

Lesson 93: Foreplay

"Now that that's out of the way, let's talk about sex!" I declared next.

"Yes!" he exclaimed before stressing, "And you kind of have to hurry because it's only a couple more minutes before we get back!"

"Think of sex like this," I began promptly. "Sex is the process by which two people who are mutually attracted to each other gradually get to experience each other more intimately. They physically move closer and closer toward each other, at a comfortable pace, all the way up until the man ends up inside the woman."

Pete chuckled.

"It's a funny way of thinking about it, but it's very true!" I pronounced and continued, "**Making out** precedes **sex**. The **first kiss** precedes making out. **Holding her hand** precedes the first kiss. Etcetera. So before you get to sex, you should understand all the steps that should happen first before you get to that."

"Makes sense," he maintained.

"And everything that happens before sex occurs is what I consider **foreplay**. I absolutely love foreplay. Women do too. What do you think that means for you?" I began.

"That I should too," Pete answered.

"Correct," I affirmed. "But before engaging in foreplay, it's best to make sure the **environment** is conducive to sexy time."

"The environment?" Pete wondered.

"Absolutely. For sexy time to happen, it greatly helps to have the proper lighting, some soft, passionate music, and hopefully a comfortable, clean place to sit down next to each other and talk," I answered.

"Oh, I get it," Pete pointed out and added, "Set the mood."

"Is your room clean?" I followed.

"There's dirty clothes everywhere, actually," he confessed.

"How about your living room?" I asked next.

"Living room should be pretty good," he answered.

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“So here’s what you should do,” I addressed, “Sit her down, get her a beverage, make sure she’s comfortable, then excuse yourself to use the restroom. While you have that time, straighten up your bedroom so she’s not turned off by a big mess in case things lead back there.”

“Okay cool!”

“Since you two have already made it to the **hand-holding stage**,” I continued, “that means you’ve passed that level and you can hold her hand again at the soonest possible time that it makes sense.”

“Got it,” he followed.

“Once you really understand how to move through these stages, you could actually go ahead and kiss her in the parking lot before even getting up to the apartment, but I don’t want you to get too far ahead of yourself. That’s a master-level move in seduction I don’t think you’re ready for,” I shared.

Pete laughed, “Alright, I’ll wait for a little more experience.”

“So the next step you want to take after holding hands is sliding into the **pre-kiss body language stage**,” I continued.

“Pre-kiss body language?” repeated Pete inquisitively.

“Correct. Pre-kiss body language is a form of cuddling or close touching between two people that causes the positions of their bodies to be within kissing distance,” I explained.

“Okay,” he followed curiously.

“I told you all about how you should execute the first kiss earlier, right? Do you remember?”

“Yes,” he confirmed.

“Once you have your first kiss in the books and she seems to have liked it, move to the **make-out stage**. That’s a place where you can use a lot more tongue as you kiss her and also begin touching or fondling her body parts over her clothes.”

“Plenty of tongue, huh?” he muttered.

“Yep. You can even lightly bite or suck her lips while you kiss her. And I definitely suggest massaging her tongue with yours.”

“And you also said fondling her body parts?”

“Yes, most definitely. Remember, as you’re touching her you’re continuing to observe if she’s enjoying that,” I answered.

“Yes, I will.”

“If she moves your hands away indicating she doesn’t want you to touch her breasts, for instance, let her move them away, but you don’t necessarily have to stop making out with her if she’s clearly okay with that,” I continued.

“If she moves my hand away from her breasts, I can try again later?” he asked next.

“You can, but you need to find a way to make her feel *more comfortable* before trying that again first,” I ordered.

“Understood,” he confirmed.

“If she does enjoy when you are fondling her body over the top of her clothes, you can begin to reach under her clothes to touch her,” I instructed and added, “All this while continuing to make-out with her.”

“Hey, could you text all this info to me so I won’t forget?” he pleaded.

Lesson 94: Touching Her

“Yeah buddy. You bet,” I affirmed as I pulled up a pre-made visual illustrating this process on my phone and sent it over before continuing (Reference 3). “If she likes your hands on her body, there’s only one place left to put your hands...”

Pete laughed and replied, “Down her pants?”

“Correct,” I confirmed. “Do you know the best way to **touch** a woman’s vagina?”

“Two fingers?” he answered hesitantly.

“You can actually use as many fingers as you want because you’re not sticking them inside of her, at least not yet. What you want to do is flutter your fingers lightly right on the top of her slit,” I explained and added, “Because that’s where you can find a woman’s **clit**.”

“Flutter my fingers at the top towards her clit,” repeated Pete so the concept was cemented.

“Right. And her clit could be hiding behind her lips so feel free to use two fingers and gently spread the lips open before moving your finger to it.”

“Got you,” he noted.

“You’ll know you found it when you feel the little button at the top of her slit.

“Then what do I do when I find it?”

“Start playing with it like a little joystick!”

Pete laughed. “That’s lit!”

“Or I’ve also heard some guys refer to it like plucking a bass guitar. In either case, continually **vary your speeds and applied pressure.**”

“Alright, nice!”

“Now I don’t really want you to penetrate her with your fingers until after a few minutes of playing with her clit first. Then as you begin to feel her vagina seems nice and moist, that’s when you can slip a finger inside.”

“Got it,” he declared determinedly.

“And as you have a finger inside of her, that leaves your thumb in the perfect place to play with her clit again,” I continued.

“Kind of like a finger gun?” he proposed.

“For sure!” I answered and asserted, “I say this because **women love the feeling of clitoral stimulation combined with G-spot stimulation.**”

“**G-spot?**” he questioned.

“It’s the meshy area up and under the pelvic bone on the inside of her vagina. It’s 12 o’clock; so your finger gun would need to become more of a fishhook,” I explained.

“Okay, cool,” he confirmed, confidently comprehending how to make a woman feel good with his fingers.

“Hey, man,” I added, “Another good idea throughout this process is to just **directly ask her how it’s feeling or how she likes to be touched.** Some women like you to touch certain areas in a certain way and the best way to find out how she likes to be touched is by simply asking her.”

“Oh, that’s definitely good advice,” he replied.

Lesson 95: Tasting Her

“Now, as long as she’s responding well to being fingered, I would take it to the next level and look to move down south in order to eat her out,” I began. “You’re not scared of going down on a woman, are you?”

“No way!” he announced assertively.

“Good,” I noted and continued, “Depending on what she’s wearing, you may need to remove her pants, lay her down on her back, and pretty much do to her clit what you were doing with your fingers, only this time, do it with your tongue...”

“Mmm,” Pete hummed.

“I really like to tease and torture my wife’s clit with my tongue while at the same time applying pressure to her G-spot using one or two fingers inside of her vagina,” I professed.

“Oh, that’s a good call,” he acknowledged.

“It really is for a few reasons. One, you can get a lot of women to cum this way. **I always want to make the woman cum first** because I know myself enough to know that once I cum, sexy time is usually done for a little bit,” I said with a chuckle.

Pete laughed briefly before saying, “I see.”

“Two, it can take a while for a woman to cum through penetrative sex and I’m guessing since you haven’t had many dates in a while, it’s also been a minute since you’ve had sex as well. That means you might cum pretty quickly once you are inside of her.”

Pete chuckled and confessed, “Oh, yeah. You’re probably right.”

“Three, and this might not pertain to you or everyone, but while eating a woman out, I personally get very horny myself. You’ll see why that’s important in just a minute,” I maintained.

“Okay,” he voiced with a slightly confused tone. “Please be quick, bro. We’re at the traffic light, about to pull into my apartment complex.”

Lesson 96: Sex

“I’ll say it now then,” I declared. “So after *ideally* making her cum with your mouth and/or fingers, you know the final step in this process will be to penetrate her with your penis.”

“Um, yes,” he expressed, chuckling. “You’re just gonna come right out and say it just like that, huh?”

“More or less,” I laughed.

“You’re funny,” he asserted before asking, “Have any tips for me on how I can be good at sex?”

“Of course,” I stated. “So, the number one thing women love during sex is feeling your **hardness**.”

“My hardness?” he questioned.

“Yes. The hardness of your penis,” I bluntly explained.

“Oh,” he uttered.

“In all honesty, women are not too concerned about a guy’s penis size. What they do *care about* the most is *how turned on they make you*; which is indicated by how hard you are,” I explained.

“So you’re saying a woman would prefer a guy who is on the smaller side and 100% rock hard over a guy who is bigger but only gets kinda hard,” Pete asked, seeking to confirm.

“Exactly,” I answered and added, “And you definitely don’t want your penis to not get hard at all. That will hurt her feelings.”

“Oh, no. I’m hoping that won’t be a problem,” he confessed, a little stressed.

“In case you ever struggle with a little **erectile dysfunction**, all you need to do is get out of your head and into the present moment. Fully focus on experiencing and feeling every wonderful sensation that is happening. The visuals of her naked body, the way she sounds when she moans, the pleasant smell of her body, the sweet taste of her mouth and skin, and of course, the way everything feels to the touch,” I began.

“Everything feels to the touch? Like what?” he wondered.

“The exquisite feeling of the air on your exposed cock getting ready to enter her hot, tight hole,” I mentioned and suggested. “And a strategy I use that is kind of odd but has always been very effective for me is pressing my fingers on both her holes, which makes the moment even more naughty and fun in my opinion.”

Pete promptly responded, “You mean anal?”

“No, not anal sex. I actually don’t do it. That’s a little too taboo for me. But that’s also precisely why it works to turn me on and make me rock hard in the moment. I know anal play is usually

off-limits, but every once in a while I like to press that button a little bit,” I shared and added, “Literally!”

Pete laughed.

“You shouldn’t have to worry about ED though if you focus on experiencing the present moment and finding the unique things you personally find hottest about a naked woman being in front of you,” I concluded.

“So I’m 100% rock hard, now what?” quizzed Pete, speaking quickly.

“You are?!” I jokingly exclaimed.

“No!” he yelled, laughing. “I mean when I become 100% hard, then what?”

“Well, once you enter her, again, do not be afraid to take the lead. Do what you want with her. Move her into the positions, tell her what you want her to do, be so passionate with making love to her that it borders on being a little bit rough. Women are pretty tough. They can handle some physicality. You might be surprised to hear this, **but many women at this point in the process enjoy being ‘taken’ by the man and ‘used’ for his maximum enjoyment and satisfaction,**” I remarked. “Because she finds it hot and understands that’s how strong, masculine men have sex.”

“Okay, period,” stated Pete with conviction before I heard him shift his car into park.

“You home?” I confirmed.

“We’re here!” Pete replied with a tone like he was looking forward to what was hopefully one of the best nights of his life.

Lesson 97: Safe Sex

“One last thing I want to say before you go in! You never know a woman’s STD-status or if she’s ovulating this early in a relationship, so **I highly suggest using a condom if you end up having sex,**” I began.

“Ovulating?” he asked.

“That’s the time of a woman’s menstrual cycle where they are very susceptible to getting pregnant. Trust me on this, bro. You do not want a pregnancy scare with a woman you just met,” I instructed.

“I think I should have some condoms in my bathroom,” he alleged.

“Good,” I approved. “I’m not worried about using condoms for any of the foreplay or even oral sex, but right before penetration, slip one on.”

“Got it,” he confirmed before responding, “I’ll call you after and let you know what happens!”

“You better!” I demanded and left him with the classic expression: “Good luck!”