VIDEO 5

How To Give Her Multiple Orgasms

TRANSCRIPT



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Alex: Multiple orgasms.

Multiple orgasm is pretty easy by the way, pretty easy and some women they just have them, right?

Some women just do it. Really if you follow this other stuff and you keep doing it, you don't stop, magic! they just come again and again and again and again, and then faster and faster, and then they just keep coming and don't come down and they are screaming and going crazy.

Some women just do it, that's how they are wired. They are really, really good at surrender, they are super good at surrender. I call them sexual bungee jumpers, right? Some women make you look like a rock star, it doesn't take a lot of skill, right?

All you really need to do is the other three steps, and just keep doing it, and multiple orgasm happens. They just do it.

Here's the things that you practice, here's a practice guide, okay?

Play with overcoming her resistance. All right, when you give a woman an orgasm, you reach surrender and then you keep going, and she resists… And she's like, "No, no, stop I can't take it anymore!" Okay? Play with overcoming that.

Play with just pushing it a little further, use your emotional state resonance to make her feel the okay-ness of it. All right, she's having orgasm and now she's like, "Oh, I can't take it anymore. Stop, stop, stop." Play with overcoming that resistance.

Maybe hold her wrists down, give her a little male dominance, continue that arousal thing, see what happens, she's like, "Hey, cut it out. I said stop." Then you know, stop don't be an idiot. You can get arrested, right? Let's remember there's legality around here so be playful with overcoming her resistance.

There's different ways that you can do this and this is practice. Right? This is something that you practice, this is something that you keep taking her to her edge and bumping up against it, and see how far you can go without breaking sexual trust.

The more you practice the more expert you're going to be until you can overcome that resistance.

Here's a practice skill: that “Body Listening” thing. That's the best reason for buying my book, Revolutionary Sex, I give a lot of examples for what looks like during the foreplay, what it looks like during orgasm, what it looks like during multiple orgasm, what it looks like.

This idea of really feeling what she's feeling is very much about tuning your emotional state resonance, fine tuning that, really feeling what it is she's feeling.

By the way, women are way better at this than us, which is why it's so important for you to be aroused to get her aroused and you not to have anxiety for her not to have anxiety. Women are naturally gifted at this, they are much better wired for this emotional state resonance than we are, okay?

Practice skill one… what I specifically want you to practice, if you want to get good at giving multiple orgasms, is feeling her orgasm. When she is having an orgasm, open yourself up and feel into it.

Can you feel like right when it begins? Can you feel where it reaches it's peak and then plateaus and then slowly fades out? Feel into her orgasm, the better you get at feeling with her orgasm the better you're going to get in giving multiple orgasms.

Practice skill number two is playing with rhythm while doing this body listening thing. You're making love, maybe she's having an orgasm, maybe she's not, or you're going down on her and she's aroused…

You're playing with rhythm and listen with your body, like feel into it…

How does this rhythm feel to her? How does that rhythm feel to her?

Really get good at noticing the changes that happen in her body when you go very slowly, a little bit faster, very fast, a little bit slower. What does that feel like? What changes happen in her body? Practice that, just practice it while you're making love.

It will be super fun for her, it's not like she's going to be like, "What are you practicing down there?" She's going to be enjoying the whole thing. She's going to feel you're tuning into her which feels great and she's going to feel you're experimenting with rhythms on her erogenous zones which feels great.

This is no lose, right?

Practice skill number three, which is for some reason step number five on the slide… Her orgasmic peak, her breath rates and rhythm, there's a moment where her orgasm peaks in crest, it builds, it builds, it builds, "Oh, my God baby. Oh my God, oh my God!" this peak and then it just hangs in that moment and slowly ... Slowly begins to fade out, right?

You're feeling into that, notice her breathing rate and notice the rhythm that's happening during orgasm. Just noticing, just being really aware. Okay? That's practice skill number three.

You get those things together, multiple orgasm is going to be really, really easy for you.

One of the things you're going to notice probably is she's breathing in a certain rate right at the moment of orgasm. Then at the moment that she comes at that peak, she might have held her breath. Notice that, really feel it, notice how is her orgasm. No two women are exactly the same, okay?

A machine is not going to be able to do this for her but you can. Understanding this little piece of orgasmic peak, breath rate and rhythm. There's five things that I want you to try, these are the things, these little keys that are going to allow you to give her multiple orgasm.

Once, again these are just things to try, just play with this.

You try all these things and you pay a little bit of attention you're going to be very expert in giving your woman a multiple orgasm, okay?

Try this, increase intensity at the moment of peak. Right? At the moment that she peaks, just go a little bit faster and add a little more passion, a little more emotional intensity. Increasing intensity at the moment of the peak.

Two, increase intensity at the moment she's coming down. So maintain rhythm perfectly, perfectly maintain rhythm as you guide her through arousal and the peak of orgasm and then she's plateauing, and then just as she's coming down, increase intensity. A little more speed, little more emotional passion.

Three, try increasing intensity right before she comes down. Do this in order by the way, because if you can succeed at the first one and then succeed at the second one, then that means that you know the moment of peak and the moment she's coming down.

Once you get that, and every woman is different… how long that moment of plateau is going to last… once you get that, you will have the expertise to notice that moment right before she comes down, and increase intensity right there.

Four, try this one. Ease off at the moment of peak or right before… so in other words she's climaxing, she's in her orgasm screaming, reaches the peak… just that split second before, just as she peaks, slow down a little bit, ease off the intensity a little bit.

Slightly slower in speed of the rhythm, slightly less emotional intensity and see, what ought to happen is that should prolong the plateau of orgasm, longer and longer.

Then you can resume the rhythm that brought her to orgasm or even increase intensity which is the last one. Ease off the moment of peak and then right before she comes down, increase intensity.

Resume intensity increase intensity.

Play with those five things, practice them, play with them, practice them and multiple orgasm is yours.

It's really this is it, that's it in a nutshell. You get thee skills down. Different women respond differently to these things, but one of those five is going to unlock her.

By the way, any one of these are probably going to result in multiple orgasm. Every one of them, but in different ways.

Some woman it will be multiples, sometimes it will stack, sometimes they'll just really prolong, everyone is different.

You're going to find the one that's really primo for your woman and that's the one… That's the woman that really counts.

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