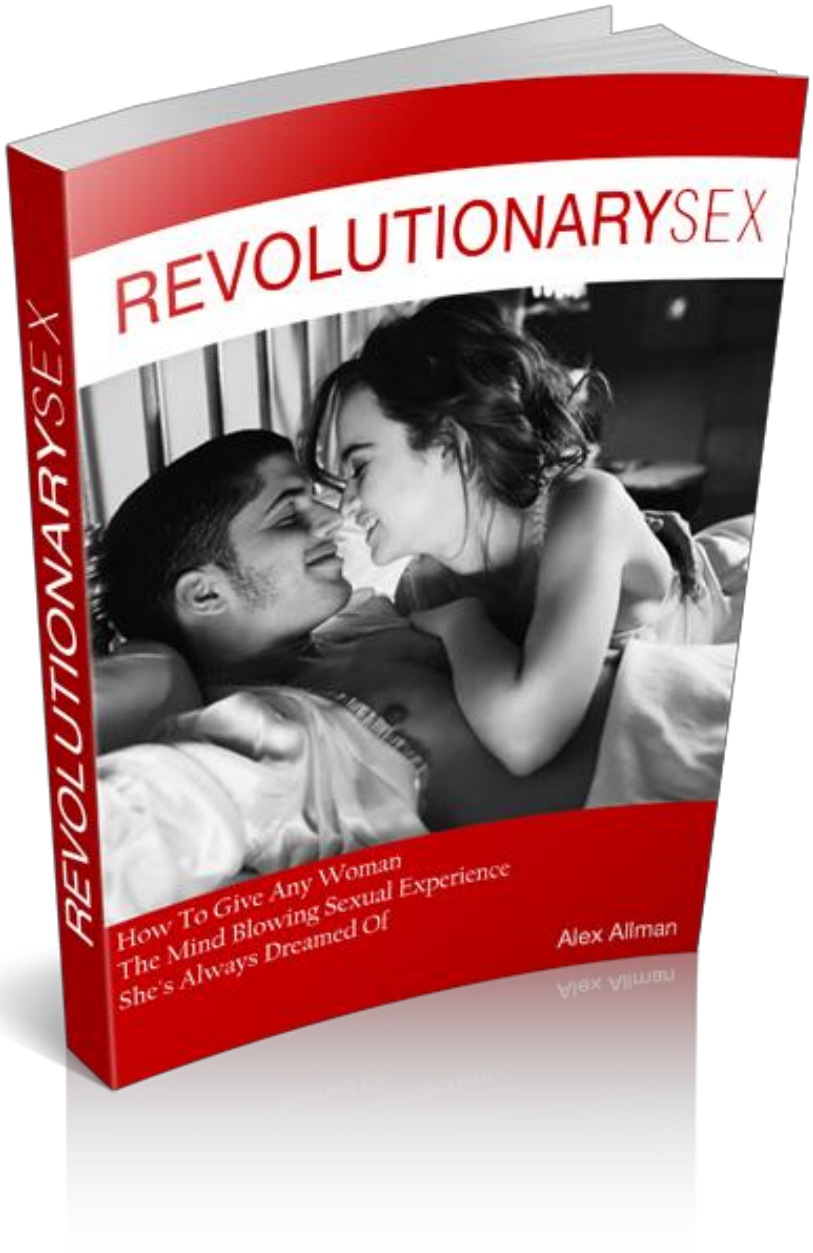


By Alex Allman

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Personal note from the author: This book represents years of my life, countless hours of research and interviews, and I rely upon the sales of this book to put a roof over my head and bread on the table. Please consider me prior to re-distributing or copying this book. Thank you!

Acknowledgements

The existence of this book owes everything to my friend and mentor Eben Pagan, who first said to me over lunch: "A lot of men have a lot of pain and frustration around sex and sexual performance... you really need to write a book about your ideas."

The credit for the fact that this book made it into your hands also goes to Eben, who tirelessly mentored me through the process of turning my book into a successful online business, helped me to reinvent myself from starving artist to powerful contributor, (tenaciously explaining and re-explaining the ways of business to me in the face of substantial, pig-headed resistance), and handed me the keys to a life of incredible satisfaction helping men, women, and couples enjoy better sex and more intimacy in their relationships.

Eben, Thank you!

I owe everything of importance that I know about sex, life, and myself as a man, to the divine intelligence in the Universe that blessed me with the most powerful and brilliant women, who miraculously graced my life with their wisdom, love, trust, and intimacy. I will withhold their names for their privacy, but those names are deeply and forever inscribed on my heart. My gratitude is unbounded. I love you more than mere words could ever make sense of.

And, of course, I need to thank you, my reader. Not only have my readers been an enormous source of research, information, questions, and occasionally guinea pigs in my growing understanding of the deep mysteries of sexual pleasure... but also it is ONLY because of you that I get to make my living studying and writing about everyone's favorite subject.

Because of you I have a business which serves love, relationships, and the life-happiness of real, live individual men and women around the world. Wow. I am a very, very lucky man.

Thank you.

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Foreward: About Me

Is there a special, secret technique that will ALWAYS work?

Is there a secret, special, *simple* technique that will work on any girl, anywhere, anytime, that will get her off harder than anything she has ever experienced before?

The short answer is: Yes.

But the long answer is going to require a book full of techniques, ideas, secrets, and even philosophies to understand.

This book.

If you really want to gain incredible mastery in this area, if you want to be the kind of lover that women brag about to their friends, continue to be magnetically drawn to for a lifetime (or fantasize about years after you break up), then it is important that you stick with this book all the way to the end.

It would be easy to just learn some techniques for keeping your erection harder for a longer time (in the "You" section of the book), and stop there, or read a technique for stimulating her clitoris that will drive her wild (in the "Her" section of the book), and stop there… but those are the least important aspects of what makes a great lover.

That stuff is just the mechanics. And women don't go crazy for even the best mechanical lovers.

They go crazy for *passion*, *intimacy*, and a man that can *listen* to their body and understand what it is saying to them.

And the key to becoming that kind of lover is exactly what I will communicate to you, man to man, in this book. I believe to understand it properly you will have to read through to the end.

Let me begin by telling you a little story....

A few years ago I was in bed with a woman for the first time, giving her what I thought was the time of her life. Judging from the noises she was making, I was driving her crazy with pleasure… which was my intention, because I really liked her and could see her being part of my life for a while... plus, the first time with a new girlfriend is always a bit special.

Then something strange happened. About ten minutes into the actual intercourse part of the sex, she put her hands on my chest and asked me to stop, and then, almost tearfully, she asked me if she was doing something wrong.

To say the least, I was confused!

Then she told me that she was having the best sex of her life… but that she couldn't understand why I hadn't come yet… she had never been with a man who had lasted over ten minutes before… and because I was so PASSIONATELY into what I was doing, she was sure that I was about to come… and then didn't.

So she was worried that I was trying hard to come… but couldn't get there because she was doing something wrong or because I wasn't attracted to her enough.

Here's another little detail: This woman was no virgin, and no inexperienced teenager. She was over 30 and had plenty of boyfriends in her past, both long-term and short-lived relationships over the years.

It was one more confirmation that the things that I was doing in bed that I thought were ordinary… were not.

But more than that, I realized that it was not hard to be an amazing lover… because most other men, truly, are completely clueless when it comes to giving sexual pleasure to a woman.

When I realized why she had stopped me, I gently stroked the hair from her face, and reassured her as honestly and sweetly as I could that she was doing nothing wrong and that I found her very attractive… because I could see that she really was feeling insecure and worried.

Then I gave her an evil grin and told her to fasten her seatbelt, because she was about to have a seriously wild ride.

Although she had brought herself to orgasm before with a vibrator, that night was the first time that she had ever had an orgasm with a man.

After this experience, I began to seriously consider writing a book… and so I began to more actively try to figure out what I was doing differently from other men, and what MORE I could do to improve my sexual relationships with women.

For what it's worth, I was not born with any special skills except for one: I am an exceptionally good listener and communicator.

The women that I have dated over the years felt extremely comfortable in talking to me about their sexual needs.

And I listened.

And I learned.

And I continued to seek out new experiences and new learnings where I could - with the help, guidance, and wisdom of lovers who I must bow down to in gratitude (and whom I will can only acknowledge anonymously to protect their privacy)...

Lovers who gave me not just knowledge, but the courage and understanding to mine the deepest levels of my own insecurities and helped me explore the corners of my own fears, and to map all of the areas of my own sexual programming that were outside of my comfort zone.

And, of course, after putting my money where my mouth was and writing a book, I was exposed enough to continue to learn.

I have been extraordinarily blessed to have had many, many women trust me enough to guide them through their first orgasm, or their first orgasm during intercourse. And I am profoundly grateful for the privilege of having those experiences and giving pleasure to people I have cared deeply about.

If you are asking yourself: "Who is this guy that he is such an expert that he can teach me about being better in bed?"

Then let me answer, that I do not consider myself an "expert" at all…

Rather I consider myself a lifelong student. And if you are reading this book then you are a student too…

So From One Student to Another….

I'd like to share some interesting ideas that I have, and some amazing discoveries that I've made along the way. I think some of them will blow your mind…

And I'm certain that some of them will blow your partner's mind!

Speaking of your partner…

A very important part of gaining mastery in the bedroom is practice.

The good news is that practice is really, really fun, and often incredibly emotionally rewarding.

The bad news is that it can sometimes be challenging to find a practice partner…

I am assuming that you already have a consensual sex partner, or that you know how to attract one into your life and you are preparing for that next date or girlfriend…

That said, being extremely confident in your ability to please a woman is something that women CAN sense, and many women that I have dated have told me later that they were initially attracted to me because they could "sense" that I was sexually confident.

But the reverse is also true… being confident in general both attracts women, and can make you a better lover in bed.

However, if your primary goal is to find out how to attract more women into your life, be more confident in approaching women, get more dates with more beautiful women, and have the ability to confidently meet, date, and ultimately seduce women into your bedroom, then the book that you should read first is "Double Your Dating", by my friend David DeAngelo.

Dave and I have worked together in the past and it was he that encouraged me to finally stop THINKING about writing this book, and actually start WRITING it.

His ideas have been incredibly influential in my life. So if the subject of becoming more comfortable meeting women, and learning to have more women, or more options with women in your life is a subject that hits home with you, then I very strongly recommend you check out his website and get his book HERE.

So what about that simple technique that will work on any woman to give her the most amazing sexual experience of her life?

I could say Passion.

I could say Sexual Confidence.

I could say Intimacy and *Erotic Trust*.

I could say learning to "Listen With Your Body"

...These are the 4 Pillars of Sexual Mastery.

They are each, individually, good answers to the question, and all of them, as I hope you will see by reading this book and understanding how they apply from many different angles, are actually different aspects of the same thing.

To learn how to apply these ideas to become great in bed, you have to learn the central actions that stitch them all together into one understanding.

That is what this book is all about.

Chapter One: You

Chapter One….:

- ✓ Being Sexually Attractive
- ✓ Performance Anxiety
- ✓ Lasting longer in the bedroom

Being Sexually Attractive

We like sex better when we are more attracted to our partner.

Sexual arousal comes from attraction—so obviously one factor in being better in bed is being more sexually attractive to the woman that you are with.

For men, sexual attraction is largely a matter of physical appearance.

But when a woman says that a man is sexy, she is frequently not talking about what he looks like.

Many women say that actors like Vin Diesel or James Gandolfini are sexy. But neither of them have obvious good looks in the way that Tom Cruise or Brad Pitt do. So obviously, sexy for a woman is far more than a pretty face.

Sexy to a woman is usually about CONFIDENCE and PASSION.

There is an old cliché that says if you want to be attractive to women, "just be yourself."

For many men, this just doesn't make any sense. How can you be anything BUT yourself? And if being yourself hasn't been attractive to women in the past, how is it that it's going to work now? What if your "self" isn't confident?

Well, it turns out that the statement, "just be yourself," is true. It's just that it's in code.

It is not the "self" part that is necessarily attractive to women. After all, the self (at least the outward facing, ego personality self) of every man is different and we can't all be equally attractive.

No, the key is in the "being" part of being yourself.

Most of us put on all sorts of masks and filters during the day. We have little acts that we do to talk to our boss or on a job interview, or when talking to an attractive woman. These acts protect our ego.

Having your act rejected is much easier than the possibility of having your "self" rejected. Dropping that act, and just being yourself—your flawed, strange, true self, is an act of incredible courage and confidence. It is hard to do.

It takes balls.

The decision to be vulnerable, not in the soft and "easily hurt" definition of the word, but the willingness to expose ourselves without defense, is very scary… but once the decision is made and we are revealed, it is far EASIER than continuing to pretend.

It is also incredibly attractive.

It is the most powerful and real way that a man can display confidence. And confidence is sexy.

Likewise, passion is sexy. Any display of passion is attractive to a woman. Women respond to men that are moved deeply, not moderately.

But the truth is, at its core, passion IS confidence.

Most men DO feel strongly about things… they are just too timid and fearful of humiliation to release their passions. It takes massive confidence to display passion.

And being capable of displaying sexual passion indicates enormous sexual confidence.

This might not make perfect sense right now, but I'm going to talk a lot more about passion and confidence in the following pages. And by the time you finish this book, I think you'll understand exactly how to become more sexually attractive to the woman that you are with.

Performance Anxiety

In Bed with a Beautiful Girl and Can't Get It Up: How to Beat Performance Anxiety.

Everyone's been there.

Whether you're an inexperienced kid or an alpha-male player-supreme, every guy has had the experience of being in bed with a woman who he was really horny for… but somehow… for some reason… he couldn't get hard.

Even me.



The thing that makes it so damned frustrating is that not only does it suck when it happens, but it has this annoying habit of lodging in your brain.

The moment you realize that you're having "performance trouble" it's difficult to think of anything else. As you sit there trying to get hard, it gets… smaller! Gaaaghhh!

And then, the next time you are with that woman… or even the next woman… you remember what happened, and suddenly that's all you can think about… and… it happens again!

Here are some really good tips that will definitely help you beat this problem the next time it happens to you.

I read some stuff by the experts, and most of it was too obvious to even matter. Most of the articles you'll find by psychologists say that it could be stress at work, or in your personal relationships, or unrelated to sex.

Sure. I'm sure that happens sometimes.

And, as every man knows, sometimes it happens for just no reason at all. The penis sometimes has a mind of its own…

But you and I know, that most of the time it's the stress of being in bed with a hottie that you want to impress. It's from thinking about how you want to be good, wondering if she'll think your penis is big enough, wondering if the last guy she was with was better than you, or whether or not you'll be able to make her come.

Even if you are in a long term relationship (or even married) it can be the same thing. You are feeling like maybe she is unsatisfied sexually, you are worried about what might be going on in her mind. You are afraid of losing her…

You've just got too many thoughts swirling around in your head…

And often it's the closed loop of worrying about whether you'll be able to get it up that causes you to not be able to get it up.

So, basically, the problem comes down to the simple fact that it is worrying itself that causes the problem.

The obvious solution:

Don't worry.

Obviously the bigger question is, *how do you turn off your worry switch?*

Okay, so you're with a girl and suddenly you find yourself having performance trouble. What do you do?

1. Important Facts to Remember

Well, first of all, lodge these facts firmly into your brain—having mastery of the facts of a situation is always the first step in reducing worry:

ALL guys experience this. You are NOT a freak. You are NOT inferior. You have NOTHING to be ashamed of.

Because all guys experience it, virtually all GIRLS have experienced it too. It is very unlikely that you are the first guy she has been with who took some extra time in getting it up. It is part of what is NORMAL for sex.

If you are patient and don't just get freaked out, embarrassed, or angry and just give up, you WILL be able to get hard eventually. It's just a question of how long—and seriously man… what's your hurry? You got another date lined up for later in the evening? Chill.

If you're over 35 (or 45, 55, 65…) it will take LONGER to get hard. Longer than what? Longer than it used to… which may make you

worry that you're having trouble getting it up, when, in fact, things were just fine until you started worrying about it.

Oh, final important fact. If you have trouble achieving or maintaining an erection during masturbation as well, it could the sign of a serious medical condition.

You need to get over your embarrassment and set up an appointment to see a doctor.

If this is you, stop reading and do that now.

2. Becoming "Present"

Recognize that the problem is in your brain.

Instead of focusing on delicious sex, your brain is now focusing on too many different things… what the Zen masters and Yogis call, "chattering monkey mind."

When you should be focusing on the hot chick in your arms, you are focusing on a million other things—worry, fear, anxiety, embarrassment…

You are getting trapped inside your own head.

The Zen masters and yogis will tell you that the way to quiet the "chattering monkey mind" is to become "present."



This is such good advice that I need to spend a few paragraphs translating it, because if you do succeed in becoming "present," you will absolutely have no trouble getting rock hard on the spot.

Being "present" means exactly that… quiet the mind and experience the "right here, right now." The past is gone — why focus on it? The future is unknowable — why worry about it? Right now, in this very instant, is when you are alive.

Live in the present moment. This is good advice for life, and it is very, very good advice for performance anxiety.

Now the mind spends all of its time in the past (reliving regrets and victories and nostalgia) and the future (worrying, planning, and fantasizing). The mind is, by definition, not present.

Your consciousness (the real YOU that's watching the show) is aware of the world through either the filter of your mind, or through the 5 senses. And in contrast to the mind, the 5 senses are, by definition, giving you information about the present moment.

In other words, to get past the struggle of the worry and anxiety in your mind, you become present by focusing on the information coming to you, RIGHT NOW, through your senses.

And yes, I am going to highly recommend that if you have consistent problems with anxiety preventing you from performing sexually, that you should take up yoga or meditation to learn the SKILL of quieting your mind and becoming "present."

This is something that you can actually become better at with practice—like a muscle that gets stronger. Learning it and practicing it in yoga or meditation will allow you to succeed more easily at achieving this "present" state when you are in bed.



3. Be Patient with Yourself

Getting embarrassed, angry, or judgmental with yourself is going to get you even further into your own chattering head.

Not only will you be worrying about not getting it up, and the worrying about worrying about it, but then you'll be angry and embarrassed about worrying about it… etc.

So, as a first step, just chill and forgive yourself. Remember that it's COMMON, not weird. Remember that you CAN get out of it. And relax.

I know it sounds cheesy, but seriously man—love yourself first, and then you can worry about loving her. (And no, I don't mean jerking off).

4. Say Something

One by one, you have to deal with and quiet the worries in your head. And one of the things you might be worried about is… *has she noticed yet? Is she thinking, "Oh no, this guy can't get it up."*

What is she thinking?

Aw, man, as if there wasn't enough going on in your head, you start thinking about what's going on in HER head!

I recommend you stop worrying what she MIGHT be thinking by TELLING her what to think.

Smile, tell her that you're feeling a bit stressed out but that it's not a problem. Tell her that if she's patient that she will be well rewarded and reassure her that you are enjoying touching her and sharing physical pleasure with her even if your penis isn't joining in yet.

Now this is important:

It is not your words, but the quality of your voice that will reassure her. Don't be tentative or embarrassed. Say these things with confidence, ease, certainty and calmness.

If it is no big deal to you, it will be no big deal to her.

The tone of your words will reassure her, and she will, I promise, smile and melt into your arms. She's insecure too, after all. She is afraid that she is not turning you on, that maybe she smells bad or doesn't look as good naked as she did with her clothing on… and she will be receptive to your fingers and tongue and enjoy herself fully if she KNOWS that you are comfortable and confident and enjoying yourself.

And when you are confident that SHE is enjoying herself, it will quiet one of those chattering monkeys.

5. Forget the Fantasies

The most common thing that men will try to do to get past performance anxiety is to fantasize about something that they know from past experience will turn them on.

Come on, I know you've tried it…

And so you know it doesn't usually work.

It's normal to try fantasizing about the last porn that you jerked off to, because, well, it worked for you when you were jerking off, right?

But now you are not jerking off… and the fantasy is just ONE MORE DISTRACTING THOUGHT crowding into your brain.

It MIGHT work because at least it gives you SOMETHING to focus on. But more often than not, it is just another distraction. And it will seriously take away from your enjoyment of the woman that you are actually with.

However, it is a really, really good idea to have SOMETHING TO FOCUS ON.

In meditation they sometimes use a gong, or a chant (mantra), or rhythmic breathing, or a candle flame to draw the focus and quiet the mind…

Here's something better:

6. Focus on Her

Okay, this is the big key. If you've been following along so far, consider the first 5 steps groundwork.

This is the actual key that will unlock your raging, monster hard-on.

And I promise you, if you follow the steps above— be patient, remember that it's no big deal, talk to her, focus on the PRESENT— and then you follow this last step, you will succeed in breaking the cycle.

Of course, the most common thing for a man to focus on in this situation isn't fantasy… it's his own limp dick.

Forget about fantasy, forget about your erection. It is not your hard-on, sex, her orgasm, or any of those things that should be in your head.

Like the candle flame that focuses meditation, just empty your head of everything except for her body, the sound of her breath, the smell and smoothness of her skin.

Drink her in.

Get out of your head and focus on the present, the actual moment, the sensory experience of touching, hearing, smelling, tasting, and looking at your woman.

Being PRESENT, and paying attention to, and taking pleasure from the feel and smell and look and sound of your lover is also a major key to being good in bed.

She will FEEL your attention and focus, and she will love it.

If you just keep working to focus on only the sensations of her body, continue to relish and enjoy the sexual and sensual pleasure of touching her, tasting her, kissing her and making her come with your fingers or mouth, you will be having GREAT SEX with or without that hard-on.

As each stray, chattering monkey enters your head, just relax, let it float right back out of your head, and focus more deeply on the present sensations of enjoying her body.

You don't need to know anything else. The rest will happen quite naturally.

7. The Other Stuff

Okay, the above information is ALL YOU NEED.

The rest of this is informational and I'd be okay and you'd be okay if you stopped reading here and skipped the rest of this chapter. But here are some details that you might be curious about…

Very often the chattering is coming from the "judgment" part of your brain, and alcohol can be pretty good at shutting down your judgment.

A drink or two might help.

Or it might not.

If a drink helps you relax and calm your mind, then it might not be a terrible idea. But be aware that there is also a chance that it will make it worse. If you want to experiment with it, I'm not going to call you names.

A no porn diet is a very good idea.

If you jerk off too much it can be a factor in having a lower sex drive when you are with a real woman. It can set weird expectations of what she should be doing. If you fantasize about women who behave in certain ways over and over and over again, and your real woman does something that is even slightly different, it might interrupt your normal arousal pattern… then you notice that you're not getting hard, you start to worry, and… suddenly you are in the middle of a bad cycle.

Also, porn trains your mind to seek arousal only through the visual sense… whereas in real sex, you are often too close to really the see the stuff you're interested in. Real sex is not ultimately a mainly visual experience, but rather a mainly TOUCHING experience.

Try cutting out the porn for a while. It might be a good idea anyway!

Herbs and supplements sold on the Internet don't work much. Even pro-testosterone pills you get from the vitamin store for body-builders probably won't help in a meaningful way. Increasing your sex drive is very seldom the problem. And most of these herbs and supplements won't even do that.

They are virtually all just scams designed to use your insecurities to separate you from your money.

Viagra, Cialis and other pharmaceuticals will work.

Yes. They will work. Absolutely.

But I recommend that you don't go that route. Work through it yourself man. Don't start using a crutch before you break your leg. You will be a better man and a better lover if you do this yourself.

Some men who go this route end up dependent on the pill for their confidence in bed, which is sad because they have no problem getting it up when they masturbate, so this dependency just makes them feel more and more inadequate about themselves.

That said, if you continue to fail, the boost in confidence that Viagra (or its competitors) might give you the *first* time you have sex with a woman might allow you to then have normal sex with her without the

Viagra the next time you are together. The choice, ultimately, is between you and your doctor.

Lasting Longer

How to Stay Hard Long Enough to Get Her to Beg for Mercy… Or At Least Be Fully Satisfied.

A lot of men who think they have a problem in this area… don't.

The world is filled with *stories* about four hour sex marathons.

Whatever.



The vast majority of women that you are likely to encounter in your life could not tolerate the soreness that one hour of constant sex would cause. Certainly it is not something that a normal woman desires.

If you consistently last more than ten minutes of actual intercourse, your women are probably very satisfied in that department. If you consistently last twenty minutes, your woman brags about you and is frequently sore the next morning.

Love making can certainly last for hours—but those hours will include lots of cuddling, oral sex, stopping and talking, lots of kissing and petting, and even getting up occasionally for a glass of water or a snack… and it may include several 5-20 minute sessions of intercourse.

Constant intercourse for more than 30 minutes is never necessary, and rarely appreciated by your partner.

So if you can last for 10 to 20 minutes, and you want to become better in bed, I'd suggest that there are other chapters in this book that will give you much more improvement in driving her wild than lasting longer.

For other guys though, lasting long enough to satisfy the woman that they are with can be a challenge.

If this is something you are working on, then this will sound familiar:

You finally have her back in your bedroom…

Maybe this is a girl that you talked to on the phone for weeks, then went out on several dates with, each time together, slowly building her trust…

Or maybe you just met this woman tonight at a bar… but she represents the dozens of failed attempts finally paying off, and finally this is the one to agree to come home with you and you can feel that everything is going right…

…And she does not resist when you slide her panties off of her hips… she doesn't freak out when you put on the condom… and she opens her legs for you and lets you slide it inside, and…

BAM!

You come in under 20 seconds.

Sometimes it just sneaks up on you and you lose control before you know what happened…

First time over-excitement?

Sure. But for a lot of men, this is a very consistent challenge, even if they have been in a relationship for years.

For other men, the issue with lasting longer in bed isn't ejaculating too soon, but maintaining a strong, hard erection.

Of course, every man is different, but typically, younger guys have more problems with the first case, and older guys have more problems with the second.

Either way, it's frustrating for her (whether she says anything or not), it's frustrating for you (because you didn't get to savor the experience of having sex with her), and it's embarrassing.

Also, it's a pretty sure way to make her less than enthusiastic about continuing to see you.

Don't worry. There are plenty of ways to fix this situation… though it will probably require some work and some time on your part.

What Causes It?

In looking to solve a problem, it makes sense to briefly go over some of the things that might have caused the situation in the first place.

One of the most common reasons that men come too quickly is bad habits learned while jerking off. A lot of guys grew up in an environment where privacy was difficult, and so the goal of masturbation was to get it over as quickly as possible to avoid getting caught.

For other men (and I know a lot of guys reading this will be nodding their heads in agreement), because they sometimes have challenges getting hard in the first place (see the last chapter!), they work so hard getting themselves excited to be sure they will be hard enough, that they end up practically ready to explode by the time they get to the actual sex part.

They are trying too hard to get hard.

Sometimes it's just the opposite—for some men being nervous makes it difficult for them to get it up, but for others, getting nervous makes them come too quickly.

Nervousness is basically always a negative when it comes to being good in bed as a man…

Which is why, for many men, these problems that they have with a new girl (whether it's performance anxiety or premature ejaculation), go away once they've been seeing her for a while.

Then the problem is… how to get a woman to keep seeing you for a while if she is not enjoying the sex!

A major factor for the other men—the ones who can't stay hard (or hard enough) for a longer period of time—is general health, fitness, weight, and substance abuse issues like smoking, drinking, or other drugs including doctor prescribed medicines.

And this is a good place to start…

Exercise

Exercise can be an important contributor to becoming a better lover.

It is true that some men who are not particularly physically fit can have great control over their erections and be great in bed… but for many men, being fit can make a very significant improvement in their abilities.

Being in good cardiovascular shape—jogging, long walks, cycling, skipping rope, stair climbing, elliptical machines, and other exercises

that keep your heart rate elevated for at least 20 minutes are the key here. At least three times a week is necessary to make steady improvement.

Remember, your penis gets hard when the blood vessels open up and fill with blood. This is very directly affected by your cardiovascular condition, and if you are easily tired out when having sex (especially if you are on the top), then you already know how this can affect your erection.



Weight training is important too, since it makes you stronger, improves your vascularity (blood flow), and elevates levels of testosterone in the blood.

And of course, eating a healthy diet is important as well. Losing weight and quitting smoking will promote better blood flow to ALL of your important parts.

I recommend that you do all of these things—not only to become a better lover, but to lead a better life. You don't realize how important this is until you actually get yourself into better shape—when you do, it's such an improvement in your life that sometimes you can't believe you ever lived any other way.

There is one exercise in particular that very directly affects your ability to maintain a hard erection…

Kegels

"Kegels," or Kegel compressions, (named after Dr. Arnold H. Kegel who originally came up with them for women experiencing incontinence) is an exercise that directly works the muscles that allow you to get and maintain an erection.

The muscles we're talking about are called the pubococcygeus muscles or the "pelvic floor." And unfortunately, there is no way to strap weights to them to do proper resistance training…

So the only way to really work them is with "isometrics," which is basically just squeezing the muscle by itself. Isometrics work. Charles Atlas, the guy that used to run those ads about the "98-pound weakling" that gets sand kicked in his face in the back of comic books, made a fortune (and a very muscular body) doing nothing but isometric exercises.

So Dr. Kegel figured out that the best way to strengthen these muscles that both help you maintain your erection and hold back from coming, was just to flex them in multiple repetitions and sets.

Here's how…

First you've got to figure out where they are and how you flex them. The easy way to do this is to go to the bathroom and take a leak…

While you are peeing, squeeze the muscles that let you stop the urine stream before you are done.

Congratulations, you just did a Kegel. These are the same muscles that you will want to strengthen to get a harder and longer lasting erection.

Now, once you've figured out how to do them, you don't need to be in the bathroom. In fact, one of the nice things about Kegel compressions is that you can do them ANYWHERE.

Personally, I like to do them while driving. But it's just as easy in bed in the morning or evening, sitting at your desk at work, or while having lunch with friends… nobody will ever know.

In fact, I'm doing them right now. (Just kidding… but I COULD be!)

Large studies have never been done and different experts disagree about how much is the right amount for Kegel training, but I recommend the following exercise regimen:

Do 50 repetitions of quick squeezes, followed by 10 repetitions of holding the flex for 5 seconds. Rest for 10 to 30 seconds and repeat until you've done 4 sets of each. The whole "workout" should take less than 10 minutes, so if you drive to work in the morning, you should have no problem finding the time to do your Kegels five times a week.

You can work up to 100 repetitions quick, and then try 10 repetitions of holding the flex for 10 seconds.

Not only will you begin to notice a dramatic improvement in your erections in a few weeks, but you will be able to hold back ejaculation by squeezing these muscles within a month or two and, most men who do this exercise report that you will experience more powerful orgasms when you do come.

Nice.

How's that for some great reasons to "just do it."

The Second Round Rally

The vast majority of women will not mind if you come immediately when you have sex with them… if you can get hard again in a reasonable amount of time and you can last longer on the second try.

For many younger guys who have problems with premature ejaculation, this is the easiest answer to the problem.

Normal women enjoy sex even when they don't come. And most women kind of like the idea that they are so beautiful and sexy that they made you completely lose control and come within 5 seconds… It makes them feel attractive and desirable, and everyone likes that.

It's a good idea to not tell them that this "always happens." Let her feel special about it, and turn the negative into a positive.

But even though she may enjoy the idea that she is so attractive to you that you lost control… she will also want to enjoy sex with you for a longer time and have her own orgasm.

The orgasm part you can handle with oral sex or your fingers… but she will still likely feel cheated out of intimacy if you don't get hard again and have intercourse with her… for at least a couple of minutes, and hopefully long enough for her to have another orgasm through sex.

If it takes you 15-20 minutes to get another erection, which is about normal, you can again look at this as a positive thing—it forces you to have a nice long session of foreplay, and she will appreciate it.

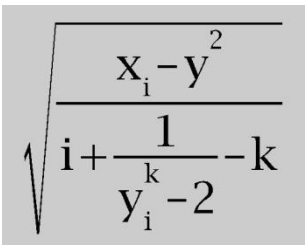
If, on the other hand, it takes you an hour or more (the part about exercise above will help here as well), or if you still have problems with premature ejaculation on the second round, then you will need some additional tools to help you solve this problem…

Multiplication, Division, Addition and Distractions

This is the old fashioned, typical method of delaying your orgasm… trying to think about something else.

It works reasonably well for most guys.

Whether it's thinking about baseball statistics, doing mathematical operations in your head, or thinking about some ugly guy at work that smells bad… getting your head out of the excitement will usually allow you to last longer.



Unfortunately, it also takes a lot of the fun, and almost ALL of the intimacy out of sex.

The whole point of having a living, breathing (hopefully moaning and screaming) girl in your bed instead of just jerking off, is so that you can enjoy her and she can enjoy you… it is a shame to have to focus on something else.

For that reason, I could never recommend this approach—though it may be effective for you.

Relaxed Breathing

Psychologists learned many years ago that the emotions and the body are closely connected.

When we are happy we smile. Obvious. But less obvious is the discovery that if you smile, you will begin to feel happy. Through a lifetime of repetition, your brain has linked the emotion and the physical act.

It actually works.

Likewise, your brain has linked things like nervousness, pain, and sexual excitement with shallow, fast breathing.

A very effective way to control coming too soon is to just focus on slowing down your breathing. This will signal other parts of your body to relax and calm down as well - especially if you focus on breathing deep into your belly, not up in your chest.

A great way to really calm things down and take control is a technique from meditation practice called "Triangular Breathing."

Begin by inhaling as SLOWLY and as deeply as you can. Fill your belly, then your ribs, then your upper chest until you have completely filled yourself up with air. Try doing it so slowly that you can count slowly to five…

Then hold it. Again, slowly counting to five.

Then, slowly, exhale, again to the count of five.

5 seconds in, 5 seconds hold, 5 seconds out. Like the three sides of a triangle.

You can make this even more powerful by adding a "visualization" element.

Try visualizing the triangle in your mind, and then see your breath as a light that travels along each side of the triangle. You don't have to close your eyes to do this.

It is very relaxing and it might allow you to keep your focus and your attention on the girl instead of baseball statistics.

Try it out.

Numbing Creams

There are many products on the market that contain Novocain and other topical anesthetics that numb the nerves in the skin of the penis.

The most popular way to use them these days are with condoms that come coated on the inside with numbing cream—most of the major brands sell them, and they are usually labeled with something like "pleasure delaying lubricant" or some other phrase like that.

They work well for some men, but also have some very serious drawbacks...

Here are a few things to consider if you are considering numbing creams:

- Some men find the sensation of a numb penis to be unpleasant.
- Some men find that they work TOO well… and they can't come at all!
- Be careful about not getting any of it on HER or she might not be able to come either… and that is not the idea behind the product. Worth noting that this is much easier said than done, it's hard to keep the stuff from spreading.
- Though the numbing creams are very convenient, they are not ideal since it is more likely that you will get some on her (see

above)… ideally, you want apply the cream or spray, let it take effect, and then thoroughly wash it off before sex.

- If you use the condom version, remember to wash it off if she wants to give you a blowjob afterwards—or she will have a numb mouth and, with both of you unable to feel what's going on, she could accidentally injure you with her teeth (yikes!).

Passing the Threshold

If you feel that you are becoming too excited and that you are about to come, you probably already know that you can pull out and calm yourself down.

But usually, when you begin again, you very quickly end up back in the same place, feeling that you won't be able to hold back.

Again, you may pull out and calm yourself down.

What you may not know is that if you keep doing this, eventually, you will probably reach a threshold where it will become easier and you won't become as excited as quickly. Eventually, in fact, you will be able to hold off ejaculation at will.

The problem is this might take a very long time. You may have to start and stop a few times… or dozens of times.

This can sometimes take more than a bit of patience, and you may have to deal with significant frustration from the girl…

From her point of view, every time you stop you are also delaying HER orgasm. She is going to want you to continue. And she will probably begin either begging or commanding you not to stop.

If you can deal with your impatience and her frustration and not give in to her begging and her demands, you will eventually pass the threshold, and you will both be very glad that you did.

The best way to do this?

Make it a game and just re-frame it as teasing her. Stay very confident and cocky and control the "psychological frame" and she will not only buy it… she'll enjoy it.

The "*Whole Girl Experience*"

This technique doesn't work for every man, but it is worth working on because it is one of the best ways of controlling ejaculation, and really improves the entire experience for both you and the woman that you are with.

For some men, the problem with coming too soon is based on focusing too much attention to their own cock and to her vagina.

By becoming completely wrapped up in the sensations in your groin, the excitement boils over very quickly with the sensation of sliding in and out of her.

Instead of just focusing on the pussy and penis, try focusing your attention on the entire girl—the texture of her hair, her smell, her smile, the sparkle in her eyes, her arms wrapped around you, the things she is doing and saying, her emotions and her heart.

Usually when you focus on many things about her, the urgency goes down, and, if all goes well, the intimacy increases.

You can even focus on what she is thinking—and if you don't know, then ask her. It's a nice way of sharing intimacy while getting your mind off of your dick.

That's right, you will actually use your words while making love to talk to her about sweet and intimate thoughts she is thinking and you are feeling.

Sounds crazy, huh?

If this works for you, not only will you have the benefit of delaying orgasm, but you will give your woman a much better experience and you will already be well on your way to being the kind of expert lover that she will brag to her friends about.

Practice

This last technique for delaying orgasm is definitely the most enjoyable one, and perhaps the most effective.

Practice.

The more you have sex, the more you will become comfortable with controlling your orgasms.

You can also practice alone during masturbation. Slow things down and see how long you can last. Get yourself as excited as possible, bring yourself to the very edge of coming and see if you can stop yourself by using Kegel Contractions, or becoming present, or breathing, or relaxing.

Do this over and over again until the action of stopping yourself from coming becomes easier.

Eventually, if you can master your ejaculation when you are alone, you will be able to master yourself when you are with a woman.

If this is a more serious issue for you, you can also download my free strategy guide for lasting longer here:
www.EjaculationDomination.com

Size

For many men, penis size is (forgive the bad pun) a huge issue.

First of all, if you've read everything up until now, you know that I'm not going to bullshit you. I hope, by now, I've earned your trust, and I can talk plainly:

Size does matter.

But if you are insecure about it, I can tell you, very honestly, that size matters a whole lot less than you probably think.

Here are a few realities that you've probably already read, and if you haven't, they are well worth knowing:

- The vast majority of all men on the planet are between 5 1/2 and 6 1/2 inches long.
- Most men that fall into this majority believe that their penis is small… even though it is COMPLETELY AVERAGE… Which is pretty sad when you think about it.
- A woman's vagina can accommodate just about any normal penis and in experiments (I have no idea how you go about conducting an experiment like this), women could not determine between the various, reasonable sizes of dildos inserted into their vaginas without seeing them first.

- It is entirely possible to give a woman the ride of her life with a below average sized penis.

Here are a few realities that you've probably NOT read and are also worth knowing:

- Some guys are "showers" and some are "growers," which means simply that the size of your penis when it is limp has almost nothing to do with the size that it will be when you are erect. As a consequence, most guys that have a small penis when it is limp don't realize that it is probably exactly the same size when it is erect as that other guy in the locker room who is a "shower."



- While many men brag that they've got 9 inches… it is generally not true, and when it is, it is nothing to brag about—most women will not enjoy something that large since in many positions it will bang up against their ovaries producing a sensation that, I am told, is uncannily similar to being kicked in the nuts.

What all of this means is, for almost every man that is currently reading this…

Don't worry about it.

You're fine.

There are better things for you to be concerned about than the size of your penis.

Some men love giant breasts. Some prefer perky, smaller ones. Some men love a big, round ass, and other guys like girls with athletic, toned, and narrow hips… And in the same way, there are some women that I have encountered that have a fetish for huge cocks. For those women, the bigger the better…

But they are RARE.

A few women are turned on by the sight or the idea of a huge penis… but most of them would not want to actually have a boyfriend who was so well endowed. (Because of that ovary problem I discussed above).

They are turned on by the idea, but they would not want one in real life. That is why many women with boyfriends with average or even below average penis size, will still moan about how huge it is when

they are in the middle of sex—it is the fantasy, not the reality that matters.

But most importantly, unlike men, women are extremely flexible in their beliefs, their desires, and their tastes.

You will frequently hear a woman say that she "grew to be attracted" to a man. Or that one day, a man who they never thought twice about, displayed some highly dominant behavior in a business meeting, and suddenly they were having sexual fantasies about him.

That just doesn't happen to men, so it's hard for us to understand this.

We either think a woman is attractive, or not. We don't generally change our minds unless she changes her appearance.

This flexibility in what women find attractive extends to the penis.

A woman who is in love, or who even just has a serious crush on a guy that she is dating, will very often tell her friends that her boyfriend's penis is the "perfect size," or that it is "the most beautiful."

What makes a "beautiful" penis?

I'm sure I have no idea. And I don't think women have any idea either. It's just the way they "feel" about the man who owns it and, of course, *how he makes her feel in bed.*

Again, it's hard to wrap our brains around this idea, because as men we are so much more visually oriented, and we tend to think that everyone else's brains work the same way that our brains do…but, I promise you, *women's brains work differently*…

So while certain physical preferences that you have may be all-important to you, to a woman—even a woman who has a strong preference for a large penis—it is still a trivial matter compared to things like passion, charm, a sense of humor, and the ability to communicate. This is why some experts refer to the female brain as the *B-Spot*.

FACT: If you have a below average sized penis, and you can still blow her mind with your passion and intensity, if you can do everything else well in bed, the woman you are with won't care about that missing inch or two…

She will still be bragging to her friends that you have "the most beautiful cock."

If you are personally still unsatisfied with what you've got, I've gotta tell you… your options are currently terrible. Like death and taxes, I suggest you just accept it as a reality and stop worrying about it.

Pills and creams sold over the Internet are 100 percent bogus. Do not waste your time and money.

Websites devoted to exercises like "jelqing" are also paths that I would not recommend. While there are plenty of stories that men have increased the size of their penis in this way, even the most optimistic stories say that it takes YEARS of daily exercise to see ANY difference at all…

Meanwhile, there is massive evidence from any urologist you care to ask about the subject, that there are many men who seriously INJURE THEIR PENISES doing these exercises. Some of these injuries require SURGERY.

These same urologists cannot offer you much of an alternative however.

There is a procedure in which a ligament is cut which can give you an extra inch in length (no width improvement), but it will cause your erections to point straight down instead of up.

The surgical option for penis enlargement through implants is currently a terrible one, with unpleasant, Frankenstein-like results. Maybe someday they will offer a better way, but right now, while you should certainly feel free to consult your doctor, in my opinion, the results are generally much less pleasant than a small penis.

As a final note, in a very few, rare cases, some men have smaller than average penises because of a hormone deficiency. If you believe this might be the case for you, again, the only way to find out is to see a doctor, preferably an endocrinologist—a doctor that specializes in hormones.

Chapter Two: Her

Chapter Two….:

- ✓ Girl Anatomy
- ✓ Making a woman come
- ✓ Women who can't come
- ✓ Female ejaculation
- ✓ Cunnilingus
- ✓ Multiple orgasms and stacking orgasms
- ✓ The back door

Girl Anatomy – Where stuff is

I'm just going to provide a quick reference to the parts of the vagina—a map of the territory.

If you already know this stuff, go ahead and skip the chapter, but if you have even the slightest doubt about where the g-spot or the cervix are located, then keep reading, because part of your *sexual confidence* relies on you being *sure*.

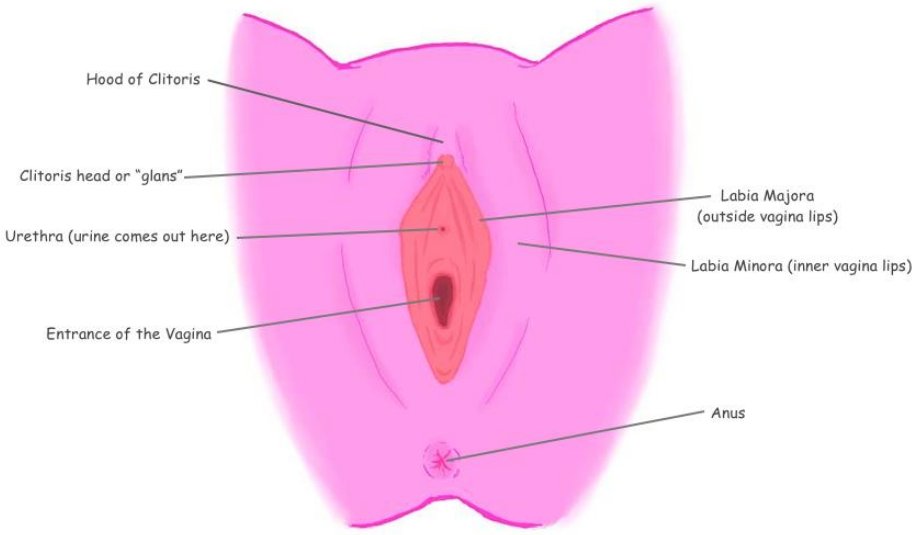
The parts that are most important to us for the subject of this book are the main buttons that generally control a woman's orgasm…

Basically we are talking about the clitoris (or "clit"), the G spot, and the A spot.

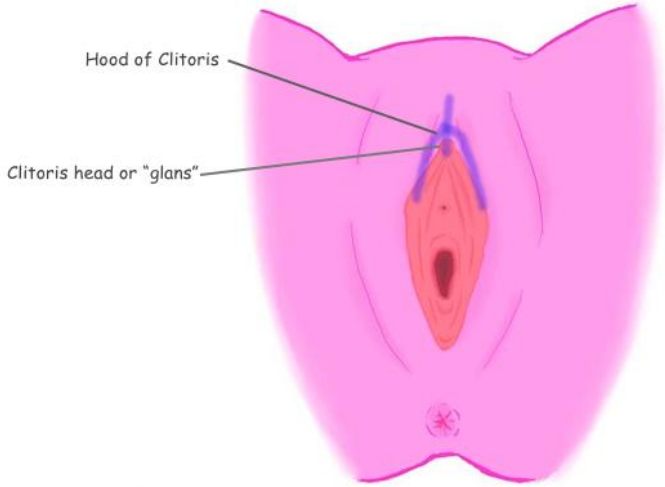
What's so damn funny (and typical of chicks) about these little pleasure bits… is that they are not always in the same place…

They MOVE.

"Vulva" The Outside Of The Vagina



The Clitoris and "U-Spot"



- The blue area shows the body of the clitoris beneath the skin. Note the way that it forks beneath the labia. While the head of the clitoris (which protrudes from beneath the hood) is the most sensitive part, the area beneath the skin can be rolled beneath the fingers or tongue to deliver a lot of pleasure. The two prongs that run on either side of the urethra along the labia are sometimes refered to as the "U-spot" because of the shape of the area.

The head of the clit (also called the glans), the most sensitive part of it, is a little round thing that pokes out from the top of the slit, right where the inner lips meet…

Until she starts getting aroused that is.

When a woman gets close to orgasm, the head of her clit… HIDES. It actually draws back under the "hood," the area at the top of the vagina where the lips come together as one.

You might actually find yourself chasing the damn thing around.

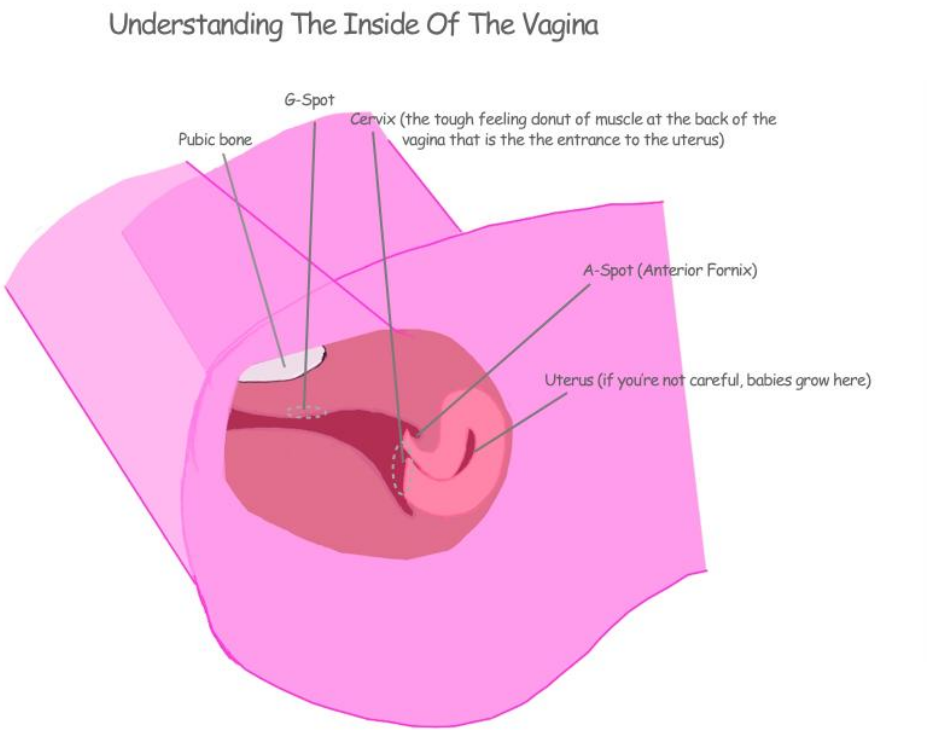
The g-spot does that trick in reverse.

The g-spot, named for Dr. Graffenberg, the guy that first labeled it, isn't really a definite spot at all, but a general area inside of a woman's vagina that, when stimulated, causes powerful, "deep feeling" orgasms.

But it basically isn't "there" until a woman gets fairly well aroused.

Before that, if you press on her g-spot, she is likely to complain that it hurts, or that it is uncomfortable, or that it makes her feel like she has to pee.

This is normal. You've got to spend the time to get her worked up before you go for the g-spot.



Once it makes its magical appearance, it is located on the top wall, about 2 inches inside of her vagina. If you stick your finger inside of her, palm facing upwards, and make a "come here" motion, you are probably rubbing against it.

Another way to find it is to curl your finger against the top wall of the vagina as you put your finger inside of her, so that you can feel her pubic bone from the inside. As you continue deeper inside, trace your fingers along the bone until you reach the top of the bone, and there you will feel this little spongy, swollen bit. That's the spot.

You will also know you have found it because she will moan with pleasure.

Though there are some women who don't experience strong sexual pleasure from attention on their g-spot, in general, if you continue coaxing it, there is good evidence to suggest that it will become more sensitive over time and that eventually she will get sexual satisfaction from it.

There is a more advanced exercise for awakening her G-spot to pleasure in the chapter on female ejaculation. Working gently, consistently, and without any pressure or expectations on your woman, using both of these exercises will dramatically increase her sexual pleasure and responsiveness over time.

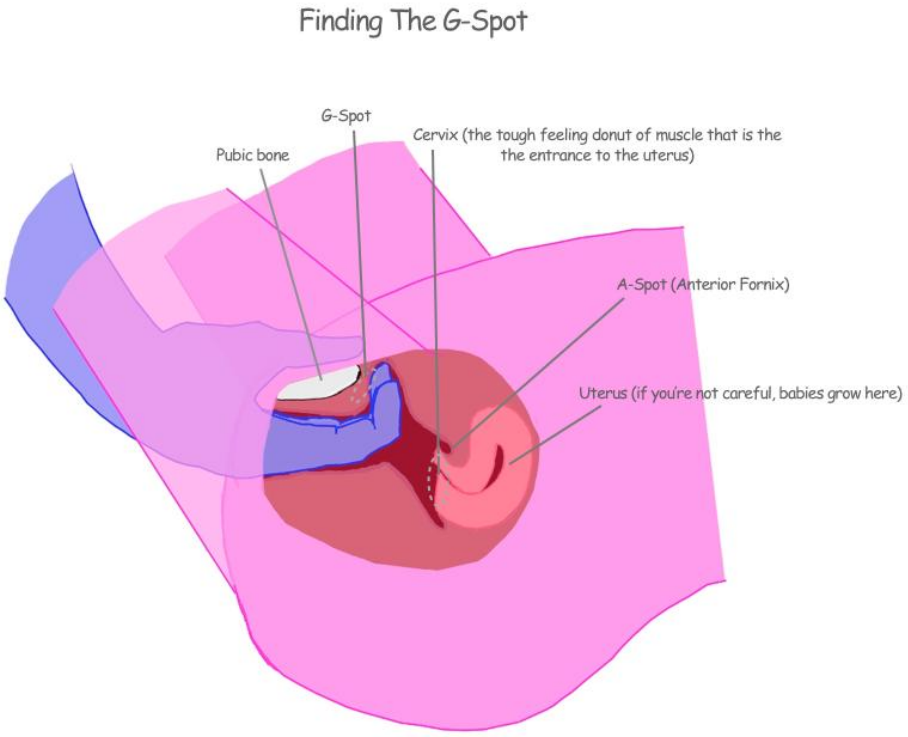
She will thank you for your efforts.

Here are some other important parts…

The urethra is the hole that pee comes out of. It is a tiny, puckered little opening hidden between the lips of the vagina, above the vaginal opening and below the clitoris. It is very difficult to find if you are not specifically looking for it.

If for some reason you do want to specifically look for it, spread her vaginal lips open and then gently pull her clitoris upwards with your thumb. Some women find light stimulation on the urethra opening to be pleasurable… but basically women will find stimulation *anywhere* on the outer area of the vagina to be pretty good.

The labia are the lips of the vagina. In medical terms, there are two sets of the labia, the "labia majora" are the outer lips that are made of normal skin and usually grow pubic hair, and the "labia minora" which are either pink or darker brown than her skin (depending on a woman's ethnicity) and are made of the same type of sexually sensitive skin as the inside of the vagina.



Generally, when discussing the labia in this book, I'm talking about the inside lips.

The cervix is another important part to know about. It is deep inside of the vagina and it is the entrance to the uterus (where a woman will carry a baby if she becomes pregnant). The cervix feels like a hard, muscular, little donut at the back of the vagina.

Some women find it uncomfortable for you to rub directly against the cervix, and it can definitely be painful for her if you have sex in a position or angle that causes the penis to bang up against it.

However, the area just above the cervix, in the crease where it joins the vagina at the top-- where the top of the penis usually will push during deep sex, is usually extremely pleasurably sensitive.

This area of very smooth, elastic skin is called the anterior fornix, or the A-spot.

This area can provide a woman a very intense and deep orgasm sometimes referred to as a "cervical orgasm" or an A-spot orgasm.

How to make a woman come

All women are different.

On the one hand, that's a statement of the obvious, but on the other hand, a book like this or any other guide to understanding the way women respond to certain things, looks for the generalizations that usually work.

And the more often one of those generalizations turns out to be true, the more you begin to rely on it. Until you start to think: "women are like x," or "women will do y."

That is always when you will meet a woman that is particularly important to you… and for whom the generalization is completely wrong.

Alex's Law:

Ultimately, the more you think that you understand *women*, the more you will fail to understand a particular *woman*.

This is particularly true of women's orgasmic responses. Women are very different in the way that they come, and while I will make some generalizations, the most important thing to remember is that the woman that you are with may react in a very different way.

There are many women out there who are extremely orgasmic and can come extremely easily. Some women will have an orgasm from just a few seconds of rubbing in the general area of her vagina even with her pants still on.

Many, perhaps even most other women will come with just a few minutes of gently stroking their clitoris or their g-spot. And for many other women, a few minutes of vaginal intercourse will do the trick.

There are other women for whom orgasm is rarely achieved during intercourse and it requires them to have a great deal of time and patience, and sometimes concentration and the right mood.

And many women have never had an orgasm at all.

So let's start there, with the hardest case— a woman who believes that she CAN'T have an orgasm. Because what will work on her, will drive more sexually receptive women completely crazy.

Again, generalizations are often wrong. Your woman may be different. But for most women, the technique I describe below is the way to ensure that they will have a deep and satisfying orgasm.

And if you are dating a woman who has never had an orgasm, or the next time that you do… Here's how YOU can change her life FOREVER.

Turns out, according to the women's fashion magazines that scream about it on their covers, there are quite a few girls who have never screamed *between* the covers.

There is nothing more frustrating than hearing her get closer and closer… and closer… and closer… and just never get THERE. You get tired and frustrated, she keeps saying "just a little longer," or, worse, doesn't believe in her own ability to achieve an orgasm and so doesn't say anything at all… or just fakes it because she's embarrassed.

Many of these women really enjoy sex too. Just no big "O."

If she's never had one before, or even if she's just never had one from intercourse, if you're the man that breaks the curse, you will be her hero… FOREVER.

If you happen to be her husband, I'd say that's a very good thing for the future of your marriage.

If not, well, you will spread good karma through your good deed… because even if you two don't end up staying together, once a girl learns to come with you, she'll be more easily able to repeat the trick with her next boyfriend and eventually her husband and she'll always remember that you're the guy that made that possible for her.

Not to mention, from a purely selfish standpoint, sex with a woman who comes is just more fun.

I don't pretend to have all the answers here, but what I have written below is well researched and has been very extensively TESTED…

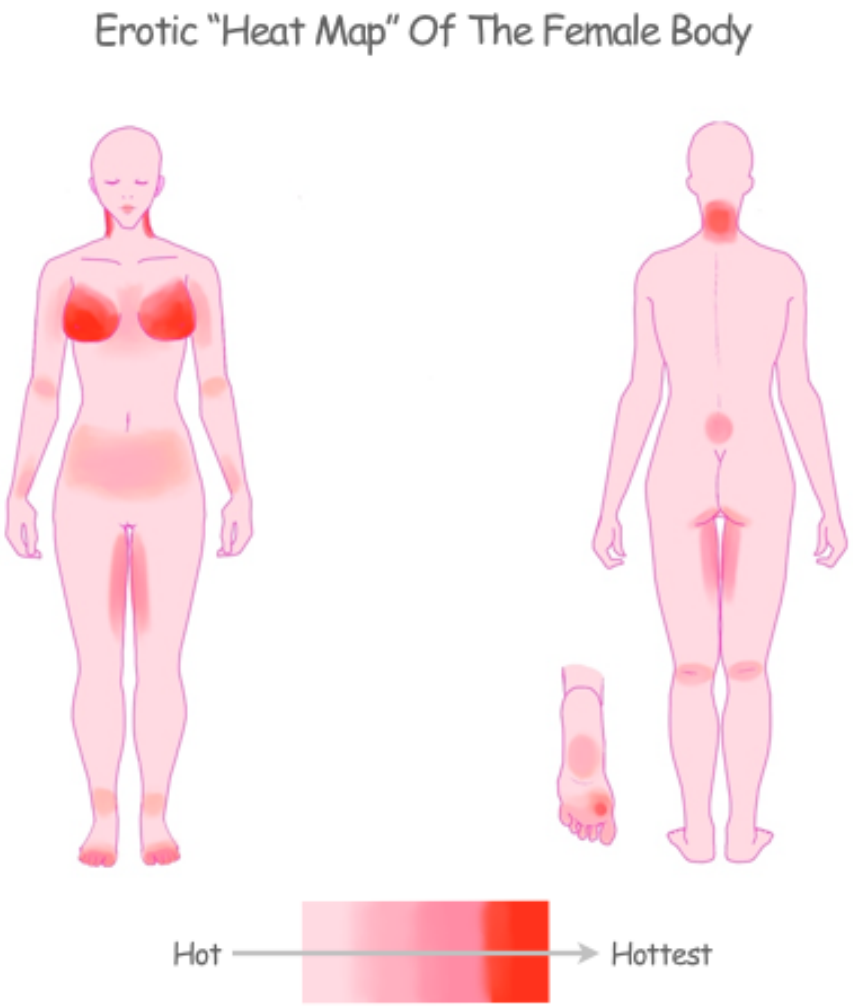
In other words: It works.

Here is your basic guide for becoming the guy that gives her her very first orgasm:

1. Foreplay

Okay, I explained at the beginning of the "HER" section of this book where a woman's pleasure buttons are, so now… DON'T TOUCH THEM!

One of the reasons that she has not been able to have an orgasm in the past is because of all of the clumsy, groping schoolboys who have gone straight to grabbing her stuff and rubbing it for all they were worth.



Every square inch on a woman's body is an erogenous zone, and with practice and intention a woman can have an orgasm from touching almost anywhere. And of course, all women are different and so you will want to do some experimenting... but the map above is a very good representation of the most commonly powerful erogenous zones on the female body.

Sure, some women will respond to this, especially if they are drunk and horny… but most women will respond MUCH better if you hold off before going for the clit and the g-spot.

It's called foreplay, or teasing, and it is a powerful way to get her to the point where she will more easily have an orgasm.

Women are just built differently, and even if she is a girl who has orgasms fairly easily, by delaying her pleasure, you will give her a much more powerful orgasm.

A woman's erogenous zones are basically her entire body. And the more you gently caress her, the more you massage and tease her,

the more you softly run your lips along every inch of her skin, the more turned on she will get. The neck, behind the ears, and the insides of her wrists, knees, and elbows, are particularly good bits.

Getting very close to the more sexual zones… and then pulling back, is the way to get her completely crazy.

Be patient, and enjoy the process of anticipation with her.

But more important than ANY of this is the EMOTIONAL component of foreplay.



As men we often think of foreplay as the time it takes for us to get hard and for her to get "wet" or lubricated enough for sex to be possible.

I guess if this were "Animal Planet" that would be a fine definition.

But we are not talking about just screwing here… this book is about having the best sex of your lives. And that is going to require a re-definition of foreplay.

Instead of trying to get her "wet", which is easy anyway—the object of foreplay should be to make her feel sexy.

When she feels sexy—that is, she feels like she is a sexual creature and that she is sexually attractive and appealing, she will be much more likely to have a great sexual experience—and MANY TIMES more likely to have an orgasm.

Note that "sexy" is not "turned on" either.

Many women spend a lot of their lives feeling very negative about their sexuality. They have weird body image issues, they think they are too fat or too skinny or they hate their breasts or they think their vagina smells weird… they think that if they enjoy sex they are slutty, or if they don't then they're frigid…

Their lives are filled with negative self-judgments. Some women are better at hiding it, but every woman has some degree of this negativity in her self-talk, because all HUMANS have it.

Making her feel sexy makes her feel positive about her body and about her sexuality.

If you are following me so far, then it should make sense to you that foreplay does not start in the bedroom.

Foreplay can be all day.

And making her feel beautiful and letting her know that she is sexually delicious in your eyes throughout the day will have a profound impact on her and on the lovemaking you share.

Call her in the middle of the day and tell her you can't wait until you get to make love to her later. Tell her you are fantasizing about her body.

If you do this, then when you see her, you will not have to worry too much about getting her "turned on." This is the beauty of *All Day Foreplay.*

Once you get to the bedroom, while taking your time and teasing her, your intention should not be on the "technique of teasing," but on the playful enjoyment of it - and the intention of being the man who is going to make her feel sexy and good.

2. Touching

One of the reasons that teasing and gradual foreplay are so important in helping a woman have her first orgasm is a neurological one.

Have you ever been in a very loud room, and after a while, the noise around you reached its own base-line level of silence? You become unaware of the noise around you, and you only notice the conversation that you are listening to.

Same thing with the clothing on your skin—you are not aware every moment of the day of your shirt touching you.

This is because the nerves, stimulated over and over again, "shut off" until something new happens. This is called neural "saturation."

So now imagine that you are trying to get your woman to come by constantly stroking her clit.

Same thing happens.

At first she seems to be getting into it, but then, after a while, the longer you keep at it, the further you seem to be from the goal.

Her nerve endings have reached saturation.

If, instead, you get her excitement level higher and higher, until she is much closer to the breaking point BEFORE you even BEGIN to touch her clit, you short-circuit this saturation effect by priming her

brain to focus on the pleasure, not just the sense of being randomly touched.

3. *Conditional Rhythm Response*

Okay, so let's say you've done everything right so far and teased her and built anticipation until she's shaking, and you know where the right parts are and you're ready to start touching them…

Now it's time to *pay attention* to her. *Listen with your body*. If you listen and feel for her reactions, she will guide you home.

Becoming a 'Sexual Psychic' Listening With Your Body

This is one of the most important principles in becoming a great lover.

When you listen with your whole body you employ all 5 senses, and also your own deeper sense of intuition and knowing that comes from really tuning into your lover and "feeling with your feelings."

If you try to "figure out" what she's feeling or "imagine" or "guess" what she's feeling, you will end up in your head… in your chattering mind, with all of its doubts and inner dialog. This is opposite of where you want to focus.

Instead, drop your senses and your knowing attention down into your body. Feel from your heart, or from your belly, or from your cock.

Listen to what her body is telling your body.

Don't try to make sense of it. Don't try to analyze it. Don't think about it at all. Just give your attention to knowing her body and what it is feeling.

If there is anything complicated about this, it is only that it is so simple that you might think you're doing it wrong.

Trust yourself to be doing it right.

Practice paying attention to her body with your body. Practice listening, not from your head, but from deep in your body. And practice trusting yourself.

Eventually you will actually be able to almost hack into her nervous system and feel what she is feeling. This leads to feelings of deep erotic intimacy and closeness that will open a new world of love making mastery

Begin gently and use a slow, but steady rhythm. If you've ever seen a woman's reactions when good dance music comes on, you know how important rhythm is to a female's physical experience of the world. That's probably because rhythm is so intimately wired into women's sexual response.

Find a rhythm. Then begin to vary the rhythm, the intensity, and how directly you do whatever it is that you are doing—whether using your fingers, your tongue, or having intercourse—all the while, *Listening With Your Body*.

Some women like it fast, some slow. Some like to be very aggressively man-handled, some like a very gentle and loving caress. Most women like more than one thing, and often it depends on their mood… so you should ALWAYS BE PAYING ATTENTION.

Some girls need more attention on their clitoris, some on their g-spot, some all over the lips and outside of their vagina, and many respond best to no direct touching, but just the feeling of you filling them up inside.

When you do something right, she WILL let you know.

She'll tense up, she'll breathe faster, she'll push back towards you, or, if things are going very well, she'll gasp or begin moaning.

Now here's an important point:

When you get this signal from her**, KEEP DOING WHAT YOU'RE DOING.**

This sounds so obvious, but many women will tell you that when a man gets these signals he is either oblivious and ignores them, or

taking it as encouragement, he continues—but he ratchets up the intensity, the force, or the rhythm.

This is a mistake.

When you find the right rhythm and intensity level, just hold steady right there.

This is what I call her "Conditional Rhythm Response," which is that exact rhythm which her body needs to reach orgasm. This rhythm can vary from night to night, by arousal level, and by emotional state or mood, which is why I refer to it as "conditional". You have to find it again every time. But once you've established her Conditional Rhythm Response, it is very simple to bring her to orgasm.

If you've gotten her worked up enough through foreplay, it should not take long to get her over the top.

However, if a minute or two pass and she seems to not be climbing any further, try slowly stepping up the rhythm and intensity and see how she reacts. Even better is to gently "coach" her into breathing, relaxing, and telling her she is beautiful and sexy, and reassuring her that she turns you on.

This gets her out of her head, out of her worry, and into her body.

4. *Listening With Your Body*

You've probably heard that the most important sex organ on a woman's body is between her ears.

It's true.

If a woman has never had an orgasm before, and assuming she's tried a few times, she will have developed the BELIEF that she can't have an orgasm.

You are either going to have to get her to change her belief, or sneak around it.

Begin by working on breaking her old belief. You should not dwell on the subject, but be gently reassuring to her that, of course she will be able to have an orgasm with you, that you've encountered this kind of thing before and it's no big deal, and that you are patient and confident in her.

If you are calm and confident enough in your belief and *your certainty is stronger than hers*, it will begin to change her belief.

It's very important that you approach this in a very positive and loving way. Make sure that she never feels any PRESSURE or that you will be in any way disappointed if she FAILS… That is a sure way to block her up completely.

Tell her not to focus on her orgasm at all, but that she should just focus on the experience of pleasure and being close to you.

Make sure she understands and believes that you are confident in her and yourself in this department and that you will enjoy her and not be disappointed with her, no matter what.

5. Emotions

Whether you believe this part of her also lives between her ears or in her heart, this is the single most important thing to pay attention to in getting her past the barriers that have prevented her from having full sexual pleasure.

Look, let's be honest here. It's possible that you won't be able to do the trick the first time out. There are many reasons that a woman can't have an orgasm. Some are simply physical—some women just come more easily than others—but some are rooted in emotional trauma.

Your woman may have been sexually abused or raped or just emotionally abused and made to feel shame about her sexuality.

Do not give these emotional problems added weight by making too big a deal over them. If your woman confides in you about sexual abuse, listen, be understanding, tell her you're sorry that it happened and kiss her gently, and then reassure her that she is a healthy woman, that she is beautiful, that her sexuality is beautiful, and that she will be FINE.

You don't need to cry in empathy or tell her that you're going to track down the perpetrator and kill him… those things only reinforce what happened as a giant trauma. Instead, you can be completely present and understanding when she tells you and then make her feel totally accepted just as she is. No big deal.

The most important thing for her is that you accept her for who she is. That she can be completely comfortable with you and knows that

you won't freak out if she can't come… AND THAT YOU WON'T FREAK OUT IF SHE DOES.

Earn her *erotic trust*. Convince her with your words, your gaze, and your touch that you will never judge her.

This is not just in bed. For women, foreplay is everything you've said and done with them all day long. Emotional connection is not just the five minutes before sex.

6. Giving Her Permission

Here is a major secret to giving a woman her first orgasm:

Many women simply need PERMISSION.

For whatever emotional reason—and it frequently has nothing to do with trauma or abuse—some women simply can't GIVE THEMSELVES permission to completely let go and have an orgasm.

They need YOU to give that permission for them.

The way you give that permission is by reassuring her, by earning her trust, by making sure that she completely believes that she is in a safe and non-judgmental place whenever she is with you.

And then simply tell her that it is okay.

Speak to her gently and confidently as she nears the edge, and tell her that her sexual arousal is beautiful to you. Tell her that you want to share this with her. And then, when you feel that she is very close, tell her, in a very gentle, loving tone, to just let go. Tell her to just surrender control TO YOU.

Tell her to come for you. You can actually say the words, "Come for me, baby," and then just take her over the top.

She will climax right then and there, on your gentle command.

It sounds a bit new-agey or like some mumbo-jumbo spirituality, but I have found that it's best to not argue too much with what works. This works.

Okay, last note here, and I hope you really keep this part in mind.

If you do all of this right and give a girl her first orgasm, you will create a powerful emotional connection with her. I'm not saying you have to marry her or suddenly give up all other women and be in

love with her, but you must accept some emotional responsibility here.

Be nice to her.

Especially right after her orgasm. Help her link positive emotions to the experience. Give her a nice cuddle, stroke her hair, tell her that you feel good that she shared the experience with you. Tell her you thought it was beautiful.

It'll cost you ten minutes, and it'll mean the world to her sexual and emotional health. So be a good guy and spread the "good karma."

Women who can't come during intercourse

Have you ever been on top of a woman for what seems like ages, pounding away, changing positions when your muscles start to cramp, but otherwise going for some kind of aerobic record… and she's moaning away, enjoying it… but no matter how long you go, she just doesn't seem to be able to get all the way "there?"

There are a surprisingly large number of women out there who, while otherwise sexually healthy, can't come from intercourse.

Now I am specifically talking about girls that don't have a problem having orgasms from either masturbation or oral sex… it's just actual fucking that doesn't seem to push her buttons quite right.

If you've got one of those women in your life (and if you don't now, you probably have in the past, and unless you are married and stay that way, surely someday will have one again in your future), then read on, because I'm going to share a few simple secrets that will do the trick.

Okay, first of all I'm going to divide these women into two very different groups. The first group is girls that can have orgasms when you give them oral or use a vibrator on them, just not when you're having intercourse with them. The second group is women that can have orgasm while masturbating… the problem is, they can't have an orgasm at all while YOU are in the room.

If you can make your girl come by some act other than intercourse, then the problem is probably just mechanical—that is, it can be fixed by finding the right position to tickle her happy spots.

Basically mechanical problems come in three flavors—the motion, or she needs direct clit stimulation to come, or you're cock is the wrong angle or size… which can mean too long, too short, or just not the right shape to hit the right spots inside of her.

Have no fear. These problems are easy to fix with a little experimenting.

The motion usually comes down to either lasting long enough to bring her to orgasm (see the chapter on YOU), or not maintaining the rhythm. Paying attention to the rhythm alone is often the key that gives women their first orgasm from intercourse.

Here are 5 positions that should clear the other problems up. If you find one that works, you don't have to use it all the time. Once you understand why the position works, you can experiment to find others that do the same thing for her, or you can use positions that are more enjoyable for you as foreplay, then finish her off with one that works on her, and maybe switch back to one for you to finish yourself off.

Be flexible and have fun. Make sure that "mechanical" applies only to the problem that you are fixing and never to your sex life.

1. Reach Arounds

For women who "require" clitoral stimulation to come and aren't getting enough of it from regular positions, you can always add an extra spike of love for her by using your hand to directly touch the clit.

Any position that allows you space to get your hand in there and doesn't require your arms to hold you up will work for this.

Girl on top, cowgirl style, will allow you to massage her clit with your thumb.

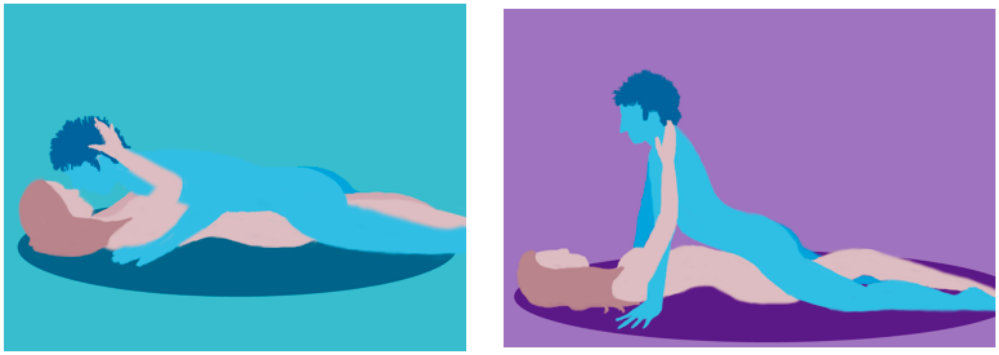
Girl flat on her stomach and doing it from behind works really nicely. Have her tip her ass up, lifting her hips slightly so that you can get one (or even both) hands under her. You can use the tips of all four fingers in a broad circular motion or one finger with direct stimulation… experiment, and *pay attention* and listen with your body to find whatever works best for her.

Or try putting her on her back at the edge of the bed, with you standing. (This requires a bed of the right height). It makes it easy to get to her clit—especially if she holds her legs open by gripping them behind her knees.

Remember that in any position that you use to manually stimulate the clit, make sure things are nice and wet down there or use some lube. Most girls do not appreciate a dry rub on their little pearl of pleasure.

2. The Plank

Okay, if you feel like using your hand is cheating, try The Plank. This position might actually have a real name—I just made this name up on the spot—but it is a great option for girls who need more clitoral



Variations of "The Plank"

stimulation.

Put her flat on her back with legs flat down on the bed. Position yourself with your legs OUTSIDE of hers. Once you get inside of her, scoot upwards until the angle of penetration causes the top of your penis to rub, up and down, directly against her clit with every stroke.

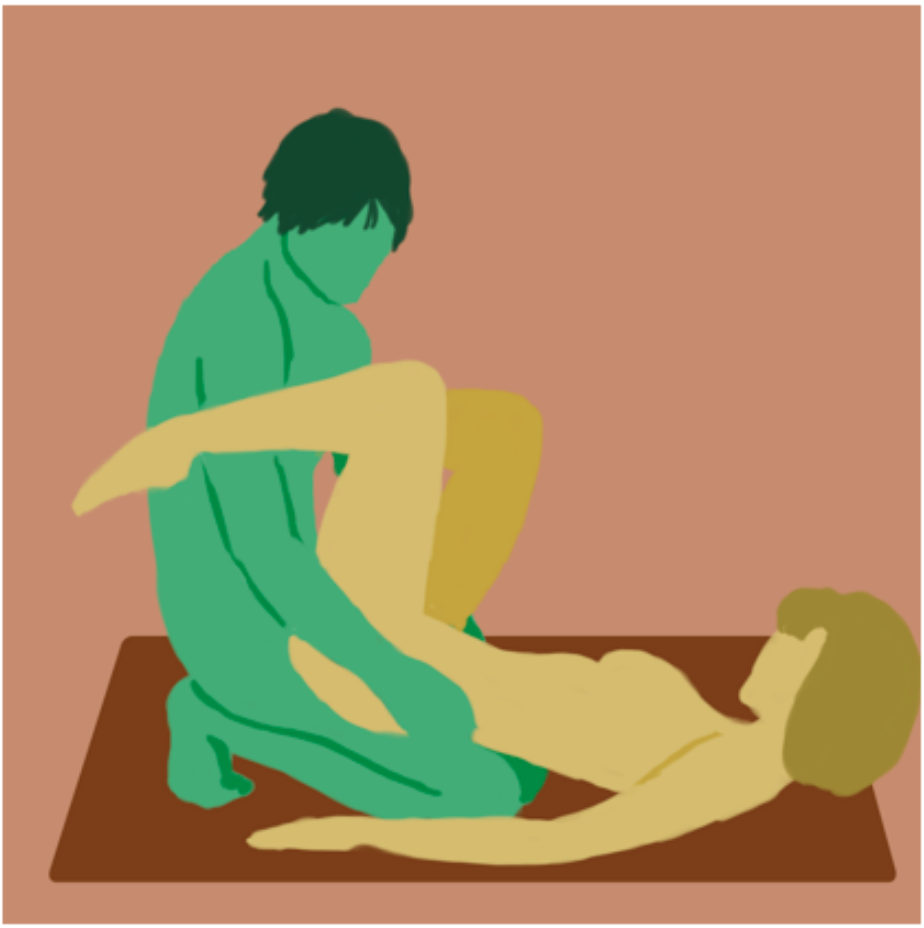
A slight variation on this is to rock back-and-forth instead of in-and-out. Some girls go crazy from the feeling of having their clit squeezed back and forth from this motion.

3. The G-Star

Um, yeah, I just made up that name too.

This one is for a woman who needs more stimulation hitting her sweet spot on the inside… the G-spot.

Have her lie on her back and kneel between her legs. Have her plant her feet on the bed and pull her hips up onto your knees. She can control the motion using her legs, or you can hold her hips and move her back and forth on your shaft.



The "G-Star"

This should drive you in on an upward angle. If you do it right, you won't be able to get as deep inside of her, but you will be pressing against the top wall of her vagina. With a little experimentation, if you are not just too damn long, you should be able to hit her g-spot and drive her completely wild.

4. "Doggy G"

Begin in doggy, with her on her hands and knees. Plant your feet on either side of her and using your hands on her hips to help support

your weight, raise your body upwards so that the shaft is forced into a downward angle inside of her.



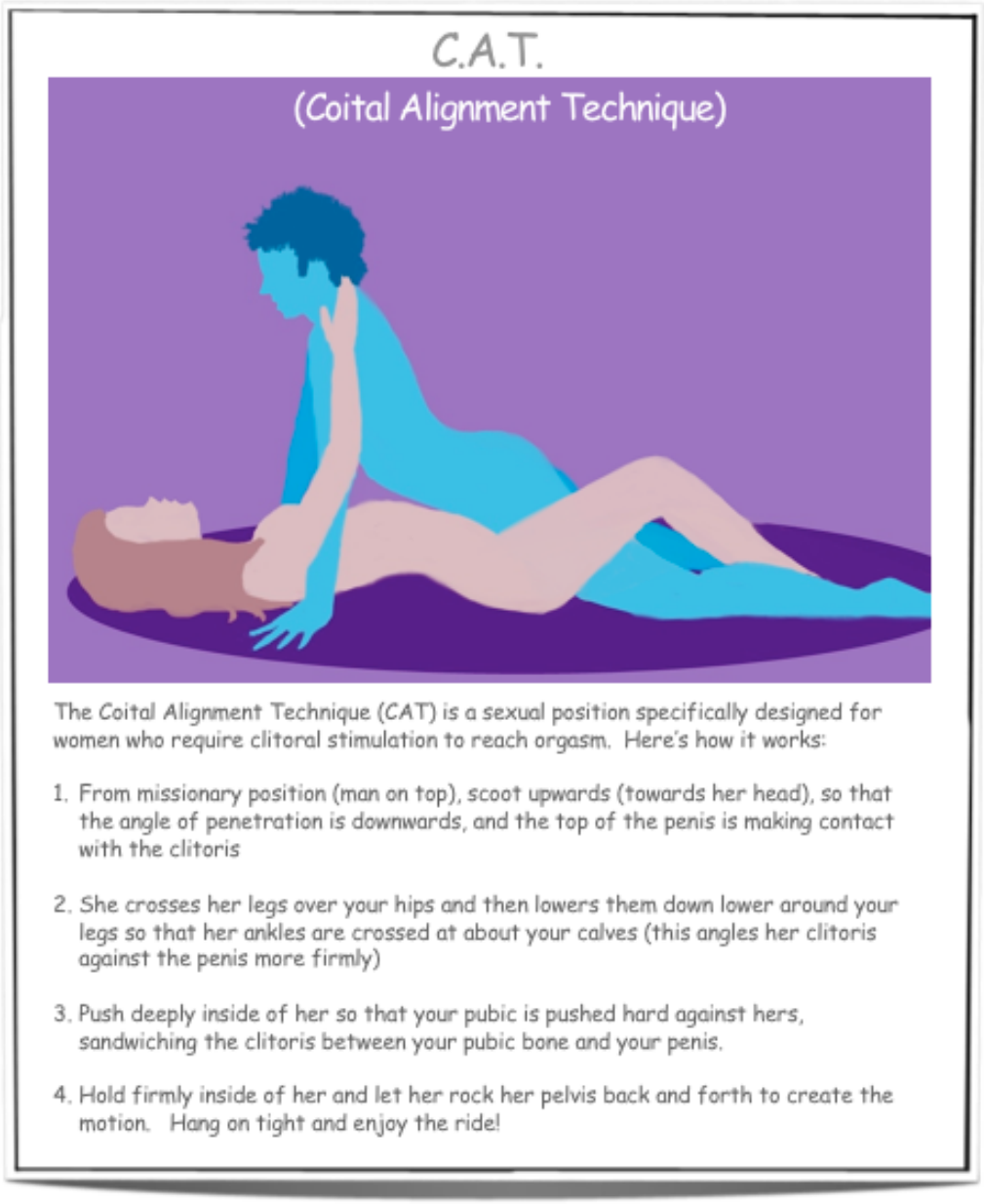
"Doggy-G"

If you're making home videos, this one is a little bit weird looking, with you squatting over her and all, but it does nicely to hit that g-spot.

Another problem with this position is that it can be difficult to maintain for a long period of time before your quads burn out. But hey, it's good exercise.

A variation on this is lay her down flat on her belly, with your legs outside of her hers as in the Plank above, but with her face down. Move upwards on her body to get the correct angle…

If she's got a big, bubble butt, or if your weapon is too short, you might find keeping it inside her challenging, in which case try the G-star instead. For you guys that were too long for the G-star, this is the position for you to pound away on her g-spot without killing her.



If Your Girl Can Only Come When Using Her Vibrator…

No matter how good you think you are, you are never going to be able oscillate your penis at 9000 cycles per second.

When it comes to vibrators, we are simply outclassed.

In the worst case scenario, your girlfriend used to be able to have orgasms during sex (like, with her last boyfriend), but since then she has discovered, and become addicted to, some little pocket rocket,

silver bullet, or Rabbit Pearl. They are addictive because while they are not BETTER than you, they are definitely FASTER and easier.

So, in her mind, she might start to think that she is capable of coming from intercourse, but just not with you.

She is wrong.

After too much play with the toys, some women (certainly not ALL) get so used to the extra stimulation that they can no longer reach the magic place without using their battery operated magic wand.

The good news is that it is not irreversible. According to actual scientific studies that I, unfortunately, did not conduct myself, women can return to enjoying the more ordinary touch of a flesh-and-blood man by swearing off the electric devices.

It may take a little while, but her ability to enjoy sex will return with a little patience and effort.

At first this may seem scary for her—after all, that little thing may have become her best friend when she was alone, before she met you—but in the end, all women prefer sharing passion with an actual, breathing and feeling man, than an inanimate object.

It may be helpful if she works on things solo as well. Encourage her to masturbate when she feels like it… but she'll have to do it the time consuming, old-fashioned way, with her fingers or suggestively shaped members of the vegetable kingdom.

To help things along, don't try to compete with the device on its own turf. In other words, you can't compete in terms of direct stimulation.

But no device can approach your abilities in terms of teasing foreplay, building emotional intimacy, and fantasy. It is the feelings and emotions and the human pleasure of touching and kissing that the toy will never be able replace. Give those to her generously.

Enjoy those things and withhold directly touching her clit for as long as you can both hold out. When she is shaking with anticipation, it will take much less stimulation to solve her little problem.

She will be very, very glad to give up her battery operated friend after that.

Girls Who Just Can't Come With You in the Room…

This second group sometimes overlaps with the above…

Sometimes a woman who can have clitoral orgasms with you, but can't have vaginal orgasms during intercourse is dealing, not with a physical issue, but an underlying emotional issue as well… because often vaginal orgasm from intercourse feels much more intimate, much more personal, and requires a lot more erotic trust.

The issues we will deal with here are about either trust or shame, and the only way around is not going to be through her vagina but through her head and her heart.

You are going to have to gain her trust enough for her to lose control in front of you. For some women, coming with a man is an ENORMOUSLY PERSONAL ACT OF SURRENDER.

The first step in enabling her to trust you enough to surrender that much control to you is convincing her that you will never judge her for it.

And an important step in convincing her of this is by being non-judgmental about her sexuality in general… including her inability to come for you.

Naturally this also means that if there is anything that you think is less than perfect about the way she looks naked, it would be best not to mention it.

Ever.

Remember that foreplay is all day. If you cannot connect in some intimate or emotional way with a woman outside of the bedroom, do not expect her to bare her soul once you are in bed. Women don't work that way.

Okay, after those basics, the way to deal with this issue is identical to a woman who has never had an orgasm at all in terms of dealing with her brain and her emotions.

This is very important stuff…

I covered it in the last chapter, and if you are trying to give a woman an orgasm who has only had one during masturbation in the past (or, indeed, if you are interested in giving ANY woman more POWERFUL orgasms), then this is something you literally cannot review too often.

If you want to re-create yourself as a man who is extraordinary in bed, you need to first create yourself as a man who has zero negative judgments of her sexuality.

"You're into having insects crawl on you while you're doing it? Cool."

You can still say, "That's not my thing," provided you communicate in a way that she really GETS deep in her bones that, "but it's totally cool and acceptable to me that you're into that."

The fact is, you'll likely never face anything so overtly different from what you want… it's much more like a funny face she makes she's having an orgasm, or she gets extremely wet or not wet enough…

And if you so much as *notice* it… she may feel judged by you. So if you notice, you need to frame praise or positive emotions around it, or find some other way to let her know that it's acceptable to you.

Most men break their woman's erotic trust without knowing they did it.

It is not a matter of not screwing up… it's a matter of your positive intention to make her feel accepted and sexy.

This frame also keeps you in a masculine frame for her, because while you are keeping your intention on letting her know that she is acceptable and sexy to you, it keeps you AWAY from the psychological death-trap of trying to make YOUR sexuality acceptable to her.

When she feels safe, accepted, not judged, and then you can also make her feel desired and sexy, then she will be able to surrender to your PERMISSION to have an orgasm.

If she has not been able to have an orgasm with a lover in the room, it is fundamentally a matter of failing to give herself permission to do it.

The solution is both as simple and as potentially complicated as getting her emotional, subconscious agreement to allow you to create the permission for her.

A big part of her ability to trust you this powerfully is wrapped up in your own ability to trust yourself.

To the extent that you can demonstrate that you have no shame around your own sexuality, your desires, your fantasies, and even

your short-comings and weaknesses, you will be able to quickly earn her erotic trust in exactly the same measure.

The more vulnerable you are willing to be in confidently sharing your own sexual world, the more permission she will have in opening and surrendering to you.

And whatever you do, don't skip that last part about what to do after you succeed in making her come…

Be nice to her afterwards. It will make a huge difference to her, and it will make her think much more highly of you as a lover and as a man.

And it will ensure that she has sparkles in her eyes when she brags about you to her friends.

Female Ejaculation

The elusive female ejaculation—urban legend or something that will make you a legend in bed?

With some skill and patience, and the ability to make her feel erotic trust, it will be the second one.

It is possible that your partner will never have a quart of liquid jetting out from between their legs the way they do in some of the (often fake) pornographic sites you may have seen.

Frequently these sites rely on either a woman who pees in the middle of masturbation or a trick of editing that allows them to stop the action, fill the woman's vagina with some kind of liquid, and then roll the camera again and have her squeeze it out by contracting the muscles of her vagina.

That said, sometimes quite a large amount of liquid is expelled in authentic female ejaculation, and on some occasions it can even come out with enough force to travel a good ways across the bed.

Not all women produce enough fluid to ejaculate enough to drench the sheets, and some women will do so every time they have an orgasm… but those are the extremes. Most women—even those that have never experienced it before—can be made to mess up the sheets.

Before I tell you exactly how to do this, let's answer a question that everyone seems to be asking:

What is coming out, and where does it come from?

While some women will sometimes eject a large amount of lubricating fluid from the vagina during orgasmic contraction, that is not generally what is referred to as female ejaculation, which does not come from the vagina, but from the urethra—the tiny, puckered hole just below the clitoris and above the opening of the vagina… the same hole that urine comes out of.

Because it comes from the urethra, it's easy to assume (as many men, women, couples, and even doctors have done) that it is urine and that the woman simply lost control of her bladder from coming so hard.

In fact, lab tests have been done on the fluid from women who ejaculate, and, without going into the technical details, IT'S NOT PEE.

Even without the confirmation of the lab tests, it is clearly not urine. It looks different. It smells different.

It is produced in tiny glands right near the opening of the urethra that are known as the para-urethral or Skene's glands (named for the 19th Century gynecologist, Alexander Skene, who first described them in a scientific paper).

These tiny glands are the female version of the prostate gland… which is to say, they form from the same embryonic tissue in women that the prostate forms from in men… the same way that the ovaries in women form from the same embryonic tissue as the testicles in men.

(That's right; I can talk science when I want to.)

When a woman is very aroused, these glands fill with fluid—especially when you stimulate her G-spot, which sits exactly below them in the vagina… a fact which may explain why the G-spot is a spot of arousal in the first place (there is a second theory that the G spot is the nerve trunk exiting the clitoris on the way to the spine).

Then, when the woman has a hard orgasm, the contractions in the vagina cause the fluid to spurt out.

Because the glands can refill between spurts, more can come out than you'd expect from a vaginal squirt. Sometimes a good deal more—and there is another theory that during stimulation the fluid actually comes out and expands in the urethra or even backs up into

the bladder, allowing for some women to produce enough to soak through a towel.

However, this amount of fluid forced out of such a tiny hole does cause quite a bit of pressure… and that means that it can jet a pretty amazing distance… and it can seem like more coming out than it actually is.

Now here's another little factoid that probably accounts for more of the confusion—the size of the Skene's glands vary amazingly from woman to woman.

While most prostate glands in men are about the same size, the Skene's glands are more like breasts… there are big variations from woman to woman. That means a big variation in how much fluid is produced—from a gushing amount, to an amount that you probably would hardly even notice during sex as more than just "extra wet".

And if that wasn't enough confusion… the size of the ducts that lead from the Skene's glands to the urethra (the tube that connects to the bladder), can also be very different from woman to woman…

In fact, in a study done in 2002 by Emanuele Jannini of L'Aquila University in Italy, the variation is so great that while some women have fairly large ducts, other women basically have no openings at all for the fluid to drain.

These two facts explain why some women, even though they experience the same "squirting type" of orgasm as another woman, might not have any noticeable amount of liquid come jetting out of them.

The bottom line on ALL of this information is just this:

If your girl squirts, don't worry, she didn't just pee on you—but she did just have the orgasm of her life!

If your girl DOESN'T squirt, don't worry, it doesn't mean she's abnormal, and it doesn't mean you're not doing it right. Some women just don't make that much fluid… but it doesn't mean that she didn't just have the orgasm of her life!

The good news is, most women can squirt at least enough to notice, and I am about to tell you EXACTLY how to make it happen…

Preparation:

Before you and your partner experience your first female ejaculation together there are some simple exercises that you should do that will prepare her body.

First, you should encourage her to do Kegel compressions on her own. I talked about Kegels in the section on your own body and they are extremely important for HER too.

To do them she simply squeezes all of the muscles of the perineum. The easiest way to explain this is for her to squeeze the same muscles that she would if she was trying to stop the flow of urine, but even better would be to have her practice by inserting a finger into her vagina (yours or hers) and squeezing against the finger.

Over time these exercises have been proven to give women more powerful orgasms… PLUS the additional strength that she builds in her vaginal contractions is going to drive YOU crazy too!

When she has some control over being able to squeeze your finger, the next exercise is to press your fingers into her G spot and have her press back, with her G spot, down against your fingers.

This might be either very pleasurable, not particularly much of anything, or even quite uncomfortable for her. If it's uncomfortable, obviously, you should be very gentle until the discomfort passes (it will).

Important note: The discomfort is frequently psychologically sourced and is from tightening cramps in the small muscles of the vagina caused by anxiety and causing very real pain. Earning her trust and coaching her to breathe deeply into her belly and relaxing is the key here. You must take ALL the responsibility for how this goes. Getting frustrated with her will make things MUCH worse. So be very careful about making her feel any sort of blame during this process of healing.

Over a very short amount of time (anywhere from a single evening to a couple of weeks), she will gain the ability to easily push down against your finger and her G spot will become more erotically sensitive.

During female ejaculation she will push down and out with her G spot… an experience that my friend and female ejaculation expert, Tallulah Sulis, refers to as feeling like "giving birth to your orgasm."

It's a good piece of coaching to give her in this process to help her understand how it feels.

Once you've mastered these simple moves, you are ready to begin.

1. Put Down a Towel

Or not.

The question at this point is whether or not you are going to tell her what you are up to. So you must determine what kind of a person your partner is. Will it be fun for her to try this project with you? Or will it put pressure on her that will take her out of the erotic experience and make her self-conscious.

If she is the first type and a willing co-conspirator in the quest for female ejaculation, then put down a towel and prepare for action.

If she's the second type, you might want to skip the towel on the first time and do laundry in the morning.

It's also a very good idea to have her pee immediate before sex so that she knows that when she feels the urge to release her urethra, that it's not going to be pee coming out.

This extra step can give her a lot more confidence and comfort for what is coming next...

2. Get Her Really Turned On

This part is extremely important. You are not going to get her to have an Earth shattering orgasm from a cold start.

Ain't gonna happen.

This means foreplay, and lots of it.

If you have a sense of how long it normally takes you to get from kissing to penetration, think about trying to make it last 3 times longer. It's hard to keep up sexual tension for that long. There may come a point where she feels frustrated or even unloved that you are not moving faster—keep talking to her, keep building the arousal.

Tease her and work her up slowly. Take your time. If she is going to ejaculate for her first time, you will have to be very patient and really allow her to get into a deep comfort with her high levels of arousal.

It's best if you can delay her pleasure even if she is shaking and turning into an angry, wild animal.

Reassure her that if she can delay her pleasure longer, she will have a much more intense orgasm than she has ever experienced before. Get her to relax and just surf the pleasure.

If your woman has never had an orgasm with you before, hang onto reading this chapter for later, and read the earlier chapter (on giving a woman her first orgasm) first.

3. Begin Working on Her Clitoris

Here is where it gets dangerous.

If you have done a very good job of getting her turned on, it will be very hard to keep her from coming too quickly at this stage. The idea is to bring her to the edge of orgasm and then back her down again…

Or, better, bring her to the edge of orgasm and force her to stay there on the edge.

This is sometimes a matter of feeling her level of arousal and physically backing off, but more often a matter of psychology and dominance.

Gently tell her NOT to come. Tell her that she is not allowed and that she must hold back from orgasm. If she is comfortable with dominant and submissive fantasy, this will only turn her on more. If not, this could become a contest of will.

In any case, if she comes from her clitoris, it is not the end of the world. Usually for a woman to squirt, she will have to have a clitoral and g-spot orgasm… at the same time.

4. The Finger Technique

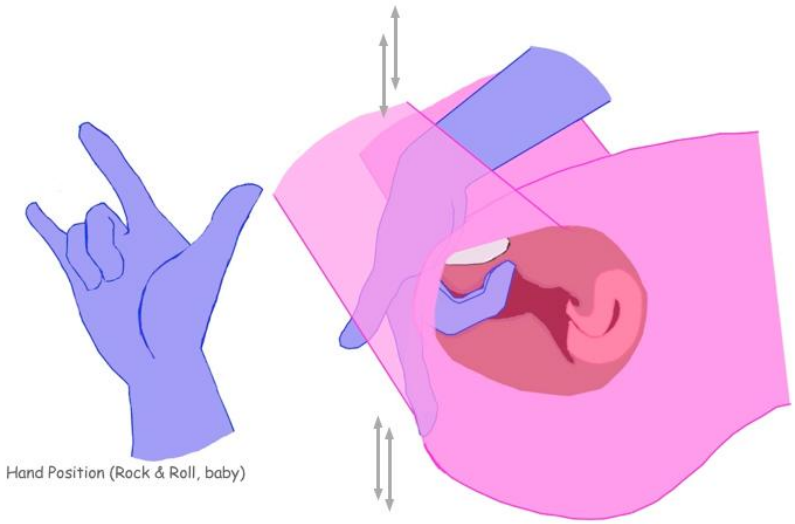
Okay, your girl is now ready to squirt!

Back her off the edge for a second (if you immediately insert your fingers, the suddenness of the penetration might take her by surprise and she might not be able to prevent herself from coming.

Then slowly insert your middle or both middle and ring fingers inside of her.

Curl the fingers inside of her up along the pubic bone, so that they are pointing straight up at her belly from the inside. The fingertips should be pressing against her g-spot which will be soft, spongy, and very swollen by now.

You can use both hands, one for stroking the G-spot and one for continuing to stroke her clitoris, or you can use one hand by using this common technique--



The Palm is flat against the body of the clitoris, the two middle fingers are pushed against the G-Spot. The motion from this angle is up and down.

Press the palm of the same hand firmly against the top of her vagina so that it is making firm contact with her clit and the skin around it. She may have to pull her legs back for you to do this.

Then, keeping the inside fingers curled upward, begin an up and down motion so that your palm is rubbing her clit and your middle and ring fingers are moving UP AND DOWN inside of her (not in and out).

The motion should be fast and firm. You may have to build the intensity slowly if she is too sensitive.

Again, tell her not come, to delay her orgasm.

Keep her breathing; keep your voice both soothing and firmly confident. Give her plenty of praise. Tell her, "you're doing great baby, this is so beautiful." Let her know that she is pleasing you.

Note that she might not be able to hold out long, and it is usually better (more deeply surrendered) if she doesn't come before you give her the word. So when you are ready, or when you feel that she is about to lose control…

Command her to release herself and come. A good way to word this, "Let go," or "give it to me," because this gives her more permission to release her ejaculation and completely surrender to whatever happens, rather than, "come for me," which might only give permission for orgasm.

This whole idea of permission might feel infantilizing or degrading. It is not. The ability for lovers to trust and surrender to each other in different aspects of their relationship is a completely beautiful art. It is the equivalent of men on a team closing their eyes and falling backwards off of a table into the arms of their comrades to build trust.

The more you do it, the more powerful the bond builds between you.

The reason for using the one handed technique above is that you may now have to use your other hand (and even your whole body weight) to keep her legs open at this point as she will go into some violent convulsions.



You may also want to place your other hand over her belly or over her heart to make her feel grounded and safe.

If everything has gone according to plan up until this point, she will have the orgasm of her life, and if you keep up the motion your hand will be drenched to the wrist, she will convulse harder, and she will probably do some really loud, kind of scary screaming.

Sometimes she will have a more powerful release if just when she starts to come, you gently remove your fingers from her vagina, and continuing to hold her legs apart, gently press the fingers into the flesh above her vagina, pressing down on the clit at the same time.

Another great technique is when she is ready, sweep the fingers of your hand quickly (but very gently), back and forth across her clitoris like strumming a guitar. Keep your fingers very soft and loose so that they go bump-bump-bump across the clitoris.

Another great alternative that works very well for a lot of women learning to ejaculate is to gently but rapidly tap against the clitoris with your fingers or ball of your palm... You could also use your penis for this tapping if you are trying to make her ejaculate during intercourse.

Using your hands is probably the easiest way to make her ejaculate, but other positions that allow you to stimulate both her clit and her g-spot at the same time can do it. Especially once she has experienced it the first few times and understands how it feels to do it.

Another common way is during oral sex with a finger inside doing the "come here" motion and your tongue on her clit. But many variations are possible.

REMEMBER:

After your woman has a powerful orgasm like that, she will be EXTREMELY emotionally vulnerable. Do not tease her about squirting, even if you think it's funny, and EVEN IF YOU THINK THAT SHE'S GONG TO THINK IT'S FUNNY TOO.

Just cuddle her up and stroke her hair and tell her that she did well. Or better yet, roll on top of her and make love to her face-to-face and give her plenty of kisses.

Do not freak out if she starts crying!

It is very common for women who experience this kind of an orgasm (whether she ejaculates or not) to cry afterwards (or laugh uncontrollably). Do not be disappointed if she does or if she does not. It is not a big deal and you should just stroke her hair and shut up until she is done.

Let her know that it doesn't freak you out, because as I said above, she will be very emotionally vulnerable for a little while after her orgasm.

The next morning you can admire the stain on the wall or at the end of the bed and laugh if you like… or give her a high five. But not for at least a few hours afterwards.

Here are some final thoughts on the subject of squirting.

First, most women, when they are on the verge of squirting, feel like they are about pee. They feel that way because of the build-up of fluid pressure in the urethra.

Some of those women, if they have very strong muscles down there, will clench hard enough during orgasm that they can prevent themselves from squirting.

Some men, by the way, can do the same trick. What happens in both cases of men and women is that the ejaculate fluid goes backwards through the urethra and into the bladder instead of out the hole.

For women that are clenching this way during powerful orgasms, the easy way to get them to squirt is to just to reassure them that when they have that feeling, they should just relax those muscles—they won't actually pee on you.

Reassure her that the feeling that she is going to pee is just the para-urethral glands filling with fluid and that it is a very good sign that she is close to achieving female ejaculation.

This is a quick fix for many women who have strong orgasms but don't usually squirt.

Another common thing that prevents female ejaculation is that YOU are blocking off her urethra by squeezing too hard on the G-spot…

You end up pressing her urethral tube between your fingers and the pubic bone and it works like a car tire on a garden hose—it blocks off the flow, and, again, she'll have a retrograde ejaculation and nothing will come out.

To fix this one, try removing your fingers just as she starts to come, and just continue with the clitoral stimulation as she squirts.

Finally, I ought to mention that once a woman learns the trick, it is not uncommon for them to squirt more often, even during regular intercourse—especially in positions that stimulate both the clitoris and the G-spot.



While this may sound really cool right now, it's worth mentioning that it can be quite a mess and that you'll want to start keeping a little stack of fresh, rolled up towels by the bed.

Cunnilingus

Are You So Good at Going Down On Her That She Brags to Her Friends About You? Here's How to Make Sure You Are…

I recently went out to meet a group of friends at my neighborhood bar—and as it turned out, all of them were women. I arrived a bit late, and when I got there they were in the middle of a no-holds-barred conversation about oral sex.

Actually, let me be more specific… they were comparing stories about the WORST oral sex that they had ever received.

As the only guy there, I can promise you, it was very uncomfortable to have to listen to them laughing and screaming their heads off over how horrible these guys were.

I felt so bad for those guys… even though they didn't know that they were the subject of such mean-spirited ridicule. I got a real sense of how hurtful it would be to have a group of people you didn't know laughing about your sexual performance.

I guess I would have felt worse if I was at all worried that some woman somewhere might be having that conversation about ME. But thankfully, I am very confident in that department.

An early girlfriend who was bi-sexual, and had many lesbian sex partners before me, trained me very well.

Obviously lesbians have a big advantage over men in this department because they know instinctively what other women respond to… but

also because for them, since regular intercourse is impossible, it is their "main event."

So I listened very carefully to everything that this girlfriend wanted to teach me.

And, over the years, I've paid a lot of attention to improving because it is something that I truly enjoy.

The only time you want a group of girls to bring you up when talking about oral sex is when they are BRAGGING and swapping stories about their BEST experience.

THE BASIC CLASS:

Enjoying It

Nothing in sex replaces PASSION.

This is the first rule and the last rule.

No technique, no position, no stamina, size or shape… absolutely nothing can come close to creating amazing sexual pleasure for both you and your partner like really losing yourself in the passion of it.

There is no secret, clinical, tongue-swirl technique that will ever match true infatuation with pussy.

Think about it:

You may have had some great blowjobs from girls that really knew exactly what they were doing. But the best blowjob is from the woman that really seems to love it. The girl that completely loses herself to her own lust for your cock.

I can't teach you how to love going down on a girl—and I know that some men don't like it. If you're one of those guys that don't like it, but you're just a "giving guy" and want to be good anyway… I don't know what to tell you man… I would never suggest faking it, but I do think it's worth figuring out if there is some aspect to it, maybe just the aspect of giving her a powerful orgasm, that you could focus on in order to bring a measure of true enjoyment to it.

But more specifically to my point, I think that there are a lot of guys out there that really DO love going down—but they feel either too

macho or too shy and insecure to demonstrate that fact in a way that would let her know how much you really dig it.

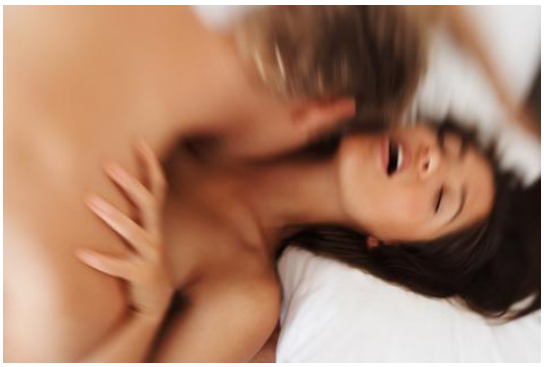
Often men are insecure about their "technique" and they are too preoccupied with "making something happen," wondering if she came yet or if what they are doing is "working.

I assure you that if you cut yourself loose and really get into what you are doing, your partner will definitely appreciate it much more than any "technique" I can share with you.

Teasing

Oral sex is sometimes called foreplay… so it may sound strange that I'm going say that sometimes foreplay requires… foreplay.

There is a time and a place for throw-down passion… where you and your woman are so hot from grinding together on the dance floor or have been teasing each other all night at a party… and the moment you step through the door, you throw her down onto the nearest piece of furniture, pull her skirt up and stick your tongue right into her…



That's a great moment for both of you. (And any woman reading this is really turned on right now thinking about it).

But more often, arousal needs to be built slowly and if you stab straight for her tender bits she is going to be more ticklish than aroused.

The idea is to get her off… not annoy her.

So take the time to build some sexual tension. And if you haven't been building it all night, then you need to do it before you begin going down on her.

Kiss her for a long time. Lick and bite her neck. Spend some time giving love and attention to her breasts, her belly, her inner thighs and the creases behind her elbows and knees. Kiss her just above her vagina.

Drive her completely nuts. If you are doing it right, she will be wiggling her hips like crazy trying to get her vagina closer to your tongue.

You don't need to do this every time. You don't want to be predictable. But you do need to develop a sensitivity to knowing when she is turned on enough to be ready.

Listening With Your Body

Okay, here are the specific techniques to give her great oral.

But please note that I did not call this section, "Techniques." I called it, "Listening with Your Body."

And that's because every woman's body is different. You need to play with many different techniques to find the ones that her particular body responds to. The best move on Earth will only work on SOME women.

Any advice you read that tells you otherwise is bullshit.

I really suggest you just follow your instinct from here and find your own way towards what works for your partner, because that's really all you need to do if you have passion and you are LISTENING WITH YOUR BODY… but here are a few traditional techniques that work very well with many women.

Obviously the clitoris is the main attraction in going down on a woman.

(I know you know this, and I covered it at the beginning of the "HER" section of the book… but just to make sure I don't lose anyone, I gotta do this: The clitoris is a narrow little thing, the head of which just pokes out from the top of her vagina where the lips join. The rest of the clit lives beneath the "hood," which is the thin strip of flesh above where the inner lips join.)

How much intensity and how directly she wants her clit stimulated can be very different with different women. Try long, soft strokes, while keeping your tongue wide and soft over the whole area. Try flicking with the tip. Try circling it with the tip. Try rolling it firmly beneath your tongue. Try kissing it or sucking it in between your lips.

Here's the important part that you need to keep in mind with all of the above:

Conditional Rhythm Response.

A steady beat is very, very important to getting her to orgasm. Play with different ways of stimulating her and listen with your body to what makes her gasp, what makes her tense up, what makes her push back or grind against you…

Then keep doing the one that works, and start a steady rhythm with it. Change the tempo and keep listening… Slower? Faster? What is she responding to? Be patient and allow her to experience each rhythm.

Sometimes it takes longer but she reaches her most powerful orgasm with a surprisingly slow tempo (you'll never see this in pornography). Even as slow as one lick every 2 seconds. Try it.

Some girls will tell you: "faster," or "slower." But with most women, you will have to pay attention to what her body and her breathing are telling you.

She will guide you without words if you pay attention.

Of course the clitoris is not the only part of the vagina that likes attention.

Don't forget the lips, and if you've got a long tongue, the inside of her (though this is more likely to be something you do briefly to emotionally or psychologically arouse her… spend too much time inserting your tongue and she'll likely get bored and think you don't know what you're doing). If you love pushing your tongue inside of her, you can still use your fingers (make sure they are wet) on her clitoris.

Variety is important. Don't just keep doing the same thing.

Rather than always driving her towards her orgasm, you can just drift into sensual pleasure with her before or between the rhythmic sessions that make her come.

Try long licks up the entire length of her vagina. Suck her labia into your mouth, gently bite her lips or clitoris, trace the alphabet across the entrance of her vagina and clitoris in script letters…

And, of course, you can add your fingers to the equation.

You can use your fingers to go rhythmically in and out, or curl them up inside of her to stroke her g-spot while using any of the tongue techniques above and watch her explode with pleasure.

You can use your fingers to hold her open (some women find the feeling of having their labia spread open with your fingers a huge turn on… some don't like it at all).

You can use the pads of your fingers to gently pull the skin above her vagina upwards, pulling the hood back and exposing more of the clitoris. (This one is most often a crowd pleaser).

Some girls come harder and faster with the fingers, while others will find it just too much and will pull your hand away, preferring to just enjoy your tongue. Some will like the variety and want it both ways in intervals or depending upon her mood.

How will you know?

Listen with your body.

Humming

This is a funny one, but some women really dig it…

Try humming while you are going down on her. The vibration in your lips and upper jaw bone can sometimes work like a weak electric vibrator and add a spike of stimulation that will send her into orbit.

Not all women get off on this. And sometimes it can be hard to find just the right pitch, just the right amount of pressure and intensity, just the right amount of seal with your lips. But if you'd care to experiment with it, it can be very, very good.

The best way to experiment with it, in my opinion, is to moan with pleasure as you go down on her. That's something you might do naturally anyway. It will get her even more excited because she will feel the intensity of you getting excited (see "Enjoying It" above).

And it's a lot less weird than humming a tune like, say, "Happy Birthday" while going down on her (especially if it's not her birthday).

Then, let your moans drag out longer while creating a nice seal with your lips around her clit…

See what happens.

THE MASTER CLASS:

Keeping Her Connected

The stuff above is mainly about the physical things that you are actually doing that can lead to pretty good sex…

But great sex is really much more about the mind and the heart… especially for a woman.

You may have already had the experience of a being with a woman that doesn't like oral sex…

It's not the oral sex that she doesn't like. It's probably that she has difficulty with selfishly accepting attention (she might be uncomfortable with back rubs too), or she is embarrassed by the appearance or the smell of her vagina (because she is not a man and may not be sexually attracted to it in the way that you are), or… she does not like the feeling of isolation and disconnection of being up there all alone with her head on the pillow while you and her vagina are doing something without her.

ALL of these factors will disappear if you keep her mentally and emotionally connected when you are going down on her.

Remember this and you will never go wrong:

Oral sex is not between you and her pussy… it's between you and HER.

That's why it's good to really, passionately get into it. It's good to look up sometimes into her eyes. It's good to moan with pleasure or tell her how beautiful she is and how sweet she tastes. It's good to wrap your arms around her hips and hug her tightly while you do it. It's good to reach up and gently stroke her breasts and the side of her face or her hair. It's good to hold her hands.

Keep her connected with your intentions and with your heart. It is the difference between being merely great at going down on her and being the best she's ever had.

Pushing Her Limits

**You should not experiment with this outside of the safety of a relationship. It is absolutely essential that a woman trust you*

*completely before you attempt it. I'm not a doctor, I'm not telling you what to do, you are solely responsible for your actions, this book is for entertainment purposes only, and all that legal stuff… And really, please don't be an idiot with the stuff below**

Some women will resist having an orgasm when you are going down on them. Just before they come, they will push you away with their hands, or by pushing their hips against your shoulders, or clamping their legs closed.

Other women will have an orgasm, but then as the stimulation continues to increase, it is more than they can handle and they will again push against you to stop you from pushing them into too much pleasure… they begin to feel like if you continue they might blow a fuse in their brain.

If you can gently push her past her self-imposed limit, she will climax in a way that she simply can't achieve by herself. It will make a very big and very emotional impact on her.

The way that you do this "gently" is by letting her feel your WILL to push her past her limit.

Do not try to force her legs open. Force is a very bad idea for ethical reasons, for reasons of trust, and for legal reasons… so do not do it unless you discuss it first and have a "safe word" (more on that later).

Instead, when she begins to push you away, resist her a bit, and place your palm firmly in the center of her chest and press her strongly and firmly down onto the bed. She will feel your forceful desire to continue. She will feel your masculine strength literally "holding her down" (even though she was already "down").

Another way to do this is to hold her hands in yours and pull her whole body firmly towards your face. She will instinctively squeeze your hands back and will pull with her arms; forcing herself even more strongly towards you… this can get very, very intense. If she releases her hands… OBVIOUSLY, you release yours too.

If she does release your hands or does not like your hand on her chest holding her down, it does not mean that you are not good at going down on her or that she doesn't like it. It means that you have not built enough erotic trust with her yet.

Don't get angry or frustrated with her for this… it's not her fault, and that's not exactly the way to build more trust. Just be confident and sweet towards her and try again another night.

Remember that neither of these things will prevent her from wiggling her hips away or pushing you away with her hands or clamping her legs together… or verbally telling you to stop. She can still do that. But she will feel your strong intent, and if she is like most women, she will become submissive and let you lead her to the next level.

The next level is an amount of pleasure that she was afraid of. It is more than she thought she could handle. It is something that might make her lose control. Usually it will "stack" an orgasm on top of the one that she is already experiencing. (There is an entire chapter on "stacking orgasms" later in this book).

The chances are extremely high that when you do this, she will scream loud enough for the neighbors to call the police.

So I hope for your sake that you heeded my advice about not doing this with a woman that you don't already have a strong and trusting relationship with—because when the police arrive, you really, really don't want her pissed off with you.

Fingering

I considered making this the first chapter of this section of the book, because being good with your hands is probably the easiest way to become MUCH better in bed.

Fingering, or "manual stimulation," is also the great equalizer for guys that can't last as long or who feel like their penis isn't large enough (or is too large) to stimulate their partner properly.

If you can make a girl come using your hands, you never have to worry about how fast you come before or afterwards. Not only can you satisfy her, but because you can continue as long as you like, you can probably satisfy her over and over and over again until she is a quivering blob of jelly begging for mercy.

Stimulating a woman with your fingers is also versatile.

You can use them for foreplay to get her heated up, to tease and prolong her wait for you to fuck her, to drive her intensely to orgasm, while going down on her, or for after-play if she craves more after you come.

So how does a guy become expert at using his hands to please a woman?

The answer is the same as for oral sex:

Pay Attention - Listening With Your Body

There is no more important skill for a lover to learn than the skill of Listening with Your Body.

Not just listening with the ears, but with the whole body. Not just the sounds of her moaning and her breathing, but watching the flush of her face, feeling the tension of her body… this is really about paying attention and about being in the moment with your woman.

Paying attention is so critical because different women may like very, very different things when it comes to using your fingers.

So, as always, the first rule is to pay attention… but there are some things that most women enjoy:

First, most women will find that rubbing a dry finger on the clitoris is unpleasant (though, I certainly can't say all women will feel this way). You could use a sexual lubricant like K-Y or "Astroglide," but it is just as easy to lick your finger, and more often than not, if she is already aroused, you can use her own natural vaginal lubricant by drawing your finger up the crease or briefly inside of her vagina.

While plenty of women like strong, direct contact on the head of their clit, most do not. It is more likely that she will like a very, very gentle circular motion on the head—so gentle that it's almost a tickle.

Other women can only take stimulation NEAR the clit, using your fingers on each side of the clit and going up and down or in circles around the head.

Another alternative is to use all four pads of your fingers and make a circular motion along the entire area of the clitoris. Start lightly and get more intense as long as she seems to enjoy the increase in intensity.

Do I need to say it? Listen with your body…

A woman may prefer up and down instead of circular. Very gentle, upward strokes can be fantastic. You will only know if you try it and listen.

And like oral sex, rhythm, again, is definitely key. If you find a rhythm that is making her squirm and moan, stick with it. Resist the temptation to speed up or slow down unless she seems to be coming down. Then you can try varying the speed and intensity until you find her sweet spot again.

When you put your fingers inside of her, rhythm is equally important. Gentle and slow, intense and slow, faster and harder… don't forget that not only do different women like different things, but often the same woman likes it differently depending upon her mood. And her mood can change moment to moment during the time that you are having sex with her, so don't ever guess—stay tuned in to her.

The most reliable motion for fingering is the "come here" motion of curling your finger up inside of her and stroking towards the g-spot. Alternately you can angle your finger upwards and go in and out or up and down against the same spot.

Sometimes two fingers (or even four) are better than one… sometimes not.

There is also the A-spot, deeper than the g-spot, at the top of the vagina, just above the cervix that most women find intensely pleasurable. It is easier to reach that spot with your penis, but if you have long fingers, you should experiment with it.

The Pyramid Of Pleasure -

One of my personal favorite techniques that I invented is the Pyramid Of Pleasure (I actually made up the name a few years ago when telling a group of enthusiastic friends about it).

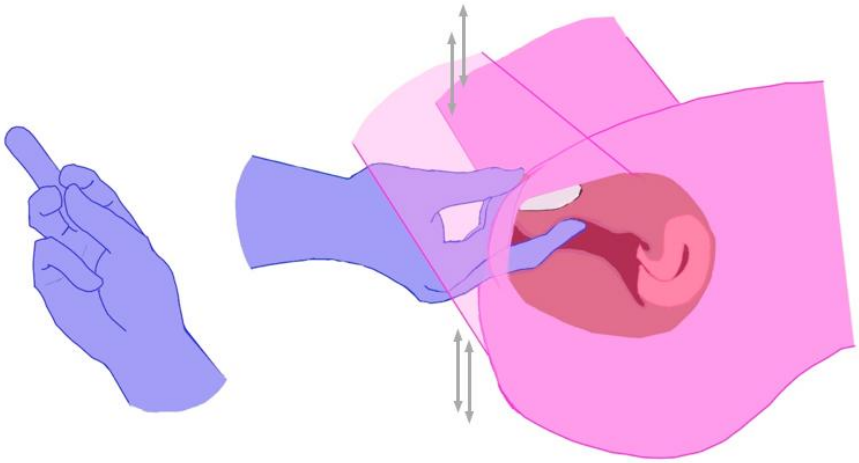
It sounds a little bit complex, but it's actually simple to do and for some women is the manual equivalent of a rocket launcher.

Insert your middle finger into her vagina and curve it against her G spot, then the tips of your ring and index fingers come together to form a triangle outside of her vagina around her clitoris. Finally, you complete the pyramid by pressing your thumb against the tips of your ring and index fingers to moderate the pressure on the clitoris.

When you move your hand rhythmically up and down, the G spot is stimulated by your middle finger, while the wish-bone like legs of the clitoris are massaged by your ring finger and index finger knuckles… and the thumb and the backs of the fingers can apply either direct or indirect pressure to the top or sides of the head of the clitoris.

The response can be insane.

The Amazingly Named... "Pyramid Of Pleasure"
(After this, she will believe in Pyramid Power)



The 2nd joints of the ring and index fingers are along the labia and pressing into the body of the clitoris (U-Spot), the thumb controls the pressure against the head or sides of the head of the clitoris, and the middle finger is on the G-Spot. The motion from this angle is up and down.

But it can be notched up even further by placing the palm of the other hand against the base of her abdomen, over her pubic hair (if she doesn't shave) and apply gentle pressure to squeeze her G-spot between your palm and your middle finger.

This can be INTENSE, so start gently and pay attention.

Remember, all of this has to do with your pleasure as well. What turns you on when you are penetrating a woman with your fingers?

An interesting truth is that the more tuned in to her experience you become, the more tuned into YOU she will become. When that happens, seeing you get turned on will get her powerfully aroused, so if you do something for your own pleasure, she will definitely get off on it.

And one of the interesting things about using your hands on her is that, unlike with your tongue, you can be right up by her face, kissing her, listening to her breathe, looking into her eyes.

Let her see how much you are enjoying her body. I promise you, it will turn her on more than any technique you care to try.

Talk to her. Tell her how much you enjoy it, how it makes you hot.

I'll discuss this topic further—"sexual communication"—in the "TOGETHER" section of the book.

Multiple orgasms and stacking orgasms

The multiple or *stacked orgasm* is one of the most intense experiences that you can share with a woman. It can be, for her, exponentially more powerful than any single orgasm that she has ever experienced.

It can be so powerful that you might consider wearing a helmet and protective gear or strapping on a 4-point safety harness and fire-proof gloves... Earplugs to protect you against damaging your ear drums during her screaming are also recommended.

Okay, I'm kidding, but I want to make the point: This can be very, very intense.

As I mentioned at the beginning of the "How to Give a Girl an Orgasm" chapter, every woman is different in their orgasmic response.

There are women who are extremely orgasmic and achieve multiple orgasms easily and quickly during sex.

But for many women, it is an elusive trick— something they have probably read about and are unsure if they will ever experience for themselves.

The interesting thing is, that once a woman has multiple orgasms for the first time, it is usually easier for her to repeat it—either with the partner that she first experienced it with (which might be YOU), or with her next partner.

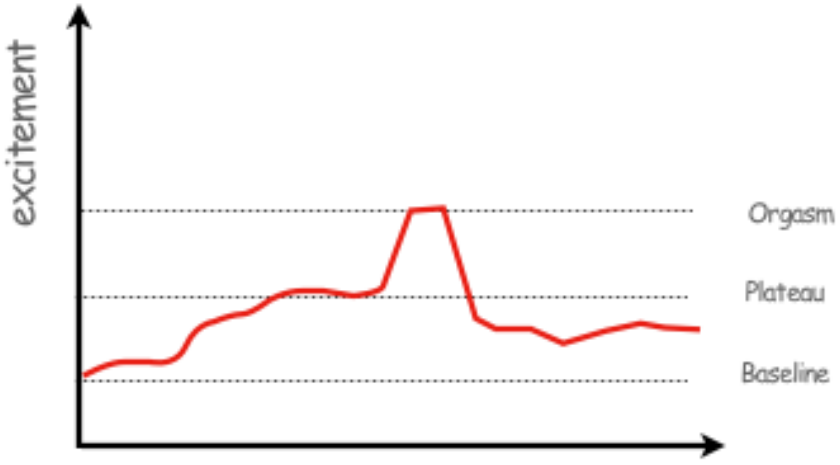
So, in a sense, it is less of something that you DO to her body, and more of a process to help her to UNLOCK something inside of her… something that she is capable of, but has not yet been able to release.

Types of Orgasm

Most women who are reasonably orgasmic report that they experience two, three, or more very different types of orgasms.

The two big ones are the clitoral orgasm and the vaginal orgasm (usually, but not always, associated with the g-spot), and women

who experience both will usually tell you that they feel very, very different. (Which as a man is difficult to imagine… and makes me kind of jealous!)



Path Of Ordinary Orgasm

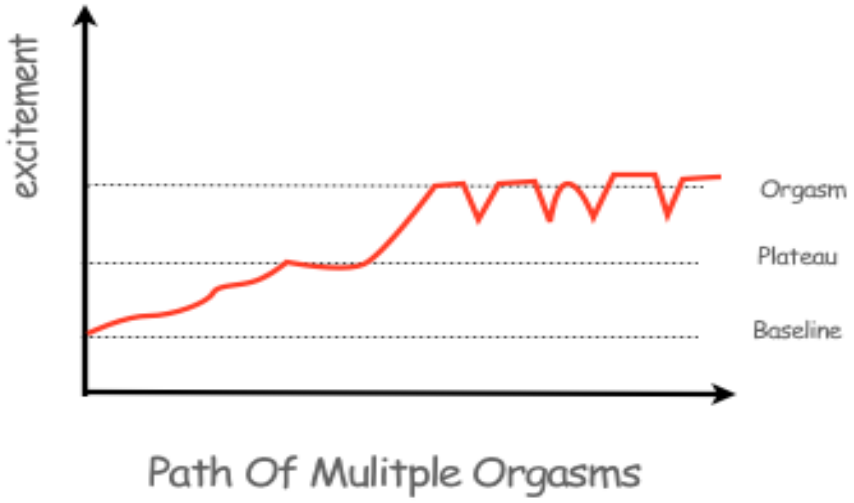
Some women distinguish it further, breaking the vaginal orgasm into g-spot orgasms that they feel when the g-spot is directly stimulated, usually with a finger, and "deep" orgasms that they experience from being "filled up" during sex, and "cervical orgasms" that they feel from the A-spot or deepest point of penetration.

There are women that also experience other types of orgasms and, for what it's worth, a great many women also can achieve orgasms from having their nipples stimulated, and again, describe it as a very different sensation from the others.

There are even women that can have orgasms from many other points on their body including a reflexology point on the bottom of their feet, behind the knees, the sides and back of the neck, and more.

Also worth noting is that some women who experience different types of orgasms refer to one of them as being much more powerful or intense than the others. Other women report them to be of similar intensity, and enjoy them for their differences.

And still other women, even very orgasmic women, sometimes will experience only one type… only the clitoral or only from penetration.



Path Of Mulitple Orgasms

Any one of these types of orgasms, each achieved through a different type of stimulation, can become a multiple orgasm (or a "stacked" orgasm, which I will discuss at the end of the chapter). And, if you are very lucky (or very skilled!), you will find yourself with a woman that can multiple from more than one type of orgasm.

Multiple Vs. More Than One

A multiple orgasm is not the same as having more than one.

A woman may come multiple times during the course of love-making, but even if she comes 50 times, she might not have achieved a true "multiple orgasm," in the sense that I am discussing it here.

It is like the difference between a boxer throwing a jab and stepping out, then throwing another punch and stepping out, versus throwing a quick "combination" of punches. A combination overlaps in time—the right cross is on its way out at the same time that the left jab is being recoiled.

So a multiple orgasm is a state of super-arousal where a woman will cycle through orgasms, one right after the other, so that her next orgasm begins just as the last one trails off of its peak.

As this state continues, the orgasms begin to stitch together until they sometimes overlap into one, prolonged orgasm that can last almost as long as you can keep up what you are doing, and she can stand the intensity of the experience.

Instead of looking like: Orgasm. Orgasm. Orgasm. A multiple orgasm will look like: Orgasmorgasmorgasmorgasm.

With this background, we are ready to talk about how to give your partner a multiple orgasm.

Erotic Trust and Intimacy

This is probably becoming familiar to you by now: The single most important thing that you can do to allow a woman to experience more powerful orgasms in bed is to earn her erotic trust and create an environment of intimacy and "safety".

Achieving a multiple orgasm for a woman is an incredible surrender of control. She must allow herself to open up to the experience… An experience that will make her scream and make funny noises, make contorted faces, experience emotions of profound vulnerability…. And she'll do it all while being, literally, completely naked in front of you.

Could you do that in front of someone that you didn't completely trust? That you don't feel a certain amount of intimacy with?

Probably not.

This is a difficult line to walk because you do not earn a woman's *erotic* trust by being "nice" or by being "safe" in the traditional sense. Frequently those qualities do not provoke arousal—and getting her turned on is also a big part of the equation here.

Giving her a feeling of safety doesn't mean being safe… it means giving her the confidence to feel that she's safe even when you are being very edgy and pushing her past her comfort zones.

Think of it this way—if you had to go up on a private plane through stormy weather, who would you feel a safer sense of pilot-trust with… a really NICE pilot? Or a pilot who seemed to exude a relaxed confidence in his ability to fly a plane?

Do you want your pilot to be the guy who is new, but always plays by the rules and flies by the book… or, if you've got to make it through a hurricane, would you prefer to be with the stunt pilot who has a reputation for doing whatever it takes to get the plane down safely, even if a wing falls off?

You can see that pilot-trust, in this case, isn't the same as trusting someone with your car keys or trusting someone to date your sister.

Similarly, erotic trust is something a woman feels, not because you are "safe" or "nice," but because she trusts you to guide her confidently through a powerful sexual experience.

A woman will EROTICALLY TRUST a man that she feels WON'T JUDGE her, and whom she feels is SEXUALLY CONFIDENT.

You display *sexual confidence* by leading the interaction without being tentative, by being relaxed and calm while dealing with deep passion, by being positive towards her sexuality, by having the ability to make her feel positive and good about her sexuality and feeling aroused.

Make her feel that you are connected to her emotionally by continuing to listen to her body with yours, by staying in the present and not drifting off into some fantasy that does not include her.

To put this another way, the most important factor in helping a woman to unlock her ability to achieve multiple orgasms is to make her feel comfortable, positive, and secure enough to do it.

Below I will describe the physical process that you will use to bring her to multiple orgasm. If it does not work, do not get frustrated. It just means that you have not fully mastered THIS step yet.

And THIS step, building erotic trust and intimacy, is by far the most important and the most difficult part of the process to achieve.

It is also the most rewarding.

Timing

Since a multiple orgasm isn't the same as more than one orgasm, the timing of your intensity is extremely important.

As you become more tuned into a woman's body—from "listening with your body," you begin to develop a sense of when to increase or decrease your intensity and how to control your rhythm to bring her to orgasm.

Practice becoming tuned in to her.

Soon you will know exactly when she is about to come, even before she knows. You will feel the moment of her peak, the number of seconds that she stays up there, the moment that the top of the climax ends and she begins to come down.

This "tuning in," or paying attention, or listening as I've described it, should be extremely intense and pleasurable FOR YOU. It allows you to really experience her feminine sexuality in a full way. It's seriously *beautiful*.

It also builds, for her, an incredible sense of intimacy.

Once you've got this skill down, you can begin to change up the intensity within the rise and fall cycle of her orgasm.

Note that this does not have to be during actual intercourse. This can also be done during oral sex, or using your fingers, or even using a "toy" like a dildo or vibrator…

In fact, while it's great fun during intercourse, probably the simplest way to do it the first time is using a lot of lube and your finger gently caressing her clitoris. But again, every woman is different, and for some, the clit becomes temporarily over sensitive and uncomfortable after the first orgasm. (This is, of course, something easily worked through with patience and intention).

As she begins to climb towards orgasm, you increase intensity slightly (which otherwise you would not have to do… maintaining rhythm would do the trick if you are not going for the multiple). Then, just as she is about to release herself into the peak, you slightly reduce the intensity, maybe even slightly slow the rhythm… but not enough to interrupt her flow of orgasm.

Then as she crosses the peak, you maintain that slightly reduced intensity for as long as her orgasm lasts. You can actually draw it out and make the peak last longer by really tuning in and slowing just enough, backing her down just enough, to keep her up there...

And then, just as you feel her muscles begin to relax and she begins to pass from the peak and wind down, you give her half a breath, just an inhale, and then powerfully increase the intensity, bringing the rhythm back up one or two notches to the rhythm that you first brought her into climax with.

The state that she is in, half of a breath PAST her orgasm, is not all the way back down to the normally sexually aroused state… actually, for her, this place of being just a half a breath AFTER climax is identical to the state of super-arousal that she was in just half a breath BEFORE her orgasm.

If your timing is right, she will not come all the way back down, but instead will literally bounce back into the climax.

Hang on! She may start to go completely wild!

Especially if she's never had a multiple orgasm. Because she was not expecting to get knocked back up there.

Again, as she reaches the climax, you ease off slightly, slow down and milk it out (you have to feel this, slow down too much and it's over, keep going too fast and her orgasm is shortened, and there's no place to go to bring her back up), and then, as she passes through the climax, one breath on the way down… you do it again! Ratchet up the intensity, sending her back up into the orgasm.

If you repeat this three or four times, you will begin to notice that the peak of each orgasm lasts longer and longer. For most women, by the fourth or fifth time, if you just keep up the slightly reduced intensity, she will stay up at the peak, and just not come down at all and experience an extended orgasm.

Depending upon the woman (and how much screaming your eardrums can take), you may be able to prolong this orgasm nearly indefinitely.

You hear stories about hour long orgasms, but in practice, even just 5 or 6 minutes of continual screaming pleasure is as much as most humans can take. She will be hoarse in the morning just from that.

Resistance

But, unfortunately, it is usually not as easy as I have described it above.

There is an additional challenge…

Most women, when you begin to push them into the second or third orgasm, will begin to strongly resist being forced back into orgasm.

It is not because they don't experience pleasure from it—on the contrary the pleasure is more intense than they feel comfortable taking. It's more than they can handle.

This is where all of that trust and intimacy building comes in. Because having one orgasm is an emotionally vulnerable moment for a woman. But having multiple orgasms, screaming, making weird faces, losing control of their bodies… this is an extremely, powerfully vulnerable experience.

She will resist it.

You must find a way to gently push through this resistance.

Now, I don't want to be accused of any kind of endorsement of forcing sex upon your partner. And I certainly would NEVER justify the use of force during sex.

This is a very specific case of fully consensual sex with a willing and eager and hopefully even LOVING partner.

As she feels you begin to increase your intensity as she is coming down from her orgasm, she will reflexively resist. Usually this will be by pushing her hips up and clamping her thighs down to keep you from thrusting. Sometimes she will push with her palms against your hips or chest. If you are doing it from behind, she will probably pull her hips down and away towards the bed.

(Or she will push your head away if it is during oral sex, or twist her hips to the side and clamp her thighs together if you are using your fingers).

She may even say something like, "Wait! Wait! I can't take it!"

And usually, if you gently, but confidently push back, using just a bit of strength to match her, and she knows that you are doing it in a LOVING way… you will be able to continue.

It is in this moment, where she feels your INTENTION to take control and responsibility in the situation that she will SURRENDER to the multiple orgasm.

If, on the other hand, she continues to resist, or if she verbally tells you to stop, then you must back off. You have not yet built enough erotic trust and comfort with her yet, and if you continue she will not be able to surrender into the multiple orgasm, she'll just freak out.

You will probably just end up pissing her off. And potentially damage her trust in you and in the relationship.

If she is not ready to surrender into the multiple orgasm yet, you have more emotional work to do… and THIS is the best opportunity to do it! Back off, slow your rhythm, tell her that she drives you crazy with lust, stroke her face and hair, kiss her, and let her know with your tone and your energy that you are not disappointed with her, that everything is perfect… and start over again.

Often this confident and masculine style of handling her resistance on the first time, not getting angry or pouty, not getting defensive like an immature little boy, respecting her demand to stop without

diminishing your authority, is enough to let her surrender into it the second time.

Or third, or fourth...

Sometimes it will take longer. Always listen and pay attention to her body. It will, in the end, show you the way.

Stacking Orgasms

By now she already thinks that you are the world's greatest lover. She never thought her body could feel that kind of crazy pleasure. She certainly can't imagine that there could be… more.

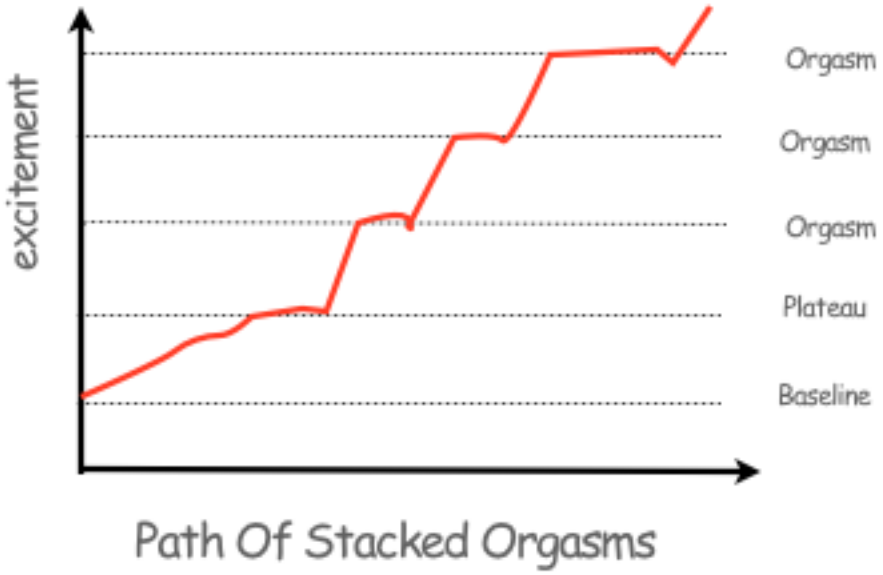
Once you have mastered the multiple orgasm with a woman, you are ready to try for the *stacked orgasm* with her.

Stacking orgasms is an even more powerful form of the multiple orgasm and it is achieved in a very similar way, but using slightly different timing from the multiple.

It requires you to know your partner's sexual response even better, which means an even higher level of paying attention and listening to her body.

In the multiple orgasm, your timing is dictated by the feeling of her coming off of her climax and heading back down…

For stacking orgasms, the timing is more subtle. You increase your intensity at the very end of her peak… but BEFORE she begins to come back down.



If you increase your intensity too early, say in the middle of her peak, she will generally just fall right back down, because her body will react to the change in rhythm and it will knock her out of her state.

But if your timing is perfect, one half breath BEFORE she comes down, something amazing will happen… she will have another, higher level orgasm on top of the one that she is already having.

When this happens, the orgasm actually climbs from the first orgasmic state to a stepped up, higher orgasmic state. And as with multiple orgasms, you can do it again, stacking it yet again to a higher level.

By the time you have stacked her orgasm twice or three times (and very often beginning with the first), she will probably scream loud enough to seriously hurt your ears, so I strongly recommend that you are not in a sexual position where your ear is pressed too closely to her mouth.

Seriously.

You just can't imagine, sitting there reading this, how completely crazy your girl is capable of becoming.

Unlike the multiple orgasm, frequently you won't experience resistance with the stacked orgasm because her mind is so blown in that instant that she isn't capable of any self-directed, voluntary, or rational behavior.

She's in uncharted territory. Another world. She may even have what she describes later as a spiritual experience.

For a woman to experience this kind of heightened orgasm with a man is a very, very profound thing.

As I said in the chapters on first orgasms and female ejaculation, it is CRITICAL that you are very nice to her afterwards.

She will be EXTREMELY emotionally fragile.

That can be a good thing if you are sweet and whisper loving things in her ear and stroke her hair…

But if you say something even slightly insensitive, be prepared for some serious tears, anger, and resentment. She has opened herself to you in an overpowering way. She will feel very justified in her hurt if you do not appreciate that fact and make a bad joke about her screaming or the funny faces she made.

Remember that even if you are sweet to her, she may cry, and possibly cry for a very long time, being unable to get a grip on herself. It does not mean that she is sad.

It is just her emotions pouring out of her from the overwhelming pleasure. It can be difficult for her to reconcile that she was capable of this amount of sexual abandonment but was unable to discover it by herself—that it took another person to unlock it for her.

So she may cry.

It is not something to worry about. Just be calm and be nice to her. She is dealing with powerful feelings and emotions. DON'T try to "cheer her up." Let her fully experience her feelings and just continue to be the strong and confident man that she allowed herself to open up to in the first place.

The back door

The short version of this chapter is that some girls like it and some girls don't.

But that's true of guys too. Many men do not particularly enjoy the idea of what comes out of that hole, much less want to put anything into it. For other men it represents some kind of ultimate conquest.

The "bottom line" here (sorry) is that it takes two to decide to include anal into the mix.

But I have a deep belief that if one person wants something sexually, that the other partner should at least CONSIDER trying it. You never know when you might find something new that you love.

So if your woman is begging you to try it and you don't find the idea too repulsive, strap on a condom, break out some lubricant, and explore something new.

More often, it is the guy begging the woman to try it.

And if that's you, that's your first problem: Begging is not attractive.

The more you beg her or try to PERSUADE her to have anal sex with you, the more it turns her off and feels like you are being a… um… pain in the ass.

That begins a negative spiral that soon has her feeling more negative about the idea than she did the first time you brought it up.

Getting Your Girl to Try Anal Sex

The only way to persuade a woman to do anything is by appealing to her emotions and feelings about that thing.

Instead of trying to get her to change her position on something that she feels negative about, go back one step and work on making her feel positive about it.

You cannot logically convince a woman to have anal sex by telling her that most other women, once they've tried it, enjoyed it. You and the last ten guys she dated said the same thing to her and it didn't work for them either.

Instead, use positive imagery and reinforcement to start making her feel good about it. Or better yet, build a fantasy for her in which she is enjoying it.

You might begin by telling her that her ass is beautiful when you are having sex with her from behind. Try spreading her cheeks and telling her that she has a beautiful asshole and that it turns you on.

She may laugh at this, she may squirm away, and she may tell you to shut up. Just be calm and resolved. And tell her that you are serious and that you are just being authentic about the ways in which she turns you on…

The next time you say it, she will take it as the compliment that it was originally intended to be.

Or, from the same position, gently run your finger across it and tell her (or just growl or a make sound that lets her know) that it turns you on.

These are first steps to let her know that her anus is a sexual lure for you. She will begin to think about it differently if it has a positive effect on her man sexually.

You can also stroke it gently from missionary position while holding her butt cheeks in your hands. Most women like this. If your woman does not, just relax and whisper to her that it turns you on. Be gentle… back off if she asks you to. This may be a long process.

Eventually you may graduate to inserting a finger while having sex with her.

Again, the first time, don't ream her in and out for ten minutes. She will probably freak out.

Instead just insert it maybe a half inch, then remove it and go back to a little light stroking. Next time you can go further.

At first she will get used to it, then she may find that it is part of her enjoyment.

Even more effective is building a fantasy for her.

There is more detail on sharing fantasies in the TOGETHER section of this book, but here are some basic ideas.

When you are making love and she is very aroused, close to coming, she will be very emotionally receptive. Tell her then what you would like to do to her.

Some women like it when you talk very graphically and "dirty," like, *I want to push my cock into your little asshole*…

Other women prefer it "soft-core" or romantic, with a whispered, *I want to explore every part of your body with my body—penetrate every part of you—I can imagine you moaning with pleasure beneath me while I slowly enter your ass.*

I hope that you know your girl better than I do… so you know which is the best way of talking to her in bed. If you don't, you'll learn how in the chapters ahead.

If she is very close to coming when you say these things, and then you make her come before she has a chance to object, she will begin to link sexual pleasure with the thoughts that you have put into her head.

Because women also link strong emotions to making their man come, you could also do this right before YOU come and give her the same, powerful hit.

Her First Time

Use a condom for anal sex.

Sure, they don't use them in pornography. Sure, you can do whatever you want between consenting adults.

But use a condom anyway.

Many nasty diseases can be spread from anal sex, including diseases that are not strictly considered STDs.

You have been warned.

It is also worth mentioning that a mess is possible.

And since that's something that I'm sure both of you would like to avoid, it's probably a very good idea to make sure that she has recently used the bathroom and gotten everything out before you try to get anything in.

NEVER remove your penis from her anus and then put it into her vagina.

At minimum you should change condoms, but probably you should also wash off the area. The bacteria in her anus can create all sorts of health problems in her vagina, and if nothing else it can give her one monster of a yeast infection.

Okay, with that stuff out of the way, here's what you need to know if she's agreed to have anal sex for the first time…

First of all, use some water-based lubricant. Unlike her vagina, her anus does not secrete any kind of natural slippery stuff. If the condom is pre-lubricated, as most are, it may be enough, but I'd suggest you have some Astroglide, K-Y, or other sex-friendly lube on hand.

She will be nervous, and she will probably clench the muscles of her anus. When she does that, not only will it be very difficult for you to get it in, but it will be painful for her. And there is no reason at all for it to be painful if she can relax.

The best way of getting her to relax is for HER to control the motion.

One way to do that is from doggy position, you tell her that you will stay still, with your hands at your sides, and let her guide you into herself. She can slowly push herself against you until it is in.

DON'T MOVE. If she feels you pushing, she might clench up. That makes it hurt and she may freak out and decide that this wasn't such a good idea.

Let her control the motion in the beginning. This will be MUCH easier than if you hold her hips and pull her in, and don't even THINK about thrusting yet.

Once she has you inside of her and has spent some time getting used to moving in and out, you can probably begin to gently take over the motion.

Another good option is to lie on your back and put her on top.

(This position works best with her facing away from you, and it also allows you to reach around and give her vagina some love. Most women who enjoy anal sex love this position.)

Again, let her slowly guide it in and resist the temptation to thrust. You'll have a chance to do that later once she has made the adjustment.

Again, if you thrust too soon, she will clench up, it will HURT her, and you might NEVER get a second chance!

Going slow is key. Sometimes if you just maintain some gentle pressure without increasing it, she will slowly be able to unclench. Just relax and take it slow.

Using Your Fingers

Anal sex does not have to include your penis to be pleasurable for both of you.

Using your fingers to stimulate the outside or insert into her anus while you are having sex will drive many women wild… and if nothing else, it's a nice bit of variety.

Again, as I mentioned above, you never want to move your finger from inside of her anus to inside of her vagina without THOROUGHLY WASHING it off first.

Rim Jobs

If you are unfamiliar with the term—a "rim job" is oral sex on the anus.

Some people absolutely love it, but for some people the "gross out" factor is too high.

If you are not in the second group, here's what you need to know:

The potential risk for disease is high, and so the best way to go about it is with a "dental dam" or some other barrier between your tongue and her anus (or vice-versa). That means using something like a strip of Saran wrap placed over her ass and licking on the wrap instead of directly onto the anus…

I know that sounds just plain weird, but actually, if you can get past the weirdness factor, it does still feel very, very good.

However, if the plastic is just too intrusive for you and you still want to go ahead with a rim job, at least make sure that the area is very well washed first. In fact, in the bath or shower is not a bad place to do it.

Chapter Three: Together

Chapter Three….:

- ✓ Intimacy
- ✓ Communication
- ✓ Fantasy

Intimacy

Okay, I told you in the foreword that it would take a whole book to explain to you the very simple truth of how to be the best lover she has ever experienced. And here it is:

THIS IS THE MOST IMPORTANT CHAPTER IN THIS ENTIRE BOOK.

If you read and understand this part, the rest is just simple mechanics and a bit of practice.

Frankly, there are a million techniques for touching a woman.

There have been thousands of books written on the subject from the ancient "Kama Sutra" to the 1970s classic "The Joy of Sex." Anyone can give you tips on sexual positions, bringing fantasy and role-playing into the bedroom, or exercises to make your penis harder.

And any of them, I'm sure, will work just fine.

But to be truly amazing in bed, to really blow a woman's mind, the most important thing to learn is PAYING ATTENTION and, ultimately… INTIMACY.

I have talked a lot in this book already about the idea of building intimacy and earning your partner's emotional trust.

Along with paying attention and passion (which, if you've been paying attention while reading this book, you know that both are actually intricately related to sexual intimacy), there is nothing else that you need to know to be a lover that women will brag to their friends about and fantasize about years after you stop seeing each other.

Even if it is just your first time having sex with a woman, there are still things that you can do, both subtle and direct, that can make a woman feel a profound sense of connection, trust, and intimacy…

Though, obviously, no first time is ever going to compare to the lovemaking that happens in a committed and passionate relationship.

So how do you build intimacy with your sex partner?

Relationship Health



The health of your sex life with your woman is a powerful barometer of the health of your relationship.

Likewise, your relationship health determines the health of your sex life because a healthy relationship builds intimacy.

In the early stages of your relationship, it is possible that passion and newness will provide you with pretty good sex. If you think she's really hot, and she thinks you're really hot, you may even have excellent sex without knowing much of anything about building intimacy.

That will usually not last more than a week or two. Maybe three.

After that, unless you both feel a strong, intimate connection, the sex and the relationship become routine.

You notice all the other hot girls more than the hot girl that you are with. For her, the sex begins to feel like the same sex over and over. She feels disconnected. And when she feels emotionally disconnected from you, the sex will usually begin to fall flat.

You will feel her withdrawal, her level of passion dropping, and that, in turn, will start to make you feel insecure about your love making, and insecurity… well male insecurity is not so good for your sex life!

The result is a negative feedback loop that makes things worse and worse.

Relationship health is a big topic. Way too big for this book. But there can be no doubt that it will profoundly affect your ability to satisfy a woman in bed. It cannot be overestimated.

So I've got to talk about it a bit.

If you want to share incredible, mind-bending orgasms with a girl, the best place to start is well before the bedroom. For a woman, the whole day, and certainly the whole evening is part of the foreplay. It is woven into your daily communication with her.

Again, this is a huge topic and many very long books have been written on the subject. Below is a very quick guide to some basics to consider. It is dramatically over-simplified because it's not the focus of this book. But that doesn't mean it is not incredibly important.

If the stuff below does not make immediate sense to you, you should buy a good book on relationships (I strongly recommend David Deida's "The Way of the Superior Man" and Gay Hendricks' "Conscious Loving"), and read them.

Some foundations of a good relationship are respect, trust, kindness, and attraction. Love doesn't hurt either.

Respect must flow in both directions. You should never belittle or put down a woman for any reason. She is a person and her opinions, ideas, and her life are important and worthy of your respect… even when you don't agree with her.

Women usually don't see things the way men do as "right" or "wrong." When you disagree with a woman and then you try to convince her that she is wrong, you are really wasting your time, and clearly don't understand anything about women.

Here's what you can learn from the way that women think:

It's okay to disagree without someone "winning."

All she wants is to listen to your point of view and then have you hear AND LISTEN TO HER point of view.

That's it.

Listen to each other, and don't try to "win" or be "right." It's okay to just disagree.

Likewise, you must demand respect from your woman.

Never, ever accept any disrespectful behavior. A woman prefers a man who stands up for himself and demands respect, rather than a man who just always does what she wants.

Women test men. Don't fail those tests by being a "wuss" or trying too hard to please her.

Allowing her to disagree with you without always trying to prove that you are right is not the same as allowing her to be disrespectful or belittling towards you.

The first shows that you understand how to communicate with women respectfully, while the second shows that you are a wuss.

Trust is something that must be earned and, like respect, it flows in two directions.

You earn trust by being reliable and true to your word. If you are indecisive and change your mind about important things, if you don't honor your word, or if you fail to consistently follow through on the things that you commit to, women will lose trust in you.

And most importantly, if you violate the trust she gives you when she opens up to you or if you betray an intimacy that she shares with you, she will never trust you again.

Trust is hard to earn and easy to lose.

And like respect, trust flows in both directions. You have to understand the importance of GIVING trust.

People rise to your expectations of them—and sink to your fears of them as well. If you trust your partner, she will want to live up to that trust. And further, she will feel the commitment to intimacy that it takes for you to give her that trust.

When you are jealous, she feels your lack of confidence and begins to think of you as less masculine.

Giving trust takes great confidence. Women know this. And because women are turned on by confidence, giving your trust to a woman makes her feel powerful sexual attraction to you.

And she, in turn, finds it easy to give trust to a man who has that kind of confidence.

Challenge yourself to be consistent in giving **kindness** to the woman that you are with… without ever sucking up to her.

Never expect anything in return for kindness. That's not kindness, it's bartering. You cannot do something nice for her with the intention of having her do something nice in return.

If she is a kind person, then she will be doing nice things for you either way. If she is not… well, you should consider the quality of the person that you have chosen to spend time with.



Kindness is not buying things for her or doing things for her. It is an attitude of warmth that you project. If you buy a woman a drink or carry her heavy package or help her with her homework in the hopes of her liking you more… you are in for a very big surprise.

It does not work.

Kindness is something that you GIVE a woman only AFTER she already likes you and is attracted to you. Women can FEEL it when you are trying to purchase their attention with acts of generosity.

Do not confuse the two.

Attraction is the subtle factor that defines the line between a friendship and a sexual relationship.

For this book, I am assuming that you are already having a sexual relationship, so the issue is not getting her attracted to you, but rather not LOSING the attraction that she already has for you.

Basically that means remaining masculine and not changing the things that attracted her to you in the first place. And that can be challenging as you become more accustomed to each other and some of the mystery dissolves or your insecurities begin to surface.

In a relationship there is a tendency to begin acting like each other—to make compromises with each other until you begin to both become the same…

Don't do it.

You may be tempted to whine to her about the unfairness of something because you feel close to her and she is so nurturing…

Don't do it.

She is not mommy. She is not your best, male friend. Don't force her into those roles simply because you feel so close to her and simply because she happens to be there in the room with you when they are not. It will kill her attraction for you.

You don't have to fake it. Be yourself, but be aware of being your best, most masculine self. If you are a man, then be strong enough to keep your fears to yourself and deal with them yourself.

I'm not saying you can never open up and be honest about your doubts and fears with the woman that you love. Just don't become a whiner. Don't use her as your therapist.

Maintain your masculinity within the relationship and respect and enjoy the feminine softness that she brings into your life.

Remain masculine, confident, and decisive in your dealings with her.

In return, she will remain feminine towards you… and powerfully sexually attracted to you.

Eye Contact

Eye contact is an amazingly powerful tool for building intimacy.

Experts in body language often talk about the power of the involuntary signals we send to each other through our eyes. Most people are unaware of this instinctive sub-communication, but it is all around us and we respond to it on an intuitive, instinctive level.

The classic example is the girl across the room… Your eyes meet for an instant, she looks down shyly, and then looks back up, your eyes meet once more and she gives you a little smile, and then immediately turns back to her friends.

This little dance of the eyes is such a powerful indicator of female attraction that it's become a cliché in every movie where the romantic interest sees the hero for the first time.

No words need be spoken. The audience understands that attraction just happened.

Yet even though we all know about it, even though we see it in every movie, even though it's so obvious that you want to laugh about it… a woman who sees a man and feels attraction for him can't help but go through those motions.

Likewise, it is very difficult for a man to maintain eye contact with someone who they think is stronger or socially superior to them. Watch a man interact with his boss some time and see who holds eye contact more.

Even more interesting is to watch a man (or notice it in yourself) who is talking to a beautiful woman who he thinks is out of his league. He (or you!) will usually be unable to hold eye contact with her. She is instinctively aware of it, and that tells her that, indeed, this guy is not in her league.

For couples, the intimacy generated by prolonged eye contact can be incredible because it bypasses so much of our badly wired social conditioning and speaks straight to our instincts and natural responses.

Try this experiment:

Next time you are getting ready to have sex with your woman, when you begin kissing her, stop for a moment, gently smile at her, maybe softly stroke her cheek or hair, and just hold eye contact for as long as you can both take it...

If she laughs or asks what's going on, just kiss her again, and then move back and hold her eyes once more.

Then make love to her.

You will be amazed at how effortlessly she will reach orgasm and how intense it will be.

Focus

What are you focusing on when you are making love to your girl?

The obvious answer might be "her tits," or "her pussy," or… just as likely… "My fantasy about the model I saw in a magazine earlier that day."

Well, it turns out the first two are okay, and the last one is… well… just not as good.

Look my friend, I get that a lot of men, especially after they've been with a woman for a certain amount of time, like to think about or fantasize about other things than their lover when they are having sex.

Sometimes they even think it's a necessity to keep their interest (or hard-on, as the case may be).

But the reality is that if you are not invested and focused on the present moment with the woman that is actually in your arms, she can FEEL the difference.

It's not that women can read your mind. But they CAN sense the disconnection.

Real intimacy demands focus. And intense focus FEELS intensely connected and intimate to a woman.

When you focus on the body, the sounds, the smell and taste of your partner, and when you drink her up with your gaze and with your hands, she can sense it… and it creates powerful feelings of intimacy and passion.

Passion

What is passion?

The typical image most guys think of as passion is the Hollywood-style scene of throwing her up against the wall, unable to contain your animal desires, you tear her clothing off and fuck her right there… or you sweep all of the crap off of the counter and let it crash to the floor, and then throw her down on top of it and start pounding yourself inside of her in a wild frenzy.

Okay, well… that IS passion. And your woman will love it.

But also, passion can be the slowest, most tender and loving touch… ever so gently pushing yourself inside of her while shaking with emotion and desire.

It is about getting in touch with the raw and true and most authentic feelings that you have and letting them flow out of you without any filter of insecurity or hesitation.

Unleashing the depths of your emotions and the intensity of your feelings… both your feelings for the woman that you are with, and also the animal intensity of your masculine sexual desire…

Any of these types of passion—really displaying your desires in this way—can be very, very difficult for men to express.

It's scary for us. Even thinking about actually doing something like that might make you feel kind of uncomfortable and weird.

It takes a lot of confidence to really put yourself out there, to really just open yourself to experiencing raw pleasure in front of another human being.

And it is exactly this openness that you are asking for when you want to make a woman come harder than she ever has in her life, when you want her to squirt, or experience multiple orgasms, or push her past her sexual limits…

This kind of surrender is hard for a woman… and even harder for a man.

For a woman, primarily, it takes erotic trust and intimacy.

For a man, it primarily takes confidence.

It is that display of confidence, of being comfortable enough with your own sexuality to just let it flow out of you without any filters or barriers, without being embarrassed, that instills a woman with a sense of erotic trust.

Your passion builds her feelings of intimacy. And that unlocks her ability to meet your passion and unleash hers in return.

Men want women to scream when they come. But most men are silent and timid with their own orgasms.

To roughly quote George Bernard Shaw, they are choosing to be a "feverish, selfish little clot" instead of a "force of nature" with a mighty purpose.

Consider your own nature in a sexual encounter with a woman.

What are you really like?

Would a woman describe you as a passionate lover or a "force of nature"? Do you scream when you come? Do you show her the intensity of your desire and lose yourself in the moment?

If the answer is no, then try an experiment. Try adding some passion into the mix the next time you have sex.

Okay, relax! I'm not suggesting that you go from where you are now to a screaming, sweating, hair-pulling maniac in one day. Just try turning it up a notch.

Try pulling down a few of your filters. Try not worrying about the expression on your face. In fact, try not worrying at all. Try opening your mouth and letting some kind of sound come out when you have an orgasm. Don't act, and don't make some kind of noise that you THINK is passionate or sexy or cool. Let it be organic. Don't filter it.

This can be scary for most guys. They fear humiliation and they limit themselves. But if you fear humiliation to the point where you never have the confidence to really express your passion, then you risk more than passionless sex—you risk living a life of mediocrity.

Try taking down some of your defenses. Just see what happens.

Communicating

If you are under the impression that intimacy is watching TV together on the couch before having a drink and a quick fuck, then we've got some work to do.

I'm hoping this is obvious, but a really big part of intimacy is the ability to communicate with each other.

And I know that "learning to communicate better" sounds dangerously like something a chick would say, but just stick with me on this… because I'm not talking about "relationship conversations."

Communication happens on many levels.

The eye contact stuff that I talked about above is a good example of non-verbal communication.

Touch is another extremely important part of communication. Not just *what* you touch, but *how* you touch.

Do you just rub her in the spots that are supposed to feel good, or do you drink in her softness with your fingers? The first way

communicates that you want to get her off, the second communicates passion.

Even the things that you say communicate in more ways than you think. A woman does not just listen to your words…. She also listens to the TONE of your voice and to the expression on your face, the set of your body and the feeling of your energy.

A woman can hear insecurity in your voice when you are tentative, and she can also hear confidence when you say things calmly, quietly, and with a relaxed tone. And she is likely to give more meaning to that tone than to the actual words that you speak.

All of these things… eye contact, touch, tone, facial expression, and even words can either build or destroy intimacy.

When you are being authentic and trusting and confident, they all work to build intimacy.

Saying "*I will love you forever*" will not build one tiny bit of intimacy if it is not said with confidence, authority, loving eye contact, and authentic intentions.

Communication is far more complex and far more important than merely "talking."

The key is to actually FEEL what you say.

Another word for that is AUTHENTICITY.

If you don't actually feel what you are going to say to your woman, the masculine thing to do is simply shut up and not say it.

Talking

I assume you already know how to talk… this chapter is about the specific art of talking DURING sex and foreplay.

Not unlike anal sex, some people like it, and some people don't.

For some women, talking can be an unwelcome distraction from the deeper forms of communication that you are sharing in bed. (Just because you are not talking does not mean that she does not crave powerful non-verbal communication).

But for other women, talking is the single largest turn-on in bed and will do more to get her excited than your knowledge of her g-spot coordinates or the size and endurance of your cock.

In case this is not incredibly obvious, you never want to talk about anything non-sexual in bed. Bringing up what you did today at work while having intercourse will (and should) get you kicked out of bed. But even talking about sex in any kind of insecure or pleading manner will kill her mood.

So what kinds of things should you talk about in bed?

Tell Her What You Want

What do you really wish a woman would do for you in bed?

Think about it for a moment. What would be the hottest thing she could do to turn you on… would you like to see her finger herself? Do you want to stroke the softness of hair at the nape of her neck? Do you want her to spread her ass cheeks while you are fucking her from behind? Is the thing you want her to do common… or shocking?

Now that you've got that image in your mind… of what you really want a woman to do for you, my next question is: Have you ever just come out and told a woman to do that thing for you when you were in bed with her?

If the answer is "no," then I've got some interesting news for you…

She would have LOVED it if you had.

If you are shaking your head right now, HOLD ON A SECOND…

You might be saying to yourself right now, "but I DID ask her to do it, and she refused."

So let's look at the question again. Did you TELL her what you wanted? Because that's not remotely the same thing as ASKING her.

Let's be honest here, your idea of fun may not match up with hers. You may get off on the idea of having her pee on you, and she may be disgusted by it. Probably in that case, if you tell her what you want, she will not comply.

But more often than not, the thing you want her to do will be something that she will either be very excited by, or at least willing to try.

And more importantly, if you TELL her what you want, and you do it with calm authority and a confident tone, even if she does not want to do it… she will STILL BE TURNED ON by your masculine sexuality.

I'm not necessarily saying to "tell her what to do," in terms of ordering her to fulfill your desire… though that may often be a good thing and will usually turn her on. But just telling her, without shame, straight-forward, exactly what you want is a dominant and masculine way of sharing your sexuality with her.

Some women are very sexually dominant. For some women that might mean just being the one in control, the one leading the fuck and deciding when you change positions, what the pace and rhythm is, telling you what to do… or even, I suppose, the Dominatrix with her leather outfit and the whip, spanking some guy's ass and ordering him to lick her boots…

But the vast MAJORITY of women are sexually feminine and submissive… even women who are extremely competitive, competent, dominant, and strong in their real, daily lives very seldom want to be dominant in the bedroom.

If you run into a sexually dominant woman, she will not like it when you tell her what to do. She'll respect it, it may even turn her on (though, maybe not), but she will not comply because she will feel competitive with you and won't want to give up her power.

This is very, very uncommon.

Most women, because they have a feminine nature, are very aroused by men with a masculine nature.

When you TELL them exactly what you want, it shows not only dominance, but decisiveness, confidence, and self-knowledge. Whether you get what you want or not, it will definitely increase the sexual tension and excitement of the situation.

I'll say it again because I want to get this into your head:

Even though it may be something that she is not particularly turned on by, the fact that you TALKED about it so openly, affirmatively, and confidently will give her a little rush of sexual arousal. She will probably just go ahead and do it. And enjoy it.

But even if she says "no," she will be blushing and squirming at the idea of being told what to do to please you.

She may even say, "I don't want to do that, but tell me what else you want."

This is the beginning of being *verbally dominant,* which MOST (though not all) women will find very erotic.

It's important not to confuse verbal dominance with verbal abuse.

Some women will be turned on by verbal abuse, but that is for the chapter on "ROLE PLAYING." You NEVER want to be authentically abusive.

But it is good to cultivate some authentic dominance.

If you are ever wondering what to say to a woman in bed, this is a great place to start: Tell her exactly what you want her to do.

Some examples:

Take off your panties

Turn around and let me see your ass

Get on top of me

Bite me here

Hold your legs open

etc.

Talking Dirty

Telling a woman what you want her to do sexually when you are in bed with her is not necessarily talking dirty.

After all… you are in bed… the conversation of what you want in bed is completely appropriate.

But it CAN be dirty depending on the way you say it.

Talking dirty basically involves using a lot of 4-letter words. Words that we have been told since we were children are wrong, forbidden, or bad.

And for some women, "wrong, forbidden, or bad" is very, very sexually exciting.

Talking dirty can be an art, and some people are just astonishingly good at it. Others can be very uncomfortable and stilted when trying to add in all of those 4-letter words that they are uncomfortable with.

If you're interested in trying out talking dirty to a woman, you might even consider practicing. This sounds funny, but… try it in the mirror and see if you can do it without hesitating to think (or cracking up).

All you have to do is add in the words cunt, cock, fuck, bitch, slut, pussy, etc. into whatever you are saying.

The more the better.

Now I've got to tell you that while some women get very turned on by dirty talk, others just tolerate it and they'll get into it if they see that it turns YOU on… but still many women just really HATE it and get very turned OFF by it… or even offended.

How do you find out if a woman likes dirty talk or not?

Well, you could ask her… but you should NEVER ask her in bed!

If you are having drinks some time and discussing sex, it's completely okay to ask her if she is turned on by dirty talk in bed. You'll probably get an honest answer.

But if you ask her in bed, it would not be a masculine way to communicate in a sexual environment. It would make her feel that you are tentative, and it would be a turn off.

If you are in bed with a woman and you want to find out if she likes dirty talk, you've got to just say a few dirty things and…

PAY ATTENTION.

If she likes it, you'll know.

If you want to try it out just take a note from above and tell her what you want to do, what you're thinking, describe what you're doing while you're doing it, tell what you're going to do, what you'd like to do, etc…

Use a lot of descriptive words and a lot of impolite words. Sounds funny, but it's simple and some women just love it.

Some examples:

I want to watch you play with your cunt while I fuck you

I love the slutty way you grab my cock

Let me see that little pussy

You like it when I ram that little pussy with my cock

You tight pussy feels so fucking good

etc.

Sweet Whispering

Whispering romantic and sweet things into a woman's ear while making love to her is nearly a sure thing…

But like anything else, some women don't like it.

The most common situation where a woman will not appreciate sweet whispering is if you just met her in a bar two hours ago and she was looking for hot sex and dirty talk. For her, the idea that you are saying sweet things when you hardly even know her feels inauthentic.

But most women will absolutely love it… especially during foreplay, after play, and the early stages of sex when you are still leading up to her first orgasm.

She will completely melt if you do it well.

Sweet whispering is also an art and it's a shame that so many men are uncomfortable with it. But if you are like most men, it is something that you can become good at with a little bit of practice.

For an idea of the EXACT sorts of things that women love to hear, try thumbing through a few women's romance novels.

A lot of the dialogue in those books will sound absolutely ridiculous to you. And it WOULD be ridiculous if you said any of those things in a restaurant or on the sidewalk. But somehow, when you say them in bed, they just make a different kind of sense.

If you want to just improvise on your own, then remember that the most important thing will be your tone. If you whisper softy and deeply into a woman's ear while stroking her hair, you could recite the alphabet and she'd probably get turned on.

Instead of the alphabet, however, try just telling her exactly how she is making you feel. Or describe to her, in vivid detail, how her skin feels or how her hair smells, or how much you enjoy touching her.

Use a lot of adjectives and descriptions. Not just that her hair smells good—but what does it smell like? What does the smell remind you of? How does it make you feel?

If you filled in those blanks and came up with, "you hair reminds me of a warm, safe place where as a child I'd hide…"

Congratulations, you are Axel Rose and think up poetry that drives millions of women wild.

But if you whisper, "your hair smells like the spring time—it makes me feel like we're making love in a meadow full of flowers…" Well, my friend, I'll think you'll do very well with that one too.

Want something more advanced? Build a scene for her. Say, "I'd like to make love to you in a…" and then describe the setting in deep detail and describe exactly what she is doing, what you are doing, and how it feels.

This is the beginning of sharing fantasy, a subject that I'll talk about in a later chapter.

A few more examples:

"I love looking into your eyes when I make love to you, it makes me feel like…"

"Sometimes I get so lost in your smell and your taste that I don't even know who I am or where I am."

"The heat of your skin beneath my fingers drives me insane. I don't ever want to stop touching you."

Getting Her to Open Up

Like leading in dancing, women expect, appreciate, and are turned-on by men who lead in bed. When it is time to change positions, you should just physically move her or tell her what to do…

You don't need to ASK a woman what position she wants to be in next.

If there's something that she really wants or that really gets her off, she'll probably ask you for it without your prompting. If not, just do

the things that you like, and pay attention to the effect it has on her. You'll understand quickly enough which positions she likes the best without having to ask.

However, that does not mean that you should not make every effort to make it easy, comfortable, and safe for her to ask you for what she wants.

Also, just as she might like it when you talk in bed, you might both like it when SHE talks as well. Talking is not the same as lecturing after all, and the words exchanged in bed can be the most intimate and beautiful in your relationship together.

You are probably very interested in what turns her on and what she really wants beyond just changing positions. But for most women, it will be hard to tell you these things unless you develop the skill of getting her to open up to you.

Here are a few things that you can do:

1) You Talk First

As I said above… like in dancing, you should lead. And when you lead, usually, a woman will follow. Rather than asking her what turns her on, when you tell her the things that turn you on, it gives her permission to do the same.

So if you say that it turns you on when she scratches your back, she will feel a bit more comfortable saying that it turns her on when you pull her hair.

If you lead the way into dirty talk by saying you love fucking her cunt, and if that sort of thing turns her on, it gives her the permission she needs to say, "Yes, ram my pussy with your cock."

You lead, she follows.

Of course, it is possible that you will tell a woman what turns you on and she will just absorb it and still not talk. Even if it really turns her on, it may not be enough of an invitation for her to talk.

Another, more direct way of leading her is to TELL HER TO TALK.

> You: It turns me on when you tell me what you want. Tell me you like it when I fuck you.
>
> Her: Yes, I do…

You: No. Say it. Say you want me to fuck you.

Her: Fuck me! I want you to fuck me!

Most women will be so turned on that you are telling them what to do, that even if they don't normally enjoy talking in bed, they'll get into this kind of thing.

But, of course, if she says, "I'm really not comfortable with this. I don't want to say it." You should just smile, stroke her face, and tell her that you're just feeling out what she's in to, and then do something else.

Don't ever be judgmental of what she wants or doesn't want, and don't make her feel weird about it.

2) Never Interrupt

If you listen to a conversation with a group of men and women and pay attention to what's going on (instead of just what is being said), you will notice that men interrupt MUCH more often than women.

So perhaps you could say that interrupting is a masculine characteristic.

But when you are in bed with a woman, and she is talking… shut the hell up.

The things a woman says in bed are usually extremely intimate and important to her. It may have been difficult for her to decide whether to say them… or maybe she was relieved that you had earned her trust enough (by being confident) that she felt she COULD say them…

And when you interrupt her, you are telling her that these things are not important to you. You are shutting her down. And that, for a woman, is a breach of trust.

As I said earlier and I will say again… Trust is hard to earn and easy to lose.

Cultivate the skill of just listening. Even if you have something really important to say about something that she says… just learn to wait until she is done.

Hear her, listen to her, and don't interrupt.

Since she is used to men that usually DO interrupt, the fact that you don't will make her feel a powerful urge to open up even more with you.

3) Never Judge Her

Demonstrating to a woman that you will never judge her for the things that she says in bed is a very important step in getting her to open up… and a very difficult one.

A woman will feel judged not just when you disagree with what she says, but pretty much any time you offer an opinion of what she is saying that is not 100% positive.

For example:

Her: "I like the color red."

You: "Hmm… My favorite color is blue."

To a man, that would be very innocent. She told you what she likes, and you told her what you like. A pleasant conversation. Right?

Ha! So very wrong!

To a woman, you are not listening to her and you don't care about what she is saying.

The correct answer is to nod and say: "You like red."

Or you could say: "I like knowing your favorite color."

Or: "Red is lovely."

The three statements above are validating that you are listening to her and hearing her.

Now, it's not bad to say: "Then I will buy you red roses some day."

But it's not great either. Because instead of really listening to what is important to her, you have turned it around into something "useful" for you.

I'm not saying any woman will mind that you said that you would buy her flowers in her favorite color. I'm just telling you that, even though it might not make sense to our male brains, that response is simply not as good, and it is not what she wants to hear.

If this sounds incredibly weird and confusing to you, well, you are right. I know this stuff very well and I mess it up all the time. Things that seem innocent to us as men sound judgmental to a woman.

When in doubt, slowly smile as you let her words sink in, nod, and stroke her hair. That conveys agreement and is usually safe.

Usually.

But for a basic rule of how to never judge what she says, just make sure that you never offer an opinion on it, and always be positive.

Obviously you can talk about your opinions all day. And you can even have opinions of what she says when you are not in bed… but when in bed, giving her an opinion of something that she has opened herself up to tell you is probably unwise.

4) Ask the Right Way

I mentioned at the beginning of this section that you should never ask a woman what she wants, but that is not entirely true.

You can ask, but you must ask the right way.

If you just ask her, "what turns you on?" you might get a good answer. She might even like it. But there is a strong chance that on some unconscious level, she will feel a weakness in you.

Women want a man who KNOWS what they want. Or a man that TELLS them what they want…

But, to be fair, we can't read minds and different women can like very, very different things. So you might really want to ask.

So what do you do?

Instead of asking her what turns her on, TELL her: "I want to know everything that makes you crazy in bed. Tell me what turns you on."

The subtlety here is that you are not asking her… you are telling her what you want her to say. This is a turn on.

If you know that she enjoys dirty talk, you can use that and say, "I know you're a little slut. Tell me what filthy thoughts you have in your head. What makes your pussy wet?"

For a woman who likes that kind of talk, this will be really fun for her.

This works exactly the same way for girls who like sweet whispering. If you look lovingly into her eyes, then lean over and whisper into her ear that you want to do everything with her, explore every possibility of sharing the beauty of touching with her, and then ask her to join you in discovering each other's bodies, and then ask her, "where should I touch you… share your beautiful erotic thoughts with me… tell me exactly how you want me to touch you…"

In this way, you are not just asking her—you are making the asking itself part of a larger, romantic fantasy for her.

Two of the best reasons to include words in your sex is to use verbal communication to help create two of the most important concepts in this entire book: building *Sexual Trust* and to *Giving Her Permission*.

Fantasies

You know those dirty fantasies that you think about when you are jerking off… or just bored at work?

Sharing those fantasies together with a woman when making love can be incredibly fun, incredibly erotic, and incredibly bonding.

Humans are the only animals that have an imagination, and it is a very, very powerful part of who we are.

Have you ever heard a noise at night in a deserted place and gotten a bit worried about what it might be?

Have you ever then IMAGINED what it might be… a guy with a gun, a hungry bear (if you're in a place where bears live), a bunch of gang-bangers out to mess with somebody… and thought through an entire possible scenario that ended with your death?

Have you ever, while imagining this scenario, felt a surge of adrenaline and very REAL fear?

It's weird… You are feeling the very real fear of death… and yet the sound was probably made by the wind, or a squirrel, or a cooling pipe.

Biologists that study evolution think that this is exactly the purpose that the imagination was evolved for.

Simple, microscopic animals don't know that there is danger until they are physically touched (which is usually too late). Slightly more advanced animals have chemical receptors (the same thing as the sense of smell) that can warn them when danger is near... as long as it is upwind. Even more advanced animals can hear and see danger coming from a distance.

But only humans can IMAGINE the danger that might be lying over the hill or in the bushes over there-- the thing that is still too far or well hidden to smell, see, or hear.

Because imagination was built for our very survival, it can make us feel things extremely powerfully.

When you share fantasies with a woman, you are using this powerful part of your brain to augment her feelings of sexual pleasure.

While all that makes it sound like an unbelievably great way to super-charge your sex life, not everyone enjoys incorporating fantasy into their sex life because they see it as a barrier to intimacy, or even a mask to hide behind, or to avoid having to try for intimacy.

For others, allowing another person to share in their deepest and most private fantasies is the very definition of intimacy.

There is no right or wrong here… only individuals and their feelings.

More often than not, fantasy is a barrier to intimacy if it is introduced too EARLY in a sexual relationship, because it does not allow the couple to explore and build trust with their true and unfiltered feelings first… though this is not a rule.

Later in a relationship, when a couple has already explored the limits of their trust and ability to give and receive more physical pleasure than they ever thought possible—it is usually then that couples can introduce fantasy in a way that does not interfere with intimacy.

But again, this is not a rule.

It is possible, of course, for each of you to fantasize about different things. In fact, that is the sad and unfortunate way that many couples who have lost real attraction for each other carry out their sexual relationship…

Him in the fantasy inside of his head; her in the fantasy inside of her head.

Of course, they never discuss that fact.

The shame of it is, if they had enough intimacy to openly discuss their fantasies, they would probably be able to find common fantasies to share. And in sharing those mischievous and naughty thoughts with each other, they could even rekindle the intimacy that would probably allow them to once again have a satisfying sex life even when they skipped the fantasies.

Sharing fantasy is an entirely different thing from fantasizing individually.

If you think that you and a woman are ready to start talking about, giggling about, and whispering in bed about your fantasies, and sharing them together, then below are some of the things that you will probably like to try.

It is very unlikely that all of them will appeal to you, or that all of them will appeal to her. But these are common themes that couples experiment with, and you will likely find many things that you are both comfortable or really excited about playing with.

Role Playing

Most fantasy will involve role-playing to some extent. Though in many shared fantasies, you do not play a role, you simply play a certain part of your authentic self…

Maybe the cruel part of yourself, or the immoral part, the violent part, or the submissive part, the athletic part, or the fearful part… any part of you that triggers a certain sexual fantasy for you.

Probably the most common role-playing fantasy of all time is the "stripper fantasy."

Most men have fantasized about fucking the stripper that gave him the lap dance in the club. But what most men don't know is that most women have fantasized about BEING that stripper.

The fantasy is so common that I even know a real "exotic dancer" who likes to fantasize with her boyfriend that she is breaking the rules of the club by having sex in the v.i.p. room with a customer… in this case, her real boyfriend. They both get off on it.

Role-playing can be as simple or as elaborate as you like.

In the middle of sex you might just both imagine and speak as if she is a stripper that you just paid $20 for a lap dance… but that she became so overwhelmed with lust that the dance turned into sex…

Or you can go all the way and buy her a great little exotic dancer outfit, super-high platform heels and all. You can set up your bedroom like the back room of the club and have her dance for you first, arrange the lighting and the music. You can tip her with dollar bills in her g-string. You can seduce her slowly—you the customer that she can't resist, her the hottest dancer in the club that you had to have at any cost…

Another common fantasy is that you just met, that you know nothing about each other, and you are having a one-night-stand.

Or she is high-priced prostitute and you are her trick. Maybe it's her very first time and she is terrified, but must go through with it. She's attracted to you in spite of her promise to herself that it would be just business.

Imagination has no limit and you could fantasize about absolutely anything. You could be Superman and Wonder Woman. You could be Bonnie and Clyde right after a bank heist.

But for most couples it will usually involve more typical and obviously erotic ideas, like fantasizing about taking her virginity while she pleads with you to be gentle, or that she is the high school cheerleader and you are the quarterback… or the older, college guy that she met at the mall…

It's worth mentioning a quick word of caution here about role-playing fantasies. There is emotionally dangerous territory if you share a fantasy that includes you being with SPECIFIC other people.

For example, if you fantasize that you are Brad Pitt and Angelina Jolie, even if she really enjoys the sexual experience, there is a chance that your girlfriend will be upset in the morning that you wish she looked like Angelina Jolie…

And don't be surprised if you feel the same way about her wishing that you were Brad Pitt, and suddenly feeling a powerful urge to destroy her DVD copy of "Ocean's 11" or "Troy."

Though, obviously, this is not going to be a big deal for most couples. But...

This territory becomes even more dangerous if you play with the idea that you are somebody else that you actually know… like the neighbor or the waitress that you met at the restaurant that night… or her boss, Bill, that tall, silver-haired guy with the great tan that you met at her Christmas party last year...

Some couples can do that kind of thing without jealousy. But some couples definitely cannot.

Play carefully. Be gentle with each other's emotions. Exploring fantasy can be great fun, but it makes sense to explore cautiously and slowly until you get a handle on each other's needs and desires.

Bondage and Domination

Bondage and Domination, or "B&D," is a very common class of fantasies that most couples that are into fantasy will experiment with at some point.

Maybe it just proves that we are all a bunch of perverts, but scenes involving this kind of thing—where one person has power over the other, almost always triggers powerful sexual urges in both men and women.

In its simplest form, B&D might involve holding her hands down over her head while you are having sex. The majority of women will get very turned on from this basic bondage theme.



No words need be spoken, just grab wrists and apply weight. For many, if not most women, just having something to struggle against can help them contain more erotic energy. Just the physicality of it feels good.

But be WARNED that plenty of women, especially women who have been victims of violent assault in their past, could potentially be very upset by it.

If you have not fully discussed it beforehand then you will have to move very slowly, carefully, and gently before going ahead and holding her down.

Hair pulling is another basic variation of bondage, and again, most women strongly enjoy it… but some do not.

Try scratching your fingernails gently up her neck and up the back of her head, burying your fingers into her hair. Then gently close your fist, trapping all of the hair on the back of her head in your fist. GO EASY. The idea isn't to pull her scalp off or hurt her (that's discussed in the S&M fantasies below!), but just to give her the feeling of restraint.

You can even gently arch her neck back a bit to increase her feelings of being trapped.

Go slow… listen to her words, her sound, her breath, her body. If she is not enjoying it, then obviously you should stop.

The "domination" part of B&D can also be done without any physical restraint. Telling her what to do is an excellent example of this. And in the world of shared fantasy, you both might enjoy it when you are verbally dominant, and telling her exactly what to do.

Instead of holding her hands above her head, you could order her, "hold your hands over your head and don't move them. I said don't move them!"

In the right tone of voice, a woman who enjoys being dominated will really get off on this kind of thing.

Again, most (though not all) women sexually enjoy the surrender of control.

And, of course, while it is less common, plenty of women get off on dominating men, and plenty of men enjoy the surrender of control. And having the freedom to change it up when you feel like it is good. Why not? There is no limit to what you can explore if you are both into it.

Blindfolding her, tying her down, hand-cuffing her… all of these things can be great fun for couples who both agree to the fantasy.

If you want to take this further, some women will enjoy being able to struggle against you when you hold them down or tie them up. She may even want to scream for help.

WARNING: This can be very dangerous stuff to play with, and it is ABSOLUTELY ESSENTIAL that if you play with this type of fantasy, that you discuss it beforehand and create a "safe word."

A "SAFE WORD" is a word that you have determined together beforehand that you will both respect as the signal to IMMEDIATELY STOP.

The reason for the safe word should be obvious… if the fantasy includes her saying, "No! Please stop!" then how do you know if she actually, really needs you to stop?

The safe word.

The most common safe word is "easy." If she says "easy," it means "STOP RIGHT NOW."

Though some couples prefer to come up with their own unlikely signals for stop, from "Ronald Reagan!" to "Peanut butter!"

Just as long as you've got something and you both know what it is…

(I'm not kidding, I actually know a couple who had a situation where the woman forgot what the safe word, and she nearly panicked when she realized that she couldn't get him to stop. Thankfully he was sensitive enough to her to know that something serious had changed in her voice tone!)

I guess it's also worth mentioning, if you are going to play with her screaming things like "no! Please stop!" you ought to be sure that your neighbors aren't going to misunderstand and call the police.

This is no joke. Peace officers have ZERO sense of humor when they arrive at a potential domestic violence situation.

And finally, another "worth mentioning," …if she is into struggling, it is very easy to get carried away in the moment and leave bruises on her wrists and arms from holding her down. (Finger bruises happen much more easily than you might suspect in the heat of passion). If its summer time and she wears short sleeve shirts to work, well, let's just say that it might raise some eyebrows.

Humiliation

The same emotional wiring that makes some women fantasize about being dominated, in many other women (and a few men), makes them enjoy sexual humiliation.

This is really an emotional component of B&D, but I'm talking about it separately because you can't assume that just because a woman likes having her hair pulled, that she will automatically enjoy sexual humiliation.

Humiliation is part of "domination" territory.

Examples might be ordering her to bend over and display herself to you. Ordering her to finger herself or anything else that she might find embarrassing.

In the world of fantasy, she might even beg and plead that she does not want to, but then comply anyway.

Or you might fantasize together that you are fucking her in front of all of your friends or her co-workers.

And that, of course, could also be considered exhibitionism.

Exhibitionism

Exhibitionism is the fantasy of doing it in public.

For some women, the idea of doing it in front of other people, being "exhibited" as a sex object, is erotic because it is humiliating…

For others it's a desire to show off.

One of the reasons that many women fantasize about being a stripper is that they are getting off on exhibitionism… it turns them on to be looked at and admired sexually.



You can fantasize about anything from being watched by an imaginary person who is secretly video-taping in the closet, to having sex on stage in a stadium with a cheering crowd.

But one of the fun things about exhibitionism is that if you share the fantasy of doing it in public, and you are a person who doesn't mind taking a few risks, you can actually play with fooling around in public…

All sorts of things can happen under the table cloth at a restaurant, on a crowded dance floor, behind a bush in the park, or in your office with the door closed during work.

The fear of discovery can add some very real excitement to the experience. And sharing danger can be very bonding.

But keep in mind that in some places, it can also get you arrested if you are caught… especially if you are caught by someone under aged whose mommy calls the cops on you.

Sadomasochism

Don't even THINK about experimenting with Sadomasochism without re-reading the part about SAFE WORDS in the Bondage and Domination section above.

Sadomasochism, or "S&M," is the fantasy of getting off sexually by pain… either giving (sadism), or receiving (masochism).

S&M was named for two very, very strange men.

Sadism for the Marquis de Sade, an aristocrat at the turn of the 19th Century in France who wrote dozens of books, short stories, and philosophical works, glorifying the pursuit of pleasure, sexual enslavement, violent rape, humiliation, and torture, in ways that are not only sickening and disturbing, but frequently not even possible.

Masochism was named for Leopold von Sacher-Masoch, whose famous book "Venus in Furs" is about a man who falls so deeply in love with a woman that to show his devotion he convinces her to enslave him. As the book progresses she treats him in increasingly humiliating and painful ways. When Sacher-Masoch married his first wife, he pressured her into living out the fantasies from the book.

There is a theory that the reason that some people (masochists) find the experience of pain to be enjoyable and even erotic is that, in their passion, they crave "intense," or "powerful" physical sensations. And pain is simply one of the most intense ways of experiencing a physical sensation.

Others, like Sacher-Masoch himself, will tell you that it is proof of their level of devotion that they are willing to endure torture to please their lover.

And though it may (or may not) sound weird to you, a surprisingly large percentage of people reading this are nodding right now.

Why other people (sadists) find it erotic to put someone else in pain, and in particular, the person that they are having sex with, is a bit more difficult to explain… and I have no degree in psychology...

But the reasoning might be similar—they have a powerful desire to make their lover feel something of maximum intensity—and pain is a short cut to that goal.

Now while I generally will say that anything is okay between consenting adults who both agree on what is fun, there are limits, both legal and moral that should not be crossed.

Never do anything that will actually harm or permanently mark your lover or yourself.

Just because you desire it and your partner consents does not make it either legal or morally acceptable to do real harm to another person.

I will repeat once more:

For couples that enjoy exploring these types of fantasies, you MUST establish a "safe word." For safety reasons, it is more than just a good idea. If your partner is regularly screaming things like "No! Please don't! It hurts too much! Please stop!" as part of your "normal" love-making, then how would you know if she actually is in real pain and actually *does* NEED you to stop?

Creating a non-sexual word like say, "Ronald Reagan," that you use when you want the action to stop immediately, is the only way that you can create a safe playing field… potentially a playing field that is fun for you and a woman to explore together.

And because these fantasies are so forbidden, so transgressive, when a couple does share this kind of thing it can take them into very intimacy, and give them feelings of deep acceptance that they might not be able to find anywhere else.

Fantasy and Reality

If you are like most men, at least one time in your life you've fantasized about being in a gun fight. You've probably also fantasized about taking on 3 guys in a fist fight at the same time and kicking their asses. And maybe you've even fantasized about having a duel to the death with razor sharp swords (or light sabers).

In REALITY, nobody really wants to have some angry guy shooting at you with live ammunition.

Personally, I'd probably crap in my pants.

And if you take on 3 guys in a fight, chances are you will end up on the ground while they kick you in the head. And let's face it; it wouldn't actually be all that much fun to deal with some maniac trying to chop your head off with a samurai sword.

The fantasy and the reality are simply worlds apart.

This should be obvious…

But somehow there are a certain number of men out there that do not understand that what a woman FANTASIZES about, and what she wants in reality can be very, very different.

Confusing that point would be very wrong-headed and potentially dangerous.

For women, *fantasizing* about being submissive, humiliated, or tied up might be fun, and it might be something she will enjoy *playing*

with while having sex with a willing, safe, trusted, and consensual partner…

But it is almost certainly something that she will NEVER want to experience in reality.

Crossing the line of bringing her fantasies outside of the bedroom could be a huge violation of her trust…

And let's be honest here, possibly a huge violation of the law.

If you think that you might be judgmental of a woman for the types of things that she fantasizes about, for example, if you think less of her after discovering that she enjoys sexual humiliation or fantasizes about having sex with several men at once, then you should really never play with fantasy in your sexual life at all.

You also need to take a good look at your own fantasies and realize that you have no right to judge. While these fantasies might, at first, seem perverted or strange, they are actually incredibly normal and just part of the experience of being human.

The very best reason to bring fantasy into your sexual life is, in fact, the opportunity to expose your dark thoughts and fantasies and discover that your lover not only doesn't think you're a big freak… but actually still accepts and loves you.

This will fortify every aspect of your loving relationship in ways that are far more important than getting your Little Red Riding Hood fantasy fulfilled!

And, OF COURSE, plenty of women do not enjoy sexual fantasy at all. They simply prefer to remain grounded in intimate reality. Trying to incorporate fantasy into love-making with a woman like that will not be welcome, and if you did not move into the topic carefully (as I wrote above) you may find yourself making effusive apologies.

How will you know?

By now this should be very obvious.

Pay attention. Listen with your body.

And have fun.

***

My final word on the subject of becoming, by far, the best lover she has ever experienced is that you must learn to be completely authentic to who you are and how you feel about her.

Pay attention to her with your whole body—even after you know every secret that her body has to offer. Stay present with her.

Also pay attention to yourself and what you are enjoying. Don't make love for HER pleasure alone. Remember that you must both be passionately involved in it or it will never be elevated to truly "making love."

Women are very sensitive and intuitive—if you learn a "technique" from this book or anywhere else, she will probably feel like you are *using some technique on her*.

Only YOU can give her the authentic experience of being with you and giving her your full attention and unique presence.

Only use a "technique" if it is something that, when you first read about it, you thought, "wow that really turns ME on… I'd love to try that!" If it turns you on, then it will feel authentic to her.

Have fun, play safe, be nice to girls, become a more passionate man who has the courage and confidence to be completely, vulnerably, and fearlessly intimate with his woman.

Glossary

BRIEF AND INCOMPLETE GLOSSARY OF SOME IMPORTANT REVOLUTIONARY SEX CONCEPTS

Alex's Law - Ultimately, the more you think that you understand women, the more you will fail to understand a particular woman.

All Day Foreplay - Things you do throughout the day to keep your woman on "a low simmer" and anticipating sex with you. These can include anything that makes her feel sexy, desired, teased, turned-on, and feminine whenever you're around, e.g., whispering something in her ear about what you're going to do to her later, complimenting her on a sexy body part, a knowing look, a gentle touch in passing, or a passionate kiss against the wall.

B-Spot - The most powerfully erotic spot on a woman's body: her Brain. All sexual arousal occurs in the brain. It is why your woman finds your touch delicious but finds the same touch from the gynecologist uncomfortable. Orgasm, though triggered from physical touch, also occurs entirely in the brain. So it makes sense to learn your way around this particular erogenous zone!

Communication - Communication in Revolutionary Sex is much more than just talking... and frequently doesn't include words at all. Love making itself is a form of communication between sex partners. Your ability to understand each other through touch, eye contact, gesture, expression, sounds (and yes, occasionally that might include words), is all part of a great sexual experience.

Conditional Rhythm Response - The specific rhythm of stimulation that leads to female orgasm. The Conditional Rhythm Response varies between women, by season, by day, by emotional state, and by random female whims... so you've got to use "Listening With Your Body" to know it in any given moment.

Erotic Trust - Distinct from ordinary trust (which might be required to lend someone your car keys), Erotic Trust is the degree to which a woman is willing to sexually surrender herself to you. The qualities that lead to a woman giving you her Erotic Trust have nothing to do with the things that earn ordinary trust; they include: passion, leading, masculine ease, sexual confidence, non-judgmentalism, connection/communication, and comfort with your own body and sexuality.

Four Pillars Of Sexual Mastery - In no particular order, they are Passion, Sexual Confidence, Erotic Trust, and Listening With Your Body

Giving Her Permission - One of the most important skills in bringing a woman to extreme levels of orgasmic pleasure, "Giving Her Permission" is the act of accepting her *sexual surrender* and communicating permission for her to experience orgasms in which she completely loses control. The vast majority of women will consciously or subconsciously prevent themselves from having orgasms that are too powerful (or where they feel they will lose control), unless they have a lover who has earned her Erotic Trust enough to Give Her Permission.

H-Spot - If the most important spot on a woman's body for arousal is the *B-spot*, the most important erogenous zone for earning her Erotic Trust and Giving Her Permission to experience uncharted levels of orgasmic pleasure is her H-Spot, or her Heart. Tuning into your partner's emotions is as simple as making the effort to do so. Humans are pre-wired to read each other emotions very effectively, and simply your intention to pay attention to her Heart will explode your ability to give women pleasure in the bedroom.

Listening With Your Body - Tuning your faculties to her arousal levels by engaging all of your senses as well as your intuition and "feelings". Paying attention to what her body is telling you through your body. Developing this ability is quite simple, but it does require serious attention and just a bit of (highly enjoyable) practice.

Masculine Dominance - This has nothing to do with bullying or controlling... Masculine Dominance in the way it is used in Revolutionary Sex refers to the act of confidently and decisively leading the sexual interaction while allowing your desires to be known and felt by your woman. This can be done in the context of rough sex or equally in the context of gentle and loving sex.

Passion - The confidence to deeply feel and express your sexual enjoyment. Most men lack passion because they lack the confidence to allow themselves to really, vulnerably feel the full extent of their desire and pleasure, fearing that they will be judged or "look stupid" if they do. In fact, there is virtually nothing that a woman finds more sexually attractive in a man than the passion that most men withhold.

Sexual Confidence - Confidence in your ability to give pleasure to a woman, to express your passion without fear or filter, and the deep knowing that whatever SHE does sexually is going to be okay. Sexual Confidence comes from eliminating shame and being completely nonjudgmental of both her and your own sexuality and sexual desires.

Sexual Psychic - Another term for "Listening With Your Body"

Sexual Surrender - The completely self-erasing and utterly trusting act of giving control over your body, your sexual response, and your orgasm to your lover. Revolutionary Sex mainly deals with helping your woman to Sexually Surrender to you (through Erotic Trust and Giving Her Permission).

Stacked Orgasms - Bringing a woman who is already experiencing an orgasm into a higher orgasmic state. It is possible to stack orgasm on top of orgasm several times depending on your partners level of Surrender.

Whole Girl Experience - A method for overcoming both performance anxiety and premature ejaculation by taking your attention off of your own mind/thoughts, and absorbing yourself completely in your woman... the way she looks, feels, sounds, tastes, and smells. This is achieved by focusing on Listening With Your Body.

You Go First - A simple method of expressing Sexual Confidence, Male Dominance, or for earning Erotic Trust, "You Go First" simply means that you lead by example. You take off your clothing first, you allow yourself to be emotionally vulnerable first, you describe an erotic fantasy first, you express passion first, you give up judgments first. Going first is a great way to give your lover the permission and the confidence to follow you and step up to your level of commitment to sexual pleasure and intimacy.

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