

#9 What's Your Pleasure?

If couples waited until they were both at the same level of passion and desire, they would hardly ever exchange sexual touch. With the concept of Pleasuring comes a multitude of choices, ways of mixing and matching to satisfy similar or different levels of desire. Pleasuring is about respecting each person's level of sexual desire without shame, blame, guilt or pressure. Pleasuring relies on each person's willingness to honor his or her own needs and communicate the blend of Sensual Touch and Sexual Touch desired.

The focus of Pleasuring is enhancing Vitamin T and sexual pleasure. Intercourse with orgasm is no longer the sole objective of a sexual experience. Options may include hand stimulation, mouth stimulation, and intercourse. In any of these options, orgasm may or may not occur. The Pleasuring choices can help to prevent problems. It is possible to deal consciously with differences in desire for sexual touch. The leveling principle enables each person to get his or her sexual needs met. The choices below help you be true to yourself while being available to your partner.

When both partners want to receive Sexual Touch:

Mutual Pleasure: Both partners exchange pleasure simultaneously. They have similar levels of desire for Sexual Touch. Both are aroused, stimulated and interested in climaxing.

Pleasure Exchanges: Each partner takes turns giving and receiving sexual touch. A wonderful opportunity to practice the art of receiving. At the same time, the other partner is practicing the art of giving sexual pleasure. One is in an active role, one is in a passive role. Later, the roles are reversed.

When only one person wants to receive Sexual Touch:

Sensual and Sexual Pleasure: Here, the pressure to have matching sexual intensity levels is removed. This choice helps free couples from the traditional way of being sexual. Instead of resenting differences, respect and celebrate them. (*Vive la différence!*) One partner wants Sexual Touch and the other wants Sensual Touch. Both people want to satisfy their partner's touch needs and also have their own needs met. The Sexual Touch person receives the stimulation he or she wishes. The Sensual Touch person explains what kind of touch is sought. It may or may not include genital contact.

Self-Pleasuring: When a partner is not available, "taking matters into your own hands" is an option when you are in need of Sexual Touch. Explore the range of sensual and sexual touches that feel good. Practice providing pleasure for yourself and letting it be okay. Supplement with plenty of non-sexual Vitamin T.