

SEX! What women REALLY want!

SEX!

**What Women
REALLY Want!**

-

For Men

www.vitalcoaching.com

SEX! What women REALLY want!



Francisco Bujan

www.vitalcoaching.com

www.vitalcoaching.com

Index

Intro _____	5
Be a male! _____	6
Clitoris stimulation _____	7
More and dirtier! _____	11
15 min! _____	12
Clean! _____	13
Shameless! _____	15
Own your skills! _____	20
Ask! _____	21
Sensual triggers _____	23
Unexpected! _____	24
Foreplay! _____	25
Mind scenes _____	27
Yoni butter and sex lubes _____	30
Morning fruity energy _____	31
Confidence + Skills _____	32
Right Kiss! _____	33
Don't rush! _____	34
Get her to ride the orgasmic wave _____	37
Unleash her thirst for passion! _____	38
Stop asking questions while you have sex _____	39
Ask her for feed back the day after _____	42
Sexual communication _____	46
Different women – Different needs _____	48
What attitude works best with her? _____	51
Sex is an art form! _____	53

SEX! What women REALLY want!

Tame your insecurities! _____	55
Give her the space to please you _____	57
Should you tell her if what she does turns you off? _____	58
Be gentle _____	60
Safe sex _____	62
Conclusion _____	63

Intro

The goal of this book is to give you a set of frames when you engage in sex play with women.

After a few years of coaching women and men on dating and relationships topics, it is clear that for many men there is a gap and women complain about it.

They talk about mistakes men make when engaging into sex play.

Why is there a gap?

Because women don't always communicate what they want.

Rather than hurting a guy's feelings they will shut up and simply break up or find a man who DOES have the skills.

A guy could keep on making the same mistakes over and over again believing that some of his sexual behaviours are turn ons for women when in fact they are not.

So, read this book sex kick and learn a few new tricks.

What makes you master at it is of course practice.

This book is only a starting point, ok?

We can continue this conversation one on one within a coaching session:

<http://vitalcoaching.com/coaching.htm>

Or you can develop a safe space with women to share what they want and what they DON'T want!

Good luck and enjoy your sex life!

Be a male!

This is the most basic and most essential mind set you need to integrate now!

It concerns any interaction you have with women, not just sex!

When you are male, she can be feminine!

That's what she wants to feel.

Many guys don't dare to express their power.

They feel weak and project this weakness in the form of insecurity when they interact with women.

Through emotional resonance, that's of course what she picks up and starts feeling as well.

So!

If you shift your mind set and behave like a super confident guy, it triggers pleasure to be around you!

She feels safe, turned on and sexually attracted to you!

Now, how do you express your male hood?

The key word is confidence!

Check your posture and tone of voice!

Check what you say!

Hold your ground!

You know what confidence looks like when you see it, right?

Now adopt this confidence posture all the time!

Be a male and behave like one!

Clitoris stimulation

Women will often be purely clitoridian.

This means that they orgasm mainly through clitoris stimulation.

You can stimulate the clitoris with your finger or hand. You can use your tongue and lips.

You can as well of course stimulate her clitoris through intercourse.

Now, when you have intercourse and want to increase stimulation on her clitoris, you do that by pressing your pubic bone against hers a bit stronger.

You don't focus on the ebb and flow of your penetration but rather increase the pressure between your two pubic bones.

This by itself stimulates her clitoris.

This is what often makes a woman come.

Try it! You will be amazed if you never observed that simple trick.

While you press your pubic bone against hers, you can engage either in circular movements or in and out movements.

Both types of moves will massage her clitoris while stimulating her internally as well.

Now, many women prefer vaginal stimulation.

In other terms, they prefer the feeling of penetration and get aroused by the stimulation of their G-spot.

The best way to find out what she likes is to ask.

"If you have the choice between a wet finger stroking your clitoris, my tongue and penetration, which one do you prefer?"

SEX! What women REALLY want!

Yes! You can engage in sexual communication and find out what she would do if she was by herself.

Next point: stroking her clitoris!

There is a hood or skin covering her clitoris.

For best results, you can pull back that skin with your thumb and stroke her clitoris with your index finger.

You see this tiny rose mount which is like a tiny wet seed.

The clitoris has thousand of nerve endings. This is why it is so sensitive to stroking.

While stroking, you can keep the finger flat on the clitoris and stroke with the full finger's length.

You can as well touch the clitoris only with the top of your finger only and stroke up and down.

It's essential as well to offer the exact right amount of pressure.

Start with extreme gentleness! As if you were touching a feather.

While you stroke, ask her if she enjoys more pressure or simply try a tiny bit more yourself and see how she responds.

When you experiment with this clitoris massage practice, you might be surprised to realize how much pressure some women can take.

If you can, get her to be totally still so that you can concentrate on her without losing contact with her clitoris.

Many women say that they simply prefer the gentle touch of a wet finger on their clitoris.

That's what makes them come the fastest.

Take your time by the way. This is not a race or a competition.

www.vitalcoaching.com

SEX! What women REALLY want!

Compliment her on the beauty of the texture of her inner and outer lips.

Let her know that you enjoy what you see.

After she orgasms, the clitoris can become extremely sensitive and she might reject your touch.

No worries, this extreme sensitivity moment usually lasts only for a minute and if she is open for it, you can head for a multiple orgasm session.

How much clitoris or vaginal stimulation she needs is different for every woman.

Ask her and explore it together. Listen to what she says and be open to change what you had in mind.

Listen! She will give you essential clues about what she likes or not.

Rather than a finger, you can of course use your tongue for clitoris stimulation.

Try different moves and see what she responds to the best.

Play with different pressures, your lips, various angles.

You can for instance use your full flat tongue on her vaginal and clitoris area.

You can as well play only with the tip of your tongue and focus more exclusively on her clitoris only.

Again, use a finger to lift the hood that covers her clitoris, so that the tip of your tongue really is in direct contact with her clitoris.

Another technique is to slightly bite the clit area between your lips.

Be careful not to touch her with your teeth though! Use **ONLY** your lips.

www.vitalcoaching.com

SEX! What women REALLY want!

Now, Go and explore!

Practice! This is what makes you good at it.

If you need feed back or get stacked with a challenge, get in touch!

<http://vitalcoaching.com/coaching.htm>

www.vitalcoaching.com

More and dirtier!

In a recent survey, I read that 43% of women want more and dirtier sex!

Only 1% of women say they get too much sex!

Women LOVE sex!

They actually want to play!

They want to experiment.

Many married or committed women don't get enough sex because their partners are too tired or stressed up to have sex after a long day of work!

Why dirtier?

Because sex is a lot about animal instinct!

It sends us back to some cave root behaviour where fire wakes up and takes over.

It frees the mind and opens new channels of life force in the body!

So, it's a super powerful stress release and when your mind is full and you want to forget everything, sex IS the way to go!

15 min!

Another survey!

15 min is the preferred average sex session length for women!

Guys often imagine they need to keep on going for hours!

Apparently not!

Here is why: Women are busy!

They need to get some sleep and wake up in the morning!

Their mind is often busy processing the day or challenges to come.

This mental and emotional activity is stressful.

They often have only a small window for sex.

Now, if you have a long romantic weekend together, sex sessions length can of course expand.

15 min is as well the average time it takes a woman to orgasm.

Clean!

Ok!

This one might be bigger than you think!

When interviewing women on key dating and sex turn offs, bad breath or dirty nails is often mentioned.

Duh! Imagine where your hand is going to be if you get intimate!

That's what she thinks!

If your bedroom is a mess and you did not change the sheets in weeks, chances for her to get intimate with you are slim.

My guess is that you already have most of that under control.

Now, if this chapter is an eye opener for you, do something about it now!

Shave or not?

I know it is confusing!

With all the fashion hype about these unshaved male models on fashion magazine's covers, it makes you believe that a 3 days beard is sexy, right?

Well, take some thick sand paper and rub it on your but!

That's how it probably feels to her when you dive between her legs.

Would you like that?

A chick to chick romantic minute can be pretty painful to her if you didn't use a razor blade in the last 24 hours!

Exceptions?

Yes! There are!

SEX! What women REALLY want!

I believe that 1 woman out of 10 will actually be turned on physically by the extra maleness emanating from you.

Morning breath?

It's super easy to snick into the bathroom at dawn and quickly give your teeth and breath some refreshing!

One more tip... Penis hygiene is essential of course.

If you hope for some oral action on her side, make sure that she knows it is safe to go down on you.

An easy way to let her know is to shower together.

It will give you the possibility as well to show her how much your love the sensual roundness of her breasts by massaging her with total admiration + devotion!

Shameless!

Sex is sacred, healthy and exciting!

If you have any guilt or shame feelings associated with sex, get rid of them now!

They are useless!

If she feels any insecurity or shame coming from you, she picks it up!

And it turns what could have been a sex celebration into a labyrinth of undigested negative feelings.

Clear your mind right now of any negativity associated with sex.

Sex is great!

You both love it!

Number 1!

That's where she wants to be in your mind.

If she hears about other women, it is only to let her know how much better she is than them.

Play the game!

It's a game of ego stroking and validation.

You don't have to lie!

Simply highlight her positives.

She has many!

Describe them in detail.

Describe the parts of her body you like the most + what turns you on about her!

Timing!

This is another big untamed challenge MANY couples face.

Timing is key for great sex!

When she's in a hurry because she has to attend a meeting, her mind is not available for sex.

She can't focus on it and you might take it as a rejection.

There is a right time for sexual exchange and you need to sense her availability.

Frequently, a woman might reject a guy because the timing is not right.

She is tired.

She had a long day.

She has to wake up early.

She is worried about her finances.

Her mother is sick.

You have a long list of reasons that can disqualify sex in her mind.

Don't take it personally!

If you do, she will react negatively and defend herself.

This is one key area where you must apply this skill: RESPECT!

Got that?

You might be amazed that even though she was not up for it one evening, she might be totally turned on the following morning because you gave her space!

SEX! What women REALLY want!

Giving her space means she has time to warm up to the idea.

Listen to the signs!

Don't ever get upset or force her into having sex when she does not want to.

Her reasons are valid!

In most cases, they have nothing to do with you!

Don't take it personally!

Safe!

She wants to feel safe!

Safe means creating comfort.

You build comfort by letting her see that you respect her.

Now, don't put yourself down!

Combine this respect with a high level of confidence!

This is not about becoming some form of enslaved servant who behaves like a tamed and weak non-male.

Make her feel safe by holding the door for her, inviting her to dinner, teasing her, and letting her know how you treat the people you love.

You would never hit a woman! Tell her!

Kids are safe around you!

You don't get into uncontrolled road rages!

You don't insult the memory of your exes!

Let her see that even though you have a massive amount of personal power, you have this power totally under control!

Own your skills!

Ejaculation control!

Massage techniques!

Sexual communication!

+ Much more!

The key is practice.

Let's take ejaculation control for instance.

If you feel you under perform on that level you can practice and expand your limits through self stimulation during your own private sessions.

When you step in a sex session with her, she needs to see that you know what you are doing!

Ask!

Another way to learn a lot is to ask!

Ask her for feed back, what she likes or doesn't like.

The best moment to have an in depth sex discussion is when you both have time.

Interrupting a passionate sex session to mentalize what you are doing is NOT a good idea!

Instead find another moment to share your impressions or experiences from last night.

This works 10x better because she has time to think!

If you are not in a committed relationship, ask female friends.

They will tell you exactly what they fall for!

Don't make fun of them or feel uncomfortable by what they say.

Be a good listener!

If they give you a hint, ask a follow up question to see if you got it right!

"So, what you mean is..."

"What if a guy does... Would you respond in the same way?"

A good way to start a sex conversation with a female friend is to ask her about her passions, what really turns her on in life.

After a few minutes, if she did not mention sex yet, you can ad: "Sex? What's your best experience ever?"

Let her warm up to the idea of communicating intimate details with you.

SEX! What women REALLY want!

She loves talking about her experiences!

She wants her sex life to be validated and she will give you juicy details you can use with women in the future.

Sensual triggers

Dark chocolate!

Massage oils!

Lingerie!

Silk sheets!

Candle light!

Fresh fruit in the morning while you are still cuddling!

Pleasure happens through the physical senses.

The way you touch her hand can send waves of pleasure all over her body.

You can look at her with desire and intensity.

Play with the tone of your voice. Ground it deeper!

Her physical senses are the access pathways to her pleasure.

Play!

Unexpected!

Predictable is boring, right?

Variation!

Sexploration!

Surprise her!

Amazing how many women will be eager to talk about their sex toys.

Many guys miss the hint!

She wants to share!

Surprise her by asking her to show you.

Be a play partner.

Let her see that you are an accomplice to her sexual fantasies and that she can share ANYTHING with you!

Surprise her with words, conversation topics, rhythm changes in the way you interact with her.

Dare to leave on a high!... rather than pressing all the juice out of a first date.

Train a specific toe massage technique and let her see that you can remove a week of tensions in 5 min!

Be directive and play as well with who leads a sex session!

Let her feel your power one minute and then retreat to a purely sensual approach.

Keep her on the edge!

Foreplay!

Yes! A woman needs to warm up to the idea of sex with you.

If this is a first date, it takes her on average 7 hours for her to be ready!

During that time, you play with building sexual attraction + comfort.

Sexual attraction is a key!

You do that by being super confident and not hesitating to be directive.

When you set a date, you have a clear vision in mind.

Women want to feel a guy who has the power to lead.

That's one of the first tests you will face when dating a woman with experience.

She will measure how you stand in a leadership position.

Can you stand that type of power!

Kino (Touch) escalation is another big one.

When you are on a date, you start by her arm when you make a point.

A moment later, it might be the palm of her hand that you touch with two fingers.

You might share some dance moves in a night club and still get closer that way.

If there was no contact at all for a whole evening, heading for a kiss is a big step.

Now, kino build up makes it very easy to open the door to intimacy.

SEX! What women REALLY want!

Foreplay is a preparation for sex and you have dozens of opportunities in an evening to trigger sensual exchange between the two of you.

Undressing her!

Holding a piece of dark chocolate while she grabs it with her white teeth.

Putting some light music in the background.

Lighting a few candles.

Rubbing her neck with a couple of drops of sensual oil.

More!

Mind scenes

Your words are powerful triggers!

You can talk dirty while having sex IF she likes it!

For some women, it's a turn on. For others, it's a turn off!

Women are often seduced by the tone of a man's voice!

You can invoke excitement in her by using the right words.

Politics, business, problems at work, your exes... All these are NOT erotic!

When you want to trigger erotic feelings in her, when you want to turn her on, you will use words like: passion, sensual, pleasure, delight, gorgeous, turn on, exciting, thrill, exotic taste, etc.

These are power words that invoke pleasure in her.

Her imagination is a white canvas where you can let her invoke moments of pleasure she already had.

Ask her about romantic fantasies.

As soon as she starts talking about it, she associates them with you.

Why? Because it is you who is right there with her.

As she invokes moments of pleasure in her mind, a set of biochemical reactions happen in her brain.

These ARE the chemicals of pleasure.

They are proteins that will activate the pleasure memories in her neuronet.

So, all you have to do is bring her safely to the territory of sensual ecstasy and let her describe what she sees!

Open space

Are you a limiting force in her life or are you an empowering one.

Will you be the jealous, demanding and complicate guy or will you be the self confident knight who holds his ground with total power.

You need to see the bigger picture in her.

If you reduce her or limit her, that's how she will feel in your presence!

Don't put her down or you will suffer with her.

Instead, be a catalyst to her full potential!

Sometimes, when trapped in the after sex effect, after ejaculating, a guy might lose interest.

He might retreat back to his cave and neglect her!

She feels rejected and abandoned.

What a pity!

You have all this powerful excitement and chemistry going on for the two of you.

Within an hour, the sexual tension is released and what was a passionate encounter can seem totally flat!

Not the way to go!

This is why I encourage you to experiment with ejaculation control!

Keep your semen! Don't lose it!

This will keep the sexual tension high and allow you to have sex over and over again without losing your passion and stamina.

Okay! I'll be direct with you!

SEX! What women REALLY want!

This ejaculation control is not for everyone and I am sure that many guys will have a totally fulfilling sex life while losing semen frequently.

Now, if you feel something is unfulfilled with your sex life and want to try a new path explore your tantric sex options!

In my experience, that's the way to go!

Here is the link to find out more online:

<http://vitalcoaching.com/tantricsex.htm>

Check it out and let me know what you think!

Or get in touch for a one on one power kick session! I'll tell you more!

<http://vitalcoaching.com/coaching.htm>

www.vitalcoaching.com

Yoni butter and sex lubes

You have a few “tools” that will really enhance your sex life.

The first one is sensual massage oil. The body shop sells a good brand of it.

Now, this massage oil is for external use only. You won't use it as a lubricant before penetration because it can apparently irritate a woman's vagina.

So, use it to massage each other's body.

Put a few drops between your bodies and experience this ecstatic delicious feeling between your skins.

You can use it on feet, bottom and any other body part.

If she likes the idea, she can massage your penis with it as well. Make sure you clean up though before penetration.

I recently discovered a couple of products you can use for clitoris stroking as well.

One of them is called yoni butter. Yoni = female sex in the tantric tradition. You can find it online.

You can as well use an aloe vera gel. It works great as well!

Morning fruity energy

Here is how to make sure that she is in for some exciting sexual play first thing on a weekend morning.

Step 1: Snick into the bathroom and get rid of your morning breath.

If you had intercourse the night before, wash your penis again so that you are ready and fresh for action

Step 2: Go to your kitchen and cut some fresh fruit.

Cut a banana, peel an orange, have some grapes or strawberries.

Bright red strawberries trigger somehow sensuality in her. It's the juice, the color, the taste...

You can make a fresh juice or fruit smoothie as well.

Then go back between the sheets and press yourself against her naked body while you bring a fresh strawberry to her lips.

Fresh live energy gives you a real boost and gets you going for sex.

It's refreshing! It's caring!

It works wonders! Try it!

Confidence + Skills

Being good at sex is an essential part of a fulfilling love life!

Being good comes from two things: confidence + skills!

It's probably 50/50 for each.

Good skills give you confidence and extreme confidence gives you a sexy edge with whatever you try.

Now, you develop skills by having the right sex strategies + Practice!!!

Practice!

Theory of sex is important!

Practice is what makes you master at it!

So, you need to love sex!

Experiment with it!

Try new things!

Be interested by what she feels or experiences when she's in your arms and why!

This book gives you of course a starting point or essential hints but to master these skills you need to engage + practice + keep on learning!

Right Kiss!

This is one of the topics women keep on bringing up when asked about negative sexual experiences!

They recall bad kissers!

The main mistake a guy can make when kissing her is to be too passionate, open and pressing!

Women often mention feeling totally “raped” by a man’s uncontrolled kissing style!

Things like leaking her face or opening a mouth too wide are massive turn offs.

Be subtle!

Play with the kiss!

Let her desire more!

Give her space to engage in the kissing play in her own way.

Play with your lips and apply only the exact pressure.

Use your tongue with awareness and precision.

Don’t abandon yourself in some form of uncontrolled passionate flow.

It’s mainly a matter of being aware of what you!

Once you put some attention to it, the right moves wake up very naturally.

Don't rush!

You can spend hours in foreplay.

Very often guys focus exclusively on what triggers the orgasm rather than looking at the overall sphere of pleasure.

The thing is that you can enter into a pleasure trance and stay there.

It's like an orgasmic state in which the body enters into a whole new energy level.

That's like a mystical breakthrough that changes your life forever.

You can access these states in many ways but let's focus on sex pathways for now.

Your instinct is right.

There is way more than just a one time orgasmic energy rush.

But it's essential to progress with small steps.

This is not a contest or race.

It's not based on performance but on harmony, beauty and energy building.

If you just started seeing each other, it's essential to offer security and comfort.

Let her see that she can totally relax in your presence.

It's good to stay in that zone for about 3 months while you discover each other's bodies.

What does that mean?

That you nurture the romantic space by expanding the sensual and pleasure experience.

SEX! What women REALLY want!

You can eat together, eat with your hands, massage each other's bodies, take baths or showers together, use incenses, candle lights and silks.

Make sure you remove computer, TV and any signs of work from the bedroom.

Create beauty in your sex space.

This will create an environment where your bodies connect on a profound harmonized level.

It creates security and trust which is essential to take this experience to a whole new level at a later stage.

It's not something you can force because the harmony and energy exchanges you develop with this girl grow organically.

They don't grow by force.

They manifest because you give them the space and freedom to expand in their own natural way.

See how it works?

This is a general mind set.

When you enter intimacy with the right mind set, your instincts do the rest.

The details of the techniques are just that, details.

They are naturally revealed as you practice and play together.

What's more important is the mind set you are in, the energy space you build up in and around you.

This is the force that sustains your erotic play and feeds your inspiration.

What you need to do is create space.

www.vitalcoaching.com

SEX! What women REALLY want!

You create time.

For instance, when she comes to visit you, switch off your cell phones and focus on engaging in erotic play.

It's like yoga or any form of training.

The more you practice, the more connection you create.

The deeper you dive in pleasure the more you expand your energy and consciousness.

Get her to ride the orgasmic wave

Here is something that works really well:

Focus exclusively on her.

Very often, couples are entangled in uncomfortable positions that give them little freedom of movement.

What I feel works best is to find a super comfortable position for oral sex or finger play.

You must both be in very comfortable positions that you can easily sustain for 30 or 60 min.

For instance, she's laying on her back and you are sitting crossed legged next to her.

Then, you can focus EXCLUSIVELY on her clitoris for 15 min.

You don't touch anything but her clitoris, which is a tiny little spot!

You use your index and massage it super gently with the top of your index finger.

Use a lubricant, something that won't irritate her vagina.

If she's on the verge of orgasm, get her to ride the wave for longer by touching her more gently.

Get her to be on that orgasmic edge for long minutes of delightful pleasure.

You need to practice this a few times to find the right angle, pressure and finger movement.

Unleash her thirst for passion!

If you are just starting a relationship, it's essential as well not to rationalize too much what you do.

When you are in the romantic phase, there is often lots of passion.

It's good to let this passion flow rather than trying to direct and control everything.

Going with the flow of passion means that there is little structure to what you do.

When you enter into the next phase of your relationship, I would say after 3 months, you know each other already very well.

This is when you can start adding structure to your erotic play sessions.

You can see them like a yoga session in which you will consciously take certain poses or engage in certain practices of erotic exchange.

You do that more consciously and a bit less simply driven by the passion fire.

By doing so, you expand the erotic space and explore new territories being super aware of what you do.

Stop asking questions while you have sex

Women want you to guess!

They want you to get it without having to guide you all the way.

Too many questions are signs of insecurity and lack of experience.

In my coaching sessions with women, I hear them complaining about that frequently.

If you are systematically asking her for what she wants, she takes that a sign of lack of experience or total insecurity.

You have to find the right measure with that.

Asking for some feed back or hints here an there is very good of course.

What we are talking about here is something different.

Women want to feel that you are skilled and good with sex.

Educating you is hard work.

If you don't know what you are doing and they feel that, for them it's like being on a dance floor with a guy who doesn't know the steps.

They want to be able to trust you.

They want to be able to relax and know that you won't hurt them or touch them in uncomfortable ways.

Let's look at real life examples.

You are with this girl.

It's the second time you engage in intimacy with her.

SEX! What women REALLY want!

You are now naked.

She is extremely horny and passionate.

You want to be caring and decide to ask her what she would like right now.

You say something like:

"I could touch you with my finger or with my tongue, or simply have sex, what do you prefer?"

Oups!!!

I tell you exactly what goes on in her head right now...

"Why is he asking me these questions? I don't want to think!! I just want to do it!!! I don't care!"

Sometimes, her reaction won't be as extreme as she will go:

"How sweet of you to ask... Maybe we can just have sex now. I want you so much..."

You see, that a one time question won't necessarily blow your intimate experience.

She can see that as a sign of you caring.

Now, what happens if you repeat this too much and ask her follow up questions after that?

"Should I touch you that way? Or like that?"

"Am I doing it right?"

"Would you like me to stop or do something different?"

She will translate all these questions as signs of insecurity on your side.

www.vitalcoaching.com

SEX! What women REALLY want!

Again, some feed back or questions are ok, especially if you are very confident.

What's not ok is when you systematically want her to educate you and have no idea about what she wants.

Some questions scream lack of confidence in the way you ask.

Some questions will be confident questions, simply to let her know you are attentive to her needs and she can relax.

Especially when she is taken by the waves of passion and she just wants to go wild, asking questions forces her to abandon her fire and start thinking.

By asking her this question, you might force her out of wild instinct mode into thinking mode.

That's a totally different energy state.

That's not good!

That's a chemistry and pleasure killer.

It can destroy a moment of passionate exchange instantly.

So, you hear me say before that asking for feed back is actually good.

What do I mean exactly?

I mean that there is an element of timing here.

The best moment to have in depth discussions about what she wants or likes is the day after.

Ask her for feed back the day after

This is another core tactic to get it right.

Sometimes, guys are convinced that what they do is fantastic.

An ex girlfriend complimented them a lot on their clitoris licking skills for instance.

So, they have this new girlfriend and assume that she likes it too.

Maybe she doesn't!

Maybe oral sex makes her extremely uncomfortable and the way you kiss her even hurts her a bit.

Why is that?

Because different women have different bodies and different tastes.

For instance some women have very sensitive nipples while others don't feel a thing when you kiss them there.

Some women will scream of pleasure as soon as you even whisper on their clitoris while others need way more pressure to feel aroused.

You can try to guess but that's like walking in the dark.

The best way is to ask.

But! Don't ask in depth questions while having sex.

A little feed back check while you are engaged in passionate sex is ok.

But this must be only one very short, targeted and confident question here and there.

For instance, you can smile, look at her straight in the eyes while you touch her labia for the first time and say:

"Is that ok?..."

SEX! What women REALLY want!

To make sure you are not going too fast or making her uncomfortable.

That's a one time question, not an ongoing dialogue.

You are just signaling to her that you care and she's safe with you.

The best moment to get deeper feed back is the day after.

You wake after a wild night with her.

You are having breakfast on her bed.

You can say:

- "You are a delicious lover! Last night was fantastic! Is it ok if I ask you a couple of questions about you, what you enjoy most?"

If she smiles and likes the idea, you can say:

"Last night, for you what was the highlight of our erotic play?"

Listen carefully to her answers and ask her follow up questions like:

- "You mean when we were just going wild?"
- "How did that make you feel"
- "why is it that this what you liked the most?"
- Etc.

Once you checked the highs, you can ask her:

- "Is there anything that happened that made you uncomfortable or didn't feel nice?"

Usually, right there, she will pause and say something like:

- "Nothing! Everything was perfect"

You see her thinking and you realize there could be something...

SEX! What women REALLY want!

Be gentle... Smile and say:

- "It's ok... You can tell me..."

Her:

- "Well, in the very beginning, the way you were massaging my breast was a bit too much. I like the touch but you need to be more subtle otherwise it almost hurts... Here let me show you..."

Whaou!

Now she's teaching you something!

Great!

You:

- "Thanks so much for letting me know... So, when I do this... That's nice... When I touch you that way... Not nice?"
- "Ok! Got it"

See? This is positive feed back exchange and you just learned something about her you could have done wrong for years if you didn't ask.

Here is another question you can ask next:

- "What would you like to see us do more? Either from what did last night or maybe something we didn't try yet..."

These are really powerful open ended question that can open a whole new line of communication in your couple.

Don't overdo do it of course.

You don't need a debriefing session each time you have sex.

I would say that once in a month to once in a week sounds like a good rhythm.

www.vitalcoaching.com

SEX! What women REALLY want!

If you are deeply and actively engaged in daily sexual exploration, frequent almost daily feed back sessions work really well.

Also, if you want to ask some of these questions before you even engage in any form of intimacy for instance on a first date, that works too as well.

That's called sexual communication and is a powerful to create chemistry!

Sexual communication

The best way to trigger sexual attraction in a woman is to talk about sex with her.

Now, how do you do that?

You ask her questions.

They don't need to be sexually related at first.

They do touch on feelings, emotions, passion and excitement.

For instance, you can say:

- "I can see you are a girl who can get very passionate. I can't tell exactly in what situations you feel the most thrilled, though... Give me a hint! When are the moments where you feel totally excited about life? Besides shopping... shopping does not count or it's too obvious..."

What happens when a girl invokes what she feels excited about?

She actually brings these emotions in her and starts associating these emotions with you.

Why?

Because she is sharing them with you at that exact moment.

Now, you notice that in this question, the word sex was not even mentioned.

You suggest something vaster than that: emotions, thrill, and excitement, right?

Once she opens up, it is very easy to follow up with a more sexual question which sounds like:

SEX! What women REALLY want!

- "I hope I am not offending you if I ask this... Let me check... Yes, you look open minded ;) It should be ok! I won't end up with one of your high heels pinned across my chest – So, sex! – What about sex? – What type of sex do you like? – And don't mention your ex – From today on he is off topic anyway..."

This is an example of a lively conversation that can grow in a very exciting connection with this girl.

You will see her getting more passionate about sharing her experiences.

When she does, simply keep her in track.

Make sure that you add excitement by asking her follow up questions like:

- "And was this the first time you felt like that?"
- "How does your body react when a man does that?"
- "Did this emotion stay with you just for a minute or did you still feel it the following day?"
- Etc.

When you ask her follow up questions, you are saying: "Tell me more!"

Different women – Different needs

While most women have many traits in common, they do have essential differences in their tastes.

The fact that a given technique worked really well in your past relationship doesn't mean that the same technique will be effective in your new relationship.

This is why your sexual experience with a given woman expands over time.

After 3 months of sexual exploration, you can know pretty well a woman's needs and be skilled at fulfilling her desires.

Her body is a bit like a music instrument.

Not all instruments are the same.

You have different ways of playing.

And not all ways of playing fit all instruments.

Imagine that you have a violin in your hands.

Or that it's a drum you have in front of you.

Different styles!

Different approaches, right?

She will have different tastes too.

It's like the music she listens to.

Not all women like the same music.

With sexual preferences the same applies.

Some women will enjoy a very soft, gentle and romantic approach.

SEX! What women REALLY want!

While other women want rough sex and are turned off by sharing of feelings!

One woman might enjoy oral sex a lot, while another simply prefers penetration or the gentle touch of your finger.

It is the same with kissing styles.

She might enjoy a lot you sucking on her lower lip or might be annoyed by it.

All these differences are subtle!

The point is to listen and be receptive.

We already talked about feed back minutes the day after.

That's a direct way to find out what she likes.

Another direct way to find out is to be extremely attentive to her emotional and physical reactions when you do something.

These reactions tell you exactly what she wants.

It's important to free your mind and see that her needs and her pleasures are her agenda.

She knows what she wants!

She knows what she likes!

Many guys make the mistake of engaging in sexual play with a fixed agenda.

They think:

"Here is what I will do to you – I know you will like it!"

The thing is that in the beginning you don't know for sure!

You must engage in sex with an open mind.

www.vitalcoaching.com

SEX! What women REALLY want!

You have many cards you can play!

Your job is to find out the right moves, right energy and right attitude for that specific girl.

www.vitalcoaching.com

What attitude works best with her?

Sex is not just physical of course!

It has a lot to do with attitude!

What do I mean by that?

That if you are in the wrong mind set, you can totally miss the point with her.

If you date a girl who likes power and money, she'll probably be allergic to your dread locks!

If she's an artist a more creative approach will touch her!

If she's into healthy living, don't offer her a beer!

Subtle differences that will mean EVERYTHING for her.

You need to speak her language and adapt who you are and what you express to her needs.

Of course, I already mentioned this fact concerning sexual action but you need to expand this to the way you speak, your body language, the way you dress or how much power you express.

Does that mean that you have to forget who you are and reshape your life according to what she wants?

Of course not!

We are talking about subtle differences here.

Subtleties in body language and communication style.

In general, most women will be receptive to the same kind of behaviors in guys:

SEX! What women REALLY want!

They will like humor, manners and energy.

They want a guy who can express his power and confidence!

These traits work for any woman!

If you are good with one woman, you will tend to be good with any woman.

However, it's when you want to fine tune your game that you need to be more attentive and receptive to her responses.

This means that you can play with different attitudes at will.

You can be firmer or kinder.

You can be funnier or more serious.

You can be fiery or at peace.

You can engage with lots of passion or be subtle and refined.

Each attitude you embody is a whole set of skills by itself.

You don't need to master them all.

What matters is that if you notice that your attitude does not create chemistry, listen!

Try something else until you hit the chord!

See how it works?

That's when sex becomes an art.

Sex is an art form!

It is an art form because it is one of the most powerful creative acts!

Think of her body like a music instrument.

You fine tune the way you play and you let your inspiration guide you.

Sex is far from being a mechanical act!

You become a master at this game when you dive way deeper into erotic play and enjoy every bit of it.

Many guys engage in sex totally focused on hitting the orgasm chord in her.

Sex is way more than that!

It is a play of energies!

It is a subtle exchange of refined emotions.

It's an opportunity to merge into each others essence.

It is an access to unlimited emotional freedom.

It is an exploration of inner pleasures.

It is all that and way more!

It is through sex that you can even sometimes find meaning to life!

I know!!! Big words but that's true!

You can be a catalyst in her life and give her access to worlds of pleasure she could never dream off!

You can be an agent to allows her to unlock her body's energy!

As a guy she trusts, you are in a very privileged position!

SEX! What women REALLY want!

She trusts you with her body!

She is open to you!

She offers herself to you!

She is like a white canvas you can play with.

You want to own that power and that trust.

To master this art form, you need to be willing to play!

A lot!

It's more than quickly engaging in sex and getting done with it.

Sex is a target by itself.

You don't have sex so that you can do something else after.

You engage in sex because the beauty and pleasures you trigger fill your being and expand your consciousness.

Tame your insecurities!

If you have lots of insecurities, she will feel them and reflect that back to you.

Power and confidence are attitudes you train.

If you are not naturally confident, you fake it until you make it.

What does that mean?

It means that by adopting confident attitudes, gestures, behaviors or tone of voice, you literally create that confidence.

This confidence eventually becomes your new nature.

Sharing your insecurities will do the exact opposite.

If all she hears from you are fears about sex, reflections of your performance anxieties or insecurities about your lack of sexual experience, how do you think this will make her feel?

She is not your therapist!

She is your lover!

She wants to play without having to hold back!

She will see that you have some gaps in your game!

That's not a big deal!

What she wants to see is that you are ok with them and willing to learn and practice.

You don't need to have it all figured out when you meet her.

You are human! You might make mistakes or be inappropriate here and there.

What matters is that you are not stacked.

www.vitalcoaching.com

SEX! What women REALLY want!

No guys starts as an erotic master.

These are skills every man has to learn and train.

Some guys will learn faster than others, that's true!

But what really matters is that you move forward.

www.vitalcoaching.com

Give her the space to please you

Ok, we talked a lot about pleasing women!

This tip is about giving her space to please you!

Have you noticed how proud and focused she is when she takes your penis in her hand.

Or how dedicated she is when she approaches her lips to your sex.

She is proud of what she knows!

Pleasing you gives her lots of satisfaction.

Why? Because she wants to be number one in your mind.

She wants to be better than your past lovers.

She wants to show you how good she is!

She wants to own her seductive power!

It is an instinctual need!

It is like a precious asset she knows she has.

Many guys feel uncomfortable and want to reciprocate on the spot when she focused on pleasing them.

You don't have to!

You can relax and let her take the lead.

Should you tell her if what she does turns you off?

The answer is yes!

But the timing and way to do that need to be right!

You don't give her challenging feed back when you are having sex!

That's unless she's really hurting you.

If it's just discomfort, be ok with it and tell her the day after.

The feed back minute is this sexual conversation you have the following day.

The key rule to make sure these feed back minutes run smoothly is to give lots of positives before you share a negative.

You will say things like:

"I really enjoyed the way we kissed and took time for that. The way you were dressed totally turned me on. I liked it a lot when you turned around and invited me to take you from behind..."

See? Lots of positives!

She needs to hear that and be valued for what she does right!

When you share positive feed back, give details of what you liked.

Instead of simply saying: "I like having sex with you..."

You give details, talk about your senses, what you feel when she touches you, what happens in you when she orgasms and so on.

After you give her the positives, you can say something like:

"There was one thing that felt slightly uncomfortable... When you were on top and bending backwards... At one point it was a bit too much..."

SEX! What women REALLY want!

It's challenging for me to follow you that far when I have an erection...
You can make the same move but simply don't bend back to that
extreme..."

You see, it's a gentle feed back and she can easily take it if there is no
finger pointing and you are not criticizing her.

You simply share how something made YOU feel.

Be gentle

A woman you date might have had traumatic or negative experiences associated with sex.

This is one of the core challenges that might stop women or men from engaging in sex.

In fact, next to their fantasies and desires, people often have at least some fears or negative emotions associated with sex.

These can be:

- Sexual abuses from childhood or adulthood.
- Past rejection experiences.
- Performance anxiety.
- Fears of STDs.
- Moral guilt and shame associated with sex.
- Judgment from others.
- Etc.

In other terms, sex can be both a source of pleasure and pain.

When someone engages in sexual exploration, they overcome their negative emotions associated with sex and start playing.

This means that their desires and sexual drive are stronger than any doubt or fear they might have.

Now, if she expresses resistance to engage in sexual play, you must be ok and super gentle with that.

It means that the negative emotions associated with bad or traumatic experiences overpower the desire to play.

This is something to keep in mind at all times!

Girls might show LOTS of vulnerability when engaging in intimacy.

SEX! What women REALLY want!

Sometimes, her steps are fragile and she needs all the support and care she can get.

She needs to feel physically and emotionally SAFE!

This is why it is so essential to be totally respectful and understanding of her needs.

If she expresses resistance to play, the first step is to totally respect and acknowledge her emotions.

Tell her she is safe with you and that you totally understand what she is telling you.

Tell her as well that you are ok with everything she feels right now.

You notice that when you reassure her, she often relaxes and easily warms up to the idea of gently going a few steps further.

She might have faced powerful traumatic abuses in her childhood.

She might have been heavily rejected by an ex lover and be afraid to open up again.

Or she simply might have fears about STD's or being used for sex.

Create a safe and respectful space!

If she can't or doesn't want to play, the ONLY way to respond is RESPECT!

Forcing her or using coercive power or threat is NOT OK! EVER!

You get the message, right?

Safe sex

This is of course a vast chapter and there is plenty of info online, so I won't dive into it here.

Because this is an book about sex, I want you and your partner to stay safe of course.

Two key guidelines: use a condom and limit your casual sex encounters.

Please, in the name of you and your partner, don't do anything that would put your health in danger.

Stay safe, ok?

Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

<http://vitalcoaching.com>

To your power!

Francisco Bujan