

#10 The Joys of Pleasuring

Descriptions of classic sexual intercourse emphasize foreplay and orgasm. The concept of Pleasuring expands and doubles the fun by defining four phases. There is an opportunity to enjoy and absorb Vitamin T during each. Sometimes all four phases flow together into one complete experience. Sometimes one phase may stand out as the most memorable. The four Joys of Pleasuring are:

Signalling: the body language and verbal communication that convey your desire for exchanging Sexual Touch with your partner.

Playing: having fun together as you exchange Sensual and Sexual Touch which is arousing as well as nurturing.

Climaxing: the highest point of sexual intensity experienced by an individual which may or may not include orgasm.

Afterglow: the period of relaxation marked by increased sensitivity to touch and Vitamin T absorption.

Signaling

Signaling is verbal and body language that conveys your sexual intentions to your partner. Tune into your own thoughts and sensations to determine the potency of your desire for Sexual Touch. You may get further information from dreams or fantasies. Begin to communicate your interest and see how your partner responds.

During this phase, share with your partner the love you feel. Let the heat of your passion increase. Expose your desire. Your signals may appear as flirtatious glances, words, or pet names. Explore the wide array of touch signals including pats, squeezes, tweaks, kisses and cuddles. Tantalize your lover with notes, gifts and surprises to transmit the message "I'm ready for pleasure."

Explore to see if your partner is interested in the pursuit of pleasure. Do not assume that your partner is ready just because you are. On the other hand, your partner might signal first and awaken the desire in you. Both partners share the responsibility for initiating the signal. Allow enough time for harmonizing your energies. Relish the anticipation. See how much fun you can have enticing each other with your signals.

Playing

Playing is the fun and frolic phase as you combine Special Touch with Sexual Touch. You begin to connect at a physical, mental and spiritual level. This is the transition from normal receptivity to touch to one of supersensitivity.

Focus on being together, nurturing, holding, stimulating and arousing. Since playing is a total body contact sport, include the entire body from head to toe. Teach each other how you like to play.

You may want to experiment with new ways to play together:

dancing naked

sexual massage

bathing together

painting faces or bodies

dressing in special clothing, costumes or lingerie

stroking with sensuous ribbons, fabrics or feathers.

Tune in to your partner while you play. Take the time to allow the genitals to become fully excited and aroused. This increases receptivity to pleasure.

Enjoy the time spent in sexual play. Prolong the arousal to last for days. Together, decide when and if you want to go on to climaxing. Play wholeheartedly.

Climaxing

The climax is the highest level of sexual intensity experienced during the Pleasuring process. The blend of motion, emotion and skin-to-skin contact is the catalyst for a climax. The term climax is being broadened and redefined to mean a heightened period of excitement or an orgasm. The climax is part of the Pleasuring process, not the goal. Pleasuring is not a performance, it is a journey to be enjoyed.

A climax is an opportunity to open our hearts to greater levels of intimacy. To experience a climax we surrender to the power of pleasure. Climaxing involves a momentary softening of boundaries. We may feel a sense of oneness with our partner and with life itself.

Each climax is completely unique and has its own rhythm and energy. Some are more powerful, others are more subtle. The climax may be experienced genitally or by the entire body. Since we cannot know in advance what a climax will be like, it is important to enjoy whatever the experience brings. Climaxes may occur in three possible forms, separately or in combination:

High Plateau: a long period of heightened sexual intensity

Series of Peaks: peaks and valleys of sexual intensity

High Peak: a single high point of sexual intensity.

Afterglow

The afterglow is a period of relaxation, stillness and unhurried attention following the climaxing stage. A wonderful time to spend in close contact - holding, cuddling, stroking, being together. Enjoy the warmth, texture, and moisture where body touches body.

Experience the paradox of feeling empty and full at the same moment. The afterglow is a time of sharing and bonding, a loving finish to the phases of Pleasuring. This period represents the transition from Sexual Touch back to Special Touch. Savor each moment of the afterglow. Pleasuring is not complete if you skip this stage. The luxurious ending to Pleasuring creates a sense of feeling well-nourished. Absorption of Vitamin T is magnified when bodies are intertwined.