VIDEO 3

Stimulation: How To Touch Her To Drive Her Wild

TRANSCRIPT



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Alex Allman: You can really play the game all from stimulation from there.

It's worth noting that the most powerful stimulation is arousal. It goes back to the mental - the B-spot, the brain - because orgasm happens in the brain.

Orgasm doesn't happen on some reflexive level the way when you hit the knee and the leg jumps up, or for that matter the way ejaculation is a reflex. Orgasm isn't. Orgasm occurs in the brain, not in the clitoris, not in the G-spot - it occurs in the brain. It's chemical and nerve reaction. It's an electromagnetic reaction of the brain combined with a bunch of chemical releases - it's in the brain.

The most powerful form of stimulation really goes back to the arousal slides. These things get a little bit interchangeable.

Then of course there are the erogenous zones, all the obvious places that you can touch her body. Now we're really getting into the just touching her clitoris or her G-spot, that kind of thing.

Whole body sensuality - women experience a great deal of stimulation in a lot of areas besides just their vagina, or just their nipples. There are smells and sounds and things that turn them on as well.

We get into that and rhythm I'm going to talk about - just really important for sexual stimulation.

Body listening: listening with your body. I talk about this a lot in my book. Listening with your body is about paying attention to what's working. It's really important to not just go off and do a bunch of stuff in the stimulation department without paying attention to what's happening with her. This is why a lot of times when men learn some sexual technique like… I'm going to stimulate the A-spot or I'm going to do this thing where I turn her over and you put one finger in her ass ...

It's all good except that she may not be enjoying it.

It's really important to be tuned into what it is she's experiencing, and you do that by listening with your whole body, by really paying attention to what her skin feels like, how her breath sounds.

It's much more than just a watch and listen; it's really something deeper than that. Really, this last thing here, this body listening thing, is very much what the book Revolutionary Sex is all about. Chapter by chapter I go into all of these different aspects of being a great lover, each one demonstrating how just paying with your body works, because this goes much deeper than orgasm. This is also the way in which a woman also feels your presence. That's a really, really good skill to get.

Let's go into the how to's of this: exactly how you stimulate a woman.

Mental: again, this goes back to arousal. Orgasm occurs in the brain so you can stimulate her by creating fantasy. We talked about that as arousal; now she's aroused you can continue the fantasy and it becomes a form of stimulation - actually stimulating her mind. By the way, you stimulate her mind enough, you don't actually have to put your hands on her body to give her an orgasm. It's a well known fact that if a woman gets aroused enough, she will have an orgasm whether she's touched or not.

Dirty talk, another big one. If you're good at it, use it. It's a really great way to stimulate her B-spot.

Of course, as we were talking about, this emotional state resonance: by continuing to manipulate your emotional state you can manipulate her emotional state. Vice versa, by the way; the more she gets turned on, the more you're going to get turned on. It's one the reasons why men often have premature ejaculating right before she has an orgasm. Why does that happen? Because of emotional state resonance. Because you feel how aroused she is, it makes you really aroused and you can't seem to stop it. You can't stop it because it's coming from her, not from you.

Hypnotic language: hypnotic language is an interesting one. Anybody who's a hypnotist can tell you some of the crazier things that they can do with their wife or girlfriend, because a woman can have an orgasm through hypnosis. You don't need to be a hypnotist to do this. Hypnotic language can probably - just to give an example of how it might work for you if you're interested in this thing - can begin by just pacing the reality of what's happening at her arousal level.

If you've gotten pretty good at that body listening stuff and you know how aroused she is, then you can say, “I can feel that you're getting wet and you're really turned on right now. It turns you on, I notice, when I do this. When I put my thumb in your mouth you're getting turned on. You're getting turned on doing this. Now you're getting even more turned on,” and you can actually walk her this way into an orgasm, all the way.

There are all these possible ways of mental stimulation. The other stimulation we're going to go into next is super helpful but it's probably the only one that's necessary to some degree, because if she's not aroused, ain't nothing else going to happen. None of the physical stimulation is going to work.

Erogenous zones: the erogenous zones really respond powerfully to rhythm, so noticing what works, listening with your body - noticing what works is going to be an important component of stimulating erogenous zones. We're talking about the clitoris, the G-spot, the A-spot, the H-spot which some people use to just mean a deep vaginal orgasm - basically a feeling of fullness when she has a penis inside of her. The labia, obviously. Nipples.

All of these areas are erogenous zones; we know that. Once a woman is aroused, but not until she is aroused, you've got a real opportunity to give her more stimulation and thus increase her arousal with any one of these spots. If you add rhythm to it it becomes even more stimulating. Sometimes that rhythm is very slow, and sometimes it can be very fast, and sometimes in between, but playing with different rhythms will profoundly affect the way she feels stimulation.

Then you've got the ones that are a little less obvious, but these are powerful erogenous zones… Her neck, particularly the sides of the neck and the nape of the neck and the back. Her ears, her earlobes. Her lips, obviously. Nibbling her lips or gently flicking your tongue on her lips. If you're a great kisser - very, very highly arousing. The inside of all joints: that means armpits, inside the elbows. Her wrists, her feet, particularly the soles of the feet. Her belly - these are all areas that are highly erogenous. They're filled with lots of nerve endings and when you stimulate these areas with some rhythm - and we'll go into a little more detail on this of course - you can bring her to higher and higher states of arousal.

Let's look at the erogenous zones that some men seem to be less clued into. This is the vagina and I think you can probably see my mouse arrow there. Up at the top here we have the clitoris. This is the hood of the clitoris right here. Right underneath it a little knob, the clitoris itself - the head of the clitoris. Underneath - the clitoris is actually shaped like a fork, so the little head of the clitoris is going to stick out right here. That's the most sensitive part and direct stimulation on the clitoris can be uncomfortable for a woman. Some women literally can never handle it; they just can't take it. You've always got to be indirect. You never want to go right for that little point.

For most women it's a question of how aroused they are. When they're not very aroused, you do not want to touch the clitoris head. It's way too sensitive and it will be tickly or uncomfortable and make her jump.

The more aroused she is, the more that you can direct more focus right there. For some women, they like it with some intensity, some women not intense at all. This is going to come down, again, to every woman's different. You're really going to have to do that body listening. The clitoris actually continues up into her body a little bit this way and it also forks down the side here, right down the sides here.

Also, this is the labia majora; this is not the erectile tissue but it gets puffy here when she's aroused. As she gets puffy here, that's one of the ways that you know she's aroused. Right here and here there are glands underneath the skin back in the flesh that are part of what makes her wet. Massaging these areas here, gently stroking them or massaging them, can be very erotic.

A great, great, piece of stimulation: the labia themselves. You can stroke them if your fingers are well lubricated either with lubricant or saliva or her natural lubrication.

The urethral opening: be a little careful here. You can give her a urinary tract infection if you give it too much vigorous attention but it's very, very sensitive. All these erogenous zones, again, before you directly go for the clitoris you might want to massage the outside. You could use three fingers against the kind of whole of the top area of the opening and up on the mons here in a circular motion. You'll notice that a lot of women, when they start masturbating that's how they begin, with sort of a broad stroke instead of just flicking on their clitoris which might be very uncomfortable.

On the inside you see the pubic bone here; I've made it white so you can see that it's the bone. You can feel that this is the bone right in the very front at the top of her vagina there. If you reach around it with your fingers and you press in right about here, only two knuckles in you'll find the G-spot. You could also wrap your finger around the bone and press it upwards towards her belly. For a lot of women, that's where they experience the G-spot. I don't know if you'd still call it the G-spot over there.

The A-spot is here. If you reach in - this illustration actually shows it much deeper than it is; it's not quite this deep - you'll feel her cervix, which is the opening to the uterus. It will feel like a round, harder piece of muscle. At the top here in this little pocket is the A-spot and if you press in there either with your finger or your penis, add a little bit of rhythm, and you'll probably have some pretty good results with that.

Of course, if you're large you might want to go down here below the uterus; this is also going to feel pretty good. If you go directly against the cervix, it's going to be painful, and you don't want to do that so you're going to go on an angle down or an angle up, apply a little bit of rhythm.

Little more stimulation how-to for stimulating all those naughty bits with rhythm. I want to give you a little touching skills toolkit…

Maybe I should have called it a painter's pallet. Just like a painter can paint with red, blue, and yellow and make all the other colors - blue and yellow make green, blue and red make purple, red and yellow make some other weird color. As you mix these colors in different combinations you can make a lot of different colors…

In the same way, you should have a little touching skills toolkit. This stuff, for a lot of men this sounds very obvious, but for some men it's not, so I just really want to cover all the possibilities out there - well, not all the possibilities but a bunch of possibilities of how you might touch a woman.

There's squeezing, like you might want to squeeze her hips, her ass, her tits. Squeezing her shoulders - that feeling of pressure can be pleasing. Pressing with your fingers, pressing with the head of your cock, just pressing it up into her A-spot or her G-spot…

Maybe just a rhythm to the pressing, which is different from a thrusting. Teasing or tickling or just that super, light, barely touching or caressing. Caressing I want to say is a little lighter. It's more like the way you would stroke a puppy's ears, versus stroking, which is maybe the way you stroke your puppy's back. There's this different feeling to these things.

There's light slaps, there's a deep pulsing. Sucking: obviously something that you do with your mouth. Flicking with fingers or with tongue. Licking: there's all kinds of different licks. There's different ways of licking, like an ice cream or a gentle lick, or a firm lick. Slurping or suctioning. Pounding: obviously I'm referring to intercourse here. Stretching, pulling something apart. If you had her ass in your hands and you pulled the flesh upwards towards the small of her back kind of stretching her open a little bit - powerfully pleasurable. Pulling, pinching, biting - obviously not too hard unless she likes it hard. If she says harder go harder; try not to draw blood.

Breathing: the feeling of your breath on her skin really can be super arousing. Blowing: lightly letting her feel your breath against her erogenous zones. Maybe first licking her nipples to wet them and then lightly blowing. She might enjoy that, she might not enjoy that. All of these things with some rhythm sensitivity, with this body listening. The feeling of you smelling her, really enjoying that he's smelling me, but also the feeling of the air against your skin as you smell her is arousing. Of course, kissing. There's this whole series of colors her to paint with. You can do all of them in combination. Playing with these things and really playing with the ones particularly that arouse you, because of that emotional state resonance, really makes sex a lot more pleasurable.

How do you paint? A painter doesn't just mix colors, right? He's also painting with, hopefully, some emotional content. Great art comes from emotional content. In the same way, when you're painting, when you're using this touching skills toolkit, it's not the action that makes the difference. It's not just the mixing of colors. It's not just the dragging a paintbrush across a canvass. It's not just squeezing, pressing, caressing, stroking, and slapping, and deep pulsing - it's not that. It's the emotion that you bring to it; it's the psychological, emotional, and sexual content of how you're touching her. It's your arousal while you're touching her. It's who you're being while you're touching her.

Then of course, all of this, as I already mentioned, really comes back to that emotional state resonance which is so powerful. That's really what lets her feel your sexual content in touching her. I talk in one of my programs about selfish giving. It's a really important skill to get that sometimes the best thing that you can give somebody, particularly your lover, is your selfishness, is your desire to satisfy your own sexual desires. If there's a part of her body that you really want to touch or smell or taste, it's generous of you to selfishly take that, because then she's going to get that impact from that emotional state resonance.

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