when done right.

It doesn't have to be pricky, because when you're pricky with your dominance, when you're acting like a douche, what's going to happen is she's going to reject it and she's going to start meeting your dominance with dominance and just end up in her masculine as well.

Sexually admiring and objectifying her, another thing I've been talking about a lot lately. One of the most direct ways of creating sexual polarity. Sexual polarity is really all about men being the fucker and women being the fuckee. It's funny way to put it, but it really is about that primal action of men penetrating and women receiving. It's the same with your sexual admiration.

When you're staring at your woman, when you say, "My God, you're beautiful. I want to fuck you," it's powerfully arousing for her.

You may feel like, "She never says that to me." I get this from men a lot.

“She doesn’t initiate sex. She doesn’t tell me I'm really hot.” You can ask her to do that, and she might. That’s good. Once in a while a girl might tell you that she loves your arms, loves your shoulders, whatever. It’s all good, but just know that it’s generally a man thing to do to sexually admire and it’s generally a woman thing to be the object of that admiration.

That’s why women have fantasies about being strippers. That’s why strippers have fantasies about being strippers.

I had this conversation with quite a number of professional dancers and they all said that they love it, they really enjoy all the male attention. What they don’t like are the lap dances and having to talk to these guys who are all gross. But just being up on stage and dancing, being admired, most women find that to be a real turn on.

You, sexually admiring your woman, objectifying her, making her the object of your lust, is highly arousing.

By the way, little advanced piece here, I was not going to put this in but then I thought, “No, no, my guys can take it.” Sexual polarity works both ways. Women are very attracted to pretty men and they’re very attracted to men who are in their feminine. Not all women, but know that most women have at least some bisexual feelings. Not all women, but certainly most do.

A lot of women feel a lot of attraction for feminine men. Why? Because sexual polarity is sexual polarity, really. It’s fun for women sometimes to dominate a man, and she can really get turned on by that.

What’s not fun is when nobody’s dominating anybody. Whenever we do just kind of like, “Well, what do you want to do? You want to do it doggy style or missionary?” “I don’t know. What do you want to do?” There’s no polarity there. Got that?

Or you’re fighting for control, you’re like, “Turn over,” she’s like, “No, it’s weird. I don’t like it.” “Yeah, turn over.” “No, I don’t like it.”

You can just see that when you're both in your masculine or both in your feminine, ain't nothing happening. There's no chemistry there.

As a man, there's really nothing wrong with getting in touch with your feminine. Your woman will love it and it's good to be able to play both pieces of this.

You can do this as a man. It doesn't mean that you're not a man to be in your feminine place, which is really getting very sensual with her and being receptive and receiving. When you're getting a blowjob or when she's touching you in some sexual way, and you're being a good receiver, you're letting her know how good it feels and you're telling her, "Oh my God, baby, you're driving me crazy. I'm totally losing control. You're totally in control of me right now," and you're moaning and all this kind of stuff. What happens to her?

Well, she gets super aroused. That's what happens, because the sexual polarity thing works in both directions. It's really cool if you could play both side of this. It will make you much more expert as a lover. To have an orgasm, which is really what this program is about, isn't about being an expert at being a lover, it's just being any one of these things. Any one of them.

More arousal how-to: Sexual thoughts.

If you're thinking sexual things, you're going to be turned on, same for her. All you need to do is make her think sexual things. How do you do that? Well, how about fantasy? That's an obvious one. Fantasy might be "future pacing," telling her what you're going to do…

She's washing the dishes, you come up behind her and you say, "When you're done with these dishes, I'm going to slowly undress you. I'm going to run my tongue over every square inch of your body." You're telling her what you're going to do. That makes her thoughts sexual and she gets aroused. Easy peasy.

Scenario fantasies, like pretending that you're different people, like she's a stripper and you're the guy getting a lap dance who she's actually is secretly attracted to.

Strangers. A big one, you just met in a bar, you don't know each other. "I don't usually do this sort of thing," that sort of stuff.

Just the guy that ravages her. Basically she's being overcome by somebody who's stronger than her and, "Oh my God," playing that in fantasy. Good fun.

Prostitutes, or, "We're making a porn video and we're going to give you 100 bucks and your parents will never find out," all this kind of stuff, all these scenarios are good for creating sexual thoughts, if that's what your woman is into. If she's not, don't worry. Future pacing works fine.

These are coming from the least edgy to the most edgy… Future pacing isn't edgy at all, anybody can do that, I think. It actually is probably edgy for a lot of couples.

You don't have to do any of these. Remember that any one of these arousal techniques will work fine, but I'm giving you options. If you're not a very physical dominant guy but you're a good talker, why don't you try putting sexual thoughts into her head by future pacing and telling her what you're going to do to her and making it sound really interesting.

This is probably the edgiest, which is different characters, like pretending she's somebody else, you're somebody else. Like some movie star, porn star, model. The neighbors, probably the most edgy of all. People she knows. I wouldn't go with her sister if I were you. This gets edgier and edgier the closer people are to you. Of course you could be stuffed animals or characters from Star Wars or whatever that turns you on. Whatever the sexual thought for you.

Other sexual thoughts that have nothing to do with fantasy are being sexually present. Bringing attention to what is, what's actually happening. Bringing her thoughts and attention to what it is that's actually happening. This is an important one to be pretty good at, because a lot of times, your woman is off in some other place.

She could be still stressed from the day, she could be thinking about what's going on with the kids, and she could also be thinking about, "Oh God, I wonder if I'm going to be able to cum." She might have some anxiety around sex itself, or "I feel like I look ugly tonight," or "Do I smell weird? I wish I had taken a shower earlier." All of these things could be in her head.

Getting her thoughts to sexual is sometimes as easy as bringing her into the sexual present that's happening. Like, by saying, "Oh my God, look at how hard you made my cock. Your tits feel so fantastic. You smell so good. I love the feeling of your skin." You're telling her what's happening. You're bringing her into sexual presence. That, again, co-opts her thinking. She can't carry on this negative dialogue if you're talking to her about what's happening.

There's all these other ways of talking to her, again, that co-opt her mind. If you're a romantic guy, you can speak in very romantic terms about your love for her and how beautiful she is. If you can talk for 10 minutes about the softness and color and feeling of her lips, she's going to dig that. Those are sexual thoughts for a woman. She can't really focus too much on her thoughts about things not being cool while she's listening to you say these things. It's hard for her to do both.

Humiliation is a big one. A lot of times, and this maybe goes more towards fantasy, but dirty talk and humiliation like, "Little slut," this kind of thing. That's very very sexual for an awful lot of people, particularly for those people with vaginas. It is very, very sexual stuff.

I'm not going to get too deep into the whole dirty talk thing. I'm going to find a good product that I can recommend on dirty talk. A good friend of mine who's really, really expert on this kind of thing is creating one right now. I'm looking forward to be able to recommend it to you as soon as it's ready, which should be in about a month.

Getting good at dirty talk is probably a pretty good skill to have. Most women really like it if you don't bring it up too soon, and of course some women don't like it at all.

Emotional state resonance. Like I said, this is one of the best how-to's for getting a woman physically aroused. All you need to do is you get aroused first.

What do you do to get yourself turned on? Indulging your 5 senses is the best, because the woman is right in front of you, get yourself turned on by looking at her, by touching her, feeling the texture of her skin, getting really tuned into that and not be occupied at all with getting HER aroused. Totally occupied in her smell, the sound of her breath next to your ear, the sound of her moans, all this stuff, really just soaking in through your senses all on those things that turn you on about this moment, about her, about the way she tastes, about the way she smells, about the way she looks.

You don't even have to worry about getting her turned on because if you're doing a good job getting YOUR SELF turned on, she's going to feel that, and emotional state resonance will take care of the rest.

Do what turns you on first before you bother even turning her on. If you just keep doing that for a while, guess what's going to happen? Particularly, again, if you're not in a state of anxiety, that you're really able to focus on indulging yourself.

Fantasies and sexual thoughts, a lot of men do it. You could be with girl-A but thinking about girl-B. It's not that uncommon. Or you could be having sexual thoughts, like just imagining that you're being watched by a bunch of people if you're an exhibitionist or something that just brings you into your turn-on and your arousal and then share your arousal. This is a big part of it.

If you really want to make emotional state resonance powerful, then being super internal, particularly, if go into fantasy and sexual thoughts, if you're very internal and you close your eyes, then she may not get your arousal. You want to share it, and you want to be generous with your arousal. You communicate your arousal most obviously with words like, "Oh my God, I'm so turned on." That's the most obvious way to … but the tonality of those words is probably going to be more powerful than what it is you say.

The tonality of just that … When she feels the emotional content of what you're saying, and of course the sounds like (groans) and that kind of thing, the grunts and the groans and the sounds. Just like when she's turned on, she moans and it turns you on, that emotional state resonance, same thing.

You can also do it nonverbally, you can share your arousal by the way you touch her. The hunger that she can feel in your fingers when you touch her. The way that you grip her, there's a certain edginess and strength to the way you're holding her arms as you pull her in to kiss her.

She can feel your arousal by your physicality, by your touch. Try not to keep it inside, try and really feel it. The other way to do it is sometimes you're so turned on, just starting at some part of her body or tasting her, that you almost go into the trance of sexuality. Again, that trance can be very internal, but if you look at her, you make eye contact while you're in that trance of super edgy arousal, she'll feel it like a tidal wave of arousal. Really, really powerful stuff.

That covers arousal, gives you a lot of options. A lot of things that you can do to get your woman aroused, and then of course, once she's a little bit aroused, you can go to stimulation and stimulation will get her more aroused and you really can play the game all from stimulation.

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