When a Man Makes Love to a Woman

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Bio-Enhancing SystemsÓ

When a Man Makes Love to a Woman

Unlimited Stamina with Multiple Orgasms

David Michaels

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Precautionary Advice

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Dedication

I would like to dedicate this book to my wife Melissa, whose encouragement and support was a great help in completing it.

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Introduction

Thank you for purchasing my first book of the Bio-Enhancing Systems Series, "When A Man Makes Love To A Woman". I have written it essentially for men and woman who want to experience more to sex than they ever have, and gain a better understanding of themselves, their lovers and their sexuality.

Because one's sexuality is dependent greatly on the synergism of relationships, attitude, environment, spiritual beliefs, and preconceptions, I have addressed these subjects for your benefit. It is my strong belief that just knowing how to have better sex is not enough to enable one to have better sex. Sex is much more than great methods. It is first having a healthy relationship with yourself, your lover and life. The "methods" in this book will be "the icing on the cake". I hope you find the material applicable and enjoyable as you read the book from front to back or use the table of contents as a reference.

The entire book may be considered entirely subjective. I have written it for the husband and wife, and since your spouse is your lover I will use the word "lover" in-place of spouse as it should help the flow of reading.

You Are an Artist

The title "Bio-Enhancing Systems" simply means: ways to deeply experience or enhance life and sex. This book is more

than how to make love to a woman or the art of lovemaking. Its information bears the name of its title by ways to enhance you and your lover's sex life, primarily through knowledge and health, with mention of spirituality.

Although what I am about to teach you may be done in a systematic way, meaning that you can attempt to do everything you learn step by step in complete order as a scientist, I would rather you approach your sex life with your new knowledge as an artist. Be creative.

All sexual encounters are not plain, white, canvases. Some are marble or clay and some need planning, preparation and patience. You will become an artist with many styles of lovemaking and create many different types of art. Your lover will be an ever-changing art piece, depending on the mood. One day they may be a beautiful white wall that calls for an abstract of creativity and spontaneity. The next day your lover may be a piece of unfinished marble with no shape, needing much preparation and time to become a lasting impression. I will teach you how to be this artist, and you will become better and better after each experience.

Being an artist is sometimes frustrating. No artist is alike and no art piece is alike. You may start a piece and never finish or you may make mistakes along the way. You will have your good pieces of art and your bad pieces of art. You will also have art that you think is your best, but your lover does not respond as you expected. Other times you may surprise yourself and many times your creativity will flow like a rushing river that yields the vision that you have set before yourself.

Sex, like art, is an expression of life. It is never the same and is always changing. There is no limit to creativity or the pleasures experienced in lovemaking and there never will be. You cannot put it in a box or put a fence around it, though it is good to

have personal boundaries. One should keep an open mind about experiencing new pleasures in sex for as long as one lives.

There are no guarantees in life just as there are no guarantees in lovemaking. I cannot guarantee that you will perform a certain way or will get the reaction out of your lover that you are looking for, but I can teach you what I know to better your performance and get reactions that may surpass your wildest expectations. Remember, just as life goes through cycles, so will your lovemaking. It is simply an extension of life itself.

Before I explain any sexual techniques and methods I want to prepare you so you will receive them with an open, clear mind. Some of the sexual techniques and methods in this book are very powerful and could be damaging to yourself or your lover if used abusively or by one with an unstable mind. How could it be damaging? I will later teach men several methods that should enable them to have sex for as long as they want; therefore, they could physically or emotionally damage their lover without proper lubrication and love. As you learn and try the methods and techniques contained in this book, keep in mind that communication with your lover is very crucial to enhancing your sex life together.

Her Trust In You

She may have preconceptions that hinder her from trying certain sexual techniques. Yet through the trust she has in you, she may experiment with ideas and become more open minded to things that before were taboo. It is a man's responsibility to realize this great virtue and respect it because he may have the ability, through her trust, to pervert or damage the relationship. Keep in mind that once a woman loses trust in her lover for any reason, that same trust may be hard to regain.

A Woman's Desire

It is natural for women to desire to be submissive and consumed with a man's love, sexual masculinity and security. There is a tender yearning women have to be held, loved and touched, but also there is an instinctive desire they have to yield to the non-threatening, aggression of a man's sexuality which may be the fuel for deep, passionate desire in a woman.

To put it in a few words, there are times to romantically hold a woman and times to make love all night long.

Actions Not Words (Men)

Avoid bragging about your new abilities. The trusting woman will surely envision the fortress you have set before her, only to see it crumble if her expectations are not met. The witty woman will call it a bluff and surely put you in your place. You must prove yourself with your actions not your words, as you allow for times of learning and experimenting together.

Part 1

Before Sex

Chapter 1

Mind and Body

Your mind is your most powerful asset, and you must be able to control it. Fear and worry are not options for being a great lover. Confidence in yourself is your responsibility and is dependent on how your mind is conditioned to perceive the life around you. Conditioning your mind for positive results not only includes positive actions, but also includes guarding your mind from constant negativity or stress. Everyone is different so you have to be the judge of what is stressful to you. The constant monotony of most local news stations and their endless reports of murder and car theft is enough to drive one up the wall, hence negative conditioning. One may automatically perceive local news as bad news and negative. It is one's choice to do so. Someone else may see the same news program as informative and a privilege.

Being around negative, unhappy, or stressed out people can also stress you out. Keep in mind though, life is only how one perceives it to be through the identity he or she perceive themselves to have.

If you are an accountant and feel that being an accountant is your identity, then you will have no identity if you loose your job. But if you have established your identity as a child of God, based on the word of God, who works as an accountant, you will remain a child of God whether you loose your job or keep it.

You make the choice of your perceptions and these perceptions eventually become conditional or automatic. The atmosphere of your home and everything you subject yourself to will greatly affect your perceptions. Be selective with the type of people and multimedia you and your lover expose yourselves to. If trash goes in, trash will come out, and the last place you want it to come out is during lovemaking.

Your sex life and relationships with everyone close to you will also depend on how you perceive yourself and your life. You may have been taught or are in the habit of negatively viewing certain situations, so you may have to recondition your mind and guard your thoughts to be a more positive, confident person. Regular physical activity or exercise will enable your brain to be in an ideal state for positive conditioning and reconditioning

Let me mention a couple of things just to get you geared up to receive the importance of being in control of your mind and your perceptions.

- Your thoughts control your brain and your brain controls your body. You must learn to control your thoughts or "self". Aside from reflex reaction, you are 100% in control of yourself and body unless you have subjected yourself to worry and negative thought conditioning.

- How you view your past can influence your present actions and reactions, consciencely and unconsciencely. In other words what you decide to do at a given moment is based on your past and/or present knowledge of certain situations or experiences, which will sometimes be pre-meditated, sometimes reactive (from past) and sometimes habitual.

- The ability to harness, channel and control your thoughts and sexual energy will enable you to better sex.

- Optimizing your physical, mental and spiritual condition will in turn optimize your ability to channel and control your thoughts and sexual energy. It is equally important to optimize the attitude that you have toward life as a whole, which may determine the conclusion of your experience.

Simplified: Healthy thoughts and relationships will help you be experience sex to it's fullest.

I am not going to go in depth about relationships, nor will I try to explain how life works, but I will talk about how it can relate to sex and try to give you some very useful tips.

Sex and the Brain

Sexual energy is its own type of energy. It is physical, mental and spiritual and can sometimes feel uncontrollable and mystical. Uncontrollable in the sense that your desires can be overwhelming as your thoughts may become foreign, not knowing exactly why you think what you do. Mystical in that it is intangible, like the wind, coming from nowhere, stirring your being then subsiding to a nothingness. Nobody will ever be able to describe or quantify human sexuality with a conclusion. It is all part of enjoying the unbounded realms of life and love.

Sexual energy can be a blessing or a curse to you or to your lover. It can be mentally or physically painful or pleasurable depending on your experience. Therefore, be willing to take a never-ending journey as you learn and experience who you and your lover are in your sexuality.

Brain Energy

You must have energy to have sex and the four places your body will get its energy is: thought from your "self", oxygen from your lungs, food from your diet and fat from your body. Since it takes an average of 20 minutes of a certain amount of sustained activity to use fat energy, you will primarily draw energy from thought, breathing and whatever is in you stomach. Yes, thought is energy and can cause more energy to occur. It can be the spark and the reigns of life. It can be so powerful that you will become what you think or believe.

The brain controls your bodily functions and reactions, including what happens during sex. It will automatically orchestrate different types of energy through your nervous system to different parts of the body. Such is true with the skin, under certain conditions, reacting by reflex or nerve responses sent by the brain

Your body will only do what your brain tells it to do. Sometimes we are in control of our brain and sometimes we are not. The brain will involuntarily do things we don't ask it such as tell our heart to beat faster, slower or at a constant pace. Though your brain works on autopilot it also works manually by the control of thought.

Sometimes the brain will not cooperate with our sexual desires. A man can have a perfectly healthy body inside and out and have trouble with an erection because of one hindering thought. You may have had an experience where you were unable to have a full erection or any erection at all although you desired to have one. You may or may not have known the hindering thought. My point is, if one's thoughts are not clear and unhindered, it may greatly affect one's sexual performance. On the other hand, one can have a healthy mind yet lack sexual performance because of an unhealthy body. To be able to enjoy the meth-

ods in this book you will need to be a healthy person in mind, body and spirit.

Thought is extremely powerful energy and the human body is made to react automatically from thought. Such is the case with the "fight or flight" mode. The "fight or flight" mode is a way your body reacts automatically to thought whether real or fantasy. In the fight mode, our body will automatically release the endocrines we need to fight or protect ourselves. In the flight mode your body releases other endocrines helping our body become as resourceful as possible to running or fleeing. Either mode is dependent on how you perceive a given situation.

What happens to your body during sex could be a result of a "pre-meditated thought", "habitual thought" or reflex. You want to have a healthy body, enabling all three reactions an optimum chance of enhancing your sexual experience. A healthy body includes a healthy circulatory system, nervous system, and endocrine system.

Using pre-meditated thought to enhance sex is simply a process of positive thinking and reinforcement. It includes relaxation with an open mind, intensity with a focused mind or a cycling of both. It also includes reminding yourself of certain truths or beliefs that reinforce your thoughts. When I teach you the "Eight stages of an unforgettable sexual experience" I will mention different ways of thinking in order to optimize the moment.

Habitual thought will come by reinforcing certain truths or beliefs through forms of habit. Being that we are creatures of habit you may have to reprogram hindering habits to allow for optimal sexual performance. We will discuss this more in depth later in this chapter.

Reflex reactions will happen by one of two ways. One, "nature-instinctive" and two "self-instinctive". Nature instinctive

reactions are preprogrammed reflexes such as the jerking of one's leg from tapping below the kneecap. This type of reaction cannot be deprogrammed or unlearned though it can be hindered due to nerve damage and can be restored through nerve healing.

Self-instinctive reactions can also be a result of extreme reinforcement of the mind to the point of it being second nature (such as the training of a soldier) or through a traumatic experience (such as one's reaction from the sound of a dentist's drill). These types of reactions can be adjusted, reprogrammed or erased by means of renewing the mind through positive reinforcement.

Your nervous system will be partially dependent on the health and condition of your spine. If just one nerve is pinched by the slightest degree, it may hinder the flow of energy to other parts of the body. A good reputable chiropractor can help with potential problems or referring you to an M.D.

The cells of the your body will feed from the oxygen in your blood as they respond to messages from the brain, via the nervous system. Depending on how much oxygen you can draw into your lungs and how your body is able to utilize the oxygen will greatly affect your sexual endurance or performance. You may have healthy lungs but you will also need a healthy heart to deliver the oxygen to the brain and other cells. You don't have to have strenuous sex to have intense or prolonged sex. Nor do you have to be a marathon runner to have sexual endurance, though a healthy heart and lungs will draw and utilize more oxygen than an unhealthy heart and lungs.

So take care of your body and your mind. Think healthy thoughts and stay active.

Visualization

Everything you learn should be done with visualization. Visualize yourself in your mind's eye doing what I am about to teach you. The secret to visualization is seeing yourself doing something repeatedly successful until you have made a lasting impression.

One of the easiest ways to visualize is to close your eyes and play your own movie inside your mind. Make it as vivid as you can, playing it over and over until it leaves a permanent impression. Add confirming suggestions to yourself aloud as you visualize, such as, "Yes! No Problem! or Easy…". Athletes use this method of success all the time. If you don't believe me, visit your local body building gym or practice field and you will see and hear the athletes visualizing and affirming themselves all the time. The saying goes, "You can do whatever you set your mind to."

The following is an actual example of how a friend of mine broke a bad habit successfully, as he used the Tony Robbins' "Swish Pattern" to renew his mind.

During my third year at the University of Alabama, I went through Tony Robbins' self-improvement course. In the course, Tony teaches the "Swish Pattern" which is designed to help people break bad habits, gain self-confidence, forget about past experiences (or whatever you can think of to renew your mind). I used it to forget about a past relationship. So whenever something reminded me of that relationship my mind would automatically go blank about the past which is what I reconditioned it to do. I was so impressed with its effectiveness, I taught the pattern to a friend of mine, Rob, who had an uncontrollable habit.

Rob was always outgoing and fun to be around, but he had

something that held him back in life. He would uncontrollably blast air out of his nose every 3-5 seconds. It was the exact opposite of a sniff. The first couple of times he did it around me, I thought his sinuses were bothering him, but I soon realized something wasn't right. I asked his roommate why he did that all the time. He said Rob couldn't help it, and he had done it ever since he was five years old.

Rob and I became good friends so I asked him one day if I could teach him a way to break his habit. His response was very enthusiastic. Rob said he hated the fact that he had such a habit, and that he was always self-conscience of it. He also told me how embarrassing it was to talk to girls, who would usually try to end the conversation as soon as possible so they could get away from him.

I thought to myself, this would be the ultimate test for the Swish Pattern.

The Swish Pattern As I Taught It To Rob

Get alone in a room where nobody will hear you or disturb you. Get comfortably seated with good posture. Close your eyes and envision yourself as who you are now with the bad habit you want to change. Using great detail, see yourself in certain situations that might be embarrassing or frustrating to you.

Now, keep your eyes closed and put a new vision in front of you. Spend 60-90 seconds seeing yourself without the bad habit being the person you've always wanted to be. Notice how you feel and how others respond to the new you. The more detailed your vision the better.

With your eyes still closed, imagine both impressions are

within arm's length - right in front of your face like two pictures hanging in the air. The old one is transparent and blocking the view of the new one. Visualize the old impression as a breakable glass substance. Visualize the new impression as unbreakable on thick marble or stone.

Keep your eyes closed and physically reach out and grab the new impression with both hands. Slowly slide it toward your face causing it to smash through the old impression. Say the word "Swish!" as the unbreakable impression smashes the old. Let your hands follow through past your head. Visualize the old impression break and fall to the floor in little pieces.

It is very important to say something as you break the old impression. You can choose any affirming, positive word. The word "New!" may be as affective as "Swish!". You are using visual, physical and verbal actions to renew your mind. Do not leave anything out.

Allow both visions to reset to the beginning (in your mind) automatically and repeat the pattern each time faster and faster with greater momentum. If you get too fast, slow down so you can speed up again for another cycle. Complete at least two cycles or fifty swishes, then rest. If you have not become the new vision, repeat it a couple more times. If you do become the new vision but fall back into the old habits, repeat the Swish Pattern once a day or as needed until you have made a permanent change.

Rob completed one cycle and noticed a complete change. He called me and thanked me for sharing the Swish Pattern with him.

Several weeks later I asked him if he had ever fallen back into his old habit again. He said he suddenly noticed himself doing the nose blast but immediately repeated the Swish Pattern and has never had a problem since.

Rob's social life exploded. He gained confidence and self esteem that he never had before. He made better grades and started dating several girls for the first time. His whole life changed for the better.

Chapter 2

Free Your Mind

You must free your mind of all hindrances and stress. Even if you are good at burying everything deep down inside, stress will still rear it's ugly head somehow, someway. It will affect your sexual performance and your lover may sense your stress and be unable to receive pleasure or perform at their full capacity.

In its severity, stress can cause depression, impotence, lack of or no sex drive, which in turn can result in low self-esteem and lack of confidence. But don't worry, because if you ever experience even the highest degree of stress, you can still come back better than ever once you have dealt with the situation and relieved your emotions.

Emotional stress can be a frequent cause of imbalanced hormones which could cause severe sexual dysfunctions in both men and women. Additionally, if the "fight or flight" reaction system is active due to stress, endocrines such as adrenaline, noradrenaline and cortisol are released. These hormones protect our lives but can be catabolic. When the body becomes catabolic, it breaks down body stores of fat and protein to be used for acute resources of energy and immune response. Endocrines may also inhibit all anabolic (growth and repair) processes as well. In life or death situations the body does not need to build muscle, eat,

have sexual thoughts etc. All anabolic processes, including testosterone, are shut down.

The "fight or flight" reaction system was very effective when it evolved. For thousands of years the threats to the body were short-lived and very acute due to the stress of survival. If the stress becomes chronic it may cause an over activation of our adrenal system and the catabolic process. In fact, chronic catabolism is not only one of the greatest cause of premature aging and cardiovascular disease but it may also severely inhibit testosterone functions, making it nearly impossible to build muscle or strength while enjoying a normal sex life.

Forgiveness

What is a free mind? A free mind is one without stressful hindrances such as anger, resentment, fear or unforgiveness. One must have a free mind to experience sex in its fullness. The way you feel about yourself could be the way others feel about you. If you reflect full confidence and high self-esteem, you will draw others to you like a magnet - you will become irresistible. On the other hand, if you reflect depression, worry, complaining and negativity, others will do anything they can to avoid you, especially your lover.

Unforgiveness can be one of the strongest hindrances. Out of unforgiveness comes all the others; anger, resentment, and fear. And of course all this could lead to an extreme lack of confidence, resulting in a deathblow to your sex life causing impotence in men, no sex drive and low self-esteem.

So how do you deal with unforgiveness? One way is to get quiet, think of who or what it is that bothers you, forgive yourself then forgive the person or thing. Next, confront the per-

son and ask for their forgiveness. God has already forgiven everyone so accept your forgiveness, move on with your life, and always allow time to heal.

Anger could be towards anything or anybody. Knowing what makes you angry is important but most important is avoiding what makes you angry and not letting it become a pattern or habit. Many people are angry towards their parents or siblings. Anger or hurt must be dealt with in order for one to have a free unhindered mind. Deal with anger as you would unforgiveness.

Financial Stress

Financial Stress or debt can be a hindrance to many and can greatly affect your sex life and/or sex drive. If you are under financial stress, my advice is to make sure that you are not taking it out on your mate. You can do everything right in the bedroom but the response you get from your lover is also affected by what you do outside of the bedroom.

Sex should be a stress reliever and can help you and your lover's outlook on life. Use it to your advantage as it can also refresh your mind, body and spirit.

Chapter 3

Sexuality and Spirituality

So what does spirituality have to do with sexuality? Everything… As our creator, God created sex for the husband and wife to enjoy and grow closer in soul and spirit. Sex is one of the strongest spiritual acts one can perform. So strong in fact that God teaches that when a man and woman come together they become one (Mark 10:8). This is a mystery to the finite mind, yet simple to spiritual laws. St. Paul encourages couples to stay sexually active, abstaining only for an agreed amount of time so we are not sexually tempted by others (1 Cor 7:5).

It may be strange to some but God wants to be our best friend, having a deep relationship with each of his creations. He is the author of intimacy so don’t leave him outside the bedroom. God is of great help in all situations, giving us the ability to enjoy all realms of life, including sex.

The sexual act bonds people together with the deepest of roots, giving a sense of trust and love. On the contrary, the same bond can cause the greatest of pain after breakup of a sexually involved relationship.

The Bible teaches that a person who has sex with a prostitute becomes one with the prostitute (1 Cor 6:16). So you don't have to love your lover to become one with them. Yes, every per-

son you have ever had sex with is connected to your spirit and this could be a major hindrance. So how do you break these spiritual ties commonly know as "soul ties"? I have a suggestion. If you have already accepted the Son of God, Jesus, as your Lord and Savior, a simple prayer of faith will solve everything and sever all spiritual ties.

Model Prayer for Severing Soul Ties

This is just a model. There is not an exact way to pray. All you need is faith to believe what you pray is true.

First, write out a list of every person that you had any type of sexual activity with. If you can't remember their name just put "no name" . Now pray something like this:

> "I accept the unlimited forgiveness of God through his son Jesus and I sever every soul tie I have with everyone on this list and anyone else I may have forgotten."

That is the last time you have to pray that prayer. Easy wasn't it.

God also makes it very clear that any type of sexual activity outside of marriage is a sin (1 Th 4:3). It is even a sin to think about having sex with another (Mat 5:28). Don't mistaken temptation with sin. As long as you have a body you will always be tempted. If you are tempted to lust or think about having sex with someone other than you wife or husband then simply recognize your temptation and get your mind on something else. Only if you continue to develop your thoughts will it become sin in God's eyes.

The Bible teaches, by inspiration of God, that sexual sin is against and destructive to the body. It also teaches that one should

never try to withstand sexual temptation because of its undeniable power over our mind (1 Cor 6:9,18, Prov 6:32). He commands us to flee the scene as soon as possible so you will not fall into sin (1 Cor 6:18). God has promised us in his word that he will not allow us to be tempted beyond our capacity and that he will always give us a way of escape (1 Cor 10:13). I can tell you the first way of escape now. You have been given a conscience that knows right from wrong, so if you feel any sexual temptation you know to change the situation or leave.

Why have I chosen the Jewish God as my God and his Son Jesus as my personal Savior? I would like to think I have chosen him all by myself, but I can't take credit for that. You see, God teaches in his word that he draws us to him. You may be feeling the draw at this moment. If you do, just accept his perfect grace right now. You can jump to the prayer of salvation that follows.

If I could take credit for choosing Him, I would say it is because I realize I have nothing to lose and everything to gain in doing so. I am not going to go much deeper into this, but after reading most of the Bible and studying biblical principles and spiritual laws such as covenant, redemption and grace, I don't see how anyone in their right mind could deny the power and love of God. Additionally, if you compare Christianity to other religions, Jesus is the only prophet, that I know of, who rose from the dead and is alive with power, sitting at the right hand of the Father. All other prophets of other religions cannot make this claim. Then again, faith is required to accept all these virtues, faith that some find hard, impossible or illogical. We all have the freedom of choice. If you choose, skip over this section.

Our generation even has scientific proof of the existence of the Jewish God and his redeeming Son, through a mathematical code hidden in the original Hebrew text. Report of this code is written in a book called the "Bible Code" by Michael Drosnin.

Ironically, the author discovers much of the indisputable, scientific evidence of this super natural code and still chooses not to believe in God or his Son. But it is evident in reading Drosnin's book, that he is ignorant to the covenants and redemptive plan of God, as are the people who ask such questions as, "If God is so good and powerful then why is the world so cruel?". The answer to that question is in the book of Genesis. Man sinned, lost his divinity and dominion over the earth. The devil took reign of the earth up until the Son of God became the final sacrifice for our sins. The death and resurrection of Jesus stripped Satan of all his accusing power and allows all those who are willing, by faith, to accept and inherit unlimited salvation and the power of the Holy Spirit, which is what Adam had before he sinned. Not until the Second Coming of Jesus will the Devil and all his evil be put to an end (Gen 3:1).

Following is a model prayer of salvation. If you feel drawn to claim the grace of God, read it now. By the way, if you feel angry or anxious after reading this I may be able sum it up in one word, "conviction". Conviction is good actually. It's God's Spirit (John 16:8).

A Simple Prayer for Salvation

Speak this prayer out loud as you read it (Romans 10:10).

"Father, I pray to you in the name of your son Jesus to accept your salvation. I believe by faith that Jesus died for my sins then rose from the dead with victory over death. I surrender everything in my life to you and I trust you. I realize I was born into sin and the blood of Jesus is the only thing that can cleanse me of my sin. Come into my heart. Make me a new person. Give me a new spirit. Fill me with your Holy Spirit and teach me the truth. I turn away from all the sin in my life and in the name of Jesus I close all the doors of sin in my life.

Thank you Father for making me a Citizen of Heaven. Thank you for seeing me as sinless, washed in the blood of Jesus. Thank you for your Son, Jesus, and what he has done for me. Thank you for being perfect and just. Thank you for the Holy Spirit that is in me and guides me.

Father, You are worthy of all praise, honor and worship. I love you and thank you for loving me. Amen (yes, so be it)

Welcome to the Kingdom of God!

You now have a "born again" baby spirit in you, alive with the life of God and connected to heaven. Your new spirit is hungry for a deeper relationship with God to grow and mature. Ask the Holy Spirit to guide you into all truth with the help of a good church home, prayer, and the reading of the living word, your Bible. To find a life changing church in your area, check out (www.JesusLovesU.com/findchurch.htm).

For further reading on Christian spirituality, I suggest "Victory over the Darkness" by Neil T. Anderson.

(All books recommended by David Michaels are available to buy at discount prices at http://www.increasenet.com/books.)

Chapter 4

Free Your Lover's Mind

To a degree, the success of your sexual performance may depend on your partner's ability to enjoy sex. You have more control over her (him) than you think. Your lover will naturally react to any stress you may have buried inside, but they may be hindered because of their own past experiences.

Warning: The last thing you should ever do is blame one another for problems in the bedroom. No matter who is at fault, blaming will only make things worse. So hold your tongue at all cost.

If you sense that your lover has personal problems that are affecting your sexual relationship you must be tactful in your approach. Their problem may be with you. If it is, try to resolve it. On the other hand, you may withhold the power they need for their healing and restoration just by loving and encouraging them.

Hint for Men: Women need to be reassured over and over and over and over. Reassured that you love them and you think they are pretty and so on. Even the sexiest "tom boys" and "GI Jane's" need constant reassurance.

If your mate has problems or hurts with others, encourage them, lovingly to resolve the problems or hurts with forgiveness as I explained earlier.

If your mate is an alcoholic, drug addict, workaholic, or rebellious to the extent that it hinders any part of your relationship, I suggest you (not them) reading "Codependent No More" by Melody Beattie. This was a life-changing book for me and can be for you if you are having trouble in any relationship, whether it is your wife, friend, family, boss, etc. I suggest reading it whether you have any problems or not. "Codependent No More" may also help you understand more about yourself and others than a $100 an hour “shrink” can in a lifetime.

Straight Talk for Men about their Woman

Your #1 objective is to create an atmosphere that allows freedom for sexual expression.

How do you create an atmosphere that allows a woman to express herself sexually? The answer is, tactfully. Tactfully because you may have a woman that is starving for emotional or spiritual attention, not physical (sexual) attention.

If she is starving for emotional attention, you must be careful in your approach. Emotionally starved women could be hindered to sex in some degree. So the logical thing to do is satisfy her emotional cravings. Set your sexual expectations aside for however long it takes. It may take several hours or several days. If it takes longer than several days, she more than likely has other problems that need to be resolved. It may take months if she is deeply disturbed. I suggest the forgiveness approach and whatever ideas you can get out of Melody Beattie's book "Codependent No More". Even after all is resolved, she may need more time for healing.

If she is showing no evidence of healing in time, I suggest trying to resolve the problem again. On occasion, a person will

bury hurts so deep that they themselves don't know what is hurting them. But love, acceptance and forgiveness will conquer all.

So what is a spiritually starved woman? (Because of many different spiritual beliefs, you may feel that this section is not applicable to you, being that I will base my suggestions off of Christian Bible principles.)

First off, a spiritually starved woman may be one that has not accepted the salvation of Jesus Christ. If this is the case, she has a void or emptiness in her that can only be filled by Jesus himself. A spiritually starved woman may be very inclined to sexual pleasure as she tries to fill her void, but will in turn have a depression about her as she tries again and again to patch this void with the band aid of sex. Though everyone is in need of salvation since all are born into sin, her heart may not be ready for the salvation of the Lord. In this case, living by example and prayer is your best alternative, because pressuring anyone into spiritual beliefs may cause a greater hardness of the heart.

Since the husband is the spiritual leader in the house, it is his responsibility to share Jesus with his wife. If he is not spiritually mature enough to do this, I suggest introducing her to someone, with the disclosed intention of having that person share the salvation of Jesus.

Be careful not to become involved in a spiritually dead church where everything is legalistic, which could cause more suppression, depression and confusion. Find a church where lives are changing and miracles are happening. Also avoid churches that lack the teaching of the word. And keep in mind that there is no such thing as a perfect church or pastor. The best church for anyone is where they are growing spiritually, the leader of the church teaches from the Bible, does not deny the spiritual gifts and will provide as much attention and love to you and your family as you need, at no financial cost. I suggest visiting the follow-

ing web page to find a life changing church in your area. www.JesusLovesU.com/findchurch.htm

What I am about to tell you is very powerful. Through personal experience and other testimonies I have evidence of women being extremely, sexually aroused while seeing or participating in prayer with their husband. Why is this? Simple, God put it in a woman to desire her husband (Gen 3:16). So when a man prays, reflecting his "lining up with the perfect will of God", a woman desires her husband. It also gives the woman tremendous security knowing that her man puts all his faith in his creator, a perfect God of love, power and promises. I suspect it is a spiritual law. Try it, you may be surprised.

For further reading on Christian spirituality, I suggest "Victory over the Darkness" by Neil T. Anderson.

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Chapter 5

Make Love to a Woman before You Touch Her

Romance and Setting a Mood

The following is how to prepare a woman's mind for incredible sex. If you do this even halfway right, her mind will prepare her body for an unforgettable night. What do I mean? Your words and actions will affect her mood. Her mood will affect her body. Once you get her going in the right direction it gets easier as the night goes on. So where do you start?

Romance is more than a candle lit dinner, roses and a gift. Romance is an attitude. The secret to being romantic is to bathe a woman's mind with thoughtfulness, fun, tenderness and security, without smothering her or acting needy. All women have different personalities and expectations so it is up to you to find out what she desires and what combination of romance works best with her. One woman may find it romantic for you to plan a night at the ballet while another may find a camping trip to be the most romantic event.

Things to say to a woman

Communication is the key. Talk to your lover like she is your mistress and she will respond as a mistress. Talk to her like she is on old gym bag and she will respond like an old gym bag. Here

are some ideas;

1. Compliment her physical appearance, especially her hair, clothes, shoes and perfume.

   A woman wears these things for herself but she also wears them for you. Take notice and compliment her on other things. She will feel assured and confident that you are impressed and she will feel good about herself. Always compliment what she is wearing even when she is dressed very casual. Women are always conscience about their clothes. You can get a lot of hints from women themselves, as they compliment each other. The more you compliment a woman on her appearance, her sexiness, her sexual performance, or anything she does, the harder she will try to please you. Take note of what they say. It is all part of preparing her mind for uninhibited sex.

2. Ask her how her day was.

   Be careful with this question and use your best judgment because it could open up a can of worms. If she is angry about anything, you may hear about it after asking, but she may take it as a thoughtful gesture and respond with appreciation. If she doesn't respond with appreciation, it is up to you to tactfully change the subject ASAP or help her view the situation from a positive viewpoint. You have more control over her than you may think. Remember that you are trying to create an atmosphere that is free for sexual expression.

3. Let her know how you feel about her and what it’s like to make love to her.

   I know this is hard for some of you, but if you want better sex and a better sexual response out of your lover you will at least try the following.

In a sense, you should talk to her as if she is your mistress. In other words, if sex has become a routine, break the routine. Now some of you still don't know what I am talking about so let me fill you in.

As you make love to her, starting with the first touch to the last, tell her what you are experiencing. Let her know what it is like to kiss her, touch her, hold her, love her, look at her, smell her, see her expressions. On the other hand, tell her how good she makes you feel while she gives you sexual attention.

5. Build your lover up in front of others; Compliment her, brag about her.

6. Unless the passion is so strong that you find yourself ripping your clothes off for a quickie, I suggest as a general rule of thumb to saturate your lover with foreplay until she verbally or physically asks, insists or begs you to make love to her. In this way you will know she is ready and she will be much more responsive to lovemaking. Now that you have reached this stage, start teasing her, as slow as you can go, inch by inch, a little in, a little out, take as much time as you can in giving her all you've got. Your objective is to draw her mind into a state of desire, want and need, which leads to satisfying those desires. (More on this in the "Eight Stages to Making Love to a Woman).

8. Hear her.

Most women will let you know what they want, but the problem is they usually express it with sarcasm or resentment. If a woman says, "…you've never taken me to see a play at the downtown theater…". She is really telling you that she wants you to plan a special evening of a nice dinner, a play, then sex all night. So when she sounds like she is complaining, she may be asking for romance.

9. If a woman ever tells you how good you look, she is really asking you to notice her and compliment her.

10. Find out what she expects you to do for her family during Christmas, birthdays and other special events.

11. Wake up! Many things a woman does or says is the opposite of what she really means.

Trouble Creating an Atmosphere

Kids, work and other concerns may get in the way, but a man must take the initiative to plan and communicate with his lover what he is going to do to create an atmosphere that has the ingredients to enable sexual expression. You don't have to tell her the surprises or special ideas, just communicate. If the pressures of life are too great, do not be surprised if one of the two of you is not able to perform, express or enjoy being together. One may find themselves in tears or rigid with unexplained emotion due to life's concerns. If so, allow time to let it all out, cry, express anger, fear, or hurts so you can listen, rebuild, fill in, patch and tend to anything that may have been neglected.

If you find yourself in this type of situation, I encourage you to go through the process of patient communication, which should enable both of you to come back together, fulfilling what you originally intended to do in the first place.

Things not to Say or Do that May Hinder Your Sex Life

1. Once a woman is dressed for any occasion, never ask, "are you going to wear that!?" or, "is that what you're wearing!?" These types of comments do not create a mood. But if you feel she may need a coat or different type shoe, a tactful suggestion may be appropriate.

2. Never talk about past relationships or other women even if she asks. People are naturally curious so she may really want to know about your past, but hold your tongue, you have better things to talk about. If she insists on talking about your past, mention how the past is not important to you and how excited about the future you are.

3. Avoid talking about yourself or your work.

4. Never correct or embarrass your lover in front of other people.

5. Never assume she understands what you are talking about.

6. Never compare her to another woman, even if it is her best friend, mother or sister.

7. Never assume she wants to do the same thing you do. Most people like to plan what to do, not be told.

Chapter 6

Personal Hygiene

The following may be humorous to you. It was to me when I wrote it but some of you need this.

1. Go to the dentist and get your teeth cleaned.

2. Floss every day. Food rots in-between your teeth causing your breath to be very offensive.

3. Brush your tongue every time you brush your teeth.

4. Use mouthwash.

5. Stop drinking coffee on a *regular* basis. Coffee may causes horrible breath.

6. The small crevasses on your tonsils can collect food which may rot and turn white. These little, white balls of rotten food can cause horrible, offensive breath and a bad tasting mouth. You may try pushing out this white stuff in your tonsils with a Q-tip. Be extra careful or have your doctor help.

7. Stop using sugar based breath fresheners to hide your breath. Sugar may cause yeast build up which bacteria thrive off of, making your breath worse. Be careful of too much aspartame (Nutra Sweet), it could cause health problems.

8. Cut your fingernails and toenails.

9. Clean under your fingernails and toenail with a small brush.

10. Cut or pluck your nose hair.

11. Clean inside and behind your ears.

12. Shave your hairy ears.

13. Wash your butt hole. It may get exposed more than you think during sex.

14. Clean the inside of your belly button with soap and a wash cloth.

15. Shave the back of your neck.

16. If you have bumps on your face or neck from shaving, ask your doctor about Retin-A.

17. Push out all those blackheads on your nose or use a peeling strip from the drug store.

18. Use a petroleum based lip conditioner or olive oil for your lips. Dry, cracked lips can be a turn off. Use unscented lotion for your dry hands and skin.

19. Know the difference between "anti-perspirant" and "deodorant". Anti-perspirant helps keep you from sweating but not stinking. Deodorant helps keep you from stinking but not sweating. Some of you need both "Anti-perspirant/ deodorant". She will appreciate it.

20. Throw away your old, stained underwear and buy some new ones.

Chapter 7

Penis Size

Does the size of a man's penis really make a difference? Of course it does. Too big and it may turn her off and be painful, too small and it may turn her off and she not feel anything. Even if a man has a good size penis, if it is not hard and he doesn't know how to use it, size doesn't matter.

Penis Size is relative. What is the perfect penis size? That depends on the size of the vaginal cavity. One may be too big for smaller women but just right for larger women. Penis size may be relative to one's ethnic and genetic origin as well. In other countries some women may have smaller vaginal cavities while other women from different countries may have larger cavities. Whatever the size, the average woman should be well suited for the average man of the same culture.

The most important characteristic of the penis beyond size is hardness of the erection. A hard, average size penis will probably cause more friction than a semi hard larger penis. Though a large penis may be more exciting to a woman because of size, rigidity is more important for good stimulation. When both a man and a woman are completely flush with blood in the genital areas, a man's penis will feel larger and more powerful than ever. That is why it can be important to give ample time for a woman's body to prepare her for intercourse.

How long does it take for a women's genitals to become completely gorged with fresh blood? That all depends on the atmosphere and her response to sexual stimuli. It could take 1 to 15 minutes. Usually she will become wet and her vaginal cavity will feel plump and hot when she's ready. You'll know she's ready if she's begging you to make love to her.

Good news if you are overweight. Some men are able to gain one inch or more in penis length for every 35 pounds of fat they loose. If your penis is swallowed up in fat you have the potential to increase the length of your penis just by losing weight. If you have been over weight all your life you may not have ever had your full potential. What more of an incentive does a man need to lose weight? See my bonus diet and weight lifting programs.

So learn how to use your penis and go for hard erections. If you have trouble sustaining hard erections, have your hormones tested. You may have a testosterone deficiency at any age. (See the bonus on testosterone and HGH)

Part 2

Sex

Chapter 8

Channeling Sexual Energy

Sexual energy must flow and our brain is the center of sexual energy and thought. Our eyes, lips, tongue, nipples, hands, skin and genitals are conductors of sexual energy through our nervous system, centralized by the brain. Conducive to these conductors are body fluids such as sweat, saliva, vaginal juice, and semen. Any other type of lubrication can also be conducive to channeling sexual energy.

Channeling and experiencing the flow of this energy can be a wonderful experience. As the body becomes sexually aroused the brain sends more blood to all parts of the body, feeding the cells with fresh oxygen, which in-turn, allows the nervous system to become charged. All the juices start flowing as the body prepares itself for an electrifying experience.

With a Kiss

Your objective as a lover is to keep the energy flowing, allowing it to flow stronger and stronger, and the kiss is one of the most powerful ways to do this. Your lips and tongue are full of highly sensitive nerves and since all nerves are connected to each other via the brain, deep kissing can become a major channel of energy throughout the entire body.

Ex. After a woman has already had at least one small clitoral (clit) or G-spot orgasm, in a face to face position, penetrate her vagina with your penis as deep as you can without moving the penis in and out. Lift up with your penis firmly against the top inside of the vagina as you rub your pelvic bone against her clit with substantial pressure. Allow her to position herself and set the pace.

Wet her nipples by kissing or sucking them, then press your chest firmly against hers. Kiss her with deep French kisses as you suck her tongue and lips. Once you feel the energy flow through your mouth, circulating through your penis into her vagina, hold a deep kiss with little movement of your bodies. Feel the circulation of energy as is flows stronger and stronger.

Always breathe normal to deep during sex to assure fresh blood to all your cells. If you feel like you are about to ejaculate at any time, stop and breathe deeply visualizing some of the excess energy escaping through your breath as you exhale. Continue this until she reaches orgasm.

Now she is ready for G spot stimulation. Choose one of the positions I mention under "G spot orgasm" or use your own. Now that she has had this deep energy flow orgasm speed up the pace. She may find herself falling into a full body orgasm in no time.

Chapter 9

Eight Types of Female Orgasms

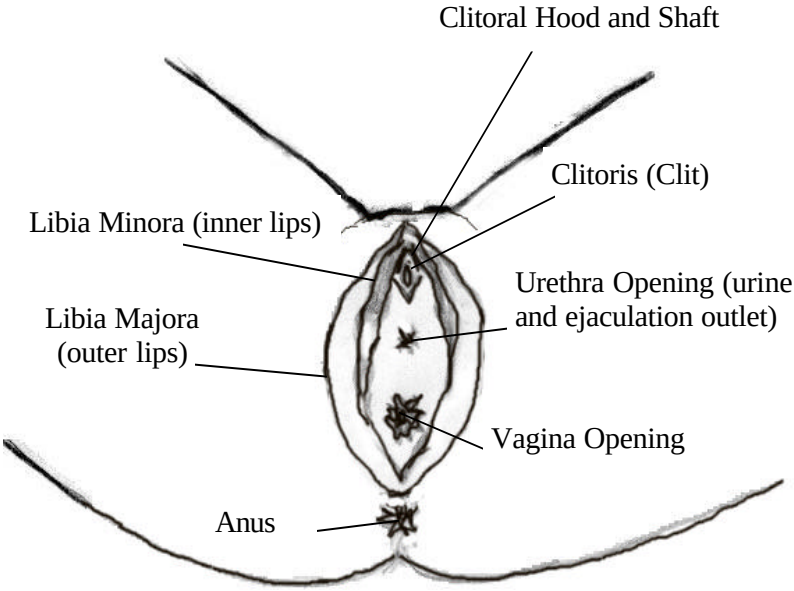
1. Clitoral
2. Vaginal
3. Anal
4. G-Spot
5. Thought
6. Combination
7. Multiple
8. Total Body

Warning for Men: What you are about to learn is powerful. The female body is capable of experiencing eight types of orgasms that I know of. Some women may be able to experience all eight and some may never experience any. Never expect a woman to respond in a certain way to sexual stimulation. Unfulfilled expectations could damage confidence, self-esteem and become embarrassing to you and her, resulting in a deathblow to your relationship. Some women have never experienced any orgasmic pleasure from any stimulation. An unresponsive woman does not necessarily reflect problems, though it could. A woman may have a weak PC muscle, hindering her abilities to enjoy sex to its fullest. Some women are just not responsive to sex but all are responsive to love.

Tip: Some women may find it frustrating and have tremendous body spasms if you pull out suddenly while they are experiencing an orgasm. This is due to the fact that the exchange of energy between two lovers is abruptly interrupted, causing the orgasmic energy to violently surge through her body as it looks for a channel to flow through. She may be unable to speak or express her "mini trauma" verbally until the energy subsides. A couple of things that may help is to put your penis back in her, hold her passionately or cup your hand over her vagina with pressure on her clit. She might not let you touch her because of the sensitivity of all the energy bouncing around in her body. Actually it can be quite humorous to experience such a thing. Unless you realize what is happening to her she will just lie there with a funny look on her face like she is getting mildly shocked. The moral of the story is

External Female Genitals

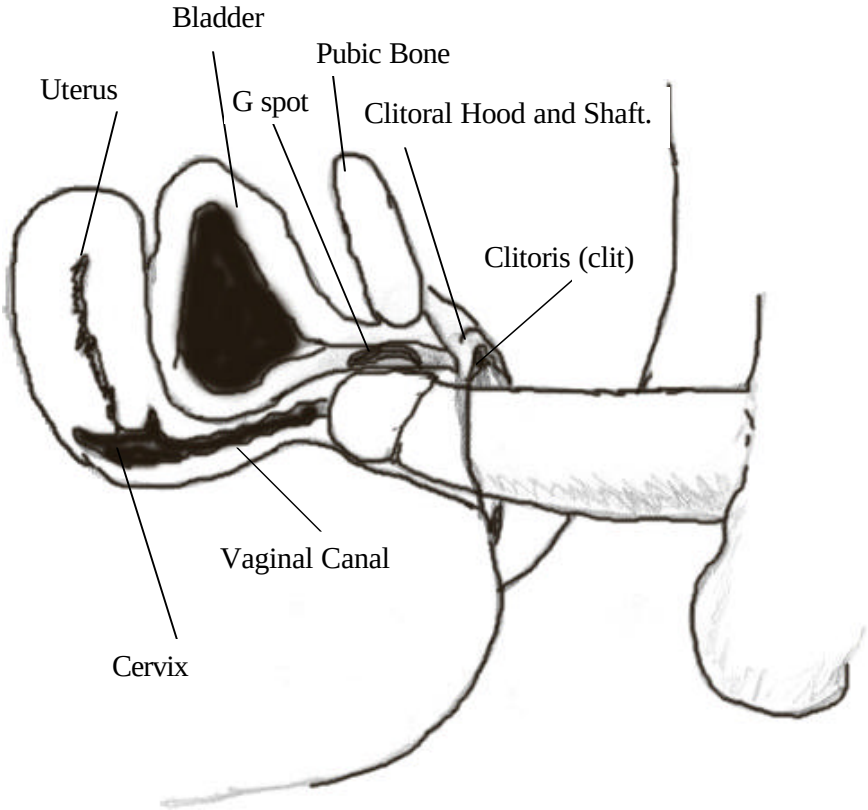
(Exaggerated Illustration. Not to proportion)



to try not to pull out while she is climaxing.

Five of the eight different orgasms are by stimulating a specific body part; clitoris (clit), vagina, G spot, anus and mind. Yes, men and women are both capable of experiencing orgasms to all degrees, including ejaculation by thought stimulation of the mind. Though all orgasms originate from the brain, an exclusive mind orgasm is different in that it stems from only thought, but can involve other parts of the body. Many women have reported that they have had orgasms, just by thinking about sex. The mind

Internal and External Female Sex Organs During Copulation



is a powerful thing and if you know how to use it to your advantage, there are no boundaries to what you may experience mentally or physically. You and your lover should practice letting go and allow yourselves to actually experience your fantasies with each other.

A total body orgasm can follow any one or a combination of the different types of orgasms. During a total body orgasm, a man or woman may feel electrified throughout their entire body, usually causing body spasms such as jerking, shaking, or doubling over. Moaning, screaming, panting and gasping can all be results of full body orgasms. Some may experience such extreme sensitivity during this type of orgasm that further stimulation could cause too much pleasure resulting in an uncomfortable or painful sensation. Hot flashes, chills and female ejaculation may also occur. Remember, an orgasm is simply a feeling of pleasure and does not have to include ejaculation for men or women. Ejaculation may be the result of an orgasm.

Clitoral Orgasm

The amount and type of nerve endings in the clitoris (clit) are equal or more than that of the head of a man's penis. Imagine the same number of nerve endings all bunched together in that one little spot. An easy way to find the clit is to cup the vaginal area with the tips of your fingers pointing down, locate the vagina opening with the tip of your finger then slowly slide the same finger upward toward the belly button. As you slide your finger upward try to feel for a small separation of skin called the clitoral hood. The clitoral hood is a fold of skin that covers the clit. When a woman’s clit is sexually aroused, it becomes flushed with blood, making it swell and hard to the touch. During orgasm the clit may give a feelings of tingling, throbbing or pulsating.

There is an infinite number of ways to stimulate the clit, which can become so sensitive it may cause discomfort or the feeling of having to urinate. Since all women are different, experiment to find the best ways to stimulate your or your lover's clit. Keep in mind that responses and desires of sexual stimulation of any degree may depend on the mood.

The clit can be rubbed fast, slow, soft, hard, up, down, left, right, in circles or any combination, using any finger, fingers, mouth, tongue, palm, penis, pelvic area or whatever else you can imagine. Once highly sensitive, just a little touch can go a long way. You may find that constant, applied pressure is all that is needed. Some women like the same type stimulation over and over, while others prefer something different every once and a while. If your communication during sex is good don't be afraid to express what you like or dislike or ask what she likes.

Many different techniques can be used during oral stimulation. It can be sucked gently or aggressively, nibbled or just kissed. I encourage you men to try anything and everything, while being sensitive to the responses of your lover.

Clitoral orgasms come in many different intensities and durations. One may sigh with pleasure for a second from one small orgasm or scream and moan all night from multiple clit orgasms. Some women may ejaculate, what seems like, a tremendous amount of hot, milky white substance from their urethra during an intense orgasm, which could be embarrassing to both partners, being that it could be mistaken for urine. Female ejaculation should never be viewed as an embarrassing moment. It is a climax of sexual pleasure just like male ejaculation.

The ejaculated liquid is usually odorless and will dry into flakes, easily brushing away from most surfaces, including skin. If a woman does become embarrassed because of female ejaculation, I encourage men to assure their lovers that they are happy

for the experience and are looking forward to it again. Men, don't ever negatively comment on female ejaculation to your lover because it could cause severe psychological dysfunctions.

Vaginal Orgasm

The vaginal cavity is usually not a highly sensitive area to most women until fully aroused. The vagina walls can be gorged with blood, becoming sensitive to fondling, deep pressure or different types of rhythmic or thrusting movements but this is likely the result of clitoral and G-spot stimuli as well, or just the pure excitement of having sex. Since the clit is so close to the vaginal cavity, it may receive stimulation by pressure of the male pelvic area or hand during deep, rhythmic movements causing it to get pulled or pressed. A vaginal orgasm can be the result of the clit or G spot being stimulated, and can differ in degree from a small pelvic sensation to a "Full Body Orgasm".

The G spot and Female Ejaculation

The "Grafenberg spot, or the G spot, rediscovered and popularized by Dr. Ernst Grafenberg, is an area of tissue that surrounds the urethra tube. The urethra is the female duct for urinating. The G spot is located just inside the top of the vagina. Internally, G spot tissue is erectile and can swell when a woman is sexually aroused which may be evident from the exterior and interior of the vagina. Exterior evidence of the G spot may be seen around the urethra hole as the area swells. Interior evidence can be felt one to four inches inside the vagina on the upper wall. It can be described as a slightly protruding seam or bean type texture felt by using one or two fingers. Stimulating the G spot initially may give a woman a feeling of the need to urinate. If a woman can get past the feeling of having to urinate, she may ex-

perience great pleasure in G spot stimulation to the point of ejaculating a burst of hot liquid from her urethra duct, drenching her and her partner. This liquid is not urine but can be mistaken as urine. It is usually clear or milky, and odorless with variable taste of bitter to very sweet. It does not stain like urine and dries into a flaky substance that is easily brushed off of most surfaces.

How to Find and Stimulate the G Spot

All women will respond differently to G spot stimulation. Some may find it hard to get past the feeling of urinating while others go into ecstasy immediately upon touching the spot. It may be easier for a woman to get past the feeling of urination after she has had at least a small orgasm. As she is lying on her back, insert one or two fingers, preferably the middle finger for length, into the vagina with your palm up. Curl the finger(s) upward until a lumpy or slightly protruding area is felt. Massage both sides of the area while communicating with your partner what feels best. You may find that significant pressure is needed, to the point of stretching the walls of the vagina up until the pubic bone is felt. You may also find that a constant, motionless touch to the G spot is all it takes to bring a woman to orgasm.

Penile Stimulation of the G spot

When using the penis to stimulate the G spot, a little can go a long way. If you can get the right position, it only takes 2 to 4 inches of penis to hit it just right. Deep penetration could miss the spot completely.

Some recommended positions are:

1. Have your lover lie on her back. Put her legs over your shoulders. Insert your penis no more that three inches so the head is on the G spot. Use short pelvic thrusts or slow probing motions until she feels a sensation of more pleasure. You may try rubbing her clit with your thumb and pressing on the outside of her stomach right over the G spot to add more pleasure.

2. Have your lover lie on her back with her legs over your thighs . Sit with your knees bent as low as you can, while her lower back or butt rests on your thighs. You may try holding her hips for support. She can recline or sit up. Move your penis upward and around toward the G spot with short pelvic thrusts or slow probing motions until she feels a sensation of more pleasure.

3. Have your lover lie on her stomach with her legs together or spread. Experiment with her sitting up or lying down. Also experiment with her lying flat or with her butt stuck up in the air. Move your penis downward and around toward the G spot with short pelvic thrusts or slow probing motions until she feels a sensation of more pleasure.

(The above sketch depicts a position for G spot stimulation not anal stimulation.)

Try variations of these methods lying on their sides facing each other or from behind. While facing each other, deep, passionate kissing could intensify the experience dramatically.

Anal Orgasm

Anal stimulation is a controversial topic so I will just lay down some facts and not get into religious or spiritual beliefs. Nor will I make any moral or immoral comments about anal stimulation. (Personally, I do not recommend anal intercourse.)

The anus is full of highly sensitive and responsive nerve endings that can be stimulated like any other genital area causing orgasmic sensations. For males, the prostate may be stimulated by interior anal stimulation. For both sexes, interior anal stimulation could result in orgasm with or without ejaculation. Many report

having anal orgasms and full body orgasms during enemas.

The anal muscles are strong and when squeezed during any type of orgasm can enhance other orgasmic sensations. Anal stimulation can be very pleasurable, yet risky. Damage may occur to the colon by deep anal penetration. Anal stimulation, consequently, can result in sexually transmitted diseases and bacterial infection, also damaging the rectal muscles and tissue, resulting in loss of bowel control, hemorrhoids or death. (Always disinfect anything that has accidentally touched the anus before touching any other part of the body to avoid sickness and disease.)

Mind Orgasm

All orgasms originate from the mind, but I have coined the mind orgasm as one that happens from thought stimulation. Yes, thought is the only stimulation one has during a mind orgasm causing different parts of the body to respond as though they were being physically stimulated. One may experience it by thinking about sex or by reminiscing on a past sexual encounter causing the body to relive everything. Hence a wet dream.

This just goes to show how important it is to be in the right frame of mind for sex. Make love to your lover's mind with romance and kind words, then watch what their brain does to their body. They may have a mind orgasm right before your very eyes. The good thing about it is you can start making love to your lover with romance over the phone from work or by a card you left before you went to work. With this type of attention, the body will prepare itself all day for an unforgettable night.

Remember not to expect unrealistic responses from your lover. A mind orgasm is like the wind, you don't see it coming or going, but there is evidence of it happening. It takes focused

thought to have a mind orgasm, which usually happens by surprise and without effort.

Combination Orgasms

If a woman has two or more of any of the orgasms described above at one time, she has had a "combination orgasm". A woman's breasts, clit and vagina are easy to stimulate simultaneously using two hands or two hands, your penis and your mouth, depending on what position you're in. I suggest starting with one area at a time then working on other areas, switching back and forth with combinations. She should let you know what she is in the mood for or you may be able to sense it. Stimulating any of the genital areas before your lover is aroused may be a turn off instead of a turn on, so take your time.

Women may have trouble explaining exactly what they feel during a combination orgasm because of all the different sensations, but you can get a pretty good idea by their reaction. Massaging other parts of her body including her breasts, with deep kissing will only enhance the experience. Be creative while flowing with the mood and enjoy whatever combination you choose.

Multiple Orgasms

You or your lover may not have experienced multiple orgasms, but both men and women are capable of having an unlimited series of orgasms large and small. Some go straight for the pillow after one orgasm or ejaculation and when the feeling is mutual it's great. Others only become more sensitive with each succeeding orgasm. You may find that after your lover initially experiences a large orgasm with ejaculation they have to rest for a while. They may then have several small orgasms never leading

up to another climax. Every encounter will be different.

Men are definitely capable of multiple orgasms. They may ejaculate every time or not at all, depending on how well he is able to manage and control his experiences. A strong PC muscle may be the key to experiencing multiple orgasms and controlling ejaculation. (See Strengthening the PC Muscle and Methods of Stamina.)

Total Body Orgasm

When a man or woman has a total body orgasm, their entire body will feel electrified. Never underestimate the reaction of a full body orgasm. One may be so sensitive that just a light touch on the body or breeze from a slow moving ceiling fan could cause a tremendous surge of orgasmic energy. Total body orgasms may last several seconds to several minutes and it is possible to sustain them for several hours at a time with just the right stimulation.

Whatever type orgasm she has, enjoy each one, as it is a beautiful thing to experience sexual pleasures with someone you love.

Chapter 10

Crossing the Threshold of Unlimited Sexual Stamina

Stamina and Ejaculation Control

I can't stress this enough. A man must have a fully erect penis to have any type of stamina or ejaculation control. Do whatever it takes to sustain a hard erection as you allow for normal "erection cycles" every 15 minutes or so. Never get in a rush as you take your time and enjoy sex.

If you are a woman reading this book, never ask a man why he isn't hard and never blame yourself for his lack of hardness. Be gentle and encouraging as you discuss any problems. More stress could cause temporary impotence in the healthiest men.

If you are having trouble sustaining hard erections, first look at your diet and exercise program. That is why I included it in this book. Always drink plenty of water and get plenty of sleep. If your diet and exercise is ok but you are still having trouble with hard erections you are either stressed out or your hormones are imbalanced. Viagra is great, but it doesn't balance your hormones. If you use yohimbe, make sure it is from a reputable company.

1. Get as hard as you can before intercourse for more control.
2. Learn how to have an orgasm without ejaculation.
3. Breathe
4. Nerve Buffering
5. Bring her to at least one small orgasm before intercourse.
6. Strengthen your PC Muscle.
7. Forget about fear, you must be confident.

I have talked about creating a mood and preparing your lover's mind for sex. When the mood and atmosphere is right, you will feel it. This will create confidence, which you must have to have control of yourself.

Strengthening the PC Muscle

The PC muscle controls urine flow and ejaculation. Contracting this muscle before and/or at the point of ejaculation can prolong stamina and penile erections. The contraction of a strong PC muscle can completely block the flow of semen enabling an orgasm without ejaculation, which may allow for unlimited stamina.

To locate your PC muscle, squeeze as if you are trying to stop the flow of urine. That is your PC muscle. Exercising the PC muscle is one of the most boring things I can think of, but it is well worth the time and effort.

You will have to schedule your own routine. It could be in the morning before you get up or at work in a chair. Practice interrupting your urine flow, also.

Contract the PC muscle for 10 seconds then rest with one deep breath. Repeat until the muscle is exhausted. Try to keep up with the count working up to 100 - 200 contractions a day. This may take several weeks. Always breathe normal when exercising

your PC muscle.

Breathing

Avoid holding your breath, and always breathe normal to heavy during sex. Your body needs the fresh oxygen for energy.

Bring Her To At Least One Type Of Orgasm Before Intercourse

Take time to bring her to at least one orgasm before intercourse by fondling her clit or G spot with your fingers. If you both like oral sex, try that in combination with fondling. Tease her every once and a while by putting a couple of inches of your penis inside her then pulling it almost all the way out. She may try to pull you in, but resist as you tell her you are saving the best for last.

Get As Hard As You Can Before Intercourse

A hard, rigid penis will give you much more ejaculation control than a semi hard penis. It will also cause more friction and pleasure to your partner. It has been said that male erections have a normal fluctuation cycle of 15 to 20 minutes. The penis may not go totally soft, but it may normally fluctuate its rigidity. With this in mind, don't worry if you lose some of your erection while concentrating on your lover. If you are comfortable enough, ask her to caress it while you fondle or kiss her. Or if you don't want her to be concerned about you, try brushing your penis gently on any part of her body or the bed. Anything to keep it stimulated. It shouldn’t take much to sustain an erection.

If you feel you are having trouble sustaining healthy erec-

tions, have your testosterone levels checked or try some mood enhancing herbs such as Ginkgo Biloba which can also improve overall blood circulation, Ginseng which may help in giving your hormones a boost and/or St. Johns Wort which can smooth the edges of stress and lift your mood causing a synergistic affect on other functions of the body. You may be healthy but stress can deplete a man of testosterone causing low sex drive at any age. (See the bonus on testosterone and HGH).

Learn How To Have An Orgasm Without Ejaculation

So is it possible to have an orgasm without ejaculating? Yes and many men have mastered their own techniques. I will teach you several techniques of experiencing orgasm without ejaculation.

That's right, a man does not have to ejaculate during a full-blown orgasm. By strengthening the PC muscle he can hold his semen and still have a full orgasm. The best part is, you will usually be able to sustain your erection or regain it with little effort. This may enable a man to sustain an indefinite erection most of the time.

Why does a man feel so drained after ejaculating, because he just shot all his energy out of his penis? A man's body will put all it's energy into the act of ejaculating because procreation depends on it. It’s nature's way of giving sperm an extra boost.

Momentum

First, lets talk about momentum. A car moving at a rate of 60 mph compared to a car moving at a rate of 5 mph will require

more force in a given period of time to stop. The same is true with your ejaculation, sometimes but not always. I will explain "sometimes but not always".

Hard and fast stimulation to the penis may cause a significant amount of ejaculatory momentum or energy, making it extremely hard to resist ejaculating. Then on the other hand slow stimulation may result in a relatively low amount of ejaculatory momentum making it easier to resist the act of ejaculating.

Your PC muscle is the force that slows or buffers the momentum.

Defining Levels of Sexual Arousal

You must be able to define your levels of sexual arousal (momentum) on a scale from one to five so you can successfully determine the best time to contract your PC muscle.

I suggest having sex with your partner with the sole intention of learning the levels of sexual arousal. You do not have to have intercourse. Hand or oral stimulation is also good for this exercise. Be creative and carefree with lots of foreplay and fun. Start slow with kissing and caressing. It may also be fun for a woman to define her levels of sexual arousal as each of you take turns concentrating on each other, one at a time, briefly describing to one another what each level feels like.

A good atmosphere can make this exercise an enjoyable and rewarding experience as each of you learn more about yourselves and each other.

If you do not feel comfortable sharing this exercise with your lover, just learn while making love. The key is to know when to

rest and allow your sensitivity to subside and when to squeeze your PC muscle, which is explained later in more detail.

Familiarize yourself with each level keeping in mind that level four will be your most important level.

Levels of sexual arousal and momentum:

- One - erection without stimulation
- Two - stimulation without the feeling of possible ejaculation
- Three - stimulation with a controlled felling of pleasure and little or no feeling of ejaculation
- Four - feelings of ejaculation
- Five - actual ejaculatory spasms

PC Squeeze Type I

Once you have developed a strong PC muscle you can try to resist ejaculation during orgasm. Take it slow the first time as you learn your levels of momentum. Use any type of stimulation that is appropriate to you and your lover, whether oral, hand or vaginal. You and your lover may find this fun and productive as you get to know yourself and each other better.

- Once you have identified level four, stop until all feelings of ejaculation subside.

- Continue stimulation back up to level four. Again, stop until all feelings of ejaculation subside.

- As you move to each level continue the cycles until you have reached level four and subsided to level one several times.

- Finally, move to level five. It is important to breathe normal to deep during this time.

- Before the ejaculatory spasms begin, stop stimulation, squeeze your PC muscle as hard as you can, resisting ejaculation, until all spasms have stopped. Note: after relaxing your PC muscle, orgasmic sensations may continue for several seconds to minutes without ejaculating. Enjoy it!

If you ejaculate while trying these methods, enjoy it and try again next time. It may take several times before you do it successfully.

Once you have successfully had an orgasm without ejaculation, you should be able to sustain or easily regain an erection and have unlimited stamina. If you lose your erection, give yourself 3 - 15 minutes to re-gain an erection as you love on your partner. Center the focus on your partner, not yourself or just take a break for several minutes. Worrying about your erection is the worst thing you can do.

Tips:

- Always communicate with your lover. You don't have to tell her everything, but at least tell her how good she makes you feel.

- If you squeeze your PC muscle a little too early, you may have to resist ejaculation a second time.

- Always stop stimulation as soon as you feel "the point of no return".

- It may be helpful to pull out, leaving just the head of your penis in her while squeezing.

- You may want to pull all the way out while squeezing.

Double Squeeze and Triple Squeeze

Squeeze with you PC muscle and your hand. If you decide to pull out completely during the PC Squeeze, firmly grab the base of your penis with your thumb and one or two other fingers. Circle the entire penis, especially your urethra tube underneath, blocking the flow of semen.

With the Triple Squeeze, use the Double Squeeze, but also use your other hand to pinch the urethra tube right below the head of the penis. A little semen may still pass through. Simply wipe it off and continue.

Double Squeeze with a Testicle Pull

You or your lover may also gently pull your testicles away from you body for added ejaculatory resistance during the double squeeze.

Experiment to decide what works best for you. Once you have retained or sustained an erection after a PC squeeze, you may find it impossible to ejaculate until you have allowed your erection to completely subside. Always communicate with your partner so you don't over do it. Use plenty of lubrication if you need to. Also keep in mind the 15-minute erection cycles, allowing your body time to re-establish itself every so often as you make love for as long as you like.

PC Squeeze Type II

PC Squeeze Type 2 is very similar to Type 1. The only difference is you never go to level five where you have to resist ejaculatory spasm. The objective with Type 2 is to bring yourself to the edge of level five, stop, pull out at least half way then squeeze the PC muscles 3 to 5 times, as hard as you can, holding it for 10-15 seconds per squeeze. This method will "buffer" the nerves in the penis without effecting your erection. You may have to repeat the process several times before the nerves are significantly buffered. Even after successfully buffering the nerves you may reach level five again after 5, 15, or 30 minutes of incredible lovemaking. Repeat the process as many times as needed, all day and all night.

Tips:

- It is very important to have a full erection when using any of these methods. A semi hard penis may not be as responsive as a hard one.
- Stop, pull out at least half way.
- It may be easier to pull all the way out or leave just the head of your penis inside her.
- She may not like it if you keep pulling out. But you can turn it into a tease game at the same time, teasing her as you buffer your nerves.

Nerve Buffering

There are several ways to buffer the nerves in your penis. I encourage you to experiment and develop your own methods too.

1. Allow 5-10 minutes to pass with a full erection before intercourse or direct stimulation. This will enable the spongy tissue in the penis to become fully dilated, giving you more control with a harder erection. The nerves in the penis will naturally buffer themselves because of the tremendous contraction of the tissue.

2. Once you have gained a full erection you may also firmly squeeze and release your penis several times from the base to the tip allowing some of the energy to flow out your penis, through your hand. The nerves will in-turn lose some of their sensitivity allowing you to build up more energy without ejaculatory spasms. You may use this method several times during sex if needed.

3. Adding to #2: As you contract and relax your PC muscle you may also circle the base of your penis with your thumb and index finger. Then with your other hand, firmly squeeze and release your penis several times from the base to the tip.

Now lets move on to chapter 11 and talk about controlling the flow of sexual energy.

Chapter 11

Arching

Sustaining the Zone of Unlimited Stamina

Objective: Allowing sexual energy to flow through your body during lovemaking.

In this chapter I will teach you how to pace yourself inside a zone of unlimited stamina by using a method that allows energy to flow through your body rather than build up in your body.

First, let's do a little experiment. Ever so slightly, glide the tip of your finger over your lips. You will notice that the mucus membrane of your lips is so thin that your nerves become stimulated to the point where you have to stop or rub your lips because it tickles so much. I call this "Arching" because it is as if energy is jumping from your finger to your lips. Go ahead. Try it. This is important.

Now the reason it tickles so much is because energy suddenly began to build up around your lips and was not allowed to flow. This is what happens to men while making love. Energy builds up around the penis until the brain gives the signal to ejaculate. However, if this energy were allowed to flow during sex, the energy build up would less likely occur or cause ejaculation.

Here is another experiment. Using the tip of your tongue, slowly explore the inside roof of your mouth. Just barely touch the skin as you try to create the same type energy build up you did with your lips. You may find that the most sensitive areas are toward the front inside of your mouth and maybe to one side or the other. Take note as to exactly what part of the inside of your mouth feels most sensitive for later reference.

Why are we doing this? Because this is what you are going to do during sex to help the flow of energy and resist energy build up.

Instead of using your finger, you will gently kiss and touch her neck or other parts of her body with your lips and tongue so lightly that it will cause the "Arching" or flow of energy. This time you will probably not feel an intense tickling sensation build up in your lips because energy is flowing through other parts of your body, namely your penis.

What you should notice is a dissipated or a released feeling of sensitivity in your penis. It may even feel numb but without loosing any firmness. The good new is, she will love all the little kisses, licks and nibbles on her neck. Also, try other parts of her body such as her forehead, eyebrows and up around her hairline. Hair follicles are great receptors of energy as are her nipples and shoulders. She will more than likely receive your kisses as a romantic gesture and never guess its all part of a stamina method.

If you are making love in a position where you can't kiss her neck or any other part of her body, then use your tongue to dispel energy through the roof of your mouth. Remember to barely make contact so the energy arcs.

The Zone

You can use the "Arching" method whenever you like, but you may want to try using it from the beginning of your lovemaking session. (Note: This method, as in most of the methods I teach, will have little affect unless the penis is fully erect). By allowing sexual energy to flow during sex you can remain in a state of control, or a zone.

Comparing it to a simple illustration:

> Let's say that the act of walking along the ledge of a cliff is like the act of lovemaking and pleasure, and the act of ejaculation is like that of one jumping off the ledge of the cliff, then one would want to walk along the ledge for as long as he needed to or until he is ready to jump.
>
> The amount of energy you are able to dispel or balance and the hardness of your erection will enable you to know exactly how close to the cliff you are, which should enable you to stop and back away if needed.

You can use all the other methods such as PC squeezes as a safety net, incase you accidentally go over the edge and start to ejaculate.

Three Keys

1. Have a hard erection, which will give you more control.

2. Always be aware of how close you are to ejaculating incase you need to slow down or pause.

3. Make sure you are dispelling equal to or more than the amount of energy you are generating with your penis.

One Downfall

> You must respect the feeling of being in the zone of stamina and control. You may feel like you can generate more energy with your penis with longer, faster strokes or you may feel like you don't need to dispel the energy. Be careful of this awesome feeling and don't let ejaculation suddenly sneak up on you.

Also, once you have entered her all the way, allow yourself a little time to get acclimated to the feeling of intercourse. Instead of thrusting right off, go into some deep kissing or kiss around her shoulders and neck while you hold steady and deep with pressure on her clit from your pelvic bone. Then start your strokes slow, giving time for things to build up and for a direction to take course.

Take time to experiment with these methods as you become more aware of your sexual energy and it's flow. Be patient with yourself as you learn how to maintain the feel of the zone and balancing the flow of energy. It may take a couple of times to get the feel but being in control of your stamina is priceless and worth the time and effort.

Chapter 12

A Woman's Guide to Her Man's Stamina

This chapter is specifically for women who want to help their man have more stamina. We will discuss ways that a woman can, in a discreet, non-threatening way, prolong lovemaking and build confidence in their relationship.

Ok ladies, I'll be honest with you. Most men have no idea how to prolong lovemaking but wish they did. And to some men it can be very embarrassing and humiliating to climax before they want to or before his lover is satisfied. Yes there are times when a man has stamina, but he probably couldn't tell you why.

What I am about to share with you are some of the methods I teach men in this book. If you and your husband are reading it together then you will be able to be more aware, supportive and understanding with some of his methods, which will help love making flow. Men tend to loose what little concentration they have during a potential climax, so your encouragement or tactful reminders can be most helpful if you know what to do.

If your husband has not read this book, then you can use these methods as request, from you to him, that will seem like something you are asking him to do for your pleasure.

I have two methods we will discuss.

1. The "Arching Energy" method.
2. The PC muscle squeeze

Arching Energy

In chapter 11, Arching Energy, I explain to men how to get energy to flow using their tongue and lips, rather than allowing it to build up potentially causing ejaculation. You may want to review this chapter for details.

What you are going to do is tactfully teach him how to arch energy without him reading the book. First, while he is kissing your neck, mention how much you love it when he does so and especially when he does it so light and gentle that it feels like electrical pulses are shooting through your body. Now you may or may not feel these small sensations but what you are trying to do is to get him to feel a sudden tickling sensation in his lips, which will help in the flow of sexual energy during intercourse.

Ask him if it makes his lips tickle or ask him to try to make them tickle while kissing your neck. (You are going to have to be light hearted and fun when trying this. You may find your patience being tested for his lack of interest at first but hopefully you will think of a way that will succeed).

Now ask him to ever so slightly lick and kiss your neck while going real slow. His tongue should barely touch your skin. This will cause the energy to flow during lovemaking.

Now give this little exercise a name so when you want him to do it he will no exactly what you are talking about. How do you do this? You can mention to him that when he kisses you like that it feels like he is making love to you through your neck. So your request could be: "Make love to my neck while you make love to me".

My recommendation is to request he "make love to your neck" all the time during intercourse especially if he is thrusting in and out. One can use this method as a way to enter into a zone where stamina seems effortless during intercourse. One can also use this method during a pause in love making when everything is still for a moment and he pulls his penis half way out for more desensitizing.

Pause and Squeeze

Using the arching method is great for marinating a feeling of stamina for a man but may be little help in resisting a potential orgasm. That is where the "Pause and Squeeze" comes in.

Here are some suggestions as to how to go about using this method.

While fondling his penis, ask him to squeeze it and make the top or head of his penis swell and hold it for as long as he can. Holding it is the key! Tell him how much it turns you on and how much you would love for him to do that right below your G spot or just inside you without moving.

You see, when a man squeezes and makes the head of his penis swell with blood, he has to use his PC muscle. The PC muscle for men and women is the muscle that stops the flow of urine. For men, it can also stop the flow of semen and for women it can help squeeze the vaginal walls for more intense orgasms.

The squeeze method can be used like a safety net. If you can sense when he is about to ejaculate or he is comfortable telling you, simple suggest that he pulls his penis almost all the way out and squeezes on your G spot.

Being motionless, at this point is your objective while he is squeezing because if he is anywhere near the brink of an orgasm, any movement could cause him to ejaculate.

If he catches it just right and squeezes hard enough with about a 10-30 second rest after the squeeze, he may find that the nerves in his penis are naturally buffered giving him the feeling of power and stamina.

Give yourselves plenty of time with as much love and patience as needed to adjust to new methods and ideas. Hopefully, within a couple of times, these methods will prove beneficial and he will adopt them

as his own. And you, being in the know, will be more sensitive to these methods enabling a better flow and oneness during sex.

Remember, all methods of stamina require that a man have a full, mature erection. Hard, not mostly hard. Ejaculatory spasms can sneak up fast on a man who doesn't have a hard erection so don't expect too much out of any stamina method unless he is nice and hard.

And never ask a man why he isn't hard. This kind of question can be very difficult to take and could cause what little erection he has to quickly disappear from humiliation or embarrassment.

Chapter 13

Female Orgasm Hindrances

Just as I have dispelled the issue of male stamina for men, I would like to, in a similar manner, dispel the mysteries of the female orgasm for women in the next two chapters.

What I am about to teach you does not involve masturbation or unrealistic fantasies. Rather, I will first discuss how one may be hindered from such wonderful experiences, then we will move to the next chapter to discuss technique.

First, let me list, with a little explanation, what I believe are some of the most common hindrances that keep women from having orgasms or enjoying sex. Later, I will go into detail about how to deal with some of these potential hindrances. As you read the list you may be reminded of something not mentioned that might need your attention.

Hindrances of Female Orgasms

1. Full Bladder – This doesn't include all women because some may feel more sensitive with a full bladder. Experiment with a full bladder and an empty one. If you have consumed a significant amount of liquid you may have to go to the bathroom a couple of times during sex.

2. Full Colon – Many women suffer from constipation, which can be a mild or severe discomfort, especially during sex. Herbal teas, enemas and other laxative are usually helpful in cleansing and purging the colon.

3. Infections - Aside from the discomfort or odor caused by bladder or yeast infections, such as the constant feeling of having to urinate, these hindrances can cause one to be more concerned about the discomfort than the matter at hand, sex.

4. Enlarged Labia Minora - The labia minora, which are two flaps of skin between the clitoris and vaginal opening, may get tucked or pulled into the vagina during sex causing discomfort or pain. The size and enlargement of the flaps may be dependent on genetics, childbearing or thrusting without lubrication. Some women may have unevenly sized flaps just as men have unevenly sized testicles. The tucking or pulling during sex is nothing a little lubrication can't take care of, but some women resort to having the excessive flaps of skin surgically removed giving the outside of the vagina a dramatically youthful appearance and no more worry about discomforts during sex. Consult a reputable physician for more information and always view before and after portfolios of their work if you consider surgery.

5. Hindering Thoughts – Worry, concern, guilt, anger, resentment, embarrassment and the list goes on. We will go into great detail about being in the right frame a mind to enjoy sex. Hopefully it will be much easier than you think.

6. Misaligned Spine – Just one little vertebra in your spine could pinch a nerve hindering normal nerve re-

sponse anywhere in the body. If a pinched nerve can cause one's leg to go numb then it can cause other parts of the body to have similar problems. Several signs of a misaligned spine can be tingling sensations, sharp pains, numbness, headaches, pressure or squeezing types of discomfort around the spine and stiffness. A reputable chiropractor can better educate you and help you with any adjustments you may need.

7. Hormone Deficiencies – Your hormones will mediate your sex drive which in turn may determine your interest in sex and may play a role in the ability to have an orgasm. I certainly recommend having your hormones checked at any age.

8. Anticipation of an Unrealistic Expectation - What do I mean? You may be looking for the "Grand Finale Orgasm" when you need to enjoy the "Parade" and other activities that may lead to a Grand Finale. We will talk more about expectations, desire and attitude later.

9. Problems With Him - Your man may have an annoying habit or condition that you feel inhibits your abilities to enjoy sex. We will talk about some potential problems and ways to deal with them.

Bladder

Always empty your bladder before sex especially before G spot stimulation, which could cause extreme feelings of having to urinate. With an empty bladder you can be confident that the feeling of having to urinate might be because of the G spot. If G spot stimulation is new to you and the feeling of having to urinate is overbearing, I suggest doing a little planning. Try putting a

towel under you so if you do leak a little urine the towel will catch it. This should give you added security and enable you to let go of any concerns. Once you have made it through the urinating feeling a couple of times you will know what to expect and have less concern of leaking.

Colon

Colon problems, such as gas and constipation can be a little more complicated than just going to the bathroom real quick. A full colon could cause bloating which is an evil word to a lot of women who can become more concerned with looking bloated than enjoying sex. Sex may feel uncomfortable at times in some positions with colon problems, as if something is being poked or pushed by the penis.

If Herbal remedies, laxatives and enemas aren't working, you may want to have your yeast levels checked or you may be lactose intolerant, which means you have a problem digesting dairy products. If your body produces an overabundance of yeast in your colon, the yeast could entwine like a rope inside your colon. High sugar diets, bread and diary products will make things worse but products such as Lactaid™ can be used as alternatives.

Some people may have twists or kinks that hinder normal digestive flow. Check with your physician about some of the things I have mentioned and always get a second or third opinion especially if a doctor suggests surgery.

Infections

Women can have topical and internal infections including, but not limited to, some of the more common infections such as

urinary, yeast, ovarian and cervical.

Infections such as urinary and yeast can cause irritation, strong odors and yellowish discharge. Keep in mind that white colored, vaginal discharge is usually healthy and normal especially if it has little or no offensive odors.

Symptoms of any vaginal infections may cause more of a mood irritation than anything else. Feelings of being unclean and embarrassed can cause lack of confidence and self esteem which may hinder your ability to enjoy sex.

Cranberries and cranberry juice, not cocktail or from concentrate, may help with urinary infections. Always, consult your Gynecologist for treatment with any infection.

Hindering Thoughts

As I mentioned earlier, hindering thoughts such as worry, concern, guilt, anger, resentment, embarrassment, fear, hurts and whatever else one can think of can completely disable sexual pleasure, the desire to have sex or the desire to be intimate. In order for some of you to enjoy just being touched or having a massage, you are going to have to "Free Your Mind". If you don't enjoy the little things and let the passion and desire build up inside, then it may be safe to say you shouldn't expect to have an orgasm. This subject may be the number one cause for women who do not or cannot enjoy sex or have orgasms.

Since this is such a broad topic, I encourage those who feel they may have hindering thoughts, to refer to the chapter "Free Your Mind". If you are in an abusive relationship with an alcoholic or drug addict or someone who is self destructive, I recommend reading Melody Beattie's book, Codependent No More.

You can find the book in most bookstores or at Amazon.com.

Anticipation of an Unrealistic Expectation

As you now know, there are many things that can hinder the enjoyment of sex, so I encourage you to always enjoy the little things about lovemaking while you anticipate the bigger and better things such as having an orgasm or multiple orgasms. Again, if you can't enjoy foreplay such as kissing, touching and sharing ones thoughts in total trust you may be expecting too much too early.

I sincerely believe one of the best ways to experience wonderful sex is to create an atmosphere with desire and passion. You might be saying, "…I use to have desire and passion, but he just doesn't desire me or do the things I like." If this is your thinking, don't worry. Here are some ideas.

Forget about what he does or doesn't do and create your own atmosphere and desire. He should naturally follow unless he too is so hindered by worried thoughts or hurts that he cannot enjoy sex himself.

Think about what makes you feel sexy and do those things? Experiment. How about wearing your favorite lingerie or matching panties and bra under your work clothes all day instead of that old underwear that could be mistaken for rags? Or maybe listening to nice music with a little meditation on something like your honeymoon or a past romantic night. Maybe none of this sounds worth while to you. That's ok. Just come up with something yourself.

I am simply encouraging you to take control over your own desires. Get yourself in the mood so when you start your

love making, you are way ahead of the game. Your body will have automatically prepared itself throughout the day.

Now that you are in the mood, you can enjoy the little things like deep kissing and embracing. Ultimately you may end up having a wonderful orgasm.

Problems With Him

Ok, so you say you do all those things, get yourself in the mood but he is still unresponsive or does that one little thing that you hate like chew tobacco or watch TV all night. Or maybe his breath is so bad you can't even kiss him and you've told him over and over how much these things bother you. Or maybe it is just the opposite and you are having trouble telling him what it is that bothers you. So, without getting in too deep on advising you on this situation, I will just suggest sharing with him how you feel in an honest non-blaming tone. Do not expect any certain response, just tell him how you feel without expectation. This way you won't be let down.

If you share something with him that is personal, you may hurt his feelings but he'll get over it and hopefully make a change. Just try to be as tactful as you can. It's sometimes hard for us men to take constructive criticism, especially if it's about something that turns our wives off.

Hopefully this chapter has brought to your attention some hindrances you may need to deal with. Be good to yourself, build your desires and learn to enjoy catching a couple of beaded necklaces at the parade before trying to find the fireworks show.

Chapter 14

How to Have an Orgasm

I can hear it now… Someone is saying, "How is a guy going to teach a woman how to have an orgasm?"

I have placed the chapters of this book in order of importance. So before trying to have different types of orgasms, I have encouraged you to examine your mind, body, spirit and emotions and to create desires and atmospheres. And keep in mind, your desires and atmospheres don't have to be extremely romantic or wildly passionate. They just need to at least be able to allow for two people in love to enjoy each other. You may find that not until you make some positive changes can you enjoy sex to the fullest. So before you go straight to the techniques let's make sure all is in order and the cart is not before the horse.

I will not suggest that you masturbate or fantasize about other men like some authors suggest so relax, have an open mind and get ready to try some things that may be new. Don't be surprised if you find all of this very basic and logical. My suggestion may be just that, but sometimes it helps to have a fresh approach.

Now that you know about different types of female orgasms and ways a woman can experience sexual pleasure, and you feel like you're ready to move on after dealing with potential hindrances, let's talk about attitude, communication and technique.

Attitude

Attitude and desire need to compliment each other. You can have the desire but if your attitude is negative or focused on other things, you may be missing the whole parade. For instance you may desire to make love to him but if you are more concerned about what he is or isn't doing during lovemaking or you can't quit thinking about the kids or if you're doing it right in his mind, you have the wrong attitude.

Allow yourself to enjoy each moment. Some of you may have to go through a major adjustment to have the right attitude. Since our minds are prone to do things by habit, it may take some time to readjust how you think when making love. Don't be surprised if you find it a little frustrating at first.

I know this may sound cliché but you must communicate anything that you cannot answer yourself. Share with him your concerns or needs. Communication may initially have an opposing affect by causing an argument, but it should ultimately be beneficial.

Techniques for Women

Everyone is different and there are so many different ways to make love, so many different ways to experience sexual pleasure that no one can say to another, "…just do steps one, two and three and you will enjoy sex and have an orgasm." So read the following and allow for your own creativity to flow while you imagine yourself doing things that suit your own personality.

Many times readers have told me, "It seems like a guy would know certain things, are they really that dumb?" I have to admit, yes, guys are pretty dumb when it comes to making love to

a woman. Oh we know how to have sex, but make love, foreplay?

Foreplay may be your single most important key in getting through the door of sexual fulfillment. Sad to say that men consider foreplay something they do to get a woman to have sex rather than something they do to fulfill a woman.

Think about it. If a man can have sex with his wife without working for it with foreplay, is he going to do all those wonderful little things that build a woman's desire to make love? It is easy for men to become selfish and go straight for intercourse.

If this is the case, you may have to do one of two things, but probably two since most men are so hard headed. One, tell him you want to take time before intercourse with fun and sexy foreplay and two, take matters into your own hands and direct the events of foreplay either by asking for certain things or doing them yourself.

Remember to always communicate during lovemaking when changing positions or trying new things. People tend to use mental telepathy, which can make sex frustrating. Go ahead and say it.

Fawn Analogy

Let's use what I call the Fawn Analogy to experience an orgasm. Once you read the "Fawn Analogy", give it some thought, try it during love making, then stir up your own imagination for your own type of analogy.

A fawn is a young deer and can be very loving yet timid. The fawn is your pleasure and contact with the fawn is fulfillment. If you desired to find a fawn and make contact with it, you would have to go to a place where a fawn would be, the fawn's

atmosphere. And if you wanted to play with the fawn you would have to have the right approach or attitude.

Once you are in a place where you see the fawn you may have to stop and allow the fawn to get use to your presence and become curious enough to come to you instead of you going to it.

So what does this have to do with having an orgasm? If you have never had an orgasm or desire to have more intense orgasms, you may use the Fawn Analogy as an approach. Once you feel the building of sexual pleasure, allow the pleasure to build within itself. You may have to patiently wait for the pleasure to cycle with an ebb and flow type motion such as the tides of the ocean, or just as a fawn might do when approaching a stranger. The fawn may get close to you but then drop back and circle you before it makes contact. And when it does make contact, any sudden change can cause it to flee, making you have to begin the whole process again.

In time the fawn will grow and become more mature and your experience with the fawn will be more fulfilling. Once you and the fawn become more familiar with each other, contact will be easier and more fulfilling, but the atmosphere and your attitude will always have an affect on the fawn (pleasure) and the fulfillment (contact with the fawn).

The Bear Cub Analogy (Teaser)

Just the opposite of a nice little fawn, a bear cub is one of the most curious and aggressive little animals in the wild.

We will take an opposite approach to the “Fawn Analogy” with the “Bear Cub Analogy” for those of you who want to experience deeper, more exhilarating orgasms. This analogy is for

women who can experience orgasms in some degree or another. But don't let that discourage those of you who want to try it without ever having an orgasm.

Unlike fawns that are timid, bear cubs can be very violent, so getting tangled up with one of these cute little things can be quite challenging. Little bears love honey (pleasure) and in spite of several "honey bee" stings (you, teasing yourself without letting yourself climax), once a little bear gets hold of the honey comb (orgasm) there is no taking it back. Denying yourself from having an orgasm may take a little will power on your part but should be well worth it.

Start by enjoying all the fun and passionate things you love such as deep romantic kissing, sexy lingerie, having your entire body kissed from head to toe or whatever you like.

Once you begin to make love, don't allow yourself to reach any type of climax or orgasm. Whether you are stimulating your clit, G spot or just making all kinds of good love, take yourself to the edge but don't go over. Let's call it a teaser. Have as many teasers as you like to build up tremendous amounts of sexual energy.

Go as long as you like between each teaser because there are no rules. You can have several teasers in a time frame of five or ten minutes before allowing the little bear to dive into the honey or you can tease yourself with a quickie, go have a romantic dinner, then pick up where you left off. If you can sustain a romantic and sexy atmosphere for several hours, once you do finally start making love again, tease yourself a couple more times, then let it happen.

Each teaser will prepare your body for a more intense orgasm for when you do allow yourself to climax. Try all different types and amounts of teasers and be creative with how you do it,

how far you take yourself to the edge, what you do between each teaser and how long you go between each one.

What About Him?

Some guys may find it hard to resist climaxing during this type of lovemaking so you may want to let him know what your up to with all this teasing. Some couples are pretty good at climaxing together too so be sure he knows to wait. Read Chapter 12, "A Woman's Guide to her Man's Stamina", if you want to help him hold out longer.

Strengthening the PC Muscle

The PC muscle controls urine flow and the contraction of the vaginal cavity. Contracting this muscle before and/or at the point of climax may result in stronger more controlled orgasms.

To locate your PC muscle, squeeze as if you are trying to stop the flow of urine. That is your PC muscle. Exercising the PC muscle is one of the most boring things I can think of, but it is well worth the time and effort.

You will have to schedule your own routine. It could be in the morning before you get up or at work in a chair. Practice interrupting your urine flow, also.

Contract the PC muscle for 5-10 seconds then rest with one deep breath. Repeat until the muscle is exhausted. Try to keep up with the count working up to 100 - 200 contractions a day. This may take several weeks. Always breathe normal when exercising your PC muscle.

As with all orgasms, practice pumping and squeezing your PC muscle at different times leading up to a climax and during a climax. With a little practice, you should be able to find out what types of PC squeezing personally causes you to have more controlled and intense orgasms. You may find that a gentle pumping of the PC muscle during sex is best, or that strong, sustained squeezes may be better at times.

It has been said that some women report having small orgasms when exercising their PC muscle. Most women report a noticeable difference, within a week of exercising their PC muscle, in their ability to have orgasms.

Clitoral Stimulation

The clitoris (clit) is primarily a sexual organ made to be stimulated. See page 50 and 51 for an illustration. It is only one of many parts of the body that can be stimulated in ways that give sexual pleasure. As I have mentioned before, experiment with many different methods of stimulating the clit or for that matter all parts of your body. He may use his fingers, thumb, palm or anything you can think of. You can also try different movements such as up and down, side-to-side, circular and pressing at all different speeds, rhythms and intensities.

You may find the clit too sensitive to stimulate at times or unresponsive at others. I think it is safe to say that that your reaction to clitoral stimulation can at times be directly related to your level of desire..

Whether it be fondling or intercourse, experimenting with different types of rhythms and intensities may ultimately lead to having a clit orgasm or becoming so aroused that you are able to have other types of orgasms with little effort.

On Top

While lying on top of your husband during intercourse with your knees bent, try as many different combinations of rhythms and intensities as you can think of. You may sit upright so he can see and enjoy your facial expressions or massage your breasts. You may want to lie flat or switch back and forth from flat to upright.

Without thrusting in and out during intercourse, use your hips as a pivot to slide forward and backwards. As you slid forward and back, try different speeds, slow and fast. Also try short and long slides at different depths of the penis. Remember, the G spot is just a couple inches inside the vagina, so deep might not always be better. You may need to put some lubrication on your clit and/or on his pelvic bone right above the base of his penis. Also try putting lubrication on any part of your body that is touching his, especially your inner thighs and his upper thighs. It may seem slippery at first but it can also give you a lot more freedom with your movements. While sliding, concentrate on rubbing your clit against his pelvic bone. You must experiment with as many different speeds, penis depths and pressures as you can to find out what works best for you. You may be surprised at how slow, hard and shallow you can go while getting maximum pleasure. You may also be surprised at how fast you can go, but be

careful not to tire yourself out while going fast.

Again, I encourage you to experiment. You may find that being consistent with a certain type of motion in a certain position is best for you. In other words, if a certain rhythm in a certain position feels good, then keep doing the same movement over and over letting the sensation build into an orgasm. If something feels good but then starts to subside, don't give up, just try a different speed, rhythm or position.

You may want to give it a rest every once and a while and let your nerve endings recuperate, so to speak. While resting, slide his penis at least half way out so when you go deep again it seems like a fresh sensation. Allow your spontaneity and passion to continue with deep kissing and/or embracing. I am sure you can think of something while resting. You may find more times than not that rest is absolutely necessary in reaching higher levels of pleasure.

Orgasms can be described as subtle, tingling sensations in one area of the body or complete body spasms with screaming, scratching and gasping. Contrarily you may find yourself completely unable to move, breathe or talk during an orgasm. You may find yourself having multiple, yet very slight, orgasms before a big one. Whatever type orgasm you have whether it be small or large, enjoy it.

Now take everything I have talked about in this chapter and apply it to all different types of lovemaking and other types of orgasm. I know I keep repeating this, but some of you need it. Experiment, experiment, experiment. Enjoy your body, enjoy his

body, allow him to enjoy your body too and remember that when a husband and wife are sharing themselves and enjoying themselves through sex, it is pleasing to God who is the creator of sex, love and peace (1Cor 7:2-4, Prov 15:26)

Chapter 15

Seven Phases to an Unforgettable Sexual Experience

The following is just an example of your abilities. You can follow it step by step or use some of the ideas with your own creativity.

Phase 1

Preparing Your Lover's Mind for Incredible Sex Without Her Even Realizing it

Objective: Create an atmosphere that will empower her to sexually desire you. The key word is desire. You want your lover to desire you with passion, not to just be receptive to your sexual expressions or efforts. You will avoid anything that may dissipate your atmosphere such as controversy, negative comments about anything or anybody (any type of negativity may quickly destroy your atmosphere). During this time, something will always try to interrupt your objective so you must deflect these interruptions at all cost. Interruptions may come from all kinds of outside sources such as the telephone, television (news), or people (kids).

Know Her Desires

You must know or find out what she desires.

Ex.

- She may desire to be held and loved.
- She may desire to have a romantic dinner at home with candles and gifts.
- Some women may desire excitement, such as fast motorcycles or cars.
- She may desire to do nothing but watch a "chick flick" at home with you.
- She might like you to come home, sweep her off her feet, throw her on the bed and seduce her to her favorite CD.
- She may want you to massage her entire body or certain parts of her body while she listens to her favorite, relaxing CD.
- Some women don't know what they want. They just want something. All women need to feel loved, needed, and desired.

You will have to feel out and test your lover if she doesn't know what she wants. Suggest different things, even off the wall things to see how she responds. Usually a neutral response is positive or willing.

Try the element of surprise with any idea. If she responds negatively just blow it off and do something else or ask what she would like to do.

This is all part of making love to a woman before you

even touch her, with romance and mood setting. If you do this even halfway right, her mind will prepare her body for an unforgettable night. What do I mean? Your words and actions will affect her mood. Her mood will affect her body. Once you get her going in the right direction the juices will start to flow.

So where do you start?

Romance is more than a candle lit dinner, roses and a gift. Romance is an attitude. The secret to being romantic is to bathe a woman's mind with thoughtfulness, fun, tenderness and security without smothering her, acting needy or hasty. All women have different personalities and expectations so it is up to you to find out what she desires and what combination of romance works best with her. One woman may find it romantic for you to take her to the ballet while another may find a camping trip to be the most romantic event. Every woman is different and has different needs, so if you listen to her and try things little by little you will eventually find the way to her heart.

Things to say to a woman

Basically, communication is the key. Talk to your lover like she is your mistress and she will respond as a mistress. Talk to her like she is an old gym bag and she will respond like an old gym bag. Here are some directions and ideas:

1. Call her at home or work and let her know that you are thinking about her. Send her an e-mail card or have some flowers delivered to her with a card.

2. Have a friend relay a message about how you love her or can't wait to see her. Be creative.

3. Ask her what pair of panties she is wearing. She may consider it typical of a male to ask such a question or accuse you of thinking of sex too much, but most women will feel loved, needed, and especially desired. She will be anxious to get home to you.

4. When you see her, compliment her physical appearance no matter what she looks like. Even if she isn't fixed up she will know that you have noticed her, especially her hair, clothes, shoes and perfume. A woman wears these things for herself but she also wears them for you. Take notice and compliment her on other things. She will feel assured and confident that you are impressed and she will feel good about herself. Always compliment what she is wearing even when she is dressed very casual. Women are always conscience about their clothes. You can get a lot of hints from other women, as they will compliment each other. Take note of what they say. After all, it's the little things that you do and say to a woman that mean the most, especially if the occasion is more than a birthday, anniversary or holiday. It is all part of preparing her mind for uninhibited sex.

5. Ask her how her day was. (avoid this question unless you are confident it will not spoil the atmosphere you are creating)

   Be careful with this question and use your best judgment because it could open up a can of worms. If she has had a hard day, you may hear about it after asking. But she may take it as a thoughtful gesture and respond with appreciation. If she doesn't respond with appreciation, it is up to you to tactfully change the subject ASAP or help her view the situation from a positive viewpoint. You have more control over her than you may think. Remember that you are trying to create an atmosphere that is free for sexual expression.

6. If you know what she desires, have the event planned and

ready to go. Be careful not to set your expectations too high. You may get discouraged and interrupt the mood. She may not know how to react at first to all of your thoughtfulness, so be patient and listen to her.

When she receives the first thoughtful gesture, she may not think much of it, but whether she knows it or not, she will feel loved and thought of. This will create a sense of security, which in turn will allow her to be receptive. Being receptive to all of your efforts is her first step in desiring you, which is your objective.

Entertain her with the one or two desires that she craves most, don't go all out at first. It is usually the little things that men do that women appreciate the most.

Ex. If one of her desires is a full body massage, start with her shoulders or feet, without mention of the full body. Give her a chance for her own thoughts to develop, creating her own desires. Direct the mood as you let her steer the focus of the direction. When you are ready to take the next step by putting her favorite CD on with some candles, tell her what you are doing so she won’t have to ask. Still, do not mention the full body massage, let her desires develop for more of you and your atmosphere.

As a woman moves from the receptive mode to the desire mode, her body will automatically start to prepare itself for sex. Without any effort at all, no matter where a woman is, if she desires attention her body will respond by sending blood and fluid to all the right places.

Phase 2

Building Her Desire

Objective 1: Build more desires with kissing and light body contact. Avoid intercourse unless her desire is that strong. Tease her with a couple of strokes. Your will power to be able to stop may have to be as strong as her desire for you to keep going.

Objective 2: Bring your lover to at least one orgasm without intercourse.

Rules:

- Always communicate with your lover, if you want her to switch positions, move, stop, or start something.

- Never assume she knows what you are trying to get her to do until she becomes familiar with some of your non-verbal gestures. Lack of communication could cause confusion and fear of not doing something right, which may interrupt the atmosphere.

- Keep in mind that some women don't seem to be multi orgasmic or have never had multiple orgasms, so do not expect your partner to have orgasm after orgasm if she is not typically multi orgasmic. Contrarily, I believe all women can become multi orgasmic once they learn to let go and trust their lover.

- Unless your lover reaches orgasm easily, never ask if she has come yet, which can be an extreme hindrance to her enjoying herself.

Start with kisses and light body contact

Now that she desires the mood you've created, move from the shoulder massage to the kiss. Cover her entire body with kisses, sucks, licks and nibbles. Every once in a while, describe to her what you are experiencing as you kiss and massage. Tell her how it makes you feel to do what you are doing and how her naked body is driving you crazy. If she sighs with pleasure, mention what a turn-on it is to hear her little noises. Express how you like to see the different expressions on her face when you hit the sensitive spots. Continue this type of communication lightly throughout the entire experience.

Start kissing her neck and work your way up and down each arm, all the while lightly brushing her nipples and giving her a deep French kiss every so often. Slowly work your way towards her nipples as you circle around each one switching back and forth. Finally give a quick, wet kiss on one of them just to tease her.

Move your kisses down across her ribs, stomach and hips. After spending some time on her front side, tell her to roll over. Start kissing the back of her neck then move across her entire back until you get to her lower back. Stop kissing and start massaging her calves briefly then up to the back of her thighs and butt cheeks. Now start kissing, sucking and nibbling all over her butt.

Tell her to roll back over and continue kissing on her inner thigh as you work towards her crotch. Massage and kiss the most inner part of her thighs as you brush and tease her clit. (If she grabs the back of your head and buries it in her crotch, go with it.) Stimulate her entire crotch area, concentrating on her clit. Always make sure she is thoroughly lubricated when rubbing her clit. Use lubrication if you don't go down on her orally. (I recommend "Vagasil Intimate Moisturizer" and "KY Liquid Gel". They seem

to be odorless and they don't foam up like other stuff.) Use your thumb or fingers if your mouth gets tired. Stimulate her G spot and clit at the same time with one hand and use the other to massage and tease her breasts. If you have the will power, *slowly* insert the head of your penis with a couple of short strokes. Don't go over half way in. If she pulls you in, resist once, to strengthen the desire, but not the second time. Penetrate her as deep as you can with just a couple of strokes to get real deep, then stop and rub your pubic bone against her clit. Press her breasts firmly against your chest and kiss her with passion. Continue this for several minutes or until she has a clit orgasm. If you feel the energy cycling through your mouths, ask her if she can feel it too. She may not have realize it until you mention it. Do as little pumping and stroking with your penis as you can. Concentrate on rubbing her clit with your pubic bone and continue deep kissing.

If she hasn't had at least one orgasm by now, *gently* pull out and continue stimulating her clit and G spot, one or the other or both until she has an orgasm. (Remember an orgasm is simply a slight body spasm. She doesn't have to scream, scratch or ejaculate to have one and neither do you.) Try different positions. Lie down next to her as you finger and kiss her with her breasts pressing against your chest. Or when she is lying on her back, sit down beside her with your feet on the other side of her body and her hips under your bent knees.

Continue giving her all the attention she can handle without or occasional intercourse. Bring her to as many orgasms as the mood calls for.

Phase 3

Approaching the Threshold

Objective 1: *Approach* the threshold of unlimited sexual stamina.

Objective 2: Deep intercourse penetration and deep kissing as you rub your pubic bone against her clit bringing her to as many clitoral orgasms as she can have or G spot stimulation with your penis until she ejaculates.

At this point, you have two options. Depending on the mood, you can tease her by giving her an inch at a time or bring her to the brink of an orgasm and suddenly give her all you've got. Both are excellent approaches so try them in the same session or in separate sessions.

Option 1 - Creating a Lustful Desire

Lying on top of her or sitting with your knees bent as low as you can, slowly insert the head of your penis while kissing her and massaging her breasts. Talk to her and tell her what really turns you on about her. For instance, talk about her lips, eyes, breasts, nipples, hair, hips, and every part of her body that you love. Describe what you see and feel in her so she can share in your pleasures too. Give her just a little at a time, pulling out then sliding in a little more, creating the desire to want it all. Talk to her a little as you tell her how good she makes you feel and how beautiful she is when she makes love to you. Eventually insert your penis as deep as you can, rubbing your pelvic bone against her clit until she has an orgasm.

Option 2 - Element of Surprise and Domination

Note: Some women like aggression and some don't, or they may have to be in the mood for it.

As you bring her to the brink or into an orgasm, suddenly insert you penis as deep as you can,

(Choose one or all of the following)

- Rub your pelvic bone against her clit. Kiss her with deep passionate kisses as you communicate how good she makes you feel.

- Pound her clit with your pelvic bone using long hard strokes.

- Stimulate her G spot with your penis, using any of the methods I have mentioned in the earlier chapter. Let her help you find the right spot and motion for optimum stimulation. Sometimes you may find that if she is doing most of the moving, all you have to do is hold steady or guide her rhythmically with your hands, using just enough of you penis and friction to hit the G-spot. Occasionally give her all you've got with long hard strokes then focus back to her G-spot until she becomes orgasmic or ejaculates. Always tell her how beautiful she is when she ejaculates. Some women try to hold back with fear of embarrassment. Your job is to sustain an atmosphere where your lover completely trusts you and feels comfortable enough to “let go” during sex.

- Sit up on your knees, grab her hips and aggressively slide in and out. Pull up hard with your penis, causing hard friction on the inside top of her vagina which

should rub the G spot. Use the momentum of your bodies moving back and forth or fast hip gyrations.

- Move aggressively from one position to another, whatever you can think of.

- Pull her off the bed and put her up against the wall or chair. Make love to her from behind as you grab her hips and work her with your arms or rotate your hips just the right speed, avoiding full body swinging so you don't wear yourself out.

> Note: A man's hips have a substantial amount of rotational range for intercourse. Avoid using your whole body so you can conserve energy, unless your want to use your body. Some of you may have to practice hip rotation. If you do it right, your hips should be the only motion in your body. You may be surprised at how fast you can move your hips.

Always be aware of what orgasmic or ejaculatory stage you are in. If you feel yourself reaching stage eight, stop or use any of the methods I have mentioned in an earlier chapter to buffer the nerves of your penis.

Phase 4

Crossing the Threshold

Objective: *Cross* the threshold of unlimited sexual stamina. (Refer to chapter 10, "Crossing the Threshold of Unlimited Sexual Stamina"

After two or three times of stopping to let your sensitivity go down, she may start getting anxious for you to keep going no matter what. Go ahead and cross the threshold of stamina by resisting an ejaculatory spasm or use PC squeeze Type II. You may need several minutes to recover, you may not.

If you need several minutes because your penis is too sensitive to touch, or because you have lost some of your erection, immediately concentrate on her, kissing and fondling until you are ready to go again. Give yourself ample time to regain an erection. Have her fondle you or do something that is a turn-on to you. Know her boundaries as to what she will and will not do sexually. You don't want to disappoint her or ruin the mood.

Phase 5

Satisfy Her

Use plenty of lubrication.

You may want to move to different rooms, making love all over the house or go to the kitchen to get something to drink. Break out some food, using whip cream, ice cream, jelly or honey to lick off each other's bodies.

Gradually build up again as you continue where you left off after resisting ejaculation. If your erection goes down a little, just allow your penis to go through its erection cycle, trying different positions that turn you on. If your woman is multi orgasmic, or just enjoys making love, give her all you've got for as long as you want.

Warning: Once you have reached the stage where you don't

have to worry about coming again, you may tend to exert tremendous energy in your lovemaking. Though it is an incredible feeling to have unlimited sexual stamina, everyone is limited to cardio-stamina. Avoid expending too much physical effort by doing something like pounding her for 15 minutes straight. If you become physically exhausted you may lose your erection.

Warning: After resisting an ejaculatory spasm, you may not be able to ejaculate even though you want to. Be sensitive to your partner and don't over do it.

Phase 6

Sustained and Multiple Orgasms for You

Objective - Cycle back and forth from level seven to eight for as long as you like.

By now your lover should be completely satisfied. To optimize your experience, you may want to let your penis go through a small erection cycle. Allow your erection to subside at least half way while you love on your partner or take a break for several minutes. This will allow the nerves in your penis to become more sensitive with fresh blood. One thing that will magnify your experience is a ceiling or table fan. Adjust the speed that is comfortable to you.

Regain an erection any way you choose with your partner. If she is too sore ask her if she will use her hand, mouth or whatever ever else feels good. Now begin making love to her in all your favorite positions while you enjoy your lover's body. Do anything and everything that feels good to you and turns you on. Be conscience of the breeze of the fan blowing over your body, as your skin seems to become electrified. Allow the energy to flow

throughout, bringing yourself up to level eight as many times as you like. This time don't let the sensitivity subside past level six each time you reach level eight. Use just enough stimulation to sustain orgasmic sensation without ejaculation. The fan may be all you need. You may experience small and large multiple and sustained orgasms. Continue for as long as you like, several minutes to hours, as you cycle back and forth from level seven to eight.

If you know you are going to have sex again throughout the day or night, do not ejaculate. This is the key in helping you preserve your sexual energy for your next encounter. If you accidentally go too far and come or it just feels too good to stop, don't worry about it, take a nap and get something to eat and drink. You will have to weigh out what is most important to you, coming or having plenty of energy for your next encounter.

If your lover does not understand why you won't ejaculate, simply explain that you are saving all your energy for next time and that you had plenty of awesome orgasms aside from coming.

Phase 7

Call it the "Big Bang" or "Total Melt Down"

You will probably have your own name for this after you experience it. Only enter this phase if you can sleep for several hours afterward. Otherwise, skip this phase, give her several minutes rest then start again at phase 2, 3, 4 or 5.

Objective:

Option 1 - Climax however you want and allow your lover to experience the complete ejaculatory orgasm you have

been saving all this time.

Option 2 - Build your lover up to another orgasm and climax with her. (If you can time it to ejaculate at the end of her orgasm, the pulsating spasms and hot gushes of sperm may sustain her orgasm and be a tremendous turn-on.)

Your lover may not be able to last this long or she may want to take a break for several minutes, hours or a day before completing this phase. Allow her all the time she needs to recuperate. Some women have to rest for a while before they can have another orgasm, which will allow the nerves around her genital area to rest, and become sensitive again.

She may already be on the brink of having an orgasm after going through phase 7 which may be an incredible turn-on to her. Or she may need for you to start back at stage 2 with the fan on from the beginning. This time, when she is on the brink of having another orgasm or starts to have an orgasm, let yourself go as you allow yourself to ejaculate. When you feel yourself building up to come you may want to ask her if she wants you to come all over her or deep inside her. This question alone could send some women into orgasm.

When you come, don't be surprised if you shoot her in the face or over her head, you may want to aim your shot. The energy is sometimes so tremendous that both of you may continue to experience full body orgasms for several seconds or minutes as the fan blows a gentle breeze across your bodies.

Secret Phase 8

One of the Most Powerful Female Aphrodisiacs Known to Man

Objective: Give her what she *needs.*
Rule: *Never* Skip this phase!

What I am about to share with you could possibly be the most powerful female aphrodisiac, known to few men. This phase should always be the conclusion of every sexual experience because it insulates a woman's inner being to become more responsive to sex and life in general.

You may feel like grabbing the nearest pillow and passing out, but your lover's heart is completely exposed during one of the most important times in your relationship. A man is completely fulfilled after sex, but a woman needs a closure, a conclusion, an ending to make everything complete.

The easiest and most affective way to do this it to simply hold her and compliment her. If you are too sweaty, hold her hand or pull her leg over your waist. You will have to experiment to find out what is most affective with your lover. She may not need a closure every time, but your efforts will be good insurance.

An invitation to take a shower may also be appealing to her. While in the shower you can bathe her and give her plenty of affection, or just talk to her about something positive. Just the simple fact that you ask her to take a shower with you after sex makes her feel that she is more than your sex partner, she is the woman you love.

These types of conclusions will fill her with the security that most women need. It will also condition her mind for a deep yearning for another time of lovemaking. You may find yourself skipping over phase 1 most of the time when you have an emotionally fulfilled woman.

Hormone Study - Bonus

Swiss Rejuvenation Medical Clinic Freeport, Bahamas aids in reversing the biological and physical effects of aging, maximizing athletic, genetic potential and treats medical conditions with human growth hormone replacement therapy and advanced European medical treatments.

Call for more information or an appointment at (242) 351-8483 or (800) 635-3021

To get more information on receiving drugs by mail, visit http://www.mailorderdrugs.com

Testosterone

Testosterone hormone replacement therapy for men has many very significant benefits. Physical causes are known to be responsible for 75% of the cases of male impotence and 90% of those cases in patients over age 50. A major cause of erectile dysfunction is arteriosclerosis of the penile artery, which can be reversed through growth hormone replacement therapy.

Decreased testosterone level is also a major cause of erection failure in men. The swelling of the erect penis is a direct result of the engorgement of blood channels that feed the penis. The average male in his late 40's has only 33% to 50% of the level testosterone he had in his twenties. The decline in male testosterone level causes loss of sexual potency, failure to have erections and

interest in sex. Insufficient testosterone in males also causes loss of energy, depression, fatigue, increased body fat and decreased muscle mass. Replacing the missing testosterone with twice daily applications of compounded transdermal testosterone gel causes a rise in testosterone level and reverses the adverse effects of the testosterone insufficiency. Testosterone therapy increases sexual performance, libido, energy, mood and lean muscle mass.

Testosterone & HCG Replacement Therapy for Men
52 Week Program

Testosterone therapy increases male sexual potency, libido, interest in sex, energy and vitality. Human chorionic gonadotropin (HCG) prevents atrophy of testicles as a result of testosterone therapy. Therapy Includes physician exam, prescriptions, and one year supply of testosterone cream and human chorionic gonadotropin. Includes up to 100 mg. per gram per day dosage. Includes up to 27,300 mg. of testosterone and 60,000 Units of HCG per year. Testosterone for injection also available.

Reversing the Effects of Aging and Treating Injury and Disease

Swiss Rejuvenation Medical Clinic, Freeport, Bahamas also provides adult men and women state-of-the-art medical rejuvenation using natural hormone replacement therapies proven to reverse the effects of aging. Aging is not viewed as inevitable, but rather as a disease amenable to treatment. The Clinic also offers recombinant human growth hormone replacement therapy and other therapies to treat injuries, diseases, disabilities and medical disorders.

Recombinant human growth hormone is derived from genetic engineering and is identical in genetic structure to the hu-

man DNA growth hormone. Growth hormone therapy is safe, non-toxic and there are no significant adverse side effects to treatment protocols. Growth Hormone's appropriate use with children and adults has been approved in the United States and many other countries throughout the world.

Clinic principals have been engaged in adult recombinant human growth hormone replacement therapy since 1995. The Clinic provides patients with effective therapies to reverse the effects of aging, improve sexual performance, maximize human athletic genetic potential and treat disease and injury. The Clinic has also developed successful medical protocols for weight loss, improving body composition, hair growth, reversing heart disease, strengthening the heart, lowering blood pressure and cholesterol, strengthening the immune system and treating chronic fatigue syndrome and arthritis. Professional athletes began participation in the Professional Athlete Program in 1998. Clinic patients included well known celebrities and movie actors, professional athletes, physicians, lawyers, athletic coaches, computer professionals, health professionals, corporate presidents and others interested in excellent health and maximum genetic potential.

The Clinic provides balanced natural hormone replacement therapies, including the new recombinant human growth hormone replacement therapy to both men and women. The Clinic offers medical therapies for reversing the effects of aging, enhancing the immune system, sexual potency enhancement, hair growth in men, reducing body fat, increasing lean muscle mass, lowering blood pressure and cholesterol, increasing energy and strength, reversing heart disease, eliminating arthritis pain, and treating certain diseases and injuries. The Clinic is located 30 minutes by air from Palm Beach, Florida.

Patients in Clinic Programs visit the medical clinic one-half day each year for their initial evaluation and then yearly thereafter for a complete progress assessment. Most therapies are

self-administered by the patient in their home throughout the year. The Clinic is engaged in both medical rejuvenation and the treatment of disease. Swiss Rejuvenation patients are educated, informed, successful, affluent and actively participate in their own medical programs.

Human Growth Hormone Replacement Therapy

Swiss Rejuvenation Medical Clinic offers medical rejuvenation, or the medical reversal of the effects of adult human aging. Medical rejuvenation consists of returning a patient's hormonal levels to those that existed at about age 30 for the purpose of reversing the biological effects of aging. Hormonal levels existing at age 30 have been selected by Swiss Rejuvenation as the target levels because at age 30 development has ceased, but the disease processes and the diseases that accompany aging have not yet begun. In addition to medical therapies, diet, nutrition, fitness and spiritual programs are also available to patients who have decided that it is time to begin a comprehensive biological, physical, mental, sexual and spiritual rejuvenation program.

The purpose of growth hormone replacement therapy as a rejuvenation treatment is to significantly lower the patient's biological age relative to chronological age. With regard to patients over age 60, a differential is sought whereby biological age is 20 years less than chronological age. Patients generally begin rejuvenation therapy after age 35, but athletes, actors and models seeking to maximize their genetic potential may start at an earlier age.

New England Journal of Medicine

The New England Journal of Medicine has reported that growth hormone replacement therapy has reversed the effects of aging in adults over age 60 by up to 20 years.

FDA Approved Appropriate Adult Use of Human Growth Hormone

Adult Human Growth Hormone Replacement Therapy is New and Only Recently Approved for Appropriate Adult Use In the United States by the FDA.

In August 1996, recombinant human growth hormone replacement therapy was approved in the United States by the FDA for use in adults with growth hormone deficiency syndrome arising from specific diseases. Its use for the purpose of adult rejuvenation or the treatment of many medical conditions has not been approved by the FDA in the United States.

In contrast to its limited approved adult use in the United States, Swiss Rejuvenation Medical Clinic uses growth hormone therapy to reverse the effects of aging and treat medical conditions in growth hormone deficient adults regardless of the specific or unknown cause of the deficiency. Similarly, today diabetic patients are provided with genetically engineered insulin to supplement their body's deficient production.

The Clinic also uses growth hormone therapy to maximize individual genetic potential in medically eligible athletes and others. Adults over age 30 generally have insufficient growth hormone production and consequently are deficient in growth hormone and IGF-1 produced by the liver. Swiss Rejuvenation also uses growth hormone replacement therapy to treat disease and medical disorders. The FDA and the United States government do not regulate foreign medical practice, including medical practice in the Bahamas. The Clinic, however, uses only growth hormone registered for approved medical use in the United States. The Clinic, of course, also complies with all applicable laws governing medical practice in the Bahamas.

Researchers Have Proven That Adults Experience A Sig-

nificant Decline In Growth Hormone Secretions and a Resulting Deficiency As the Effects of Aging Begin

Medical researchers have proven that after age fifteen there is a significant decrease in the body's production of growth hormone with resulting human growth hormone deficiency in adults. As the level of growth hormone declines, the immune system begins its decline and the disease processes associated with aging also commence.

Growth Hormone Replacement Therapy Satisfies a Deficiency and Assists the Body In Producing Higher Levels of IGF-1 Needed to Reverse the Effects of Aging

Human growth hormone replacement therapy supplements the pituitary gland's insufficient growth hormone production in adults and resulting growth hormone deficiency. The supplementation of growth hormone production thereby aids the body in its natural production of IGF-1. It is the increased production of IGF-1 by the liver and elimination of the IGF-1 deficiency that yields the remarkable youth restoration benefits obtained through growth hormone therapy.

Growth hormone replacement is the most effective therapy to significantly reverse the effects of aging known to medical science.

The use of adult growth hormone replacement therapy to reverse the effects of aging or treat many medical conditions is not yet approved in the United States. Growth hormone is only approved for use in the United States to treat dwarfism in children who are not growing at a normal rate and adult growth hormone deficiency syndrome caused by pituitary disease. For this reason, most U.S. physicians lack experience using growth hormone replacement therapy to reverse the effects of aging or to treat medical disease and disorders..

The use of growth hormone replacement therapy is expanding throughout the world. This is because recombinant human growth hormone is now available for clinical use because of a new proven safe biosynthetic hormone recently developed through genetic engineering, This new biosynthetic growth hormone is natural in the sense that it has the identical DNA structure to the growth hormone produced by the human pituitary gland, which consists of a sequence of 191 amino acids.

The new biosynthetic growth hormone is identical to the natural hormone produced in insufficient quantities by adults over age 30. The development of this safe and powerful biosynthetic hormone has recently enabled research scientists world-wide to develop new clinical applications for patients that reverse the effects of aging and treat many medical conditions.

European Physician Prescribes and Supervises Patient Treatment

At Swiss Rejuvenation Medical Clinic, each growth hormone patient is under the care of a trained and experienced European medical doctor. Growth hormone prescribed by the Clinic treating physician is delivered directly to the patient's residence by overnight express delivery after the patient returns home from their annual Clinic visit

Growth Hormone Therapy is Simple

Growth hormone is very simply injected by the patient at home with an ultra-small insulin type syringe. The patient is trained in the simple procedures and provided written instructions at the time of their first half-day annual visit to the Clinic. Growth hormone therapy is not a pill, cream, surgery or cover-up. It involves the biological rejuvenation of the body through continuous

growth hormone replacement therapy.

Admission To Growth Hormone Replacement Therapy

A complete blood test taken in the patient's city of residence, completion and submission of a medical history questionnaire and physical examination at the Clinic in Freeport, Bahamas are all required for admission to growth hormone replacement therapy. Extensive blood test results and patient completed medical history questionnaire are sent to Swiss Rejuvenation Medical Clinic before a patient travels to the Bahamas for their annual physical examination, consultation, progress assessment, blood test results evaluation, treatment plan and prescriptions. The patient purchases the selected program by wire funds transfer at the time of application for admission to the Clinic. If the Clinic physician modifies a patient's selected program, then the growth hormone purchased will be sufficient for a longer or shorter period than anticipated depending upon upward or downward revision to the dosage schedule indicated. For example, a patient may select an 8 IUs per week growth hormone program that is subsequently increased by the physician to 10 IUs per week because of periodic blood test or exam results. The treatment protocol varies with the results achieved by the patient over time.

Clinic Assistance In Your Application for Admission Process

Our physicians, attorneys and Clinic will help you qualify for therapy and quickly obtain your U.S. registered growth hormone, unless another type is required for medical use by your country's government.

Swiss Rejuvenation Medical Clink Also Offers Human Growth Hormone Therapy To Treat Disease, Disabilities and Medical Disorders

Swiss Rejuvenation Medical Clinic also offers hormone replacement therapies to treat diseases, medical disabilities and disorders. 'Me Clinic offers hormone replacement therapy for the following: rejuvenation, chronic fatigue syndrome, lack of energy, fatigue, muscle wasting, immune system deficiencies, improve sexual potency and performance, obesity, improve cholesterol profile, reduce high blood pressure, strengthen the heart, Bell's Palsy, arteriosclerosis, heart disease, restore the size of liver, heart, pancreas, kidneys, spleen and other organs that shrink with age, increase cardiac output, reverse osteoporosis, improve kidney function, improve lung function, reverse lung disease, reverse cardiac failure, protect cells of heart and brain from dying after a heart attack and stroke, improve heart function, accelerate recovery from surgery or wounds, increase memory retention, improve cognitive function improve brain function, grow neuron dendrites, retard or reverse Alzheimer's and Parkinson's diseases and retard or reverse degenerative neurological diseases. All medical therapies are currently provided in the Bahamas by Swiss Rejuvenation Medical Clinic

Comprehensive Rejuvenation Program

A medical rejuvenation patient may request more than growth hormone replacement therapy. Comprehensive rejuvenation includes periodic laboratory blood testing, balanced hormone replacement therapies, a special diet and nutrition program, individual custom exercise and physical fitness programs, rest, relaxation and renewal. A patient admitted to growth hormone therapy may elect to take one or more of the additional rejuvenation therapies offered.

What Are the Benefits of Human Growth Hormone Replacement Therapy? As a result of recently published worldwide

medical research, Growth Hormone Replacement Therapy has proven its capacity to provide the following benefits:

- Reverse the effects of aging
- Reduce body fat an average of 14 % during the first six months of growth hormone therapy without dieting Increase lean muscle mass an average of 9% during the first six months of growth hormone therapy without increased exercise
- Increase energy level
- Enhance sexual performance
- Reduce stress level
- Enhance immune system
- Grow hair
- Lower cholesterol
- Lower blood pressure
- Reduce fatigue
- Strengthen the heart
- Restore the size of liver, pancreas, heart, kidneys, spleen and other organs that shrink with age
- Increase cardiac output
- Strengthen bones
- Reverse osteoporosis increase exercise performance Acceler-

ate wound healing

- Produce younger, tighter, thicker skin
- Elevate mood Increase memory retention Improve sleep Reverse muscle wasting
- Improve cognitive abilities
- Prevent chronic, degenerative disease, improve vision, improve brain function
- Grow neuron dendrites to repair brain injury or treat disease

Ten Things To Know About Body Building Drugs That Build Muscle, Shed Fat and Reverse the Effects of Aging

1. Human growth hormone has proven its capacity to increase lean muscle mass 12% and reduce body fat 9% within six months. (New England Journal of Medicine).

2. Prescribed testosterone is an anabolic that significantly promotes muscular development when combined with physical exercise.

3. MedCorp provides U.S. physicians and prescriptions for U.S. approved growth hormone and testosterone throughout the U.S.

4. Growth hormone and testosterone with foreign language labels sold from Mexico are illegal to purchase or possess in the U.S. This is because they are foreign versions of approved drugs available in the U.S. Growth hormone is among the most counterfeited drugs sold in the U.S. Prescribed growth

hormone and testosterone may be purchased by mail order from MedCorp Pharmaceuticals, Ltd., a licensed pharmaceuticals company. MedCorp guarantees to U.S. residents delivery and clearing of U.S. Customs of U.S. approved and prescribed drugs imported into the United States.

5. Know what you are getting for your money. Never buy growth hormone that has been pre-mixed with the solvent before its shipment to you because you will not know the amount of growth hormone, if any, in the vials received or whether it is freshly mixed and still effective. Insist upon delivery of the growth hormone powder and unmixed solvent in original manufacturer's sealed packages."

6. Patients and athletes undergoing growth hormone or testosterone supplementation therapy take periodic blood tests to determine initial hormone status and to evaluate the effectiveness of treatment.

7. Growth hormone and testosterone supplementation therapy are appropriate and legal for athletes and others whose hormone levels are below the optimum high level of the standard range. This medical treatment "levels the playing field" by empowering athletes and bodybuilders to compete athletically on a more fair basis with other athletes born with superior genetics and higher natural hormone levels.

8. Growth hormone and testosterone are sold legally in the U.S. by MedCorp Pharmaceuticals, Ltd. through a comprehensive mail order program in cooperation with U.S. physicians because:

   A. MedCorp is licensed to sell approved prescribed drugs to any individual world-wide
   B. Appropriate drugs are prescribed for purchases based on objective findings by U.S. medical doctors; and

C. Drugs sold are prescribed and approved for medical use in the U.S.

9. Swiss Rejuvenation Medical Clinic is among the leading international medical clinics providing growth hormone and testosterone therapies to professional athletes, bodybuilders and others for the purpose of enhancing performance, development and reversing the affects of aging. There are no significant adverse side effects in controlled treatment programs provided by MedCorp or Swiss Rejuvenation Medical Clinic The clinic is available to patients who do not want to purchase prescribed medical programs by mail order.

10. In the U.S., genuine growth hormone must be prescribed by a medical doctor and is regulated by the FDA. Legitimate and legal growth hormone is genetically engineered by major drug companies and has an NDC number printed on its label. The label must be printed in English. Genuine growth hormone must be refrigerated at a temperature ranging from 2-8 degrees centigrade while in storage, during shipment and after receipt by the patient. Patients who purchase growth hormone from an illegal or unlicensed source have no way of knowing whether it is counterfeit or whether it has been constantly refrigerated by the distributor and seller prior to purchase. Avoid the risk of foreign, counterfeit, ineffective and illegal drugs by purchasing U.S. physician prescribed drugs only from licensed pharmaceutical companies such as MedCorp.

How to Eat and Lose Fat

I am going to give it to you straight. If you want to lose weight you are going to have to change your life style. That doesn't mean you can't have fun anymore, but for six days out of the week you will eat a certain way.

One day out of the week, we will call it a "free day", you can eat what you want without bingeing. If you have chosen your free day to be on Saturday but you have a special occasion with friends like a barbecue on Wednesday, go ahead and enjoy yourself at any special occasion. Eat and drink what you want, but always continue your diet the next meal and consider skipping your original free day or taking it light.

Objective - Eat certain foods at certain times, causing your body to burn and release fat.

Rules:

1. Never skip breakfast.
2. Eat 3 meals and two snacks every day, eating about every two to three hours.
3. Always eat meals consisting of balanced portions of protein, carbohydrates and fats.
4. Drink room temp water only unless you substitute juice for a carbohydrate.
5. Do not drink soft drinks or sweet tea.
6. Do not eat candy or junk food.
7. Stop eating 3 hours before bedtime. Eat a small protein snack and water before bed if desired.

These rules are not the "Ten Commandments". Pick one day a

week to break all the rules, "free day", eating whatever you want, but be very strict on yourself the rest of the week. This one-day a week “rule breaking” is to help keep some of you sane and it may give your metabolism a good jolt. Be careful not to over eat.

Food

Basically, there are three types of *macro*-nutrient foods; protein, carbohydrates and fats. You must have all these nutrients to sustain a healthy diet. Your *micro*-nutrients include vitamins, minerals and other traces found in your food, water and supplements.

Your objective is to eat a balanced diet of these macro-nutrients several times a day. Use a multi-vitamin and any other supplement you choose for added nutrition.

Protein

6-8 ounces a meal or a portion as big as your hand

Fish
Venison
Pork
Veal
Beef
Poultry
Egg whites - avoid eating over two egg yolks per day. Eat up to six egg whites.
Cottage cheese
Whey
Soy

Carbohydrates

1/2 to 1cup of each portion, never consuming over 3½ cups of carbohydrates in one sitting.

Fruits
Vegetables
Bread
Sugars - (only on free day) soft drinks, catsup, barbecue sauce, desserts,
candy.
Grains – rice, oats, wheat, barley, and rye.

Fats

Everyone must eat some fat everyday to sustain a healthy body. Basically there is good fat and bad fat. The good fats are your unsaturated and omega fats from fish and vegetables.

Your bad fats are saturated, primarily from animal sources, but don't avoid these so-called bad fats all together. Saturated fats are great for building muscle after a hard workout, but not too good on the gut when just snacking.

Saturated- avoid saturated fats except after a strenuous workout. Check the back of food labels.

Animal Fat
Bacon
Butter
Cream
Cheese
Ice Cream
Whole milk

Vegetable Fat
Coconut oil
Cocoa butter
Palm oil
Palm kernel Oil

Unsaturated - 2 - 3 table spoons on salad if desired. Eat foods with unsaturated fats. Check the back of food labels.

Vegetable oils
Canola
Olive
Flax
Pumpkin seed
Safflower
Sesame
Sunflower
Soybean
Walnut
Wheat germ
Wheat sprouts

Regular Italian dressings and oils are good for you.

Breakfast ideas.

Balance Bar™ with a big glass of room temp water - that's all

2 eggs - any style
2 slices of multi-grain toast (dry)
1 /2 cup low-fat cottage cheese

5-eggs (1 whole egg, 4 whites)
1 1/2 cups cooked oatmeal
1/2 cup skim milk
8 ounces water, decaf coffee, or unsweetened, decaf tea

6-eggs (2 whole eggs, 4 whites)
or 1 cup low-fat cottage cheese
2 slices of toast or 2 pancakes
1 piece of fruit or syrup
8 ounces water, decaf coffee, or decaf tea

In place of 1 slice of bread, you may choose one of the following

with any
meal:

3/4 cup ready-to-eat unsweetened cereal
1/2 cup cooked cereal
1/2 bagel, pita, or English muffin
1 tortilla
1/ 2 cup cooked pasta
1/3 cup cooked rice
1/3 cup cooked beans
1 small potato (3 oz.)

In place of 1 medium egg, select one of the items below at any meal:
1/4 cup creamed cottage cheese or ricotta
1 ounce veal
1 ounce ground beef
4 ounces tofu (soybean curd)

Lunch ideas.

4 ounces meat with lettuce and tomato
1 whole-grain hamburger bun or 1 pita, pocket
1 piece of low glycemic fruit or salad

a large salad (lettuce, tomato, cucumbers, etc., with 1 tablespoon dressing)
2 ounces chicken, turkey, seafood, or 2/3 cup low-fat cottage cheese
1 piece low-glycemic fruit or a small roll
1 large sliced apple
sprinkle with 1 tablespoon granola

4 ounces albacore tuna in water
1 tablespoon canola mayonnaise
2 rye crisp crackers
3 cups spinach lettuce
2 tablespoons Italian dressing
1 peach

The low-glycemic fruits include:

apples, oranges, pears, grapes, grapefruit, plums, peaches, strawberries

Limit bananas and dried fruits.

Dinner ideas.

6 ounces baked, grilled or broiled fish
2 cups cooked low-glycemic vegetables
1 cup cooked pasta or 3-4 little red potatoes
a large dinner salad with 1 tablespoon salad dressing

6 ounces skinned chicken breast or lean beef
1 large baked potato or 1 1/2 cups cooked pasta
1 cup cooked low-glycemic vegetables

6 ounces stir fried meat with soy
1 cup broccoli or snow peas
1 cup zucchini or cabbage
1/2 red or green pepper
1 cup cooked rice mixed with wild rice

Vegetables that may be substituted for one another without affecting the carbohydrate balance of the meal include:

1/2 cup cooked green beans
1/2 cup cooked asparagus
1/2 cup cooked squash
1 cup raw or 1/2 cup cooked carrots
1/2 medium artichoke
1/2 cup cooked beets
1/2 cup cooked greens
1/2 cup brussels sprouts

Low-glycemic (good) vegetables include:

Broccoli, eggplant, asparagus, artichoke, zucchini, cabbage, lettuce, Brussels sprouts, cauliflower, green beans, cucumber, celery, spin-

ach, tomato, sweet potatoes (no sugar added).

Limit carrots, corn, potatoes (French fries) and peas.

Low-glycemic (good) fruit include:

Strawberries, peaches, apples, blackberries.

Limit cranberries, grapes, bananas, oranges, and pineapples.

Limit Gatorade™ and similar drinks unless you are highly active and sweating.

One tablespoon of salad dressing has the same fat value as:

1 tablespoon butter	1 tablespoon sunflower seeds
5 large or 10 small olives	1 tablespoon cream cheese
10 large or 20 small peanuts	1/8 medium avocado
6 whole almonds	2 tablespoons shredded coco nut
2 whole walnuts	

For a low-glycemic dinner, try the following:
4 ounces chicken or lean protein or 6 ounces fish
3 cups low-glycemic vegetables
2 servings fruit (except bananas or dried fruit)

Lean proteins include:

Skinned turkey, skinned chicken, low-fat cottage cheese, veal chops, roasts, egg whites, all fresh and frozen fish, tuna canned in water, venison, lean pork, beef (USDA Select or Choice grades, such as round, sirloin, or flank)

Snacks

1 plain low-fat yogurt
1/3 cup low-fat cottage cheese with 1 apple, 1 orange, 1 pineapple ring, or 2 crispbread
1 high-protein muffin (male with soy protein or whey)

Workout Bonus

Your body was made to perform manual labor. Pulling, pushing, carrying, walking, running, gathering, climbing, hunting…just plain work and play. As we partake in any physical activity, our brain releases the appropriate endocrines and other chemicals that help keep us balanced and give a sense of well being. It is true that exercising will make you feel better and you should use that to your benefit, but most of us sit behind a desk or have sediment jobs that do not require any type of manual labor and on the weekends some of you would rather sit in front of the TV than get outside and do something. So those of you who have inactive lifestyles will have to do something to simulate physical activity at least every other day.

If you are not interested in lifting weights, I suggest finding an activity that you can do at least twice a week and get a good workout.

Aerobics
Basket Ball
Biking
Boxing
Hiking
Hockey
Ice Skating
Inline Skating
Jogging
Kick Boxing
Racket Ball
Rock Climbing
Skateboarding
Skimboarding
Snow and Water Skiing
Soccer
Sprinting
Stationary Biking
Surfing
Swimming
Tennis
Touch Football
Volley Ball
Walking - at least 20 min at a fast pace. 45-60 min is optimum.
Windsurfing

Sprinting - Start with one 15 second sprint. Add 5 seconds a day until you can complete three 1-min. sprints. Always warm up with a couple of "50% effort" sprints first, then stretch before and after your full sprint. This is a great way to burn fat and get in shape.

Weight Lifting 101

Free weight - anything not connected to a machine or cable. Dumbbells, barbells.

Barbell = interchangeable weightlifting bar.

Dumbbell = one-handed weightlifting bar.

Nickel = 5 lbs.

Dime = 10 lbs.
Quarter = 25 lbs.

Plate = usually referred to as a 45 lb. weight.

Machine or cable = contraption used to lift weight.

Isolation = exercise that isolates a primary muscle or muscle group.

Synergistic = exercise that incorporates a secondary group of muscles with the primary group.

Rep = repetition, the act of performing one complete movement of a particular motion.

Rep out = performing an exercise until muscle exhaustion or failure.

Set = two or more reps together make a set.

Warm up set(s) = set performed to warm-up the muscles and get the blood flowing.

Working set = set performed to break down muscle tissue to induce muscle growth.

Failure = total muscle exhaustion, last rep usually incomplete.

Cycle = two or more sets make a cycle.

Super set = immediately performing another set of an opposing muscle group or the same muscle with a different weight or movement.

Negative = resisting the force of a weight or movement. Usually very slow.

Spot = watching or assisting another while performing an exercise to avoid injury and/or to attempt forced reps or negatives.

Lift off or Bump = Help with the first rep of a set usually after the lifter signals by a count or head nod.

Work for it = minimum assistance, making the lifter do most of the work.

Rack it, take it, that's it = signal from lifter to rack the weight with maximum assistance.

Max = 1RM or 1 rep max. The maximum weight one can lift in one complete rep.

Max out = performing the maximum amount one can lift for one

repetition.

Burn out = performing one or several sets with lighter weight and higher reps after a working set.

High intensity = performing to failure. Sometimes referred to as "heavy day".

Light intensity = performing close to failure. Sometimes referred to as "light day".

Rules:

1. Warm up.
2. Always perform each exercise with complete control, never slinging or swinging the weights.
3. Do not hold your breath.

Gym Etiquette

1. Wear athletic briefs so your manhood doesn’t hang out of your shorts.
2. Wipe the sweat of the bench or machine with a towel.
3. Put your weights back on the rack.
4. Always ask if you can "work in" with someone using a machine you would like to use. Usually they will be willing, but some people are jerks. As long as you ask, just work in anyway.
5. Do not drop your weights when completing an exercise. Even if the "meatheads" are doing it, it draws unnecessary attention.
6. Reframe from wearing heavy cologne. Save it for your woman.
7. Follow the dress code of your facility.

Starters program

8-15 reps per set

Exercises - use smooth reps on all exercises, never swinging the weights.

Bench Press – Use a wide grip.

Works chest, triceps, shoulders, forearms, some back and some stomach.

Lat Pull Down – use an underhanded grip about shoulder width. Squeeze your biceps and back muscles as you pull the bar down to your collarbone. Let the bar up smoothly.
Works outer back muscles, biceps and forearms.

Upright Row – Use a barbell or cable pull with short bar. Grip – 1-2 thumbs length apart. Pull weight up smoothly to your neck and let it down smoothly.
Works Shoulders, traps, upper back, outer biceps and forearms.

Squat - Use slightly wider than shoulder width stance, with toes pointing slightly outward. Your knees should always point in the direction of your toes (avoids injuring the knees, never let your knees bend inward out of line of your toes). Position bar behind your trap muscles. Do not put bar on shoulders or directly behind neck on your spine. If you have never done squats before, start with the bar only (no weights).

Always keep your chin up.

Lock your torso as you squat down (do not bend over or let your heels lift off the floor).
Do not arch your back too much.
Squats can be very difficult at first.
Take it slow the first week.

Works thighs, butt, back, hamstrings, lower leg and shoulders.

Leg Press – (alternative to squats) Use slightly wider than shoulder width stance, with toes pointing slightly outward. Your knees should always point in the direction of your toes (avoids injuring the knees, never let your knees bend inward out of line of your toes). Lower weight as low as possible without your tailbone, or lower back, lifting off the seat. Avoid lower back injury, never let your lower back lift off the seat.

Calf Raises – Hold on to something stationary without pulling or cheating. Stand up on your toes moving up and down smoothly. Squeeze at the top of each movement. Do not use weights. Do as many reps as you can, up into the 100's if you can do it.

Works lower leg.

Leg Curl Machine – Do not swing the weight. Curl the weight as far as possible to your butt. Let down smoothly.

Works hamstrings.

Beginner Workout

Schedule: 3 days a week

(Choose one)

1. Monday, Wednesday, Friday or Saturday
2. Tuesday, Thursday, Saturday or Sunday

First Day

Warm up on a stationary bike or treadmill for 3-5 min. at a fast to moderate pace. Perform *one set of each* exercise with very light weight. 15-20 reps. Do not try to over do it or try to get sore.

1. Bench Press
2. Lat pull down
3. Upright rows
4. Squats or leg press
5. Leg Curl
6. Calf raises – as many as possible

Second and Third Day

Warm up on a stationary bike or treadmill for 3-5 min. at a

fast to moderate pace.
Perform *one set of each* exercise to failure with a weight you can rep out at least ten times. If you perform over 15 reps, add weight, 5 or 10 lbs. on the third day.

1. Bench Press
2. Lat pull down
3. Upright rows
4. Squats or leg press
5. Leg Curl
6. Calf raises – as many as possible.

Next Eight Weeks

Choose the body part you think needs the most shaping and do the exercises in that order. For instance, if you think your legs need the most work, start with squats.

Perform *2 sets of each exercise* to failure. If you can do over 15 reps of any exercise, add weight.

After eight weeks, take one week off, yet stay active with walking, jogging or any another sport, then continue with the intermediate workout.

Intermediate Workout

Schedule – 4 days a week.

Ex. Monday, Tuesday, Thursday, Friday. Skip Wednesday, Saturday, Sunday.

Warm up on a stationary bike or treadmill for 3-5 min. at a fast to moderate pace. Perform *three sets of each* exercise to failure. If you perform over 15 reps, add weight, 5 or 10 lbs.

Monday and Thursday – Lower Body

Squats
1st set - 10 reps with a weight you could perform at least 20 reps with.
2nd and 3rd set to failure.

Leg press – (after squats, not as an alternative) Three sets of 8-12 to failure.

Leg Curl - Three sets of 8-12 to failure.

Calf Raises - Two sets to failure. No weights. If you can push out over 150 reps then add weight.

Tuesdays and Fridays – Upper Body

Start with the body part that needs most improvement.

Chest

Bench Press – 1 set of 10 with a weight you can rep out at least 20 times.
3 sets of 8-12 reps to failure. You may have to pull 5 or 10 lbs. after each set so you can get at least 8 reps.
Incline Dumbbell press – 2 sets of 8-12 reps to failure.

Shoulders

Upright Rows – Cable or Barbell. 3 sets of 8-12 reps to failure.
Overhead Press (military press) – Dumbbells, Machine or Barbell. 3 sets of 8-12 reps to failure.

Back

Cable Pulldowns - 2 sets of 8-12 reps to failure.
Low Cable Pulls - 2 sets of 8-12 reps to failure.

Arms

Standing Barbell Curls - 3 sets of 8-12 reps to failure.
Incline Dumbbell Curls - 3 sets of 8-12 reps to failure.

Standing Overhead Tricep Extension with one Dumbbell
(French press) - 3 sets of 8-12 reps to failure.

Advanced Workout

Warning: Do not attempt this workout unless you have completed 4 weeks of the Intermediate workout. This is a bodybuilding type routine and serious injuries may occur if you are not in-shape.

Schedule – 4 days a week.

Ex. Monday, Tuesday, Thursday, Friday. Skip Wednesday, Saturday, Sunday.

Warm up on a stationary bike or treadmill for 3-5 min. at a fast to moderate pace

Mondays and Thursday – Lower Body

Squats

Warm-up
-1st and 2nd set - 10 reps with a weight you could perform at least 50 reps with.
-3rd set - 10 reps with a weight you could perform at least 20 reps with.
-4th set – 6 reps with a weight you could perform at least 10 reps with.

Working sets (unless you feel like puking or passing out, you

are not working hard enough. You may taste a hint of ammonia in your mouth right before you feel like passing out.)

1st Cycle
Complete as many reps as possible with 90% of your 1RM to failure then immediately do negatives to failure. Without rest, strip off 50% of the weight and continue to failure, immediately do negatives to failure.

2nd Cycle – repeat 1st cycle.

Example: This is my actual advanced squat routine.

4 Warm-up sets
2 sets x 135 lbs x 10 reps
1 x 225 x 10
1 x 275 x 6

Working Sets - After I am warmed up, I do two cycles for my working sets. (I don't like squatting over 315 lbs., so I do less than 90% of my max but with higher reps. My reps will vary depending on how I feel. I believe squats depend more on your attitude than your strength.)

Cycle 1 – 1 x 315 x 10-15 with negatives.
Cycle 2 – 1 x 315 x 6 –12 with negatives.

Leg Press
2 sets of 8-12 to failure

Stiff legged dead-lift with dumbbells
(Hamstrings and Lower Back)

Warm-up
2 sets of 10-12 with medium/heavy weight

Working set
1 set of 8 –12 with heavy weight to failure

Leg Extension
(If you work hard enough you should not be able to walk normal after completing this exercise. You will need an assistant with the negatives.)

1 set of 8-12 to failure with negatives.
Without rest, strip off 50% of weight and continue to failure with more negatives. (If you are still able to walk normal, repeat the cycle after resting for 3 minutes.)

Leg Curl
2 sets of 8-12 to failure with negatives.
Without rest, strip off 50% of weight and continue to failure with more negatives. (If you are still able to walk normal, repeat the cycle after resting for 3 minutes.)

Standing Calf Raises
1 or 2 sets, minimum of 50 reps. (You may not need any weight.)

Tuesday and Friday - Upper Body

(Start on the muscle group that needs the most improvement working in order. Typically, most programs start with chest, shoulders, back, and arms. The following is my program.)

Chest

Bench Press Barbell
Warm-up with light weight. 2 set of 10.
Two cycles - 85% of 1RM to failure with negatives. Without rest, strip 50% off, push to failure with more negatives.
Rest 3 min. Repeat cycle.

Incline Dumbbell Press

Three sets of 8-12 to failure with negatives.
After third set, without rest, use 50% of weight and continue to failure with more negatives.

Shoulders

Three sets of 8-12 per exercise.
After third set, without rest, strip off 50% of weight and continue to failure with more negatives.

Upright Cable Rows
Behind the Neck Barbell Press
Bent Over Dumbbell Flies

Back

Three sets of 8-12 to failure per exercise.
After third set, without rest, strip off 50% of weight and continue to failure with more negatives.

Wide Grip Behind the Neck Pull Down

Low Cable Pulls

Arms

Incline Bench Dumbbell Curls
6 sets – Start with heavy weight of 6-8 reps. Work to failure on each set. Without rest, drop 5 pounds per dumbbell for another set until you finish 6 sets.

Preacher Bench Barbell, Machine or Cable Curls
Three sets of 8-12 to failure.
After third set, without rest, strip off 50% of weight and continue to failure with more negatives.

Dips
Two sets of 8-12 to failure. (Add weight if needed.)

Overhead French Tricep Extension (Use one dumbbell and two hands)
Three sets of 8-12 to failure.

Trice Cable Extension (Do not let your elbow break a 90° angle.)
Three sets of 8-12 to failure.

David Michaels Email –

David welcomes you to email him about any questions you may have. All we ask is that you respect his time with legitimate questions and direct any complaints to the publisher, not the author.

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