



The Art of Talking Dirty

By

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I only discovered Dirty Talking about 5 years ago. I now have had lovers orgasming from just my words. Women love Dirty Talking. I have included a more tantra healing approach in the last chapter.

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Dedicated to all my teachers and past and present lovers.

Chapter 1 Introduction to the Art of Talking Dirty

Few people are completely comfortable with jumping straight into talking dirty, but most people love talking dirty with their partners. Dirty talk can take your relationship to a whole new sexual level.

Don't worry – talking dirty is not as hard as you may think. With this guide, you can learn how to talk dirty without feeling embarrassed or unsure of what you are saying.

Everyone is different when it comes to dirty talk. For some people, it already comes fairly naturally. For other people, talking dirty is a challenge.

Some are better doing it on the phone or typing it in a chat room, while others can translate that same dirty talk easily to real life situations.

How long should it take you to learn to talk dirty?

Again, everyone is different. For some people, talking dirty is a learning process. Don't be surprised if it takes you weeks, months, or even years. Some people are never completely comfortable with talking dirty.

The key is to find a level that is right for you and your partner.

And keep in mind that the more you practice, the better you'll get at talking dirty. This isn't something that happens overnight. If the first few times are a little rocky, but don't give up.

The more you practice at talking dirty, the better you'll sound to both yourself and your partner.

Chapter 2 What Dirty Talk is Not

Before you begin experimenting with dirty talking, it is important to realize what dirty talking is *not*.

Too many people begin playing around with dirty talking only to be extremely disappointed with the results.

Why? They have unrealistic expectations about dirty talk! Here are some of the most important things that talking dirty is not and cannot do for you:

- Talking dirty cannot make you sound like you're in a porn movie. Well, it *can* if you talk that way, but that generally isn't a good thing. It is important to remember that people acting in pornos are doing just that – acting. Many times, they are professionally trained and there is a lot of editing that goes on before the movie is released to you. Trying to sound like someone in a movie will lead to dirty talk that is generic, uninspired, and even a little silly sounding. You can certainly learn from porn movies, but don't try to completely mimic them when you're in bed.
- You aren't wrong or gross or perverted if you enjoy talking dirty or hearing someone talk dirty to you. Some people think that this behavior makes you sexually deviant or otherwise strange. It doesn't. The fact is that most people enjoy dirty talk, at least some of the time. So, don't be afraid to let go of your inhibitions and start making some noise.
- Dirty talk cannot repair a relationship. This isn't some

amazing trick that will make your sex life perfect. It *can* help you feel more connected to your partner, but if you're having real problems in your sex life or just in your general, it is important to seek counseling. Dirty talk can't fix everything – it is only a start to enhancing your sexual life.

My advice to you? Sit back, relax, and stop putting so much pressure on your sexual situation. Dirty talking doesn't have to be upsetting or stressful. It should just be fun for both of you!

Chapter 3 Your Dirty Vocabulary

One of the most common questions I hear from people interested in learning about talking dirty is this: “But what do I say?”

Later in the book, we’ll talk about how the *way* you say things is usually more important than what you actually say, but there are certain ways to extend your vocabulary if you want to be successful at talking dirty.

First, think about the specific words you’re using. Talking dirty isn’t about being scientific or medical.

That’s one of the most important problems people have with learning to talk dirty – because most of the time, when we hear people referring to parts of our body or the things they do, we hear it using “polite” vocabulary. Words on the following list are common:

- Penis
- Vagina
- Intercourse
- Sexual relationship
- Love

Occasionally, you might hear words like lick or suck, but even this is rare. People are too afraid of offending someone to use dirty language outside of the bedroom – and really, this is not a bad policy to have.

Not everyone is ok with dirty words, and in a public situation, you never know who is listening. You don’t want to use a dirty word in front of children.

In the bedroom, though, it is a different matter. Don’t be afraid to use

words that you wouldn't use when talking about sex in everyday situations. Say what comes naturally, but here are some terms to get your started:

- **Penis Terms:**

- Cock
- Dick
- Shaft
- Head

- **Vaginal Terms:**

- Pussy
- Cunt
- Slit
- Clit

- **Motion Terms:**

- Fuck
- Suck
- Lick
- Thrust
- Slap

This is not by far an extensive list – just a place to get your started. As you're notice, there are some fairly "hardcore" words on this list.

Don't be afraid to use them! Also, you may want to add other curse words into your dirty talk.

Nothing is off limits, so don't be afraid to say fuck, shit, ass, and any other words that come out of your mouth naturally. Don't worry about being polite.

Should any of your vocabulary words be off limits? Hopefully, the answer to that questions is "no." However, here's where I must caution you – you have to talk to your partner about dirty talk before you start.

The initial conversation might be a little awkward, but trust me – if you set the ground rules first, your entire sexual relationship will be much better.

After all, respect is, above all else, the most important thing to keep in mind in the bedroom. Some people question whether or not you can use dirty language in the bedroom while still respecting your partner.

You can! You just have to understand another's comfortable levels. It is all about limits. Know your limits; know your partner's limits.

So, before we go any farther, let's talk about limits when it comes to dirty talking. Again, I can't stress enough how important it is that you have this conversation with your lover before you try dirty talking for the first time.

Chapter 4 Dirty Talk Limits

Everyone has a limit. It is my suggestion that you set limits with any lover in all aspects of the bedroom, and this is especially true if you're interested in dirty talk. It is better to back away when you didn't have to than it is to cross a line and really hurt someone's feelings.

You can think of dirty talking almost like you think of role-playing.

When you're talking dirty, you're in another zone. You shouldn't say things you don't mean, but at the same time, calling your partner a "dirty bitch" in the bedroom but be an incredible turn on.

That doesn't mean you feel that way about her in real life! However, if you don't sit down and discuss these things first, she might take thing to heart – and so might you.

Remember, respect is important, and without understanding how you and your partner both feel, you can't show respect.

So what are your lover's dirty talk limits? Here are some of the most important questions to ask:

- Are there any words that are completely off limits?

Sometimes, people don't like to hear certain words are all. One of the best examples is the word *cunt*.

Now, you can say cunt without calling her a cunt. You can refer to her vagina as a cunt, which is not the same as calling her a cunt. Some women, though, take particular offense to this word.

They don't like it at all on any level. If that is the case, leave that word behind. Different women feel differently about different words.

Men are the same way. Maybe your male partner doesn't like a certain word and prefers that you not use it. Try your best to respect these wishes and to apologize if something slips out in the heat of passion.

- Are there limits as to why you can call one another?

I already talked about how the word *cunt* is sometimes an off-limit word. However, maybe your partner doesn't mind it as long as you don't call her specifically a cunt. You can call your partner lots of things in bed.

It is all about being comfortable. You can call a girl a slut, whore, cunt, or bitch – and some girls respond really positively to these things in a passionate situation.

On the other hand, you can also call her baby, mama, sweetheart, and other “nice” things while you're talking dirty. The same is true for men – you can call a man names on the bad end of the spectrum and things on the good end of the spectrum. Different men respond differently.

- What safe word can you use?

Having a safe word is extremely important. When you're talking dirty, “no” and “stop” are words that might come out naturally as part of the conversation.

You don't want there to be any confusion at all when it comes to your partner telling you to stop. Therefore, most couples who really enjoy talking dirty have safe words.

Safe words are words that don't naturally fall into the banter during sex. They're also easy to remember. For example, your safe word might be “ceiling” meaning that you've hit a ceiling to your limits and you need to stop.

You can use absolutely any word that makes sense for you and your

partner.

Limits aren't a bad thing. Having limits when you're beginning to learn to talk dirty to your partner is actually a really good thing because it helps to create some structure to your situation.

At first, this structure can really help you to feel more confident about talking dirty. Soon, I hope it becomes natural to you!

Chapter 5 A Beginning Step to Talking Dirty – Reading and Writing

I'm not going to dance around the issue – if you have absolutely no experience with talking dirty, getting started can be tough. It doesn't matter if you have a list of vocabulary words ten miles long – you have to be able to string those words together in a way that makes sense and sounds sexy.

You don't necessarily have to be a creative person to do this, but at the same time, no matter how much preparation you put into things, it is easy to feel a bit of stage fright.

That's why one of the best ways to begin talking dirty is to *read* dirty talk. Erotic fiction is a fantastic way to explore what others are saying.

I'm not suggesting that you try to copy other people. That's not a good idea. However, I *am* suggesting that you take some of your cues from the written language.

There is good erotica out there everywhere you look. There is also bad erotica out there. The funny thing is, something I think is good, you might think is bad and vice versa. Erotica is highly subjective.

Read a few stories. There are tons of great sites online, but I suggest starting at Literotica.com, Sugasm.com, and AdultBlogHub.com. At these three sites, you can find free access to thousands of erotic stories.

These are directories to the best out there, so you'll be able to read work by many authors. Which ones do you like? Why? Which ones do you not like? Again, why? Answering these questions is a great way to start your journey.

After you've taken some time to read some great work out there, try your hand at writing some.

, you don't have to be a creative person. Either grab a pen and paper or open up a word processing document on your computer and just start to write. Write down whatever flows through your mind without worrying that it sounds stupid.

Don't worry about making a story. Just close your eyes, imagine being in bed with someone you love, and write down your thoughts as they flow.

Your first few attempts at writing might be a bit rough around the edges – and that is ok. Some people never get the hang of writing. Others excel at it.

The key is that you're letting go of your inhibitions and just writing down what comes to mind. What turns you on the most? With dirty talk, you can't always know what your partner is thinking or feeling, so much of your talking will focus on what is turning you on at the moment.

Over time, you can start to tune in to your partner's feelings and learn what he or she enjoys and does not enjoy.

After you've tried your hand at writing down your dirty thoughts, you can use these for practicing. Yes, practicing dirty talking is a good idea, even if you do feel shy about it the first few times. You'll get better!

At first, try just reading out loud something you've written or something you've read and enjoyed online. We'll talk more about practicing dirty talking in the next section.

If you find that you really enjoy reading and writing erotica, you might want to more heavily rely on this in your dirty talking. I'm not suggesting that you script out things before jumping into bed with

your lover, but at the same time, it doesn't hurt to set yourself in the mood by writing down some of your thoughts. Whatever helps you talk dirty can and should be used, especially at first as you are experimenting.

Chapter 6 Practicing Dirty Talk

Practice makes perfect, right? With dirty talking, it can sometimes be hard to practice though. In the beginning, it can be really intimidating to start talking to your partner in this manner.

So, you might prefer to instead practice by talking to yourself. Practicing your dirty talk while you're masturbating is a great way to build up your self-esteem and get used to hearing yourself talking dirty.

Start by reading as you're masturbating if you aren't comfortable. In the last section, we covered how reading erotica and even writing some of your own is a great way to feel better about what you are saying and how you are saying it.

If you've tried your hand at writing erotica, next time you're masturbating, have your own words in front of you and begin reading out loud.

Feel odd reading out loud at first? Start by reading *very* loudly – just make sure that you kids are out of the house and the windows are closed so that your neighbors don't hear you!

After you've read loudly for about thirty seconds, you can lower your voice. After reading so loudly, you'll feel a lot more comfortable when you lower your voice and read at a normal level. It's just a little trick you can use to feel more comfortable in your own skin – you don't *have* to use this technique if you don't feel uncomfortable reading the erotica out loud.

If you don't write erotica, you can still use this technique to practice. Browse stories online and choose something to which you can relate. I've included a few sexy monologues below for both males and females that you can use if you don't write your own erotica.

Erotica for Men to Read #1

Kiss me, beautiful. Your lips taste so good. God, you're so sexy. I bet you're nice and wet. Are you wet for me, baby? I want to feel that wetness wrapped around my hard, throbbing cock. I want to fill you up, baby. Mmmm...rub my dick with your soft hand. Stroke me; squeeze my shaft.

God, baby you feel so good. Wrap your lips around my cock. I'm want to feel you suck me hard, baby. Let me push my dick past your luscious lips and over your tongue. Lick me...suck me...

Erotica for Men to Read #2

I want to fuck you baby. Oh shit, I'm so horny for you. I want to thrust into you, faster, harder, filling your dripping pussy. Clamp around me, you little slut. You like my cock, don't you? Fuck, you're so hot. You feel so tight and wet around my cock..

Let me lay down on my back so you can ride me, you dirty slut. Fuck my cock harder, baby. Fuck it. I'm going to grab your tits and squeeze your nipples. Bounce on me, moan for me, harder, baby...

Erotica for Women to Read #1

I want to fill your tongue sliding over my clit. Trail your kisses to my pussy, babe. Make me squirm with your licks. God, I'm so wet for you. I'm going to grab your hair as you lick me. Suck on my clit. Suck it hard. Mmm that feels good, babe.

Feel me. Feel how wet I am for you. I'm dripping wet for you, love. Do you want to fuck that tight little pussy? That's my tight little

pussy, soaking wet for you. Screw me with your finger. Feel how tight I am for you, babe. Mmm that feels good...

Erotica for Women to Read #2

You cock looks so hard, babe. I want you to bend me over and fuck me. Fuck me with that hard cock, babe. Oh fuck, that feels so good. Fuck me harder, babe. Spank me. I'm your dirty little bitch. Fuck me like you mean it. Faster.

Do you feel how wet my cunt is for you? You feel so tight and big in me. Fuck me hard, babe. My tits are bouncing with every thrust. Mmm, you're so deep in my tight, wet cunt with your big cock....

Notice how all of the above readings are short and open-ended?

That's because you should take them and make them your own. You can't learn to talk dirty if all you do is read what other people write. You can't learn to talk dirty even if you are reading your own writing.

After a paragraph or two, close your eyes and keep talking. What comes out of your mouth naturally? Try to keep the words flowing, but don't force it.

What if you can't think of anything to say? Moan, cry out, grunt, or gasp. The important thing is to keep making noise as you masturbate. If it helps, watch some pornography and put it on mute.

Continue to talk dirty as you masturbate to orgasm. Practice doing this every time you masturbate and soon you'll be ready to try it out with your partner in a real situation.

As you're practicing, keep in mind that a lot of weird-sounding things might come out of your mouth. That's perfectly ok. Talk to

your partner about wanting to try dirty talk and make a pact not to laugh at one another. If someone says something odd, just keep going. At first, it can be a little strange trying to speak to one another in this manner, but after a while, you'll get used to saying it *and* heading it.

50 Base Dirty Talking Phases

The following has some dirty talking phases for you to get more ideas. All these phases can be made more dirty by adding adjectives.

- How badly do you want me right now, baby?
- I want you soooo badly, baby. You need to fuck me now.
- I love your cock. I can't wait to feel it inside of me.
- My tight, wet pussy is ready for you. Fuck me, baby.
- God, you're so hot. Your body makes me so wet.
- Hold me close. I want to feel that hard dick rub against me.
- I love sucking your big dick. Mmm, you taste so good. Fuck me face, baby – I love it.
- Oh, yeah, come in my mouth. I want to taste your hot, thick spunk on my tongue.
- I want to slowly, gently suck your balls.
- Tell me you want me, baby. Tell me how much you want me.
- Suck my tits. Do my nipples turn you on? That feels so good.
- I want you to lick me entire body. Cover me in kisses.
- I love it when you kiss my neck. I'm so turned on right now.
- Your tongue is so perfect. It feels so good when you lick me and kiss me.
- I love feeling your hands all over my body.
- Your cock feels so hard and thick in my hands. I love stroking your huge dick.
- Stick your finger in me. Can you feel how wet I am? No one makes me this turned on but you, baby.
- I want to come all over your fingers, baby. Fuck me with your fingers. I'm getting so close.
- Let's go, baby. I want to come all over your face while you come down my throat.
- I love it when you lick me there. Your tongue feels so nice on my clit.
- Lick me faster. Slurp up those juices.
- My pussy is all yours to use how you want, baby. Take me!
- It feels so good when you enter me. It makes my whole body

shiver.

- You make me want to come already. You feel so good in me.
- Your cock is so big in my pussy. You really feel me up.
- Fuck me like a real man fucks his whore. Harder! Faster!
- I'm your kinky little slut, baby. I love getting your off.
- I can't wait to feel you fill me with your hot cum.
- Pull my hair while you fuck my tight little pussy.
- I want to feel you come inside. God, that's so hot, baby. My pussy is aching for your cum.
- Slow down and fuck me gently. I want to make it last.
- Slap my ass. I love it when you spank me.
- How do you want me baby? You can have me in any position you want.
- I love riding your cock. I'm going to ride you hard, cowboy.
- Hold me close, baby. I love you so much.
- You're so big. Fuck me hard with that big, juicy cock.
- Suck on my nipples as you fuck me.
- I want to feel your hands on your waist as you fuck me, pulling yourself into me with every thrust.
- Do you love the way my pussy feels wrapped around your cock? Do you love the way my pussy feels wrapped around your cock?
- Slide into my ass, baby. God, it feels so tight.
- You make me want to come all over your hard, fat dick. Oh yes, right there.
- Say my name when you fuck me. Call me your dirty whore.
- Grab my boobs as I ride your cock. I love it when you pinch my nipples.
- How do you want to come tonight, baby? In my pussy? In my ass? Or maybe you want to cover me with your hot come? Any way you want, baby.
- Scream my name when you come, big boy.
- You've been a bad, bad boy. I'm going to have to punish you. Let me show you what happens to naughty boys.
- Whisper in my ear all the dirty, naughty things you want to do to me.
- All the other girls are jealous of me because I'm the one you're fucking. You're so sexy, baby.

- I love your sexy body. You make me so hot. Come lay down with me.
- What's your biggest fantasy, baby? Let's make it come true tonight.

Chapter 7 Getting the Ball Rolling

The hardest part of talking dirty is getting started. Imagine the scene – you’re in bed with your lover, probably already in one another’s arms, maybe already kissing, maybe already struggling out of your clothing.

Other than a few low moans or gasps of passion, it is probably pretty quiet. It can be intimidating to break that silence.

So how do you start? Everyone feels comfortable doing different kinds of things, but there are a few techniques you can use to get the ball rolling when it comes to talking dirty. Here are some ideas that might work for you:

- Make an observation. Even if it is obvious, sometimes saying something out loud can be really sexy. You can try...
 - “I’m so hard/wet for you.”
 - “You’re so hard/wet for me.”
 - “I want you now, baby.”
 - “I can’t wait to be inside of you/for you to be inside of me.”
 - “You’re so sexy.”
 - “Your ass/tits/etc make me so horny.”

The list goes on and on. Simply pick up on something that is already happening and say it out loud. Hopefully, your partner will respond, opening the dialogue between you and him/her.

- Use an “I want...” statement. Being romantic is great, but for talking dirty, focus on the physical side of things. Tell your lover how you feel, physically. For example, you might say...

- “I want to fuck you so badly.”
- “I want to feel your lips around my cock/tongue licking my pussy.”
- “I want you bouncing on top of me.”
- “I want you to hold me down and take me.”

Again, the list goes on and on. Think about what you want most in the heat of passion...and then say it! No matter how crude you think it is, just let the words begin to flow from your lips. As your partner responds verbally and (hopefully) physically, begin to play out the things you want.

- Talk about what you’re doing. This is kind of like making an observation but is instead focused on actions instead of facts. Narrating what you’re doing can be a bit awkward if you continue it throughout the entire sex session. After all, she doesn’t need a play by play. However, it is a good way to get started with the dirty talk if you don’t know what to say. Try...

- “My hand is traveling up your leg to feel you hard cock/wet pussy.”
- “I’m going to fuck you hard with my finger/mouth.”
- “Your tongue feels so good on my body right now.”

- Sometimes, the best way to get things started is to make some demands. You don’t have to be dominant or submissive in the bedroom to give and take commands. It can be really sexy, though, if your lover makes a request. Don’t be afraid to speak up. It is a really good way to get started. You can ask for almost anything. Think about...

- Asking for oral sex
- Asking your lover to get into a specific position

- Asking your partner to fuck you harder
- Asking for a speed change – faster or slower
- Asking your lover to put his/her hand somewhere

If you're still feeling a little uncomfortable getting started, simply begin with moans, groans, grunts, and other sexual noises.

Be vocal.

As you become comfortable with that, advance to “Oh God” and “Oh yes” and “Oh fuck” – short phrases to let your partner know that you're feeling really good. Once you've got that down, you can start to really open up, and hopefully you'll feel more comfortable with increasing amounts of dirty talking.

Chapter 8 Dirty Talking – It Takes Two

Although your partner doesn't have to be interested in order for you to enjoy talking dirty, really the best dirt talk only happens if it is part of a dialogue.

So, if talking dirty interests you, the very first thing you should do is talk to your partner about your desires to explore being vocal in the bedroom.

Depending on your partner's experience and preferences, he or she might not be prepared to explore dirty talking with you right away.

You can both take time to practice using the techniques I've talked about in this book. In addition, if you feel more comfortable with talking dirty, you can start the conversation by asking a question. Try some of the following:

- “Do you like it when I...”
- “Does that feel good, baby?”
- “Are you horny for me? Do you want me?”
- “How to you want it?”

Asking questions is a way to actively engage him or her in the dialogue even if your partner is not 100% comfortable with the idea yet.

When you're talking dirty with your lover, don't be surprised if you or him/her (or both of you) fall into a certain character when you're with one another.

Do what comes natural. If your voice is naturally lower, whispering, high, fast, etc. when you're talking dirty, that's fine. It is also ok to take on an entirely new personality in the bedroom, and for your

dirty talk to reflect that. For example, maybe you're a powerful CEO in everyday life but feel really submissive in the bedroom. That's ok – and it is ok for your dirty talk to show that side of your desire.

If you and your lover are new to dirty talking, one of the best ways to start without feeling awkward is to try dirty talking on the phone.

Sometimes, when you are not face-to-face, you won't feel as self-conscious at first. In fact, you can use dirty talking on the telephone as a way to practice dirty talking.

Make sure that it is ok with your partner first, but don't be afraid to dial an XXX phone number.

Yes, this can be expensive, but these people are professionals. The person taking your call will be able to help you along with the process and put you at ease. You can really learn a few things about talking dirty by making a few sex line phone calls. Don't discount it!

Talking dirty isn't for everyone, and you don't need to talk dirty to have a healthy sexual relationship. However, to connect in the best way, you and your partner should be open to fulfilling one another's sexual needs.

For some people, dirty talking is a major turn-on, so learning how to do it can really enhance your sexual relationship

Remember, if you're going to be in a sexual relationship with someone, it is important to practice safety measures. Unless you are fluid-bonded with the other person, such as you might find with a husband and wife, use condoms, dental dams, and other barriers to stay safe.

This is where dirty talking can come in especially handy. If you aren't prepared to commit to a sexual relationship left, talking dirty to one another on the phone or chatting dirty with one another online can be a great experience to help you grow closer before taking the bigger step.

The bottom line is that you should give dirty talk a chance. It might be a bit awkward to get started at first, but if you follow the practice techniques in this guide, you should be able to learn this art fairly quickly. Be authentic, do what feels right for you, and don't be afraid to simply explore your feelings with your partner about talking dirty.

Chapter 9 Orgasms from No Touch

This is a script I have read that caused women to have orgasms on the phone. Most of these women did not self pleasure when listening to the script.

I also used scripts like this when I did online dating some years ago.. Reading this on the first phone call to a new date is a great way to start a sexy relationship.

The following script is also very healing as it covers some sexual healing issues. You can also use some of these ideas in dirty talking when making love.

One can actually cause most women to orgasm if she is really turned on and you command her to orgasm at that point..

At the ending, I take the women to a deep spiritual place. Tantra is all about these types of blissful experiences. See my [Sexual Ecstasy in 14 Days](#) for more details and simple practices.

Talk slowly and deeply and pause when relevant to allow the women to experience the feelings deeply.

Notice how the description includes most of the senses. After doing this text a few times see if you can do it without notes and incorporate your own ideas.

Orgasm Script

At this moment allow your self to set comfortably in a chair or you can lie down in a bed so that your head is resting comfortably. Notice how your back touches the bed or how you feel the chair underneath you.

Now imagine you are at the beach and the heat of the suns rays are

shining down on you as you begin to relax.

And notice how you feel the heat of those rays at the top of your head and then gradually moving down your body and you can notice how that warmth penetrates to every muscle and cell within your body as it moves down your head and down your neck and you begin to feel so comfortable.

The heat is gently caressing and relaxing your shoulders and moving down your arms. The heat gently caressing each and every part of your skin and the cells beneath and that satisfying heat moving down your wrists and over your hands and right the end of your fingertips.

Perhaps they are tingling with warmth and this wonderful warmth passing over your breasts down your chest to your stomach like if a piece of silk was just touching and moving over your body with the relaxing warmth moving over your pelvis and down those thighs

In each moment you begin to feel more and more relaxed as this wonderful feeling of warmth passes over your knees towards your calves feeling even more relaxed and comfortable passing down over those ankles and over those feet and right to the tip of those toes

That's good.

Now take in a deep breath.

Breathing in slowly and gently through your nose and let your breath out slowly through your mouth.

You can now allow your entire face to relax and relax your jaw.

As you breath in I want you to imagine good feelings coming into you and as you exhale I want you to let go of any stresses, anxieties fears or tensions you might have.

Breath in comfort

Breath out tension
Breath in warmth and beauty
Breath out stress
Breath in the ability to totally let go
Breath out worry
Breath in the ability to be totally present in your body
Breath out anxiety, yes, let go of all of that, feeling fantastic,
peaceful and pleasurable.

Now let's breathe into your belly, letting your belly fill like a balloon
in an easy and relaxed way.

Feel the colder air come in your mouth and down your throat and the
warmer air passes out through your mouth.

Feel your belly fill with air and relax on the out breath. Breathe in,
filling your belly with light and energy and totally relax and let go on
the out breath.

Maybe for the next 3 breaths make a sigh on the out breath of total
relaxation. Really let go on the out breath.

Now let's breathe into your belly and see if you can move the
sensation down to your pelvic region.

And just relax on your out breath. Maybe it feels like the belly fills
and your anus relaxes.

Or maybe you feel some sensations of relaxation in your genital
region. Maybe you now feel some pleasure in simply in breathing
deeper and deeper.

A baby breathes this way with the anus relaxing on every in breath.
We tend to cut off from our sexual center by shallow breathing.

And now, just breathe easily and naturally.

Now, just let your body feel as it is sinking deeper and deeper into the chair bed or the couch.

You are so very relaxed.

You are so calm.

You feel if you are floating and you enjoy this enchanting sensation.

Your mind is at ease as is your body and at the same time you maintain a feeling of alertness and upliftedness

Take some time to enjoy the lightness in your body and your mind. A feeling of weightlessness has come over you and you really feel as your body could just drift away.

So now that you are fully relaxed and ready and receptive its time to begin.

As you lay down on your back, with your arms out at your sides, and your legs stretched out and uncrossed in front of you I want you to become aware of your body.

Become aware of the energy within and around your body. You may notice this as a vibration you may notice this as a tingle in certain areas.

You may notice this as a rush of blood flow running though various parts of your body.

I don't know exactly way you will notice it, but what I want you to notice about that energy is that each part of your body is alive and growing more awake as your focus your attention on each area.

Each part of your body has a sensation as your recognize and get in tune with these various sensations in your body.

You can allow your self to become very open to the possibilities that

are available to you within your body.

Your body has an amazing ability to give you intense erotic pleasure through your skin, mouth, breasts and pussy.

This sexual energy has the ability to heal you physically as well as heal any emotional challenges from your past.

Begin by imagining yourself at the top of a beautiful staircase that leads to a place of complete safety, peace, and enjoyment.

You can just allow yourself to be taken to a place special room, where all of your sexual senses will be heightened.

You will soon find yourself resting in a magical place, where you will experience the most excitement and pleasure that your body has ever even imagined.

When I tell you to, you'll take your first step to stair #10 of this set of 10 stairs and each time you take a step down to a new stair you will feel the step sending a wave of relaxation through out your body and you will go twice as relaxed as you were before.

Twice as deep on every step until you reach the bottom of the stairway which is filled with a soft fluffy bed that will gently hold your body safely and comfortably and allow you to float in this very special state of trance?

Let's begin.

~10~ Step down and feel yourself go deeper now...good

~9~ and deeper still double your relaxation

~8~ very nice...feel the wave of relaxation moving through you

~7~ you're doing great now and deeper still

~6~

feeling so good...feeling that wave of relaxing energy moving through each cell of your body

~5~ that's right... you can still feel
yourself going down...down...down

~4~ and deeper and deeper and
deeper

~3~ you are so comfortably relaxed that you feel you may
just float away

~2~ never felt quite this peaceful before and
feeling better all the time and now ready for the ultimate feeling of
beautiful restful but totally alert rest...get ready to take that last
step...

~1~ good... just lie back now on the bed and allow any old
inhibitions or feelings of insecurities to completely melt or simply
float up and away from you... for right now you are able to feel so
free, so wonderful, so receptive to the ultimate pleasure that your
body is capable of experiencing... that you allow your body to simply
melt right there into this soft and comfortable bed.

This bed is made of the most sensual fibers you have ever felt, it
feels just like silk under your warm body... the bed supports your
body just right...

and the more you are in touch with the firmness and softness of this
bed that is holding your body, the more you notice your body just
wants to relax and go deeper.

So little time has passed since you have entered this beautiful
exotic room, and yet so much is already starting to happen...

for one thing you notice is that in the doorway, a handsome, sensual
man has been standing there, his eyes having been looking upon
you for some time now while you have been adjusting to your new
atmosphere...

Perhaps he is your partner or perhaps he is just a man of your dreams
and desires.

At first he appears almost translucent, but the more
you gaze your eyes upon him, the more real he becomes.

Perhaps this man is wearing a sexy silky pair of white boxer shorts ...

And your desire to have him come near you is so powerful that without saying a word, he begins to approach you.

As he slowly comes closer to you, you realize what an utterly attractive and sexy man he truly is...

just the way he walks and the way he looks at you in that erotic way has you wanting him badly ... and one thing you can be assured of right now is that this magnificently erotic man is also feeling very turned on by you as well...

just look at his gorgeous face and his masculine sexy body and you notice the most intense sexual desire developing from way deep inside...

you have never even imagined a man before that is quite this erotic and sensual.

He is adorable and he seems gently playful.

This moment while he is approaching you seems to be causing you to go deeper into trance...

as a matter of fact in a moment, he will touch your forehead and you will go deeper on a count of three... one... two... three... he now touches your forehead...

you feel almost electrified by the light touch of only the tip of his finger and it causes you to sink deeper ...

this is not only creating a deeper more relaxing feeling but every time you go deeper from this point forward you will also feel twice as excited... and twice as attracted to this man ...

more attracted to this man than any experience you have ever had before... you now know the meaning of what it means to be taken over by his sexual power ... You feel relaxed, free, excited, and playful, and completely adored by this incredible man.

He asks you to lie down. He then holds his right hand 6 inches over your stomach and slowly moves his hand up to your chest area. Feel the energy in his hands move your energy in your body. He slowly moves his hand down to your belly and now back down again.

Feel your energy move and circulate.

Now he makes circles over your left breast and it feels great.

You feel yourself opening.

Now he makes circles over your left breast and it feels great.

Details

Feel the soft energy of your breasts. Relax into your heart. Relax into your love.

How you feel his finger touch the bottom of your left breast and slowly move up your heart area to the top of your breast.

Notice how you can your breasts. Notice how you can feel every part of your breasts. Feel your breasts. Become your breasts.

Breathe into your belly and sigh your pleasure on the out breath.
Breathe into your belly and sigh your pleasure on the out breath.

Let your sensual self become even stronger in your awareness and charge these sensations you are experiencing in your body with a radiate orange light.

I will be counting one to three very slowly and you will take in three deep breaths deep into your breasts and that sensual part of you will strengthen and ignite the passion tat lives within you.

Number one, breath in deeply now as you listen to the rhythm of your energy challenging this energy to spread from your breasts.

Number two, breath in deeply again and feel sexual energy building.

And number three, open to the energy, let it be there and feel the wave of this energy traveling through out your entire body

Take a moment to experience your sexual energy, without needing to do anything

Just notice it moving through you, breathe into it . How you may notice it now as a glowing warm rush that is heightening your desire for intimacy or you may feel it opening up your emotional self. Just notice the sexual energy growing and growing moving into every cell in your body.

Hold the energy gently.

Notice how you can deepen your awareness in your body and your sensations, just by placing our attention on them.

Energy follows attention.

And to awake your sexual energy even more.

All you need to do is to imagine this sexual energy as an orange glow all around your body.

And you can just feel the energy in your body heating up and becoming more intense and sensitive to touch as you see this orange glow around your body growing brighter and brighter.

And continuing to enjoy the pleasurable sensations within around your whole body you can now witness as a distance observer anything that might have got in your way of enjoying your sexual self in the past

Insecurities, doubts worry anxieties, guilt fear.

Whatever those negative thoughts were at the time, you release them and become free of them now, by just seeing those old beliefs dissolve into the light that is surrounding your body now.

Just see these old visions and thoughts melting.

You no longer need them.

They no longer serve you.

And notice how much lighter and freer you feel to feel your natural sensual self the way sex is meant to be enjoyed.

You are entitled to experience and enjoy sex. It is a natural part of life

Continue deepening your feelings of arousal by drawing the scene a little closer to you and allow these new messages to penetrate the subconscious mind and become your reality in the way you feel.

I now allow myself to feel the pleasure and sexual energy in my body. I now allow myself to feel the pleasure and sexual energy in my body. I now allow myself to feel the pleasure and sexual energy in my body.

Enjoy the feeling of that light surrounding your body and allow your body to become stimulated the more you feel orange light all around your body.

Massaging your skin creating a natural feeling of warmth.

Beginning to feel erotic sensitive as this light becomes brighter and begins to gather in various places in your body. Feel this light all around your neck and your ears gently tickling those areas, sending an electric shiver down your spine. An excitement a longing for more.

You are beginning to feel the intense sexual arousal moving towards other places in your body.

Now notice this light around your breasts, stimulating your breast area causing them to feel aroused and erect

You enjoy the way you feel.

You feel nurtured safe and very comfortable.

And now this light has made its way down to your genital area. And you can imagine this light becoming even more intense.

A throbbing, pulsing sensation begins to take you. Your desire for touch grows even stronger now
You feel completely ready now for this touch

You're sense of feeling of wetness within you that will assist you in feeling pleasure.

And you will remain moist for as long as you like.

You feel erotic sensitive in every area of your body and more and more aware of the sensations in your genitals.

And now you have allowed your feelings to bring you to this level of arousal you know that you are in charge.

You can now allow your self to feel an orgasm that can be felt everywhere in your body.

You are by nature orgasmic.

An orgasm is a natural and highly pleasurable experience.

You were born with the ability to have an orgasm.

You were born with the ability to have waves and waves of orgasms after orgasms.

And so now with the touch of your hand or someone else's or even by imaging.

GO ahead now and move the hand to that area of your clitoris.

Your clitoris is all ready waiting to be touched. Ready and waiting to be touched

Ready and waiting to be touched.

And beginning slowly at first with a finger or two start by just gently touching your vaginal lips and going a little bit inside slide your finger to the moist lubrication.

Feel the wetness letting you know you are ready for the oncoming stimulation.

You may even imagine this is a penis or a tongue inside you and you can slowly slide your finger gently over your clitoris area.

Feel the warmth and desire to be continues to be touched. Your heat beat is increasing as the touch becomes a little firmer.

So you feel a little bit of a tingle in your genital area. Your breathing begins to increase and become deeper. You are enjoying this feeling.

Breathe into your belly and sigh your pleasure on the out breath.
Breathe into your belly and sigh your pleasure on the out breath.

Your lover loves it when he can feel your energy in your breath.
Your lover loves it when he can feel your energy in his body.
The world needs more pleasure and ecstasy.

Your vaginal area begins to swell with excitement. Your touch become more intense and you are feeling burning waves of desires for more.

You become lost in the sexual adventure letting your self go. You feel safe to totally let go.

You are feeling totally relaxed but at the same time, an erotic excitement pulling you deeper and deeper to the core of your sexual self bathing you in a glow.

Rolling energy circulating sending vibrations through your spine. Pulsing sensations through your legs.

Release, feel, deeper sensations. More intense, pleasant feeling of pleasure moving everywhere,

Exhilarating, throbbing, rushing, intense satisfaction. Growing stronger now, slowing time all around you. Totally connected to your erotic feelings.

Your senses are heightening. Your senses are very acute.

You are totally in touch with your body. You are completely in touch with your entire body.

Notice how you can feel your pussy. Notice how you can feel every sensation in your pussy. Feel your pussy.

Feel the excitement in your pussy.

Feel your pussy begin to lubricate.

Feel your pussy becoming very exited.

Feel the pleasure in your pussy.

Become your pussy.

Become your pussy.

Surrender and let go into your pussy.

Breathe into your belly and sigh your pleasure on the out breath.
Breathe into your belly and sigh your pleasure on the out breath.

Totally relax into your energy and pleasure.

Feel your pleasure.

Become your pleasure.

Surrender to your pleasure.

Totally let go into your pleasure.

And make your pussy contract.
Make your pussy contract now.

Contracting now. Hard.

Sending pleasure throughout your whole body.

Contracting now, hard.

Pumping pleasure thought-out your whole body

Feel the powerful orgasmic contractions making passionate love to you.

Feel your pussy.

Become your pussy.

Totally let go into your pleasure.

You go beyond your orgasmic pleasure to an even deeper feeling of expansion and peace.

Take a breath in and mentally sound ommmm

Take a breath out and mentally sound mrrrrr

Let your breath slow and your mind become quieter

Feel a boundless presence expanding behind you.

A vastness extending infinitely to either side of you.

A spaciousness opening underneath you and a vast sky like expansiveness above.

Just rest in this experience of ever deepening boundlessness for a few minutes.

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Your feel alive and fulfilled now and you can just enjoy these feelings of pleasure.

You look forward to discovering more and exploring the depth of your sexual self.

And now it now time to come back to full waking consciousness

Now, I will count from 5 to 1, and you will know you have experienced something special today and how pleasurable it can be and 4, feeling your hands and 3, becoming aware of any sounds around you and 2, noticing each breath you take and 1, coming back to the here and now

Just opening those eyes with a feeling of excitement about your future.

Resources

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The New School in Erotic Touch

Complete Dvds on the erotic massage and much more. Created by Joseph Kramer, one of my teachers in my sexological bodywork course in San Francisco.

[Erotic Massage Training](#)

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Transform your sexuality in 14 days

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