



STARCHY'S ENCYCLOPAEDIA OF KISSING v3



I consider these notes to be a one-stop shop for advice on Kissing.

I have tried to arrange the chapters in such a way that the most powerful and best info is presented in the beginning.

Take note of these Table of Contents SEARCH terms (search with the brackets included) :

- (PODCAST) *for transcriptions I made*

Regards
Starchy

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STARCHY'S OWN NOTES ON KISSING TECHNIQUE

These notes will summarise some of the information on kissing mentioned later in this document.

Techniques for a First Kiss

1. Make eye contact – let the tension build
 2. Go in 90% of the way, let her come in the last 10%
 3. Mirror her kissing technique / style
 4. Start off slowly and gently at first, little to no tongue action (let her be the first to use tongue). 1) closed mouth; 2) opened mouth, no tongue; 3) opened mouth, just the hint of tongue; 4) full-on tongue probing
 5. Be the first to pullback and stop kissing
-
1. Remember David DeAngelo's 2 Steps Forward, 1 Step Back technique to build Anticipation i.e. When you can sense she's enjoying something, whatever i.e. rubbing her hand, kissing her etc, you can
 - a. Stop completely and back off. After a little while go back in OR,
 - b. Drop back down on the escalation ladder to a point you've already been and then build back up again past that point and to something new & more intimate
 2. Kiss Tests. Use these if you feel the need for reassurance, otherwise remember Style's advice – if you're thinking about it, you probably should have already kissed her,
 - a. Stephane's looking up & down method (alternating looking from her eyes to her lips in an increasingly intense manner) or
 - b. David DeAngelo's hair stroke test
 3. Build up (a la David DeAngelo). Can skip this and go straight to the Look.
 - a. Get a little quieter, let her talk, lean away
 - b. Reach over and gently stroke her hair at the bottom, whilst she is talking
 - c. Pull her in closer, cuddle and still stroking her hair
 - d. Smell her shoulder, just a little at first, for 5 to 10 minutes
 - e. Smelling her neck and ears, (no groping or kissing yet). Whisper in her ear "You smell REAALLY good .."
 - f. Lean back and relax
 - g. She'll try to kiss you. Let her just barely make contact with your lips.
 - h. Lean back and keep smelling her, say to her "Oh you're forward .."
 4. The Look (a la Stephane). Give her the Look that tells her that you are thinking about kissing her. Great as it builds up anticipation on her part as well as teasing her a little.
 - a. In a slow & lingering manner gaze at her eyes > lips > eyes > lips > neck > cleavage (split second) > neck > lips > (lick your lips) eyes
 - b. Do this every ½ to 1 minute
 - c. Repeat the cycle 2 to 3 times
 5. Deep breathes. A deep and slow belly / diaphragm breath. This is to help you relax and be more present
 6. Prepare your lips, lick them they must be semi-moist. Relax them for maximum sensation
 7. Move in. When you feel that unbearable heat,
 - a. Look only at her lips, cock your head and sloooowly move in
 8. First kiss. Two ways to do this,
 - a. The very intimate kiss. Just barely brush her lips and then pull back.
 - i. Cup her face with both of your hands or even just gently lift her chin up for added effect.
 - b. Or the normal kiss, but only for 5 seconds then pull back as if nothing has happened. Keep talking for a few minutes in a relaxed manner
 - i. Whisper to her "That was really nice"
 - ii. Can just kiss her one lip, preferably the bottom lip
 9. Repeat steps 2 to 5. Each time escalating the Intensity and using Variety (as mentioned in next chapter).
 10. Keep at it like this for 2- to 30 minutes, till she makes the first sexual move

Summary notes on Kissing

1. Incorporate touch (& foreplay) into the kiss
2. Looking deep into her eyes vs. both of you closing your eyes
3. Match your breathing to hers, slow it down & deepen it, sense your beating heart. Then gradually you lead the breathing and she'll match yours
4. Breathe & whisper in her ears,
 - a. how soft & smooth her skin is
 - b. how warm her body is
 - c. how intoxicating she smells
 - d. how much your emotions are being overwhelmed
 - e. how much she is turning you on
 - f. how sweet her lips taste, how soft they are
 - g. how you love the way her hair smells
5. Vary the length & pressure of the kiss,
 - a. small kisses between big kisses and kiss places other than their lips
 - b. just grazing each other's lips is very intimate and teasing
 - c. simply tilt your heads from side to side and let your breath mingle
 - d. lick your partner's lips slowly, with the very tip of your tongue, then blow on them, creating different sensations between warm and cool; this makes already sensitive lips the most tingly zone in the body.
6. Vary the use of your tongue
 - a. Speed, pressure, depth
7. Varying the kino
 - a. Hold the face, caress hair, slide your hand down the back. Each one will enhance the kiss that much more.
 - b. Pull her in closer to you then put your hands on her hips and gently caress her sides & tummy with your thumbs
 - c. Rubbing her arms
 - d. Massage the small of her back with your palm
 - e. Massage the back of her neck with the lower part of your palm
 - f. Running your hands up & down her back
 - g. Resting your hand under her ribs, on her hipbones, in the small of her back
 - h. Grabbing her hands, interlocking fingers together
 - i. Cup her face with both your hands
 - j. If she's slightly shorter, lift her chin up to you with the crook of your forefinger
 - k. Push her hands away from her body or above her head. Dominance again
 - l. Pulling her hair gently. Run your hand up the back of her neck and grab a handful and squeeze gently. Killer move. Dominance
 - m. Running your hands through her hair
8. Kiss and lick
 - a. the nape of her neck (and shoulders) especially on the jugular vein. Killer move
 - b. her ears, her collarbone and jawbone just below her ear
 - c. her chest and inside her elbows
 - d. her navel, the back of the knees
 - e. lightly the neck, use your soft hot breath to linger over the ear. Move your soft lips down the neck to the very sensitive area where the hairline stops. Lick and nibble.
9. Bite (softly) / Nibble her earlobes, alternating with light sucking of the lobe
10. Smelling her hair & the nape of her neck. Very powerful. Dominance
11. Kiss her face & closed eyes with butterfly kisses, kiss her forehead very gently in an endearing manner. Intimate
12. Push her down onto the sofa/bed or push her up against the wall, pressing into her. Dominance

13. Every now and again pull back, get some air, gaze deeply into her eyes
14. Cherish the bottom lip
 - a. Suck it gently & let go as you pull back
 - b. Nibble on it gently
15. Take turns exploring each other's mouths, let her take the lead once in a while. Allow her tongue to set the tone, follow it where it goes. Allow the tongue to dance together, teasing it, melding with it, moving together, and apart.
16. Tongue action. Remember the top of her tongue is the most sensitive
 - a. Make your French kissing more intense by alternating deep tongue penetration with soft pecks and slithering tongue action. Lick, suck, nibble, tease and you'll find that lingering as you lock lips lengthens the build-up and enhances any ensuing ecstasy.
 - b. Flicker the tips of your tongues
 - c. Rotate tongues in circular motions
 - d. Play chase back & forth
 - e. Suck your partner's tongue
 - f. Gently bite their tongue
 - g. Caress the outside of her lips with your tongue
 - h. Massage her tongue
 - i. Suck/Nibble on her tongue
 - j. Follow her tongue's lead for a while
 - k. Explore the inside of her lips slowly
 - l. DON'T bayonet her rapidly with your tongue or use each other's mouths to recreate the motions of sex, with lots of thrusting
 - m. Wiggle your tongues quickly in each other's mouths and have little sword fights when you're in there. This kiss can be quite aggressively sexy.
 - n. Lead with your tongue, placing it on your partner's lower lip and drawing the rest of the mouth in towards you
17. The idea here is to not end the kissing too suddenly.
 - a. Suck in whilst closing/sealing their mouth with yours
 - b. Hold their lips as you pull back
 - c. Repeat
 - d. Slowly slide your tongue in
 - e. Massage their tongue with yours (slowly in & out)
 - f. After a while, get more intense and vigorous
 - g. The start slowing down, gradually decreasing the intensity
 - h. Eventually no tongue at all
 - i. Normal kiss finish
18. Try kissing something else first.
 - a. For instance, hold her in your arms
 - b. Then while holding her, kiss her hair.
 - c. Then kiss her neck.
 - d. Then kiss her ear (you can kindly bite it too).
 - e. Then keep holding her but push her away a little bit so you can see face, look into her eyes for a second and kiss her.
19. Tease your partner, make her come after your lips
20. Escalate gradually from Soft & slow to Fast & passionate
21. The endorphins that you release when you're aroused actually block pain receptors, so be bold – bite and snap at each other when you're kissing during foreplay
22. Kiss like there's nothing you'd like to do more than to be right there with your woman, kissing her
23. Connect your lips and then don't move. A kiss that will build your anticipation for everything else as it builds intimacy

STYLE (AUTHOR OF “THE GAME”)

Knowing When to Kiss

Besides all the various tests from Stephane and David DeAngelo, the best advice on this topic IMHO, is basically if you're thinking about kissing her, you're probably already way past the point when you could've been kissing her .

STEPHANE'S NEWSLETTERS

www.idealasm.com

Knowing When to Kiss

First of all, you will know WHEN to kiss girls the moment you get over your fear of disapproval. The moment you break out of that mental prison is the moment your problems with woman are SOLVED.

Because fear distorts the lines of communication.

FEAR is what blocks your natural INTUITION.

Fear is the opposite of love baby!

That said, for me anyway, I usually get a TINGLING feeling that starts in my head, and spreads down.

That is how I know it's "On" (and she is attracted to me).

I'm scanning my memory banks right now as I write this, and it's mostly a tingling sensation, and a sensation of warmth as well...

But you guys, I know what you're asking me.

You want a TRICK, something you can do to MAKE ABSOLUTELY SURE that you won't be rejected.

So here is something you can try that is very simple.

The first thing I do is to tilt my head to one side as I'm talking. It's like a secret body-language code for "We like each other and we're curious to explore more".

Next, as you're talking to the girl, defocus or "soften" your eyes... then you slowly, slowly, slowly break eye-contact and look down... at her nose... her mouth... her chin... her neck... STOP THERE (don't stare at her breasts). Stop at her neck.

Then from her neck you will slowly go back up to her chin... then her lips... you can now bite your lower lip at this point (if you dare)... don't make a big deal about it... now go back up to her nose... and meet with her eyes again.

There you go.

This whole "down and up" routine should take 3-5 seconds.

At this point, you will know if she wants to be kissed.

If you're still not sure, then do the "down and up" routine one more time. It will amplify things, as well as "test the waters".

Another thing you can do while talking face to face is to slowly move in closer to her face, just a little "too close". Then slowly pull back... move back in... pull back... over and over as you're talking.

Of course, I learned all of this stuff from observing woman and what they do to me.

When you've decided to try kissing her

Now, when you finally decide to try kissing the girl, I suggest that you tilt your head a little to one side, LOOK ONLY AT HER LIPS, and move in for the kiss VERY SLOWLY.

Because there is a point where she will realize that you're ABOUT to kiss her, and this gives her time to think about it and decide if she wants to kiss you. So it is a non-threatening way to go about it.

WORSE CASE SCENARIO

If you do it this way, the worst that can happen is she will turn her head or pull back. This is a KEY POINT in the interaction and actually not a bad place to be in!

Because what do MOST GUYS DO when the woman dodges the kiss?

Some guys will APOLOGIZE and say something dumb like, "I'm so sorry! Oh my God, I'm such a loser!" (Or something like that).

On the other hand, some guys will not take no for an answer and start groping or forcing themselves onto her. Yuck.

My suggestion is DO NOT APOLOGIZE, AND DO NOT GROPE. If you can avoid those two behaviours, you will effectively "save face".

What you might say to her is, "I don't want to make you uncomfortable. Perhaps I should go..." (You will notice that this is NOT an apology!)

MANY girls have pulled me back in when I said that and kissed me. I think it's because NOW they realize that you're SAFE. You didn't freak out, or grope, and you didn't apologize like a loser, so you've earned her trust.

OR they will confess something such as, "It's because I have a boyfriend. I should have told you earlier." Or something like that.

Maybe she's a lesbian, lol...

Another thing you can do if she pulls back and dodges your kiss is to say NOTHING and keep talking.

If you treat it like it's not a big deal, then it won't be! (Typically)

Then you keep talking, face to face, notice if she's into the conversation... CALIBRATE... and then you insert, wash, repeat. You kiss her again.

Another thing you might do (if she dodges the kiss) is to say, "Shhh... it's okay... my ego is not offended...No worries... We'll kiss later... it's all good, you can trust me." (And keep talking)

Of course, you will dramatically increase your chances with her if you can get her ALONE. Many girls are afraid of what their friends will think, etc. if they kiss you in public, so getting them alone is a very good idea.

If she kisses you back

Woman are gonna thank me for this advice:

-Kiss her SOFTLY, use very little tongue, and don't kiss her for too long!

-The first kiss should last no more than 5 seconds (in my opinion), otherwise you'll appear too NEEDY AND EAGER AND HORNY (Like every other guy).

-While you kiss her, you can softly brush her cheek ONCE with the back of your hand, as a sign of affection.

-Another thing you can do, usually on the second kiss (to amp the passion), is to grab her firmly by the shoulders while you kiss her. Just don't overdo it.

-Fractionate by kissing her third-eye sometimes. This is very powerful, and will make her whole body tingle. She will quiver. (The "Third-eye" is her forehead, and even though "science" doesn't realize this, there is a CHAKRA energy centre located right there). I actually PREFER kissing woman there because they can feel it in their whole body.

It's just a kiss!

Kissing a girl is not a big deal AT ALL.

About two years ago, I was out with my two girlfriends (at the time) and we made a friendly bet on who could kiss the most people.

In 25 minutes I kissed 7 girls, and they only managed to kiss 4 and 5 (guys and girls – I didn't kiss any guys).

So that's my personal record, lol... (By the way, I don't recommend that you do this – it tends to lower trust, hurt feelings, etc.) I'm just trying to make a point that it's very easy to do and not a big deal at all.

Of course, it helps to show up at a bar with two cute girls (one on each arm).

Woman will view you VERY differently if you do that.

It's like they think, "He's one of us" or something. They immediately feel comfortable because you know the score, you understand woman. They trust you immediately in many cases. In other cases, they hate you and actually think you're a pimp. Oh well!

Anyway, woman typically do not view kissing as a big deal at all!

I can remember when I first started going to clubs, sometimes I would make out with a girl, go to the bathroom, FALL IN LOVE, and then come back to the bar to find her kissing someone else!

Then she would come over and talk to me as if nothing had happened... ouch.

This has happened to me enough times now and my conclusion is that many woman don't view kissing as a big deal at all. And it's not (unless you think it is).

So when in doubt, JUST KISS HER!

Like I said, if she pulls back, all you need to do is NOT get angry and NOT become apologetic, and you will have saved face.

Escalating Physically

As with all of the different phases of a successful pickup, escalating physically is a piece of cake also, as long as you do it well.

Assume that you are now alone with your date and comfortably seated somewhere. I'm also going to assume that at least 2-5 minutes have transpired and that the two of you are enjoying each other's company. I like to kiss woman "a little too early" and I do it for several reasons.

First, I know that if I succeed in kissing her, it will speed things up between us exponentially.

Second, kissing is a great way to qualify each other on a deeper, more intimate level. You can learn a lot about someone from the way that they kiss. Third, I know that even if the woman turns away and dodges my attempt to kiss her, I know how to handle myself in that situation in such a way that I'll actually earn more trust, respect, and attraction. I'll get to that in a minute.

Now, here you are, enjoying a wonderful conversation with a woman you've just met. You've already qualified her a little bit, and therefore you both know WHY you're here. At this point it's perfectly safe and appropriate to start amping up the heat and attraction between the two of you.

This is how you do it (triangle gazing):

First, gently move your eyes down and gaze at her lips, then move back up to her eyes. Then go back down to looking at her lips, and this time go a little bit further... look at her neck... now keep going down and look at her cleavage (for less than half a second!) before going back up to her neck... then her lips. Once your gaze is back up to her lips, I want you to LICK YOUR LIPS and then go back up to resume making eye contact.

Voila.

Repeat that procedure every 30 seconds to one minute. After you've done this, say, 2-5 times, the "sexual tension" (I hate that phrase. Let's call it HEAT.) between the two of you will be sky high. It will feel like you're sitting in an oven with her.

You MUST Escalate Physically. Failure to do so is what causes most guys to end up in the "just friends category." I suggest that you mentally rehearse doing this a few dozen times before you actually try it because trust me, a bold move like this will challenge you to the core. Most of the men whom I've taught this to reported that they chickened out during this all-too-important phase...

While you are doing this, the most important thing you can do for yourself is to BREATHE. Just breathe. When you breathe deeply all the way into the belly, it becomes physically impossible to get nervous. Anxiety is associated with short, shallow, quick breaths. Deep breathing is KEY KEY KEY during all phases of your pickup and your life. I've been teaching this for years and I guarantee you that only 10% of my clients have been taking it seriously. It's the most important piece of advice in this book. Now that you've been breathing deeply while doing what we might call the "Lip lick move" and things are HOT between you, it's time to move in for the kiss.

The way I like to kiss woman is probably very different than what most guys are doing. I think that most guys have watched one too many movies where the main stud quickly grabs his girl and passionately plants one on her.

I'm not knocking that move, but I have a different style that works better for me.

Here's the way I do it:

Once I'm ready to kiss her, I will look ONLY at her lips while I cock my head slightly (to the right or left) and SLOWWWWWLY move in to kiss her. The reason I move in so slowly is twofold. First, I want her to know, under no uncertain terms, that she's about to be kissed. Second, I want to give her enough time to decide if she's ready, because if she's not ready to be kissed yet, I want to allow her the space to be able to pull away. I never, ever want to make a girl feel trapped, or forced, or uncomfortable in any way because that would cause me to lose her trust.

Now, do you recall when I said that even if the woman turns away and dodges my attempt to kiss her, I know how to handle myself in that situation in such a way that I'll actually earn more trust, respect, and attraction? You lean in super-slowly to kiss her. She's not quite ready, so she turns her head away. Now, most guys might interpret this situation as "rejection" or "failure" and that can be a pretty embarrassing spot to be in. Are you with me?

What do most guys do when a woman dodges their kiss? I think that most guys will typically respond in one of two ways –

-Guy 1 - Anger. Deep down, guy is really embarrassed and his male Ego kicks in. Guy does not accept the situation as it is and proceeds to pressure her into it. "What's the matter?? C'mon baby!"

-Guy 2 - Guilt and shame. Again, guy is embarrassed and this triggers his "inner-wuss." Guy proceeds to APOLOGIZE for trying to kiss her, and probably gives up entirely. Obviously, this is NOT the way to earn more trust, respect, and attraction.

As soon as a woman dodges my kiss I will say, "Shhh... it's okay... we'll kiss later, but right now I just want you to feel comfortable." Acceptance is the key, and please, DO NOT APOLOGIZE. Of all the things you can do to a person, kissing them is hardly the worst! You will notice that my interpretation of the situation is different than that of Guy 1 and Guy 2. I don't view it as rejection or failure; I see the situation for what it probably is – she's not yet comfortable enough to let herself be kissed.

Aside from that, can you see how my acceptance actually earns more trust, respect, and attraction? If you can't see this yet, don't worry about it. You will when you're in the situation. I've had woman respond so well they actually looked at me and said, "Who are you???" and then kissed me. That has happened a number of times because I'm one of the first guys who didn't act like Guy 1 and Guy 2. I didn't take it personally and I presupposed that we would kiss later.

Now, if you SUCCEED in kissing her, I suggest that you keep it "short and sweet." Kiss her for a maximum of 5 seconds, then pull back as if it's nothing and keep talking. Just act like it's the most natural thing in the world (because it is). Whether you've kissed her successfully or not, the next step is to "insert, wash, repeat." Talk with her, face to face. Keep on using the "Lip lick move." Try kissing her again as soon as you feel the "static" or 'heat.'

Don't worry about the actual content of the conversation at this point. No need to be so clever and interesting. Just keep the conversation going smoothly, and try to avoid topics like George Bush and the war in Iraq. Now is not the time to start talking about your religious beliefs and why you think it's perfectly fine to eat red meat.

Now, if you are NOT able to successfully kiss her, it can be for several reasons. Maybe she has a boyfriend that she never told you about (that one comes up a lot). Maybe you're totally mis-calibrating the situation and there is no "heat." Maybe she's playing "hard to pet" because she likes you and that's how she treats guys that she's attracted to. There are as many potentials in this situation as there are woman roaming the Earth. It's hard for me to give you advice at this point because of the many different potentials, so use your better

judgment. I'm a big fan of open, honest communication. As a rule of thumb, whenever I start to seriously feel uncomfortable with a woman, like there's something bothering her that she's not telling me, I simply ask her, "What's the matter? Is everything ok?" If she opens up, that's great, but if you can't get her to communicate openly and honestly about her feelings, proceed to the next step.

DAVID DEANGELO

www.doubleyourdating.com

Knowing When to Kiss (Hair Stroke test)

(Taken from the Double Your Dating ebook)

So now we're in the house... and I take her for a tour... and either sit down on my bed to talk to her or on the couch... wherever we kind of wind up. And I just kind of get a little quieter and let her talk while I look at her. I lean away from her and keep looking... sometimes looking away as if I'm thinking about something.

Then, I reach over and start stroking her hair while she's talking. I stroke down at the bottom first. If she's OK with this, I take it as a sign that she's WAAYYYYY into me and is probably going to be wanting sex within 60 minutes (if you have any doubts, ask a woman if she'll let a guy stroke her hair while she's on his bed on the first date if she's not into him).

This is a big piece of the puzzle that I've figured out... I used to do all kinds of massages and other stuff, but I now use the simple hair stroke test. **If they like their hair stroked, they are at VERY LEAST going to be making out with me in short order, period.**

163 mailbags

How To Kiss A Woman

The secret is ANTICIPATION.

Anticipation is such an important concept when it comes to "getting physical" with a woman. I believe that it's important to incorporate it into every part of your interactions with a woman... really.

Now, if you really don't know how to kiss a woman, then I have a recommendation:

Start Slow, then Mirror what she does

Here's how to mix this strategy with **ANTICIPATION**. Let's say that you decide it's time to kiss her. You use the "Kiss Test", and she's enjoying it... so you lean over to kiss her.

Just as you start to kiss her... when you first feel your lips touching hers... stop right there. Brush your lips back and forth on hers a little bit... then pull away without actually kissing her.

Then smile at her. You'll probably be sitting there thinking "Why the hell didn't I just kiss her?" She'll probably be sitting there tingling all over, and feeling like she wants to jump on you.

Next, lean back. Talk a little more. A few minutes later, touch her hair again. Then lean over to kiss her again. This time, go VERY slowly... gently press your lips against hers. Hold them there for a moment, and feel how she responds.

If she kisses you the same way, then just stop, lean back, and relax again for a few minutes. The next time you kiss her, open your mouth just a little bit, and see if she does the same.

Do this a couple of times. At some point, she will probably start "escalating" the kisses, because the anticipation is just too much for her. At this point, stop her. Push her away, and smile. **MORE ANTICIPATION.** Just keep mirroring how she's kissing you as things get more and more intense. This is a great way to "learn" how to kiss... and she'll enjoy it, because you'll be doing exactly what she likes!

How To Get Physical With A Woman

MOST MEN ARE DEATHLY AFRAID... Most men don't know the **FIRST THING** about how to take things to a "physical" level with a woman.

Here's why:

Let's say you've been out on a date with a woman, and you're now back at your place, having an enjoyable conversation. You look over at her. She looks back at you. You want to kiss her. She **KNOWS** that you want to kiss her.

You know that she is the one with all the power. If you try to kiss her, and she pulls away, she might reject you forever. If you **DON'T** try to kiss her, maybe it will happen later, or maybe she'll even kiss you...

The risk of being rejected **FOREVER** is so powerful and creates such fear that you decide to just "walk away" from the situation and hope something happens later.

Or let's say that you've been out with a woman a few times, and you have just kissed her for the first time. You know that she's enjoying it. She knows that you want her. You'd **REALLY** like to do more, but you're afraid that if you try, you'll be seen as "moving too fast", or even worse... a "pushy pervert". You hate the idea of being rejected after you've invested all that time and come so far ... so you decide to stop and hope that maybe things will "heat back up" later.

WE'VE ALL BEEN THERE.

If you really stop and think about it, the reason why you run into problems in situations like these is that:

- 1) You don't understand exactly what turns woman on.
- 2) You are afraid of rejection.
- 3) You don't know what **SHE'S** thinking, so you hesitate.

I honestly believe that most men **CAUSE** their own problems and resistance when it comes to "getting physical" with a woman. Yes, you read that right... **MEN** are the ones who **CAUSE** the problems. It's not the woman! It's the fact that you don't understand the situation, what's **REALLY** going on, and how to proceed.

What Women Want .. but will never tell you

Here's a little secret that most woman will **NEVER** share with you ... **they know what's on your mind.** Woman can tell what you're thinking! If you want to kiss her, but you're nervous about it, **SHE KNOWS.** If you're kissing her and want to do more... **SHE KNOWS.**

Here's the **KICKER:** If you're afraid of her rejecting you, **SHE KNOWS.** Really.

Woman are approximately **TEN TIMES** as good at men when it comes to reading and interpreting subtle body language, and **THEY KNOW WHAT WE'RE THINKING.** Let me correct myself. They know what **MOST** men are thinking. If you understand the dynamics of how and why woman become sexually aroused, then **EVERYTHING CHANGES.**

Let's talk a little bit about the topics of **RESISTANCE** and **REJECTION.**

Here's an interesting thought: In their book "Sexual Interactions", Albert and Elizabeth Allgeier mention that in one study almost 40% of woman reported refusing sexual intercourse when they actually WANTED it. They call this "The token no". What's going on here? By the way, before I discuss this, I want to point out that this DOESN'T mean that a woman wants a man to force himself on her. NEVER force a woman to do anything.

Woman enjoy ANTICIPATION. Anticipation leads to sexual arousal. Write that down. On your forehead. You need to remember that woman like the idea of WANTING and EXPECTING what's going to happen.

The reason why a lot of woman say that they don't want to sleep with men even when they do is because the man doesn't GET IT. Men act like they would enjoy it if a woman just took off her clothes and said "let's do it". Woman act like they want a man to chase them around all night... and then MAYBE do it. Maybe.

So if you want her to feel more turned on, and to get less "resistance", then USE ANTICIPATION. I have a technique that I teach that's called "Two steps forward, one step back". This is a way to INCREASE a woman's sexual arousal and AMPLIFY the ATTRACTION that's already present in the situation.

Here's how it works:

Let's say that you're talking to a woman at your place, and you start holding her hand. After a few minutes, take your hand back and STOP.

Lean back. Keep talking. A few minutes later, reach over and take her hand again... and keep talking. Then, lean over and kiss her (use "**The Kiss Test**", as described at my website and in Double Your Dating). After you've kissed her, STOP.

Lean back again. Keep talking. A few minutes later, reach over and kiss her again. This time, kiss her for a little longer. Kiss her a little deeper. Then stop.

Lean back. Smile.

ARE YOU WITH ME? When you use this technique, you will be absolutely STUNNED at the results. First of all, it completely changes the situation. Instead of a woman RESISTING you, she'll be much more likely to try to get you to DO MORE. She'll very likely be confused.

She'll be thinking to herself "What's going on here? Most guys try to push themselves on me, or they don't do anything at all. This guy seems like he's so in control of himself. And I keep getting more turned on. Maybe I should tell him that we're not going to sleep together tonight. But this is so great..."

And the best part of this technique is that IT'S WHAT WOMAN WANT YOU TO DO! Of course, they'd never TELL you this. And even if a woman COULD explain it, she wouldn't WANT to tell you. Woman want men who ALREADY GET IT.

Chemistry And Sexual Tension Explained

The reality of this situation is that most attractive woman know EXACTLY what Chemistry and Sexual Tension are... and they can describe them in DETAIL... but most men have literally NO IDEA... they're completely clueless.

How is it POSSIBLE that one of the most important aspects of attracting a woman is something that most men know NOTHING about? And how is it that almost ALL attractive woman are totally "in the know" about this stuff? Are woman keeping a secret from us guys just so we won't be able to break the code?

I mean, think about it ... if you were an attractive woman, would you want to find a guy that you had to TEACH the concepts of Chemistry and Sexual Tension to... or would you want a guy who just "got it" on his own ...

"naturally"? You'd want the guy who already "got it". So more likely than a conspiracy against clueless men, woman just naturally respond to men who GET IT, and DON'T respond to men who DON'T.

So let's talk about these concepts a little bit more. When a woman uses the word "Chemistry", as in "There was chemistry between us" or "I want to meet a man and have natural chemistry", she's talking about ATTRACTION.

Chemistry is about a woman perceiving that she and a guy are "naturally compatible" because her emotional and physical sparks fly when she meets or is around that guy.

NOTE: I did NOT use the word "logical" here. Chemistry is NOT the result of a woman meeting a man and then thinking to herself "Let's see... he is six feet tall, has a good job making 37% more than the medial salary, is the correct age for child rearing... I think that we have a natural chemistry...".

For a woman, Chemistry is either THERE, or it ISN'T. There's no two ways about it.

Unfortunately, most guys hear the word "Chemistry" and they think it somehow equates to "The guy must be good-looking so the girl thinks he's sexy... and since I'm NOT the most handsome guy alive, woman won't feel it with ME". This is only because most guys don't get that you can make a woman feel ATTRACTION for you REGARDLESS of your looks, age, income, height, or anything else.

So let me repeat : **"Chemistry is about a woman perceiving that she and a guy are "naturally compatible" because her emotional and physical sparks fly when she meets or is around that guy."**

Now let's talk about Sexual Tension. Sexual Tension is about the interaction.

It's that feeling you get when you're in the presence of someone you're attracted to, but there are OBSTACLES, ANTICIPATION, HUMOR, and/or other ingredients in the mix that both increase the ATTRACTION, and increase the TENSION in the situation.

Sexual Tension is the combination of being pulled toward someone, but also feeling resistance at the same time. It's about not knowing what's going to happen, but being on the edge of your seat WANTING to know what's going to happen.

Think of it this way ... If a woman KNOWS that she has you right from the beginning, she won't be as interested... this is why so many guys kill their chances with a girl instantly by going "overboard" and doing too many things to demonstrate his interest.

But if she DOESN'T know whether or not you're interested, and you keep the mystery up, while making her more and more interested, she will think about you ALL THE TIME. This is creating Chemistry, and increasing the Sexual Tension.

Will a woman feel more ATTRACTION for a guy who always talks to her when he sees her, always calls her, and is always available? No. She'll feel more attraction if he's more **mysterious, challenging, and unpredictable**. Remember, Sexual Tension is GOOD for attraction, not bad for it...

So let's talk about some great ways to create Sexual Tension... which will NATURALLY lead to that magical feeling of CHEMISTRY. Here are a few of my favourite ways to create and amplify Sexual Tension:

Two Steps Forward, One Step Back

This is the ultimate formula for AMPLIFYING a woman's anticipation, arousal, and interest in you. Moving two steps forward, and one step back takes Sexual Tension, and DIALS IT UP.

The idea is simple: **Every time you make "progress" in a romantic way with a woman, STOP. Then lean back.**

For instance, if you have been talking to her, and you start holding hands... after a few minutes, TAKE YOUR HAND BACK.

Then lean back physically, and move away from her for a little while.

If you wind up kissing a little while later, STOP kissing her, and lean back again.

Get it? Woman don't get turned on quite the same way men do. Men are on/off switches. Woman are volume knobs... that need to be turned up gradually. If you show some self-control, make her feel good, and then go two forward, one back you will give a woman an experience she'll really enjoy, and won't forget...

Double Your Dating ebook On Cuddling

I personally love to cuddle. I discovered something almost entirely by accident one time when I was talking to a girl on the phone one night. We were having a discussion about the differences between men and woman and I said something to this effect:

"Do you like to cuddle? I really like to cuddle... as a matter of fact, if I had to choose between cuddling and sex, I'd choose cuddling. Now don't get me wrong, I love sex... but cuddling is the best... can you cuddle all night?" Then I said, "I really like to kiss, and I can just kiss and cuddle... and touch someone all night... and feel wonderful..."

By the time I was finished, she started saying, "I'm really getting turned on right now"... she actually asked me to have phone sex with her!

I've had this happen on the phone several times since, and it's not a coincidence. When you're talking to a woman, if you start talking about kissing, cuddling, touching... and you are very specific about it... "I like to run the tips of my fingers over the part of your shoulder where it touches your neck" ... a woman will start to actually experience it.

How To Take The Next Step

OK, so we're on the way home from coffee (because I said, "OK, let's go...") and we're back at my house. Here's one that I love... If it's at night, look at your watch and say, "Well, I have to get up early in the morning... but... OK, you can come in for a few minutes..."

This is perfect! You're talking to her like she's trying to convince you to let her in, and she hasn't said anything! Nice. (Read it again if you didn't pick up what I said.)

Then I just walk in and let her follow. (By the way, again, I always open doors for woman, walk on the outside of the curb, and pull chairs out, etc.) If you act chivalrous and bust her balls at the same time, you'll be rewarded with good things from Santa.

So now we're in the house... and I take her for a tour... and either sit down on my bed to talk to her or on the couch... wherever we kind of wind up. And I just kind of get a little quieter and let her talk while I look at her. I lean away from her and keep looking... sometimes looking away as if I'm thinking about something.

Then, I reach over and start stroking her hair while she's talking. I stroke down at the bottom first. If she's OK with this, I take it as a sign that she's WAAYYYYY into me and is probably going to be wanting sex within 60 minutes (if you have any doubts, ask a woman if she'll let a guy stroke her hair while she's on his bed on the first date if she's not into him).

This is a big piece of the puzzle that I've figured out... I used to do all kinds of massages and other stuff, but I now use the **simple hair stroke test**. **If they like their hair stroked, they are at VERY LEAST going to be making out with me in short order, period.** I'll occasionally do a hand massage here or a little neck massage, but next I pull her close to me and cuddle with her... and then land the killer.

I have personally always liked the way woman smell... so when she's laying next to me with my stroking her hair, I begin to smell her shoulders... just a little at first, and then more and more... while stroking her hair. Within about 5 or 10 minutes, I'm smelling her neck and ears... no kissing, and no groping at all. Never! I'm just smelling, then leaning back and acting like I'm completely enjoying the smelling, and it's relaxing me. Try this, my friends... if you can keep on smelling... she'll get so turned on that you won't believe it! At some point she'll try to kiss me... which is what I'm waiting for. I will let her lips get close to mine... even touch just a teensy bit... and then I'll back away and keep smelling. I might say, "Oh, you're kind of forward" ... love it. After a few of these, I'll kiss her... and run my hands through her hair... the whole romantic kiss thing... then, again, I'll stop. This kind of teasing and teasing is very stimulating to woman. They love it.

I'm waiting for her to start doing something that is sexual... for instance grinding her hips on me... or grabbing my ass... whatever. When I'm patient, the woman will usually do something that is subtly sexual FIRST. This is key, as she's then the aggressor.... Then I do a little verbal move and say, "All you have to do is say PLEASE." I'm laughing as I write this... damn this is great. So the first time, she'll say, "No no no... I'm not going to beg you..." and I just say, "OK"...

Then I roll over or just lay back and look up... away from her. This usually makes the woman begin to wonder what the heck is going on and come over and start cuddling, kissing, etc. me again.

I keep on with the sensual kissing, breathing in her ears... all that good stuff... and when she gets worked up again and I hear her breathing getting faster, heart rate increasing, etc., I just say, "All you have to do is say PLEASE..."

OK, you get the idea... I keep doing this until she says, "OK OK, please... please..."

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Weblog

Rob - The Kiss

A little while ago I was asked to write an article about kissing technique. Here's what happened.

On stormy spring nights like this one, when the cool rain only does more to encourage the heat to rise ever so slowly, like a rolling white wave of pleasure off the black pavement in front of my window...yeah...on nights like tonight, you have no clue what I'm going to do to you when you come over.

And so I turn off the lights and light a candle. Actually I light three, because I want to be able to see how your

eyes sparkle in the dark no matter what position we're in. Yeah...I know I never told you that before.

And that's how you found me when you walked in the door - surrounded by candles, glowing with heat. And you looked surprised as you shut the door behind you and grinned that mischievous grin that you do when you're thinking those thoughts that make your cheeks flush a lighter shade of rose, and then you locked the door.

And you smiled as I walked over to you and held your arms out to welcome me in, and as I wrapped my arms around your waist I tilted my head to the side and looked at your red lips and you looked at my lips and did the same. And our faces moved together, our lips a whisper apart...and you're waiting for me to release this tension in your body and stir your soul with the heat of this kiss that hasn't come yet.

But I didn't kiss you, I just held us right here, not a whisper apart, waiting for it.

And you were curious. Why am I not kissing you yet, you ask? I don't move. You told me, "If you are ever in doubt as to whether or not to kiss a girl, always give her the benefit of the doubt." And I smiled because I know you're quoting Thomas Carlyle, and I find that sexy as hell.

And I again moved in to kiss you and our lips were again a whisper apart.

This is the heart of desire.

There is nothing like this tension. I never really knew how good it felt to release this kind of pressure until I'd fully experienced what it's like to try to contain it in the space between a whisper and a kiss. And I moved my lips against yours, but only slightly. And in response your lips...with a hunger...puckered against mine in a final thrust **to relieve this agonizing tension.**

And this is exactly what I was waiting for.

Because when you did this, I slid my hand up your back and took a loving fistful of your hair at the base of your neck and pulled your lips gently away from mine before they had a chance to experience the release you were seeking.

You glare hungrily at me. You know the game now and don't want to play.

I know.

But I can be persuasive.

And I slid my hands under your ass and picked you up and against me and threw you against the wall, our bodies pressing together and my head in the crook of your neck. You turn your head away and let my lips roam across your neck.

In a rough voice I breathed out, "Mmm, I like your perfume." And then in the heat of that moment, when bodies were melting, you said something that I can only assume came from some deep and passionate place in you. You said, "And where should I wear perfume?" And I answered with my lips against your ear, "Wherever you want to be kissed."

And I in this pose, with you squirming against me with every hint of a kiss on your neck, when I had you like this I said, "You should be kissed..." as I kissed that vein in your neck that makes you moan, and then continued, "And often," as I kissed you right under your ear and made you melt into my body. And then, softly,

into your ear, "And by someone who knows how." And you don't like old movies, so you'll never know that Rhett Butler said that in *Gone With The Wind*. And even if you did, I don't think you minded. And you flung your head back so that your hair whipped behind you in one of the sexiest moves I have ever had the intimate pleasure of experiencing.

And I carried you over and laid you down. And laid myself over you, our lips again a breath apart. I wanted to...believe me I did. You are so tempting on nights like this. **But in this job, I've learned to resist temptation. And I've found that it only builds more tension. And that tension is on you now. Lucky girl.**

Red lips, so close together they should be the same pair - but not touching. Not yet. You jerk forward and press your lips against mine. But I close my lips. You can't pull me into you that easily. I pull your hair back again and move my lips close to yours. Again, your lips pucker in acceptance, in submission, and I place mine against yours, and you open your mouth and I open my mouth and you begin to kiss me, but I pull you away again and slowly, in a hot breath, move my mouth down and bite your lip - soft at first, then harder. And when your eyes widen in surprise and pleasure, I suck a little on it so you can enjoy everything about that intimate experience that sends tiny little shockwaves through your body.

And when your eyes focused again you began to say in a near-breathless voice, "You..."

And that's when I pressed my lips against yours and finally broke the barrier and broke the spell that kept us from fully experiencing the love, passion, pleasure, pain and lust for each other and let it go...yeah...let it all go, and melt away into a sea of you and me and everything we're going to do together...just let go and ride the wave. Yeah...just like that.

And later, much later, you asked me, "Why did you wait so long to kiss me?"

And I told you, "Because that's when it felt right." Because a kiss, after all, is a trick to stop speech when words become meaningless.

Apprentice.TheCharismaticMan.com

Taking The Terror Out Of Day Two

During the date, escalate: I can't stress this part enough. Like most of us, I'm not in this for pleasant conversation. If I like the girl, I want to hook up on the first date, and if I don't I'm disappointing both of us.

But oh, how I used to torture myself in making this happen. "Does she kiss on the first date?" I used to wonder. This usually resulted in waiting until the end of the night, then chickening out or making a half-assed kiss attempt and being turned away. Then beating myself up over it.

We all have different extents to which we want to hook up on a first date. But I think some kind of physical escalation — holding hands, if nothing else — is essential to keeping the relationship from sinking into the Friend Zone. If you want to be respectful to the woman and you see her as long-term material, that's all the more reason. **Woman respect guys who escalate.**

So here's the simple way to solve the problem. **Kiss her during the date, not after.** Once I got in the habit of this, I started having so much fun that I dated a different girl every week just to relive the feeling. My favourite argument for in-date kissing is the scene from "Annie Hall," where Woody Allen kisses Diane Keaton before dinner so "we'll digest our food better."

What helped me clear this hurdle last year was the sexual barrier I learned from Dan: "I've been wanting to kiss you for the last 10 minutes, but the bartender's watching, so we'd better wait." This almost always led to a make out within seconds, but it was never about the technique. It was about everything I did before that.

As for my second dates? I love making dinner at home. I'm even willing to take her shopping for the groceries.
Greg "The Glove"

CHARISMATIPS.COM

How to Kiss a Girl!

I am staring at her lips as she speaks.

I so want to kiss her but is the time right?

What will she do if I kiss her and she is not ready? Will I get slapped?

Oh that deep fear of rejection, my nemesis, stop plaguing my thoughts with doubt.

That's it, I am going to do it. I am just going to kiss her. We have been talking long enough!

But wait... more talking...

Is it ok to interrupt her and kiss her?

Actually come to think of it do I need to say something before I kiss her?

Why is this so hard!!!!??

Kissing a woman was the one thing that was always so confusing to me. It looked so easy on TV and in the movies. Just lean in and kiss her. I only wish it was so simple. So on my journey to understand myself and women I came up with two techniques that I have used over and over to get out of my head and start kissing her.

The important part of kissing is the lead up. You just can't start kissing a girl out of the blue (well you can but not without really being able to read the situation well). If you are following the Dating Decoded method you know you should have done the following:

- Connect and relate on emotions
- Appreciate her for a character trait
- Make a Statement of Intent based on another character trait
- Understand her Relationship/Social Logistics
- Begin to flirt with something like the "Stop It!" game or other playful teasing if she responds to it

If it is all ahead go with the above then it is time to start thinking about kissing her. Here is my two favorite methods for initiating the kiss:

I Can't.. They're Watching

I look her deeply in the eyes and confess, "I have been thinking about kissing you for the last twenty minutes. - pause for effect-, but I can't because the bartender is watching."

At this point I have to read her a bit. If she seems like what I said is a positive thing or at least she isn't leaning away or looking very uncomfortable I leave it for a moment for her response. If it is obvious I moved too fast then I just ask a completely unrelated question and keep going. I averted the disastrous rejection. More likely

than not though, I have just given her a tool to give me permission to kiss her without being too forward. She will come back with “Really? I don’t think he is watching..”

I lean in to kiss her; right before it happens I pull back and say, “Damn, I just can’t. I think he is watching again.” Grinning a sly grin.

She at this point is racked with anticipation, right as she is about to say something, usually like a stammered “Uh, no.. I REALLY don’t think he is watching..” I lean in and assertively kiss her.

Adapt it to whatever situation you are in. The person watching could be the security guard, the homeless guy, if you are alone in the woods on a hike it could be that you believe big-foot is watching. It really doesn’t matter who is watching as long as it is someone who isn’t really watching.

Shh.. I am kissing you now

This is a technique that you HAVE to exude a confident mindset for. This is an all guts or no glory move but is amazing in its results.

While she is talking to you start staring deep in her eyes and occasionally at her mouth. Reach out and put your finger up to her mouth in a “Shhhh stop talking a moment” gesture. Lean in and kiss her confidently.

After the Kiss lean back and with a sly grin say “There now I can pay attention to what you were saying.”

She will usually stutter a few words and say something to the effect of “uh.. actually I completely forget what I was saying.” Kiss her again



LIZ - GETTING INSIDE A WOMAN

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Chapter 5: (Mind-blowing, Earth Shattering) Sex

Kissing and beyond...

A kiss is the gateway to sex. Everything “before” a kiss can be seen as friendly and cuddly. I’ve held hands with gay male buddies and had my best female friend rest her head on my shoulder (and vice versa) while watching a movie together.

Just as the date shows me a sample of what spending time with you will be like, the kiss is a sample of what sex with you will be like.

Most men are terrible kissers. I’ve been slobbered on more times than I care to recall. Thankfully, I’ve also experienced some pretty amazing kisses.

Which kind of kisser are you? The slobber-all-over-my-face and make-my-tongue-feel-like-it’s-stuck-in-a-tornado kisser? Or are you the I-got-wet-just-from-kissing-you kind of kisser?

I dated one guy whose kisses were so good that I stayed with him, even though he was a jerk to me, just so I could kiss him again and again.

If you’ve ever had a woman suddenly recoil or “get weird” after a kiss, chances are it’s because you’re not very good at it.

Don’t worry, kissing is actually a lot easier than you think it is.

You just have to understand the basic underlying principle that kissing is an exchange of energy, not a mechanical action.

Most women get this (I know because I’ve kissed a few), and it’s very important that you get this too if you want me to go beyond kissing with you.

The way to be an amazing kisser is to relax. Turn off the mind chatter. Enjoy the sensation of my lips and tongue. Enjoy the natural push-pull that will occur. Now, carry that all the way through the sex.

Don’t assume that this means you have to go slowly. Fast, hot sex can be just as good as slow, sensual sex. The main thing with pacing is to make sure that you aren’t leaving me behind.

I’ve been with men who got so eager once it was clear what was going to happen that I literally felt physically overwhelmed, like I was being attacked by some kind of animal. On the other hand, sometimes a guy has taken it soooooo slooooooowly that I felt impatient and would take the lead to speed things up (“C’mon already, I’m horny, let’s go!”).

Pacing is really about checking in and making sure that you and I are in the same rhythm. It’s all about keeping the natural push-pull that started with that amazing kiss.

I’m also looking for you to explore all of my body. Yes, I know, breasts and asses are great. And I’m personally a big fan of my clitoris. But a woman will feel divine if you explore every part of her body...arms, legs, neck, back, stomach...touch all of it. Smell it. Lick it. I want you to explore all of me!

When things feel good, I'm focused on how good they feel, and my mind isn't wandering to the grocery list, what I'm doing tomorrow, or worse, the internal argument about whether or not I'm being too slutty by putting out before getting to know you better.

ROOSHV.COM

The Fast Kiss

From Bang:

You'll notice I gave a way to start the date without accounting for whether you kissed her or not in your previous encounter. That's because even if you did kiss her beforehand, you can't just greet her with your tongue—you have to "start over" again and rebuild the energy from the last time you saw her. It's like re-priming a pump. When it comes to the first date, the only difference that prior kissing makes is towards the end of the date, when you are most likely to get farther.

How important is it to kiss a girl when you first meet her? There are a couple ways of looking at it. The first: Does kissing a girl increase the likelihood of her returning my first call? From my experience and that of my friends, it seems to make **no difference**. That's because kissing is really not a big deal in this culture, where girls will kiss a guy just because she is intoxicated and her friend is already hooked up with another guy. (But in Argentina, for example, the kiss is a big deal and probably would increase chances of a return call).

The fast kiss actually does two things: (1) it keeps you on task and (2) it makes the first date a lot more exciting. When you're talking to a girl and your goal is something vague like "build attraction," what happens is you may overdo things like humour for the sake of being interesting and miss an opportunity. Instead of thinking of how ready she is to receive your mouth, you are wondering what your next awesome conversational piece will be. But if your goal is to kiss her, you will do just enough humour or teasing or conversation until you get those subtle signs to progress things by touching and glancing at her lips instead of talking. You should be getting the kiss under the two hour mark, but 45-60 minutes is more ideal. (If your mind is saying "That's crazy!" then you need to work either on your game or venue selection.)

If you don't kiss her when you first meet, the most you will probably get on the first date is a makeout. Since it's difficult to get the makeout out of the way early in the date, you have to wait until the end, and by then she will most likely not be prepared for doing much more. But if you did kiss her when you first meet, she is far more open to going past that. **She is going on a date with a guy she already kissed because she wants to do more.** I don't think I had sex with any girl on the first date that I didn't kiss beforehand.

The Fast Kiss II

It's very important to get the kiss out of the way as quickly as possible because it's rare you will bang a girl the same night you first kiss her. For example, let's say you first kiss a girl at the end of date one. Then it will be hard to also bang on that date. You may bang on date two or three. But if you kiss her when you first met, there is a much higher chance you will bang on date one. Get it?

I'm extremely reluctant to get a number from a girl who I don't at least come pretty close to kissing since I'd have to invest a minimum of **two whole dates** to get the bang. Honestly, what percentage of girls out there are actually bearable to hang out with for several hours of time that two dates entail? 2%? 4% tops? Don't be bamboozled into spending time with a worthless chick, which is safe to say every chick you will talk to this year except one, two if you're lucky.

This is why I go for the kiss even if I don't think I will get it. So the girl senses I'm about to make a move because I'm getting closer to her face and then gently pulls back—big deal. But now she knows what I'm about

and if she goes out with me (and she will if she sticks around), it's as if she has signed a legal document accepting all the moves I may choose to do, including any attempt to weasel my way back into her place. I guarantee you she will show up on the first date with a clean, shaved vagina because of the aggression I displayed when we first met. **Speed is of the essence.** On a long enough timeline enough variables will be introduced into her life that prevents you from pumping her. But once you already bang, who cares? You got what you wanted, and can begin the cycle of meaningless birth and death anew with another hole. Giddy up.

First Date Kiss

Excerpt from my book Bang:

I cannot stress how important it is to kiss her by the end of the first date. Except for one exception, a virgin, every girl I have ever had sex with was kissed by that time. If we are aiming for sex by date three, a very reasonable goal, we need to get the first kiss done quickly. Otherwise it will take much longer to get there and you will enter the very dangerous territory of committing to a girl who is probably getting what she wants (attention, validation) at your expense. Kissing a girl by the first date is such a huge and reliable predictor of upcoming sex that I don't bother calling girls who resist it. With so many girls out there who are comfortable with intimacy, it'd be a waste of your time to go down the rabbit hole of a relationship with a girl who is going to blue ball you. You need to know how a girl is in bed before you decide to make a real investment in her, and it would be a large waste of your resources to wait until date eight or so to find out that she is a dead fish. Don't buy the juice before you get a squeeze.

Almost two years after these words were first published, they still hold true: I've never had sex with a girl I didn't kiss by the first date. While most of the sex I get now starts with a one night stand, I find it impossible to imagine how sex could occur promptly if the kiss doesn't happen quickly. Actually I can try:

First date (\$60): Awkward hug.

Second date (\$35): Kiss on cheek, maybe peck on the lips.

Third date (\$120): Kiss on lips, but no groping.

Fourth date (\$8): Kiss on lips plus groping.

Fifth date (\$45): Hooking up on bed or couch, but no clothes come off. Brief titty grab.

Sixth date (\$20): Girl resists at bra removal stage (you fumbled with the hooks for too long).

Seventh date (\$2): Sex.

Assuming you have 1-2 dates a week, this process takes a month and an estimated cost of \$290. Yeah sure that's one way to do it. Here's another way to do it:

First hour (\$0): Talking and then make out.

Second hour (\$8): Hand firmly planted on her ass.

Third hour (\$0): Transition to second club.

Fourth hour (\$8): Sloppy hook up with other girls watching, giving me that sexy eye.

Fifth hour (\$0): Drunken animal sex on her uncomfortable futon.

There is nothing like extremely fast, impersonal sex to brighten any night. As for the thrill of the chase, isn't five hours enough? How many hours did our ancestors spend hunting game on the savanna? One hour maximum. Men are built for short, intense bursts of activity, not prolonged courtship where all energy is drained and the power shifts to the object being chased.

Kissing Technique

Continuing on the kiss theme, here's an excerpt from Bang:

Don't overdo the kiss. She may interpret your desire to constantly kiss her as neediness. You always want to leave her wanting more by stopping short right before you think she is getting satisfied. If on a first date I kiss a girl for say a total of five minutes, I'd rather do it in five one-minute bursts than one five-minute session. After you pull back from the first kiss of the date (it will always be you that pulls back from kisses first), wait a good 10 minutes before you go back in again to show her that kissing is not a big deal, and resume conversation like nothing major happened. Re-entry is best when another natural silence in the conversation takes place. Feel free to throw in a couple fake-outs where you get really close like she thinks you are going to kiss her again but you pull back and continue conversation. Be unpredictable about when you end kisses—sometimes you go in for a minute, sometimes two minutes, and sometimes only twenty seconds. Save the extended make-outs for when you get her in a bedroom. You want to tease her—blue-balling yourself in the short term—to turn her on so much that she doesn't resist when you escalate in the bedroom.

Here's all you need to know about kissing girls:

Less is more.

Less is more.

Less is more.

You're not in college anymore. There is no reason to open your mouth wide enough that a kitten's head can fit into it and then go crazy. Unless the girl is drunk (or Brazilian), she will not enjoy it.

If you spy on dates you see two kinds of guys. The guys who don't give a fuck, where the girl keeps coming into him, and the guys who try to kiss the girl at every instant he gets, like he's scared she's going to walk out on him if he doesn't release his tentacle grasp upon her. Which guy is going to get his dick sucked hard by the end of the night?

For about the first two dates, you will be trying to kiss her more than she kisses you. But by date three, once her attraction for you is hopefully cemented, it should be the other way around. She should be on you like a wet rag, kissing you to claim her territory in front of other girls. If it's the other way around and you're trying to claim her as territory, then your hold on her is weak and she will soon get tired of you because you are needy and desperate. Also, you're leaving a trail of drool flowing down on her chin. Might want to get that with a napkin.

SEXUAL MASTERY SEMINARS – NEO (& DAVID WYGANT)

Neo Young of Complete Lover fame

lover@thecompletelover.com

Seminar 1 – 3/19 – Opening & Kino (PODCAST)

10m:00s Opening a woman and dating her

20m:20s The first kiss

- Your sexual skills start from the way you first approach her and the way you first kiss her
- Tease her with big, strong lips. Don't stick your tongue in like a lizard
- Give her a little kiss, let her feel your lips
- Touch her face and her hair
- Pull her close, push her back. Push-pull

Seminar 2 – 3/26 – Kino to Kissing (PODCAST)

17m:15s Touching guidelines : Leading her via touch

47m:50s (11) Caress her head and hair

- Caressing her head and hair is now the next level, because like holding hands this is very intimate. She has to be very comfortable with you to do this, stroking her hair is almost reserved for the bedroom
- So you're holding her hand and massaging it anyway so just go ahead and massage her head first.
- Use a kind of octopus tentacle motion, reaching out then drawing back in again. Once again slow & lighter than you think
- Go back to stroking her hand and watch her melt! She'll be putty in your hand, she'll be sighing and moaning. Confidently lead her knowing that you're giving her pleasure and serving her through your touch

48m:50s (12) Caress her face and ears

- The next level is to caress her face and ears
- This is very tender, most women fantasise about having their face stroked with just the tips of your fingers. Hold her cheeks and stroke her earlobe and trace the outer parts of her ear
- You're already stroking her head & hair so it's natural to progress to her face
- This is super erotic. Trace her inner ears
- If you're having dessert by now you should be feeding her whilst striking her ears and face

49m:35s (13) Kiss her

- Once a woman is comfortable with you stroking her head, hair, face and ears she is ready for you to kiss her
- You're stroking her face already so look in her eyes, stroke her face and move her face ever so gently in towards you.
- Go 90% of the way in, let her meet you the rest of the 10% so she's participating as well, adds an amazing dynamic to the kiss

56m:27s (13) Kiss her

- Once a woman is really comfortable with you stroking her face and ears you can kiss her. Take the lead, as soon as you lock eye4s and she's got that glint and there's a pause, move her face with your fingers since you're already touching her face.
- If she resists you just haven't created enough intimacy yet, it's not because she doesn't like you.
- Women love a man who really takes care of himself, the details and can really take her primally. Again continuously covet and hone your masculine and feminine aspect

57m:45s Go in 90% of the way

- As you move her face towards you, 90% of the way and allow her to come in to you the remaining 10%.
- If she doesn't come in, just let your lips hang there for a second or two and feel the tension there, she'll come in
- If she doesn't come in, that tension will make the first connection of your lips when they do come together that much more juicy
- By letting her join in that last 10% she is choosing you on a bodily level. This is a very powerful dynamic

58m:30s The kiss is so important for women

- Most women have had detailed fantasises about their dream kiss since they were little girls so it could be a make or break event for you

- By using the following tip you'll be giving women really incredible kisses that most guys won't have the sensitivity to give her

59m:23s How to discover her dream kiss. Model her kiss

- Every woman has in her mind how she wants to be kissed, and since you're already touching her mouth with yours by now, you want to model how she kisses you
- You do this because absolutely no woman considers herself a bad kisser. So she's going to kiss you in the way that she thinks a good kisser kisses
- So take the first 5, 10 or 30 seconds to kiss her exactly the way she's kissing you, she's going to think that you're a great kisser
- So observe
 - how her lips are positioned
 - how much pressure she's putting onto your lips
 - the angle she's positioning her face
 - and everything in between. If she licks her lips before kissing you, then do the same
 - if she switches her lip positions every few seconds, do the same

60m:50s Aim to merge into each other. Become synchronised

- So in the beginning of the kiss you're not leading her, you're mirroring her so that it feels like you're kissing with one mouth
- This is consistent with the idea of sexual union and energy. So by modelling her kiss you're already starting to build that energy of synchronicity where you're feel, "oh my god we are just one mirroring the other and we don't even know where one ends and the other begins". This is the level where woman melt

61m:25s Start slowly and softly, then gradually lead her more

- Don't make the mistake of leading the kiss too strongly, thrusting your tongue down her throat. Yes it's passionate but as with touch you can always go harder and faster later. Start slower and lighter, follow her lead and make her comfortable
- After 30 seconds, or a few minutes of making out, then lead her
- Explore some aspects of how you position your mouth

62m:25s Incorporate touch into kissing her

- Everything that's been emphasised before about touch, incorporate into foreplay as well. So
 - Hold the back of her head whilst you're kissing her so that feels held and protected
 - Caress her hair
 - Massage her earlobes
 - Circle her lower back
 - Stroke her stomach
 - Stroke her arm
 - Hold her closer to you
 - Stroke her face
- Kiss and touch is the foundation for everything else. Be smoothly flowing

63m:15s Lead her gently into the French kiss

- When you feel you're ready to lead her into a more passionate open-mouthed kiss with your tongue, go really gently
- You've been making out for a while now and maybe she's been sucking on your tongue and upper lip a little bit. You want to move at this gentle intensity as well. Don't intrusively thrust into her mouth.

- Add that sensation by perhaps tracing her lower or upper lip with your tongue. When she's ready her tongue will come out to meet yours. **It's a dance, although you're leading her, you're always honouring her and seeing where she wants to be led**
- Even with the French kiss, approach ever so gently. Pretend her tongue is the softest flower in the world and you're gently exploring her. If her mouth opens ever so gently after you've traced her lips then venture a tiny bit forward to touch her tongue and see if she meets you there
- Some women like sloppy kisses but many don't, so once again model her kiss
- To really turn it up do the French kiss, but just really enjoy the regular kiss

65m:15s Touch : the difference that makes the difference

- Incorporate touch whilst kissing her. Use touch to really bring her in and hold her close to you.
- Slide the tip of your finger down her neck whilst kissing her.

65m:30s Kiss her elsewhere, then go back to her lips

- Then stop kissing her lips a little bit and explore kissing her on her cheek, nibble on her earlobe a bit or perhaps use your tongue to lick it a tiny bit. Then come back and kiss her lips a little bit. Then go down and kiss the nape of her neck then go back to her lips again
- The (push-pull) dynamic of moving away and then back in again will generate an incredible level of intimacy that'll blow her mind

66m:08s Nuzzle her.

- At this point you're incorporating touch, so now touch her with your face, nuzzle her
- Use your nose and side of your face to caress her face, neck and ears.

66m:30s How can I merge with her?

- This energy where you're melting into her body will turn any woman on big-time. Always focus on how you can merge more with her and connect deeper. This connection is always strongly related to her pleasure and orgasms later

67m:04s She'll judge your kissing

- In effect she'll judge your kissing on how well you match (model) her kissing style. So even if she's a poor kisser match her style in the beginning. If you do something different she'll think you're a shitty kisser

67m:32s Push-pull

- Go in and kiss her lips. Pull back a little, smile, look at her. Touching her face which creates a very intimate moment

67m:55s Hold the back of her head

- This is very primal. It's very soothing to her, it makes her feel safe, like nothing bad can happen to her
- Stop trying to get what you want and focus on giving her what she wants. This will take the intimacy off the charts
- So once you're kissing very passionately, reach for the roots of her hair at the back of her head and grab it very lightly

76m:00s LISTENER QUESTION : How to mirror her kiss

- If she's French kissing you in the beginning, just go for it. If she's thrusting her tongue down your throat because she's so turned on or because she's just a very passionate person, then mirror that
- Every woman's kiss is different. Later you can lead her and show her variations on how you place your lips

- o You can put both lips on her top lip
- o Or both lips on just her bottom lip
- o Kiss her sideways
- It's really about the energy, the passion that woman feel. If you can draw her into you and kiss her with so much passion but just gently on her lips, that's very potent. Passion doesn't have to be big sloppy French kisses

THE COMPLETE LOVER – NEO YOUNG

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Stage II – Connection. Phase III – Profound Intimacy pg196

Profound Intimacy Through Kissing

Kissing is one of the most intimate activities that you can engage in with a woman. Some woman even consider kissing more intimate than sex. A woman reads so much into everything and the first kiss could be the deciding factor of whether she'll continue to play with you, to connect with you, or perhaps that you will become "friends". Many woman fantasize about the perfect first kiss and may judge a man harshly if he is not "up to par".

If you have developed the proper depth of connection with your woman, this is not likely going to happen because you will have set up all the right emotional opening to really create an amazing kiss. There are however, a few fine distinctions within the kiss that I would like to share with you so that you can get fully prepare and practice the principles to blow her mind with the kiss.

After you have created depth, intimacy, and care for a woman it is really natural to deepen that intimacy through kissing. In the deepening connection phase, I went over the systematic way to use touch to lead and gauge your woman's level of comfort every step of the way. Through the proper transitions, you can move from each level progressively all the while tantalizing her with the way you stroke her neck, head, hair, ears, and face.

Once you have reached the level where she is melting with your touch and you have gently stroked her face from her forehead to her cheeks, look for signs that she is ready to kiss you. Some of these signs include a flushing and blushing in the cheeks, softening of her eyes, her face moving towards you slightly, her looking at your lips, her breath shortening a bit, gasping or moaning at your touch, licking her own lips, etc.

If you have been feeling into her as you touch her, then you will be able to feel into her desire to magnetically pull you toward her. Read the signs, but don't hesitate for too long, it only takes a second to create that special moment for a kiss. When you are stroking her face and your eyes connect and the moment feels right, take the initiative and begin to slowly move your face toward hers while looking into her eyes. This is a great last minute "check" to see if she is ready to kiss you.

Move slowly, and if she is not ready, she will simply turn her face or move her head slightly away from you. If this occurs, you can either back off or just continue your motion towards her and either kiss her on the cheeks or turn your head and nuzzle her head in yours while holding her close to you to create an intimate moment.

If she is ready to kiss you, as you slowly move toward her, she will close her eyes, smile, or move her face towards you. Go in 90% and allow her to meet you that remaining 10%. This creates the amazing dynamic where she is "choosing" to kiss you. If she isn't meeting you that for that last 10% of the distance, just hold still for a second and experience the delicious sensual tension building and the magnetic forces of attraction amplify until your lips meet.

Your lips have met, you are now kissing her. I mentioned earlier that almost every woman has a fantasy and ideal of how she wants to be kissed. So how can you find out what that ideal kiss is without asking her? There is a way. One of the easiest ways to find out is to simply pay attention. People usually project outward that which we most want, especially in the physical realm, so we will give love the way we want to receive love and she will kiss you the way she wants to be kissed. **The key is then to model her kiss.** This means to kiss her exactly how she is kissing you because her lips will be telling you her ideal kiss.

Why is modelling her kiss so potent? One of the first reasons is that she does not consider herself a bad kisser so whatever she is doing must be awesome. Secondly, people who are like each other “like” each other, and when you kiss her just the way that she kisses you it is as if you have been lovers for ages. You know how she kisses. You know how she likes to be kissed. You are mirroring back to her exactly how she consciously or unconsciously derives pleasure from kissing.

By kissing her in a way that is surprisingly familiar to her, she will feel safe, and on a subconscious level become bonded to you, and with that you can become her ideal lover through your kiss.

She has a fantasy in her head of how her ideal lover will kiss her, and usually she has probably rehearsed this over and over in her head. By simply modelling how she kisses you, you are more than likely coming close to that ideal in her head. She has probably rehearsed how she wants to be kissed in her mind so much that she embodies that kiss. If you have already connected deeply with her and have built the foundation of intimacy, comfort, and connection with each other, the kiss will continue to deepen the pleasure of connection between the two of you.

Listen to her lips with your whole body and all of your senses as you kiss her. When your lips touch, really pay attention to the pressure that she's putting on your lips. Just feel into her lips and reflect the same back to her. Notice how she is positioning her lips in terms of whether her lips are barely touching yours, or if she is pushing her lips into yours.

Notice the configuration of her lips. There are four major configurations. There's the single top lip, where both of your lips are on one of her top lip. There's the single bottom lip, where both of your lips are on her bottom lip.

There's the double lip, where the two of your lips are together and touching. There's the open mouth kiss, where both lips are further apart and perhaps your heads are slightly tilted. The last one often leads into the French kiss, where your tongues are dancing with each other.

As a rule, hold off on the tongue initially. Most women like to take kissing slowly, and unless she is thrusting her tongue into your mouth, do not take the initiative until you have at least been modelling her kiss for a minute. Continue to model her kiss for as long as possible. Pretend it's a mirroring exercise and you are mirroring exactly what she's doing. Mirror also the time that she takes in touching the lips together and separating with your lips, so that you become essentially like two people with one lip, exploring each other. Throughout the modelling process, you can be lightly stroking her hair, holding her head tenderly, or gently caressing her face to add the incredibly delicious moment.

Once you have modelled her kiss for some time, you can then venture to lead her with your kiss to deepen the passion and exploration. If you really enjoy introducing your tongue into the kiss, then start slowly. You seldom want to just thrust your tongue into her mouth. Allow her to lead slightly, especially with something as intrusive as the tongue, and just put it at the entrance of her mouth near her lips. Allow her to start dancing with you. You want to listen and feel and merge into this dance between the two of you.

Keep your tongue soft and after a bit of exploration, you can trace her upper or lower lip gently with your tongue. This is a great way to test to see whether she wants to join you in the tongue dance. If her tongue comes

out to meet yours, then begin to dance with the tip of her tongue before engaging with her deeper. Once you have engaged her tongue, you can pull back occasionally to introduce some contrast and perhaps model her kiss some more before leading her into a passionate kiss once again.

There are several ways for you to amplify the deliciousness of the kiss. One of the ways is to say things in your head or out loud like, “I absolutely love kissing you”, or “You are such an incredible woman”, or “You are so yummy, I just want to devour you”, etc. These statements when said in your head or out loud will amplify the feelings of passion, desire, and adoration you have for her and she will feel these transferred through the kiss which makes it so much hotter. This is absolutely dynamite. Try it, and you’ll know what I mean. This is what will allow her to sometimes swoon and have her knees buckle a little bit during the kiss, because you are creating the energy of pure love while mirroring exactly the way she desires to be kissed and more.

To further amplify the deliciousness of the kiss, you can more fully incorporate all the finesse of touch that I have shared with you earlier as you kiss her. Stroke her face gently as you separate briefly before lightly engaging her lips again. Caress the back of her head with both hands as you kiss her or move your hands down her back and press her chest against yours or move her lower back into your pelvis depending on what effect you like to co-create with her.

Move your hands in rhythm with the kiss and alternate between various pressures and strokes. After enough modelling, change the way you kiss her to generate a sizzling combination of pleasure with her. Enjoy this incredible, magnificent gift that is the kiss, and delve into the many nuances and allow it to bring you both incredible pleasures.

Allow yourself to take two steps forward and one step back, so that you're building the energy gradually. You do not have to move forward and amplify the energy all the time. Be like the wave that has its crests and its troughs, where you can peak in energy, and then take a moment to breathe and just look at her, stroke her, and tell her one thing that you find beautiful, amazing, and enchanting about her. Any compliment that you give her will help draw out her feminine energy, because women thrive on adoration and love.

Let her know that she is an incredible kisser and that you really appreciate connecting with her in such a delicious way. Perhaps pause to share some intimate stories and cuddling before going back in to kiss her again. Kissing can be so intimate, so juicy, and so delightful. It is an amazing way to continue to create the profound intimacy that you have with your woman.

Allow yourself the time, the patience, and the spaciousness to truly enjoy the work of art that is your kiss. Take hours to just make out with each other. Pretend that you are back in high school and that this is one of the most exciting discoveries you have made in life. Savour every moment of the kiss with her and have this naturally lead you to deeper sensual and sexual exploration which we will begin to cover in the next stage.

Action Steps for Profound Intimacy

It is time again to integrate everything that you have learned in this phase and put it into action. The basis of profound intimacy is the degree that you are choosing to be with your woman. The first step then, is to be real with yourself about how much you are inspired to give your all with the woman you are with.

Ask yourself these questions:

On a scale from 1 to 10 how close is she to your ideal?

On a scale from 1 to 10, how much are you choosing her?

On a scale from 1 to 10, how much do you trust her?

On a scale from 1 to 10, how much would you risk your life to protect her?

Once you have clarity about your current level, you can then consciously push these levels further as you interact with your woman. You might also discover that this might not be a woman who you can fully choose, at which point you have the choice of letting her go, or to consciously acknowledge that you want to create a lighter lover relationship with her and give your all within that space in creating pleasure together. Don't underestimate the power of being totally authentic and clear about what you are creating with your woman. Like I said before, even a level 7 or 8 on the intimacy scale when consciously amplified, can be the best sex she has ever had.

If you feel like there is the potential for you to choose her even deeper and give even more of yourself, then give your all to the process because the profound intimacy will be directly correlated to the amount of pleasure that she can experience with you.

Once you have gotten clear about the level you are choosing her, then you can continue to deepen your connection through sharing your vulnerabilities in an empowering way. If you have done the exercises in this phase, then you will have found instances in your past or present patterns where you can be triggered in being anxious, nervous, worrisome, afraid, embarrassed, hurt, defensive, etc. Through doing the exercises you will begin to transform these patterns and find the gifts or develop the courage to face your challenges and choose your power in transcending disempowering emotions and beliefs.

If you haven't done the exercises, do them now and find 3 past experiences or triggering patterns and begin to transform them by finding counterexamples of people who have had the same challenges, but who easily overcome them, or by embodying the opposite of your current limiting belief and integrating that perspective in your body. Then, share these more vulnerable experiences and patterns with your woman with the frame of how you can now celebrate them or are in the process of transforming them.

When you share with vulnerability, you can deepen your connection with your woman considerably. Ask her to share in the same way and create the safe space where she can reveal herself more fully, and you will be the grounded pillar to adore her in creating profound intimacy. In a similar vein, whenever she is caught in an emotional storm, see it as a call for love and let go of any judgments or taking her outbursts personally, and just hold and love her for where she is.

From here, direct your mind with adoring questions like, "How is she extraordinary?", "How can I serve to bring out her best?", and "What do I love about her?". Shower and infuse her with your adoration and tell her what you find amazing about her.

With all these foundations in place, lead her in long and deep eye gazes and then relish her as you kiss her. Model her kiss to give her the reflection of how she loves to be kissed for awhile before leading her in exploring the variety of kisses that I have gone over in this phase. Use your touch to stroke her hair, head, and face while continuing to add to the marvellous art of kissing her. Take your time and enjoy the continuous building of your profound intimacy while enjoying the pleasures of making out with each other for a seeming eternity.

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Lesson 3: Creating Knee Buckling Kisses

So you want to know a fool proof way to have the woman you kiss think you are an absolutely incredible kisser? First, let me ask you, have you put the principles in the first 2 lessons into practice? As I mentioned in

lesson 1 to you a while back, one of the qualities that women are primarily attracted to is that of a dominant male and leader.

One of the main qualities of a leader is follow through. How you do anything is a reflection of how you do everything. To have gorgeous and amazing women all over you does not result from learning one technique or two no matter what other dating gurus have told you.

It results from a fundamental transformation of who you are as a man. I can help you make this shift in how women see you and who you are, if you're open to what it will take. When a man wants something but doesn't do what it takes to get it or when he says something and doesn't follow through with it. These qualities are the equivalent of a smelly 300lb woman who doesn't shave. Not attractive. There is nothing actually wrong with a smelly 300lb woman who doesn't shave or with a guy who has no drive, passion, power, or follow through.

It's just that like attracts like, and it is possible with just a little consistent practice to shift yourself into a man who intelligent, sexy, and amazing women fight over. Do you feel your buttons pushed a little? I have found that most men when challenged will rise to the occasion so hopefully you felt a nudge that will ultimately move you toward your possibility as an extraordinary lover.

Now let's move onto some finer aspects of kissing. For now, take what you have learned about touch and move smoothly and tenderly to stroke her hair, neck, and ears.

If you can touch her in these sensitive regions and she is comfortable and even moaning into your touch, then she is more than likely ready to kiss you.

You can create the special moment of the kiss by touching her cheeks gently and guiding her face toward you. Lead her powerfully yet gently.

If she is ready to kiss you, as you slowly move toward her, she will close her eyes, smile, or move her face towards you. Go in 90% and allow her to meet you that remaining 10%.

This creates the amazing dynamic where she is "choosing" to kiss you. If she isn't meeting you that for that last 10% of the distance, just hold still for a second and experience the delicious sensual tension building and the magnetic forces of attraction amplify until your lips meet.

Your lips have met, and you are now kissing her! Almost every woman has a fantasy and ideal of how she wants to be kissed. You might be wondering, "How can you find out what that ideal kiss is to her without asking her?" There is a way.

One of the easiest ways to find out begins with paying close attention. People usually project outward that which we most want, especially in the physical realm, so we will give love the way we want to receive love and she will kiss you the way she wants to be kissed.

The key is then to model her kiss

This means to kiss her exactly how she is kissing you because her lips will be telling you her ideal kiss.

Why is modelling her kiss so potent?

One of the first reasons is that she does not consider herself a bad kisser so whatever she is doing must be awesome. Secondly, people who are like each other "like" each other, and when you kiss her just the way that she kisses you it is as if you have been lovers for ages.

You are mirroring back to her exactly how she consciously or unconsciously derives pleasure from kissing.

By kissing her in a way that is surprisingly familiar to her, she will feel safe, and on a subconscious level become bonded to you, and with that you can become her ideal lover through your kiss.

She has a fantasy in her head of how her ideal lover will kiss her, and usually she has probably rehearsed this over and over in her head. By simply modelling how she kisses you, you are more than likely coming close to that ideal in her head.

Listen to her lips with your whole body and all of your senses as you kiss her.

When your lips touch, really pay attention to the pressure that she's putting on your lips. Just feel into her lips and reflect the same back to her. Notice how she is positioning her lips in terms of whether her lips are barely touching yours, or if she is pushing her lips into yours.

Notice the configuration of her lips. There are four major configurations.

1. Single top lip, where both of your lips are on one of her top lip.
2. Single bottom lip, where both of your lips are on her bottom lip.
3. Double lip, where the two of your lips are together and touching.
4. The open mouth kiss, where both lips are further apart and perhaps your heads are slightly tilted.

The last one often leads into the French kiss, where your tongues are dancing with each other.

As a rule, hold off on the tongue initially. Most women like to take kissing slowly, and unless she is thrusting her tongue into your mouth, do not take the initiative until you have at least been modelling her kiss for awhile. Mirror also the time that she takes in touching the lips together and separating with your lips, so that you become essentially like two people with one lip, exploring each other. Throughout the modelling process, you can be lightly stroking her hair, holding her head tenderly, or gently caressing her face to add the incredibly delicious moment.

Once you have modelled her kiss for some time, you can then venture to lead her with your kiss to deepen the passion and exploration. If you really enjoy introducing your tongue into the kiss, then start slowly.

You seldom want to just thrust your tongue into her mouth. Allow her to lead slightly, especially with something as intrusive as the tongue, and just put it at the entrance of her mouth near her lips. Allow her to start dancing with you. You want to listen and feel and merge into this dance between the two of you.

Keep your tongue soft and after a bit of exploration, you can trace her upper or lower lip gently with your tongue. This is a great way to test to see whether she wants to join you in the tongue dance. If her tongue comes out to meet yours, then begin to dance with the tip of her tongue before engaging with her deeper.

Once you have engaged her tongue, you can pull back occasionally to introduce some contrast and perhaps model her kiss some more before leading her into a passionate kiss once again.

There are several ways for you to amplify the deliciousness of the kiss. One of the ways is to say things in your head or out loud like, "I absolutely love kissing you", or "You are such an incredible woman", or "You are so yummy, I just want to devour you", etc.

These statements when said in your head or out loud will amplify the feelings of passion, desire, and adoration you have for her and she will feel these transferred through the kiss which makes it so much hotter. This is absolutely dynamite. Try it, and you'll know what I mean. This is what will allow her to sometimes swoon and

have her knees buckle a little bit during the kiss, because you are creating the energy of pure love while mirroring exactly the way she desires to be kissed and more.

To further amplify the deliciousness of the kiss, you can more fully incorporate all the finesse of touch. Stroke her face gently as you separate briefly before lightly engaging her lips again. Caress the back of her head with both hands as you kiss her or move your hands down her back and press her chest against yours or move her lower back into your pelvis depending on what effect you like to co-create with her.

If you want to have women magnetically drawn to you and continue to blow their minds with your abilities as a lover, then now is the time to take that small first step and claim what you want.

If you are not able to attract a woman, you are not going to even get to the kiss. Whether you know it or not, a woman can tell what kind of lover you are without even having to get close to you.

Through your body language, your confidence, the way you hold yourself, and the way you speak... she'll just know. Women are intuitive. What do women sense when they meet you?

If you'd like to know what signal you're sending to women, and you'd like those signals to be ones that make women feel turned on and interested in your sexually, then it's time you learned what's what. This way, you can actually apply the tips that I just gave you on kissing and make women's knees buckle as you kiss them.



Secret Principles of Pleasure – IN10SE - Part II Skillset : Foreplay And Sexual Techniques

Kiss Kiss Kiss Me...

What's in a Kiss? Some would say that within the first 10 seconds of a kiss, they know if they are going to be with the other person for the long term or if it's not going to work out.

Your kiss, like your touch – should tell a story as well. There is an introduction, a middle, a building of tension, and a climax.

Let your kiss tell a story

Now since everyone kisses differently, and likes different things in a kiss, how do you kiss in a way that will turn on your partner? Here's a secret.

They will kiss you in the same way that they want to be kissed.

Match them – that's right... Match them.

If they kiss in a way that is light, just using their lips, sucking on your lips from time to time – while focusing mostly on the way that your bodies touch each other – then mirror exactly what they do to you. Kiss them in the way that they kiss you. Touch them the way that they touch you. That puts you in a place where kissing becomes not only comfortable, but where you can begin to build the passion and lead to a climax – the climax of kissing being taking it to the next level.

If they kiss you in a way that's outright passionate, using wet kisses, sucking on your tongue and open mouthed – kissing down your neck and behind your ears, then do the same with them.

I will often use kissing in the same way that I use touching – moving from areas like the lips and neck, to places that are more intimate like the chest, the stomach, the inner thighs, and back up the stomach to the chest and lips again. Remember, what makes a story amazing, and a lover amazing as well, is how the tension builds. Resist the desire to touch them or kiss them between their legs at this point. You are building the tension, because when you build tension in this way – the last thing you want to do is to release it. The climax of this stage will carry you to the next phase. In fact another secret is:

*The closer that you come to releasing the you'll build it tension – while not actually doing it
– the more you'll build it*

In fact, one of my favourite things to do is to use my mouth much like I would my touch – starting with light kisses in sensitive areas... and progressing to open mouthed, sucking kisses – moving along sensitive areas, like the neck, the back of the neck, the chest, stomach, and down to the insides of the thighs – moving up and down and up along the other side – skipping over the middle between the legs and moving up to the stomach, chest, neck and then lips again.

NATHANX - SEXUAL MASTERY FOR MEN VOL.1

My transcription notes.

CD 7

Track 5 - Kissing Tactics

Shouldn't consider kissing any different to normal touch escalation, just a little further up the ladder from say handholding. Normal part of touch escalation.

Many guys aren't sure when to pull the trigger on the kiss.

Two types of kissing, kissing for rapport & comfort building and also kissing for arousal & sexual tension.

Ideally you should've already done some elements of rapport & comfort building kissing away from the possible sex location, but not always.

Once you start kissing a woman you know she's thinking of you as more than a friend. Kissing is a sign of sexual interest. Almost all the verbal & non-verbal signs of sexual interest like hugging & handholding, can be rationalised by her that she was just testing to see if she was attracted to you.

Kissing means she sees you as a sexual object and potential sexual partner.

Kissing is extremely powerful in aiding arousal and sexual tension. It is integral part of the process. It can increase or reduce her level of sexual arousal.

You should be thinking about push pull, not giving her everything she wants when kissing. Be thinking about passion. Be relaxed, showing dominance, your good traits and emotional connection.

If you kiss too early or give her too much of what she wants, it can reduce the sexual tension. Sexual tension is good for sexual arousal.

All the same tactics apply to kiss escalation as they do for normal touch escalation.

With experience you will know when she wants to kiss you, you'll see it in her body language. She'll be open and kind of waiting for you. Sometimes the window of opportunity is only open briefly, other times for longer.

A few routines that can help you get to the point of kissing.

- The face touch test. If a woman allows you to touch her face with your hands in an intimate way like when you're talking to her, or as you're moving her hair out of her face. That is a very good sign that she's interested in you kissing her, if she's relaxed and comfortable about it. If she backs away or displays negative body language obviously not good.
- Another tactic is doing anything that brings your faces/heads closer together. Simply talking intimately or her leaning into you on the sofa, or getting her to sit on your lap on the sofa, or giving her a shoulder massage, or playing a game or some magic trick. Something that gets you looking into each other's eyes is particularly good. It draws you together.
- Say to her, "I'm trying so hard not to kiss you right now." This is a statement of interest. See how she responds, if she doesn't say anything negative then go for the kiss. If she says "I'm not stopping you" or "oh really" those aren't negatives, go for it.

- Show her something cool that she might enjoy or teach her something, then after point to your cheek. This shows her she needs to kiss you as a reward. So you let her kiss you on the cheek or turn into and kiss or on the lips. Lot of people do this, it's funny & playful, the kissing begins.
- Alphamale. Just simply picking up on her signs of interest in you and going in for the kiss. This is method I mostly use, don't really use routines as eventually her signs of interest become obvious. You know she's interested and ready so wherever you are, hold out your hand pull her into you or hold her face and kiss her.

We've already talked about touch escalating and testing, picking up on her signs of interest, putting her hands and legs onto you.

Don't be afraid to pull the trigger, that's what slows most men down.

MYSTERY METHOD INTERVIEW SERIES 1-19

My notes/transcript from these tracks

Vol. 11 Physical Escalation & Kissing (Sinn & The Don) (PODCAST)

Track 5

- Almost never happens that you pushed her away because you were doing too much kino. You're going to fuck up more by not going for it than going for it. Being playful, getting the kino going right away is absolutely required.
- This doesn't apply outside the club though. **In Daygame, the general rule is don't do anything you wouldn't feel comfortable doing to your boss.** Woman in clubs are all, at least buzzed if not drunk. Even if they are sober, they're matching the emotional state of the drunk people around them. At night people/woman are in social mode. Escalating on a girl in the coffee shop is going to weird her out.
- A woman's body can't lie. So the moment you sense tension in her, that is the key to release and move back. So more of the important communication happens on a physical level and less on a verbal level. Studies done on babies show how their development suffers if they're not touched. **There is an innate primal human need to be touched & validated.** It's one of the ways to make someone feel comfortable with you is to touch them early on.
- Pick locations for Day 2's that allow you to kino escalate otherwise you're shooting yourself in the foot. Sitting across from her at a table in a restaurant or coffee shop makes it tough to kino. Pick a bar or someplace dark.
- **The kiss is just the natural escalation of what you've done before.**
- There's 2 ways to kiss a girl. **Arousal kissing and Comfort Building kissing.** Anything done on a Day 1 in an attraction location is going to be comfort building kissing i.e. Church tongue not Porno tongue. **Don't arouse her in a place you can't take advantage of.**

Track 6

- Your first kiss is always comfortable. Make sure you're the one who ends it.
- You can do something that'll make her want to kiss you more. Kiss her, push her away and then tell her, "That's all you get"
- To make sure you don't make a girl feel slutty and compromise your chance of seeing her again, **wait about 25 minutes** into the interaction before kissing her (comfort building kiss). Anything sooner than that may be too much too soon and then spiral into a ONS or may fry her emotional circuits and she'll run off to go giggle and dance.
- Girls do make out with a lot of guys in clubs especially on the dance floor. If you make out with her without enough comfort building it really doesn't mean much, she may even ignore you later on!

- Kissing should **always happen in isolation** otherwise she'll feel slutty in front of her friends.
- **Mystery's Kiss Close (Question Game):** Can be done in the question game otherwise might appear weird when you ask her if she wants to kiss you. Question game is a comfort building game where you go, "okay this is my favourite way to meet new people. We're going to play the question game. There's 3 rules. First rule is that you have to ask an interesting question. No what's your sign or anything like that. Second rule is that we go back and forth and that you're not allowed to ask the same question that was asked of you. The third rule is you go first." You can take the questioning down a sexual route but if she's not asking sexual questions back, don't ask them continually. You don't want to look horny. So my first question would be, "how many boyfriends have you had," followed by, "what's the weirdest place you've ever had sex," followed by, "would you like to kiss me?"
- **Back to Mystery's Kiss Close:** "Would you like to kiss me?" Not "can I kiss you?" or "may I now please kiss you?" or "do you want to kiss me?" There are a couple of contingencies.
 - o The first scenario is that she says Yes. This may only happen 10% of the time, but this is not the time for Cocky Funny, "Ha you want to kiss me!"
 - o The second scenario is that she says No. Again only happens ~ 10% of the time. You reply, "I didn't say you could, it just looked like you had something on your mind. Oh by the way, have you met my friend Sinn?" You must stack forward (change the topic) over the No because if you just say "I didn't say you could, it just looked like you had something on your mind" and pause, she'll ask are you mad or what's wrong and you'll just look like a needy pouty little boy.
 - o The third scenario is that she says Not Here or Not Now. This is a yes. You reply, "okay I understand" Don't go "okay let's go over here."

Track 7

- o The fourth response and most common is I Don't Know. Because it's a jarring question, she may or may not have been thinking about it. It blatantly puts it out there and although it works, I don't like Mystery's Kiss Close as it's not my style (Sinn).
- (The Don) Mystery's Kiss Close does work if you're not really sure where you're at in the interaction because you don't overextend yourself and you don't push it really. A lot of the times I'll wait till I'm pretty sure and do the **Ninja Kiss Close**. When I know it's totally on, I'll just grab her and spin her around, push her up against the wall and just kiss her, not saying anything. That works as long as you're there, you've gotten escalations and all the compliances up to that point.
- You can be fairly aggressive. Mystery's Kiss Close works well for guys who don't know where they are, afraid to take the step, it saves you face, you don't overextend. It's very safe. But you can go **caveman** if the girl is giving all the stuff. Just grab her and say, "Kiss me."
- **If you've kissed the girl and Day 2 her, always kiss the girl early in the Day 2.** Within 20 minutes, do it Ninja style. If you're literally standing there at the light post waiting for the light to change, look at her, wait for her to look at you, grab her, pull her over and kiss her. Then you've gotten it out of the way for the night. You've gotten a kiss and you'll continue kissing, escalating and much more likely at the end of the night to end up where you want to be, rather than just getting one more make out which you already got the first night.
- You always want to make sure you've done the kissing on the date as fast as possible. Make a split second decision when you meet the girl as she comes to hug you, whether you're going to kiss her. This is not easily taught, it's a vibe thing. You can do the **Hitch thing** and lean in and observe how she reacts when you compromise her physical space like that. If you can do it early on, do it, as things will escalate a lot faster. It brings the girl back into that emotional state that they were in initially. It reminds them of all the reasons why they're there, rather than, who is this guy again and they start to get apprehensive.
- **How much kissing you do in the bar, depends on what you're trying to achieve.** If you're trying to get her home at the end of the night, you want to have a few sessions of making out to keep the emotional momentum up. (Sinn) always err on the side of more physicality rather than less because I want her to see that I'm comfortable touching her, being physical and intimate with her. (The Don) be willing to kiss and then go back into comfort building routines, then go normal, build intimacy, do a

grounding routine, do a comfort thing, kiss her again, lead her around by the hand or elbow and elbow. That's the safe bet, from the perspective of normal goals which is to get her number, get a Day 2 and full close on the Day 2.

Track 8

- **Evolution Phase Shift Kiss Close:** Is great if you want to stick to pre-prepared lines. What you can do instead is when you're in isolation with a girl, you can lean in and go, "OMG you smell so fucking good I'm trying so hard not to kiss you" and then lean back and watch for a facial flinch. If you've done everything right up to that point, she's just going to be sitting there. By sitting there and not flinching or saying no in anyway, she's giving implied consent to kiss her. At that point you just go "Okay come here" and kiss her.
- **Sinn's Kiss Close:** Used this before learning Future's Kiss Close. When you get into the situation and the girl is just staring with the triangular gaze (eye-eye-lips), you go "Don't look at me like that. If you look at me again like that I'm going to kiss you," then turn away. Of course the girl is going to re-initiate it as you're 25-25 minutes into the conversation, you go "You looked at me again" and kiss her.
- **Future's Kiss Close:** The best kiss close (Sinn), works 100% of the time, Is what we call the **Almost Kiss**. At about 20-30 minutes in you go, "You know what I think it's time we almost kiss. Now I'm not going to kiss you, I want you to pinkie swear you're not going to kiss me, but there's something here and we need to almost kiss." Then you go in and get as close to her lips as possible like you're going to kiss her and you build that tension and you move away. Then you do it again later and keep on doing it till she breaks it and kisses you. In Sinn's experience he's never had to do this more than twice before the girl kissed him. Do it like 5-6 minutes later till she kisses you.
- **Always escalate on emotional highpoints.** Whenever there's like something really profound or funny that you've just said, then escalate. Escalate whenever she's in a really good emotional state i.e. you've just made her happy, excited or she thinks you're really interesting or thinks something you've said is really cool.

Track 10

- (The Don) If I move a girl the first time, I'll put my elbow out and we'll walk elbow in elbow. The next time I move her, I'll stick my hand out. There's a big difference between the two. If she's willing to just take my hand and walk holding my hand, there's a pretty good chance she'll kiss me. If I'd just done the hand initially she might not have done it if I hadn't done the elbow first.
- After kissing the girl 20 minutes into the interaction in the club, other than the very rare event where you drag her into the bathroom, kissing is as far as you want to escalate. All you want to do is make her comfortable enough to leave that location. **The next escalation after kissing is the bounce.** Getting her from the club/bar to an after-hours eatery, your house, a friend's house, her house, a comfort location where there's a locking door, a seduction location. **You don't want to arouse a girl in a place where you can't take advantage of it.**
- The touching escalation is simply to lead to the kissing in the club. **After kissing in a club, the touching escalation goes back, it resets,** you're not going to start kissing her neck, breathing in her ears, any arousal stuff. You go backwards, back to playful touching, shoving her away, putting her in a headlock, fucking with her. Then you go back up the ladder to kissing again. Then you reset it again.
- Very important to remember, after kissing her you may still have 2 more hours and if you're not going home with her you're going to Day 2 her, you better be able to keep talking and not dwell on the kiss and that super physicality. **Your verbal skills must still be running simultaneously while you're intimately kissing her.**
- There are three things that are constantly going on,
 - Firstly you've got the **Steps** we go through,
 - Opening
 - Transitioning

- Attracting
 - Qualifying
 - Comfort
 - Seduction
 - Relationship
- o You've got **Punish-Reward** subroutine
- o Thirdly your **Touching**, your escalation
- These three things are consciously going on at the same time. Should always be thinking while you're talking to a woman, where's my touching, am I punishing-rewarding her behaviour and where am I?
- This goes throughout relationships to the point where you have 100% compliance you say come over and cook me dinner and she does it. Until you're at that point, you need to follow the ladder, keep building more and more compliance.
- **Compliance builds momentum.** You can go positive-compliance momentum and negative-compliance momentum. Positive-compliance momentum leads to her wanting to touch you more, wanting to please her. Negative-compliance momentum is when a girl's been nice to you and you negg her, or she's trying to touch you and you push her away. What you're doing is very clearly demonstrating to her that she can't be nice to you because you're punishing her when she's nice. She'll then stop being nice to you. However either way compliance builds momentum, but you want to make sure you're **building positive-compliance momentum so that the interaction is moving forward** to whatever goal you have that night, rather than negative-compliance momentum where you're back-peddalling and trying to get her to like you again.
- You want to take a holistic view of the whole thing, whereas we're focusing on one part of the whole. Kino escalation must be synched in with the rest of your game. It's just one component of the bigger picture.

Vol.19 Turning Things Sexual – Sexual Escalation (The Don with Sheriff & Soul) (PODCAST)

Track 4

- (The Don) In terms of kissing, going for the kiss close, how do you know when? Are there any cues you guys look for?
- (Sheriff) I'm kind of in 2 minds about this. Part of me thinks, here are a bunch of indicators and part of me thinks, why are you waiting for indicators. Why aren't you just building attraction and then going for it. I would encourage you to **try and kiss before you should**. If you're thinking in terms of I'm waiting for the right moment, that's wrong. You should be thinking I'm going to create that moment and then I'm going to follow through on it.
- (Soul) I agree. A year ago a lot of what I used to do was look for those IOI's. I'd see whether if a girl was triangle gazing me, which is where they look at your lips and then your eyes dart back to your lips and between your eyes. So I'd wait for some of that then go in for a kiss. But now I create it and I have a few ways of doing that.
- (Soul) Like I think if a girl likes you just a little bit, she has some attraction for you, and you're in her space like standing right there face to face with her and she's comfortable there, then it's pretty on. You can do something, like stroke her hair back over her ear and just say, "you know, what you've got beautiful hair." She'll kind of gasp and go like, "oh thank you" and she's still there, then that's a good moment to go for the kiss. Just by saying that and a little bit of kino, creates the attraction and you've created this thing where she's kind of tense and wondering what's happening but she wants to kiss you as well.
- (The Don) What about the **Barrier kiss close** you've created?
- (Soul) I discovered this when I was with a girl, who was a friend of a friend. We were sitting on the couch together and things were going quite well. I thought, fuck you know, her friend is just on the other side of the dance floor, this is pretty bad cause she's not going to want to do anything in front of her

friend. Then suddenly I thought what if I use that instead of ignoring it? So I lean into her and look at her and there was this tension between us and I just ramped it up by saying, “you know what, you’re going to say you can’t do this, your friend is just over there, this is so bad. Look I can’t kiss you on the lips because your friend is just over there, so I’m going to kiss you everywhere but the lips okay?” So I started off very innocent, kissing her on the forehead, so then I said, “look you’re just a friend of mine.” The I’d kiss her on the cheek, then I got a bit more romantic and I kissed her on the ears. Eventually you do this and the girl gets so hot and heavy that she just wants to break that barrier right down. So I ended up going near her lips and we both went for it.

- (Sheriff) I find **jealousy is an absolute winner**. Jealousy will always piss a girl off but here’s something else pissing off a girl often brings you closer to sleeping with her than further away.
- (The Don) So what do you do, open other?
- (Sheriff) Yeah and if possible kiss other sets in front of her. I’m looking at a more holistic priority here rather than be gaming a set. I’m trying to set myself up in the context of my life, where I’m the guy who will escalate. It used to be a big problem for me so perhaps that’s why I’m so interested in the kiss. I want to try to be true to myself to a certain degree. I’ll act true on it, if I like a girl I’ll go for it and if I remember I’ll do something like what Soul just said, that’s very powerful. But often I’ll try and create the moment and escalate and just try keep it going and be that guy who accepts sex as a normal natural thing and doesn’t make a big deal out of kissing girls and having sex. This is just naturally where he’s going.
- (The Don) Yeah absolutely I had a set the other night where I was making out with a girl in 10 minutes. I was getting a lot of attraction initially, her friend was right next to her and she stood up and I just grabbed her necklace just looking at it and commenting on it. Then I looked up and we’re standing less than a foot apart. Then I just went in for it and it was on. But if I’d been cautious at all, there were no cues at all that it was cool to do it and go for it. Her friends were around and things were probably against it but it totally worked. I think **erring just on the side of bold will work more times than most guys think**.
- (Sheriff) I remember I kissed all 3 members of a 3 set once. I got the hottest one home.
- (The Don) Yeah I’ve seen you do some pretty outrageous stuff out and **I think keeping it light and fun is how you get away with that**. Some girls, if a guy was some sleazy pick up guy and tried to make out with all three of them, the girls would go, “what’s wrong with you, get the fuck out of here.” But you must have done something to make it so entertaining that they just thought it was fun.
- (Sheriff) I think it was, you know we talk about the Flinch factor there. If they’d said “you kissed my friend” and take offense about it, but you kind of just laugh and say something like, “yeah I’m gay here have another kiss.” Keep light hearted, just talk bullshit, not lying to them, keeping everything fun not taking any of it too seriously, you set yourself up as that guy who it’s okay to have sex, it’s not going to be a big deal. You’ve got to set yourself up in their minds as the guy who sex is fun and light hearted with.
- (The Don) Yeah at the end of the day it’s about pleasure not about social awkwardness. A lot of guys make sexuality so much about social awkwardness and trying to move forward, what do I do and what am I looking forward. It’s just becomes like some sort of chess game. It should just be a spontaneous fun thing that’s going to add pleasure to your life. That’s true of pickup in general.
- (Soul) I just thought of something else that might be helpful to guys. When I was just starting out, my thought was, right you go on a date with a girl, you sit apart at a table or whatever. Then at some point at the end of the night, you go straight in for the kiss. But now my mentality has completely changed. So instead of having this freak step where you’ve gone from no contact to a kiss on the lips. **So everything I do in between is getting closer and closer to that kiss**. For example I’ll sit next to a girl on date, I’ll have my arm against her, at some point I might start stroking her arm. But before I’ve kissed her I will have kissed her forehead or we’ll have hugged, or smelt her neck or kissed her cheek. If you do all these things, it might not necessarily feel sexual because it might all be in a friends frame, but even that you do all these things, all these things are making her more comfortable with you touching her. So when

you eventually cup her face and lean in to give her a small kiss on the lips, she's going to probably feel pretty cool about it.

- (The Don) **Yeah nothing should come from nowhere.**

Track 5

- (The Don) What's the specific thing you say if you want to get her in a toilet or a janitor's closet etc?
- (Soul) Again I'll do one of two things. Either I'll **just be casual and be like, "come with me, let's go" and I'll lead, take her by the hand and take her there.** Or if I think she needs a bit more talking through it, I might **bite my lip, look at her and say, "hey do you want to do something kind of crazy" or "I've got a crazy idea."** Just ramping it up, like Sheriff's tactic, sell it a little bit.
- (Sheriff) **Two phrases, "come here" and "touch". Seriously they'll be like, "do you really think we're ...", it's like "Shhh shhh" then keep going.**
- (The Don) Again it's not flinching.
- (Sheriff) Absolutely **you're taking it in your stride.** I used to live at home a while ago so I used to invite myself back to girls' houses with a completely practical excuse, **"I live miles away I don't have to get a taxi, can I crash at yours, have you got any floor space I can sleep on?"** Once you get home, the girl is never going to let you sleep on the floor.
- (Soul) One thing we haven't covered is **when a girl is horny she really wants to fuck.** So the key to that is what can you do to make her horny? There have been so many times when I've thought, my attractions okay, I've built a fair bit of comfort and I've tried to escalate it. It's been okay then suddenly I hit on that one thing that makes that particular a girl a little bit wet a little bit horny then boom it's been on. I think it's a good thing to realise that **every girl has different things that'll make her horny.**
- (Sheriff) Like getting a house's blueprints.
- (Soul) Exactly. You know some girls you kiss them on the neck, that'll turn them on and you'll know because they start to moan a little bit, they'll go like "ahhh" exhale really loudly. You'll go that's it, I'm going to kiss their neck even more. I remember there was this one girl that I'd actually fucked in my office. She was on my office table and she was a bit resistant to the idea of screwing me in my office. I tried to amp it up anyway and kept on kissing her on the lips and stroking her hair, touching her arms. Every time I tried to put her hands near my trousers she just batted it away and would not do anything away. I almost gave up after 10 minutes. Then I tried once again and this time I touched her breast and kept on stroking it. This time I heard her go "ahhhh" this big kind of release, like the little magic point she'd been waiting for. As soon as I did that everything else became easier. I got the top off, took her pants off and boom it was on. The point I'm trying to make is different girls have different things that'll make them wet, so experiment. It might even be a hug, for some girls hugging them makes them horny.
- (The Don) So pay attention.
- (Sheriff) **A really freaky one is, run your hand through the hair at the back of the head, make a bit of a fist pull it quite lightly.** If she starts to react quite well, find out how hard too hard is and just go up to that. For some girls you'll be quite scared at just how horny they'll get and how hard they want you to pull their hair.
- (Soul) **Another good one is to have your hand on the back of their neck but not in a vice-grip obviously but in a manly way.** Very much a caveman thing.
- (The Don) Definitely that's a controlling dominant thing for sure.
- (Sheriff) I think often, especially if you've made the mistake of going on a date to a restaurant or something, once you move around, once you leave you can restart the whole thing by being kind of physical, picking them up kind of way, like tickling them and stuff. What I used to do when I got the girl back to my mine, I found a great way to physically escalate. We're watching DVD or something and I have a blanket which I'd put over both of us. I'd make sure the room is cold too, so the blanket is important for her comfort then I'd take it away from her. We'd fight over it, get close, build some drama. It works pretty well.

- (The Don) Any other things that you guys do, that are specifically quite outrageous and over the top? Some guys should just experiment with going out and just pushing it as an assignment.
- (Sheriff) One thing I'll tend to do is **shamelessly escalate. When you meet a girl see how far you can take it.** We had this student who had good game but it just wasn't going anywhere. So I advised him to shamelessly escalate, when you meet a girl see how far and how quickly you can take kino. If you're in a set don't just go up and grab her tits. Go up and hold her hand, pull her into a hug, keep going keep going until she say's stop. It gave him hair on his chest, made him see that he could get much much farther than he'd initially thought.
- (The Don) Even if you've blown the set, you've learned something, so either way it's productive.
- (Soul) It's great for frame control. If you can go up to a girl you don't know and just hugging her and stuff, kissing her on the cheek and that, and if she starts giving you shit then you just go like yeah whatever that was fun.
- (Sheriff) As I said before and I'm going to repeat it again because it's really key. You've got to keep it light-hearted. Forget the definition of creepy. In my book, the definition of creepy is where you're getting more out of something than the girl is. A creepy hug is like when you hug your female friends and you're like, I can feel her breasts. I'll go to opposite extremes, **I'll try to make sure the girl is getting more out of it than I am.** If I do that I find that I can very very quickly get very very sexual. I'm making it clear that I'm finding it funny more than anything else. But you know if you're touching her erotically even if you're framing it as being funny it's still going to be turning her on.
- (The Don) It should be undeniably apparent that you're not trying to be friends.
- (Sheriff) It's hard to put a friends frame on a girl whose tits you've been touching.
- (Soul) This is not necessarily that outrageous, but one thing I'll do and it goes back to plausible deniability. **I constantly tell girls I'm not going to do things, in terms of escalation, then I go and do it.** I'm forever kissing a girl and telling her, "I'm not going not fuck you tonight" or "I just want to go down on you baby, I'm not going to put my cock in you." **It's plausible deniability because she thinks, oh okay well it's not going to happen, I'm not going to feel like a slut.** But the closer you get the hornier she gets and the more she wants it, so it's most likely to happen. You can do stuff like, my **technique for overcoming LMR**, because I escalate quickly I do get a lot of resistance, so I'll say, "that's fine baby, I just want to dryfuck for a while." I'll take pants off, she'll have her pants on, then I'll start dryhumping her, she'll get quite horny and start moaning, then I'll take her top off. She'll start moaning some more, then I'll put my hand down there and say, "look I'm just going to touch down there but I'm not going to fuck you, it's okay" then sooner or later it happens.
- (Sheriff) She's back at your house on your bed, she's not thinking, yeah I'm here to check out his 120 count pillows. **Also make sure your room is nice.** I was convinced to buy brushed cotton sheets by Magnus and they feel really nice to touch. Girls will come into your room, touch the bed and go, "ooh I want to lie on this." I've got memory foam pillows, so make the bed somewhere they want to lie in.
- (The Don) The environment adds quite a bit to the process, makes the job quite a lot easier.

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KinoDVDmpg.mp4

Release the Sexual Tension

Sometimes it's good to Release the Sexual Tension, by standing side-by-side with one hand hold and just swing your hand & hers together, forward & back, with a much lighter grip.

Sexual tension is Go-Stop-Go

Sexual tension is Go-Stop-Go i.e. two steps forward, one step back. Don't go all the way in one continuous escalation whether kissing or kino / holding hands etc. This will make the girl want more of it, if you make sure you're not continuously "clingly". For example,

- (Go) Standing side by side, your one hand gripping hers.
- (Stop) Then release the sexual tension, by using lighter grip & swinging your hands together.
- (Go further than before) Then escalate the kino, by holding her around her waist.

Another example of Go-Stop-Go with dancing

- (Go) Be dancing face to face with her, close in your leg in between hers, your hand on the small of her back.
- (Stop) Step back, push her away gently, by putting your hands on her hips and pushing away.
- (Go, further than before) Then hold both your hands out to her so that she puts her hands in yours, then escalate the kino by crossing your hands, pull her forward to one side of you, then lift your hands up above her head and spin her around 360 degrees and then when she faces you again, keep your hands close to your chest (still gripping her hands) lift her hands back over her shoulders and behind her back, then let go her hands, move your hands down her back.

FORUM.TROYDIZONDATING.COM

MAIN FORUM : Escalation

USER : oscarkool2

Hey man, live and learn. My favourite way of talking is when you get really close to her lips and you're still talking and she's practically trying to make out with you, but you keep talking. Sure is fun. Oh, make sure you do kiss her when you stop. Or incoming slap.

USER : Troy

oscarkool2 wrote:

Hey man, live and learn. My favourite way of talking is when you get really close to her lips and you're still talking and she's practically trying to make out with you, but you keep talking. sure is fun. oh, make sure you do kiss her when you stop. or incoming slap.

Great way of tension building, IMO.

USER : Adras-Jared K

I have noticed my girlfriend HATES this and LOVES it. :D

Normally I'll be in mid-sentence talking to her and I'll start to lean in and slow my words down and look her in the eyes and get real close and keep talking. Then once I'm done I will just wait, she either go for the kiss herself, bite my lip 8-) , or go to pull back. If she goes to pull back I'll just grab her head and kiss her. :twisted: I love to do stuff like this with her. She is the kind of girl that will always make me work for my kiss, so it's nice once I get past that first kiss I make her work for hers. It's a nice way of building some good sexual tension and really get things going.

USER : oscarkool2

Want a good example of tension? Watch Walk the Line. Cash(phoenix) and Carter(witherspoon) are lying in bed and she asks him to feed her a peanut. He says ok and takes a peanut and slowly takes it towards her mouth. Then he puts it in his. She finds it funny, they laugh, etc. He does it again. He does it over and over to the point where she is actually mad and he never ends up feeding her one.

Now, I'm not saying for you to never give her what she wants. This is just an example of being in control of the tension. IMO, he should have given her a peanut after taking it away the first or 2nd time. Don't be a jackass and never feed her, lol.

Also, for you sexually active guys, when you're about to have sex, just tease the shit out of her hole. Get really close to putting it in then pull it back. Do this over and over again until she screams for it. Sure is fun.

USER : A-Game

al7409 wrote:

Do this over and over again until she screams for it.

Actually, I like to ask her "what do you want" a couple of times.... and then keep teasing her then I say "say it".... some say it sooner, others need more time, but they will be VOCAL, and once you unleashed the horses, there is no way back.

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Notes on : Get the First Kiss and More

1. Theory:

The problem with Sex Books and Sex Advice

- Focus on pleasing her. Not enough on what pleases you.
- Follow passion when in doubt. Take her, don't wait for her.

What woman REALLY want

- A man who acts confidently and can read her body.
- Knows how to turn her on and lead her in slow dance.

What makes a great kiss?

- Build tension and anticipation.
- Make it so you could have kissed her twice already before you go for it - third time is a charm.
- She should be waiting for it to happen.
- Do something only a lover would do BEFORE you kiss her.

2. Application

Mistakes Guys make going for the kiss

1. She's distracted
2. In public with people watching.
3. Low point of conversation.
4. At door at end of date.
5. At door at very beginning of date.
6. Asking her for permission "Can I kiss you?"
7. Telling her.
8. Playing games to trick her into kissing them
 - a. "How would you rate yourself as a kisser?"

Techniques to do FIRST to make sure you get the kiss

1. Eye Contact -- A second too long.
2. Share things with each other most people don't share -- intimacy
3. Get comfortable with her body and being in each other's space.
 1. Sit side by side and lean in for quiet conversation.
4. When talking, leave silences there, tilt your head, and look at her with a slight smile till she says, "what?!?"
5. Run fingers lightly over hair, and even more lightly along ear... and just under

6. Scratch back of her head just at top of neck - head scratching feels amazing, try it now.
7. Classic firm hair pull -- similar to scratch, test on yourself.
8. Whisper test.
9. Slow down conversation, slow down everything.
10. Breathe slow and deep and match her breathing while looking at her.
11. Talk about kissing in detail, in sensory detail, about how much you love it, then abruptly change subject.
12. Let the idea linger in her mind and body.
13. Walk in sync.

3. How to kiss like a movie star

Signs that she is ready

All in her body and look for them at any time. when you see one, register it. She wants to kiss you.

1. Breathing gets deep.
2. Bites her lip.
3. Looks at your lips.

The Big Kiss

1. When you know she's ready to be kissed, do NOT kiss her right away -- make her wait.
2. Walk in sync with her -- match breathing.
3. Stop suddenly. Look in her eyes.
4. Stand directly in front of her and look in her eyes.
5. Match your breath to her breath.
6. Look closely into her left eye (the feminine side) and breathe love into her.
7. Think to yourself over and over, "love... love... love..."
8. Picture the kiss. Imagine the feel of her body melting into yours.
9. Breathe deep and slow. Lips slightly parted.
10. Watch her for signals. Wait till you see her breathe deep, or she bites lip, or looks at your lips.
11. If no signals from her, resume walking and say nothing.
12. If you read one, proceed
 - a. Pull her to you or push her gently but forcefully against wall or tree, or pull her likewise into you. Gentle but forceful.
13. Do NOT break eye contact.
14. Keep distance with face, then close distance slowly. Tilt head. Close eyes. Part lips SLIGHTLY.
15. One Big kiss, then break, take her hand, and keep walking. Say nothing. Enjoy the moment.

What comes next?

1. Get her alone, your place or hers, or a car, a beach, anywhere.
2. Now it's time to have fun... alone.

Kisses that get her wet as an Alabama summer

1. **Fly-bys on her lips...** get as close as you can, and then just brush her lips with your cheek.
2. Go instead to neck, throat, and very gently the ear.
3. Breathe slow and gentle and warm on her skin... Keep whispering, Moan softly.
4. Follow the leader - when in doubt, do what she does.
5. Spanish kisses - Girls learn by cutting a hole in an orange and sucking - Create vacuum.
6. Tongue suck - not too hard, and let her suck your tongue in.
7. Just a nip - bite her lip a tiny bit and pull.
8. Take the lead in kissing - always try just a tiny bit more and LISTEN and FEEL for her reaction
9. Turn off your brain and monitor her like an EKG. If she likes it, keep doing it more.
10. Keep it classy. Don't use the kiss to get somewhere else. Make the kiss as passionate as you can. Take your time.

11. A man who can kiss her for 10 minutes without trying to fuck her is a man she wants to fuck.

How to then fuck her

Sign up for AoR :)

Making her want more from you.

1. Always leave her wanting a little bit more.
2. At end of night, give her one more big kiss.
3. Smack her on the ass, give her a grin and say "goodnight, baby".

Get ready for greatness!

4. Whisper test

Do you know when to kiss her?

I do. My instructors do. And all my students do. And after reading this, you will know too.

Here's what you don't do

1. Don't ask her.
2. Don't tell her what you have in mind.
3. And don't try to sneak it on her in some slick way by saying stuff like "what kind of kisser are you?"
4. Just get rid of the words. Trust me. Woman don't want you to talk about it. They want you to have the balls to just do it.

But you still want to know it's right, right?

Balls are one thing, but having balls and reading the situation right is an even better combination.

So how can you tell for sure if you can't use words?

Easy. Use her body. Yes, finally, I'm telling you to go ahead and use her body. Well, and yours. Your bodies will tell you exactly what to do and when to do it, and here's how.

1. Motion to her to come closer. Closer. Closer... now comes the big secret.
2. Whisper in her ear.
3. What you say almost doesn't matter. What matters is the intimate act of whispering that gets her attention, tells her clearly that you are interested, and fires her nerve endings.
4. Be smooth. Play it up with a little smile.
5. Make her lean in and brush her hair just slightly behind her ear when you whisper.
6. Then just say something a little cute.
 - a. "I think you're a little cute," is a great line to try.
7. Once you've whispered, don't linger. You want this to be quick, light, and teasing, like a fingertip brushing lightly over her belly.
8. Look away, maybe play with your drink, maybe a little smile on your face.
9. Don't be in a hurry to talk again. You can read her reaction.
10. If you've done it right, she should be a little bothered now. You just snuck it up on her that you are a sexual man who can make her feel good, smoothly and discreetly.
11. And that's something all woman want.

Now you know from her if she's ready for the big first kiss. And you need to know this. Woman are dying for that first kiss. Like Drew Barrymore said in "50 First Dates," "There's nothing like a first kiss."

5. When to go for it

"When do I go for the first kiss? I'm not sure what the best way to make the move is."

The whole point of the date is to use your body to read her comfort and keep building the sexual tension.

1. Meet for date. Greet with hug. Real hug.
 - a. Maybe kiss on the cheek.
 - b. Critical to establish loving physical contact right away (different than playful).
2. Go on date. Get drinks. Enjoy yourselves. Get comfy.
3. At some high point during date, whisper in her ear. Doesn't matter what you say. Try "look are really cute."
4. Then lean back and smile slightly, and look her in the eyes for 3, 4 seconds. Not staring. Just looking.
5. Thru the whole date you really want to be looking into her eyes and listening as much as you can. Make it a goal to memorize what her eyes look like. Make it a goal to be able to say at the end of the night not only the colour, but the shape, and the details of her eyes.
6. With eye contact and the intimate action of whispering, you now have prepared her for more intimacy. Whispering in someone's ear is way more intimate than a kiss, and hotter. And you will also know from the way her body has been reacting whether or not she wants to kiss you.

How?

It's easy. When you lean over to whisper, feel for her reaction. Does she let you lean in, lean in herself a little bit, and stay when you whisper? If so, she wants to kiss you. If she pulls away, or stiffens, then you might have to keep spending time to connect with her.

Once you've gotten these go signals, you are ready to go. Don't be in a rush, but at some point, just tell the girl, "let's get out of here."

Leave the bar. Walk slowly down the sidewalk. Hand in hand is nice. Keep the energy low. Let conversation flow. And at the first moment where the two of you are enjoying something you said, stop, pull her into you by the hand, and SLOWLY pull her in as you come closer.

Then kiss. One kiss. Big, slow, romantic. Break away and keep walking.

If there's any chemistry at all, she needs to know about you from your kiss. If you delay after the time when she's expecting you to kiss, she loses interest... fast.

We only teach you to read woman's bodies for signals of what they really want because that's EXACTLY what woman do. If she likes you, she wants to kiss you to see what kind of lover you might be, NOT to build up to sex just yet.

The kiss is just another form of communication. Treat it as such, and stop making it such a big fucking deal. You want to kiss her early on so you can find out "is she worth my time?" I mean, you have to set rules for yourself... if you are with a girl and the two of you, for whatever reason, don't kiss well together, end it right there and then. Your bodies are telling you "mismatch."

And if you don't have a lot of experience kissing, relax and take your time. Woman LOVE to kiss, and will be happy to spend time with you just doing that. As a rule, men don't kiss enough because we're always looking to move things to the next step. But without enjoying the kissing, nothing else can happen. Stop worrying about proper foreplay, or getting her shirt off, or anything else. If you can kiss a girl and make it hot and passionate for 10 minutes, you will have turned her on more than any other man has done with an entire library of weird sex books.

Watch some girl-girl porn sometime, and compare it to guy-girl porn. Notice how much more time the girls spend kissing each other. Why? Because they get it. Girls love to kiss, and can't find guys who do. Become one of those guys, and you are headed for a much nicer world.

The first kiss is NOT a step to seduction. It is part of the dance and the conversation. So start learning the steps, or you are going to miss everything she's trying to tell you.

Art of Fucking 1& 2 (PODCAST)

TP torrents

These are my notes made by me. They aren't a complete transcript.

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40m24s long

How to create sexual tension. Talking about kissing / sex with a girl (SEXUAL TENSION)

15m:59s

Anyone who's seen the movie Don Juan Di Marco . There's a great scene near the beginning where Johnny Depp seduces a woman in a restaurant who's waiting for her date. He does it by his actions as sets up the table with her. If you haven't seen the movie I recommend you go get it because if you watch this scene, because you'll notice something upon watching it a few times. At first it seems as if he has this great script for telling her about sex in a sly way. He describes the sensuality of a woman's body and how some women are so sensitive their hands become like their entire body and their fingers are like their legs. He glides his fingers up her fingers to the knuckle and then right up between the webbing. Then he makes the obvious analogy, if the fingers are like the legs then this space here is like, and then he licks the space between her fingers.

Its' really good, but if you watch that scene over and over again, it's **really not the content he's saying**. He's not trying to plant the seed of sexuality in her mind with words. He's doing it with his presence, his physicality, with his touching of her, with his eye contact

You don't need to worry so much about your words are doing to create sexuality nearly as much as **what your eyes are doing**. If there's one technique you can use to start adding an element of sexuality to all your conversations with women it's this.

When you're looking at a women, hold eye contact, don't say anything and **think the dirtiest damn thoughts you can think about her**. Let your brain go through its whole retinue, its whole pornographic fantasies. Bend her over furniture, break furniture, tell her to suck your cock till she chokes. Think that, have these images going through your mind while you're looking at her. It's your imagination, your playground, you're allowed to do whatever you want there. If you're thinking these things while looking at her it will get to her. Your words, whatever it is you're saying, will a different undertone because your brain is going to be locked in sexually.

This is why when you were 14 or 15, you spent most of your time in the halls of high school with a hard-on that never went away girls knew your intent every time. It was uncontrolled and wild like a bucking bronco and it was there because it was all you were thinking. You weren't able to think of anything else, your body had locked in on this idea.

Let yourself get turned on when talking to a woman. Look at her lips, look at her eyes. And if you're wondering **what things to drop into the conversation, be sensual rather than sexual**. Now at first when you're with a woman it's great to drop hints with her to create the idea of some sexuality. The classic techniques out there, is to plant negative images in her mind.

For instance when you're out on a date right at the beginning of the evening tell her, "you know we're not sleeping together tonight, we're not having sex tonight." Create that idea in her mind. It's the old psychological

trick of telling someone don't picture an elephant. As soon as you say that, that idea is there. If you say it with a smile, she knows that you can talk about sex in a fun way that's not threatening for her. **It's not an aggressive thing.** What it is, is acknowledging the situation. I've done this, a friend of mine has done this. We've both actually used the same technique co-incidentally where we tell the woman at night, "we're not sleeping together, we're not having sex tonight," but then get her to stay over till the morning. And in the morning, all rules are off, I didn't say anything about the morning.

You can plant these seeds with your words. But more important is really look at her and think sexually when you're with her. And as for things that destroy sexual tension, if the intent is there, the goal is there to sensually enjoying this woman, there's not a lot that your words are going to destroy. Unless things are getting sexual and intimate and you try to be funny. **Laughter does destroy the tension**, that's the essence of it. So when you're with a woman you should always be seeking to make things more and more intimate, more and more fiery. You're trying to create those moments in a movie when the two characters are so close together the audience are screaming for them to just get it over with. That's the feeling of tension you want to create with a woman.

SECRET ORGASM TIPS INTERVIEW – TRANSCRIPT BY JOSEPH MATTHEWS

By "The Master"

www.secretorgasmtips.com

www.conversationalpersuasion.com

Transcript

Kissing

Thunder Cat: (Laughter) So, basically, let's start talking about some of the stuff that you yourself have pioneered that you're gonna start sharing with people in this upcoming book of yours. Now, let's start with the most obvious choice. Let's start with getting a girl to sleep with you. Like, let's just start with the very basics for guys out there who maybe can get it up to that point but have a hard time getting to the point where they can close the deal.

Masterclass: Okay. Well, what point are we at? Are we - I mean do we have full kinaesthetics? What do we have?

Thunder Cat: Yeah, let's say that it's towards the end of the date—

Masterclass: Okay.

Thunder Cat: It's ready to start escalating.

Masterclass: Alright. Well, you usually start with a kiss goodnight. Which is usually, depending on the personality of the - I've closed women where you know, I've walked her to her car and I looked her in the eye and go, "Well, you know it's that time. It's time for the kiss. Are you ready?" And she goes, "Lay it on me." (Laughter) And I do, right then and there. You know, and - I think the first kiss is a big, big factor.

Thunder Cat: Now, do you have any tactics or secrets when it comes to kissing other than practice makes perfect or something like that?

Masterclass: The first thing is - when I go for the kiss, is - and I've seen this on a couple of other people's sex sites and things like that and I agree with it whole heartedly - it's to me the best way is when you're going for the kiss, cup her face in your hands and do the first kiss gently because what you're - this is where you deconstruct a little bit - what you're doing on the first kiss, aside from trying to make her knees buckle, which is the ultimate goal, if you can kiss a woman and make her knees buckle, you're ready. She's done. She's gonna do whatever you want her to do at that point. (Clears throat) but **what you really wanna focus on when you go for the kiss is you wanna kiss her lightly. And the reason is you wanna get an idea of how she kisses because that's gonna tell you how to mirror it back to her.** See, I've kissed women who are fish kisses, which I hate but - people tend to project onto their partner or the people they're around the way they view the world, which is how they view things as being right or wrong for them. And they tend to do to you what they want done to them. So by figuring out how do they kiss, and kissing them that way, you send a powerful message cause if she's kissing you she's already got report now you're taking it to a physical level. You're taking it to a deep sensual level by kissing her back the way she kisses you. And the whole palm on the face thing - the hands on the face, that's just magic. I can't tell you how many women I've done that to on the first kiss and their knees just buckled.

Thunder Cat: Now, is it both hands or just one hand?

Masterclass: I tend to use both. And I'll cup the cheek and perhaps the back of the head and I'll pull her into me. You may even do the Hitch Method, which is the 90/10 but-

Thunder Cat: 90% of the way in and then she does the other 10%.

Masterclass: Yeah.

Thunder Cat: For those of you who didn't see the film.

Masterclass: One of the things that I like to go for, if you really wanna know if she's into you, watch how big her pupils get. The more they dilate, the more she's into you.

Thunder Cat: The more they dilate, the more that she's into you.

Masterclass: Yeah. I have one girl that I'm doing right now, when she looks at me, her irises disappear. There's nothing but black.

Thunder Cat: Now, why is that?

Masterclass: Well, there's different theories on it, but you know, I was reading a book on body language not too - well, actually, it was quite a while ago and they were saying that there's a subconscious response to see more of you or desire to see more of you. From a medical perspective, it goes back to stimulation of the ocular nervous system. You know, when you get super stressed out, the eyes dilate and when you get super excited, the eyes dilate. So, really the - a lot of the response is whether you're in a flight or fight mode or whether you're in an happy and excited mode. A lot of them are the same physiological responses. It's just what emotion is driving it and I think that has a lot to with it.

Thunder Cat: Alright, so you got the kiss. Okay, then you what, drag her into the bedroom from there?

Masterclass: Sometimes, depending on what they really want. Usually once - you know, **once I've gauged her responses, that's when I'll pull her in to me, that's when I'll put my arm around her waist and I'll really, you know, do the Ret Butler, you know, Scarlet type of a kiss.**

Thunder Cat: Yeah, bend her over and kiss her–

Masterclass: Mm-hmm.

Thunder Cat: Not bend her over, but–

Masterclass: I'll bend her over later.

Thunder Cat: Yeah. Tilt her back and kiss her.

Masterclass: Yeah. I've done that on a couple of things and they swoon. I mean, guys, if you've never kissed a woman and had her swoon, that - there is nothing like that feeling in the world.

Thunder Cat: Big ego trip, I'm sure.

Masterclass: Oh, my God.

Thunder Cat: (Laughter)

Masterclass: Oh, my God. It's like, that makes your night right there cause - but pretty much, **once you get a woman swooning, you basically write your own ticket cause she's up for anything that you wanna do at that point. As long as you don't violate her values, right off the bat.**

SECRETS FOR CREATING MAXIMUM SEXUAL EXPERIENCE! - MASTERCLASS

By "The Master"

www.secretorgasmtips.com

PS : Also titled elsewhere as "Light Her Fire - Forbidden Secrets of Sexual Mastery Vol. 1 By David Snyder"

www.conversationalpersuasion.com

Techniques for Maximum Arousal

In this chapter I will share with you some of the absolute most powerful and reliable techniques for getting her so turned on she may just go ahead and have an orgasm before you even touch her clitoris! I am going to teach you some most powerful areas on a woman's body for super charging her sexual arousal; I'm going to teach you numerous special techniques for how to stimulate, tease excite and arouse those very special pleasure zones which I call "E-zones (E stands for erogenous)

Plus I'm going to reveal some very special never revealed "secret sexual pleasure points" from my studies in Chinese medicine that will drive her absolutely insane with desire and arouse and excite her body light years beyond what she may have ever experienced before!

These very special points on her body will actually increase her sexual responsiveness by orders of magnitude and when combined with the Ten Master Keys for Maximum Sexual Arousal will have her quivering and drenching herself as you masterfully and erotically transform her into an insatiable sex-crazed puddle of pre-orgasmic lust...

Sounds like fun huh? Let's Get Started!

Remember ... It's All About The Build Up!

Foreplay... as a man, don't you just sort of hate that word? Have you ever wondered who thought up that term? I mean seriously who came up with the idea to divide sex up into sections? Let me give you my perspective on things. There is a lot of talk in certain circles like the seduction communities and the like about early game, late game, blah blah blah. Then folks talk about the flirtation stages and the various "pick up and seduction systems" will tell you that you're in this stage then you transition to that stage etc.

Most people think of foreplay along the same lines. For instance most folks consider fingering or heavy petting to be part of foreplay. They also consider cunnilingus to be part of foreplay even though both of these activities can and often do result in orgasm. Most people (especially men) consider that intercourse involving penetration with the penis is the only main event.

Not So Mon Amie!

Each And Everyone One Of The Activities Which Can And Often Do Result In Orgasm (This is strictly my perspective on foreplay and may be contra to what "other" experts may classify as foreplay) Can Be Considered Full Blown Sexual Intercourse In And Of Itself!

Following this perspective we now have the potential for three, four or even five "main events" depending on how energetic and enthusiastic you and your partner might be.

Naturally as you may have already surmised when you stack these erotic activities together you will end up with a very very ecstatically satisfied specimen of dreamy post-orgasmic feminine happiness that just can't wait to give you back a bunch of those delicious sexual thrills she's been getting from you... savvy?

Of course the question arises when it comes to foreplay (I prefer the term sexual arousal) where do you start or perhaps more appropriately... when? Well in my world view sexual arousal starts the moment I enter the room because to me...

It's All Sexual Arousal!

Non-physical Sexual Arousal - I'm not going to go into much detail here as this is a topic covered by many very good teachers of seduction and pick up systems. But I do want to touch on something I will be devoting an entire chapter to in

"Forbidden Secrets of Sexual Mastery Volume Three: Make Her Yours! Secrets of Sexual Influence" and they are what I call "Hero Traits."

You see there really are a handful of attitudes, beliefs, and behaviours that the majority of women find absolutely irresistible -- Truly these traits are like ecstasy laced catnip to vast majority of women all over the world!

I talk about these traits a lot because they are in fact the secret keys to making any seduction system far more effective and in the process make your entire life far more fun exciting, productive and fulfilling on all levels.

I can say this because that is exactly what these traits have done for me and the many clients in whom I have helped to integrate and install these traits. I am a master hypnotist after all, (he he) so I might know a few things about changing behaviours, attitudes, and beliefs.

The Hero Traits are:

- Assertiveness
- Toughness
- Streetwise/Cocky/Funny
- Relentless/Ruthless/Driven
- Mysterious
- Unpredictable
- Adventurous

Now understanding these traits, what they are and how to have them is a major milestone in your ability to light a woman's fire on a mental, emotional and ultimately physical level ... why?

Because for women orgasm is as much a subjective (mental/emotional) experience as it is an objective (physical/tangible) one.

The more you can excite her mind and emotions the more physically responsive to you she becomes. Now we are not going to go into splitting hairs by saying that emotions are also physical body feelings. My distinction here is physical stimulation and arousal vs. emotional/mental stimulation and arousal. Or if you wish to refer back to the chapter on sexual calibration

Desire + Arousal = Orgasm

Desire: All the non-physical/intangible elements necessary for sexual arousal Arousal: The physical/tangible elements to achieve sexual arousal and ultimately orgasm.

Finding a way to enhance and integrate the above traits into your life will cause a tremendous upsurge in your ability to sexually excite any woman simply because women are already programmed to respond to those traits in a very powerful way!

You can also think of the "hero traits" as passive foreplay. Now what do I mean by that? Well once you integrate these traits into yourself in such a way that they become just a natural part of who you are as a person then those traits are always operating and you no longer have to "do" anything other than "be" who you are.

This is a powerful way to multiply your sexual-Jedi powers and exert an influence of attraction where ever you go. Combine this with your physical skills and magic happens. Speaking of physical skills let's start with the glue that links all these skills together...

Kissing: The Essential Guide to What Where and How to Kiss Her

I love kissing! For me kissing is one of the most exciting aspects of my sexual adventures. I love to drink in the sweetly intoxicating wine that is found only on the lips of beautiful women.

Now we covered first kisses a little bit earlier and we will give a bit of review here as well but this section will mostly focus on the deeper aspects of kissing and we are of course going to assume you have gotten her to the point where she wants more intimate and physical gratification (that means sex) from you.

Tai Chi and the Art of Listening to Her Lips

Earlier I mentioned a technique I call "**Listening With Your Lips**" and it's one of the techniques I use to determine the exact best way to kiss a woman that will totally meet and *exceed all her internal expectations of what a great kiss should be.*

Real Life Example 1

*I knew she was wondering if I was going to try and kiss her so I simply played it casual and when we got to her car I turned to her looked her in the eyes, cupped her face in my hands in the manner I will teach you about later and gently kissed her using the technique I now call **“listening with your lips.”** I noticed right away that she was one of those woman who kiss the upper lip more so than their lower lip so I kissed her back exactly the same way; I paid attention to the responses she was giving me. I could feel her breathing increase, her heart was beating faster and she held me tighter. I paid attention to where she was holding me, how tight and if she was using any type of stroking motions. I then did these same motions back to her.*

Real Life Example 2

*When I got the body language cues that signalled she wanted to be kissed I moved in, cupped her face in my hands and did the **listening with your lips technique**. I noticed right away she had a different way of kissing then I had encountered before... it was really closer to fish kissing but not quite. Although somewhat taken aback I nevertheless did it right back to her exactly the way she did it to me... right away her breathing got more rapid, she held me tighter and she seemed to melt right into my arms and body... I took that as a green light... you should too!*

This technique is actually derived from an aspect of my martial arts training in tai chi and the particular exercise is called “tui shou” or “pushing hands”. The object behind the pushing hands exercise is to determine exactly what your opponent is going to do by interpreting the pressure he or she exerts against your hand.

The subtle changes in your partners musculature as they move and rotate their arms become very powerful and quick indicators of where your opponent is seeking to attack you and for you to determine where your opponent is weak, off balance or over extending themselves... in other words... it’s all about kinesthetically interpreting body language.

The key element of push hands is that it teaches you how to be soft and relaxed enough to interpret what your opponent is doing yet strong and balanced enough to respond appropriately to whatever it is that they do. *The ability to interpret what your partner is going to do via their touch oddly enough in tai chi is called -- “listening”*

Kissing is a lot like “push hands” most people use their lips to simply push against the other person’s lips rather than using their lips as the incredible pleasure and pressure sensing devices that they are. In order to truly unlock a woman’s pleasure code you must learn to open up your senses and *pay attention* (there’s that phrase again) to things that are normally outside your conscious awareness... that takes a bit of training and practice but it’s well worth the energy invested as it also increases your own ability to feel pleasure from your partners.

Learn to become receptive to the pressure and contours of your woman’s lips against your own. Learn to relax your lips enough to allow yourself to sense and become aware of the contact being made between your lips and hers, yet firm and pliable enough to match what she is doing so that you can send the same kissing message back to her. You can effectively do this by paying attention to,

- **The pressure she is exerting as she kisses you**
- **The contour and shape of her lips as she kisses you**
- **The firmness of her lips when she kisses you**

Develop this awareness in yourself and you’re on your way to mastering the art of kissing. Learn to vary the way you kiss other parts of her body as well. Kissing is the bridge that allows you to fully and completely excite a woman on many levels simultaneously and flow from one technique to another.

The First Kiss Is the Key

As I mentioned many woman will judge everything about you including your entire sexual future with them by how you kiss. A woman often knows after the first kiss whether she will have sex with you or whether or not you will even get a second date. I usually end up having **sex on the first date with about 9 out of 10 woman** and I believe a lot of the success I have is due to the *hero traits I possess and my ability to kiss her exactly the way she wants to be kissed—*

The Secret of Listening With Your Lips

When you go in for the kiss, cup her face in both of your hands so that your palms are gently cradling her jaw line and your thumbs are just in front of her cheek bones. You can also place your hands further back with your thumbs just in front of her ears if that's more comfortable for you. This allows you to contour her face and guide it where you want her to go. It also helps to avoid the possibility of kissing her too hard and too fast which is akin to smacking her in the teeth. You know we have all done it. In our rush to kiss her we move in too fast, or are unsure of our distance, timing and pressure and suddenly --- BANG!

Your loving lip lock turns into a less than exciting clash of the molars! Or maybe as your moving in for the kiss you or she opens her mouth way too wide and Bang! More Molar Mashing! Now when you move her face in toward yours, I want you to look her in the eyes and slowly close your eyes as you gently bring her face to yours. I want you to touch her lips to yours as lightly as you can and I want you to sense and pay attention to several things... This takes practice to get good at but once you do... She's yours!

Here's what To Pay Attention To...

How much pressure is she using to kiss you?

- Is she pressing her lips hard against yours or is she pressing softly?
- What kind of force is she exerting with her lips?

The configuration of her lips for the kiss - This is kind of odd sounding for most guys but the truth is no two woman kiss alike and one of the most telling differences is the way they hold their lips when they kiss.

- Is she a fish kisser?
- Does she open her mouth very wide?
- Does she keep her lips close together?
- Pay attention to what she is doing to you!

Kiss Her Gently And Allow Yourself To Feel How She Is Kissing You.

This Is a Key!

***Do Not Focus On Kissing Her!
Focus On How She Is Kissing You!***

Now why would we want to do this instead of just rushing in, grabbing her in a rush of manly passion and sticking our tongue so far down her throat it comes out places we shouldn't mention? Very simple really and it goes back to a concept from fields of study such as NLP, hypnosis, CPI and others we talked about it earlier... remember?

Woman Naturally Project Their Own Internal Processes On To Those Around Them!

Remember, she already has an internal checklist of what a kiss is supposed to feel like in order to be right for her. By paying attention to the way she kisses you then kissing her back exactly the same way, you validate her model of how things work, demonstrate you are just like her and you perfectly fire off all the signals that tell her mind body and emotions it's okay to...

Move to the Next Level

This is sexual pacing and leading -- the ability to generate tremendous sexual rapport and connection with any woman you're with. Of course this segment is mostly about pacing. **Pacing** is simply the ability/process of being able to match and mirror back to your partner what she is doing to you so that you communicate sameness to her and therefore perfectly match what is *right* in her reality. That's a great start but at some point you must begin to lead her instead of pacing her and that's even more fun! So before we move into the deeper elements of kissing...

Here is a recap for your notes...

Signs she wants to be kissed...

- Dilated Pupils
- Protruding Lower Lips/biting or licking her lips
- Touching Her Neck
- Head Tilts

Where to Put Your hands for the Initial Kiss

- Cup her jaw line with both hands
- Place your thumbs along the front of her cheekbones
- You can also run your fingers through her hair but I would save this till after the initial kiss is completed
- Slowly Guide her lips to yours

Listen With Your Lips

- Pay attention to the pressure/force she uses
- Pay attention to the configuration/shape of her lips
- Match the exact shape of her lips
- Match the exact pressure she uses
- Kiss her exactly the way she kisses you

Now It's Time to Lead Her and Amplify Her Arousal

One of the most fascinating aspects of rapport, sexual or otherwise, is the amazing level of information transference and communication that simultaneously occurs between two people on multiple levels. People who are deeply in rapport often finish one another's statements or answer the other person's unspoken questions.

All of us have experienced this at one time or another. Now with an understanding of pacing and leading you can actually use that phenomenon at will to amp up her sexual desire and ultimately her arousal level as well. Rapport skills can go even deeper than that. I'm about to teach you how to amplify her sexual and physical responses using the mechanism of rapport... are you ready?

Let's Sweeten The Deal A Bit Shall We?

Okay once you have matched her particular style of kissing and you're effectively doing it back to her the same way, you can start to direct her a bit more. The act of kissing her the way she kisses you dramatically deepens the sense of "connection" and "rapport" she is going to have with you.

Continue to pay attention to her responses. Think in terms of simply wanting to give her more pleasure and pay attention to how she responds to you. Avoid what I call "Penile Thinking"

Remember...

"Penile Thinking" happens when a guy gets so turned on that all he can focus on is getting inside her and getting his rocks off as quickly as possible. Gentlemen this is the worst thing you can do, and it's also one of the key reasons why most folks in the PUA community have relatively low day two results.

If You're Paying Attention to Your Erection, You're Not Paying Attention to Her!

By paying attention to her responses, her body will tell you everything you need to know to perfectly match the way her body, mind and emotions become aroused. When you can do that on all levels, she won't be able to stay away from you, because no one has ever excited or satisfied her the way that you can and will. Once you have matched her kissing style you now have a couple of choices, you can continue to kiss the way she does or you can slowly begin to alter your method of kissing and see if she responds by following your lead. When she follows you by changing her way of kissing you now have more freedom to play and lead her where you want to go. But for now I'd like to share a special technique that I use to really amplify her state of arousal and get her dripping with excitement.

Let's go back to the basic idea of matching her kissing style... which is also exactly the way a kiss is supposed to be for her according to her internal map of the world.

Take the physical elements I shared with you previously and add this following visualization exercise to it while you're kissing her... this is extraordinarily powerful on a number of levels. Once you have her face in your hands and you're kissing her, begin to imagine and create an intense feeling of love, excitement/arousal and connection inside you.

Give this energy/feeling a colour and imagine this feeling as an energy moving up from your heart, flowing out of your lips, and your hands and filling her up. Imagine this energy flowing stronger and stronger enveloping the two of you in a glowing sphere of vibrant scintillating energy. The more intensely you feel this, the more powerfully she will feel it as well. Once you have that down you can actually begin to imagine that energy cycling back and forth between the two of you in a never ending current of sexual power that just gets stronger and stronger with each and every breath. I have made many ladies knees buckle using this and similar techniques. Nothing changes a woman's reality faster than a man who makes her swoon when he kisses her!

"The decision to kiss for the first time is the most crucial in any love story. It changes the relationship of two people much more strongly than even the final surrender; because this kiss already has within it that surrender." ~ Emil Ludwig

More Kissing...

Obviously the first kiss is simply the beginning of what will prove to be an exceptional night of passion, pleasure and fulfilment for both of you, but it's also one of the most crucial elements to get right the first time. I'm not saying that if you blunder the first kiss that your chances are gone forever. I'm saying that getting the first kiss right can get her juices flowing like Niagara Falls after a monsoon!

"Laying It on the Lawyer"

This particular case history is rather amusing but also educational for the man who may be a bit nervous about going in for the first kiss at the close of the date. I met this very attractive young lady on the internet. We will call her Jane for now. Jane was very intelligent and charming woman with a great sense of humor she was a lawyer making a transition from corporate law to medical law. So we did have some common ground. Now Jane was very sensitive to certain aspects of tonality even to the point that she could tell when I was altering my tone to do an embedded command or similar technique.

She was also fascinated by NLP and related subjects and I realized early on that a lot of active or overt seduction techniques were actually going to work against me simply because "she was aware and screening for them." In other words...

She Was Expecting To Be Hit On!

So what did I do?

HERO TRAITS TO THE RESCUE!

I went into stealth mode and I relied on my passive attraction skills inherent in the “hero traits” I had spent time developing in myself... the result? I had a heck of a lot of fun! I was much more relaxed, her defences went down, and her attraction mechanisms went off the Richter scale because she couldn't detect any overt manipulation or persuasion on my part.

*Because she had deep rapport with me anything I was feeling she tended to feel as well... I still had to go first though. Now that's all very educational from a Pickup and Seduction perspective and perfectly illustrates that you must be able to assess whether what your doing is working and “modify” what you're doing accordingly but **that's not the main lesson I want you derive from this case history.***

Let's continue...** the evening progressed and we both had a great time, however since it was during the week and we both had to work in the morning we reluctantly headed back to the parking lot to say our goodbyes. So as I walked her to her car I gently touched her on the shoulder and as she turned to look at me I said... “Well... It's the end of the date. You know what that means do you not?” She looked up at me, smiled that familiar smile and said “yup” I looked into her eyes, grinning that naughty impish bad boy smile I often use and said “Are you ready?” in that tone of voice that implies **“are you sure you can handle me”** and smiling even bigger than before she looks up at me and says **“Lay it on me big boy!”... So I did!

I cupped her face in both my hands and kissed her using my “listening with my lips” technique. I also used some of the pressure points on her scalp and neck to really get her juices flowing... twenty minutes later we were still kissing!

A few nights later after giving her several wonderfully powerful orgasms she actually admitted that “She couldn't believe she actually said that to me” We had a good laugh and she was a great woman who I still have fond memories of today.

By the way that brings up a really important point. Don't waste your time and talents on woman who don't deserve what you can do for them. The world is truly full of wonderful deserving woman who would (in some cases quite literally but I recommend you avoid those) kill for the chance to be with the kind of man your becoming! Never be afraid to simply walk away or say “next!” when a woman fails to live up to your standards. Okay let's get back to the case report.

The lesson I want you to learn from this is “Jane” was expecting me to hit on her; she was actively looking for it. Not only that, she also expected me to try and kiss her at the end of the date! She was waiting for it! In fact I would have to say...

She Was Hoping For It!

Guys more often than not your woman is just as worried and nervous/excited about the first kiss as you are! The good news is now that you are aware of that you can simply relax when it comes to the first kiss or as they call it in the seduction communities -- “Kiss Closing.” Being able to relax makes using the techniques your learning much more powerful and effective! Believe me!

How to Amplify the Arousal Power of Any Kiss You Give Her on the Mouth or Face!

This is a rather recent discovery I have made and I am rather embarrassed to admit it because it was blatantly obvious and I had been doing it for years without actually realizing the power of the technique by itself. Now as I share it with you; you can immediately start using it to powerfully get her juices flowing and turn up the sexual heat for both of you. Ready? You are gonna kick yourself!

You Can Amplify The Seduction Power Of “Any” Kiss You Give Her On The Face Or Mouth Simply By Cupping Her Face In Your Hands Or Touching Her Face In Some Way!

Has this ever happened to you?

Have you ever been kissing a woman and suddenly she just reaches up and touches your face? Maybe she reaches up and just sort of touches you on the side of your lips as she's kissing you or maybe she cupped your face in her hands? What did that feel like? Did it add something to the power of the kiss? Test this! Go out and do that to your woman. Kiss her normally (that is without touching her face) then kiss her and touch her face in some way.

For example:

- Cup her face in both your hands
- Cup her face with just one hand
- Hold the back of her head in your hands as you pull her in to kiss you
- Touch her face with the back of your hand lightly as you kiss her
- As you kiss her touch her face on or around her lower lip

Pay attention to the difference in her responses!

Keep doing whatever is getting the strongest responses from her.

Every woman kisses differently, in fact kisses and snowflakes have a lot in common in regard to their uniqueness. Kissing is the perfect way to transition from one sexual arousal technique to another (no I didn't forget this chapter was about sexual arousal) We have discussed kissing her on the lips now let's talk about other places to kiss her that are just as exciting.

The places I recommend you focus your kissing talents on are:

Her lips (of course)

There are many ways to kiss a woman's lips and that's a good thing. By this point we all understand that every woman has an internal set of pre-conceived notions about what a kiss is supposed to feel like and that's what we use to take her to the next level. But it's also true that every conceivable way of kissing is "not" included within a woman's sexual map of how things are supposed to work and many of the techniques or characteristics that are not included in her personal map may be just as or more pleasurable than those on her pre-conceived map.

We use the way she kisses as the doorway into her sexual/erotic world and then we begin to modify the map by introducing elements that may not have been there in the first place. Pay attention to what she responds most strongly to and throw out what doesn't work.

As my mentor in Kinesics "Dan Johnson" used to tell me

"Always Start With What You Know!"

Starting With What You Know!

Your Sexual Safety Net

What we know is the way she initially wants to be kissed and that is the way that a kiss is supposed to be for her and if we get stuck and not sure what to do next, or perhaps happen to do something that actually turns her off we can always...

Go Back To What Worked In The First Place!

This brings us to a concept I call **sexual fractionation**. In hypnosis fractionation is a phenomenon that occurs when a hypnotist induces trance in someone and then brings them out of trance and immediately induces trance again. The result of doing this is that each time the subject goes back into trance ... They go deeper into trance than the time before!

A similar phenomenon occurs during sexual arousal. Some woman are aware of this and actually want it done to them and will try to get you to do it to them. You can become aware of this by such behaviours as - when a woman gets close to orgasm and pushes your hand, mouth or body away from her. This most often happens

during fingering and oral sex and will often culminate in her mounting you or begging to be mounted while you're stimulating her with your other tools i.e. fingers, lips and tongue.

Orgasms, if you pardon the play on words, **come in waves and spikes**. Many times a woman will feel herself getting close and make you back off on her stimulation. In techniques like the "One Hour Orgasm" men and woman are taught how to "condition" themselves by bringing themselves to the brink of orgasm then backing off and stimulating themselves again and again before actually working with a partner in a conditioning exercise called peaking.

Other ways to kiss...

The French Kiss

Although I'm sure many of you are already familiar with the famous French kissing technique, for the sake of comprehensiveness I will review it and give you some of my thoughts on this classic kissing style. First of all when French kissing a woman all of the aforementioned rules and guidelines I have given you still apply. "Frenching" as it was called in my youth is an open mouthed kiss whereby both partners massage one another's tongue; it's a very erotic technique when done properly.

When done poorly frenching can result in a number of unfortunate responses ranging from smacking your teeth, bloody or swollen lips, biting your tongue (or hers) to gagging or being gagged by your partner. There is a tendency for beginning French kissers to try and stick their tongues as far into their partner's mouth as possible. In addition many would be French kissers tend to open their mouths far too wide... both are what I consider a bad idea! So when French kissing remember this...

Less Is More!

Only open your mouth as wide as you would when you normally kiss your partner. There is no real need to exaggerate your oral cavity and give your partner a tour of your dental work. Only stick your tongue into her mouth a short distance and avoid going too far past her front teeth. If you're not sure if she wants to be French kissed (some woman don't like it) only going to the front teeth will let you calibrate if she's into French kissing.

How does that work?

Simple really, inserting your tongue only to her front teeth serves as an invitation to frenching. If her tongue comes forward to meet yours... it's a go!

Keep your mutual tongue massage to very light flicks at first until you feel comfortable with the way she kisses and vice versa. The next stage of course will be your tongues playing tag between your two mouths. Never go for the French kiss on the first kiss unless she initiates it. This is a good rule to follow. The French kiss is a very intimate and somewhat invasive type of kiss. Depending on how into you she is and how comfortable she feels with you will determine how she will respond to you French kissing her. Some woman like French kissing so much that that is all they do... that's fine! Then everything goes back to rule number one! Kiss her the way she kisses you!

Full Lip Kissing

This is another one of my favourite types of kisses. In fact this one probably turns me on more than any other. Full lip kissing as I call it is when you use both of your lips to kiss both of her lips at the same time. It's a very full passionate style of kissing and is often a prelude to French kissing. You can compare this with what I call single lip kissing which I notice tends to be used by woman with very full lips.

Single Lip Kissing

Single lip kissing is when you focus the stimulation of both your lips on one of hers. For many woman with very full lips this is their predominant kissing style. You can basically suck, massage and kiss her upper or

lower lip with both of yours. You can also French kiss during this technique using very light flicks of your tongue.

Tongue Sucking

The first time a woman did this to me when I was a teenager she totally took me by surprise; of course she was a few years older than I was. (<Sigh>, if she could see me now!) Tongue sucking is a variation of French kissing.

In the textbook French kiss the two lovers massage each other's tongues while joining their lips. Tongue sucking is a bit more extreme although very erotic when done properly. I do use it on occasion but not nearly as much as the other techniques I discussed earlier. Instead of merely massaging their lovers' tongue the lovers actually take turns *sucking* on their partners' tongues.

Once again, like *frenching*, tongue sucking is a bit more invasive and thus more intimate. Avoid getting over-zealous and trying to suck your partners tongue out of her mouth. Suck too hard and it can actually be painful. My recommendation is to use a very light sucking pressure and gauge how she is responding. Usually if she sucks back on your tongue she's into it. If she doesn't respond at all my money goes on the bet that she either doesn't understand what you're doing or simply doesn't like it or both. Stop sucking and go back to what you know works.

Kissing Her Face

Kissing a woman's face other than on her lips is pure magic. It's a very sweet, tender, romantic type of stimulation that generates tremendous sexual and *romantic* response potential. Use very light caresses with your lips. Kiss around her lips, her eyelids, her forehead (especially between her eyebrows) and her cheekbones The secret to kissing a woman's face is to use a soft, light, almost teasing sort of pressure and to go very slowly!

Go Slower To Turn Her On Faster!

"The Secret of Sexual Tension"

Going slowly builds her anticipation and gets her far more excited than kissing her face at 100 mph while rushing to get to the main event... remember with woman it's all about the build up and everything is the main event! (We will be talking about this more and more later on because it applies to other sexual techniques as well as kissing... stay tuned!) This is a great seduction technique after the first kiss and I often *fractionate* between her lips and her face as I explore what she's most responsive to.

How I made her fall in love with me while she was standing in line

Let me illustrate how powerful face kissing can be with the following case history. At the school where I'm working on my masters' degree we have a lot of foreign students. And because of the kind of guy I am, I meet most of them. I have a lot of friends (mostly woman, by the way I recommend you increase your circle of female "friends" as much as possible it makes a huge difference in the way you feel and carry yourself around them other woman) and that's a good thing. This particular case history shows how one well placed kiss can turn a friend into a potential lover. Excuse me...Did I say potential?

One of my newer lady friends asked me to drive her over to the immigration office because she needed to get some paperwork filled out and processed so she could continue to stay in this country. Now remember, I don't normally date woman who I have a hard time understanding and she was no exception. But, I have to admit... I do love a challenge!

In fact in this particular case I did nothing overt to stimulate her attraction mechanisms (except for passive attraction generated by my hero traits) Anyway aside from the stimulating conversation we were having we really didn't do much of anything besides me giving her a ride to the immigration office. Now this was shortly

after September 11th and the security at the immigration office was bordering on “siege mentality” So needless to say it took us forever to actually get into the building and find the actual office, after which of course...

We Had To Stand In Line!

Now you probably don't know this about me but I hate to be slowed down. I hate being held to other people's schedules and I especially hate being made to follow rules that don't make sense or I don't agree with! So after a bit of chatting and talking with my friend for a while...

Standing In Line Started To Chafe!

To put it bluntly I was tired of standing in line! She had already told me previously that I didn't have to wait in line with her but I thought I would be nice and keep her company... that niceness didn't last very long. I did notice her pupils were rather large as I talked to her and as I said my goodbyes...I reached out to her, cupped her face in both my hands and kissed her lightly on her forehead just above and between her eyebrows...

The rest is history...

After the kiss I simply turned around and left the building. I went home and went about my business -- the next day I started getting emails from her wanting to know when we could get together again, it came in the form of asking me to do errands for her or drive her places to which I promptly said...no! But I did like her and although I certainly didn't feel like being her chauffeur or errand boy. I did invite her to take me out to the movies. Which of course she did! Well later that night while we were lying there in bed she admitted to me that up until that point while standing in line she hadn't really felt a deep level attraction for me but...

“When I Kissed Her Forehead... Everything Changed!”

Now don't think for a minute that I believe that she didn't feel the slightest bit of attraction for me prior to the kiss. Remember I saw the cues before I left building. But I do believe that that one physical gesture, the kiss on her forehead, caused her attraction triggers to fully kick in causing her attraction mechanisms to compel her to seek me out.

This brings us to an important concept regarding woman.

When a woman is constantly asking for your time, or attention, regardless of her stated reason for it there is most likely an underlying attraction on her part.

Woman do not spend time around men they don't like unless they are absolutely forced to!

So if there are woman in your life that are always calling you, asking you to do things for them etc etc. Check out the rest of their body language cues. You may be missing out on some good times!

The moral of the story -- When kissing her face never underestimate the power of this technique. Especially on woman who are very “romantically” inclined.

Let's move on shall we?

This concludes how to totally light her fire and make your first kiss positively deadly! Kissing for me is usually the barometer that tells me if sex is on the menu for the evening. To put it bluntly guys. Once a woman kisses me she's on her way to sleeping with me... usually that very night!

When it comes to going from a basic kiss close as all you aspiring PUA's would say to having full blown sexual fun, this stuff is pure gold!... honestly it hasn't failed me yet! Learn this stuff well and you too will discover that in a very short time... Any Woman Who Kisses You Will Probably End Up Having Sex With You!

Kissing her ears

If the eyes are the windows of the soul then her ears are the doorway to everything else! From a purely Chinese medical standpoint every part of the body has a corresponding pressure point in the ear. If that theory holds true (and it does) we can use her ears for some pretty amazing things because...

For Many Woman The Ears Are An Erotic Kill Zone!

Kissing, Nibbling and Sucking her ears can send a woman's pleasure levels right off the Richter scale. When talking about her ears don't forget the area behind her ears as well. This area is very sensitive to subtle stimulations such as warmth and the movement of air. In fact one of the best techniques you can use is what I fondly refer to as "sniffing."

Now I have to admit that I did not develop this technique but I use it a lot! In fact the first time my good friend ThunderCat over at "Seductionlair.com" told me about this technique my first response was an all encompassing... Bullshit! Now, ThunderCat didn't develop that technique either, in fact T.C. told me that he got it from Dating Guru –David DeAngelo creator of "Double Your Dating. That was about two years ago and after extensive field testing I am here to publicly admit...

I Was Wrong!

Sniffing works like gangbusters for sexually arousing woman!

If you think about it, it does make sense from an evolutionary and biological perspective... Think of what animals do in the wild... they smell each other... what's the primary way a male or female finds a mate in heat? Through Their Sense of Smell! Well at one time in our evolutionary history we were wild animals too! Some would argue that we still are... I tend to agree. My personal opinion is that this arousal mechanism is another one of those hardwired instincts that are still in operation but just outside our conscious awareness. I will talk a little more about sniffing later on but for now let's get back to the ear!

More Ear Secrets for You!

When stimulating her ears I prefer to actually nibble and suck on her ears more so than I do kissing them. Some woman like to blow in a man's ear. If your woman does this to you make sure you do it right back to her when the opportunity presents itself.

I tend to work around the periphery of the ear; nibbling and sucking on the outer edge of the ear itself not just the lobe. The technical term for the outer ear is the auricle but I don't feel like throwing out a bunch of obscure anatomical terms unless absolutely necessary. I also have a few sneaky points on the ear that I use to really (literally) get her juices flowing.

Now for some of the really sneaky stuff!

Imagine if you will a baby lying in the foetal position. Now turn it upside down and superimpose that image on to the entire ear! If you have done your visualization right the baby's head should be over the ear lobe. If so congratulations!

You now have a map that you can use to figure out which parts of her ear stimulate which parts of her body! Now understand this is a very general explanation but one that has very practical uses. Once you understand the map all you have to do is stimulate those parts of her ear and the corresponding areas in her body will be affected as well. Now the degree of affect will depend on how well you find and stimulate the points but you can do amazing things with just her ears!

I normally stimulate her points by nibbling and sucking on the ear in and around the points most clearly corresponding to her sexual organs. Nibbling and sucking on her ear lobes work really well too. But I thought you would appreciate some expanded techniques for using her ears to turn her on! By the way simply rubbing her ears with your fingertips is a great way to relax her entire body and mind. In fact the more you massage them the faster she relaxes and the more turned on she will ultimately become!

The Neck

Stimulating Her Super Sexual Kill Zone

Ladies and Gentlemen if I had to choose only one other place I was allowed to kiss, nibble or suck a woman to get her irresistibly turned on and aroused besides her lips... this would be the one! In fact when I'm working a

woman up toward actual orgasm using the techniques you will be learning in the following chapters more often than not I'm also working on or around her neck!

Of all the places I have found that are among the most commonly used E-Zones (erogenous zones) this is by far the best one over all. Some woman do not like their ears to be touched, some woman do not like hands around or on their necks... no one I have ever been with (and that's a lot of woman) ever disliked having their necks kissed or otherwise stimulated! The only resistance I have ever gotten regarding the neck is the concern about having visible marks left on her neck that others might notice.

Once You Get Past This... It's all Good!

Now when I talk about the neck I'm talking about the area extending basically from the collar bone up to and behind the base of the ear, the back of her neck to about the hairline and the front of her neck from the supra-sternal notch (that's the little depression between the two collar bones at the centre of the upper chest) to just above where her Adams apple would be if she had one. By the way if your woman happens to have a rather pronounced Adams apple... well... never mind... let's move on.

The best places to kiss her I have found actually correspond to real 'acupuncture points' but that is far too in depth for most people so for the sake of being user friendly and getting huge results at the same time follow this guideline.

Kissing, Sucking, Nibbling, using the "Combined Stimulation Technique", and or Sniffing anywhere along the borders of her sterno-cleido mastoid muscle will drive her absolutely crazy and have her drenching herself in no time!

The sterno-cleido mastoid muscle runs from the collar bone near the edge of the supra-sternal notch up along the side of her neck to the back of her head. It's a fairly long narrow band of muscle and it's loaded with all kinds' receptors and nerve endings that you can use to shake her erotic foundations to the core. Its major closing spot that I use to get her lust factor to the point of

"No Turning Back!"

"Full-Steam Ahead!"

"I Want Him and I Have to Have Him Now Level!"

Kissing Her Shoulders

Another Super Sexual Gold Mine

I love kissing a woman's shoulders and woman love to have their shoulders kissed, nibbled and sucked. Sniffing I have found works far better on and around her face and neck than anywhere else but not so well on her shoulders. At this point let's define the borders of the area that we are working with shall we?

A woman's shoulder erogenous zone extends from and includes her deltoid muscle (about the upper one third of her upper arm to the shoulder bone itself - acromion) The trapezius muscle which extends from the acromion to the back of her head just above the hairline and the upper one third of the scapula (the triangular bone just opposite her breast and pectoral muscles on her back).

I use this erogenous zone a lot and after I finish the following explanation you will too. Remember in an earlier chapter when I was discussing the hormone -Oxytocin? If not go back and re-read that chapter so what I'm about to say makes sense to you.

Certain key points in this E-zone will accelerate her body's secretion of oxytocin and feel amazingly good in the process. I really do not want to share this technique but I owe it to you for having such faith and enthusiasm in learning this. I really feel this one point I'm going to share with you is worth 100 times the price of this manual!

Now you're probably thinking... "Okay David I have kissed a woman's shoulders a hundred times before and yeah she enjoyed it but I didn't get the bells and whistles you're alluding to." Remember I said I was studying

Acupuncture and Oriental Medicine? Well one of the things AOM14 is really good at treating are endocrine problems—especially those of a female nature such as infertility, insufficient lactation, menstrual problems, prolonged labour etc. You know, most of the things us guys care nothing about and are really glad we as men don't have to deal with.

Well did you know that one of the hormones most responsible for regulating uterine contractions is oxytocin? What happens during orgasm? Uterine contractions! A huge dose of oxytocin is released and her uterus rhythmically contracts in wave after wave of unstoppable pleasures. Are we starting to make some connections here?

Wait ... it gets better!

There is also some oxytocin involvement when it comes to lactation but that may have been outside your knowledge base. In other words oxytocin also affects the breasts. If you read the chapter on orgasms and oxytocin you may have an idea where I'm headed. Did you know that according to acupuncture theory there are certain points on the body that are forbidden to be needled during pregnancy because they can cause very strong *uterine contractions* (oxytocin release) to the point that there is a possibility of miscarriage.

Probably not huh...? Well then you also probably didn't know that a major point for causing that kind of response is smack dab in the centre of her shoulder erogenous zone and when you stimulate this point properly it so powerfully accelerates her arousal states that more often than not she orgasms within two to three minutes when combined with clitoral, vaginal or anal stimulation and the technique by itself feels incredible!

Woman Love This Point And The Special Technique Used To Stimulate It!

You can also use this point to get her so hot she may just go ahead and have an orgasm on her own... I've seen it happen and it's a beautiful sight! Woman love this technique but you have to know how to find and stimulate the point. Now the good news is that everywhere along the shoulder zone is sensitive but the best results are at the point I'm about to teach you...

Here we go...

The name of the point is called Gallbladder 21(GB 21). Its Chinese name is *Jian jing* the English translation is "shoulder well." The point itself has many uses including the treatment of prolonged or delayed labour and insufficient lactation - both of which have a high oxytocin involvement. I found this point by accident during many of my sexual adventures but didn't really understand it's potential until I started my studies in AOM three years ago since then my understanding and appreciation of how to use this point to please my woman has grown astronomically.

Now the question becomes... how do you find it?

It's actually very easy. Find her the tip of her seventh cervical vertebra it's easy to find if you place your hand on the back of her neck and have her dip or lower her chin to her chest it's the biggest or highest point on her spinal column.

Now once you find that point, find the tip of her acromion that's the shoulder and draw a straight line between the two points. Look for where the mid-point of that line intersects the highest point of the trapezius muscle and BINGO you found it!

It's usually dead centre at the highest point of the trapezius muscle.

The point itself is at the top of the muscle but I use a special method I call the Combined Stimulation Technique to really make it work well... I suppose you want me to tell you how to do that too eh? Well... Okay

The Combined Stimulation Technique

Kissing, Biting, Licking and Sucking all at once!

This technique simply rocks. I use it almost everywhere on a woman's body and it always gets them crazy and dripping with sexual tension and it feels really good when a woman does it to you as well. The CST combines the best parts of kissing, biting, sucking and licking in such a way that she gets the stimulation from all four methods and the synergy of it is really powerful and drives woman crazy. Here's how to do it.

Place your lips on the area you want to stimulate as if you were going to simply kiss it (and of course you are) but as you do, suck the point into and between your teeth and lightly nibble or lightly hold it between your teeth, then as your kissing, sucking and lightly nibbling/biting her pressure point start to massage and stroke the area with your tongue. This technique works like gangbusters on GB 21. Even though the point is at the top of the trapezius muscle; I tend to contour the rounding of the muscle with my teeth and lips so that I simultaneously stimulate both the front of the point, the back of the point and the top of the point. Remember the location *to find* the point is on top of the muscle but the actual point itself is really deeper inside the muscle and can be stimulated from several different directions simultaneously.

Kissing Her inside Her Arms (inner elbows)

The inner elbow or ante cubital fossa is a great place to lightly kiss. Although not nearly as powerful as the neck, shoulders, and face this location has good erotic potential and I often use it as a teasing point when I'm working either from her finger tips toward the more powerful erogenous zones or working from her key E - Zones toward her fingertips.

It is possible to work from the core of her body to the extremities or from her extremities to the core of her body. If I want to go for general overall arousal I will spend more time working the E-zones around the periphery of her body. When I want to focus her attention and arousal toward climax I will work from her extremities to the core of her body.

For example:

If I want to work on stimulating her E - Zones in or around her pelvis, hips and abdomen I will slowly work my way down her extremities stimulating various E-Zones as I go. Or I will work from one super strong E-zone to the next move ever closer towards her vagina and ultimately clitoris or G-spot.

When Stimulating Her You Never Want To Actually Break Physical Contact with Her Even When Transitioning From One Body Part to Another

Your Touch Should Be Continuous

This has a several great advantages.

1. It slows you down and helps you stay out of penile thinking mode.
2. It keeps her mind focused on the sensations you're providing and amplifies them.
3. It Builds Sexual Tension

I learned this in my tuina massage classes and it works like magic to keep her in and amplify that "*zone of sexual arousal*" we are working so diligently to achieve.

HOW TO HAVE A XXX SEX LIFE - THE ULTIMATE VIVID GUIDE

Chapter 3 : Lip Service

Kissing Like a Pro

Kissing has to be one of the most important things when it comes to sex. I think men need to learn to take it slow. Instead of just diving right in and trying to engulf my whole face, just keep it really soft. Focus on me, and you'll really get this girl's blood pressure going.

—Jenna

Kisses are one of the first intimate actions lovers share. On a first date, that good-night kiss at the door may be what determines whether or not you dream of each other until the next date. Depending on your style and delivery, a kiss can express many emotions: love, passion, desire, affection, or domination, to name a few. There are many kinds of kisses and many of us are very finicky about how we like them—soft, hard, wet, or dry. In fact, the Vivid film *The Kiss* is a tongue-in-cheek sex comedy that's all about kissing. In the film, a girl seems to have the perfect boyfriend - good looking, sexy and rich; but she's not happy Why? Because her boyfriend is a lousy kisser. Meanwhile, her male roommate has a secret crush on her, and boasts to his friend that he can make her fall for him if he just gets a chance to kiss her. The rest of the film presents some hilarious, ill-fated strategies for making that happen. Never underestimate the power of a kiss!

What's right for a first kiss might be too light when in the throes of passion; likewise, a really sloppy face plant can be overwhelming if given too early in the evening. Like many things sensual, you need to read your partner's reactions and respond to each other's preferences. But kissing is a way to quickly heat things up for both of you. In fact, it's been said that any lover who can master the art of the kiss is more than halfway to greatness.

The most important moment in the evening would have to be the first kiss. A great first kiss takes your breath away and gives you butterflies in your stomach.

—Jenna

A first kiss can be like a first impression; it sets the tone for the rest of the evening and leaves a lasting mark. "The first kiss should be very light, almost a tease," says Justin. "You have to extract the desire from them—maybe then just a touch with the tongue and kiss her neck." Overall, the woman in our crew preferred firm lips, but a soft and light kiss. "I like soft lips," says Mercedes, "no slobbering!" And most of them admired the way one of the actors, Rocco Siffredi, engages in tender before-and-after kissing and cuddling on screen. To take a look at Rocco's style close up, check out the film *Chasey Loves Rocco*. Another suggestion is *Good Time Girl*, which has some great kissing scenes as well.

You might want to start with this tease of a kiss. Lean forward as though you are going to kiss. Open your mouth slightly. But as your two mouths near, move your head slightly to one side so that your lips just barely brush, or perhaps miss completely. You can move it to the other side on the same pass, and underscore the moment with the soft brush on the lips with clean, lightly scented hair. Or, as you bring your lips together, nibble gently at the edges of your partner's mouth (using your lips, not your teeth). He or she may nibble back, or if that's a bit of a tease for them, may grab you and do something way more passionate back!

Mercedes equates the kiss with being teased: "I only like the kissing near the beginning. I don't like to be kissed too much; it's just a prelude to other things for me. I know some woman you could just kiss all night, but for me, kiss me just enough to tease me. I think the lips are the sexiest part of a man. I like looking at his lips." Tawny is the opposite: "It depends on how horny I am, but there are times when I definitely like a lot of kissing. I like to just get lost in his arms."

Men: let your mouths come together softly when you plant one on her, then move them against each other with small movements of your lips and head. Remember Justin's suggestion to "extract the desire" from her. That means always go softer than you think you should. If she wants it harder, she'll kiss back harder or grab you harder. Tawny says: "Some guys are too aggressive. I don't like it when someone shoves their tongue down my throat. I prefer gentle kisses." Some people like to let the very tip of their tongue slip between their lips for a moment—just enough for your partner to feel it. It can be a tasty tease, and also a good way to wet your lips just a little, so you can prolong the kiss. You can do it several times in quick succession.

If your partner starts to breathe faster or harder, it's working. On the other hand, some people want to get on with more luscious lip action. Try using your tongue to lightly trace an outline over your partner's lips. This works as a really good tease—as long as it's not like a big sloppy wet one from the family dog. Another Vivid Girl tip: don't even think about making smoochy, smacker noises during a sexy kiss. That kind of kissing sound should be reserved for throwing kisses in the direction of puppies and kittens, or for when you're on the telephone and the other person can hear you but not feel you.

Most people close their eyes reflexively when they kiss. It's nice to get caught up in the moment, and lose yourself in a deep, passionate smooch. You surrender to your partner, and let your mouths and bodies meld. But sometimes it can be incredibly hot to make eye contact while you kiss. It allows you to read the emotions and feelings of your partner. Experiment to see what feels comfortable for you.

Kiss her all over—her ears, her neck . . . but don't slobber all over the place, and not too much tongue.

—Jenna

Everyone agrees that using your tongue is a plus, as long as you don't go overboard and get sloppy.

Sunrise says she hates when a guy engulfs her mouth completely. "The mouth has to be a little bit firm and not too much saliva," cautions Dasha. "The right kiss just does it. If it is too messy it's a turnoff." The classic French kiss involves both of your tongues. The goal here for the guys is not to ram his tongue down her throat, but to get your two tongues together. The tongue is very sensitive and the sensation of something teasing it can be quite pleasurable. Savanna offers some very clear specs for her ideal kiss: "I like the lips to touch and then the tongue to go in; then tongue on tongue. I don't like wide-open kisses and I don't like small mouth kisses. I don't like it with too much saliva—just some lip and then soft tongue, not a hard tongue."

One fun trick to do with the tongue is to pull your partner's tongue into your mouth. It usually starts the other way around, with your tongue in your partner's mouth. As you pull it back into your own mouth, if your lips are close together and airtight, their tongue will be "sucked" right in. You may have to suck gently to create the airtight seal in the first place, but don't suck too hard. You'll take his or her breath away with this move as it is. Another variation on the French kiss is to trace the surface of your partner's lower and upper teeth with your tongue. And remember her other parts, too (which we'll explore soon). To check out some really long, deep kisses, note the final scenes between the Emperor and the concubine in *Lotus*, where she starts kissing up on top and works her way down. "Kissing on the neck, behind the ear, and on the belly," says Briana, "those are also very important spots for me."

While your mouths are busy, other parts of you can be active as well. Stroke each other's back, hair, cheeks. Many women especially respond to caresses on the neck. Remember to touch very lightly with your fingers. You can also run your fingers through her hair, and even give a little tug. "Hair is a very important thing to remember and manage correctly while you're kissing," says Justin. "You have to know how to pull on a girl's hair. It's a little bit of a dominating thing. But girls with really tender scalps don't like it. You have to learn how to run your hand up her neck and into her hair, then just tighten a little bit—don't yank a chunk out!" If you're both standing up when you do this, you have to be taller than she is for it to work. Otherwise you'll tip her lips up and away from you. If she's taller, or in very tall heels, you might want to stand behind her while she's

sitting, or lie down first. For woman who really love the hands-on-the-hair move, it can make their knees go weak, so have a bed or couch handy to collapse onto, or be prepared to hold her up with your other arm. If she has a really tender head, you'll hear "ouch!" (or something more graphic) instead of "aaaah," and you'll know she's not into it.

Sunrise says, "I like really deep and passionate kisses. When someone kisses me, I really want to feel the passion." Speaking of moving beyond soft and sweet, Kira offers, "When you're really into it, you want that really hard kiss, especially if you're doing rough sex. You can always play down and do the sensual stuff later." **A hard, fast, or slightly forceful kiss should be delivered when the mood is right.** Work your way up to it, and at the appropriate moment, kick it up a notch. Kira sums up the significance of a strong lip-lock: "Kisses can be more intense than anything else. You never know what you are going to get, but if the chemistry is there, you connect and it works."

More Pleasure Spots to Explore

I call my neck and ears 'the forbidden zones,' because when you lick them, I go crazy! I also like my lower back kissed. When someone did it for the first time, it drove me insane, even more than my neck and ears.

—Kira

We wouldn't be doing you, or your partner, justice, if we didn't mention some "out of the way" places you might want to explore with your lips. As Vivid actor Bobby Vitale puts it, "The more spots you touch the more pleasure it gives her. Rub on her face gently; gently go around her lips, slide your hands down her throat, and then grab her by the chin to let her feel how passionate you are." Many of these spots are great to try on men, too.

Different parts of the neck are sensitive depending on the person. For some, the area behind the ear, or just below it, is the most sensitive. For others, the magic spot is closer to the collarbone, while still more have it on the back of their neck, just below their hairline. Explore these places with your tongue, all the while reading your lover's reaction. When you hit a spot they especially like, stick with it for a while, lick it and nibble it, and then come back to that area again as the night goes on. As your partner becomes more aroused, that place may become even more sensitive. Just be sure that all your ear and neck licking doesn't send your partner into fits of laughter; they might be ticklish. "I think men just like attention, period," muses Jenna. "When woman take their time and go over their whole body, their whole body is an erogenous zone. I've noticed that men really, really like it when girls kiss their neck, though." You don't have to lick or nibble very long before you give your lover electric shivers all up and down his or her body! And then some gentle suction will heighten the sensation. Just be careful of sucking and biting, unless you are both prepared for a visible mark.

Ears are another very hot spot for many of the Vivid girls. Savanna says, "I go crazy when someone kisses my neck and my ears." For many woman and men, the ears are a sure-fire way to send the blood rushing to all the right places. Try licking the outside of the ear; tracing the grooves and ridges with your tongue. While there, you may also want to whisper a few choice things. Nibble or suck on the earlobes, kiss the back of the ears, and see how your partner responds. If they say "ugh" or "cut it out," just move on to somewhere else on their body. Another favourite spot of Savanna's is "that muscle that goes from the hip bone down to the groin on either side of a man." **Use the flat part of your tongue or nibble him (or her) on the hip, and in the crease between the leg and the torso.** There are many nerve endings here that are near the nerves of the sex organs. Stimulating along these areas can spill over into stimulating the entire region. Jenna loves this area on herself: "Right where your hip bone is, if a guy bites right there very softly . . ." On her partner, she likes to tease him a bit in the pelvic area. "I like kissing all around him, instead of just his dick, and it drives them crazy, like 'when is she going to put her mouth on me!' "

Dasha also likes the idea of teasing areas that are near the crucial ones: "A woman's belly is really sexy, and it's halfway between two important parts of her body." Use your tongue and lips to trace a line down the centre of your partner's chest and stomach, down the sternum, and straight down from the belly button toward the "fun stuff" below. One of the important main nerves involved with orgasm, the vagus nerve, travels down everyone's front. The line from the belly button below can be especially electric to woman who feel an "echo" of sensation there in their clits. Briana . identifies her most sensitive spots as "my neck, around my belly button, and my inner thighs."

A good rule is that almost anywhere you can find a "valley" on the body, whether it's the crease between the leg and torso we talked about before, or places like the back of the knee or the crook of the elbow, you will find soft, sensitive flesh waiting to be stimulated. Bobby's favourite part of a woman is "in between her thighs, her pussy, and her ass, I call it the peach. There's a little gap there. It's a nice sweet spot and you need to be able to get right down there to taste it."

Fingers are remarkably erotic parts of the body, and using them in different ways and in different places can deliver great results. Experiment with light tapping, stroking up and down, or in a circle. Using one finger or several fingers will provide different sensations, as will gently pinching and rolling a small bit of flesh between your thumb and forefinger. And don't forget about seductively putting your fingers in your partner's mouth. You can see some good examples of finger licking in The Vision. Other examples of this and putting your fingers in your partner's mouth-or putting their fingers in your mouth-are in Swoosh.

Don't forget the back of the body as well. Kira's keen on her backside: "One place we just discovered was my lower back. He did some really light kissing and I was like 'whoa, that's really got me!'" Savanna and Jenna. have a similar weakness: their knees. Jenna. says, "I'd rather the man licked the back of my knees. That's something that really turns me on, places that are often ignored. The backs of my knees are really sensitive. When I'm getting a massage, I'll start to purr."

Tawny is gung ho for a good toe sucking, and she's not the only one. "I love my toes sucked," she says. "It feels really good. I have done it in private and on film, and it is an awesome feeling, one that's really different from anything else. Of course, I take a shower, get a pedicure, and make sure my feet and toes are smooth and ready for action." People also like to play with each other's body using their toes.

An example of this is in the film The Audition, where the man's toe tickling goes straight for the clit. Another erotic move in that movie is watching yourselves in the mirror to get even more excited.

LONDON PALADIN'S KISSING GUIDE

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Is she going to kiss me?

We've all been there before. You follow the traditional date format. You take her to a nice dinner and a romantic comedy movie. You would never have seen the movie if you weren't on a date. Now the date is over. You are standing at her front door. It's time for that traditional goodnight kiss. You're nervous and you lean in....

And you have no idea what she is going to do! Is she going to kiss you back or pull away?

That's why I wrote this guide. To keep this from ever happening to you again. This guide is going to cover everything you need to know. From the signs she is ready to be kissed to a dozen different kissing techniques I have developed and used successfully over the past year. Everything in here has been tested in real life. By me.

How do I know when to go for that first kiss???

Girls give a series of signs that they are ready to be kissed. Let me start with the most important sign that it is time to lean in.

The moment you first have that thought “Should I kiss her now?” is the time to strike. Your subconscious is already picking up on the signs that she is ready to be kissed. Even if you're conscious brain isn't trained to recognize them yet. So as soon as you think maybe, the answer is yes.

So what are those signs?

1. Her pupils dilate
2. She touches her hair (the more the better!)
3. She keeps licking her lips
4. She keeps looking at your mouth
5. She spreads her legs or arms, opening up her body language
6. She leans in, even just a slight amount
7. She closes her eyes a little bit
8. She wants to sit in the back row at the movies
9. She keeps looking at you during the movie and smiling
10. She looks down then up at you and smiles

You don't need all ten signs to go in. Just one or two and it's time to strike like a cobra.

There must be a TEST to be sure she's ready?

You are absolutely right. There is a way to tell when a woman is ready to kiss you.

In fact there are two tests. The first one I will teach you is for beginners. It is safe and works 100% of the time.

Technique #1

When you are talking to her just reach your hand up to her ear and brush her hair. Imagine that a piece of her hair is about to fall into her eye and you are brushing it out of the way.

This light touch is extremely intimate. It is also safe. You can do this touch and not risk her reacting in a major way. After all you're just being friendly.

There are THREE ways she might react to your touch.

1. She pulls away.
2. She holds still.
3. She leans into your touch.

If she does #2 or #3 then she is good to go. You should kiss her immediately using one of the techniques I explain later.

But what if she does #1 and pulls away? All that means is that she is not ready for you to kiss her, YET. Just continue the conversation like normal and run the test again in 10-15 minutes. As soon as you feel that kissing energy check.

Technique #2

This move is more advanced but it is one of my absolute favourites.

You move toward her face like you are going to kiss her and at the last second you pull to the side and whisper something into her ear.

This move is advanced because you have to be completely non-reactive. You are messing with her a little bit in a sexual, flirty way. She will love it as long as she doesn't think you are teasing her.

What happens is she goes through the following thought process.

“Is he going to kiss me? I think he's going to kiss me? He's about to kiss me!! What do I do? Do I let him or turn my cheek? Is it too soon to kiss? Do I like him? I'm not sure if I like him. I think I like him, but if I let him kiss me so soon will he think I'm a slut?.....”

Girls can run through this entire thought process in the few seconds it takes you to do this technique. Now I realize that it seems a little counter-intuitive, but actually it's based on really advanced psychology.

Let's look at her experience. She thinks you're going in for the kiss. So what does she do? She decides if she is going to kiss you or not. She goes through a major emotional decision. And at the LAST MOMENT you take that decision away from her. Whether she likes you or not, you have caused her to go through an emotional spike.

The power also comes from the fact that she will suddenly wonder why you didn't try to kiss her. Even if she was going to reject the kiss!!

Have you ever seen when someone is about to break up with her boyfriend and then he breaks up first? What is her reaction? She tries to save the relationship. Just by doing what she was going to do, the man totally changes her emotional state. A girl would rather kiss a boy she doesn't like that much than have him refuse to kiss her. So it doesn't matter if she was going to kiss you or not! She will want to kiss you more after this cheeky move!

What if she turns her head away?

This is a really common fear. I hear about it from all of my students all the time. So thinking about this is totally normal. You have been LIED TO by movies and television. Hollywood wants you to think that a woman either kisses you on the first try or totally rejects you. Unfortunately, this couldn't be further from the truth.

I am going to reveal a big secret to you right now. I am a very well known dating coach and I have kissed hundreds of women in the past two years. Nearly 500 women have kissed me. And you know what? Almost none of them kiss me on the first try.

That's right. Even Paladin gets “rejected.”



But guess what. It's easier to get forgiveness than to get permission. I love that quote.

In the game of kissing here is the translation. A girl will respect you for trying to kiss her, even if she doesn't let you. But she will never forgive you for not kissing her when she was ready.

When you go in for the kiss you demonstrate that you are able to act on your feelings and emotions. You show her that you are a MAN. You are brave and are willing to do things you want to even if they are emotionally risky. You are putting yourself on the line when you go for the kiss.

Now most guys make a mistake when a girl turns her head. And I bet you have done this yourself. I know I have! You sulked. Or you walked away. Or you might have even said something to her. Did you whine or complain?

If you act like her turning her is a rejection – you get your wish! You actually created the rejection with your behaviour. She just wasn't ready to kiss you yet. I will explain why in the next section, but for now you need to remember that she hasn't rejected you.

So how do you react? What's the right thing to do?

The answer is simple. Do nothing.

Do not react. Act like her not letting you kiss means nothing. It's the most natural thing in the world. My mindset is this. Kissing is inevitable. It's not a matter of if we kiss but when. You should feel the same way. Just act like nothing happened and go back to the beginning of the cycle. I PROMISE you will feel another electric moment when it's time to kiss.

I have discovered that with girls I like it usually takes me SEVEN tries to get the kiss. I often have to use MULTIPLE techniques to get that kiss. But guess what? That's ok. It's normal.

Why did she turn her head?

Great question. We all dream of getting inside a woman's head and seeing what she's thinking. Mel Gibson tried it in a movie. Well you don't need mind-reading powers to know why she didn't kiss you. Remember, it's not a rejection so her reason doesn't matter. But, I'll tell you anyways.

Each girl decides not to kiss in a moment for a different reason. But some of the most common reasons include

- She really likes you and doesn't want to seem like a slut
- She doesn't know you that well yet
- One of her friends likes you and has marked you
- She is worried her friends DON'T like you
- She doesn't want to seem like a slut in front of her friends
- She never kisses in clubs
- She never kisses in public
- She is worried her breath smells
- She thinks if she kisses you too soon you will just think of her as club makeout girl
- She is really shy
- She is going through a mix of emotions and can't decide what to do

I could go on, but what I want you to realize is that most of those reasons have nothing to do with you.

Just like you have insane conversations in your head where you try and guess her motivations and decide what to do next. She does the same thing. She is just as nervous. She is deciding what to do and she is constantly misinterpreting your comments and actions. Just like you have spent your life guessing wrong, so have most girls.

Why do you think there are so many more books teaching women how to understand men? They are totally different creatures.

The point is this. When she turns her head. It's about her. It's not about you.

Advanced Kissing Techniques

Technique #1 - The Question Kiss

This one is a classic. It was designed by Mystery years ago and it was the first one I used when I learned about dating techniques. Just say to the girl, "Do you want to kiss me?" Make sure you have a really inquisitive look on your face. No matter how she reacts, there are actually only three possible responses. Yes. No. Maybe.

Whatever she says to you will fit into one of those categories.

- If she says yes, just lean in and go for the kiss.
- If she says maybe, you say "let's find out" and go for the kiss.
- If she says no or any other variation, you just say "oh you looked like you had something on your mind" and move on. Don't react. Just keep it cool and you will just kiss her later.

What happened to me: The first time I tried this technique was my first night out after I had read some Mystery Method stuff. I was so excited and all of my routines and techniques were working great. So I asked her if she wanted to kiss me. And she SHOUTED "Are you fucking with me??!?"

So what did I do? I stuck to my script and assumed she was saying no. I said "You looked like you were thinking of something." And I moved on.

How did it end? Well after we left the bar with 30 people who knew our friends, when we were somewhere a little more private, she nearly ripped my tongue out of my head. We were making out like two maniacs in an alley for ages. But that's not the end of the story. She actually invited herself over to my house and we spent hours in bed....But I think that's a little more than a kissing guide.

So remember, even in the craziest situation, this technique will work. It's great for beginners and I really advocate it.

Technique #2 - The Thinking Kiss

Right now this is my personal favourite. It's really simple but it will really draw a girl in.

When you are talking to her and you feel that it's kissing time. You just tilt your head to the right about 10 degrees. Just enough that if you did go in for the kiss your noses wouldn't crash into each other. It's a really slight movement, but her brain will react to this head tilt. It sends a kissing time signal to her brain.

Now you don't have to go in for the kiss. Just stare into her eyes and talk a little slower while you tilt. Maintain the tilt and go quiet. She will too. Then just ask her what she's thinking about. She will say "Nothing....what are you thinking about?"

Now this is what separates the men from the boys. It's go time! You have to say to her "I'm thinking about kissing you." This kiss is more difficult because it involves creating emotional tension. And you will be hit by

the backdraft. I used this one on my last few dates and each time it was really hard for me to deliver the line. Even though it's my own creation!

But guess what the kissing is really amazing. You have created that magical movie kiss moment for her. And she will reward you big time! This technique actually sets up the kiss, but then you have to go for the kiss. You have to lean in. And sometimes can transition into....

Technique #3 - The Jedi Kiss

I am pretty sure that this is a variation of a kiss developed by Style, but it's been around for ages. It's based on animal instincts and atavistic reactions. There are certain physical things you can do to a woman that will instantly flip all of her sexual switches.

And the most powerful sexual switch is located at the base of her skull. You just place your hand in her hair at the back of her head. You want the bottom of your hand to be near the bottom of where her hair grows. Just entwine your fingers and tug.

This is not hair pulling!



Don't do it like a little boy teasing his sister. Instead be sensual. Think of it as moving her head around and controlling her a little bit. It's about domination. It's very sexual and intimate for a woman. You put her into kiss mode.

The easiest move is to pull her head away from you a little bit and then to pull her in. And just TAKE the kiss. Act a little bit like a caveman. Remember, she can easily stop you if she wants to. But she won't.

(Note how I control her head in this photo.)

This technique is great to use anytime you are being intimate. Sometimes in bed with one of my girls I control her head to kiss her really hard and then to keep her just outside kissing distance. It's a really great sexual tease.

Technique #4 - The Kiss Thief

This one is more for hilarious comedy value than to get you a solid makeout. Sometimes I decide I don't care too much about consequences or that I just want to have a bit of fun. So I take advantage of European culture.

I make her kiss me on each cheek. Usually she tries to do 1 or 2, but I explain that in my culture we do 3. On the 3rd kiss I spin my head and make it a mouth kiss.

It's cheeky and only converts into a proper makeout maybe 5% of the time. So only use it when you want to have some fun. I use it when I know a girl really likes me but she has a boyfriend. This way we can kiss but it's not her fault. It gives her the deniability she needs to avoid guilty feelings.

It's also great for when a girl is leaving and I don't think I'm going to call her. Remember the idea here is playfulness with a bit of naughtiness. Plus it's a good way to get your kiss count up.

Technique #5 - The Sniper

This is one of my newer techniques and I've only taught it to a couple of my more recent students. It's really powerful but also super risky. I recently used it with great success with a girl I met in one day off the internet.

Here's how it works. The more you set up your personality as a guy who does what he wants and doesn't care the better this works. It's a real badboy move.

Sometimes a girl is just so boring to talk to. It's not necessarily her fault but maybe she has a smoking body and I'm just not in the mood to wait. So all you gotta say is "How long do I have to talk to you before we can kiss?"

Girls really love this because it's direct and alpha. There are variations of what you say that work differently for different guys.

- How long until I can kiss you?
- I can't keep talking to you without kissing you
- How long do I have to keep pretending I don't want to kiss you?

I think you get the idea. This is another risky kiss close, but only in the sense that it might not work and you'll just have to use a different technique later. She is not gonna be offended. Remember you're just saying what you feel.

This is a great kiss for when you don't want to spend hours not kissing. I tend to use it when I'm hungover or really drunk.

Technique #6 - The Suicide Queen

I have only tried this technique a few times and it has never worked for me, so you're properly warned. But I think it's a really great kiss that I believe in. I know it can work for someone!

I just like to throw a bit of drama out there so when I want to kiss a girl, instead of brushing her hair or using one of my steady kisses, I throw caution to the wind. And say something like, "If I don't kiss you right now I'm going to throw myself in front of a bus."

What happened to me: The first time I tried this technique I said "If you don't kiss me I'm going to throw myself in front of a train on the way home." Unfortunately, I used this on a really smart and funny girl. So she said "Well, I hope you've had a good life." I have to admit that was really hilarious. So losing the kiss was worth it. And in the end I got my revenge.

As soon as she said the word 'life' a bird pooped on her hand. It was the most majestic and poetic thing I have ever seen. She really freaked out and thought I would never want to touch her. Instead, I said "Man, imagine what God will do to you if you refuse to have sex with me!" I can be hilarious too. Needless to say we never had another date. But I blame it on the bird not the kiss.

Technique #7 -The Tractor Beam

This kiss is awesome. I only kept it this late in the list because it is really hard to explain without a visual. This is the kiss that I teach all my guys on personal lessons. I have demonstrated it at workshops for other companies and it even worked on my good friend Mr M. And if you have read my blog from last summer, you know he does not wanna kiss guys!

You are talking to her and you just stare into her eyes. Lock on eye contact. Imagine the whole world is going into slow motion. As you think this she will feel the energy.

Place your right hand on her left shoulder and say “wow” softly as you slowly lean in. She won't be able to resist this powerful energy. It's so intense that she will be drawn in like a little spaceship to a big spaceship. Haha. I know that's a terrible explanation but I bet you can create your own visual.

I am thinking I will try to get my current girl to make some demo videos of these kiss closes with me. I think some visuals will be really helpful.

Anyways the point is this is a POWERFUL kiss. It creates a really strong emotional energy. She will just kiss you as a reaction to your move. It turns off the part of her brain that thinks about if she wants to kiss you. In fact she will kiss you even if she doesn't want to.

What happened to me: The first time I used this kiss was last summer. I was perfect with a girl all night and when we were standing outside the train station I tractor beamed her. She kissed me and it was really intense.

The next day she asked talked to my friend on Facebook and started asking about his roommate. When he asked her about me, she said that I wasn't really her type. She had no idea how we ended up kissing. She told him that I forced her to kiss me. That's how powerful the technique is.

When she said that I ended up hating that roommate for ages. And his name is Bugsy Malone. But now we are really good friends so it's ok for me to name names in here. He still thinks that story is hilarious. When the logical part of her brain re-engaged she changed her thoughts.

This is a very powerful technique and will work on anyone. It is very powerful and it is pure Paladin.

So now you know my 7 favourite kisses. Surely you are satisfied right? What??? You want one more. Hmmok. I'll teach you one more.

Technique #8 - The Shane

I'm gonna be honest with you. This is one of the most powerful seduction techniques in the world, so I'm only gonna hint at how it works. It's one of my most advanced methods and I have been developing it for a year now. It covers the whole seduction process, but I'll give you some hints at the kiss.

The idea is to put yourself into a super-sexual state. I do this by reading a mantra I wrote last year on my phone. When you are feel so sexual and electric you can draw girls into that.

So when you are near a girl you can just stare into her eyes and make is sexual in less than a minute. It's super powerful and will really rock her world.

Just writing about this now is making me a little fidgety. It's that powerful. If you want to learn more about Shane state your just gonna have to wait....

Bad Kissers

We have all been there. We finally go in for the kiss and it all goes wrong. It's time to point out the really bad types of kissers out there! These are all things I have personally experienced, so I KNOW they are out there.

1. The giant mouth – This is the person who opens their mouth as wide as possible, often absorbing your chin or nose. Your face gets slimed. And they don't even realize they are doing it.
2. The tiny mouth – This person barely opens their mouth. They make you feel like a giant mouth. No matter what you do you can't get your tongue past those gates. Then they ask you why you don't french kiss more. Trying to slip your tongue in is like trying to clear a drain.
3. The biter – I feel like this one explains itself. They get scared or nervous and bite you. Right on the lip. Some girls even bite on purpose because they've seen it in a movie. But when it's a proper bite, it hurts!
4. All teeth – I never thought this could possibly exist until I met a woman who did it. She would pull back her lips like a horse and meet my lips with her teeth. It was like kissing mister Ed. It was unfixable.
5. The Assault – This person sends in their tongue like a special forces strike team. They shove it in deep and wild, the moment your lips touch. They show no mercy as their assault on your tongue. It's rough and brutal.
6. The Hoover -They form a seal as fast as possible and just suck your tongue into their mouth. It hurts and makes it hard to breathe. If the girl is strong enough, she can really stop your breathing.
7. The Blocker – She shoves her tongue into your throat. And holds it there. She understands the concept of french kissing, but not the application.
8. Lost in the Woods – This is a girl who can't tell a nose from a mouth and just gets your nose into her mouth and starts slurping away.
9. The Lip Sucker – (This happened to Tynan) The girl immediately sucked his lower lip into her mouth and sucked on it so hard it really hurt. The next day his lip was three times normal size.

NINA HARTLEY - GUIDE TO MAKING LOVE TO WOMAN

My notes on this video from 30m01s-39m10s. Is a TP torrent.

Kissing (VIDEO)

30m:01s

Tune into her and you'll know what to do.

So, woman love kissing. Head stroking and eye gazing. Kissing her chin. In general, soft closed mouth kisses work really well in the beginning. We don't like giving us one kiss and then shoving your tongue in our mouth. We feel overwhelmed and that you're not listening, not paying attention, then we shut off. In general let her slip her tongue first. It's a good rule. **But you can make her want to slip her tongue first.** The lips have a tremendous amount of nerve endings and if you press her lips against her teeth with your closed mouth, it's an explosion.

Kissing is how we'll decide if you get any further, you have about 15 seconds in the first kiss before she'll decide yes or no. So no matter how turned on you are, don't choke me with your tongue and don't try to overwhelm me. Coax me up to where to you are, show me by the sensitivity of your lips that you're worthy of me.

Little kisses around the mouth, little little bites around the mouth, the jaw and caress the cheek.

Not only does this tell us how well you perform cunnilingus it also shows respect. **I like your and respect your passion, just don't start in 5th gear.** Go through the gears, start off in 1st gear which is gentle kissing and move on up from there. As she responds to you she'll kiss you back a little harder, she'll follow your lips when leave her mouth, open her mouth.

She'll put her hand behind your head. Even open mouth is not an automatic invitation to tongue, so lick her lower lip a little bit. Let her bite your lower lip and then a little suck after following her bite.

Teeth are very good to use but be gentle with them. If you watch those old 40's movies, because they couldn't French kiss in those days, the kiss is very romantic and passionate, so it leaves her breathless.

Slow down bit. If you're lucky she'll move her hands around.

Hugging

34m:37s

Hugging is very important. Just hugging her to you and feeling your strong arms around her, girls love that a lot. The hollow of the back is a very good area. I like that too, because that's where the hips are, the top of the behind. It's a good womanly feeling. We like being swept up in your arms. We're not afraid of your strength, just don't overwhelm us with it all at once. There's a strong hug, then a release. Don't just suffocate us. We like head holding, face touching, ear lobe pinching, chin caresses.

One thing I like to do is tell a guy not to move his mouth and tell him I'm going to kiss him the way I like my pussy eaten. I'll tickle under his chin the way I like my G-spot played with, because I really hate when someone tries to just jam their fingers in there and move it around real quick. We'll get to that shortly.

NATASHA TERRY - ULTIMATE FEMALE ECSTASY

My notes on this video from 2m14s-17m00s. Is a TP torrent.

Kissing (VIDEO)

2m:14s

Kissing is such a lost art. Guys do not realise how much kissing puts us in the mood. You can totally tell how good a lover a guy is, by how he kisses. I always say, lousy kisser, lousy lover, like guys who kiss like windshield washers, swishing their tongue side to side.

It's so rare to find a man who can kiss really really passionately, even though that's what gets us in the mood. It's very frustrating, like that tongue windshield washing thing, the tongue moving in a circle or brushing her upper front teeth with the tip of his tongue like he's looking for leftovers.

Woman naturally kiss so much better than men. Nothing would turn me on more than meeting a guy who could kiss passionately like a woman.

The best kissers I ever had are the guys who don't just stay on your mouth, they take your lower lip and give it just a little suck. But the best kiss I ever had was with a woman, she blew me away. When she'd kiss me, she'd go on my bottom lip and do then little suck or bite thing. Or she'd take her tongue and just very quickly brush it up the corner of my mouth. However the best was when she took my hand and right in my face she started sucking my finger lightly, with her teeth then her lips. Then she'd put my finger right next to my mouth, kiss my mouth and then suck my finger. She really took her time. She'd take my finger and just brush it over my around my chin then suck it. She'd take her nose and tickle my face with it, rub my face and then kiss my mouth as she went by it.

I would do anything for a guy who could kiss like that. I can be anywhere, on a park bench or in a car, with your clothes and get so turned on by a good kiss. However overall woman are the most passionate, sensuous kissers because when woman kiss it's not like they're actually kissing to get to the actual sex act. They're just kissing to enjoy that moment.

7min20sec to 8min55sec is a video of a good kiss.

SEDUCEHER KISSING SECRETS – MICHAEL FERRIS

TP pdf

www.SeduceHerSecrets.com

Chapter 6: The Secrets to an Unforgettable First Kiss

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Discover the Secrets to an Unforgettable First Kiss

The secret to giving her an unforgettable first kiss has nothing to do with the mechanics of kissing, but rather, on how she feels when she does it. In short, the secret is in the setup. And without the proper setup, the first kiss will come off as just mechanical in nature.

Make her comfortable with you and your touch

Going in for the kiss when she isn't exactly ready can quite possibly jeopardize your whole seduction process. And if that happens, then all the hard work you've put in thus far is all for nothing. So how do you get her primed and ready for the first kiss?

For starters, she has to be comfortable with you AND with your touch. If she's not yet ready when you make the move to kiss her, she'll get the idea that you're being too eager and too fast to get to the next level. And as I've previously mentioned, most women find that terribly unattractive, and worse, she'll identify you as either an inexperienced lover or a total horn dog. Instead, use the Compliance Tests that was discussed earlier in the book to gauge if she's indeed ready to get more physically intimate with you.

Make the first kiss a whole experience

Keep in mind the following criteria for the first kiss and it will make the entire experience more memorable. It may be difficult at first - and it will take some work - but all the hard work and extra effort will definitely pay off when you give her a kiss that is so powerful and amazing, she'll be the one attacking your lips for her second helping.

Focus on the experience

Take your time and smell the roses. Make a story and get her to experience the journey. Add twists and turns, drama, and unpredictability to keep her on her toes. Make it seem as if you know for sure she's going to kiss you. But most importantly, you want to take your time and let her desires marinate. Draw out the experience to build up as much sexual tension as possible. And then, when she just can't take it any longer, move in for the kiss and she will explode when your lips touches hers.

The more intense you make the experience, the more she will remember it and want more. Involve all 5 senses and mentally stimulate her by adding some sexual tension.

What is Sexual Tension?

Imagine one of those Jack-in-the-Box toys that you had when you were a little kid. You would wind the lever as the music starts to play faster and faster until Jack pops out of the box. The tension that gets built up increases with every crank of the lever, and as the crank's tension reaches its peak, it forces the box to explode releasing Jack out of the box.

Sexual tension is similar to the Jack-in-the-Box toy. You want to continually crank her sexuality until the tension becomes so intense, she will explode in ecstasy when the tension is released. This is the seducer's secret weapon to exploiting a woman's sexual desires from deep within. It reminds the woman that she is a sexual creature, how sexually repressed she is, and it encourages her to bring her sexuality out.

How to Create Sexual Tension

Your lustful gazes, your seductive moves, and your suggestive language are some of the tools you'll use to build that sexual tension. Gaze deeply into her eyes and hold eye contact slightly longer. Move slowly and with purpose. Speak with suggestive sexual innuendos and ask sexually leading questions. This creates the sexual tension that fills her with sexual urges and desires, this pressure naturally builds, just waiting to be released.

An Example of Sexual Tension

Instead of rushing in for the kiss when her signs are there, take your time and tease her a little. Doing this will build some sexual tension. While stroking her hair, tell her sexual tension building comments like, "You're so beautiful. I want to kiss you so bad, but I shouldn't." Move in close to her neck and smell her while you whisper in her ear and tell her that she smells so delicious.

Lightly breathe some warm air on her neck to push her to the edge of arousal even more, and then pull away. Casually lean back on your seat to see if she'll move towards you. If she does, then that's a good sign she is getting close to where you want her to be.

This is one of my favourite sexual tension builders:

“Yesterday I went jogging for a really, really long time and got so hot and sweaty. I got so hot and steamy that I had this intense desire to just rip off my all my clothes. But, it started to rain and I got soaking wet all over. It felt so good that I continued going and going and didn’t want to stop.”

Sexual innuendo is another powerful way to build sexual tension. The idea is to get her to think of sexual thoughts. Feeding her thoughts with sexual innuendo coupled with physical stimulation, will drive her to the edge. Do you remember the joke, “*What is long and hard and has sea men in it?*” If you say a submarine, then you definitely need some more sex in your life! If you get her to say a long hard penis, that’s a sign that you got her heading down in the right direction.

Seducer’s Secret to Making the First Kiss so Memorable

I realized that the reasons why the seducer’s kisses are so memorable to each and every woman lie in several reasons.

- The kisses are different from her other kisses – unlike other guys’ kisses, they take their time and focus their pleasure and attention on her.
- They build lots of sexual tension – they take their time to mentally stimulate her, to turn her on and ensure the sexual tension is high enough before it’s released.
- They leave her wanting more – right at the very peak of her arousal, they leave her wanting and begging for more.

So let’s look at this a little further. Right when she is almost begging to be kissed, you finally move in for the kiss slowly and seductively, which has a hypnotic, dreamy element about it. Then right when you kiss her (and give her the amazing secret seducer’s kissing technique revealed in a later chapter) you pull away right as it starts to get more intense. You are, in essence, toying with her emotions and sexual desires and put her in a position to only come back for more.

Waiting to kiss her plays in your favour. The longer you wait, the more sexual tension you build. So by the time you do kiss her, she will be so turned on that she’ll want you then and there. But be aware that if you wait too long, the tension you have built could get lost and disappear altogether.

The trick is to build the tension, then release. Then build it up some more, then release again. And you can do this all the way to the bedroom. Knowing when and how to do this will take some experience in calibration but once you have mastered it, she will be wrapped around your finger of pleasure in more ways than one.

Chapter 7: The First Kiss... How to Make Your Move

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Now this is when all the fun starts. Making the move will separate the men from the boys. At this point, you already know that she wants to be kissed and you’ve set up the kiss accordingly to leave her with a lasting impression. Don’t lose the bird when it’s already in the palms of your hands. If you still have doubts about kissing her at this point, just take your right hand and reach between your legs. If there is anything there, be a man and make the move!

The difference between an Attraction Kiss and a Seduction Kiss

Attraction Kiss

To let her know that you like her and that you are interested in her romantically.

This builds more attraction and desire which will make her more attracted to you. Your first kiss should almost always be an attraction kiss. Even if she’s already sufficiently aroused, giving her an attraction kiss and pulling away will make her wait and force her to marinate in her juices in anticipation for the moment you rip her clothes off.

Seduction Kiss

To arouse her and turn her on, getting her ready for sex. Any kiss that will physically arouse her; be it French kissing, biting or sucking, should be saved for later.

A lot of guys make the mistake of making out with her too soon or before they even reach the seduction location. Doing this will change her mind and she will decide to not go back to your place. It may also cause her to never want to see you again. In addition, making out with her in a public place - and especially in front of her friends - will give her serious regrets and throw you in a “*make out with a random guy*” category which basically means that will be the last time you will see her.

Make sure that when you seduce her, it's in an intimate area and not a public setting with a lot of onlookers. Also, don't start the heavy make-out session until you are at a place where you can easily escalate the session into sex.

All of these mistakes make her feel like she is easy. And the last thing women want is to be judged as a slut. So respect her discretion when you escalate sexually. The more natural you make the escalation, the more she is willing to go forward with you.

And don't be like most guys and make the mistake of forcing her to continue kissing you. Don't be needy by showing her how horny you are. Practice self-control and be the first to pull away. Remember, always leave her wanting more. Too much is almost never a good thing.

More Mistakes that Most Guys Make

When I kissed my very first girl, I tried to do the “*sneak in for a kiss*” move when she didn't expect it. That's ALWAYS a bad idea.

Don't try to steal a kiss from her. It's actually more seductive to give her hints that you are about to kiss her. You don't have to flat-out tell her. Just let her sense that it's about to happen so she will anticipate it. That way, if she doesn't want to kiss you, she will let you know. But if she does, then she will be on her toes anticipating the magical moment.

This can be done with body language or by getting close and intimate to her. Prolonged eye gazing and flirty touching is also very effective at hinting to her that the kiss is coming. The anticipation coupled with not knowing exactly when you're going to make your move will drive her sexual tension to the max. You get all that just by planting the seed that you'll be kissing her very, very soon.

Another kissing mistake I made that you can use as a valuable learning lesson is to make sure she is not too far away. I tried to go in for a kiss when she was too far away from me. I leaned in with my eyes closed looking like an ostrich trying to feed. Now let me just keep that embarrassing story to a minimum by saying that the stare she gave me when I opened my eyes after I didn't feel anything on my lips is something I always use to keep me humble with this seduction knowledge.

Transitioning to the first kiss

In this section, I will reveal to you a simple system that I developed that will allow you to transition into the kiss confidently. This is a crucial component that you won't find in any other kissing book but is so important to making the kissing transition smooth and not awkward. So after you have confirmed the prerequisites in the prior chapters and she has at least passed several attraction compliance tests, then it's time for you to start applying the 5 “C's” to going for the first kiss.

The 5 “C’s” to Going for the first Kiss

The 5 “C’s” of kissing consists of 5 steps to ensure that the transition to the kiss will be smooth and prevent any awkwardness. A lot of this stuff is common sense but guys always overlook it and ruin the whole kiss. Be constantly aware of them and make sure to follow the checklist to ensure a smooth kissing transition.

1. **Close to her**
2. **Comfort with getting close to her**
3. **Calibrate when to kiss**
4. **Commit to the kiss**
5. **Contact of the lips**

Close to Her

The first step into transitioning for the kiss is to get close to her. You have to be within kissing proximity with her. Since she has passed some of your compliance tests that tested her comfort level in terms of getting close to you, this step should be pretty easy.

An important factor to ensure that the transition to the kiss is smooth and easy is the proximity between the two of you. If you have to lean in over the table to kiss her, it will make the kiss very awkward. Bring her in close to you or sit close next to her. The idea is to be close enough to her that all you and her have to do is lean in just a bit, and with a slight turn of your head, you are able to make lip contact comfortably. So get close to her so that you can be within kissing proximity.

Comfort with Getting Close to Her

After you have gotten close to her, give her some time to get used to getting that close to you again. You should have already gotten her pretty comfortable with your closeness from the previous compliance tests. Getting close to her and giving her some time to adjust to how intimate you are getting with her will allow her body to adjust to your proximity. This step can sometimes be skipped BUT only if you have already established a lot of comfort from the compliance tests.

Calibrate When to Kiss

Calibration is the step that is important to finding out the exact moment that her sexual tension is at its peak. At this point, you will be able make good use of the attraction compliance tests to gauge her kissability level. I came up with a system that you can use to escalate the situation from the moment you pull her into you to kissing her. Notice that with every step of the escalation, you can sense her sexual tension building and building as you slowly progress. I will reveal a system of calibration called **Touching Zones** later that you can use to calibrate when to kiss her and explain this section further.

Commit to the Kiss

At this point, when you have completed all your compliance testing and all the indicators have given you actual data that she is ready to be kissed; now it’s time for you to commit. Go head first with no hesitation and no plans of backing out. By means of example, take a baseball player who’s swinging at a fast ball; if he doubts or hesitates for just one second, he will ruin his chance for a home run hit. So once her indicators are there, fully commit yourself and move in with confidence and purpose. It will drive her desires wild!

Contact of the Lips

Contact is the point where your lips touch hers. This is where all your hard work and effort in the setup for the kiss finally pays off. When your lips make contact, be sure that you savour the sweetness of your hard work and take your time to enjoy the experience. Don’t rush in and ruin the moment for both of you. There should be nothing on your mind other than connecting your senses and experience every sensation from the kiss. From how her lips feels, how delicious her skin smells, to the sound of her breathing, fully immerse yourself into the magical experience and she will do the same. Kiss her as though it was the last kiss you will ever have, and you will leave her in a state of pure bliss and ecstasy that will make her beg for you more!

Touching Zones: Kissing Compliance Test that will lead you to her lips for the kiss

Touching zones is a series of attraction compliance tests that allow you to build sexual tension and prepare her. The basic idea is to escalate slowly from a lower attraction compliance test into a higher attraction compliance test. If you escalate properly, the escalation and transition will be very smooth.

The touching zones system that I developed, also known as T-Zones, consists of 3 zones. It starts off with innocent cheek contact which escalates quickly into the first kiss.

Zone A: Cheek to Cheek, Cheek Kisses

Get close to the girl and whisper in her ear, and at the same time, ensure that your cheek touches hers and leave it there for a few seconds. Hold it there for a tad bit longer after you are done whispering into her ear to see if she pulls away. If she does, she's not ready, but it gets her face comfortable with your touch. Contact with the face is a very touch sensitive area so you want to take some extra time to get her face comfortable with your touch.

Kissing her on the forehead is also a great way to get her comfortable with your touch. It gives an almost endearing sentiment to it and shows that you care. At the right time, it could also be very powerful. It is a great follow-up after the first kiss.

You can also give her kisses on her cheek as a form of reward for her good behaviour. For instance, if she gives you a compliment, pull her in and say, "You are such a sweet heart," and say, "mwah," while kissing her on her cheek.

The more you do these zones, the more comfortable she will be with your contact with her face.

Zone B: Forehead to Forehead, Nose to Nose

This is one compliance test that I absolutely love to do. It is a very intimate position that allows me to maximize sexual tension with her. It also lets her know that the kiss is coming VERY soon.

What I like to do, as she gets close to me or when we hug, I look deep into her eyes and touch my forehead gently with hers. I hold it there just for a bit while maintaining eye contact. I then escalate the situation further by touching my nose with hers. At this point, my lips are so close to hers, she can feel the warmth of my skin being in such close proximity with her. Now hold it there for a few more seconds. If you've done everything right so far, she won't pull back and the chances of her rejecting your kiss will be of no concern.

Seducer's Tip: In this position, make eye contact with her. If she looks downward, make your move and go in for the kiss. Looking downward is a universal sign of submission.

This manoeuvre also works great when you are slow dancing with her, with her arms wrapped around your neck and you are holding her close by the hips. Or even while you're just holding hands, hold her close to you. The main point is proximity. Keeping her close to you is what's important. You can always break away and redo the escalation again to build more sexual tension. Just don't do this too many times or else she'll really get frustrated.

Zone C: Lips to Lips

Now that you're in such intimate proximity with her, you're holding each other and you're forehead to forehead and/or nose to nose, you have arrived at the point you've been waiting for. All you need do is execute a slight turn of your head while moistening your lips to expose the soft warm inner lip and close your eyes while you gently plant a soft kiss on her lips.

Notice her heart rate increasing as her breathing starts to get heavier and heavier. Feel the sensation of the kiss running throughout your body and into hers and watch the tension in her body being released. That is the spark that makes the seducer's kisses magical.

The trick to being a good kisser

The trick to being a good kisser is to mirror her; to do what she's doing and escalating things only if she wants to start escalating the situation further. What that means is you don't introduce your tongue in her mouth unless she opens her mouth a little or she sticks her tongue into yours. When she does open her mouth, don't just shove your tongue in. Gently and slowly slide a little in at a time and, like the kiss, be the first to pull the tongue away. If you want to stick your tongue deeper, pull back to reset and put it back in again slowly and only a little deeper this time. It will take several cycles of this before you can stick your tongue all the way into her mouth. But beware, with the tongue, a little goes a long way. So unless she likes you jamming your tongue deep inside her throat, don't use more than necessary.

Again, this is an attraction kiss, not a seduction kiss. Make sure you are at home or in a comfortable place before you do a full-blown make out session; if not, she will feel remorseful and not want to proceed.

Seducer's Kissing Tips to an Easier First Kiss

1. Always leave her wanting more. Practice self-discipline and disengage from the kiss before she does. Pulling away at the peak of the kiss will make her want you much more. Don't stay in longer like a needy, desperate little boy.
2. Bring her towards you. Make her come to you. Don't lean in too much. Make her lean in more or at least meet her halfway. Pull her in if you have to so that she can meet you halfway. But don't use force. She needs to WANT to guide herself to you. You are just leading her to where she wants to go. Don't trigger her defences.
3. Whisper in her ear to gauge how comfortable she is with being intimately close to you.
4. Stand or sit at a 45-degree angle or right next to her when you whisper in her ear or pull her in. If you stand right in front of her and move in, it's a lot more threatening and will trigger her defences.
5. When you whisper in her ear, allow your cheek to contact hers and see if she pulls away. If she doesn't, it's an indicator she's getting comfortable with your touch.
6. When dining at the restaurant, make sure you sit right next to her rather than across the table. Sitting next to her will allow her to get comfortable with your touch and with you being so close to her. Also, it will make logistics much easier for you to whisper in her ear or to move in for a kiss.
7. Suggest that you share dessert or an appetizer. It helps build rapport and comfort a lot quicker with her if you are sharing. It's also fun to feed each other as well since it builds additional rapport.

Troubleshooting

If She doesn't kiss on the first date

There are many ways to handle her kissing inhibitions. First off, show that you don't judge her and that kissing is an important step to take to reveal if there's any real chemistry between the two of you. Show that you don't kiss and tell. Share some '*carpe diem*' (seize the day) life beliefs with her like, "Life is short, live in the moment and follow what your heart tells you," and, "Live with no regrets, regrets are the things we could have done but did not do." Get her to agree to these life beliefs and tell her that she's always happiest when she follows her heart. Get them to fall into your belief system and into your world. Make her believe that there is so much excitement and adventure in your world that she's been missing out. Blame it on society and point out she is a victim of society's views - views forced on her that limit her ability to experience life to the fullest.

If she's too far away

Distance is the key to getting the kiss if you're too far because if you can't get her comfortable with getting close to you, there most certainly will be a problem later on. Come up with a logical reason or excuse to get her to get close to you. Don't tell her, "Come here because I want to kiss you." Instead, tell her, "Come here, I want

to show you some of my baby pictures.” And when she gets in close, then she’s close enough for you to make your move.

With every proximity escalation you take with the girl, it’s good to keep yourself grounded. If you want her face to be close to yours, tell her to come close to you so that you can tell her a secret and whisper in her ear. Or tell her, “Mmmm... you smell so good. Come here, let me smell you,” and sniff her neck. These are good reasons for her to get close to you rather than you randomly triggering her defenses by getting close to her to smell her and, instead, freak her out.

If she won’t shut up

Just tell her, “Shhh... You talk too much, come here.” Or ask her if she wants to know a secret. Stop her by using her curiosity as it will also ground your purpose for getting her close to you. Tell her, “You know, I just noticed something really interesting about you,” since it will be a surefire way to get her to stop talking and give you the spotlight.

If she turns away

Some women like to be chased. She might turn her head or look down when you go in for the kiss just to make you chase her a little more. She may also feel uncomfortable or nervous and turn away. If so, take your right hand to gently push her head to the right position via her chin and go in for the kiss.

If she isn’t really ready to kiss you, you could do some more attraction compliance tests or check her comfort level with you by teasing her and saying she’s such a dork and that she ruined the moment.

Or kiss her on the cheek, the ears and then the neck. These areas are big turn-ons and it WILL definitely turn her on. This also bypasses the escalation by allowing you to turn her on before you even kiss her.

Chapter 8: The Seducer’s Secrets to Kissing, Biting and Everything Else...

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There are plenty of books out there on kissing so I won’t be focusing too much on the actual mechanics of it. I will be providing you with video demos down the line so keep an eye out for my email, but until then, use this section as a guide when you lock lips with her so that you can avoid the mistakes most guys make and enhance her kissing experience as much as possible. With all of this information and knowledge, you need to go out there and practice as much as you can. Without practice, you can hardly expect yourself to gain experience or confidence. Now I know that the art of kissing is hardly practicable, so what do you do? Convince your best friend to let you practice on him??? NOT! Or your sister? YUCK!

It’s actually easy really – just go and get a date and make that first move! As hard as it may sound, it’s one of the necessary and vital steps you must take to become a real man. So be a man and do it! Make that first move!

How to avoid the common mistakes most guys make with kissing...

One of the biggest mistakes that guys make when they kiss is that they don’t escalate properly. They either rush in to kiss her, or they try to get physical too quickly by touching her intimate areas, or they force their tongue down a girl’s throat too soon into the kiss.

Don’t just focus on the physical elements of kissing; take advantage of the mental elements as well. Involve all her senses to stimulate her subconscious mind, allowing your kissing experience with her to be more vivid and memorable.

A general rule of escalation is that when in doubt, always start off slow and only escalate the situation when she is ready. What that means is that you don’t go from making lip contact to inserting your tongue right away. Take your time and slowly probe her lips with the tip of your tongue and see if she opens it. If she doesn’t, pull

your tongue back and enjoy the lip locking more. There are scenarios where you can escalate quickly but that will be discussed later in this chapter.

Remember, it's always the guy's responsibility to lead and make the move. So when it's time to make the move, follow the escalation progression below:

1. Tease her by breathing warm air onto her skin and let her feel the warmth and anticipation of your lips about to touch her skin. I said breathe, not blow. Let the warm air from your body slowly caress her skin. Anticipation is an important step to get her ready.
2. Connect your lips with hers and take some time to enjoy the transition. Let it settle a bit before you escalate.
3. The next step is to add a little bit of tongue to enhance the kissing experience. She wants to remember the kiss, not your tongue. The tongue should add to the kiss and not vice versa.
4. Do some gentle sucking of her lips or any other body part and prepare that area to for biting.
5. Bite her gently by slowly sinking your teeth in her skin. If she's bleeding after you do this, you're definitely doing something wrong. Be gentle and take your time. If you are hungry, eat something beforehand and don't pull a Mike Tyson on her!
6. Repeat the process, and this time, make it more intense if you want to arouse her. If not, you can pull away and let her marinate for later.

The List of Common Mistakes most Guys Make

Eye Contact

Wrong way #1: Closing your eyes way too soon before your lips meet

Wrong way #2: Don't close your eyes at all

Wrong way #3: Don't even make eye contact

Make sure you maintain eye contact until you are about to kiss her. There's this cheesy quote I heard somewhere that goes something like this, *"The most beautiful things in life can't be seen. That's why we close our eyes when we cry, when we dream, and when we kiss."* I know, I know. It makes you feel warm and fuzzy all over. But seriously, there is a lot of seducer's wisdom in that quote.

Now I like to change it around by saying, *"She dreams one day of a seducer to kiss her with his eyes closed at the right moment, and when that happens, she will be so happy, she is going to cry inside."* Okay, you might think that is just as cheesy as the previous quote but I can't help insert my unsolicited quirkiness.

Anyway, back to the topic. Though it might not seem that important in enhancing a kiss, keeping your eyes shut while kissing her is extremely crucial. It's quite alarming when she opens her eyes in the middle of a passionate kiss and she sees you staring back at her. How do I know? Because I've done it! And trust me, you don't want to experience the reaction I got from her.

So the best practice of closing your eyes when kissing goes like this - close your eyes right when your lips are about to connect. Keep it closed and open them only after you have disengaged from kissing. If you must open your eyes for visual directions, open them only slightly and close them as soon as you can to avoid her catching you with your eyes open.

Use of hand placement

Wrong Way #1: Grabbing her boobs and privates soon after making the first kiss

Wrong Way #2: Being too rough when you grab her

Okay, now in the previous chapter, we discussed the difference between an attraction kiss and a seduction kiss. What do you think feeling her up and touching her privates will do? The first kiss is an attraction kiss so save all physical tactics to arouse her until you are at a place where you can escalate the situation into sex comfortably. Of course, if you're already at the location where you can have sex, then go full blast with a seduction kiss since

just having her at your house is a high enough indicator that she is seriously considering sex with you so remorse will be unlikely if you escalate properly.

But even when you do escalate to sex, the seducer's rule of thumb is to leave the areas that are most easily aroused till the end. That means no nipples or private areas until much later. Escalate slowly and pay special attention to areas that most guys miss. Areas like the back side of her elbows and knees, as well as her neck line. The areas around her breasts and the back of her upper neck are also incredibly sensitive but I'll leave the topic of turning her on for another day.

Make sure that when you do hold or grab her, it should be firm yet gentle at the same time. If you don't know how to do that, take some dancing lessons where you need a partner. Salsa dancing and country western dancing are great for this, and it's also great for meeting lovely ladies as well.

When you do hold her, don't be overly excited and try to rush the process. You worked hard to get to this moment. Don't spoil it by being a little kid in the candy store. Just use your arms to hold her close to you and kiss her.

Have one hand around her hips and the other hand around the back of her neck or jaw line for kissing control. This position is the most dominant and will give you the maximum control of her kissing and body positions.

You can also use both hands to hold her face by the jaw line, have both hands around her waist or use both your hands to hold hers and pull her in but these hand positions will give you less control.

Lips

Wrong way #1: Too much slobber

Wrong way #2: Lips too dry

Wrong way #3: Too much or not enough pressure

Okay, most of these wrong ways should be common sense, but I am going to touch on this just a little. Moisten your lips slightly before you go in for the kiss. Use some lip balm if your lips are dry and cracking. Feeling like sand paper is not the effect your lips want to produce. What you want is a soft, moist feeling that is firm but gentle to the touch.

And slobbering is never, EVER acceptable! Keep your saliva in your mouth! If you get some on her, use your thumb and gently wipe it off her face.

And last, but not least, is lip pressure. Make sure you don't apply too much pressure when you kiss her. But make sure she can at least feel your lips. This will take experience and practice to master. Lip pressure varies from person to person and from situation to situation. Some like it soft, some like it passionate. And there maybe some moments where you want each other so bad that you just devour each others' lips. So get out there and start going in for the kiss as much as you can! That's the only way you will get good at kissing.

Tongue

Wrong Way #1: Tongue is introduced too much too soon

Don't make the mistake of introducing the tongue too soon or use too much of it. I know I have said it earlier, but I will say it again because it is such a huge mistake that almost all guys make. With the tongue, a little goes a long way. Only insert your tongue as she welcomes it when she opens her mouth or when she sticks her tongue into your mouth.

The tongue is like a double edged sword; it can be used to make the kiss passionate but if you don't use it correctly, it will do more harm than good. Focus on mainly the tip of the tongue to enhance the kissing experience. Use more lips and less tongue. When she is done kissing you, she should remember the kissing

experience, not the tongue experience. Also, remember when you think of a kiss, you think of the lips not the tongue. When you think of the tongue, what comes to mind?!? Okay, so don't over use the tongue!

Biting

Wrong Way #1: Most guys bite down too hard and at the wrong places

Biting can be so arousing if done properly, and will send goose bumps throughout her body if done right. But there is an art to biting. You have to bite at the right time and in the right areas. Everyone's biting preferences are a little different so do some exploration with her. Some like it soft, some like it hard. With every new person you bite, you have to slowly increase the intensity to see how she responds and reacts. When in doubt, escalating slowly will always be your best bet to making your kiss memorable.

Great areas to bite are the neck and shoulders, lower ears and lips. You can also lick and suck those areas for added effect. But remember the proper escalation order; breathe, kiss, tongue, suck, bite then repeat.

Seducer's Notes on Kissing

Body Contact rather than Leaning Forward

When going in for a kiss, instead of leaning in to kiss her, pull her body towards you so that your hips get in contact with hers. Leaning in looks like you are two birds pecking at each other. It looks better from the outside looking in if you are close to each other and your bodies connect rather than your bodies staying away while you two lean in to peck like chickens. Your bodies being close to one another will also make the kiss more comfortable for both of you and, as an added bonus, offers more intimacy since leaning against each other is a very intimate position.

Total Silence

Take advantage of the auditory senses. Let's refer back to the dining experience. When you are dining at a restaurant and you order some wine, do you know why people clink their glasses when they toast? It's because the auditory sense is the only sense that is left out of the dining experience. The clink is an auditory confirmation of the experience. If that's the case with food, wouldn't it make sense for us to do the same to kissing?

Making soft moans and groans while you're kissing her will do the trick. Also, the sounds of lips smacking and heavy breathing will increase the passion as well. When you are done kissing her, make a "Mmm," sound as if the kiss was so delicious and satisfying. Do it at the right moment and it will be sure to push her over the edge. Don't forget to use this highly neglected element of pleasure.

French Kissing

French kissing is the key sign that will tell her subconscious that she is starting a romantic relationship. The lips, tongue and mouth are very sensitive to the touch and can be highly pleasurable and highly intimate. French kissing is confirmation of you two as a pair, and at the same time, it's also quite effective at turning her on. Since French kissing is based on the tongue's involvement, don't get carried away by thinking that you're going to explore her teeth, gum line and hidden crevices with your tongue.

Use the tongue as a stimulator and not as a probing device. Use it to lightly stimulate her tongue. Lightly suck on her tongue and encourage her to do the same. Using only the tip of the tongue is extremely sensual and arousing. Remember to use the tongue to enhance the kiss; don't ruin the experience by letting the tongue dominate. In fact, the kiss should be so amazing, she forgot you even used your tongue.

Leave Her Wanting More

I know I said it a million times but to show how important it is, I'll say it again: Leave her wanting more. A great kiss will always leave her wanting for more. Have some self-discipline and pull back from the kiss before

she does. When you pull back, pull back on a high point. By doing this at the right moment, it will leave her standing there, begging for more. And you know you have seduced her properly if she leans in for more kisses.

Highly Erogenous Zones

Many cultures regard the neck and cleavage as a sex organ. Even some African cultures try to use metal instruments to extend the neck as a sign of fertility. In a physiological sense, the neck and lower head have a high concentration of nerve endings. It's a no-brainer then that the higher the number of nerve endings, the more feelings and sensations she can feel. So focus some attention in that area when you kiss her. Gently kiss, bite and lick that area from the back of her ears down to her shoulders as it will send goose bumps throughout her body.

A few other highly erogenous areas are the back of the knees and elbows, as well as her lower back. Gently kiss, lick and suck those areas. Also, the back of the upper neck is amazingly pleasurable if you gently bite her with your teeth. Yes, I did say "*bite*." Lions in the wild usually bite the lower mane of the lions while they are mating. Have someone do it to you and see how intense the pleasure is. That tip alone is worth the price of this book! And the ones who got this book for free, you owe me double the price!

More Seducer's Kissing Secrets

I am going to share with you some of the super-secret methods that I personally use to arouse the girl. Remember; these kissing techniques are for seduction, so only use them if she is in a place that you both will be comfortable having sex in. These secret techniques work every time to instantly turn her on. But be warned; she will want you so badly, you are going to have to beat her off with a stick when she attacks you for sex.

Seducer's kissing secret: Moving her back against the wall will leave her feeling dominated which is a huge turn-on because she will be forced to surrender her desires to you. Move in close to her and slowly back her up against the wall. When she is there, SLOWLY get close to her. You can hold her by the hips or by the hands and move in as if the lion is about to devour its prey. Be sure to make small but sexual talk while bantering with her. When as you get close to her, you can savor your prey.

Another seducer's kissing tip you can do to instantly arouse her: Lead her to your room by holding her hands, and right after the both of you get through the door, close the door slightly but leave it ajar a couple of inches. Pull her in and start kissing her passionately, and after you start turning her on, slowly turn her body around and slam her body against the door. Since the door was open a few inches, it will absorb the impact. You should put one of your hands behind her head just in case it accidentally hits the door so your hand can absorb any extra impact. Watch as she instantly surrenders herself to you.

These Seducer's Techniques are powerful at turning her on when executed correctly. It all works because women love the feeling of being dominated. The forcefulness and dominance will instantly arouse her.

Attraction-Chronicles.blogspot.com

How To Kiss Like A Moviestar! (cup her face with both hands)

Now the interesting thing you will discover as we journey together on the forbidden path to true sexual mastery is that the path itself has many seemingly unrelated tangents and offshoots -- twists and turns that sometimes seem to have no direct relation to the forbidden arts of sexual mastery as most folks would understand them but have faith and pay attention because the connections often become excitingly immediately apparent as time goes on...

However...

Today's instalment is not one of those cases!

In fact far from being obscure this particular post concerns one of my very favourite topics --- Kissing!

If your kissing game sucks, you're probably not going to get any further in the course of making love to a woman because many many woman judge how good a lover you are by the way you kiss her the very first time.

Although many woman are more than willing to kiss you a second time in the hopes you just had an off moment, the bottom line is if your kiss can't make her toes curl, buckle her knees and have her heart pounding and racing in her chest like a hyper-active jackhammer, you're probably going to find yourself immediately shoved into the "love-dud" category or the Joe-average lover slot to say the least.

That's not a good place to be, believe me.

Well I don't know about you but I don't accept mediocrity in my life in any way, and especially not in my sexual and romantic skills and neither should you.

Now for today's question...

Dear David,

You write: "When you go in for the kiss, cup her face in both of your hands so that your palms are gently cradling her jaw line and your thumbs are just in front of cheek bones."

This seems really awkward, Normally, I like to move in with my mouth then slowly get my hands involved. (I don't mean feel her up, I mean more along the lines of what you describe -- I just introduce it later in the process). How do I go about your way without it being really awkward?

*Thanks
Cahn*

Dear Cahn,

Well I think we understood you weren't going to feel her up right on the initial kiss but thanks for the clarification none the less.

First of all I'm not sure exactly what you mean when you say you feel awkward. But from what you do say it appears that the order in which you bring your hands into play lies at the root of that awkwardness.

The simplest way is when you're ready to go in for her first kiss...

- Look her deeply in the eyes, allow your hands to slowly but gently touch the side of her cheek you can use one or both hands.
- I find for first kisses the two hand approach works much better. Cup the back of her head or contour her jaw line with the palm of your hand.
- Your thumb can rest either just in front of the ear or on the cheekbone just below her eye or any point in between. While maintaining eye contact, gently draw her lips to yours. Allow your eyes to close as your lips gently touch.

That's the quick lesson.

For First kisses, I always use my **palms to face technique**. Why?

Because It Just Plain Works More Reliably Powerfully and Consistently Than Any Other Method of First Kissing I Have Tried!

I discovered many years ago that when you really want to get a woman's romantic desires clicked into over drive the fastest way to do it is by touching her anywhere on her face while your kissing her.

Now pay attention here folks. Notice I did not say her sexual drives! Understand that kissing certain areas of her body will signal her to become romantically turned on, and consistently more passionate, while others will actually stimulate and accelerate her sexual drives and desires.

The first thing you want to do with any woman, (at least in the world of David) is get her romantic muscles flexing and her passions enflamed... Why?

Because her sexual drives inevitably follow her romantic drives! Guys this is important...

If you can't create that physical/emotional connection or chemistry necessary to turn her emotional sparks into a roaring flame, you're likely to throw too much fuel on the fire to fast. The result...

All progress stops and the fire goes out! **Have you ever tried to fan a small flame in order to make it grow and accidently blew it out? In your effort to feed it more oxygen you actually gave it too much fuel too fast and poof! Out goes the flame! That's what I'm talking about when it comes to enflaming a woman's passions.**

Your kiss creates the tiny flame i.e. the connection (everything is clicking for her inside) the touch on the face adds just enough fuel at just the right pace to cause that romantic spark to grow into a passionate flame. Once the passion fire is really burning, if you know where to go you can actually transition to other parts of her body that acts as sexual accelerators, which means that you are actually transitioning her from a predominantly emotional sense of arousal to equally physical sensation of arousal.

You see the key to mind blowing sex is not how big your penis is or how good looking you are or even how long you can last in the sack...**The key is... How Deeply Aroused You Can Get Her!**

You will discover that the root of many of the obstacles you will face in your journey to sexual mastery will ultimately come down to this one simple element -- Lack of Sexual Arousal!

The more aroused your partner becomes the more receptive she is to all manner of sexual acts, stimulations, and intensities!

MANIAC HIGH'S PICK UP GIRLS GUIDE AND SEDUCTION WEBSITE!

www.pickupguide.com

TP pdf torrent

How to do a dance floor pickup without talking

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From tom_bc@hotmail.com

One thing I noticed is that when you get to connected to someone, if you act very slow and move very slow, it seems to deepen their trance, like if they don't know what's going on. Have you noticed that as well ?

maniac_high wrote in message

Kino Report! All the details of doing an awesome kino PU!

Hi All!

How to do a dance floor kino pickup has been talked about here recently, and it turns out, that I saw an excellent example of this tonight in a club, while I was out with one of my regular chicks. I watched the PU from start to end, and learned A LOT about dance floor kino pickups from what this guy did. I will talk about what I saw below and analyze.

Okay, first of all, the PU was done with virtually no talking at all, so I will try to be as descriptive as I can, even though this was all body motions for the PU. The setting was a disco in Tokyo, playing regular fast paced disco dance music. I was on the floor with one of my regular chicks, and the following happened next to me with a blond haired guy, probably in high school, doing an excellent PU on a J-babe wearing a red dress. I rate her a 7.5.. His moves were very well scripted, and well done, here goes.. I will just list it out, then talk more below. This was cool, and I will do this from now on..

Analysis is at the end..

- They make eye contact, and start dancing facing each other.
- He mirrors her dance moves, making eye contact
- This happens about 2 or 3 minutes
- He puts his arm on her side, to her back, lightly, and is dancing, still following her pace
- He puts the other arm on her other side to her back, but he does not pull her in.
- Now he slowly runs both hands up her body, to her armpits, and then up her arms (he raises her arms up in the air)
- Then when he reaches the tops of her hands, which are stretched out in the air, he (slowly), runs his hands down her body.
- His hands slowly slide down till they reach her ass. He doesn't grope it directly, but just they are above the top of her buttocks.
- The whole thing above (hands up to her hands, down to ass, is slow, takes about 1 or 2 minutes to travel the whole distance).
- Also, now, he has slowed down his dancing, and is not really following the music anymore, and she has slowed down too, (he slowed her down by mirroring her pace, and then slowing down as his hands were running up/down).

[for 3 minutes]

- While his hands are on her ass, he moves his head in, and breathes softly on her neck. He does not try to kiss her.
- His hands move up/down her back slowly, while his head moves around her neck/side of neck, him breathing slowly, closely.
- The chicks eyes start to close. She is going into trance.

[for 3 minutes]

- He moves his head and hands down her body, (still facing her), he like crouches down, slowly, as his hands travel down to her legs, then slowly moves up again, to her ass, and he is standing again, and is breathing on her neck/back again.

[for 3minutes]

- He now repeats the hand up/down things above from the top of this list, and the breathing a couple times.
- Each time he pulls her in closer.
- She is going way into trance now.

[for 4 minutes]

- The last time he does the up/down hands thing, he raises his hands up to her hands in the air, and lets go, but leaving his hands up. This is her cue to now do the same thing to him, and she does.
- She runs her hands up/down his body slowly now, like he did to her before a few times.
- She clearly likes this, a smile is on her face..
- He turns her around (so her back faces his chest), and he does the same things again with the hands, this time from behind..
- (she gets confused, when he tries to turn her so he just tells her to turn around), loses trance state..
- He does NOT go for her tits/cunt, etc..nothing overtly sexual..
- She is back in trance again.

[for 3 minutes]

- He turns her around again, so they are facing each other, and he is breathing on her neck/face.
- Now she is mirroring him and doing the same thing, breathing on his face/neck.
- This goes on a long time. He makes her wait for the kiss, and she is goes more into trance, she is just hanging on to him now..he does not rush things at all.

[for 3 minutes]

- He starts breathing more on her cheeks, face, but does not kiss there..
- He continues until she is doing the same [2 minutes]..
- She is doing the same now, and their lips are breathing on each other's face,
- This continues for what I thought is a really long time before the kiss starts

[for 4 minutes]

- Finally, they slowly move closer lips together from each other's lips
- The lips lock, they kiss, and keep kissing..
- The kissing goes on for a really long time

[for 15 -20 minutes]...

Around then I leave with my chick, and don't see the rest of it (I suspect he just took her home ;-))

Okay, Maniac's analysis. First, this was a REALLY GOOD kino pickup. There was no talking during the whole PU (except where he makes her turn around), just the way he touched her got her going. That was really cool. Some other things notable to me. Firstly, he did NOT rush things. I realized, watching this, that maybe I rush things too much, and try to tongue the chick too soon, and that scares her away, before her states are setup right.

Also, it was obvious to see her states changing when he was doing the Kino. I know to watch for this now. He did not advance until her state was ready. This was obvious from looking at her (her eyes closing, her 'hanging' on him, her following his dance pace, and NOT the music when he slowed down.). He made sure this happened before going to the next step. She was also helping him by following his 'body rapport'. Some chicks will/won't in my experience.

Also, he did nothing overtly groping/sexual, i.e. He didn't kiss her neck/ears before the first kiss (not sure if this is good/bad yet..I think best to wait until she accepts you by the "real" kiss first, then move to those other parts), didn't grab her ass in a groping way until the kiss/touch tits..etc. It was all very smooth and passionate looking until the kiss, without sexual groping/kissing neck/ears.. That is good, because it didn't scare her.

He also took his time..the whole kino session was like 30 minutes from start to end. He was going REAL SLOW, even his dance pace didn't follow the music..very SLOW MOTION movements, as the chick dephased from the music rhythm, to his. He was very conscious too what he was doing, eyes open, looking like an engineer as he worked the chick into trance. Very very good. He'd close them though when she could see his face. It was clear he had done this before and was following the "cookbook".

He also made her wait for the kiss a bit, longer than I expected or I would have. It was good, he kept on touching her, / breathing really close to her, and that probably made her even more horny, making sure there would be no kiss rejection. I liked this..

All in all, I learned a lot from watching this, and will model my kinos from now on to what this one looked like.. basically, slow down my pace, and realize I don't have to follow the music pace if it's not appropriate to my kino pace to seduce the chick.

Jonnyjewel talks about his dancefloor pickup strategy!

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Toecutter has a lot of good advice I would just like to add a few tips. The dance floor is my saving grace for sex. Without it I might still be a virgin. First off, Toecutter is right it is a numbers game 100%.

I will tell you how I work a floor.

First off you are there to dance a have a good time, so look like it. Smile like you just won a million dollars and let yourself go.

Ok your relaxed, now it's time to hunt. What you are looking for a group of girls together or one by herself. The one by herself is easy just dance up to her with a open gesture and motion that you would like to dance if she doesn't she in most cases will look away.

Ok, these groups of women 4 or more usually have a certain make up. There is the hot one, the ugly one, the not as fashionable one, and the not as hot as the hot one. The "not as hot as the hot one" is your target. This girl is competing with the hot girl and most of the time will love you for your advance.

Just step up behind her and smile and rub your pec on her shoulder once gently. DO NOT TOUCH ANY PART OF HER BODY WITH YOURS. Girls love a guys with balls, I mean it. She will look behind at you then look back at her friends for approval. Stay calm.

She will now do one of three things, back into you, step forward, or nothing. If she steps forward, turn right around it's over, look somewhere else. If she does nothing try again, be careful she might be a bitch. If she gets mad it is her fault, you just wanted to see if she'd like to dance she could have been courteous and moved away or said no.

But this one backed into you. Your chances of a but grind from just about any girl are about 50% Just ease into her and have a good time.

After about three songs of hard grinding it is time to get go for broke. Spin her around and grind away, but she might not want to do a front grind. If she doesn't, at the end of the song thank her get, her name, and move on. This can come in handy later like a street or parking lot PU. But you got the front grind.

VERY IMPORTANT!!! If you are grinding with a girl it is your main goal to protect her, try as hard as you can to keep other people from bumping into her. Put out an arm or move both of you so you are the one getting bumped. I love the look on girls faces when you do this, they eat it up.

After another two songs it is time for the kiss. Start by getting lots of eye contact, if she not looking at you, sorry no kiss for you. But if she is, start touching her face with yours, forehead to forehead nose to nose. Go in a couple of times for a kiss but turn away at the last second. And then go for it! But DON'T shove your tongue down her throat. Take it easy big boy. Do this a few times and then stop, unless she keeps it going.

When I get this far I usually stick with the chick until one of us has to go. At that point thank her for the night and say something like, "I would like see you again." Even if you didn't get the kiss, still get the # close. If she gives you a number one thing girls love is if you memorize it, until she is out of sight and then right it down, it makes you look smart. I don't ever try to pull a girls off the dance floor, Why! Why do you need to? You're grinding, maybe kissing what more do you want! She is attracted to you why mess it up by talking. This brings up another point. Unless she wants to, don't talk. I usually ask her name and where she's from.

I leave it at that. Yes, lots of times these girls have asshole boyfriends so they give you a fake numbers, or just they get scared. The only time you will get a girl back to your place for the ONS if she wants to, follow her lead.

Other points to know for the dance floor PU is that it looks good for you to be seen dancing with a lots of women, you might start by dancing with a friend to get you started. Yes, it is very competitive. So wear your best club clothes. **Never ask for a dance, they always say no for some reason.** Just so you know the girls that come up to you and dance lots of times are the girls with asshole boyfriends but still # close just in case. I usually make one to two passes on the dance floor per hour. One thing to look for is girls that you have seen dancing with different guys. If I don't get a dance I get off the dance floor. You look like a loser if you are dancing around trying to get girls to dance with you. One mistake I have made is even if she is liking the fact that your hands are all over her body, don't move her hand to your dick. Most importantly, you have never wasted you time grinding with a good looking girl.

KISSING - ANDREA DEMIRJIAN

TP Torrent

Chapter 3 : What makes a great kiss?

When asked what goes into making a great, memorable kiss, the ladies from the Kissing survey said that a beautiful kiss that lingers should bring together a combination of who, what and where ingredients.

Who : Your Partner Should . . .

- Taste good
- Have a light touch, e.g., avoids shoving his tongue down your throat
- Hold back just a bit before the contact, then light touch
- Let you kiss back
- Have enough talent to make you hungry for more
- Give you their complete and undivided attention

What : The Kiss Should Be Made up Of . . .

- Soft, gentle, juicy, warm, slightly parted lips
- Some tongue
- Chemistry—the chemical connection/reaction it creates between the two of you
- Synchronicity—timing is everything!
- The perfect combination of tenderness and toughness
- Electricity and spontaneity
- Safety and real intimacy
- Total newness
- Genuine feeling

Other responses :

About what makes kisses good enough for the memory bank :

- “Both lips . . . relaxed with time . . . passion . . . caring... I love a “stolen” kiss—an unexpected kiss as you pass your mate . . . a kiss on the neck that makes you tingle from the location of the kiss down to your toes . . .”
- “Lips that appreciate your lips. A softness and pressure on the lips that mounts and changes along with development of feeling. A stroking and caressing of lips on lips with a few gentle nibbles thrown in, and of course the intimate tongue that tastes and explores and wants more.”
- “When two people are kissing for the same reason, and feeling the same emotions at the exact moment.”
- “When you feel like you’re speaking through your kisses.”

Where Great Kissing Happens

On our bodies

Great kisses are not just about kisses to the lips, but the ones we love to feel on our bodies. Most women like kisses “anywhere and everywhere.” A few favourite spots are the neck and ears. The corners of their mouth and stomach are lovely, too. For goose bumps, it’s the back of the neck under their hair. That spot can really kick you into a frenzy!

Some ladies like being kissed on the small of their back and curve of their waist. Others find the underside of the forearm or inside of the ankle to be super sensitive to a kiss. Yes, kissing is good pretty much any-where. And kisses to different parts of your body can mean different things :

In what location

When we think of exciting, romantic, comfortable places to kiss, the survey girls say they’ll pucker up anywhere. On the couch. In bed. On the car. At the front door. On a chair lift. In the shower. In front of a breathtaking view. And on and on.

But the actual place is not as important as the spontaneity—“*kissing should be done on the fly*.” It’s all about wherever and whenever the mood strikes. And seizing that moment with passion.

Chapter 4 : Kissing 101: the fundamentals of great kissing

STEP1 : Getting Your Pucker Into Shape

The first step to perfecting the art of great kissing is to make sure your luscious lips, mouth and tongue are in fine form, because one of the keys to being utterly *smoochable* is keeping those elements primed. Just as we work out our abs and butts, our tongues need exercise for better grace and flexibility.

Buddy exercises

Recommended with someone you’re already pretty sexy with :

- *The Hoola-Hoop*: Use your tongue to circle your partner’s lips. Go ’round and ’round a couple of times. Switch directions. Then take turns. Beware, this can get you heated up lickety-split!

- *Rock Star Kiss*: Stand about three inches apart. Extend your tongues until they touch. Think of the famous rock 'n' roll band KISS. Don't be surprised if you start playing "air" guitar!
- *Tongue Suckers*: Stick out your tongue while your partner sucks on your tongue to stretch it as far as possible. Take turns. And no biting!

Your tongue might feel a little sore after all this stimulation. Like any muscle, just give it a rest, and you'll be good to go again soon.

STEP 2 : Master The Kissing Commandments

So let's review the fundamental things you need to do to spruce up your kissing and ensure they're of the highest quality :

1. *Get Mellow Yellow*—A good kiss comes from the mood within. Yes, you have to know what to do with your lips and tongue. But your mind and spirit need to be relaxed. In the words of that sizzling girl group En Vogue, "Free your mind, and the rest will follow." Empty your head from the static of the day. Take a deep breath. Exhale. Just think about kissing. And being kissed. A wee stressed? Or not feeling super-duper? Don't pass on kissing. The magic elixir of a kiss does wonders for whatever ails you. Like waving a wand. Poof !
2. *Floss and Gloss*—The mouth and lips are sacred things. Treat them with utmost care, because soft *kiss-a-luscious* lips and a fresh mouth will render you most *smoochable*. They won't be able to get enough of your kisses!
 - a. On the mouth—Since you never want your kisses dinged for an avoidable foul, floss, gargle and brush daily like you're the poster girl for the American Dental Association. Drink plenty of water, too. If you're a smoker, a little gum or a mint is helpful. Just don't have any of this in your mouth when kissing (unless you plan to share it with that person, which can be fun!)
 - b. On the lips—This is the first thing a guy is going to feel when you come in for the kiss. So to make a supple, sensual impression, moisturize your lips with an emollient several times a day, especially before bedtime.
 - c. What's also a must is some shiny lip gloss. All girls should wear a little for that extra shimmer to keep their lips looking as juicy and ripe as a piece of fresh mango, even if they're just running out in their sweats to do some errands. Always put your best lips forward!
 - d. And just before you kiss, run your tongue over your lips to slightly moisten. If you know you'll be kissing, go easy on the lipstick. It can get a little messy. You don't want your partner wearing it.
3. *Create A Cozy Nook*—Kissing is pretty much good anytime, anywhere, but for yummy canoodling, curl up on a fluffy couch, comfy bed or cushy window seat. Light a few candles. Play nice soft, sexy music (Sade is good). And snuggle up in their lap and arms. Chat a little about the day. Sip a little wine. Nibble on some cheese (snack and beverages optional). Enjoy reconnecting and the anticipation of the kissing to come.
4. *Get Lip to Lip*—When you start, less is more. Make soft, light contact with your lips. Kiss their lips gently. Stroke their lips with yours. Alternate kissing the corner of their mouth, nose and cheeks. Then come back to their lips. Rest on the lips a little longer this time. Part your lips. Maybe suck on their lip. Or caress it with your tongue. Do this while stroking the back of their neck. Or running your fingers through their hair. Or touching their cheek. Even kissing their neck in that little crook where the collarbone meets.
5. *Turn up the Heat*—As you start feeling the *fuego* (that's hot for "fire"), get more succulent and luscious. Introduce more tongue. Brush the inside of their mouth with your tongue. Maybe suck on their tongue. Suck their upper and lower lips, too. Take a breather. Kiss them deeply but without tongue. Mix it up a little. Look intently into their eyes. Continue stroking and caressing in nice places. Feel the chemistry bubbling as your scents mingle to create your exclusive fragrance. Whisper how you want to give them more plea-sure in places hither and yon. Enjoy the passion you inspire in one another.

And while you're doing all this wonderful smooching, be mindful of a few things to avoid killing the kiss :

6. *Watch the Tongue*: No one likes kissing a flickering, tongued serpent. Don't slide your tongue down their throat like the electric snake used to clear the clog in a sink. You could actually gag someone.
7. *Relax the Tongue*: It's not just the slithering tongue that's a turn-off. It's the stiff one. The tongue is a muscle. Keep it loose. Just give a little. Then a little more. Don't slam into someone's mouth. You're a nice girl kissing a guy, not a S.W.A.T. commander raiding a safe house. "Easy does it" works all the time.
8. *Hold Steady*: Avoid weaving your head from side to side, or bobbing back and forth. You could end up accidentally banging a nose or knock out a few teeth. Ouch. Remember, kissing shouldn't be painful, nor require first aid.
9. *Don't Stiffen*: Kissing a statue or wooden board isn't pleasant either. While you don't want to bobble and wobble, a little poise and charm is required. Be soft and gentle. Move slowly from his mouth to his ears and neck, then back to his mouth again. Tilt your head back gracefully when he kisses your neck. Smiling and laughing in between kisses is nice, too. A little humor always makes for good kissing. So be loose (how "loose" is up to you!).
10. *Manage the Mouth and Saliva*: The mouth has an amazing ability to open and close. It can expand as big as your fist, or be sealed shut. So be mindful of how wide or narrow you go. No one likes to have their face engulfed by an echoing cavern. Airtight lip-locks aren't pleasant either. Use your judgment depending on the size of their mouth. As for the wetness factor, we don't come equipped with that little, slurping saliva-sucking hoosa-ma-ghiggy the dentist uses. Make sure you swallow from time to time. There's nothing more embarrassing than spraying someone with your spittle.

Most of all, remember to have fun. Kissing is more about the energy and spirit than the technique. Your confidence and ease will create kisses that are happily received. Your magic princess power will make them immortal.

STEP 3 : Modeling Your New Kissing "Wardrobe"

Between the working out and 101 refresher, let's look at several kisses you should perfect. Just as a girl needs certain things in her closet, e.g., a black cocktail dress, "to die for" pumps, and an under-garment of the lacy kind (even if you prefer cotton for the everyday, you should always have a frilly bra and panty set for that hint of sassiness), she needs a repertoire of kisses.

To ensure you are a girl that's definitely the kissing kind, master these essential moves :

1. *The Happy Hello*: This is the "greet when you meet" kiss. Whether it happens on a street corner, a restaurant, party or your doorstep, it should be enthusiastic and warm.
 - a. Start with a smile and happy hello: "Hi, so happy to see you." Or "Hi, so happy you're home."
 - b. Put your arms around his neck. Pull him toward you for a little hug. Stroke his hair. Or rub the back of his neck. These should be brief flutters of touch.
 - c. Give a soft, supple kiss to the lips. This should linger for a second or two. Your mouth can be loosely closed or slightly open. This lets him know there'll be more kissing to come! No matter how busy your day has been, or how occupied you might be at the moment, take the time for a *Happy Hello* to reconnect.

The *Happy Hello* is also an ideal way to warm the air after a little tiff. Remember, guys can be feeling a wee uncertain, too. So put them at ease. The bump in the road will be behind you in a jiffy.

2. *The Sultry So-Long*: If the *Happy Hello* is a delicately suggestive greeting, the *Sultry So-Long* headlines what he's in for when he returns. Be it off to work, a trip or quick errand, he'll be back in no time.
 - a. Move in close. Wrap your arms around his back, and press your body against his. Maybe say something corny but cheeky like, "Hey, here's one for the road," or, "This should keep a smile on your face all day."

- b. Bring your mouth to his. Press your lips against his with a medium amount of pressure. Your mouth should be slightly open.
 - c. Run your tongue ever so lightly along his top lip. Or gently suck his bottom lip.
 - d. Pull away. Then kiss him on the cheek. Not the way you kiss your grandfather, but the kind that reminds him where he gets good lovin'.
3. *The Dirty Dancer*: This is the kind of kissin' that can lead to other sexy things. You're at a bar, club or party, or maybe enjoying a romantic night at home with Barry White and Marvin Gaye. You're feeling frisky and know what the night will likely bring. So get a little randy!
 - a. Stand close in front of your honey. Put your arms around his waist. Maybe suggestively pinch or squeeze his butt. Or push your hand into his back pocket. Even slip your fingers inside the top of his belt-line. If you're dancing, this is a perfect way to hold on and sway back and forth in your groove.
 - b. When the air feels ripe, come in for a kiss. Start on the side of his mouth. Then bring your lips to his. Gently suck, even nibble, his lower lip. Caress the inside of his mouth with your tongue. It should be a brief, soft sweep. Keep your hands around his waist or resting on his hips.
 - c. Before going in for the deep kiss, bump and grind a little at the hips. Throw back your head. Even arch your back (be careful, you don't want to end up in the chiropractor's office!). When you're face to face, come in really close. But don't kiss just yet. Look him in the eye and let your partner enjoy your suggestive moves. Feel the pizzazz between you, and anticipate what's coming. Then get into some deep kissing. If you're not into public displays, save this move for the bedroom.
4. *The Purring Pussy Cat*: Every girl has many wonderful facets to her personality. We can shift seamlessly from sexy diva to itty-bitty kitty. So this is the perfect kind of smoochin' to do when lying in bed or snuggled up on the couch.
 - a. Wrap yourself around him. Look him in the eyes. Caress his face, and kiss his lips, cheeks, neck and forehead gently.
 - b. Don't use any tongue. Keep all the sensuality in your lips—the way you slowly draw your lips across his face, the way you softly press against his mouth, the way you nuzzle his neck and ears. Let the shared air hang between you.
 - c. Pause for a moment in between these sweet, intimate kisses. Whisper in his ear. Tell him how you want to give him pleasure. And when he kisses you back, sigh a little. You should feel like a pussycat purring contentedly in the warmth of the golden sun.

Mood makers & breakers

Making It

When asked, "What gets you in the mood to kiss?", many of the girls said tequila! Do a few shots, or drink a couple of frozen strawberry margaritas, and you'll be shakin' your groove thing all over!

While most said they're in the mood to kiss pretty much all of the time, the ladies are wooed to kiss by a combination of emotions and certain ambiance that really gets their "mojo in hojo" :

- Feeling love—the most cozy sensation sure to inspire romantic "you're the only one for me" kissing
- Being complimented, e.g., "You're so sexy, I can't believe guys don't throw themselves at you when you are walking down the street."
- Being made to laugh—a good joke or sense of humour makes for fun kissing
- Trust—essential to intimate kissing
- Terms of endearment—it's nice to have a pet name that you share with a certain someone
- Close physical contact—when the electricity is palpable, it's a real turn-on

- Good conversation—nothing more stimulating than watching a sexy mouth doing yadda yadda yadda, and thinking about kissing it
- Time apart—absence does make the heart grow fonder (and the kissing hotter!)
- Just seeing their sweetie—watching them walk down the street or into a party can get you purring

Breaking It

So what can put the kibosh on a perfectly wonderful moment?

- A stupid remark from your love bug, e.g., a mention you've put on weight
- An argument or anger
- Interruptions, e.g., phone or doorbell ringing, child crying, dog barking
- A crotchety mood—Oscar the Grouch should stay home
- Bad breath, e.g., onions, nicotine, stale beer and alcohol
- Stinky hygiene—when did you last shower and wash your hair? Foochie-rama!
- Razor stubble—ouch, beard burn can leave a face, chin and nose looking sunburned!
- A yucky location—if my feet are sticking to the floor, how can your kisses make me float on air?
- Sloppiness—sloppy saliva, sloppy drunkenness, sloppy tongue... just plain sloppiness
- No finesse, e.g., dry and quick, tight-lipped, head straight, no flow
- Too much enthusiasm—we don't need to be kissing the male cheerleading squad!
- Too much tongue or no tongue—everything in moderation, even tongue
- No spirit or love—gotta have a little love...
- No chemistry or creativity—that kiss might be dead in the water before you even start!

Chapter 5 : Kama Sutra kissing

For more intimate and sensuous kissing that will be most admired, try these ancient yet hot as ever *Kama Sutra* kisses with a certain someone:

- *Throbbing Kiss*: "When a girl, setting aside her bashfulness a little, wishes to touch the lip that is pressed into her mouth, and with that object moves her lower lip, but not the upper one."
 - Focus on your honey's lower lip. Give all pleasure to that part of their mouth only. Don't be shy about it!
- *Touching Kiss*: "When a girl touches her lover's lip with her tongue, and having shut her eyes, places her hands on those of her lover."
 - When you come in to kiss your lovebug, gently sweep your tongue across his lips. And hold his hands. This is a very loving kiss.
- *Turned Kiss*: "When one of them turns up the face of the other by holding the head and chin, and the kissing."
- *Pressed Kiss*: "When the lower lip is pressed with much force."
 - While kissing, just concentrate on the lower lip for a minute. The upper lip will cry out, "Hey, what about me?" This kind of teasing makes for a little variety during some hot kissing.
- *Kiss of the Upper Lip*: "When a man kisses the upper lip of a woman, while she in return kisses his lower lip."
- *Clasping Kiss*: "When one of them takes both the lips of the other between his or her own."
 - During a deep, silky, sensual kiss, envelop your guy's lips with yours. This is super-duper intense kissing!
- *Fighting of the Tongue*: "When during the Clasping Kiss, if one of them touches the teeth, the tongue, and the palate of this other, with his or her tongue."
 - In the heat of it, take your lover's lips between yours. And thrust your tongue in their mouth. You might end up wrestling each other to the ground.
- *Kiss that Kindles Love*: "When a woman looks at the face of her lover while he is asleep, and kisses it to show her intention or desire."
- *Kiss that Turns Away*: "When a woman kisses her lover while he is engaged in business, or while he

is quarreling with her, or while he is looking at something else, so that his mind might be turned away.”

- *Kiss that Awakens*: “When a lover coming home late at night kisses his beloved who is asleep in her bed in order to show his desire.”



DAVID SHADE & RICHARD THOMSON - THE G SPOT & MALE/FEMALE SEXUALITY

Track 16 – Be a Better Kisser (PODCAST)

Semi-transcript

If you're thinking while you're kissing it's a terrible kiss, even if you're just thinking about positioning or whose watching etc.

The key is where is your consciousness, where is your focus, where is your heart, your compassion? Should be no thought-train running through your head.

Firstly get centred, by feeling your body. By feeling your feet on the ground, by feeling your body as a man. Centre your awareness onto your body not your thoughts

Secondly, bring all of your attention to the other person, no matter how your lips actually connect. You're smelling them, you're tasting them, you're experiencing their energy. In your mind you're imagining what they're feeling. I.e. if you were the woman, what would your mouth (the man's) feel like, what would it taste like, what would the woman be feeling.

There are times, even for very brief flash, just for a second or two, when making love, that a man will actually feel like he is the woman's body and he's the one being penetrated, even though he is actually penetrating her. And vice versa the woman will feel like the man. These occasions are very brief, almost like déjà vu.

That is what you're trying to do, expand that sensitivity, not just connect via your genitals. Because within every male there is some female and vice versa. So you bring that total package to the sex act, not thinking about the details of the techniques i.e. where should your nose be and what to do with the tongue etc.

HOW TO FUCK A WOMAN'S BRAINS OUT

www.ThornDaddy.com

HOW TO KISS

Kiss like a fucking MAN, not like a boy.

One reason younger women tend to date older guys, other than that older guys are more mature emotionally, more stable in their lives, less fucked up and better in bed, is that older guys are usually better kissers. Kissing is unbelievably fucking important to a woman. This fact cannot be understated.

Inexperienced kissers (most teenage boys) kiss like they're eating an apple. They lunge at the girl's face with their face, cram their tongue down her throat, and try lick her tonsils. Not sexy.

Experienced kissers (men) kiss differently. I'm a great kisser. But I'm so "in the moment" when I do it, that I had to ask my wife "Hey honey. Describe what a good kisser does." Here's what she said: "Be aggressive without being assaultive. Don't just latch on and never leave. Be aware that there's an actual human attached to those lips you're kissing, and look for signals of what works. Different women like different things. Kiss her soft, kiss her hard, do both, back and forth, in a natural way.

"Nibble her lips, gently or not, depending on her reactions.

It should be give and take, it's not an attack. Take charge, but remember: it's an exchange. Let her kiss you back, and respond to how she kisses you.

"Breathe. Inexperienced men forget to breathe when kissing, then gasp, like they're coming up for air.

"You don't only have to kiss her mouth. Go from her mouth to her ears, to her neck, nibble her neck, and come back to kissing her. Bit her if she's into it. Many are.

"Kissing can be done with eyes open, or eyes closed. Do either, do both, do what feels right.

"Becoming a great kisser takes practice. But if you remember it's give and take, you'll be a lot better from the start."

Kiss her well, and kiss her often. In bed and out. Grab her while she's making you dinner, slap her on the ass, call her a slut, pull her head back gently by her hair, kiss her neck, face and ears, then walk away.

LIVE like that. Venerate your slut, adore her. She deserves it, and you deserve the love you'll get from that.

APPENDIX 1 Interviews With Seven Kinky Women About What They Want and Need

INTERVIEW 1:

>>How important is good kissing?

Important, but not ultimately so. If someone can fuck, and is most of the other things I think are important, then I could partner with someone I didn't love to kiss passionately.

>>Describe good kissing

I helped Daddy formulate the "HOW TO KISS " section in Chapter Six. Pretty much all I have to say on the subject is there. Except maybe, if I love to kiss someone, it's something I just can't get enough of. Conversely, much of the time when Daddy fucks me I am not allowed to kiss or touch him, and I love it. I love being controlled by Daddy that way.

INTERVIEW 2:

>>How important is good kissing?

Kissing is definitely important to me. It can raise or lower the intensity level of the whole experience.

>>Describe good kissing

Good kissing happens when you can tell that your partner is consciously aware of what they're doing with their tongue, not sloppy, but rather teasing, tasting, torturing you into wanting more.

INTERVIEW 3:

>>How important is good kissing?

A good kiss is terribly important. A kiss can tell you everything you need to know: Is he just horny? Is he loving? Does he need a Tic-Tac? Can he take me in hand like I want him to?

>>Describe good kissing

A good kiss goes beyond the contact of lips. It is the exchange of life, breath, and love. It involves your entire body: your arms to embrace each other; your hands to explore one another; and your genitals to press against each other, even if you're clothed.

INTERVIEW 4:

>>How important is good kissing?

Very very important. It tells so much about a person.

>>Describe good kissing

A relaxed mouth that melts into you. Makes you suck a little breath in because you have to stop yourself from falling. Nibbles and bites, sucking on the bottom lip a little, a carefully placed tongue. Kissing that extends to an extended side of a neck, turns into bites and verges on a little bit of pain. Mmmmm

INTERVIEW 5

>>How important is good kissing?

It is not good when one is kissing a jackhammer. That's too loud.

>>Describe good kissing

Like gospel singing, it is call and response. A hard-press echoed with even harder presses, nibbles talking to nibbles, or withdrawing teasingly from a tongue that wants to hold onto you. Not slobbering without knowing whether the other person likes slobbering.

INTERVIEW 6:

>>How important is good kissing?

Not sure. I suppose if it's bad, you could just improve with time to the preference of your partner.

>>Describe good kissing

Good breath, clean teeth, no excess saliva.

INTERVIEW 7:

>>How important is good kissing?

Good kissing isn't all that important to me if the partner makes up for it in other ways. It is also important that they don't think they are amazing when in fact they aren't and insist on making out all of the time. Many people don't really know and accept their strengths and weaknesses.

>>Describe good kissing

I think the best kissers focus entirely on you. They keep their eyes closed and simply focus on you. Not over thinking it but still thinking about what they are doing. I like one hand in my hair pulling ever so slightly, not so hard it causes pain, just a gentle tug. The other hand around the small of my back embracing me, holding me close to them.

COSMOPOLITAN.COM

Put More Bliss in Your Kiss

For woman but for the most part applies equally well for guys as well!

A fabulous kiss is an intricate balancing act involving tongue technique, pressure control, and moistness monitoring. Here, real guys and lip-service pros spill their best smooching secrets so you can mesmerize him when you go mouth-to-mouth.

Everyone has their pecking preferences. And as most of us already know, forcing yours on an unwitting partner can instantly make him kisstory. "Ninety percent of guys prefer French kisses with a little NFL roughness," says Cane, referring to surveys he conducted to research his book. Most woman, he says, prefer light, feathery kisses. So if you want a make-out session that's mutually satisfying, you have to give in -- at times -- to each other's personal tastes.

"To clue a woman in to what I want in a kiss, I'll smooch her the way I want to be smooched back," says Steve Daley, a 27-year-old conservation officer from Saint Louis, Mo. Since we unconsciously mimic other people's manners, alternate kissing your man the way you like with letting him take the lip lead.

But what if he's a complete smooch goof? "When I first met my husband, it was like making out with an Electrolux power nozzle," says Jenny Wilcox, a 25-year-old accountant in Tucson, Ariz.

If that's the case with your kisser, it's important to give him the proper peck-ed as soon as possible, according to Cheryl Cohen Greene, a sex surrogate in Berkeley, Calif. "It'll save you a lot of sexual suffering and him a lot of embarrassment." That's exactly what Wilcox did to clean up her kissing klutz. "As soon as he started tongue-

tackling me, I'd very sexily say, 'Stop.' Then I'd pause, teasing him for two seconds, and tell him, 'I want to kiss you the way that turns me on,'" she explains. "Within a month, he was returning my kisses with finesse."

"As long as I live, I'll never forget the way my ex kissed," admits Jack Therese, 24, a bartender in Little Rock, Ark. "She'd kiss passionately all around my lips, then she'd lightly lick along the inside of my lips. She was so sensuous."

Being a gold medallist in the mouth-to-mouth event will turn any man to passion putty. "Honestly, who just wants to be good? You want to be orally outstanding," says Ava Cadell, Ph.D., a clinical sexologist in Los Angeles. She devised the following take-his-pout-prisoner plan: First, kiss your lover's face all over. Start out with dry, baby pecks on his eyebrows, chin, and cheeks. Then, trace the outline of your lover's lips with the tip of your tongue. When you get to his mouth, don't dive in; instead, slowly exert a little more pressure. Entice him by pulling back and sucking gently on his bottom lip. Finally, go in for a kiss, this time with a lot of wetness to increase the sexual excitement. "And don't forget to employ your hands in the make-out mission by caressing his hair, face, thighs, and buttocks," reminds Cadell. "Men absolutely love it when woman take control of the kiss."

"I just die when my wife gives me sexy kisses all around the waistband of my Calvins," says Jeff Epstein, a 29-year-old architect in San Francisco. "Nothing gets me hotter or erect faster. I love it when she tugs my briefs and jeans and heads south."

Men like to be kissed top-to-bottom, front-to-back, and side-to-side. So go ahead and explore his whole body, experimenting with pressure, wetness, and tongue techniques. "I go absolutely crazy when my neck is kissed roughly," admits John McNally, 24, a grad student in Dallas.

"Observe his responses to see what he likes most," says sex surrogate Cohen Greene. "If he stiffens up or seems ticklish when you're kissing a certain spot, move on. To each his own erotic zone."

"I'm a belly-button boy," confesses Adam Ocklick, 25, an artist in Pittsburgh. "I get mega-horny when my girlfriend gives me wet kisses around my navel with a little tongue right in the button."

But if you're not sure where to start your ecstatic expedition, begin with Cohen Greene's round-his-world kiss: Gently flip his nipples with your tongue and kiss down his body into his pubic zone. Nuzzle your nose in his genitals; then kiss the insides of his thighs. Then, work your way up to his penis, and kiss it with pressure. Move back to his inner thighs, voyage down his legs.

MEN'S HEALTH SA

Turn-on Tactics

January 2008 pg36

First rule? Slow down. Woman want the lip-lock to last twice as long as you do, according to Men's Health online poll. Maximize your extended play time by pinpointing her five pleasure points.

Her Lips

The move. Target the philtrum, the central ridge of her upper lip and an area the ancient Greeks called the most erogenous zone on the body. Two major cranial nerves are close to the surface here, says oral surgeon Dr Cameron Clokie. Gently nibble this pouty point to release oxytocin, the same hormone unleashed during her orgasm, says Helen Fisher, an anthropologist at Rutgers University.

Her Jaw

The move. A slow circuit around her neck and jaw line pumps up her pleasure. One twist: hum softly as you plant kisses along her jaw. You'll send a chorus of euphoric vibrations along the bone and into her inner ear. This audio-erotic move also stimulates the skin's Pacinian corpuscles, which releases calming endorphins, says Thomas Swift, president of the American Academy of Neurology.

Her Tongue

The move. Tongue helicopters are for school kids. Help her leave the launch pad by teasing the nerve-dense tip of her tongue. Nerves there release the arousal-inducing neurotransmitters serotonin and dopamine, says Clokie. Vary your lingual caresses with tight, lips-only clenches of her tongue tip.

Her Neck

The move. Massaging her hairline at the nape, moving from her hair to bare neck, doubles her pleasure. You're stroking the junction of two different tissue types, says Clokie. Working this border region sets off two separate sensations that meld into a single, mind-blowing message to her brain: more.

Her Clavicle

The move. Kissing her collar bone is a classical move. But most guys focus on the outer regions and miss the passion-laced centre. "The densest nerve region is where her clavicle connects to her sternum," says Swift. Slowly kiss your way to this nerve centre to produce a progressive passion build up.

Lip service (Part 1)

Kissing is the key to great sex, a happy relationship and an explosive natural high

Sex experts and sexy woman reveal why you should be locking lips more often, and doing it even better

In a study published in The American Journal of Family Therapy, woman rated kissing as more important than caressing, stroking, hugging or massages, but the evidence points to a male population unwilling to give the greatest oral tradition the time and dedication it deserves.

"All woman said that guys – especially married guys – don't kiss enough," says Laurence Roy Stains, discussing the results of a survey of over 2 000 woman in What Woman Want.

It may be down to the way attitudes to sex have changed in the last 20 to 30 years. The word "orgasm" had barely appeared in print in the Seventies, but now you can easily find information on anything from G-spots to nipple clamps.

"Sex is no longer seen as such a big deal," says psychosexual therapist Vicki Ford. "Where couples used to take weeks and even months before they decided to have sex – spending much of their time kissing and caressing – it's now much more common to move straight from kissing to sex within a couple of dates."

Not convinced yet? Be warned: not puckering up could mean the kiss of death for your relationship. The sex boffins maintain that when kissing stops, sex is on its way out too. And the results of a study published in The American Journal of Family Therapy conclusively support the theory. "Kissing is a good indicator of how healthy a relationship is in terms of intimacy," concurs Vicki Ford. And when a woman feels there's a lack of intimacy in a relationship, she is far less likely to initiate or even want sex. "It's a problem that needs to be resolved if the relationship is to survive," says Ford.

"My husband Justin sometimes picks me up, swings me round and kisses me on the lips," says teacher Joanna Marais. "He's not very good at romantic stuff, so those moments mean so much. It makes me giggle like a teenager."

In fact, the very simple act of putting your mouth where your honey is, is so important that the time you spend doing it corresponds directly to her overall satisfaction in the relationship, says Ebberfeld. If lack of sex is becoming an issue for you or her, kissing can help restore a level of intimacy, rescuing your sex life and ultimately the whole partnership.

“The face-on-face contact involved in kissing – which can be avoided during sex – gives relationships the closeness necessary for longevity,” says Dr Pam Spurr. “And reintroducing this element of interaction reminds couples of how they were together when they first met, which can help rekindle emotions that have become repressed.”

Just one word of warning: be careful she doesn’t think you’re only kissing her to get in her pants. Apparently, this will make your lips lose their magic. “If she believes you only do it so you can get sex, she’ll begin to resent your kisses as she knows you’re after one thing,” says Spurr. “But if it can be seen as an end in itself, it will make both parties feel loved.”

Lip service (Part 2)

Kiss her into bed using these expert techniques

Your mouth-to-mouth master class continues ... perfecting technique

“Because we had been best friends, our first kiss was extremely tentative,” says graphic designer Domi Malacarne. “It was almost as though we didn’t dare touch each other. But the way he kissed me made me realise he was the man I wanted to be with.”

If you’re single but aiming not to be for much longer, be aware that kissing is your love curriculum vitae – how you do it will determine whether you get invited in for a full interview.

“Obviously there needs to be an initial attraction for two people to want to kiss in the first place,” says Vicki Ford. “But getting it right can heighten the physical response.” And, says Jamie Goddard, author of *Lesbian Sex Secrets for Men*, as with sex, what rocks one woman’s world may barely cause a tremor in another’s, but there are some golden rules that’ll help you score high in any oral examination.

“I think it’s important to leave the more unusual techniques, like lip biting and running tongues over teeth, till you’ve got to know each other,” says fashion student Kelly Cole. “Matt started by kissing me simply, and now he’s learnt what I do and don’t like – **sucking my top lip is a real turn-on.**”

First, make sure you’re sensitive enough to adapt to each situation. **“Respond to how she’s kissing you,”** says Spurr. “If she’s holding her lips soft and touching them gently against yours then she wants you to do the same; if she’s pushing her mouth hard against yours, she’s probably after something more passionate and frantic.”

Not getting any clear signals? Go gently. **Generally speaking, the softer you hold your lips the better: only nine percent of woman believe firm pressure makes a good kisser.** “The best kisses are those you least expect,” says Suzie Denham, a fitness instructor. “Leaving the house in the morning doesn’t count – nor does arriving. My boyfriend sometimes does it when I’ve got my mouth full of food – it sounds gross but I love it because it means he can’t resist me!”

As with comedy, timing is of the essence. For first kisses, you may want to take the lead: according to www.virtualkiss.com, **56 percent of people say they think the man should initiate the first kiss**, 36 percent think it doesn’t matter and only eight percent think the woman should. Even after that initial meeting of lips, you should still pay attention to timing. **So consider avoiding full-on tongue swordplay in the mornings, when breath isn’t at its freshest** – 43 percent of respondents to the survey said that bad breath had ruined a kiss for them.

But try not to limit your kisses to specific times of the day. **Surprising her with a smacker** – when she’s reading a magazine or putting on her shoes, for example – will boost her ego and trigger those feel-good hormones in both of you.

Make a concerted effort to kiss each other when there’s no way it can lead to sex. “Do it as you’re on your way out in the evening, when you’re dropping her off at work or just before you sit down to breakfast,” says Spurr. This is important as it makes it clear that you don’t see it simply as a route to sex.

Think about where you are or who you’re with, too: 29 percent of survey respondents said they felt someone walking in on them would spoil an otherwise perfect lip-locking moment. **“Woman are often self-conscious about full-on kissing in public,”** says Ford. “It’s difficult to completely lose yourself in the experience when you know people are watching.”

“It’s absolutely incredible that so many men can get kissing so wrong,” says communications manager Cheryl Henry. **“Hard, thrusting tongues are a turn-off, although a limp one that just sits in your mouth is even worse.”**

As for nuances of technique, and at the risk of sounding obvious: **don’t forget to breathe.** Breathing while kissing stops you becoming a “hoover kisser”, where her tongue is left in an open cavity – your mouth – searching for contact.

She suggests keeping your kissing tempo down, as most woman find slow, soft kisses the most erotic. And moving away from her lips every now and again allows you to breathe, make eye contact and kiss her cheeks or other facial areas.

If you’ve got lip-locking licked by now, you’re ready to move on to the master class. Try communicating while you’re kissing. **Make “mmm” noises as you swap saliva to let her know just how much you’re enjoying it and also take a moment to describe your sensations between smackers.** “Tell her you think she feels great, tastes great or smells great,” says Ford. “It will make her relax and enjoy it even more.”

Another good variation is to hold her head with your hands as you kiss. “Woman particularly like this technique,” says Ford. “It can feel relaxing to have their partner take control of the kiss, as well as signalling ‘I find you so sexy I want to keep you here’.” “When a guy stops kissing you during sex, you know he’s now totally focused on himself,” says social worker Kirsten Jantjies. “If you haven’t already come, there’s no chance you will now!”

Finally, don’t stop when matters proceed – as they probably will – to the bedroom. **“Kissing during sex accentuates the feeling of togetherness,”** says Julia Cole. “It makes both of you feel as though you are focused on each other – on an emotional and a physical level.”

Plant tender kisses on her lips as you first enter her, take a small break from thrusting, and as you do, use your tongue to explore the edges of her lips as well as her tongue. Cole also recommends tugging gently on her lips with your teeth. “As things become more heated your approach can be much firmer,” she says. **“And you’ll find that the more you both kiss, the more passionate the experience will feel. The end result? Incredible orgasms.”**

So there you go, forget all the blue pills and cheap thrills, the coital geometry and vaginal geography, and rediscover the lost art of the kiss. For once in your (sex) life you can even forego most of the talking. After all, in the words of the impossibly-kissable Ingrid Bergman, “A kiss is a lovely trick designed by nature to stop speech when words become superfluous.”

THE ART OF KISSING – WILLIAM CANE

My notes on TP torrent : “The Art of Kissing”

Refer to this DVD rip for specific information aimed at the more inexperienced.

Part 1 - HOW TO KISS teaches you thirty different romantic kisses

1. **How to act on a date** (0m49s)
 - a. Stand & walk close together
 - b. Have fun
 - c. Be kind to her
 - d. **Plenty of eye contact**
 - e. When walking together, laugh, tell jokes
 - i. Try to walk shoulder to shoulder
 - f. Do things side by side, walk so close to each other **that arms & hands accidentally brush** each other
2. **How to flirt (HOW GIRLS GIVE IOI'S)** (1m36s)
 - a. Flipping her hair back over her head with her hand
 - b. Eye contact
 - c. Pushing her boobs out, revealing her cleavage more
 - d. Revealing a bit more of her body or lingerie like
 - i. Her bra strap
 - ii. Her G string
 - e. Touching him, playful punches, bumping into him
 - f. Rubbing up against him
 - g. Piercing smile with meaning
 - h. Looking long & deep into his eyes then smiling & looking down
 - i. Bumping her knee against him, touching his hair
 - j. Standing, leaning in very close so the guy can smell her perfume
 - k. Laughing at the guy's unfunny jokes
 - l. Doing something thoughtful like
 - i. Adjusting his collar
 - ii. Fixing his hair
 - m. Trying to entice him to dance
3. **How to tell if someone wants to be kissed** (3m02s)
4. **How to get boys to kiss you** (3m22s)
 - a. Same as point 2
5. **How to get girls to kiss you** (5m34s)
 - a. Shave
 - b. Be Funny
 - c. Being taller than the girl
6. **The first kiss** (5m55s)
 - a. Get closer, lean in , good eye contact, the chemistry is there, whisper something to her then the magic happens
 - b. While walking together, your hands accidentally brush, stop, turn to her, move in closer & closer till your lips touch. Keep your mouth closed & breathe through your nose. Then,
 - i. You can rock your head from slowly & gently side to side whilst maintaining lip contact
 - ii. Then to get out of the kiss, playfully fight with your noses
7. **The lip kiss** (8m03s)

- a. Basic lip kiss is a good first kiss, no tongue
 - b. Begin by getting your nose the side of your partner's nose
 - c. The move forward, pucker up and gently kiss one of her lips, then both of her lips
 - d. The lip kiss is a base kiss from which you can launch kisses on other parts of the body
8. **The shy kiss** (9m08s)
- a. Looking around first to make sure no one can see you kissing
9. **How to practice a kiss** (9m46s)
- a. *Kissing involves some of the pleasures of eating, without nourishment*
10. **Should you kiss with your eyes open or closed** (10m16s)
- a. Most keep their eyes closed
11. **The mirror kiss** (10m34s)
- a. She finds it sensual looking at herself in the mirror whilst being kissed
12. **The talking kiss** (11m28s)
- a. It shows interest to talk in between kissing, say something romantic or funny
13. **The laughing kiss** (12m33s)
- a. Most people will laughing /giggle occasionally because they're enjoying it so much, not because they're laughing at the other person
14. **The eye kiss** (13m17s)
- a. Is very sensual, sweet & very romantic and affectionate
 - b. Go from the mouth to kiss one closed eye then the other eye
15. **The biting kiss** (13m59s)
- a. Nibble/little nip on her earlobe
 - b. Build up the tension, by romantically kissing the base of her ear, then around her ear then give her a gentle love bite on her earlobe
 - c. It shows that she's turned on & wants it to go a little further
16. **What to do with your hands** (15m08s)
- a. Touch her shoulders, her face, run your hands through her hair
 - b. Hug her
 - c. Rub your hands up & down her back, caressing her
 - d. Use your hands on her jaw to move her head from one side to the other
 - e. Play with her hair, even pull it gently
 - f. Cup her butt, give it a light pat
17. **The A-frame mistake** (16m25s)
- a. Where your hips and legs are far apart from each other, only your lips touching
 - b. Put your feet inside your partner's feet to get more intimate, touch your knees and lips against each other
18. **The make-up kiss** (16m52s)
- a. More often than not she'll be more mad than you and try to leave, you follow / chase her, do some belly kino as you stop her, pull her in by the hips and then go in for the make-up kiss, give her a big hug
 - b. Helps to reconnect
19. **The ear kiss (VERY POWERFUL)** (18m30)
- a. **Drives woman wild, turns them on big time, even more than being kissed on the mouth**
 - b. Move your way up to her ear, from her mouth, use your tongue, caress the back of her ear, almost borderline ticklish
20. **The phone kiss** (19m42s)
- a. Kiss her whilst talking on the phone, make kissing noises
21. **The neck kiss (VERY POWERFUL)**

- (20m23s)
- a. Girls almost faint with this one, one of their favorites, she'll be at your mercy!
 - b. Can start by kissing her on the ear, then move down till you're kissing her on the front of her neck
 - c. Move her hair to the side, kiss her on the front, side & back of the neck
 - d. Plenty of space for you to explore, can make it really last
 - e. Involve a little tongue, get a little wet
 - f. Move back up to her ear
 - g. Begin on her mouth, then move to her cheek then onto the neck
 - h. Do it standing behind her as well, rub your hands over hips, up her side
22. **The Eskimo kiss** (23m35s)
- a. Touch the front of the noses together, rub them side to side, up & down
 - b. Sometimes gently, sometimes hard, fight playfully
 - c. Without kissing, smack your lips to the side of your partner's mouth, inhale their scent
 - d. Good for warming up on a cold day
23. **The electric kiss** (24m27s)
- a. Both of you rub your feet on the carpet and then kiss each other to get a static electricity shock
24. **The candy kiss** (23m43s)
- a. Pass candy back and forth from each other's mouths
 - b. Can do it for a long time
 - c. Can do it as a surprise, by going in for French kiss then suddenly taking the candy from her mouth
25. **The sliding kiss** (25m27s)
- a. Kiss her all over. Up & down her arm, up to her neck, behind her ears. Slide the kisses back and forth
 - b. Across the neck
 - c. Use little kisses or slide your lips
 - d. Even do it on their legs & foot, up her side, on her back, the whole body!
26. **The wet kiss** (27m05s)
- a. Be polite, take a break now & again to swallow your saliva
27. **The Hollywood kiss** (27m22)
- a. Dip / lean her right back and have a long romantic kiss
 - b. Very effective in public as she'll know you're not embarrassed by your feelings for her in public
28. **Bad boys** (28m27s)
- a. Act like a bad boy. Be dominant
 - b. Use alpha body language, act nonchalant
 - c. Act like you don't need her kisses, act disinterested
 - d. Put your sunglasses on at night!
29. **Kissing sessions, or How to make out** (29m33s)
- a. Kissing in cuddling
 - b. Do it in a car or anywhere romantic
30. **Lip-o-suction** (29m55s)
- a. Suck on her upper lip whilst she sucks on your lower lip, then switch
 - b. Easier to breathe
31. **The teasing kiss** (30m33s)
- a. She must just stand there, not touching or kissing back whilst you do whatever you want, drive her crazy
32. **The butterfly kiss** (31m40s)

- a. Both of you flicker your eyelashes back and forth on each other's cheeks
 - b. Very romantic, can even hear the sound
33. **The public kiss** (32m15s)
- a. *All the world loves a lover*
 - b. PDA's
 - c. Don't have to do an intimate French kiss, a quick light kiss will suffice
 - d. Most people like it
 - e. We all enjoy a little harmless exhibitionism
34. **The music kiss** (32m48s)
- a. Listening to really loud music, kissing on the beat, switching head positions in between
35. **The upside-down kiss** (33m29s)
- a. She's sitting or lying down, you lean over her from above & behind her
 - b. Very different feel
 - c. Put your hands on her shoulders
36. **The vacuum kiss** (34m25s)
- a. Suck ALL the hair out of her mouth lungs, then blow her back up again
37. **The French kiss** (also treated in more detail in part 2) (35m18s)
- a. Tongue contact
 - b. Be sensitive to how she's responding
 - c. Can touch the tips of your tongues, like a snake, or move it all around her tongue
 - d. Can gently bite, lick or suck her tongue
 - e. Play chase back & forth with each other's tongues
 - f. Best technique is light touching with the tips of the tongues in the front of your partner's mouths
38. **The Trobriand Island's kiss** (36m37s)
- a. On the Trobriand Island the natives begin by grooming each other's hair
 - b. Then they bite & suck each other's lower lips very vigorously
 - c. At the height of the kiss they pull each other's hair
 - d. Finally they nibble on each other's eye lashes
39. **The car kiss** (37m04s)
- a. Very romantic & erotic
 - b. Try find a comfortable position
 - c. Start off with small gentle kisses
 - d. Try swop seats
40. **Kissing advice** (38m13s)
- a. Don't fish-mouth her. Don't cover her whole mouth
 - b. Don't push your tongue too far into her mouth
41. **How to give a hickey** (38m29s)
- a. Is a red or blue mark produced by sucking & kissing on the skin
 - b. Takes about a week to heal

Part 2 - HOW TO FRENCH KISS shows you how to do the most exciting kiss of all

- 1. **What is a French kiss** (0m45s)
 - a) Begin with a regular lip kiss
 - b) Open your mouth slightly

- c) Move your tongue forward into your partner's mouth
- d) Inside the mouth
 - i. Move your tongue around your partner's mouth. Use a rotating motion (2m24s)
 - ii. Play with your partner's tongue. (2m50s)
- 2. **What can go wrong during a French kiss** (3m19s)
 - a) Don't use your tongue like a dart (don't be mechanical) (3m59s)
 - b) Sticking your tongue too far down your partner's throat (4m58s)
 - c) Breathe through your nose (6m45s)
 - d) The gag reflex is triggered when anything touches the back of your tongue (7m19s)
 - i. Do not trigger the gag reflex in your partner (7m40s)
 - ii. The best French kisses take place in the *front* of the mouth (8m03s)
 - e) Sloppy kisses. Swallow your own saliva (8m28s)
- 3. **Tongue Tip action** (13m14s)
 - a) Touching just the tip of her tongue with yours. The tips are the most sensitive. Taste her
- 4. **How do I get boys to French kiss me (HOW GIRLS GIVE IOI'S)** (14m25)
 - a) I'll flirt with them, touch them a little bit
 - b) Flirting, eye contact to let them know you're interested. Guys don't always get the hint and may be a bit shy. So it helps to keep your mouth open or lick your lips. Being very demonstrative with your mouth like as if you're getting some food off of your hands
- 5. **How do I get boys to stop French kissing me** (17m46s)
 - a) Biting their tongue or pushing them away
- 6. **What can I do with my tongue** (20m50s)
 - a) Have your mouth open slightly and don't put your tongue in too far, gently exploring her tongue
 - b) Just touch the tip of her tongue and flick it just a little bit
 - c) Go in, roll your tongue around hers, kind of like playing tag. Tickle her tongue, bite it and suck it
 - d) Move your tongue around theirs, lick their lips
 - e) Rub your tongue along theirs
 - f) Start out with light contact, kind of teasing, then the floodgates open and you sneak in and play the game of, I've got you now you get me – tongue tag, then evolving to the rest of her mouth, sliding the tongue along the roof of her mouth & underneath her tongue, which is really sensitive
 - g) Suck her tongue into your mouth, kind of like a power mouth, hey I'm the boss
 - h) Biting each other's lips a bit, then sucking on it "to remove the pain"
 - i) French kisses should start out slow then after that when the hands start getting involved and things start amping up, great to suck the tongue, bite it, more activity
 - j) Write your name with your tongue
 - k) Play chase with each other's tongues, back and forth action, like a dance
 - l) Vary the tongue action, go slow then fast, hard and soft, play chase
 - m) Playing chase, flickering, push & retract, up & down (24m36s)
- 7. **What are some tricks I can do while French kissing** (25m09s)
 - a) Passing candy between each other's mouths, getting the flavour from each other's mouths or stealing the candy from each other's mouth (tease her, don't make it easy for her) (25m54s)
 - b) Blowing hard into their mouths, blowing up their cheeks, very funny
 - c) OR do the opposite, vacuum the air out of her mouth & lungs
- 8. **How should I move my hands while French kissing** (26m58s)
 - a) Move your hands all over her back, rubbing her back
 - b) Move your hands all over her body, touching her hair, neck & arms
 - c) Multitasking – the kiss action as well as the hand action. Cupping her cheek with your hand, your fingers over her ears, brushing your fingertips over her cheeks, then running your fingers back thro the hair above her ears, to the back of her head

- d) Move your hands VERY softly and VERY slowly up her arms
 - e) Caress her face, then go up to the crown of her head and pull down on her hair tightly just before it starts to hurt
 - f) Start off gentle then get more aggressive and pull her in and squeeze her butt
 - g) GENTLE stroking of her arms and back, anything GENTLE to give her that tingly feeling
 - h) Pushing her away from her face like you want to see her face
 - i) Use your hands
 - i. Touch her on her ribs, just below & behind her breasts
 - ii. Her neck and ears are highly sensitive
 - iii. Caress, rub her just above her butt, also super sensitive. Also squeeze her really hard there like a corset
 - j) Pull her hair, it shows your excitement
9. **How should I snuggle while French kissing** (29m10s)
- a) Pull her close into your arms
 - b) Make her sit on your lap
 - c) Sitting in the car, with knees and thighs just touching
10. **How long should a French kiss last** (31m01s)
- a) Until you can't breathe anymore or she passes out
 - b) 3 – 5 minutes
 - c) As long as it still feels good
 - d) 1 – 10 minutes if it's really intense
 - e) In public sneak in a quick French kiss, if you're alone it can feel like it can just go on forever
 - f) Must breathe through your nose
11. **How can I improve my French kisses - Girl's advice to Guys** (34m53s)
- a) Go slower in the beginning before amping it up
 - b) Don't suffocate her, allow her to breathe
 - c) Don't slobber
 - d) Keep your tongue in the front of her mouth, not the back, that's where the interesting places are for her, the front, the lips, the roof of her mouth
 - e) Let her lead now & again

Part 3 - Extras and Outtakes including four kisses not available on video

- 1. **The androgynous kiss** (0m5s)
 - a. Both of you pretend to be the opposite sex, the kissing will totally differ
- 2. **The spanking kiss** (1m00s)
 - a. You can feel the energy wave running through her body when you spank her while kissing
 - b. A huge turn on for the girl, even if it's just a tap
 - c. Do it playfully, have fun
- 3. **The lip kiss (detailed advanced version)** (2m04s)
 - a. Start off really slow. To keep her from speeding it up, hold her at arm's length with your hand on her shoulder, then grab her by the waist with your other hand.
 - b. Then very slowly move closer. Put her hand on your hip, be very gentle.
 - c. Very slowly move your lips in to hers
 - d. Put your hand on her cheek as you very slowly & gently kiss her on her lips, move away then kiss her on the lips again
 - e. Swap your heads to the other side, kiss her sensually on her lips, move, repeat
 - f. Then amp it up by grabbing the back of her head with your hand and pulling her in closer

How To Kiss Someone Passionately

(3min 9sec long)

Step 1: Preparation

Check your breath. If you are intending to kiss someone for the first time then avoid strong foods like onion, garlic or strong flavours, unless of course your partner has been indulging in the same foods. If in doubt about your breath, suck a breath mint. But remember to have swallowed this before you start kissing, or your partner will be very surprised, particularly if they don't like mint.

Step 2: Be confident

Nothing ruins a kiss more than uncertainty. This confidence is essential, as hard as it is to get a kiss the first time, it will be harder to get one after a failed attempt. Once you have decided you are going to kiss someone, choose your moment and go for it.

Step 3: The lips

It is best to start off simply. When it feels right, tilt your head slightly to one side to avoid clashing noses, lean in and press your lips onto your partner's lips, softly, so you don't bump teeth. If you do bump teeth accidentally, just carry on kissing.

Vary the amount you open your mouth, and the rhythm of your kisses. You may wish to use the tip of your tongue.

Step 4: Advanced techniques

This style of kissing was not invented by the French, although they are probably quite good at it. It refers to the type of kiss where you insert your tongue deep into the other person's mouth and move it around. It is perhaps best defined by what you should not do. You should try to avoid swirling your tongue around aggressively like an electric eel caught in a fishing net, but equally you should not let your entire tongue go completely limp and floppy. If it feels right, you are probably doing it right. As the kiss progresses you may want to move to the neck. Kissing and nibbling the neck is perfectly acceptable when snogging and is the reason for the term necking.

A love bite is a red mark left on the skin, usually the neck or shoulder, caused by excessive lip suction on the skin. It is, depending on your point of view, a charming memento of the kissing session or a repulsive and embarrassing bruise. It is best to discuss the giving or receiving of a love bite with your partner, before leaving one.

Step 5: What to do with the rest of your body

This is really up to you. There are many things you can do to heighten a kiss, you can hold or stroke your partner's back, run your fingers through their hair, or feel other parts of their body. Who knows where this might lead..... Well done, you are now kissing somebody passionately for the first time.....

User Comments :

- I hate lovebites. Kissing the space between the left or right side of the neck and the chin is a turn-on for women generally. (if you do it right that is)

Most of those 'really passionate' kisses you see in films aren't really that erotic. Hard or very forceful kissing can be a REAL drag. When you are sure the mood is right, with your faces fairly close, start by slightly licking your lips. Then very gently take her top lip in yours and then pull away softly. Do the same thing with the

bottom lip, then start kissing her lips full on. Again, with slightly wet lips, gently at first and then build intensity gradually and be creative. No really sloppy, overly aggressive kissing or tongue probing. No dead fish tongue either, but a lot of women don't enjoy a prolonged session of tongue wrestling. I did this for quite a few minutes as an experiment one time and it was very boring. I don't think if I'd been in love with him that it would have made a difference. No really deep 'soul' kisses unless you sense she wants her tonsils tickled. Go slowly and see. Don't get her face very wet either--ewwww--it's gross. Kissing other places or gentle licking can turn up the heat. Sides or back of neck (maybe not the front), just below the ear, all great. Sloppy ear rotor rootering used to be considered a turn on, but I think this has fortunately lost popularity. A subtle tracing of the ear with your tongue can be very exciting. Just let your mind go and sink into it, letting your sensuality take over. If you take it easy and slow at first you can build up a real desire and will leave her wanting a lot more.

How To Kiss Creatively

(3min 7sec long)

So you can kiss someone passionately, but now you want to get a bit more adventurous. There are so many alternatives to the french kiss, which are almost as good, so why stop there?

Step 1: The Butterfly

You don't need to use your lips for a seductive kiss. The butterfly kiss is a sweet and gentle alternative that can be as powerful as a fully fledged snog... and without the possible disadvantage of having to taste your partner's last meal. Put your face close to your partner's cheek, so close that when you flutter your eyelashes they brush against their cheek. It can be varied by varying the speed of your blinking, and where you touch. Try brushing against their eyelashes, and against your partner's neck. Keep the movements slow to get you both in a flutter.

Step 2: The Reverse

This is also known as the Upside Down Kiss, and requires you to stand above your partner or kneel behind them if they're lying down. Lean over them until your mouth is above theirs. Move your head down until your lips touch, and try a french kiss from this position. You will find that your bottom lip, which is full of sensitive nerve endings, will play an important part in this kiss. The only thing you may have problems with is trying to read your partner's expression.

Step 3: The Facial

The lips aren't the only sensitive part of the face or body, let your mouth wander... ..to the ears. Treat the earlobe as if it were the lower lip and tug on it with your lips and teeth. Make soft noises, being careful not to be too loud to avoid deafening your partner. It won't really matter what you say, as the tickle of your lips and your breath will be all they're thinking about.

If your partner's eyes are closed, move your mouth to their eyelids for a tender, intimate kiss. Try a triangle kiss by moving from one eye to the other and back down to the lips.

Step 4: The Dominant

Take control of the kiss by giving your partner a gentle bite. Make sure you don't hurt them, but this kiss can be effective as a ticklish surprise, so try biting their neck while you stand behind them. Keep it affectionate by kissing the spot you've bitten. For a more gentle option, nip their flesh between your lips rather than using your teeth.

The neck is one of the most vulnerable parts of the body, so you can also dominate your partner by paying attention to the areas behind the ear, in the hollow of the neck, and around the nape of the neck. If you don't want to bite at all, tickle your partner by talking, blowing or humming onto their skin.

Remember to take regular breaks

Basic sex tips for guys' part V - Kissing

Kissing is a whole category by itself when it comes to learning to be a good lover. It's such a sensual, intimate thing.

The first thing to know about kissing is a pretty good rule of thumb for just about every step in the lovemaking process. Variety. Don't just attack her and stick your tongue down her throat, vary your kisses.

There are so many different ways to kiss, softly and slowly, deep kisses, urgent kisses, dry hello kisses, wet and lingering kisses. Personally, I like to suck or nibble a little bit on my lovers lower lip.

Kissing shouldn't just be limited to the lips either. The forehead, the tip of the nose, neck, ears, breasts, tummy, inner thighs, lower back, shoulders, hands, fingers - these are all places on a woman's body that just beg to be kissed.

It depends on the woman, but I'd say there aren't many places on my body that I *wouldn't* want to be kissed. I'd probably giggle if husband kissed my armpit, but I have heard of a girl that loved that. I'm not big into feet but, of course, many people have a "thing" or a fetish about feet. So don't be afraid to kiss new places.

Now let's talk about *when* to kiss. Kiss goodbye. Kiss hello. Kiss just because.

Kissing can lead to sex - but it doesn't always have to. Sometimes I just want to kiss hard husband and I don't just mean a dry smooch. There's nothing wrong with dry smooches, I ask for and receive them all throughout the day. But sometimes I just want a *more* kiss, a deep kiss, a middle of the day heat kiss.

Lots of relationships start off hot and heavy with the little things. Talking on the phone for hours, writing cute little emails, making out like teenagers. Then as the relationship progresses, those things start to drop off. While, to some extent, that is natural, there is no excuse to let those things disappear completely.

Don't forget to kiss when making love to your woman. I can't emphasize this enough. It may sound silly, but it's human nature to rush past to "the good stuff". If you ever find yourself rushing past kissing, stop, rewind and slow down. Women take longer to switch "on" than men do. Taking time to kiss her gives her brain time to receive the signals that make her wet and horny.

Of course, as always, follow her lead. Each woman has her own set of preferences.

Also, there are sometimes when urgent fucking is the order of the day. If she grabs you, throws you down on the bed and starts riding you hard, just go with the flow.

Comments :

Fusion said...

Kissing is such a important part of lovemaking and closeness. It's good reinforcement you're sharing here DFP.

Mina said...

Oh kissing is so important! If a guy can't kiss well, then he can't make love well. I truly believe that. Kissing is sooooo important to me.

Mr. & Mrs SW said...

Very good post. Kissing is the most sensuous part of love making. Sex without kissing is just fucking.
Kissing, not just the mouth, but every part of the body can transport me to bliss.

Cherrie said...

Great post! Ladies, if you like kissing under your arms and on your feet (I do!), shower before going to bed. A tongue-full of deodorant isn't very erotic . . .

Bad Kitty said...

yes, I am all into kissing! Need it, want it, desire it! Especially when fucking, makes me even more turned on. **I can pretty much cum if the kissing is passionate and hot.**

FORUM.CHARISMAARTS.COM

GENERAL : How to become a good kisser

USER : Nonstopdrivel

Many girls have told me that I am a fantastic kisser. My technique has always been deceptively simple. Simply remember this fundamental concept:

People tend to give what they want to receive.

What does this mean for kissing? Simply this: When you begin to kiss a girl, observe carefully how she kisses you. Then mirror her actions. If she nibbles you softly, nibble her softly. If she bites you, bite her. If she uses a little tongue, give her the tip of your tongue. If she plunges her entire tongue into your mouth, suck on it, then give her your tongue. If her kisses are small pecks, don't press your lips hard to hers or force your tongue into her mouth.

So what if you don't like her style of kissing? After you are in synchrony with her, after you have established a deep connection, you begin to lead her. You gradually stop mirroring her actions and transition to kissing the way you like to kiss. If you want to give her more (or less) tongue, you can. If you want to bite harder (or softer), go ahead. Carefully watch her reactions and adjust accordingly. Some girls will follow your lead quicker than others, but if you adjust too suddenly, you may turn her off. Soon, almost unconsciously, you will find a compromise that pleases you both. And she will be convinced that you are a wonderful kisser, because you gave her exactly what she wanted.

If this sounds like an oversimplification, it really isn't. It works great in any situation. Try it!

USER : Alchemist

Great post, Drivel. I've just been complimented on my kissing the other night and after reading your article, realised that this is exactly what I do.

USER : Nonstopdrivel

I'm glad to see this idea resonates with a lot of you. Ironically, the reason why I "developed" this technique (if you can call it that) was because at the time, I thought I had no idea how to kiss a girl. I had bought into the myth that first kisses are always awkward and unsatisfying. So I figured I could learn how to be a great kisser from the girls I kissed. Far from being a bad experience, my first kiss was the highlight of my life up to that point. It was an amazing moment and still holds a very special place in my heart.

I've since learned, somewhat to my surprise, that girls aren't intuitively better kissers than men. In fact, there are quite a few girls out there who have absolutely dreadful technique. I believe good kissing smooths the path to

further escalation and should be arousing in and of itself, but some girls' kissing styles stop you dead in your tracks, almost presenting an obstacle that has to be overcome. No matter how bad they are initially, however, I still mirror their style before leading them to my style of kissing.

USER : John David

It's actually quite simple to get better. Mirroring a girl's technique works great like others have said.

I flat out say "I want you to kiss me the way you want to be kissed, I'm not going to kiss you back, I want to see how you like it" and I let them kiss me and I don't kiss back, I simply focus completely on the way they kiss me.

And remember that a soft, wet kiss with no tongue can be far more passionate than a hardcore makeout with tongue.

Personally I recommend you watch some lesbian porno and pay attention to how they kiss each other. Here's an example of passionate kissing, although not an ideal first kiss (clothes are on, just kissing):

<http://www.youtube.com/watch?v=8kFwxhvVPqw>

USER : Adras

The things I keep in mind when kissing...teasing...tension...breath...bite...

Haha what does this mean you might ask?

Teasing = When we are kissing and you normally would continue to kiss because it is just the beginning of a lengthy kiss I pull back from it and before she can ask any questions I will start again. This gives you a sort of control of the situation as well as almost making her begging you to kiss her.

Tension = Is the pause in between kisses when you linger ALMOST too long before kissing her again.

Breath = I always make a joke around something about how she's going to suffocate me or something like that

Bite = I also usually make a joke (this one is almost sexual barrier)- something like..."I'd like you more if you had a little bite in you." or something like that or just straight up tell her...I like it when girls bite my lower lip a little.

USER : Buggie

I don't think there's a "technique" to kissing. Some people might like the way you kiss and others might not. And just like sex, some pairs of people just work better together than others. I think that basically, how you feel just comes out in the kissing. Sometimes you might have a really romantic moment with someone and the result is a really long soft french kiss. Another time, you might be really horny and give them shorter more aggressive kisses and maybe bite a little. And the passion that you feel for that person just drives the kiss. Bad kissing is probably just lack of passion.

In general I think if you focus on what you're doing when you're kissing someone, that's going to weaken the passion and thus the kiss. **Kissing is about feeling, not thinking.** You just think about how it feels. Kissing is really dynamic, it's just each party playing off the other one. If you think about it in a one-sided way, such as "am I a good kisser" then it's not going to work.

USER : John David

A year after my original post I still stand by my recommendation of quality lesbian porn, I think you can learn a lot from it. My original link is kaput, so here's a new one. It's on Youtube, but still NSFW (Not Safe For Work).

Pay attention to the brunette in particular, if you do what she does to a woman when the time is right she will like it: <http://www.youtube.com/watch?v=KITaNdu0ztU>

GENERAL : Kissing is only 10% the lips?

USER : Sequoia

I was watching Sex in the City, it's now free to watch on Charter on Demand any time I want, and as usual I studied everything about it in detail.

I noticed something about the way a "alpha natural" **kissed** Kerry. He didn't just use his lips to make the kiss great but rather used the movement of his and her head and the movement of his and her body to make the kiss great.

Kissing has been getting somewhat boring to me.

- I do the slow kiss (great for a first kiss of the night or first romantic kiss of the night),
- I do the nibble of the lips,
- I do the suck on the lip,
- I do the hard kiss,
- I kiss her forehead,
- I do the French (soft exploring of tongue to tongue) kiss,
- I part my tongue between my lips kiss, and so on.

But it is all very boring after a while.

I have been looking for ways to spice it up. After doing some research it looks like I have been only using 10% or so of the kisses full potential.

What makes a good kiss?

Take a look at this you tube clip, many of the kisses are boring. Romantic but boring for extended make out. Some are exciting. The difference? The exciting ones involve head and body movement.

“Movie_Kisses_-_Crash_Into_Me” <http://www.youtube.com/watch?v=anMVWtF....re=related>

spin

Take a look at this you tube clip. The lip part of the kiss is actually rather boring, but notice the spin of their bodies. The spin makes a simple kiss much more fun.

“cassanova_end-kiss” <http://www.youtube.com/watch?v=M6Z3r24DYHw>

USER : The_Dandy

I do the slow kiss (great for a first kiss of the night or first romantic kiss of the night),

I do the nibble of the lips,

I do the suck on the lip,

I do the hard kiss,

I kiss her forehead,

I do the French (soft exploring of tongue to tongue) kiss,

I part my tongue between my lips kiss,

and so on.

If you are mixing it up like that, it sounds pretty thorough.

But it is all very boring after a while.

What? Hmm. Sounds like you need a new partner...or three.

USER : strider_223

I find the enjoyable thing about kissing is its intensity.

I like moving her body around: closer, farther away, pulling her hair, then holding her tight.

The more I show her I'm enjoying myself, the more she usually gets into it too.

GENERAL : Sexual VS. Creepy

USER : Red

I can't help but feel like a lot of times I go sexual that I end up coming across as a desperate horndog, and I'd even go so far as to say that it's probably one of my biggest sticking points. What do you guys think is the difference between being "sexual" and being a "perv?"

USER : Troy

Creepy is thinking that you have to "do something" to get sexual. It's also a lack of experience with sexual talk, sexual kino, etc. Creepy is well, creepy.

Being naturally sexual is assuming that it's ON. That the battle's won. It's a frame of mind that understands both man and woman are sexual, and that you both want it. I think that this is cultivated by being in the field because that's where the realizations happen.

USER : Juggler

Creepy is pushing it until she says, "No."

Sexual is you stopping before you get to that point. AKA teasing, AKA flirting

GENERAL : Getting physical after the SOI (KISSING KINO)

USER : aus_natural

Hey guys, I've been going on dates with girls I meet out in bars, etc.

On these dates, sometimes I find it difficult on the to escalate to kissing & getting physical (even when I SOI). We have a great time on the date and I can escalate the conversation from personal to sexual through the SOI, which seems to work great. Does anyone have any tips on what to do here?

USER : faust

Eye contact is huge. I look hungrily into a woman's eyes. Hold the gaze until she turns away. Even if the conversation is mundane, good EC increases the stakes and gives the vibe that it's on

USER : Troy

Watch the free video on my blog, here it is

USER : doublepoppa

Get close and kiss her!! At least start with holding her hand. If you're holding her hand then it should be pretty easy to go for the makeout after a bit. Just go for it. Not that I condone drinking but since you've already talked about bars, I found a few drinks was all I needed to get over the hand holding barrier. Now its easy and kissing is a lot easier too

USER : ranmal187

after the SOI you go with a sexual barrier or sexual tension.

e.g. "I'd like to kiss you right now but your boyfriend is here."

Her: Are you here to pick up girls?

you: Yes, In honest truth I'd love nothing more than to take you home and ravish you all night long but i think we should get to know each other better first.

use kino

USER : davich

Sitting next to her, take her hand in yours. Compare hand sizes then keep talking about other stuff while you hold her hand. it should flow from here.

don't aim to kiss her. Just aim to get close and comfortable with her. kissing comes naturally...

USER : aus_natural

Hey guys, I saw this girl again last night. I was more comfortable with touching her (shoulders, waist, hand etc) from the start which made it much easier to put my arm around her, hold hands and kiss. Thanks for the advice guys

USER : bubs

Natural Progression of Kino (physical)

From what I've experienced, I've discovered that these are the levels of kino progression.

I've tried keeping it brief, but I hope it still helps.

These are the kind of moves that most girls will allow you to do with her with little resistance.

EYE CONTACT is always essential.

The best way I can describe eye contact is while you look at her- **imagine you are subliminally pinning her down**. In the back of your mind, just think about you pinning her down- not in a sexual way, just in general like wrestling her or play fighting. it makes you feel like you have control. Play those images in the back of your mind.

I've tried to keep these in the order of progression the best I can.

APPROACH

You open her up and she's standing with a drink in her hand. You use your openers and hooking.

- **Hand on the top of her arm .**

- **Hand on her side (make it swift, don't leave it there for too long)**

- **High fives**

PROGRESS

You're making her giggle and you're keeping her interest high.

- **Hand on her shoulder.**

- **Ur in closer, so you can put your arm on her lower back.** "What did you say?" (hand on her lower back, lean in and let her repeat herself)

- Mini ass-out cuddles (i.e., you lean in, then pull away). "omg ur so cute, come here" (ass out cuddle)"

PUSH IT FURTHER

She's comfortable with the above kind of moves. You tested them and she didn't pull away or brush you away.

The next safest kino positions would be playful games. **Like thumb wars, slappsies....even palm reading** if you have to

- **get touching her hands and wrists.** Comment on her bracelet, check her pulse etc.

- "you know what? I haven't had a good look at all of you yet (take her hand and twirl her)

- **Flick her hair back and say, "What kind of earrings do you wear?"**. Make fingertips touch her neck.

- You're now free to **lean in and whisper to her**. Make your warm breath tickle her ear as you do.

KISS

The best method that I do is something that's really safe. You simply ask,

"So are you a good kisser?"

Make sure you're quite close to her or sat down near her- like you're vibing together and clicking. And no doubt you should be if you applied the above kino techniques.

And you ask that question as you're leaned back, and in a natural conversation kind of tone.

That way its incongruous and she doesn't think you're asking just to get a kiss.

Then create a teasing, playful atmosphere about kissing.

You: So are you a good kisser?

Her: hehe, i dunno.

You: Aw c'mon. you're not that innocent. Have you ever been told you're a good kisser?

Her: hehehehe, well.....yehhhhhhhh

You: And was she any good?

(she'll playfully punch you) I've never kissed a girl

You: Aw thats a shame. So whats your technique in kissing? You don't use a lot of tongue do you?

Her: hehe oh noooooooooo I never use too much tongue.

You: Good! Kisses get so sloppy with too much tongue haha. I mean, I enjoy the sensations. But not when it makes you lose all the sensations.

Her: Oh I know

You:and the kind of kissers who try and lick the back of your neck from the front.!

Her: hehe

You: I'm so glad as well when i kiss you you don't have any piercings around your lip. They just get in the way.

..... I'm kind of forceful though and its such a bad habit. I enjoy having a girl up against a wall and holding her hands behind her back while I kiss her..and pinning my body up against hers while we kiss.

(if she doesn't bite at that point and say "wow, that sounds so good!!") ask her, "Tell me about your bad kisses. Or good ones, I'm an open minded guy"

You get the idea.

You start playful.....then you get descriptive, but in an indirect way.

Some girls get straight into it when you ask, "are you a good kisser?"

Her: Oh I'm REALLY good"

With those responses, you know she's a sexual girl and wanting you to advance and push things forward.....but still gradually. So stick to the routine of grilling her a bit.

GENERAL : How/When to kiss

USER : cbd

I met a girl at the bar last night and we're going to get coffee tomorrow, I don't have anywhere to take her back to, I definitely plan on kissing her, but should I go for it when I feel like it [I usually while do it when the girl is speaking..] I might do it when we part because I have nowhere to take her? what do you guys think?

USER : seth0469

It all depends on what kind of rapport you build. Absolutely throw out some SOI's, and whatever you do, try and find a couch, or somewhere where you can be close. Kino a LOT. The more warmed up to you she is, the closer she'll allow herself to be with you. Don't throw it out there if it's not expected. But if she's feeling warm to you, she'll generally accept it. Just be socially aware. Obviously you're not going to make out in the middle of Starbucks, but if your within a foot of her face and she's not pulling away, go for it. Go for it when you feel it. She'll be much happier, and it won't feel as awkward when you try and build it up and end up forcing it too late. Also, don't throw it out there in the middle of her sentence. I've tried that. It's too unexpected. In my

opinion, you'll know when the right time is, just make sure you do it.

USER : primetime9

Go for it when it feels right. Sometimes that's in the middle of a date during a walk, sometimes it's at the end of the date at her doorstep, sometimes it's in your car. Just be flirty during the date, SOI at least once, and be your fun natural self. And take the first reasonable opportunity that presents itself to kiss her.

I've read a lot of community stuff that says only AFC's kiss at the end of the date. I think that's a load of junk. I think it happens to be a fine time to kiss her, assuming the attraction is there and there hasn't already been a better time earlier in the evening. In many situations, however, it really is the most natural time... just don't stand there at her door for 10 seconds waiting for her to make the move or "give you signals." Just go for the kiss and lead.

There are two scenarios. A) She's into you and will welcome the kiss. B) She's not into you for whatever reason and will turn her head away, letting you move on and not waste any more time wondering if she's into you.

In summary, if you haven't kissed before the end of the date, kiss at the end of the date.

USER : Sequoia

Why do you want to kiss her? Brain storm the reasons, it might help, me help you.
We cannot change the cards we are dealt, just how we play the next hands.

USER : Kasomeno

Hey everyone. It's me again.

So i met up with this girl at a coffee shop. We hit it off well. Got there at 8:30 and we talked till 11:30. Was really good. I made sure to SOI a bunch of times. Strong SOI's too. "i find the passion you have about things is completely sexy about you" , etc etc. The reaction was received well also. Then after the SOI i added some sexual tension. "I have been looking at your lips for a good 10 minutes and i can't stop thinking about kissing you. but the starbucks employee is looking at me so i can't do that". I also said "I have a desire to take you home tonight, but i'd like to get to know you better". I think i spiced up the sexual tension with some barriers decently.

So we leave the starbucks and we stand outside for a couple minutes. So i SOI her again. I told her i had fun. So as we were standing looking at eachother, she was shivering because it was cold. I said "you look cold, im going to hug you to keep you warm" So we hug and laugh a little. She had to take an online quiz so i told her that i wouldnt keep her up. Then we parted ways.

I was just wondering when would be a good time to kiss and actually how to approach the kiss. Im pretty sure she likes me i just want some opinions on how to kiss and when to kiss. Soft kiss on the lips or full blown?

USER : Kasomeno

Ok I will kiss when it feels right when i meet her on Wednesday. im going to say like "Id really like to kiss you now but im afraid im going to knock over the glasses of water". or something like "im thinking of something interesting to do with this lettuce as i made love to you, but that way too forward". Oh and Ill definatly use the ol Juggler chap-stick thing

So what kind of kiss should it be? Yeah im over-analyzing. . A soft kiss on the lips or a full make-out?

What time do you have to wake up tommorow? Your place or mine? Hahaa

USER : dirkmanley

With whistling, you put your lips together and blow. With kissing, you pucker up and move your lips towards hers. Neither is something you can talk into happening.

"Do what you can, with what you have, where you are." - Teddy Roosevelt

USER : Nonstopdrivel

One of the surest ways to guarantee a passionate make-out session later in the evening is to skip the perfunctory handshake. Rather, when you meet up with her, take her hand in yours, lift it to your lips, and kiss it at or just above her knuckles, maintaining firm eye contact with her while you hold the kiss for at least one full second. I guarantee she will go weak in the knees at your courage. If you're really feeling bold, nibble her knuckle the tiniest bit; she will almost certainly squirt her panties right then and there. The average modern American girl has never been greeted this way.

As others have said, kiss her when you want to kiss her. When the big moment comes, think about your favourite Hollywood films. Those movies make money for one reason -- they speak to people. People like to watch them. So emulate a traditional Hollywood kiss.

Fix her with intense eye contact (scientists call it the "pre-copulatory gaze") until both your hearts are pounding . . . glance down at her lips and back up into her eyes a couple of times . . . then when the tension becomes unbearable, slowly lean in toward her until your lips touch. Unless she's terribly shy, she'll probably meet you more than halfway.

As a rule, I don't go directly for the lips on a first kiss. I tend to brush my lips along her neck and earlobes first . . . then feather kiss her eyelids . . . then run my lips down the bridge of her nose . . . then pause just in front of her lips, letting my breath softly caress her skin until she looks up at me. Then I put my outstretched hands over her ears and pull her lips to mine, or I take her chin between my forefinger and thumb and lift her lips to mine. Only then do I kiss her.

Or I do what I just did with Kat a few minutes ago: Whip off your tie, wrap it around her neck, pull her backwards into a sort of dance dip, and make out with her that way.

By the way, always close your eyes just before locking lips. Strange as it may sound, women are trained not to trust a man who kisses with his eyes open.

GENERAL : The way to a womans heart is to screw her brains out!! (EYE CONTACT)

USER : Mack wild

I come to you now a little more advanced and multi-dimensional. You see I have learned that just the mere fact of being a man, a sexual being -- can be even more powerful than being that guy who peaks her curiosity at all costs. I mean don't get me wrong, a little flirty banter, a little push/pull, the ability to take her or leave her -- that stuff all still has its place, but I think the true way to really speak to a woman is with dominance and sexuality. Being a man with no apologies.

But Mack wild any guy with a penis can be sexual and forward

Sure they can, but not many do. Instead they try to murk their way into things. If they are not trying to murk their way into things they do it in a way that has very little respect for her as a woman and treat her like a slut about it, or maybe they are just impatient and lack any sort of smoothness with it. However when a girl is in the presence of a man who truly knows what he wants, is confidence in his ability to rock her world sexually, and can appreciate and observe her beauty as a woman and make her happily submit to his dominant nature in an unapologetic way -- that's rare.

Well how do I do that mack wild?

Well I am kinda on the learning curve on this one guys, but watch any seductive movie, read a romance novel, watch a soap opera, or find a guy who is good at doing it -- and you can most definitely pick out the subtle things they do. Here is a breakdown of what I think is important with it:

1. I think you have to set the tone right from the beginning that you're a dominant man, strong eye contact that has nothing to hide and seems to show appreciation for her beauty.
2. A strong confident sexy voice tone
3. Confident body language
4. Not being afraid to invade her space from time to time.
5. Not being afraid to touch her, incidental kino, brush her hair out of the way and escalate that kino.

This stuff sets the tone.

Then there is the confident, dominant, sexual, and appreciative way of noticing her. I think you guys may call it an SOI and there are several ways to do it. I know in JM it is suppose to be based off something exceptional and rare about her that she displays other than looks, but I don't see anything wrong with unapologetically commenting on her sexuality, her look, her style ... and how you want to ravish her based on that. Painting a seductive and dominant picture, while not really being in any hurry to bend her over -- is massively seductive. Telling her what she makes you want to do to her, and blaming it all on her for you being turned on.

Then peppering in little teases, and challenges -- while getting to know her a little better here and there and expressing yourself here and there as well to grow the connection.

USER : jason_LosAngeles

There's a whole unopened treasure chest out there if you want to enjoy sex more. Without knowing your background, and prickishly assuming you might want more at some point, I'll invite you to experiment with just one addition, which maybe you already do, **if you want to up the electricity: maintain continuous, eyes-open soft eye contact, with about 8-12 inches between you.** Look up phenylethylamine (PEA) if you are curious as to why this boosts the euphoria and bonding. On the other hand, a warning--I learned this from an author on passionate marriage, so if you aren't serious about her, maybe skip it!

GENERAL: Kclose without sexual barriers

USER : hopefulpua

Quick question to the pros, I searched for the JM kiss close, and couldn't find it. if I m setting up a Day like 5 as opposed to a Day 2 at my place to chill out and watch a movie, I wanna kino during the movie, and hopefully kiss close, any recommendations. or perhaps go for a romantic walk after, and then go for it. I know about sexual barriers etc. but there really isn't on when we're both in my room alone with the lights off haha. Let me know, and thanks in advance.

USER : AaronDan

As far as the kiss goes, for first kisses I frequently initiate escalation with a hand massage whenever possible. You are right that there are no barriers if the two of you are watching a movie in the privacy of your home. Just make it easier for yourself from the start by doing the obvious things like making sure you are sitting next to each other, hopefully on a couch. At any point during the movie, preferably sooner rather than later, reach over take her hand and start giving her a gentle hand massage. Doesn't have to be deep tissue or anything, just nice and gentle. A really good technique is to run your fingernails ever so lightly along the inside of her forearm. This will probably give her the good kind of goosebumps. To me, the purpose of the massage is to get us used to touching each other sensually. After massaging her for a little bit, gently take her chin and slowly turn it toward you and go for the kiss.

If she is at your house, sitting next to you, watching a movie, you can bet she expects you to make a move. It's not too important that it's graceful or smooth as long as you show enough initiative and courage to go for it.

USER : strider_223

It's possible to kiss a girl without barriers, but it's not nearly as much fun -- at least for me. It builds way more sexual tension, makes her expect (and want) the kiss, and makes the whole thing more exciting.

(My favourite response ever to a barrier, btw: "Oh yeah, I don't think you have the balls to kiss me." ...That was hot.)

Anyway, when she's at your place, watching a movie, you should be snuggling. Throughout the movie you'll be switching snuggle positions, so don't stress if she's not in kissing range immediately. Start rubbing her shoulders, running your hands through her hair, smelling her hair. Maybe a quick peck on the cheek. If I'm smelling her hair, usually I like to kiss her neck once or twice, just to mess with her.

After a while, when your face is close enough, reach over and gently guide her chin so she faces you, and kiss her.

If you want to use some barriers, just tell her "I'd love to kiss you right now, but that would be totally inappropriate." When she responds you can say "I mean... you know... I don't even know your middle name." or "I had garlic for dinner." As long as you say it with a playful smirk, and the barrier isn't something she can't overcome (i.e. "...because I have a cold" is a bad barrier because it really is a reason why you can't kiss) you're good to go.

GENERAL : Proper (or not so proper) Hand Kissing: the nonverbal SOI

USER : Kat

Now that Rourke (nonstopdrivel) and I finally have internet at home, I am making good on my promise to sign up and give a woman's perspective on pickup in general and Juggler Method in particular.

For my first post, I am going to share a story I recently told to Rourke and Ra. They liked it so much that they asked me to post it and show how it relates to SOI'ing a girl and more importantly, what to do with a girl once you've been successful in leading the interaction where you want it to go.

Several years ago, I was walking around a Renaissance fair with a friend, and a random guy came up to me with his friend and starting telling me the etiquette of proper hand kissing. Of course throughout this process he was holding my hand and giving examples. He kissed my fingertips and told me that was how to kiss a hand in supplication (i.e. to a queen, etc.), and the higher up on the hand from there the more familiar a relationship one was claiming. So actually kissing the back of the hand (as is standard today), would have been considered almost offensive in the Renaissance era as it would have implied a close relationship either by blood or possibly your lover. (As I said, throughout this process he would kiss my hand in stages showing how the further up he went the closer a relationship he was claiming.)

After he had thoroughly shown the placement of the kiss, he also explained how the duration of a kiss could tell a lot. A quick peck on the hand didn't say much, but a longer held kiss (he demonstrated both) was almost a proposition. And then he informed me that I should never let a man bite my knuckles, because by doing so he would be propositioning me and if I allowed it I was accepting his suggestion. At which point he bit and sucked on my knuckle. At which point I got totally turned on, and he showed himself to not really know what to do at this point.

His game was beautiful, until he succeeded and then he didn't know what to do and he ran away. I even looked for him periodically throughout the day. Which also goes to show that even if you do mess up, if you've done something right a girl will give you another chance.

This also means that as important as opening is, you have to have a plan for follow up. Because as turned on as I was, my memory of him as a whole is a guy who didn't know what he was doing and accidentally succeeded at the beginning. Have a plan, even if it is very simple. And never forget that little touches build up in a woman. 50 little touches will have a greater effect than 5 big ones, and she's less likely to react negatively to a small escalation than a large one.

USER : CJ Money

KAT!

Great to have you aboard!

What a great idea for you to be here, I should get my wifey to post here too.

As to hand kissing - well, probably more appropriate at a Renaissance Fair than a bookstore, but that comes under the category of calibration.

I totally appreciate your understanding of a guy needing a plan. Wayne refers to this with his "blind driver" metaphor.

I always found it helpful to have a few regular date places and or activities figured out at any given time. If I met someone, I didn't have to think so hard, I would reach into my mental grab bag and pull out a plan.

USER : Nonstopdrivel

I thought I'd resurrect this old thread with a quote I found online today:

Nothing, absolutely nothing, can make me feel quite as warm and quivery as an unexpected and undeserved, feather-light kiss on the hand. I'm not sure why, or if I'm the only female who reacts this way, but I know for sure that it works on me in a very warm and instantaneous sort of way. A guy friend did it to me once in a teasing sort of way and my knees just folded up underneath me.

Guys, women love those kisses on the hands. Kat still melts when I do it, especially if I nibble on her knuckle, and we've been together over 5 years.

FIELD REPORTS : Saying what I'm thinking/feeling = success!

USER : John David

So in between the feeding frenzy the conversation was flirty. I decide that I need to lead and amp things up since it's logistically a bit crazy with the amount of people we both keep running into. I politely ditch the guy I'm talking to by being honest and saying I'll catch up with him later but I want to talk to [girl's name] and I go over and hit her with a **sexual barrier** of "You're lucky we are in public, because for the past 10 minutes I haven't been able to stop thinking of kissing you" (that barrier was courtesy of something GK wrote in his blog awhile ago that was passed onto him by Dan). She's all smiles.

Bar closes, we walk as far together as we can before we have to part ways. She's with a friend. I stop, tell her I had a great time a give her a big hug where I lift her off the ground (girl's love this, tall guys take note). She hangs on, I look her in the eye, smile, and we kiss. She and her friend and I part ways.

As I'm walking home I send her a text: "You've done it now [girls name], you are an excellent kisser, how am I supposed to get thoughts of you out of my head now? "

She responds: "Really? After that lil kiss? haha I'm tempted to ask u to come here and kiss me again."

I walk home and start typing a playful text back in response but I get interrupted by another text from her saying: "Not gonna happen?"

this is when I realize it was an invitation from her, and I hadn't realized it. I tell her "If you'd like me to I will gladly come over for another, more thorough sampling of your kisses "

Her: "Really?"

Me: "Yes"

Her: "Then come over"

I get her address and drive over. Passionate make out ensues. We didn't hook up, but I enjoyed every minute with her. We end up half naked in bed giggling like horny teenagers fooling around for the first time in their lives. It was the most fun I've had with a woman in ages and ages, and we didn't even have sex. I found all her ticklish spots, and she has the most innocent playful giggle I've heard in my entire life and it really turns me on. I Stoned* her twice to a roar of giggles and her telling me that despite my innocent demeanour I have a mischievous smile We must have stayed up until 5 or 6 just playing around and acting like love-drunk kids. I remember waking up at some point and looking at her lying asleep next to me and thinking what an incredibly sexy, fantastic woman she is. I haven't felt like that in a long, long time.

EVENT REVIEWS : Rob+Miq Charm School NYC Jan 11-13, 2008

USER : Nonstopdrivel

Vabs wrote:

I did lean in and go for it, and she turned her head. I guess I didn't own it enough.

A lot of guys have told me about experiences like this, but when I've gone for a kiss, this has never happened to me (my problem has been that more often than not, I've been too much of a pussy to go for the kiss ;)). Two quick points come to mind:

1) Leaning in just looks and feels awkward. In the interest of experimentation, I've tried leaning in for both hugs and kisses, and it creates a very strange vibe. I end up having to laugh it off with a line like, "Wow, that really was an . . . awkward hug . . . wasn't it. Heh." In a recent post, Kit talks about zone theory, which I think applies here: If you have to lean in, take another half- or full-step toward her and try again.

2) Have you ever tried to give her a nice, full-body Hollywoodesque kiss? Too often we limit kisses to lip-to-lip action, when kissing is so much more than that. Instead of going for her lips, for example, flutter your lips softly against one eyelid, then the next . . . bathing her skin with your warm breath . . . then brush your lips down the bridge of her nose . . . hold for a moment . . . watch her lips part slightly as she tries to lunge for you . . . and then press your lips to hers. Or, if you're in the mood to just go for it, put your hands on her cheeks, lift her chin slightly, watch her eyelids close, and then kiss her. After all, she can't give you her cheek if your hands are already there. If she tries to move away, she's going to expose her neck, and if you run your lips along her neck, her knees are probably going to buckle.

TP - FORUMS

FIELD REPORTS : Pickup at Heathrow Airport, day two

USER : riluttante

We exchange e-mail, I give her a hug goodbye and kiss on the cheek. I decide against kissing her, despite all her interest in me. I need to get on my plane to Montreal, and would prefer to take more time physically escalating. I know I'll see her again, and can tell from her leaning into me and her hug that things will progress physically.

.....

Moving through the crowded terminal and onto the ferry I take her hand, leading her. She smiles as I take her hand. The hand-holding is an important sign to me (is that what's called a "calibration waypoint"?). **We sit side by side on the deck silently for a while.** People all around us. **She's leaning into me. I smell her hair, stroke it. Smell her neck, give her a kiss on the neck. She turns her head, we kiss. I break off, she kisses again.** Pretty heavy make out in public, **I stroke her hair, waist, let my fingers stroke her cleavage. I break off the make out.**

It's beautiful weather. Once back in Manhattan, we walk around the financial district, go for drinks outside. I teasingly ask if she's old enough to drink, fully expecting her to be at least 21. Turns out she's only 18. I'm 10 years older. I'm hungry, so we go for dinner in Chinatown. After that we go to a bar in Little Italy, and to another bar on the Lower East Side. We make out on the street several times, **me pushing her against the wall in alleys for a few minutes, always being the first one to stop.**

FIELD REPORTS : LR: HB9 Anal & TheGayLatino!

USER : joeypeteDonor

.....

I saw my pal was striking out when I stole a look back over to him. Their auras were not blending! Ouch!

Sure enough Mindy's pal came over to us and it was "go to the ladies room" time. Shit! Not a good sign. "Mindy, wait! There is something I am dying to tell you. I needed to say it all night! If I don't..." "What, Joey?" "If you go and piss- Wash your hands afterwards!" Both HBs laughed! "Maybe!" She fired back with a smile. Quick witted chick!

...

Mindy came back with her pal and stroked her hand across my face. " You so did NOT wash them!" I teased, taking her cue. "Dirty girl!" I scolded. We were vibing!

Her pal and my pal talked a bit more and sat at the bar again. Round 2. We went back to the booth and talked.

Fluff, flirt, fluff, flirt- you know what game is! (I shall not type 90 more pages then what I need to). Time for a kiss. I saw my pal was doing shots and his HB was not- OUCH! Bad sign... Poor guy. Tho he did hook me up w/ a fatty be4 so... :-P:lol:

"You have very sensual lips. Most kissable I bet." I looked her deep in the eyes. "Kiss me." She refused. Hard to get... I smiled. "Okay. Later?" "Later" she agreed. "Pinky swear?" I asked. We did. I took a sip of my juice and asked her the time (I do not wear watches). I cut her off be4 she could answer and said "Its later now, even dirty girls need to keep their promises" I took her face in my hands and kissed her. She kissed me back and we were making out.

At this point I realize that (1000x be4 I came to this conclusion too) I'm not a PUA- I'm a player! A pussy hound who just wants to get his fuck on!8-)

"That feels good" I said. "You never finished telling me about Nevada." I cut her off be4 w/ her story on purpose to make it an open loop that she could close later if game went on- like it did!8-) All part of my ploy!

As she told me the tale I started to rub her inner thighs as I gazed deep and with feeling into her eyes. It's cold as shit in Chi and HBs STILL wear skits. For fags and females- Fashion be4 function! God bless them! LOL!

...

Her skirt made it easy for me to start too finger her tight pussy lips. I rubbed her clit welcome method style one handed and she moaned and grabbed my cock.

Pussy is always 98.6 digress- no matter how cold out it is outside in is nice on the inside... Nature's way of saying 'come on in!:-P

I took her wetness on my finger tips, after I put my digits into her sweet snatch right there at the booth, and put it to her mouth. Then we kissed.

"I want to go down on you right here!" I said. She looked nervous and said no. She was right- that was too tacky. It was time to roll tho. Sex is on!

...

USER : stayfrosty

joeypete wrote:

"You have very sensual lips. Most kissable I bet." I looked her deep in the eyes. "Kiss me." She refused. Hard to get... I smiled. "Okay. Later?" "Later" she agreed. "Pinky swear? I asked. We did. I took a sip of my juice and asked her the time (I do not wear watches). I cut her off be4 she could answer and said "Its later now, even dirty girls need to keep their promises" I took her face in my hands and kissed her. She kissed me back and we were making out.

I love it. call back humour, then you go all 'fabio' on her like a danielle steele novel on roids haha. and I liked how you broke it off w/an open loop after

TECHNIQUES : how to kiss good

USER : iamthecheese

posted this replying to some other thread, but I feel like it belongs here.

what are your thoughts? did I forget something? do you disagree? do you have any advice, how I can improve my kissing?

please share your experience, if you are being told regularly, that you are a great kisser.

Quote :

but now the most important point

don't feel insulted, if it applies to you. instead consider yourself lucky, because it is easy to change and makes a huge difference in all the later stages of your interactions with women.

I am always shocked, how many girls are terrible kissers and I know from girls (and have seen it with

my own eyes soo many times), that guys are at least as bad. actually it is a thing I always joke about with girls I make out with ("don't you hate it, when someone does xyz..., or zyx? man, who taught them to do that?")

HOW TO KISS

- slowly (change speeds, but always avoid being really fast)
- softly but passionate (read the point with the waves for the passion thing and generally use your lips and tongue with very little strength)
- **not much tongue!!!** that is really important and means several things:
 1. don't use it the whole time. I don't know how much I use it, but for sure less than 80% of the time, maybe only 50%
 2. it may not enter her mouth. never. she puts hers out a little and so do you. use yours to play with her tongue and sometimes, just a little, the inside of her lips (not the outside of her lip, it's your tongue, not a lipstick)
 3. use it softly. light touching, no force at all.
 4. no circular movements. this washing machine move should have died in 5th grade
 - kiss her mouth, not her face.
 - change intensity often. it should be like waves. be careful not to "pull back" to much, though. tighten your grip, while you "go in".
 - don't kiss for long periods of time. 1 minute is VERY long. kiss, move her, kiss, talk to her, kiss, dance a little, kiss, buy drinks (I hope, you buy drinks for girls). I don't know, if I ever kiss girls for longer than 20s in public
 - don't forget her lips. the best way to kiss them is with your lips.
 - use your arms to pull her close to you, grab the hair of her neck, hold her hand, press her against you by pressing against her back, etc. don't touch her ass while you kiss, or only very shortly. it's much cooler to touch it, while she is standing next to you and you can look her in the eyes.
 - always have breath mints or chewing gum and **always** use them.

some of these "rules" obviously change, when things are getting hot and heavy

USER : drake

Since you mentioned not kissing for a long time, I'd suggest always being the one who ends the kiss.

Also, I think matching is a good idea, meaning that if a girl does something when she kisses, it means that she probably likes it being done to her.

PS: I hate girls who don't kiss well, who open their mouths and wait for you to stick your tongue inside. I tell them off!

USER : Jyazz21

Mirroring! I read in one of the books here that people tend to kiss the way they think kissing should be

So if you figure out what they're doing, do it back, it tends to work..

USER : goodvibes

Yo Cheese! Not to sound rude, but fuck those rules that are quoted in your post. I broke every single one of them with every girl that I kissed. Thinking about the last girl I was with, she's very sensual and she loved kissing just as much as I did and our tongues did a whole lot of random shit in each others' mouths. There was sucking biting, swirling, kissing each others' eyes, kissing each others' chin's, ears necks, etc... (maybe some of it is more make outs, not just kissing).

I believe that just as in sex the main ingredients in great kissing are total immersion and passion. Be as little conscious of what you're doing as possible and be in the moment. From a more shallow perspective I would call all the above 'enthusiasm'. So just be very passionate and I'd be really surprised if she didn't love it and think about how you were passionately kissing her, on the days you're not with her.

USER : iamthecheese

goodvibes wrote:

o Cheese! Not to sound rude, but fuck those rules that are quoted in your post. I broke every single one of them with every girl that I kissed. Thinking about the last girl I was with, she's very sensual and she loved kissing just as much as I did and our tongues did a whole lot of random shit in each others' mouths. There was sucking biting, swirling, kissing each others' eyes, kissing each others' chin's, ears necks, etc... (maybe some of it is more make outs, not just kissing)

sorry mate, but if that is your normal makeout program (not before sex), chances are, you kiss pretty bad. if you kiss a girl in public, other women should be turned on by it, not making fun about you two.

USER : narcissist

To preface this...I'm nearly always told I'm one of the best kissers they've experienced. Frequently I've been told I'm actually the best they've had. I've been with some good kissers, and I've been with some horrible kissers.

With that out of the way....

There are no rules for kissing that apply all the time, or even most of the time. Of course there are some rules that help when starting out with a girl, rules that keep things in a nice area to start off with. But after that, every rule you can make will probably be broken at some point.

Kissing is like having a conversation

it's quite restrictive to tell you when, where, and how to do it.

But here are a few *guidelines* that will fit in with most people's styles.

It's best to start off soft and receptive. Bring your own character to it, but mainly be on the lookout for what she's bringing to the table. If she and you are both good, you'll pick up on each other's habits and pleasures very quickly. If one person is bad, they will not pick up on the others style, and they won't adapt much at all. Usually what distinguishes awesome kissers from horrible kissers, is their ability to adapt to the situation. Terrible kissers KEEP doing the same thing over and over, they don't respond to what the other is doing, essentially they make it a "1 sided conversation". That can happen very easily if you are nervous, or trying to use a set of rules to kiss (or converse) by.

Keep fluid, and open to new ideas. Sometimes I've had girls do something that felt strange to me at first... but I decided to go with the flow, and add some of their style into mine. Then when I finally got exactly what they were going for, I'd hit a jackpot; their body would shudder and shake suddenly, like they were having a mini-orgasm.

I could list all the things I like to do, but in the end they are what **I** like to do. They are things I like, or that I've picked up from girls along the way. There are no rules to follow, kissing is a complex activity like social interaction. Find your style/likes/dislikes and go with it, don't be afraid to be open and learn from others. I find kissing, conversing, and sex to be very similar activities.

USER : Mohican

haha.. this post actually reminded me of something that happened to me half a year ago. I met up with a female friend of mine after having no any info about her for like 13 years. Back then she was 21 and I was 15. I was kinda into her when I was 15 and I remember being fuckin' happy when I gave her flowers and kissed her on cheek

So, we meet up after 13 years passed... she's in her midst 30s now...

We chat up for a bit and she isolates me. She tells me that she wants to know what a kisser I am. We start kissing... I break the kiss and tell her "Damn.. I've forgotten to use that excellent technique called 'listening with your lips' from a book I've read!" (Masterclass's book). She knows that I'm into pickup-seduction stuff and said:"Fuck techniques, let's just continue kissing! ". After we kissed for 5-7 minutes she told me I'm a good kisser and that I have wonderful lips (hehe... I hadn't kissed girls for 1-2 years before that.. probably that's a talent).

We didn't escalate for more. Partly b/c her boyfriend was waiting outside the building... that's a long story actually

USER : Deekoe

I often just go with the flow. Just pay attention for what is proper at that moment and you shouldn't make great mistakes.

USER : sputnik

Deekoe wrote:

I often just go with the flow. Just pay attention for what is proper at that moment and you shouldn't make great mistakes

good advice. I have had awesome feedback for my kissing from many girls, yet I ran into girls where my standard strategy just did not work! at all. it was weird. the girl I just met asked me "don't you know how to kiss at all???" that was after I thought I perfected the skill.

she wanted aggressive kissing with lots of tongue - my lips started to bleed - she pushed too much against my teeth.. yet she thought it was a proper way to kiss.

USER : Birdoftruth

yea last girl I made out with she said I didn't give enough tongue. Also she pulled me in to her really hard and I had her moaning when I pressed my hand against her vagina hard while making out (not inside her pants)

TECHNIQUES : CPR kiss (Kisses for breaking the tension)

USER : nirad

Here's a cool technique I invented (???) that breaks sexual tension.

- Go about kissing your girl as you always do **no French kissing**
- While you guys are busy feeling the sexual tension, lightly part your lips as you kiss/make out
- Blow air from your mouth to hers lightly (you don't wanna do something nasty like blow a bunch of air in her mouth at once)
- 2-3 seconds of air should fill her mouth quickly. You'll know if you've done it right because she'll pull back. And usually you'll hear a funny noise when the air has reached their nasal passage

When you isolate a girl sexual tension is high. You guys both know that you're in a compromising situation. If tension is too high she'll feel tense. That's why girls say they want a guy who's funny. They don't mean they want a comic, or goof ball who is a joker. They want someone who can break their states. I've tested this and it does a great job at breaking their state and making them laugh. Then I proceed (in a light hearted manner) to make sex fun. David DeAngelo said "take two steps forward and one step back". The CPR kiss is that one step back.

USER : joeypete

The Art of Kissing DVD has a tech not unlike urs. U can blow air into her or suck air out of her. As they showed it (a version of it) the man deflated and inflated his HBs lungs doing a full on version of that! I do something like that now and again. Good stuff!

USER : Connaissance

I put my mouth on her nose and blow air in it. That get them to jump 2 feet apart and then come back to punch me. (I'm serious)

TECHNIQUES : George Clooney kiss close

USER : Santino

I got this idea as I was watching the movie One fine day, with George Clooney and Michelle Pfeiffer. If you want to see it done just watch the movie I've used this a total of ten times, and it worked every time!

All I did, was add a few things. Nothing groundbreaking, just I haven't read about this anywhere so.... Basically it's kind of like the Mystery kiss close, except I like this one more because it's more risky, which is a bit more fun because technically speaking if she says "no" in this one, you fucked up. Not like the Mystery kiss close where you can turn it around. So only use this if you don't mind taking risks. Also I've noticed that the type of girls that I like, are usually so hot they will never approach a guy nor call him first or make the first move etc. So they won't easily say yes when I tried Mystery's . Even if they like me, it's just that they think their value is too high. All right enough with that.

(Of course you only do this if you have enough IOI's, and build some rapport, and I usually do this standing)

I like to start a funny argument. Like if she likes the football (for you americans: soccer) team Feyenoord, I'll tease her and say I love their arch-enemy Ajax. I'll say things like : "Oh please, you guys can't even think of your own shirt, you tried to make some cheap, half-ass rip-off of our awesome shirt. We beat you guys big time last year." Make sure it's light and funny. Then you start to lean in, make her do a few steps back, all while laughing and continuing the argument. Then mid-sentence stop her and say : "What would you do if I kissed you right now"

She'll usually stutter first, or look at you completely surprised because you caught her off guard. Lean in more, and maintain strong eye-contact. She'll be baffled a bit and then answer. She'll reply with either : I wouldn't mind or I would kiss you right back or something like that. If she says I don't know, It's a yes. If she stutters first, and then manages to produce a "Well, well I would ehheh, push you away." Just lean in more till you're practically pressed against her and then look at her with a sly smile, like you're trying to say: "I know you're just trying to play hard to get, you want this" and reply with "Oh really? Uh-huh, Okay , well in that case I better not do it huh?" She'll give you the doggy dinner bowl look, and usually say: "Yeah, uhuh... uhm... you better not" She just doesn't wanna feel easy. Then I usually put my hand gently on her side, and out of the 10 times I've used this, 8 of them came leaning in close against me, and put their hands on my chest.

It's sweet sailing from there

TECHNIQUES : Totally amazing: Soulgazing

USER : victorj

This is THE SHIT. It's scary even. Think I got it from cliffs list dvd and steve piccus.

I thought this sounded cheesy and freaky, until I tried it that was. I do believe though, that how you introduce this is key to removing the weirdness completely.

Soulgazing:

You align your right eye with her right and you put her hand on your chest to synchronize your breathing. Look into each other's eyes 30 sec - 1min.

If you want to, you can say things like "it's really relaxing, like we're the only ones here" etc. break it off with a good hug.

Introduction:

I sometimes introduce it right away. You can even talk about it with her friends there, then pull her aside "to show her". I normally just small talk for a minute then something like:

Me: Wow, I really like your energy, I could somehow feel it even before I talked to you. I don't know how it works, but when I visited a small village in Tibet... (this is my "partially true" story, make up your own. just oversell and hype the concept..) ... come here I'll show you. take her hand and lead her somewhere to show it...

TECHNIQUES : Virgin Girl Problems

USER : Santino

Here is what I think you should do: You should try getting her al hot and horny looong before you actually penetrate. There are a few good ways to do this: You could massage the small of her back with your palm, you could massage the back of her neck with the lower part of your palm, bite her earlobe, kiss her neck, sniff her neck, pull her hair, bite her neck etc. (I suggest you download some david shade, or sex revolution handbooks)

What this does, is this already gets her to want you physically, as in she WANTS you to fuck her, rather than she lets you fuck her. So try getting her really horny, and then when she really wants it

Don't give it to her. Don't. Just wait. Pretend you have something else to do. Like watching tv, or reading something (this is also the second point).

What you should do is try to get her all horny in a semi-public place. This can be something ridiculously easy, such as the living room with the curtains open. Remember, it's all psychological. When you do that, it makes it a little 'naughty' for her, that's good, real good!! Then continue getting her aroused, and then stop each time. If you're in the living room, watch TV or whatever. Let her get frustrated, all the way up to the point where she thinks she's not gonna get it. And then when she's almost over it, and is watching tv with you, go at it again. If after a few times she complains and goes something like: " Stop doing that, if you're not going to finish it." Don't worry, that's cool. Then when she's "resisting", push her down, grab her arms, pin them down, and fuck her hard man. She will be wide open by now.

TECHNIQUES : How do you do a movie escalation

USER : Deuz

How do you escalate when you watch a movie with a girl?

My escalation skills are below normal so any tips & advice would be great =) Sunday there's a girl coming over to my place to watch a few movies & I 'm pretty sure it's "on" BUT I have to escalate...

Some tips a wing gave me: (I think he's on TP as pomocantus)

First start with cuddling - pillow fight to increase kino

Touch her hand, between fingers, move up

Put yourself in front of her, use her to put your feet on

take her beside you

increase kino, turn around, kiss

But this seems like "a lot" to do so if your escalation is simpler, easy'r,... tell me! Thanks!

USER : sputnik

movie escalation used to be the easiest way to get laid for me.

so many movies I watched without remembering even 30% of the actual movie.

but I did not think about how I did it, now that I do it feels strange. I think you just sit close, hug her, cuddle, start stroking her arm and/or hair and then kiss. that's it.

I used to have this really comfy couch in the middle of the room.

I would cuddle, then leave to get a drink, come back from behind the couch and her, put my hands on her chest/neck, slowly lean her head back and then kiss her for the first time (she in the couch leaning her head back, and me standing behind the couch leaning my head forward)

always had great, if a bit surprised, reaction

USER : GManOmega

If you've kissed her already then she's given you the "go ahead", you can escalate doing anything you want really, just don't jump for something huge.

I wouldn't say go slowly but don't forget to take a step back ever so often so if you are doing something to make her uncomfortable then before she can say anything you've already taken a step back.

You be the one to say "okay, lets slow it down", or like sputnik said just leave the room to get something.

also don't be afraid to do "commanding" thing like, "put out your hand"...then just hold her hand.

One thing I usually do is I tell a girl (before escalating, so it doesn't look like I'm trying to logically explain to her, more so that I'm telling her what to expect, like a rule) that if I like someone then I get to know them mentally, emotionally and physically. Then it sets it up easily so later I can just say "okay, that's enough of getting to know you.... now I want to know where on your neck makes you giggle"

I'd also recommend style/mystery's phase shift, but don't just copy it, learn why it works and make up something more personally suited to you.

USER : stevenj3

Great question. For whatever reason a few years ago this was a huge struggle for me always. Craig in the dyd body language says a great way to do it is to tickle her at a funny part of the movie and then throw ur arm around her and say "enough!" watch it for clarification, his part is really helpful.

I have no problem with this now. the most important part I've found is IMMEDIATELY escalate, as in start touching. It can be awkward if ur 5 minutes deep and then u go for the touching. I've picked girls up and thrown them on the couch to start it off. Seems to be very natural.

the best movie for this is 300. About 15 minutes deep into it there's that sex scene. ooh man... it's my movie of choice for this. As leonidas starts at it, that's ur que big boy

USER : stevenj3

It's an easy 3 step process:

1. put the movie on.
2. touch her.
3. kiss her.

Low lighting/No lighting. Sofa or Bed

TECHNIQUES : 100 PERCENT HANDSHAKE SPIN MAKEOUT

User : punaniUnTrusted

1. Handshake You can either start this off by going straight for the handshake or you can give her a high five first (and then give her a handshake). Shake the hand isn't necessary, but you can if you want to do so. The point is to just clasp her right hand with your right hand. Once you have her hand in yours, you are pretty much guaranteed a kiss. Ha!
2. Grab her other hand so your arms are crossed Reach your left hand out towards her left hand. As a natural and automatic reflex, the girl will immediately extend her left hand towards your hand. When she extends her hand, grab it and clasp it firmly. Notice that when you do this, your arms are now crossed. The girl will probably be gazing at you with curiosity right now.
3. Spin her so your arms are uncrossed and hers are crossed Next spin her. Keep yourself in the same place while twirling her hands around her head. Make sure your hands are loose so that you can spin her hands around. Don't hold onto her hands firmly when spinning the girl. Let the girl's hands twirl around in your hands. You should end up in a position where your arms are uncrossed and hers are crossed.
4. Push her arms over her head and behind hers Now, quickly push her hands up and over her head. Then push them back behind her head. If she thinks you want to spin her, thrust your arms forward and separate her elbows. This should stop her spinning momentum and get her to face you. If she spins anyways, spin her again to get her back into the position where her arms are crossed and repeat step 4.
5. Let go of her hands Now that her hands are placed behind her head, she is in a position where her face is close to yours and she can't push or move away (so even if she is not sure she wants to kiss, she'll kiss). You need to quickly move through steps 6 and 7 at this time because you'll want to complete steps 6 and 7 while her hands are still behind her head.
6. Drag your hands down her sides under her armpit Quickly drag your arms underneath her armpits and downwards. You may even brush against her breasts while you are doing this. The point is just to add extra feelings of arousal. You may even want to keep going around her while you are moving on down so that your hands stop on or near her ass. Girls really get a kick out of this cuz it's so smooth.
7. Pull her close to you and kiss her Wherever your hands end up, use them to pull her close to you. Lean in and kiss her lips. The longer the kiss the better. If you are on the dance floor, you'll want the kiss to be at least 5-10 seconds or the peck will seem cool, but the girl may laugh because she is so excited by your cool moves that she expects much more. 100% Guaranteed Success.

TECHNIQUES : Breathe Her In Kiss Technique

USER : Sonics

This has probably been written somewhere before... I did this last night while trying to breathe on her neck and shoulders thing at the end of a day two in this girl's, parent's basement.

Ok soo...

While you're holding the girl close (preferably pinned against something) breathing on the girl going from kissing her lips to kissing her neck to kissing her collar bone etc. seductive slight exhaling on all parts taking your time. Think animal lust. While you're kissing the girl, subtly take in some of her breath, almost sucking it out from her mouth... Be inhaling a little faster than she's exhaling... keep kissing her and really get into it.

The state went from semi-talkative-flirty-fun to pure sexual energy in about 10 seconds.

OUTER GAME : Cap Jack on Kissing

USER : Sp1nDonor

Captain Jack on kissing: <http://www.betheseducer.com/2007/08/kiss-tests/>

Quote:

So, you're talking to this woman in a bar or club environment. Things are going well. You are past qualification and having a real conversation. You think, "Maybe I should kiss her..."

How do you know she is "ready" to be kissed?

P.S. If you are new to the Pick-up Arts see my blog designed just for you... 'How to Get More Dates Quickly and Easily!'

And, the very question itself shows the difference in how men view kissing versus how women view kissing.

For women in the very early stages of talking to a man, the first kiss or two is more of an exploratory experience. It is NOT a sexual act for them. It is more of a way to discover more about the man and their feelings for them.

If you've experimented with club makeouts before you may have noticed something curious. You make out with a girl, you think it's on. You get her number and begin fantasizing about how amazing it's going to be on the Day2. You're thinking you'll probably full close her. I mean, why not? You two were just kissing in public.

You call, no answer, no return call. Nothing.

Or, how about this one. You make out with a girl. It seems pretty on. A half hour later while you're in another set you look over and she's making out with another dude. You're thinking WTF?

In those early stages men put more sexual meaning in the kiss whereas for women it's more about curiosity and exploration of their feelings in relation to the man. (This is NOT to say that a kiss won't turn her on. She WILL start to get turned on by kissing.)

An intermediate PUA running Flash Game could easily get 4-6 makeouts in a night - and have little to show for it at the end of the night.

Kiss Tests

How do you know when a woman is ready to be kissed?

Simple. If she's talking to you for more than 20-30 minutes, it's going well and she is smiling and looking at you, then she wants to be kissed. It really IS that simple.

I'll detail here a few kiss tests I've used in the past and then tell you what I do now.

Mystery's Kiss Close

This was my bread and butter for a long time. I used it as the 4th or 5th question of the Question Game if her questions were sexual.

PUA: "You want to kiss me, don't you?" (I say 'don't you' with Command tonality, not question tonality)

IF HB: "Yes"

THEN *Kiss*

IF HB: “No.”

THEN PUA: “I didn’t say you could, you just looked like you had something on your mind.”

IF HB: “Maybe” or “Not Now/Here”

THEN PUA: “Ok.”

I like this for a couple of reasons:

1. It is simple.
2. It allows you to add to your Calibration Reference Points
3. For the “maybe” or “not now/here” answers it builds anticipation
4. It subtly implies she wants the kiss more/before you did.

I DO NOT like it because it uses ego protection. There’s nothing like a lean away to burn the kissing calibration into your bones. It can kill sexual tension and for less grounded PUAs a “no” can derail them.

style’s Evolution Phase Shift

Not going to list it here as it is rather long and involved. It does work. I’ve seen many a PUA use it with success. Great for Flash Game if you need to make an adjacent Target EXTREMELY jealous.

Pros: Interesting. Intriguing. Uses built-in physiological attraction mechanisms (hair pull).

Cons: Can’t think of any...

Kino Test First

When I used to be a Wuss I devised this plan for kissing on the Day2 or on the Same Night in deep comfort. I’d lean in real close to her, if she didn’t move, looked me deep in my eyes and opened her mouth a little I’d kiss her (maybe, depending on my boldness at that point.) If she leaned away even a little, I’d reach for her earring or necklace and give her a compliment on it.

Pros: Simple. Builds calibration. Builds anticipation.

Cons: Still protecting the ego. Missed opportunities because she could lean away out of nervousness or tension.

Stoplight Kiss

If I’m in a girls car after pulling then I could’ve kissed her LONG ago. I DO NOT want to have NOT kissed her by the time I get to the sex location so when we hit a stop light I simply look over at her and say, “Oh look a stoplight! You know what that means!” and pull her over and start making out. Never failed but then again it should work because we’re already on our way to sex location.

What I do now...

Now that I use sexual framing it is actually advantageous for me NOT to kiss her until the car ride home. It builds anticipation and sexual tension to talk dirty, fill her mind with dirtiness and let it build. I WILL tease by getting real close to her like I’m about to kiss her and then not do it. I’ll also talk in her ear a lot for the closeness and heat in her ear.

Which brings me to another point. If you are talking in her ear and she presses her cheek to yours, she wants to be kissed.

Debriefing

If it’s your goal to get really good at this you need to be debriefing the women you have sex with.

“When did you know you wanted to kiss me?” Or, “When could I have first kissed you?”

You’ll be surprised at the answers.

There is another benefit to kissing in the club that I haven't yet mentioned. It shows you have balls and you're comfortable with the male/female dynamic.

But, so does telling you if she doesn't stop you're going to put her on the table and take care of business.

I like the dirty talking. It seems to work better than kissing.

~ Captain Jack ~

USER : Leoski

Up until it lists the kiss tests its good.

You don't need a kiss test to know when to kiss. All you really need to do is listen to what feels right.

USER : Spacey

Leoski wrote:

Up until it lists the kiss tests its good.

You don't need a kiss test to know when to kiss. All you really need to do is listen to what feels right.

Although I do agree that for me I feel the same way, it really is kind of stupid to generalize like that obviously some people need it otherwise we wouldn't have kiss tests now would we?

Anyhow I like DD's kiss test but the ear and cheek thing is pretty much the same thing there, when a woman is ready to be kissed she'll give just generally a lot of solid IOIs.

USER : narcissist

I like hugging them, then biting their neck. if they like that, they will like kissing me. It's less of a test, and more of a transition though.

CHAT : Failure to Escalate Kino

USER : Elimination

I've made lots of improvement in seduction over the past year. I have a girlfriend now, and she's pretty attracted to me. My ONE PROBLEM is that I'm kicking myself, trying to get the balls to kiss her, and it's not working. I have never kissed a girl before, because for most of my life I haven't had a girlfriend or been attractive. So my final frontier is the whole kiss / making out / sex progression.

The most likely reason this girl would break up with me is for failing to escalate the relationship. That is the WIMPIEST reason! I can do everything else, but getting out of my comfort zone has been a sticking point. Yesterday, I had the PERFECT CHANCE to kiss her, but I got paralyzed and couldn't do it.

My current plan is to overcome this by getting a lot of experience, and working to become a more physical person - touching people more often.

My other plan is to just KILL the INNER WUSS and DO IT.. but that hasn't worked so far. Sometimes you just have to step up and go for it - take a risk. That's easy to say, and not so easy to do.

If anyone has gone through this before and MASTERED it, do you have any advice? It will happen eventually.. But I'd rather not go through a bunch of girlfriends before it does.

USER : Zephurus

Dude, I have the same problem too, although I'm younger than you. My girlfriend tried to kiss me once and it was so sudden that I ended up kissing her chin :lol:

I used it as an opportunity to playfully tease her about how we agreed that we would both lean right, but she leaned left and messed it up :-P

But yeah, I would like to know how to get past this SP as well.

USER : Elimination

have you kissed her since then? I think one way I could get over it would be to talk about it with my girlfriend, but that seems too wimpy. I've been avoiding that option so far.

I'm listening to some seduction audio and it's still helping me out. It won't be long now.. within the month, I WILL go for it.

I think going out daily and getting more experience with women (even talking) will make me more comfortable, and make it easier to do stuff like this. but I'm just disappointed that I didn't have the self-discipline to do it earlier.

USER : playza

You make it sound like you are trying to climb Everest.

Grow some balls and get it over with.

Remember that women WANT to be kissed, they WANT to be fucked and they definitely want you to be the man who is going to lead her through the whole process.

USER : TheDon

I used to have a fear of kissing cause I never did it before, that's normal I think
and it's all in your head, there's nothing to fear
and look up that kissing video upped here
she's your gf?
dude just do it
you do it once, it's like bike riding you've mastered it
get a nice makeout session going

USER : Darklo

If she doesn't like the way you're touching her, ripping off her panties, or anything else, she will probably tell you. Who knows, she might just like whatever you're doing. If you're a pussy about it she's not going to tell you and you're going to get dumped.

USER : Elimination

thanks for the advice.. I thought it would be "grow some balls", I was pretty much right.

that's the thing. I want to kiss her.. she wants me to kiss her.. even her FRIENDS want me to kiss her. there isn't anything logical stopping me.. just the negative chatter in my head.

USER : Shibby86

What was said before: it isn't the mount Everest you are climbing, it is a kiss which is part of a relationship! so she is expecting you to kiss her at some point, that is also a part where you are generating attraction within her, very first in the beginning of the relationship (even before having her as a GF) because if you didn't kissed her while she was expecting it you show that you don't give in with all her (non-verbal) demands.

But after some point in time you have to, but hey! don't see it as a bad thing and don't even see it as an obligation! It is all in your head.

Hypothetical situation:

-After some time you kiss her badly

She: What are you doing?

You: Kissing you!

She: pff, that was a bad kiss

You: Okey, you show me how to kiss probably (smile!)

Also, try to use a kino on her hands, arms and shoulders a lot so she gets used to your touching to her, do it gently.

After you did that a lot and notice she is relaxed you can touch her lips with your fingers, also very slow and gently while watching her in her eyes. If the relaxed moment and silence is there.....she will expect you to kiss her, without going to judge you.

This all is my opinion about how I would likely behave in your current situation.

You can do it man, you are THE MAN!

USER : Connaissance

Most obvious advice is indeed to grow some balls. Come on. She is your GF already, why are you second-guessing yourself ?

But since you asked...more hands-on advice. Try kissing something else first. For instance, hold her in your arms (I assume that's not a problem...right ?). Then while holding her, kiss her hair. Then kiss her neck. Then kiss her ear (you can kindly bite it too). Then keep holding her but push her away a little bit so you can see face, look into her eyes for a sec and FUCKING KISS HER.

USER : MyWay

kiss her is part of the game, she indeed wants it.

What you can do is either dance with her gently, cheek to cheek, then pull your head back and look her in the eyes. You are inches away from each other's lips. Now look down to her lips (or just look down, without moving your head) and look up in her eyes again, then slowly move forward. Bam...kiss.

You can substitute the dancing for just whispering something in her ear, or maybe even kiss her on the cheek first.

USER : zgoditak7

Elimination wrote:

that's the thing. I want to kiss her.. she wants me to kiss her.. even her FRIENDS want me to kiss her. there isn't anything logical stopping me.. just the negative chatter in my head.

Well if you don't want to fight that negative chatter, but destroy it completely in one or two hours, listen to science of self-discipline, CD1 only, and do exercise for reframing behaviour.

It can be applied to everything: procrastination from cleaning the garage, studying for an exam, sabotages from losing weight or fear from kissing a girl.

USER : zgoditak7

Elimination wrote:

If anyone has gone through this before and MASTERED it, do you have any advice? It will happen eventually.. But I'd rather not go through a bunch of girlfriends before it does.

Well I have gone through a similar thing - not touching people. I had very little or no kink whatsoever. I also had no idea how to go from not touch people almost never to touching them in natural (non creepy, non insecure, non nerd way).

I have mastered it in 2 step process:

First I have watched Juggler in seduction school how he touches people in a SIMPLE way that makes them think he is friendly and high status person. This took about 2 hours to watch seduction school and now I knew HOW to touch people.

Next I have reframed my objections to touching people with science of self-discipline. I had some beliefs that were preventing me from touching people that I wasn't even aware first, like "Every touch is sexual", "If I touch men everyone will think I am gay", "If I touch women they'll think I hit on them"...

I after I have reframed ALL of these beliefs (there were about 10 of them and it took about 2 hours to list and reframe them) I just went out to club where I knew I will know a lot of people and I just did it. I have touched people like Juggler did in seduction school when I talked to them and they were more friendly than usual.

I didn't need to grow some balls, but to put my subconscious mind on my side, so that it supports me touching people and not sabotage me touching people with negative chatter or fear or any other blockage.

USER : b00b

Yeah, I agree with Connaissance. I would escalate into the kiss. Start from the cheek to the neck then to the ears. This way you will relieve yourself from the pressure. Once you lick the ears, it's no holds bar from there, she'll be really turned on. Use this opportunity to tease her. Grab her and look her in the eyes, then down to her mouth and back up to her eyes, this will make her anticipate a kiss, but don't give her what she wants. Then lightly graze your lips across her lower lips (it's more sensitive) and go back to her neck and ears. She'll probably attack you by now.

If she doesn't attack you, you can give her what I like to call my one-two knock out your socks and fuck combo. This is how I do it. First you have your hand on the back of her head under her hair with her hair in between your fingers (you reach in from the side of her neck). Then I look her in the eyes, down to her lips and back up and then I go in slowly for a 2-3 second kiss combined with styles hair pulling technique. This will shoot out energy down her body and she'll get goosebumps. She will relate that to your kiss and you will be a king amongst her friends.

So when can you do this? The easiest time is during a movie or while walking at night after doing something fun. Or anytime you're out alone and you are wrapped behind her. Since it is your first kiss and both of you seem inexperienced, it is important to be alone when going for your first kiss.

USER : SegaRob

Get in close proximity, make FULL ON eye contact. Game over.

Hornet

that's the thing. I want to kiss her.. she wants me to kiss her.. even her FRIENDS want me to kiss her. there isn't anything logical stopping me.. just the negative chatter in my head.

Alright so you already know this. Just do it man. However you do it you can't go wrong. Even if you fumble up a bit she already likes you it doesn't matter. She will think your shyness is endearing for a while, but if you don't escalate she will become annoyed and bitter.

Btw, don't worry about not being a good kisser. Go to YouTube and look up lesbian kisses :-)

I want you to invite her out tonight and do it then post back to us. Good luck

USER : Elimination

thanks for the additional advice. I think I figured out what made me mess up before.. I hadn't been escalating the kino - I was trying to jump into a kiss from no physical contact (I've held her before, hugged, put my arm around her, etc, just not leading up to the kiss)

It would be a LOT easier to keep increasing it one step at a time.. moving on to a kiss. baby steps - instead of one giant leap.

that was my problem. thanks zgoditak7, Connaissance, b0ob, and Hornet.

PS - thanks shibby86 for that contingency plan, that gives me a good, solid response for the nagging in my head, "what if you mess up??"

USER : greese

If you aren't kissing, she isn't your girlfriend.

USER : Elimination

w/e greese.. I understand that way of thinking.. but she IS my girlfriend, even if relationships are a pointless concept without kissing / sex.

USER : Lawyer

Hey man,

How did it go? Next time though, the kiss should come before the relationship starts, or it gets all awkward for you and for her. The best thing you could do right now, if you haven't kissed her yet, is to kiss her. I believe not making a big deal out of it, or just having sex right away is your choices after you kiss.

USER : BaseX

I have to tell you, I agree 100% with greese.

If you are not getting anything physical, she is just a special friend, and you need to kiss her or have sex with her to go to the next level.

Women have the same physical needs as men, If you don't feed her needs, she'll loose her interest in you.

Kissing her is just a question of having balls. There are a few routines you can use, if you think that helps you. A trick I used in my first times, when I knew they were attracted to me, was kissing them when I was going to say goodbye (like in the movies). With time that becomes a lot easier.

Don't think "I will read a lot of theory/routines, practice my talk with girls... and I will kiss her within a month". kiss her in the next date. If you don't kiss her, other guy will do it, so it's better that will be you.

If you follow our advice your skills will improve really fast. act now!

USER : joeypete

WOW!

Jesus... Ur a Virgin, Yes? That's cool... Take ur time with ur life do as u see fit. U are in control of u. U have a little off frame about being physical tho. Kiss her b/c u want 2 express joy with her and express joy to her.

Dude, take her hand and kiss her hand. Can u do that? Good!

After u kissed her hand hold it and smile at her... Say, "Awww, ur sweet You have that shy look to u now ." Laugh a little in a cocky way and then touch her face, still holding her hand, and move in and kiss her. Once on her lips and once on her neck. Pull back and say, "You're such a naughty girl!" Smile, laugh and take her head in both of ur hands and start to make out with her... That's it!

And after u kiss her she is not ur GF. A lady cannot be ur GF untill u FUCK HER! Kissing and handjob and Blow jobs don't count- ur cock inside her ass or pussy and then u 2 can be BF/GF. Not till then. Get over this "Puppy Love" Bullshit...

Define it however u want to tho... Have fun that's what counts! Enjoy ur make out session and remember that there is no mistake u can make that u can't bounce back from! Just be direct and have good feelings shared between the 2 of u!

Do it Man! 8-)

USER : Elimination

thanks guys. I don't think you get my situation.. I totally understand the game. I have seen so much seduction video / listened to so much audio it's really becoming a part of who I am.

But society is not so black and white as it is in this forum. sex is not the ONLY measure of how good your game is / how successful you are.

that said, no I haven't kissed her yet.

but stop ragging on me, and hold up for a few days, I am going to kiss and eventually f-close this girl. I will post in this topic when it happens.

USER : MyWay

I like the way you think. The game is indeed not about sex and stuff.

But for me, a relationship doesn't exist without any sex (no, kissing is not even enough), but then again, I'm a tad older than you

CHAT : products for MASTERING Kissing?

USER : 7thZombie

guys, when I kiss a chick I want her to fucking MELT. like, FRENCH style. Let me know, any great products for kissing chicks PROPER? :w00t:

USER : buchvecny

listen to energies while kissing

USER : foxycleop

the only way you can master kissing is by KISSING

USER : igarn

Kiss your hand and PAY ATTENTION to the sensations:

- How does it feel to your lips?
- How does it feel to your hand?

Experiment a lot and find out what feels best.

- Try different levels of pressure.
- Try different strokes.
- Try touching with different parts of your mouth.

Imagine you are tasting some great food and savour it slowly. Feel all sensations to the fullest.

You can actually turn eating into a kissing exercise. Eat your food slowly and feel the taste fully.

The kiss is NOT a means to get to the sex. It's a process to be enjoyed and not hurried.

Getting the girl to melt is a nice byproduct of YOU enjoying the kiss.

When you master the sensual part, you can add some dominance to it.

Dominance is NOT rudeness. You hold the girl with POWER, directing her movements the way you want. It's key to make her feel safe and not hurt.

You have to know what you are doing and do it decisively and with power, but without rushing it.

USER : NoLiMiTAzN

whoa talk about over complicating the method. you over complicated kissing more than mystery over complicated his method.

making a girl melt in terms of kissing is actually less technique, and more so on the attraction she has of you prior to you kissing her.

Ex. go back to the days you had 1 itis or huge crushes of girls in HS and middle school. and all you thought about was how it would feel to kiss the girl of your dreams etc.

it's more of the attraction you create prior to kissing than the actual kissing technique it self.

USER : Aka1989

Listen to nolimit ^

Create sexual tension prior to the kiss, fake a kiss (I've taken this tip of some guru) go for the kiss, stop, go back, and then when she's wondering what is happening, go for it. I think It was Sean Messenger. Great guy.

Feel the girl, with your hands, with your body. And follow the flow.

USER : notderren

Simple answer,

Keep your mouth closed as you go in for the kiss. When your lips meet notice how open her mouth is and match that. Most women like your hand on the back of her neck.

Thats about it for starters.

Follow her lead for speed, openness, everything. She will kiss the way she likes, do the same and you can't go wrong.

USER : BengalTiger

I wrote a similar thread on another pu forum, after I kissed a girl for the first time lol..

Looking back, the advice I would give to myself is, don't try to be the best lover ever, don't try for perfection, just enjoy the moment, and release the passion.

You will kiss better with time and experience, making a girl melt is also a lot about the emotional connection rather than kissing itself

USER : Jyazz21

Kiss with your body, not just your lips
Dominate, tease, ravish etc

USER : sunrise

Great kissing?
Not fucking it up.

USER : phatmann

it's called practice

USER : marcechols

to kiss a woman, there is a rule... 7-hour rule before you can kiss a woman. till then you will start kissing her.. start with an american kiss first, then do a french kiss.

Read some Tolle, bro..

USER : AccentDonor

It's like asking for a product to master bicycle riding.
You just have to do it...

USER : SDX114

I don't want to hijack this thread but it's about the same topic so I don't think OP will mind.
Sometimes I want to go for lip kissing at first, then build it up with french kissing; yet they always go for french and it's kinda awkward when their tongue touch your closed lips. My question: is french kissing right away the common thing that girls do (and I'm the ignorant who goes to lip kissing) ?
If so, then I guess if I ever want to lip kiss, I will kiss her cheek and then move closer and closer to her lips.

USER : Vantage

You don't need to learn kissing. All you need to do is be relaxed.

To be relaxed learn CBT, The Work, Sedona, Meditation, EFT or specific relaxation exercises.

USER : OMGBOOBS

French kissing is gross! imagine how many dicks she's had in her mouth

A couple of years ago I wanted to be really good at kissing too, so I learnt french kissing and I was so scared of the day I had to use it because it's disgusting, but when the day came I found out this particular girl hated frenchkissing!

Have you guys found the same? that girls (even those crazy about kissing) doesn't really seem to want frenchkissing?

There is a great product where 4 women shows each other foreplay stuff (don't remember the name, I think the name includes the word "ecstasy") and one of the girls gives the other girl such a amazing kiss the other girl almost passes out (it's funny as hell to watch and AFAIK it's real) I've been trying to replicate that one (no tongue necessary) and so far I've had many compliments of being a great kisser was talking about old memories with my very 1st girlfriend a year ago or so, and she mentions that I'm such a bad kisser, so I kissed her immediately (now that I've learnt) and she had to take it back after that :-P

USER : sunrise

It's true.

Women love regular kisses too, but when you're having sex and you're not french kissing you're missing out. Regular kisses 80% of the time.

USER : Babyface

The more you're able to silence your mind and just feel the situation, her and enjoy it the better you'll kiss.

I like to give a soft mouth shut kiss after a french kiss it's like a trademark.

I like to kiss your lips... the lips between your hips. :wink:

USER : Tokamak

Treat your lips well.

Do NOT stiffen your tongue or it'll feel like you're trying to rape them in their mouth.

CHAT : Escalating to a kiss when she's already into you

USER : Aka1989

Ok, so I went out again last night, awesome night, had great fun with the women there.

That night I did 3 different (main) sets in which each of them I connected pretty nice with one (or more) of the girls.

We were really sexual, really close together, great kino, we were always touching each other really close, and having fun, their friends were fun too.

My BIG issue is how to escalate from that to kissing, or to her home.

In all those 3 sets I couldn't escalate to the kiss, and ended up with their phone numbers and some plans for next friday night.

How do you guys do that? I have no problem kino escalating, I can get pretty comfortable with women, but when It comes to kissing It feels like I'm stuck.

I think I speak to much, too much rapport, and then It gets kinda weird to go for a kiss :-/

USER : zgoditak7

I usually do it like this:

- 1) Tell her she's sexy
- 2) Kiss her neck
- 3) When the moment is right, after prolonged eye-contact kiss her lips

There should be no rush between these steps.

USER : SethAudere

- Isolate

- Kino escalation !!!

example:

take her hand while you walk with her, take your arm around her shoulder while sitting, tickle her playfully and ask her if she's ticklish, look in her eyes and kiss close.

I do it two steps forward 1 step back, so at some point I throw her hand away and do a bit pull of push pull to make her feel like I'm not always escalating and not 'needy' or creepy. But still I always keep on escalating.

Funny thing is that you probably also experienced: The first kisses were really hard to do, I was in the same situation as you. But if you have some more experience and did it a few times and know how to do kino escalation it just happens very naturally.

You start touching her, look her in the eye. You aren't scared anymore or have a pulse of 200, you're just relaxed and you like playing with her. That's where the fun happens and you can initiate a kiss close (her heart will beat like crazy sometimes) and you'll just go up to 5 cm before her mouth and then give her a little kiss on the nose or do shit like that.

Just do kino escalation. You can also ask her for example if she's wearing a cologne and then smell on her neck and give her a little kiss on her neck and things like that.

Most important thing is balls. Just practice it, after you did it like 4 times or so you'll love at things like that as its just soooo easy as soon as you did it sometimes.

There is no magic pill to getting balls. I don't know of any routine except smelling on her neck and then kiss closing. But actually it's so much fun to do it naturally. You can play with the girls. You're probably as young as me. So the girls have no clue on what to do, you can do anything. Put your finger on their mouth when they talk, say 'ssssshh', look them in the eye and then go in for the kiss :-)

USER : theheathen

To keep that sexual tension going make sure you got tight eye contact. The kind of eye contact that is natural (not staring) and look her in her left eye. Just feel your attraction for her as you are doing it. As you do it more and you are with each other alone you guys will feel like a kiss is only natural. I have done this and every time the girl kisses me first. Which leads to heavy make out. Of course this is only when she is into you and attracted to you. If not just go for the kiss when you feel it's right. She will like you for going for it. Every girl loves first kisses. Good luck.

USER : Aka1989

Thanks mates, great replies.

Attraction was not a problem, I could move them from one side of the bar to the other, in the 3 sets the girls were buying me drinks (actually I only remember paying for a drink the whole night and It was for a mate of mine :lol:) and we were always very sexual.

Not being able to go for a kiss is something that happens to me a lot of times, sometimes It just doesn't feel right. =/

Next time, I'll do what you guys suggested.

USER : MasterDeb8r

Just to reiterate what's already been said, it's all about building the sexual tension.

If it's at a party (or bar in your case) I like to lock in against a wall/car/counter or something so I'm leaning back against it and the girl is leaning against me. Eye contact is key to building the sexual tension, and quiet fluff talk will make her lean in to hear you. During a lull in the conversation, her body leaning against yours, the intimate distance between your faces, rock solid eye contact, the tension of silence and of course the existing attraction combine to make the kiss close easy.

Usually if I'm doing this with a girl, she'll initiate the kiss which can easily transition into a makeout even when surrounded by other people. End the kiss first and keep the eye contact going, and the sexual tension will be even more pronounced.

But basically, the most important thing IMO is just eye contact. Extended eye contact is the biggest contributor to sexual tension that I know of, and it allows you to gauge how interested she is. Even if she breaks eye contact, you can tease her about it, and she'll look into your eyes and the tension will still build.

FASTSEDUCTION.COM/DISCUSSION

GENERAL FORUM : Moving from Kissing to Sex

USER : khoality

Woman subconsciously judge you on your kiss. They judge harshly on the kiss itself since it is a good indicator of how good of a sex partner you might be. So the actual kiss, if it is too sloppy or have too much tongue too soon could completely turn her off. That's why you hear woman say "Was he a good kisser?"

But one thing I feel that is **even more important than the actual kiss is the whole kissing experience.**

Think of it this way. A kiss shouldn't be a destination, it should be part of the journey.

Don't focus on getting there quickly. Instead, focus on the increased heart rate of anticipation, the tension that builds with every breathe, the intense eye gazing as you move in closer, the slow seductive strokes as you bush her hair to the side, and gentle connection of the soft, moist lips.

And take your time with the kiss as if it were your last. Savour every pulse of it!

If you escalate smoothly, confidently and comfortably, it will put her at ease and make her comfortable with your transition. The kiss is not a kiss itself but the whole process of the kiss.

Think of it as a love story. Being unsure if whether or not the guy gets the girl is suspenseful story telling at its best. Romantic Comedies or even some of the classic romance movies. They've seen it before. They know that the guy ends up with the girl. But they still experience the emotional rise that comes with the anticipation. That whole rise and fall of emotions and anticipation will drive a woman wild and attack your pants!

But if you rush it, fumble nervously and escalate forcefully, it will make her feel awkward and uncomfortable. This will kill the mood and any chances you may have with her.

I notice that woman are really great at mirroring someone's energy. When you feel nervous and uncomfortable, so will she. But when you are at ease and comfortable, she will just melt in your hands like some unwrapped chocolate!

SEX FORUM : How do you kiss?

USER : GreenBlack

What do you do with your tongue in a girls mouth to get/give pleasure?

USER : Maj

No two woman kiss alike...

Generally I would recommend:

1. Don't give tongue unless she does
2. Go from to hard passionate to soft kisses
3. Press or slam her up against the wall
4. Roll around in bed while kissing
5. Light Frenching or sucking of her tongue

It is more about the energy and passion, to be a good kisser, rather than technique IMHO.

USER : theDick

Bite her lower lip lightly and pull it lightly towards you.

USER : TheCostOfSuccess

Like everything, it's about drugs, get her body to release endorphins.

1. Push her up against the wall
2. Be original
 - a. Tell her to close her eyes
 - b. Turn her around immediately kiss her
 - c. Pull her over a table and kiss her
 - d. Kiss her in a way she isn't expecting
 - e. Tug on her clothes or belt
 - f. Kiss her neck
 - g. Take her hair, push her off balance a little whilst kissing (make her multitask, so she stresses out, and has to get backup IE hormones and drugs)
 - h. Tease her mercilessly, make her chase your kiss, only to let it lightly graze
3. Don't go with tongue straight away if you can, maybe after about 30 seconds. Lips are classier. Never just leave your tongue sitting there flaccid in your mouth, if she is using tongue. Don't be proby, don't be sloppy, don't be too fast.
4. Manipulate her body positions
Be kissing her, move her hand across to her other shoulder. Quickly break the kiss, spin her around, then kiss her as she gets back around.
5. Know when to stop and pause, to make her want it.
6. Know how to get rough, without losing pleasure, or sucking her face off.
7. Put your right leg in between hers, RIGHT IN THERE. Don't worry if you have a boner, just let it do what it wills.

Its a lot about attitude too.. If you are just kissing her, like some WELCOME HOME kiss.. That's lame.. or a hey babe, kiss, that's lame.

How about "great top I want you in bed now!" kiss
You know, make it say something more interesting!!

I will go up to a girl I don't know and give her a "Hmmm surprised to see you here, my little sexual dynamo" kiss.

And yes, girls pick up on YOUR FRAME, whilst kissing.

Take that one as an example, the girl picked up, what box of sexuality I stamped her into. And that the kiss was more "hello, stranger" and very sexual. Caressing up against her, with sexual tension.

Just like any pick up, how you do it should be stylish, and original. I never pick up any girl the same way.

I might make up a whole story just for her. Just for that one moment, and if it doesn't work just chuck it out, do another.

8. Leave her yearning for more

Stop, build some attraction, show some control, or some kind of awareness (sometimes you gotta stop, so you can kiss for MUCH LONGER, and escalate to sex)

Maybe just put her hand over her eyes, so she laughs, then go back in.

Don't just have one kissing session, break it up a bit, so you can extend it out.

Have cool things to do, like ways to take off, or play with her clothing. Etc

USER : Klutch

Using your tongue to touch the nerve under her upper lip. Gets her insanely turned on.

USER : CinderElmo

Like Maj posted, no two woman kiss alike. But don't worry, they will tell you everything you need to give her the 'perfect' first kiss. Because they will kiss you the way they want to be kissed.

Learn to "listen with your lips", and mirror her kiss back. Since she will kiss you the way she thinks the ideal kiss should be, just Pay Attention to what she does, how hard/soft her lips are, how open or closed her mouth is, etc.

Once you've done that, you can try to lead her to what you think a kiss should be like, and calibrate from her responses. Try what theDick and Klutch proposed.

USER : PapaSmurf

biggest thing..don't be timid commit to it and go for it...escalate in the passion... I regularly work out and at the right times when the passion is really high i like to really squeeze tight and if she starts doing the pelvis dance I like to tighten my muscles in unison with them...also on the couch going from a kissing to laying down have her straddle you and allow your hard on to rub her clit odds are shell start really getting into at this point...also some woman have pressure points on the lower back or as my girl so happens the upper hip/ass and so ill really dig in a heated make out.

SEX FORUM : *how to escalate physical contact with a woman beyond kissing?*

USER : ensabah6

What should be the first sort of things I should attempt, in physical escalation with a woman? Breast fondling? crouch touching? etc.

USER : Maj

The 1st escalation is moving the location of your kisses. Spend 10-15 sec on her lips, then move to her neck & earlobes ASAP. Push up the kino SLOWLY on her legs, her back and the back of her neck. (don't forget you have TWO hands use them both) Then move for her waist and hips and work your way up her torso to her breasts and shoulders. Then go for the pussy by rubbing her crotch take off her shirt & pants and yours as well.

USER : SaviourSelf

Don't forget my personal fave: slide your thigh up between her legs and prime the "Dry Hump Pump"!!!!

USER : Cooljazz

I have never had a girl give me resistance when changing the kissing from the lips to her neck.

Just pay attention to her breathing/noises she makes and when one or both become heavier then you know

you're doing the right thing.

Good luck buddy, just remember she isn't the only girl you're going to fool around with so don't be afraid to try new and different ways and places of touching.

ADVANCED FORUM : Re: The Purpose of Kissing

USER : joseph_went_south

I would say that if a man says that kissing serves as a fire extinguisher, he is not kissing her properly!

I have gotten many, many woman INCREDIBLY aroused by my kissing skills!

It is a way to demonstrate self control also, which in itself can make the woman go crazy. **The point is you want her to want you at least slightly more than you want her. You should be moving slightly slower than she wants you to when pumping, kissing, whatever.**

You should use push-pull when kissing also. Teasing etc.

Let her feel your hardon through your pants and just keep kissing her. Make her wait for the dick.

All of the techniques I just described are how to get a woman BEGGING.

I am really surprised if BradP or ijijji said kissing was bad. They should come and watch me kiss a woman sometime. Woman universally tell me that they LOVE a great kisser and that such men are RARE.

USER : joseph_went_south

ijijji wrote:

Cool that you picked up on this! Nice ideas in first reply also! Kissing extinguishes 'freaking out'- excitement. (Great even for some shit tests!) It doesn't extinguish strong HORNINESS. I do kiss-initiation stuff without actually kissing, to build attraction. (Details in bottom of my blog frontpage) I tend to kiss a girls neck before kissing anything else. Several girls have told me they HAD TO fuck me when I did this.

I did something like this just last night

I met a girl off Facebook in a bar for the first time last night. I had ANOTHER date, a day2 lined up right afterwards, so I told the facebook girl I would love her to stay but that another woman was on her way blah blah. We set up day2 for Saturday. **I told bartender to take my credit card and watch my drink, I am going to walk the lady to her car... then I turned to her and said "and I am going to kiss you there". Her eyes lit up and she said "great!".**

We got there and I gave the look: watching her lips move as she spoke, then back up to her eyes, then back down to her lips, let my eyes get glazed over... moved in slowly for the kiss... she grabs me by the shirt and tries to pull me in... I turn my head slightly so that our cheeks brushed and I kept moving towards her ear and neck... then back to her mouth just TEASING, just a BIT of a kiss on the lips, then continued kissing her face and back to her neck etc. She fucking LOVED it!

ADVANCED FORUM : 10 Different Easy and Natural Ways to a K-Close and Making-Out

USER : Groompua

In that way everything is field-tested several times. Most of the methods I have already done before PU, so they are at least natural to me.

1. Outside:
Especially very good at night and in winter, because it is cold. Just embrace, hold her firmly, so she feels your proximity, then kiss on cheek or mouth and then making-out
2. Anywhere, where you can sit down:
Lay arm around her, either shoulder, hip or neck, possibly stroke with other hand and then pull her towards you in a dominant way and voila
3. If she has been "naughty":
Tell her, "do that again and I will bite", mostly they will do it again, so then just bite her nose or lips and then kiss, respectively Making-Out
4. Anywhere:
Simple look deeply into her eyes and give a compliment (e.g. you smell so good or you have such beautiful lips) then in 90% or pull her towards you 90%. Important maybe that before and in the meantime Kino is practised.
5. For leave-taking and greeting:
First determine with eye-contact if on the mouth straight away is possible, otherwise first kiss on the left and on the right and then on the mouth
6. If she wants something from you (e.g. cigarette)
Say something like: "For that you've got to do something first" and indicate on cheek or mouth, if necessary move towards her or help her
7. With a Camera:
Picture of you two, then picture, where she kisses on cheek and then picture, where you kiss on mouth. Works also without a wing, just have to communicate it in a dominant way.
8. Everywhere:
First, prepare well with Kino, then simply come closer and then give compliments in a funny way (e.g. I have spoken for that in a foreign accent, (e.g. french)) like "you smell so good" and then kiss on neck, "your neck is so sexy", kiss somewhere else on neck, "You have such a pretty face", then somewhere there. Continue in that way and at some point you get to the mouth. If you do it well, she may laugh
9. Everywhere:
Make sure, it is quiet for a moment and then imitate a kiss with the mouth and look if she comes, otherwise move to her with a "kissing-mouth" in a playful and funny way. If you do it well, she may laugh. Important is a playful look in your eyes
10. In the Bar / Club:
To begin, here an easy way to a Kiss, to which no HB will balk at.
I have just recently got to know the Name, but the Method I have already known before PU-times.
Although I have only tested it in Germany yet (it's called "Trinken auf Bruederschaft" there (drinking upon brotherhood)), I am certain it will also work in other countries.
You and HB clink glasses, say cheers, entangle your arms, drink out of your glasses and kiss then, then you can do a making-out.
Note: this is a normal habit in Germany with close friends and just funny. If it's unknown in some countries, you can say, "Hey let's try this crazy thing, the people in Germany do, when drinking" and then explain how it goes.

Important is that before und in the meantime some kind of Kino is happening, otherwise there may be a slight chance that she doesn't want to kiss yet or becomes a shock.

While kissing possibly touch neck.

With the eyes one can try different kinds of looks: best is "bedroom-look" or dominant-humorous.

So that's it with stuff which have sprung to my mind, I have done more, but that's all I can remember.

As said, all tested as successful, the most of it already before PU and all with PU, that's why I call it Natural.

My opinion is that most methods actually are pretty natural.

USER : ijjsji

Some nice romantic ideas here.

IMO, the way you look at a girl is the main thing you need to 'get right'. Without this 'main part', your techniques seem a bit constructed/AFC to me. Even on a wife/GF, they could easily fail without the proper use of the eyes.

Tone, breathing and tempo can be important too, in communicating your state/how she affects you.

USER : Groompua

Oh, yes thanks for that. I presupposed the eye-contact and the other qualities as they are important throughout all interaction / all the time. This is so natural to me, so I just forgot about that

Well, I never fail with these techniques, they are only AFC, if your Frame is not dominant. I always naturally use them (I got a very dominant and self-confident frame), it just works.

"With the eyes one can try different kinds of looks: best is "bedroom-look" or dominant-humorous."

That's what I wrote about looks sometimes the look is enough and the HB will come and go in for the kiss by herself

USER : DrPleasure

this is the one rule of kissing that I follow. **before I kiss a girl, I try to make her want it very very badly.**

if I just surprise her it might be cute and pleasant. but, if I want it to be sexual, I like to build that tension up so high that when I finally kiss her, she feels it throughout her body.

THE UNOFFICIAL CHARISMA ARTS & JUGGLER METHOD FORUM

<http://www.setbb.com/charisma/>

PUA ARTICLES & LINKS : Easy Kissing Routine / Idea

USER : revolution7

So I tried something the other night that worked incredibly on 2 girls and resulted in a make-out. Here's how it works:

The venue I was at was a club, and I was outside on the deck, just to set the stage. I had been talking with this girl for awhile and had built some solid comfort and there was definite attraction. Once you're at this point you can go forward with this fun little technique. Wait until she asks you for any sort of compliance. In my case she asked for a cigarette.

Her: Can I have a cigarette?

Me: Woah woah... what do I get if I give you one?

VACUUM

Her: I... uh.. I dunno. What do you want?

Me: Hmmm

VACUUM (At this point her mind is thinking a million miles per hour, and probably in the gutter, let this simmer just a second)

Me: I would like a kiss on the cheek. If it is good enough, you will earn your cigarette.

So she pecks me on the cheek.

Me: Hmmm.. Nah. Thanks though.

Her: Wait wait wait lemme try again!

Me: Alright but this time you've gotta put forth more effort.

She kisses my cheek again, this time with a bit more passion.

Me: You're close, but it's still missing something...

By now (or the next time) she will spend a few seconds passionately kissing your cheek, and if you've done everything right, all it takes is some kino with your hand, and turn into the kiss. Instant make-out. Tada.

USER : Itotem

I like it when guys "fight" over kissing techniques/gambits. Lead and you will get a kiss. Doesn't matter how you lead her towards the kiss

But I admit, I like to read all of your kissing ideas. It's fun!

Here's a simple one too. Go for a hug, hold the hug but pull your faces away from each other so you can look at each other's eyes. You are basically in a tight embrace now. Give her a light smirk. Point your finger to one of your cheek. She kisses you on the cheek. Point your finger on the other cheek, she kisses you. Now smile bigger b/c she deserves a reward for being a good girl (you can verbally say that too "aww, you are such a good girl!") and now YOU kiss her on the lips. Don't kiss her too hard. Do it light... pull back... come back for another one a bit stronger. Pull back and get ready to leave. She WILL come in or ask for a 3rd one that may lead to a make out. This "technique" is based on you **leading** and being **dominant** because you created a bubble for each other.

THEATTRACTIONFORUMS.COM/SEX

Try this, results guarenteed

USER : Irish83

I tried this on a lady the other night, she couldn't wait to have me in her.

Were on the sofa making out.

1. Do not go in tongues going mad etc
2. Gently lick her bottom lip with the tip of your tongue as you kiss. I didn't really know about this until the other day but I won't look back now! soon as I did it, her heavy breathing just kicked in. result.
3. combine this with gentle kissing and pulling away. She's loving the other sensation so much when you pull away she wants it again....badly.
4. so give it to her, full on kissing etc

She should be as wet as Wilson in castaway at this stage.

continue the above method for a while to build up tension etc.

When you move it to the bedroom, or even if you stand up to undress....

when she's in her bra, take your strong hand and take hold of her face as you are kissing her. your thumb should be going across her chin, the rest of your hand on her cheek. Gently but firmly push till she's looking at the ceiling, do it in one quick motion (but don't break her neck!)

start softly on her neck and near her ears and move down to her breasts....after this point, like happened to me, she'll have you pinned to the bed in a second. Result.

USER : Harlequin

Wilsaaaaaaaaaan!

As wet as Wilson in Castaway

Yeah, push pull is great with kissing, before you move back in look into her eyes & triangulate to her lips before you kiss her again. The eroticism is intense when you chuck in some eye contact. Hood your eyelids just over your eyes & smile slightly because you know what she wants. That look is very seductive. Do it in a bar to some girl & she'll remember your eyes for a long time.

Eyes are powerful.

USER : Irish83

Do it in a bar to some girl & she'll remember your eyes for a long time.

Eyes are powerful.

USER : Cypher

Last summer when I was on a music festival, I was standing in line to get into a club, when this rock girl with lots of tattoos started to flirt with me, giving me lots of IOI:s and shit. She was maybe a 5 or a 6, so I wasn't very impressed, however I tried to stare her down to see if she would hold eye contact or get insecure and leave. But lo and behold..

After staring straight into her eyes for about ten seconds, she jumps me and sticks her tongue in my mouth! I was a bit surprised but kissed her back and followed her into the club where I later ditched her...

REAL WORLD SEDUCTION – SWINGCAT

Chapter XIII: Pushing & Pulling (the art of sending mixed signals)

The guilty kiss:

Another great thing to do when a girl is into you is to grab her really close to you like you are about to kiss her and then say, "I hope you weren't trying to kiss me. You are like my little sister, and I am hoping that you are not trying to get all incest on me"...Then after she thinks you are serious, grab her close to you and kiss her. **Since the kiss will be preceded by you creating a space in virtue of Pushing her away (finding reason not to kiss her), the kiss will be intensified.** Guys, this is a great way of making a woman so emotional that she is compelled to chase you. Also, women love this because it is unpredictable, and keeps them in suspense.

Chapter XXI: How to turn an innocent conversation into a one-night stand

The Kiss :

So I tell her that I like that she is well travelled too. I give her a double high five again, hold onto her hands, and pull her into me really close, so we are lip to lip. **She leans in for the kiss, and I push her away (this is so powerful). At this point I purposely get very quiet. This lets the tension build.** I also lift up my shirt a little **exposing my stomach (this is a great technique that a woman taught me last year. It really turns women on.** It is equivalent to when a woman stretches her back and thrusts out her breasts). Also, by me going quiet on her, it forces her to restart the conversation again (this is a form of PRIZING that will usually not work if you have not established PRIZABILITY with her).

As soon as she starts attempting to restart the conversation, I grab her hands and pull her close to me--to the point that our lips are touching. She starts trying to kiss me, and I push her away again. At this point I talk to her a little bit but keep the conversation pretty mundane (instead of doing what most guy would do--talk about sex--

I am building tension by purposely talking about things which are very G-rated). Then I grab her hands and pull her into me. We start kissing. When she tries to use her tongue, I pull back just a little bit. Then I use just a little bit of tongue and when she returns it I pull it back. She starts kissing me heavier and then I pull back completely.

She has a big smile on her face and says to me, "your evil". I am probably the first guy in her twenty-one years of living that has ever pulled this on her and she loves it. She asks me where we should go and I tell her that she is being very aggressive with me. I tell her that I hardly know her and she is already treating me like a sausage with feet. She laughs. My buddy and I end up going with the girls to the bar at the hotel they are staying at. My buddy is not hitting it off with her friend and her friend decides to go to bed.

SECRETS OF HOW TO MAKE A WOMAN SEXUALLY ADDICTED TO YOU

Unknown author

Part IV: 3 Tasty Techniques to Total Satisfaction

In this section, we're going to equip you with three simple techniques that will leave your woman wanting more and more of you. With three easy steps, you'll set yourself up to be the most irresistible man she has ever known. And, what's more, she'll never want to let you go. Your bid for her addiction truly begins now.

1. Hooked On You—It Starts with a Kiss

Do you remember your first kiss? Do you remember that feeling inside of you? Excitement, energy, elation, nervousness, and, yes, arousal. When you were younger, you probably could kiss for hours on end—the time passing like lightning as you lingered on her lips. It was the best feeling, right? However, as many of us get older, kissing becomes a quick stepping stone to get where we want to go: to the so-called “main event.” But, what if we were to tell you that you could—and should—reintroduce kissing as an event in itself if you want to find yourself the object of your woman's addiction? What would you think if we told you that kissing is the first key to having her crave you like you've never been desired before?

Many men find it hard to believe that kissing might hold the key to great sex. For many of us, kissing really has become a necessary evil—we like it, sure, but really we're just using it to get some place else. The shorter we can stay on the kissing, the quicker we'll get to the “good” stuff.

It's time to readjust that old school thinking. And, here's just the way to convince yourself to do it. Do you recall how randy you were after a good makeout session in your younger days? Do remember coming home after kissing a date or your girlfriend? You were probably totally worked up. And, guess what, she was, too. That's right. She was turned on, ready for the next step, and on the way toward full arousal. You may have had your hard on to conceal, but she had her wet panties to deal with. But, times have changed, right?

Wrong. The only difference is that, even as they age, most women still love kissing in and of itself while many men aren't as enthused about it.

Men: it's time to change that attitude!

Rediscovering the Kiss: It's Better than You Remember

That's right; it's time to rediscover the power of the kiss. And, as an adult, you can be assured it's probably better than you remember. In fact, as an adult, you can bring your total sum of sexual experience to the table (or, at least, to your lips) to assure you kissing success.

You see, a kiss can be used to arouse your partner to heights that she hasn't summoned in a very long time. A kiss, when properly engaged and attended to with full intention, can actually simulate the same degrees of arousal that occur during sex. You can kiss her in such ways as to say, "Hey, this is what sex is going to be like and you're going to love it." You can vary your kiss, build upon it, more softly, more firmly, and so on, until she begins to feel the rhythm and her body begins to ache for more than just your lips on hers.

Want to learn how to do this? We never thought you'd ask. Read on for Kissing 101.

Kissing 101

To get you ready for the kiss of a lifetime. In this section, you're going to learn how to kiss. And, you're going to learn how the first of three techniques to totally turn on and satisfy your partner will happen above the neck. There is no wandering here. We're talking kisses above the collar and nothing below. You'll get down below in time, but for now, it's the kiss.

A) Make It Last

The first rule of great kissing is make it last, take your time, and slow down. Yes, that's all the same thing. As we've seen, many men rush through kissing like it was something totally unpalatable. In case you thought it was, that's definitely NOT a turn-on to your partner. She wants to feel that you are committed to being there and kissing for as long as she wants and not a second less. When women feel that the only reason they're being kissed is as a prelude to sex, their interest quickly disappears. For not, you have to retrain your brain: the kiss is the main event. And, you need to treat it like you want to be a part of that main event all night long!

B) As Good As Sex

The second rule of kissing is that it can and should play out just like a session of sex will. That means that your kiss will go through the stages of foreplay, intercourse, and even afterplay. By kissing in this way, you are giving your woman a "sneak preview" of what's to come. You're also demonstrating to her that you understand her various levels of heightening arousal. She'll likely feel more comfortable letting go sooner if she feels like it's okay to take her time and let the pleasure come to her.

C) Wrong, Wrong, Wrong

The third rule of kissing is an intimidating one for many: there is a right and a wrong way to kiss. And, because your kissing technique will show her what she's to expect in the bedroom, it serves you well to learn what to avoid (and, of course, what the "right" way to kiss is). As a general rule of thumb, bad kissing consists of kissing that doesn't take into account the person you're kissing. In other words, if you just kiss to kiss—no rhyme or reason—and it wouldn't matter who you were kissing or when or where, then you're doing it wrong.

Kissing is specific to the person you're kissing; the time of day you're kissing her; the way you are feeling. It's an intimate sign to your woman that she is special and that are right there with her in the moment. When you come in there, lips blazing and smash her face with a full-on hard kiss, you're sending the signal that you don't respect her. Additionally, you're probably telling her that your sexual style will be similarly barbaric. This is NOT the message you want to send. If you approach every kiss as sacred and as an opportunity to enchant her with your skills and attention to her satisfaction, then you'll be well on your way to success.

D) 4 Steps to the Perfect Kiss

There is no way to describe your perfect kiss. But, we can describe some keys to remember when you're locking lips with that special somebody.

Step 1:

The first step of kissing is perhaps the most important for a woman. It will set the stage for everything that is to come. **Remember to make it last—take your time—and go easy.** That's right; start with very gentle kisses. Keep your tongue inside your mouth—nobody likes to be shocked with a tongue right away. Use your tongue

only to lightly wet her lips. You can use your hands as long as you keep them above her shoulders (e.g., to lightly touch her cheek or run your fingers through her hair). Brush your lips against her neck softly. But, most importantly, don't rush through this step. You are building her sense of excitement. She may want you to increase the intensity, but you will not. You will show your restraint and this will begin to drive her wild for you. By not "forcing the issue," she'll feel free to open up sexually to you much more readily.

Step 2:

In this step, you will increase the pressure and tempo of your kiss. You will begin teasing her lips and the smallest part of her mouth with your tongue. You will continue to take it slowly, returning to teasing her without your tongue as well. At this point, she'll likely open her mouth wider to allow you insert your tongue, or perhaps she'll attempt to put her tongue inside your mouth. It is your duty to not let either of these things happen. If she attempts to do either, pull back gently and kiss her cheek and go back to Step 1. You want her to know that you are in control. This knowledge will make her passion begin to burn for you. Believe us, the idea that you are in control of her passion and totally committed to her pleasure will turn her on until she's insatiable.

Step 3:

Now this is where things start to really heat up. To this point, you've not touched her below the shoulders and, do you know what? You still won't. But, you will realize that you're both totally turned on at this point. Now your kissing can really begin to simulate the stages of intercourse. Your tongue can enter deeply into her mouth, passionately. You can move your tongue around inside of her as if you are having sex with her. You will tease her until she can't stand it any longer. You will intersperse moments of deep, intensely erotic kisses with the playful, teasing kisses as well.

At this point, she's going to want more; she's going to want to take control; to gyrate her hips into you; to try and touch you and your body. But, you're not going to let this happen, are you? It's incredibly difficult and takes practice, but if you go into your kissing session with these goals in mind, you can do it. The payoff is definitely coming and it'll be a big one, believe us! Have patience! You can do it. By waiting, you're forcing her sexual arousal and desire to increase exponentially. She will soon be beside herself with desire and then she will be yours, hopelessly on her way to addiction.

Step 4:

In the final stages of kissing, your kisses will seem more like the final moments of success before orgasm than the simple kisses. You will be more deliberate, your tongue probing deeper. Kiss her hard. Let her return the kisses anyway she wants. And, now, finally allow your hands to stimulate her in other ways. Allow your hands to find the curve of her breast or the small of her back. Pull her into you and feel your bodies close.

At this point, she's going to want it. There's no other way of saying it. She might even beg you to take her right then and there. But, you are not going to. You have bigger plans, more erotic plans, and more intense plans. you're going to do whatever you have to do to hold on.

You've just successfully completed the first stage of foreplay. You've learned the power of the kiss. You've seen how it can mimic sex and totally arouse your woman. You've learned the proper stages to build the excitement. You've learned how you can satisfy and all by simply staying above her shoulders. But, now, you can allow yourself the next pleasure...below the belt!



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Part 4 - Second step : from the first date to having sex

4.7 Getting women in the mood: three ways to kiss her

Before we can even talk about sex or kissing, you have to get her in the mood for it. A few chapters ago, I talked about the four most important steps in the process: loosening up, rapport, comfort/trust and AROUSAL. Any time you go through these phases, you're working on getting her in the mood. I've already mentioned some conversational aspects of this; now I'd like to talk about the physical part of the equation.

Let's say you've covered the basics. After a nice chat with each other, she is loosened up and feeling comfortable in your company. You can use the questions game at this point to direct the conversation toward more sexual topics and get her thinking about sex. Of course, you can come up with your own way of doing things — the questions game is just one tool of many you can use.

Now we begin to lay the foundation on which we can start building the house. In saying this, I mean that you will need to get the physical part down as well. **One thing that's necessary is human touch.** How do you expect a girl to be comfortable with your kissing her if you have never even touched her? I don't want you to become another touchy-feely guy, but don't be afraid to touch her when the mood is right. Touch her arms, shoulders, back and her hands occasionally.

Touch her in a casual way from the beginning of the conversation, as if nothing has happened and it's a normal part of human interactions. When she's more comfortable in your company, stand or sit next to her. Try putting one of your hands on her back or waist area and embracing her. If she moves away, it means that she's not ready to go more physical yet. Don't force anything; take a few steps back and establish more trust with her. Talk a bit, have fun together and let her loosen up more.

If you're new to the whole thing and not used to touching girls, it might seem strange when you do it for the first time. You will need to practice it. The first step is to realize that without touching, you're going nowhere. You'll have to do it sooner or later if you want to get anywhere, so touch her as soon as you can. A Man has no problems with going physical. If you can't do it, you won't be able to INITIATE and LEAD. That's one of the biggest mistakes you can make.

So practice casual touching during your everyday conversations with people and especially women. Don't overdo it, but when you're talking to a girl or your close friends, touch them in nonsexual areas, including their hands, arms, shoulders and back. Pay attention to how they react though; some of your friends might not be comfortable with a guy touching them, and you should definitely NOT practice on your boss, unless you want her to sue you for molesting her.

Back to your date: When touching her, always watch for signs that she's giving. Don't stare at her, but pay attention to the subtle indicators that she's ready for the kiss. Use what you learned in chapter 4.5. Usually, if the girl is smiling, looking into your eyes and asking you questions; if she doesn't pull away when you lean closer; if she lets you keep your hand on her back when you're sitting next to each other; if you're having a pleasant conversation and talking about deeper topics or even about sex; or if she starts licking her lips with her tongue — she is ready for the kiss to happen. Now it's time for you to initiate. But how?

There's a little test you can use to make sure you have the green light. **Act as if you see a hair on her shoulder or on her face, and gently stroke it off.** Or, if you want to be more direct, when you're sitting close to her, you can simply touch her hair and stroke it a bit with your fingers. Or sweep it away from her ears. Letting you

touch and play with her hair is almost as intimate as letting you kiss her. If she's relaxed while you're doing this and doesn't pull away or grimace, she's ready to be kissed.

There are many ways to kiss her. **Here are three: a direct and two subtler ways.** The direct way takes balls, but it's much easier. Tell her to close her eyes. If she asks why, tell her that you have a surprise for her. If she won't close them, it means she's not comfortable enough with you yet (if this happens, take a few steps back). When she closes her eyes, lean in and give her a gentle kiss on the lips. She will either kiss back or be stunned. If the latter happens, just smile and say: "That was good, wasn't it?" This is the cocky way of doing it, but it works. To pull it off, you will have to be consistent with yourself. Never apologize for being the Man. You are the leader, and you will take what you want. If she ever acts annoyed or pissed, it's just her test to see if you're really a Man or only pretending. So smile at her, and act as if nothing has happened.

If you want a more subtle way to kiss her, there is a technique you can use. Her neck and shoulders are very sensitive for a woman. By smelling her there, you'll stir up her animal instincts. Just think about how dogs sniff each other during their mating game. First sit next to your girl. I also love to do this when slow-dancing. Wherever you do it, lean a little bit closer, and slowly start smelling her shoulders. Do it in a casual and relaxed way — both of you should enjoy it. Tell her that she has a wonderful scent, and you can't stop yourself from taking it in for a while. Breathe deeply and sigh while doing it — she should feel your light breathing on her skin slowly turning her on.

Take your time and spend a few minutes doing this, while advancing from her shoulders to her neck. Move to the sides of her neck and the nape just below where her hair grows. You can start gently kissing her neck after a few minutes of smelling. Move upward slowly with the kissing, and continue on her cheeks. When you feel that the time is right, lean in and give her a gentle kiss on the lips.

The last way is the shy guy's way. Just kidding — but it still takes the least balls to do. When you think she's ready, pop her the question: "Would you like to kiss me?" She will most likely say: "I don't know ..." or "I'm not sure ..." or "Maybe ..." or "Yes!" If that happens, say "Hmmm, let's see!" and go in for the kiss.

Sometimes you can get "No" as the answer. If that happens, tell her that she really knows how to ruin a beautiful moment, and act offended in a playful sort of way. Tell her that now she has to make it up to you; then let her figure out a way to do it. When you feel that the moment has arisen again, kiss her. And if nothing works, you can still use the smelling technique to initiate kissing.

Finally, if you're unsure whether you're a good kisser or not, practice. Kissing can be both gentle and aggressive. **When kissing a girl for the first time, start gently and become more aggressive as both of you are getting turned on.** Watch your partner's reaction. Although you can only become a good kisser by doing it in real life with real women, there's a little technique you can experiment with: Practice gentle, soft kissing on the back of your hand.

Generally, during kissing, your lips should be relaxed and not too stiff. Do it as you would kiss your love, and don't stress yourself, because your lips will become tense as well. When you use your tongue, don't force it into her mouth. Put it gently in and see how she reacts.

You can play with her tongue or pull yours back and let her put hers in your mouth. Avoid using too much saliva and slobbering into her mouth.

And, of course, make sure you have good breath before kissing. Have some chewing gum or breath freshener with you, and don't eat onions before your date. Flossing and using mouthwash or a tongue-scraper after brushing your teeth can do wonders to help you avoid bad breath. Ask your dentist for more info on the topic.

I remember the first girl I kissed when I was a teenager. She looked good, but she had braces on her teeth: It was a pretty intense experience. I hesitated for a long time before making my move. I didn't think she wanted to kiss me. But still, I popped her the question: "Do you want to kiss me?" She said, "I don't know ...". So I gathered all my courage and went in for the kiss. We ended up kissing for the whole night of the party. Even when you're not sure whether to make your move or not, doing something is always better than doing nothing. And, usually, the barriers are only in your mind, and the girl would have been ready for the kiss much earlier.

4.8 The make-out

A good make-out session after kissing can lead straight to sex. For this, you will need a calm place where you won't be disturbed and the knowledge on how to do it well. The knowledge is here; I will talk about possible places in the next chapter.

Let's say you've just kissed. It doesn't really matter whether you're on the first date or you've already had a few. **Take your time, do things slowly without rushing anything, and look deep into her eyes whenever you can.** Start by running your fingers through her hair. Play with it, wrapping a few locks around your fingers. You can also grab a lock of hair and pull it softly. Smell her hair, neck and shoulders a bit whether you have done it already or not. Take deep, long breaths, as if you're inhaling fresh air. Let your nose and mouth touch these areas when smelling them.

After a while, start softly kissing her neck and shoulders. Slowly advance up to her face, till you arrive at her lips. Tease her by taking more time; kiss her forehead, cheeks, nose and chin before going for her lips again. This makes the girl want your kisses even more. When you've created enough anticipation, kiss her passionately for a while: Softly slide your tongue into her mouth, and let it wander around. While kissing her, explore the nape of her neck just below where her hair starts to grow. This is a very erotic area for women. They love it when you stroke and caress it. You can push away her hair, and smell the nape as well. This will drive her crazy.

Alternate between smelling, short kisses on her face and neck, then deep erotic ones on her lips. Don't forget her ears. Caress them with your fingers; kiss the perimeter area, suck on them, bite them lightly and, if she is comfortable with it, lick inside with your tongue. Not all women like this type of activity around their ears though.

Biting her softly in places is a wonderful tool for arousal. Start with her neck and shoulders first. Make those subtle, very soft bites — you are not a cannibal after all. There is an erotic area on her arms where the forearms and upper arms meet. You can bite and smell her there — she will love it! Erotic sucking and licking on her neck, arms, shoulders, tits and thighs will arouse her as well; just don't slobber.

While doing some of the above, let your hands wander around her back and waist area. Then touch her belly, stomach and the sides of her body; caress and massage them gently. See how she reacts. If she is reluctant, take a few steps back; then advance slowly again. Mix it up from time to time: like a bit of kissing, then biting, etc., while stroking her with your hands.

When you think she is ready, slowly move on toward her more sexual areas. Touch the sides of her breasts "accidentally," or touch her butt a little while stroking her waist area. If she's comfortable with this, escalate your touches: Start by lightly caressing her tits and her ass. Massage them gently through her clothes. If the place allows it, you can start undressing her or simply pull up her bra a little. Draw diminishing circles with your fingers and tongue on her breasts from the outside to the inside — such anticipation will drive her crazy. Then, grab her tits more roughly and suck her nipples. You can use licking, sucking and biting to discover other sensitive places on her body as well.

Don't ignore her ass, legs and thighs either. Massage them and let your hands explore these areas. She might enjoy soft pinches on her buttocks. You can even try spanking her ass once or twice in a soft but sexual way. Whether she likes stronger or lighter touches will vary from girl to girl. Experiment while making out and see how she responds. If she likes it, keep doing it. There are certain sexual areas that are the same for all girls, but each of them will have a specific part of her body that is more sensitive than the rest. You'll have to figure this out over time by watching her reactions to your touches.

When she's comfortable with your playing with her tits, inner thighs and butt, move your hand toward her mons pubis (pubic area). Massage her pussy through her clothes. Slowly slide your fingers inside her trousers and massage her clitoris. If she lets you do it, put your fingers inside her panties and play with her bare pussy. You can also make subtle references to what you want by putting her hand on your lower belly then slowly sliding it downward toward your crotch. If she grabs your penis, she is very aroused.

During the make-out, she may say things like: "We shouldn't be doing this." "It's too fast for me." This is the logical part of her brain (social conditioning) kicking in. Unless she's upset, pulls away or tries to stop you, just ignore these comments. If you persist in giving her the sensations and arousal that are necessary, her animal instincts will take control, and she will be ready for sex.

If she physically stops you, stop immediately! Don't force anything, and DON'T RAPE HER! She might need some time and might be ready by the next time you meet. As I mentioned previously, some girls will require more time than others.

2 GIRLS TEACH SEX

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Hosted by Bobby Bradshaw

VIDEO 1. Multiple Orgasm Methods – a) Education - Seduction Kissing

0m:37



- When you start out the kissing is slow & soft
- Start with both of your hands on her hips

You're putting the cart before the horse if you start off going all out like it's jungle warfare



- Your and her eyes are closed

0m:48



- Then kiss her more deeply and more passionately whilst getting physically closer to her

0m:53

- So you want faster kissing and more open mouth kissing & more tongue on tongue

1m:01

- Either pull her in or take a half-step closer to her

The point here is that although you're openly kissing, you're getting closer because a sexual act is going to follow

1m:25





- Move down her neck to create passion
- Kiss the side of her neck & the bottom of her neck

1m:36



- Put one hand behind her head

This increase authority, shows you're in charge & creates presence

1m:45

This will wrap her up in the experience

The environment is being controlled for her and it adds a lot of emotion

1m:48





- From here you transition to putting one hand on her tits

2m:03



- Just leave it there!
- You can play with her tits a little bit or just leave one hand there

She'll start getting really turned on because you're kissing her as well as touching an erogenous zone

2m:30





- Keeping in mind the entire time you're still kissing her, take one hand and put it right up against her pussy. Just leave it there. Take it easy, don't push in, don't try to get into her pants etc. Just leave it there so she can grind up against it and get really turned on
- Keep kissing her the entire time.

As soon as you stop kissing her, the flow of continuous stimulation stops and she's pulled out of the experience

2m:43



- Next thing is to take her hand and put it on your cock
- Keep your clothes on

The point of this is to increase her sexual attraction and desire for having sex



- You can pull off your own pants, you don't have to wait for her to pull them down
- Then put her hand back on your cock

At this point she's going to be really excited to have sex and it's going to seem very natural

- From here you can transition into taking off her clothes

VIDEO 4. Shawna's Pornstar Sex Secrets

.... sex secrets of a famous pornstar - Shawna Lenee

Kissing as Foreplay

23:38

Shawna loves kissing.

She likes it when a guy looks her right in the eyes and then kisses her (take charge), then sits back for the longest time because she gets lost in her own world

Don't just stick your tongue all the way down her throat. Use a little bit of tongue or no tongue (depends on the girl's style)

Don't use too much spit

How would a guy know when he's kissing her the right way?

24:14

Feel the flow

Instead of thinking how you're going to kiss her, you need to connect emotionally with her and just do it

Think about HER not what YOU're going to do

ROOSH VALIZADEH – BANG

Chapter 2 EARLY GAME

Escalating To The Kiss (KISS)

The more time into the interaction you are, the less critical it will be to have something interesting to say. You simply cannot sustain a relationship built on always-interesting conversation. If you've adopted The Vibe and ran a couple of your best routines, you will already have blown out 80% of all other guys she has met in her life based on the first thirty minutes alone. Your focus at this point will be maintenance because failure will come either from saying stupid things, getting needy, or getting cockblocked. As long as you stay relaxed and keep doing what you are doing, your odds of success will be quite good. Retain the mindset that it is her that should be proving herself instead of the other way around. She's the one who is on display and being judged, not you.

Besides getting the number, your other two options are continuing the interaction where you are at or moving it to another location. Most of the time you will be staying in the same venue, so let's talk about that first. Since

your value has already been displayed and she is interested in you, your goal will be to relax, get to know her, not say anything stupid, and most importantly, escalate. Retain the thread strategy to keep the conversation flowing while you find commonalities and ramp up touching. You want to reach a level of rapport where it feels like she's known you for longer than she has.

Your hands will be the main escalation tools. We last left one of your hands resting on the side of her hip and it **should now be encroaching on the top of her ass**. Don't be scared to do this. Touching is extremely important in shortening the time it takes to get her in bed so it is something you should always be focused on. Even if all you can manage is subtle footsy games underneath a coffee table, it's better than nothing. Touch and touch often.

Another important touching move is **hand holding**. If you are leading her to another spot in the venue, stick your hand out right next to hers. Now gauge her return grab. If it is a weak grip where the hold would be broken if you loosen pressure, that means she does not want to currently hold your hand. Let her hand go and try again later. Once she is comfortable with your touching and starts to reciprocate with some touching of her own, she is ready for the next step: the kiss.

All the ways in which humans express physical affection can be fit on a line. On one end is the hug and on the other end is penetrative sex. You've hugged many people in your life, probably some that you don't like, but as you move down the line you are less likely to perform intimate acts with people you dislike. Kissing on the mouth is somewhere in the middle, an act you only do to people you have an interest in but something not serious enough to warrant a lot of thinking or analysis. It's only one step above breathing in someone's ear or rubbing noses.

But the faster you can kiss her, the better, and it's for one simple reason: to save time. If you don't kiss her when you meet her, you are going to have to do it on the first date. Since on this date you won't be able to kiss her until the end, after you rebuild the magic from the night you met, you can save yourself at least one whole date—and the money that date costs—if you kiss her when you first meet. This is because she will be more open to moving it much farther on the first date if you already kissed beforehand. In other words, a man who didn't kiss his girl at the bar will have a second date two that looks like the first date of a man who did.

You may be thinking that you are moving too fast if you try to kiss her when you first meet her, but in fact you are probably moving too slow. In some foreign countries, especially ones in South America, it is very strange if the guy doesn't make a move within an hour or so. In Venezuela I made out with a Brazilian girl after a thirty second introduction (granted, she was a prostitute, but I didn't know that at the time). Even in the States, many American girls will not hesitate to make out with a guy that they feel attraction for (thirty seconds is my record here as well). Think of kissing as a prerequisite you need for sex to occur. You can kiss girls and not have sex but not the other way around, unless you are paying for it.

Since kissing is a physical act, our kiss escalation strategy will be composed of physical moves. A girl may get aroused if you tell her a story about how you climbed a mountain to kill a bear with your bare hands, but storytelling is not as efficient and universal as touching. **Girls will kiss almost anything as long as they are interested and physically comfortable with what they are about to kiss. No emotional connection is required.**

There are four key moves to the kiss :

two of which you can use when you meet her and two additional ones that come into play on the first date. They ease into the kiss so you don't surprise her in a way that may lead to an awkward moment. By using physical moves that ramp up towards the kiss, she will have the opportunity to let you know if she doesn't want to kiss you well before you close the gap to her mouth.

The first move is the staring contest. Silent eye contact is an intimate gesture usually reserved for close lovers. You introduce the staring contest in a playful way by randomly saying, “I bet you I could kill you in a staring contest.” Some girls may whine that they are not very good at staring contests, but press on and tell them that you are not that good at it either. Fifteen seconds into the staring contest, take advantage of the opportunity to be playful by either falsely accusing her of blinking or complaining that your contacts or dry eye condition give her a totally unfair advantage. If you lose the first round, suggest a best out of three. The staring contest makes her feel more comfortable with you.

After the staring contest, your touching game should be well established. If you are in a bar or club, your **hand is frequently attached to her hip**. If you are at a coffee shop, your feet may be touching under the table and your arms or elbows may come in frequent contact. The distance between you two should be closing.

Now we’re going to introduce the holy grail touch move: **the hair stroke**. Perform this move when she has responded positively to most of what you’ve done so far and you feel like she is giving out mostly green lights (a couple yellow lights are normal). First, maintain constant eye contact while she is talking and then interrupt her by saying, “Wait.” Then very slowly and gently, brush your fingers across her temple going behind her ear to fix her hair, even if there is nothing to fix. Then say, “I fixed your hair.”

While seemingly innocent, this is a very intimate move that again is reserved for lovers. After you perform the stroke, gauge her reaction. Did she make a weird face or seem like she was creeped out? If so, then she is not ready to be kissed until your next meeting, where you will run the two additional moves. Unfortunately, a small minority of girls have rules or major objections to kissing guys on the same day they meet them. If she gave you a neutral or deep look and continued the conversation, or simply maintained eye contact without questioning what you did, she is ready to be kissed.

Knowing a girl is ready to be kissed is like knowing what poker hand your opponent is playing. You play the hand in a way that maximizes the amount of money you get. With a girl you want to use this knowledge to amplify the sexual tension so that the kiss has more impact, which she attributes to you instead of your moves.

First, during conversation or dancing, lock eye contact and move to within about six inches of her face. If she is ready to be kissed, she will not move back. Continue with physical touching for the next couple of minutes by moving away and then back to this invisible six inch wall. Then move to within four inches and break eye contact at least once to glance at her lips. She knows what this means. This is fun because you will feel the tension that you are creating and probably get aroused. She may even close her eyes to get ready for you to kiss her.

At that point you know you can do it right then, **but instead you will pull back and continue the conversation like nothing happen.** How long you want to postpone the kiss depends on the stability of your environment. If you are at a place with lots of distractions and there is a real chance you will get cockblocked, your next pass will be when you kiss. But if you are at a quiet party or lounge, you can play the dance a little bit longer for a stronger effect. Make at least one more pass where you simply repeat coming in close, building the tension, and then bottling it up by pulling back.

On the final pass, get in close to where your noses are about to rub, hold it for two seconds, wet your lips if you need to, and then make that final leap of faith onto her mouth. Rejection should not be on your mind because if a girl lets you get within a couple inches of her face, she is accepting the kiss. If you are at a non-alcoholic venue, you will have the opportunity to perform at least one pass after the hug goodbye, where you loosen the hug but leave both of your hands resting on her hip so you remain close to her.

While this technique gives you an assurance that she is ready, it is actually overkill because she probably will be ready well before you do even the staring contest. It mainly serves the added benefit of **building**

tension.

A rule of thumb when it comes to kissing a girl is to see if she remains still when you get close to her face. If you are a few inches away and she doesn't move, she can be kissed right then and there. Experiment in a way that balances speed with sexual tension. If you are talking to a girl who you don't want to ever see again, go for speed. But if you do want to take her out again, you want to build as much tension as you can to blow her away when you finally do kiss her

Another way to feel out the kiss is through the **cheek kiss move**. It's an optional move I do if I want instant feedback on how I'm doing. To perform this move, first wait for a natural break in the interaction where she goes to the bathroom or to the bar for a drink. Then turn your head sideways, point to your cheek, and say, "Kiss on cheek!" If she asks why or says no, that means you have to keep working on her. Her refusal may be a cause for concern because, after all, it is only a cheek kiss. If she gives you a simple cheek kiss, take that as a neutral sign that means you're on track. If she makes out with your cheek, then she is ready to make out with you. Keep the move going by asking her to give a kiss on your other cheek. Then say, "Alright I guess I gotta give you one now." Give slow kisses to both sides of her face and then make eye contact while you are still close. If she doesn't pull back, you can go for the kiss right there. There are many ways to kiss a girl, and as long as you don't ask for permission, tell her you want to kiss her, or make sudden movements, it's hard to go wrong.

There are a couple kissing technique tips you want to keep in mind. **First, you get better at kissing by copying good kissers.** Kiss a lot of girls, note what they did that felt good, and copy it to try on the next girl. Chances are if it turned you on, it will turn someone else on too. Because girls are generally much better kissers than guys, it's better to learn from them than from a guy. **Second, ramp up contact gradually.** When you first start kissing a girl, don't immediately give massive amounts of tongue. As time goes on, slowly introduce more and more tongue and then some biting and then whatever other move you want to try. **Third, keep your hands moving.** Kissing is a great distraction to let your hands do some exploration. Let them slowly roam her body to amplify the experience. Cup one hand on her face like you see in the movies. Run your hand over her hair and hold the back of her head as you lead the kiss. If you are sitting down, start thinking about introducing your hand to her upper thigh, rubbing it slowly. This is an important move for later.

If you are reasonably certain she is not going to kiss you on the same night (she keeps moving away when you get close), think about ending the interaction with a number before it gets stale. There is little benefit in continuing indefinitely without the possibility of physical escalation because more things can go wrong than right.

Chapter 3 MIDDLE GAME

Date Escalation (KISS)

I cannot stress how important it is to kiss her by the end of the first date. Except for one exception, a virgin, every girl I have ever had sex with was kissed by that time. If we are aiming for sex by date three, a very reasonable goal, we need to get the first kiss done quickly. Otherwise it will take much longer to get there and you will enter the very dangerous territory of committing to a girl who is probably getting what she wants (attention, validation) at your expense. Kissing a girl by the first date is such a huge and reliable predictor of upcoming sex that I don't bother calling girls who resist it. With so many girls out there who are comfortable with intimacy, it'd be a waste of your time to go down the rabbit hole of a relationship with a girl who is going to blue ball you. You need to know how a girl is in bed before you decide to make a real investment in her, and it would be a large waste of your resources to wait until date eight or so to find out that she is a dead fish. Don't buy the juice before you get a squeeze.

After you run your date moves and routines, you will get more horny and start thinking about banging her. **Once all signs point to her enjoying your company and you enjoying hers, it's time to bring out the hair**

stroke move before going in for the kiss. It's fine if you've already done it on her before. Hopefully you are sitting next to her with one arm behind her and one arm free. During a natural silent moment in the conversation, maintain eye contact, get a little closer, do the hair stroke move, glance at her lips, get a little more closer until you are just a few inches away from her face, and then go in for the kiss. If she's going to resist the kiss she will recoil during the stage where you get closer, which is highly unlikely if your arm is around her. It is also acceptable to do a couple passes where you move in and pull back once or twice to tease her, as described in-depth earlier. This is less necessary to do on the date than when kissing her on the same night you meet because the hours of talking have created a good amount of sexual tension that needs little amplification.

Don't overdo the kiss. She may interpret your desire to constantly kiss her as neediness. You always want to leave her wanting more by stopping short right before you think she is getting satisfied. If on a first date I kiss a girl for say a total of five minutes, I'd rather do it in five one-minute bursts than one five-minute session. After you pull back from the first kiss of the date (**it will always be you that pulls back from kisses first**), wait a good 10 minutes before you go back in again to show her that kissing is not a big deal, and resume conversation like nothing major happened. Re-entry is best when another natural silence in the conversation takes place. **Feel free to throw in a couple fake-outs where you get really close** like she thinks you are going to kiss her again but you pull back and continue conversation. **Be unpredictable about when you end kisses**—sometimes you go in for a minute, sometimes two minutes, and sometimes only twenty seconds. Save the extended make-outs for when you get her in a bedroom. You want to tease her—blue-balling yourself in the short term—to turn her on so much that she doesn't resist when you escalate in the bedroom.

If she is not ready to be kissed at the second venue, you have two options. The first is to move the date to a third venue. I only recommend this if you think she is interested but just a little conservative or nervous, because otherwise it will be a waste of money. You begin to hit the point of diminishing return when you venue change to a third location, but it can still help break down remaining resistance. **Your second option is to end the date and try to kiss her when you say goodbye. It is possible that she wants to kiss you but not in public, especially if it's the first kiss.** Get her in your car to drive her home or walk her to wherever her ride is and then try to kiss her after the hug goodnight. Since it's not a good idea to bother contacting girls we don't kiss by the end of the first alcohol date, it will be a do-or-die moment where you must make your best effort to kiss her even if your intent seems obvious. If you have to keep trying until she is finally forced to turn her head away, so be it. You will walk away from her on this first date knowing whether she is open to having sex soon or not.

EBOOK - 60 YEARS OF CHALLENGE

From 60 Years of Challenge's ebook available on
<http://escalationisattractive.wordpress.com>

Ch. 5 Seduction Tactics

Using Kino: The It's On Moment

I don't worry about a kiss close

My kiss close is a hand-hold. All you really need is an "it's on" moment of mutual caressing.

i.e. caressing each other's hands

The IOM

After an IOM you both get that powerful new couple feeling. She is under the influence of the pleasure chemicals that are released. You are now on the same team. You are working together. She has admitted non-

verbally that she likes you. No matter what she is saying on the verbal level (i.e. testing you, ASD) you can just ignore it. There is also a lot of comfort built during an IOM due to the mutual caressing.

There is a huge difference between the kino escalation you can do before and after an IOM. Before: social kino like leaving your hand on her lower back. After: sexual kino like putting your hand down the back of her pants.

In other words, after this moment the less important escalations guys worry about become unlocked. Things like her number, kissing and isolating all take care of themselves. Just go for those hands. They don't lie. Listen to her hands not her.

Creating the IOM

- Simply put your hand out for her to grab
- High five her and hold on
- Keep holding on after initial handshake

Quickly transition the hold into mutual hand caressing. The reason you don't stay holding her hand for too long is because the connotation of "holding on" is needy. Plus a hold isn't really mutual.

Troubleshooting

What if she doesn't grab onto your hand or pulls it away?

Don't verbalize it or make a joke. She won't bring it up either. You can always try again later. Thus you have more opportunities when going for an IOM than using verbal escalations which can be verbally rejected. It's like the resistance never even happened. Do you think you get more chances to go for the kiss or go for her hands? Which is easier to do with other people around? Which one if rejected requires almost zero damage control?

What is Escalation?

Guys think escalation means kissing. They try to create the right moment to go for a kiss. It never comes. Just go after her hands. Her hands don't lie. What can you trust with all her mixed verbal responses, the hands! If she won't even hold onto your hand or return kino (mutual caressing) then sorry, she is not interested.

Time Wasters

Women with low interest will go even as far as holding your hand. They will even let you try to kiss them. Although of course they will shyly turn away and won't exactly kiss you back. She will pretend it's just that she is shy. She wants to make it seem like you still have a chance.

But one thing these time wasters will never do is mutual caressing. You will notice she absolutely will not caress your hands. She will not caress you back if you caress her. Laughing, smiling, staying, eye contact and tapping you. No problem. All these things she can fake. But mutual caressing, this repulses her.

It repulses her because this is something people who really like each other do. And she doesn't like you. No return hand caressing is a dead giveaway you are with a time waster. That is why you always go for those hands!

An IOM can happen in seconds

The easiest most consistent way to get to this moment is by playing with each other's hands. The easiest part of your body for her to feel comfortable about caressing is your hands. She isn't going to just start caressing your legs.

The whole touch game is just two people feeling each other out. It's a secret conversation. It's the only conversation that matters and the only one you should be paying attention to.

This is how a guy who knows nothing about escalating gets lucky with a girl who already liked him. It takes him three hours to have the perfect seat arrangement, get close enough to her to accidentally brush up against her hand, making her reflexively touch his hand, leading them to both have enough courage to start playing with each other's hands. It finally becomes on.

We are just using a blend of incidental and overt kino to speed up the process of getting to a moment of mutual caressing. Do not leave it to chance like the average guy. Make the it's on moment happen.

Conclusion

So forget the out of nowhere kiss close and these other unimportant escalations that are stressing you out. Kissing her just reduces the sexual tension and gives her validation. Instead go for a mutual caressing IOM via a hand-hold.

I've never in my life been able to caress a girl's hand and not be able to isolate her, get her number, or kiss her in private later on.

CH. 6 Escalation SP's

Kiss Girls in Private

Kissing reduces tension and gives her validation. You become just another bar makeout to her. Instead make it officially ON with mutual caressing and then tease her the rest of the night by "almost" kissing her.

i.e. Get close to her neck and then smell her hair. Or put your mouth really close to her lips but stop just short of kissing her.

The goal is to show you COULD kiss her if you really wanted to, but you just choose not to. Be a tease.

If you really can't help yourself give her one quick passionate kiss and stop first. That's it.

Your Frame

You only kiss girls in private. This gives her a challenge and sets up an opportunity for you to go somewhere alone together later. This way she has something to work for and look forward to.

In isolation you will also want to limit kissing until you are penetrating her with at least your fingers and she is really aroused.

You don't need to kiss her in order to have sex. You only need sexual caressing.

HOW TO KISS – VIOLET BLUE

Be advised, written by a woman for women.

Chapter 3: How—And What—To Kiss

The perfect kiss is your key to paradise—so it's important to have a full arsenal of techniques at your disposal. Anyone would be lucky to plant one on your lips—especially when you've got the skills to make them melt.

It's all about style, delivery and hot spots. With a range of methods to choose among you can develop your own kissing style. Depending on how you feel, or how hot you want your kiss-ee to feel, you can start with nibbles,

move to licks, and on to passionate lip presses. Or, make it hotter by adding light lip suction and tongue-to-tongue caresses.

Meanwhile, between techniques, you can whisper sweet nothings into their mouth, exciting them even more.

You'll want to know a full range of techniques so you can adjust your style to match that of your partner—an extremely valuable skill. For instance, if your kissing partner starts out lightly grazing your lips, will you know how to return the kiss—or how to gently take it to the next level? Then, when your kissing session really heats up, use advanced, expert tricks to show them you're a make-out master. And don't forget that great kissing isn't just about their mouth—it's about making the most of your hands and body movements, and smooching those sexy hot spots all over his or her body.

Techniques

Kissing techniques come in three main categories: light, intermediate and intense. Lighter techniques are perfect for first kisses, short kisses, starting out a kissing session, cooling off a particularly hot encounter, and ending a kiss. Intermediate techniques are yummy filling—use these for the duration, mixed liberally with either light or intense techniques, depending on how you want the make-out session to go.

Intense techniques are exactly that—serious turn-ons, secret weapons and the kind of techniques you pull out when there's no turning back.

For your session play around with a pattern of light, intermediate, intense, pause, repeat. People with glasses might want to take their glasses off for extended kissing sessions, and people with braces will want to take care not to press too hard. Experiment with tempo and speed. Practice the following techniques on the palm of your hand (the sensitive hollow, in the middle), then on a very lucky test subject.

Lighter Fare

Nibble.

Nibbles are little bites using only your lips, or your upper lip with your tongue. When you nibble, use your lips to lightly nip, or squeeze the skin in between. You can lightly nibble, or nibble with as much force as your lips can muster, and either way the sensations will be pleasant. Nibbling can be done anywhere on the body that sticks out, such as lips, nose, earlobes, nipples and places where there is a wide expanse of skin such as cheeks, neck, chest, stomach—or anywhere else.

Graze.

When you graze an area on someone's body, you are simply brushing your lips over the area. This can be done with small, short movements, or long, wide strokes. Imagine your lips are a paintbrush. Try slow strokes or movements, or quick circles. A pair of lips can graze any area of the body, and this is a very sexy way to get acquainted with the scent of your lover's skin.

Trace.

Similar in technique to grazing, tracing can be done in all the same ways, but instead using the tip of your tongue. Trace around their lips as if applying lip balm, or trace strokes, shapes and patterns on other parts of their body—especially any hot spots.

Breathing together.

With both mouths open, nothing is sexier than inhaling someone's breath—literally taking their breath away. Take turns.

Sweet kisses.

These are light, full-mouthed kisses, but with no tongue. Push your lips forward slightly, yet keep them soft (and your mouth closed). Try your best to press evenly with your upper and lower lip at the same time. These

kisses should linger for only a moment or two, no more than the length of a full breath. Purse your lips, then press, then move to another technique or pull back. If you linger for a second, move your head slightly (instead of your lips) for a variation.

Intermediate Fun

Speak.

Whispering, or gently talking into someone's open mouth between kisses is incredibly arousing. Tell them how much you enjoy what you're doing, how good his kisses/lips/tongue feel, how sexy he looks kissing you, or how excited you are. You can even tell them where you want him to touch or kiss you, if you're feeling daring. Moaning into his or her mouth is also extremely hot.

Lip presses.

These are similar to "Sweet Kisses" above, but without any movement, and more pressure. It sounds simple, yet it is very effective in focusing his attention on your desire—this technique communicates sensual directness. Purse lips, press firmly against their lips, pull back. Repeat slower, controlling the kiss.

Bottom lip/top lip.

This technique focuses your attentions on either their top or bottom lip, and you can play with one at a time, or single one lip out for extra-special attention. The popular lip in this technique is the bottom one, but the top lip is equally as sexy and intimate to engage. Lick the lip you choose, nibble it, graze it, suck, and even give it a tiny bite.

Corner of the mouth.

Don't neglect the corners of their mouth when you're kissing—it's easy to forget when you have a pair of sexy lips to nibble on! The corner is where the lips meet, at the edges. This is a highly sensitive area, and it deserves sweet kisses, lip presses, licks and nibbles—yet it is so sensitive that you shouldn't overdo it.

Open mouth, no tongue.

A terrific transition technique that can be used over and over at every stage, this is when you'll open your mouth a little (but never too wide) and kiss wetly, with a lot of lip motion. It's tempting to let your tongue poke out just a bit, but this kiss is much sexier (and there's less drool) when you keep it in your mouth. Push, suck, pull, rub and massage with your open lips, but never cover their whole mouth with yours or it'll have a suffocating effect that many people detest.

Roof of the mouth.

This is a highly controversial kissing area because it is so sensitive. Some people really like having the roof of the mouth lightly licked—and if your kiss-ee does, then do it a little, and back off.

Others might dislike the sensation, as it might feel like an uncomfortable tickle, making them feel like they have to scratch an itch on the roof of their mouth. Of course, if you're playing mischievous sex games and teasing each other, tickling the roof of the mouth is a sexy and highly intimate way to "get their goat."

Intense Arousal

Suck.

Light to moderate sucking was touched on in earlier techniques, but when you're playing for higher stakes, creating a vacuum with your lips and mouth sends a direct message of sex to your lover. Keep your lips soft, and create a seal with your mouth, removing the air a little, or a lot. Suck lips, teeth, tongue, neck—it doesn't have to be a perfect seal, and you can slip around playfully and even make a few sexy noises while you're at it.

Lick.

Moisten your tongue before you lick, but be sure that it isn't too wet—we all know how awful a slurpy lick can be. Point your tongue yet keep it soft (practice!), and brush it across their lips, lick the corners of the mouth, lick under their chin (if he's not too stubbly). Lick the neck, ears and nape (base) of the neck. Use wide, flat strokes on wide areas. Make circles, spell words, or press with your tongue as you lick. You can even lick teeth and tongue.

Probe.

This technique consists of inserting your tongue into their mouth, and slowly, sensuously exploring the teeth and tongue, or the whole of their mouth. Don't rush this one, or use a hardened tongue, or the technique will backfire. Take your time and savour every sensation, flavour and second of the whole technique.

Tongue only.

This is a no-lip, tongue-only kiss technique. It will make you giggle and smile, or it will make you both very aroused. Make eye contact before you move in for the kiss, opening your lips in a halfsmile and extending your tongue in an upward curve. When you reach the tongue, keep your tongue out of your mouth and play your two tongues together, taking a long time to feel the textures on the tongue, its flavour, and have fun dancing your tongues around together.

French Kissing.

Like the "Tongue Only" technique, but advanced. This is an open-mouthed, full-contact kiss with both tongues completely engaged. Purse and press lips to begin the kiss, then when contact is made part your lips and sneak a lick of their lips with your tongue. If his or her lips part (I bet they will), then gently slip your tongue past his lips to taste their tongue. You may pull your tongue back and pull away to repeat the whole kiss over again, or you can linger and continue French Kissing.

Touch and caress each other's tongues taking a long time to feel and sense textures and taste. Lick the centre of the tongue, and the sides. Lick the front teeth, upper and lower. Take your time, and enjoy varying the pressure of your tongue and lips. Don't forget to keep your lips in gentle motion—"frozen" or hard lips during this technique feels weird.

Use Your Body

You're not just a pair of lips and a tongue when you're engaged in a kiss—you have much more at your fingertips (literally) to stimulate your sweetie with and keep them riveted to your lips. Use your hands to touch their shoulders, neck, hold the cheeks (on the face, for now), or cradle the back of their head. You can caress or grab, knead or massage. Stroke their hair, or if your passions are high, run your hands through the hair, or all over his (or her) sexy bald head. Touching the face will be a big, highly charged (and amazingly intimate) turn-on, so caress the forehead, eyes, cheekbones, jaw line, even the lips, all while you are kissing. Keep your hands in motion throughout your kissing session.

Eye contact is also extremely important, though when your faces are very close you will want to close your eyes. The more eye contact you make between kisses, the more intense your kisses will become.

When your heads move come together for a kiss, close your eyes just at the point you feel your eyes straining, to avoid giving them a final, pre-kiss view of you with your eyes crossed!

Move your head just a little bit as you kiss—but not so much that they have a hard time following your lips. Subtle movements will change the angle of your lips slightly, resulting in a very passionate-feeling kiss. A little movement behind the kiss feels heavenly. The more intense your kissing becomes, the more you can nuzzle and push with your head and lips—his or her reactions will tell you to keep going with the motions, or you can

follow their lead. If they want you to keep going, they'll return your push with enthusiasm, a return push, or even a little moan.

Don't forget to smile between, and during, kisses—smiling is extremely seductive, and lets them know you're really enjoying yourself. Also employ the pause that refreshes, where you stop kissing, hold their head in your hands while gazing into their eyes for a count of four, then resume kissing.

Hot Spots

Also known as erogenous zones, hot spots on the body make terrifically sensuous places to use your kissing techniques. While genitals are definitely erogenous zones, I have left them out of this book. To read (or hear) about oral sex, see the recommended reading at the end of this book.

Cheek.

Cheek kisses, grazing and nuzzling are wonderful and almost guaranteed to make anyone smile. A light peck on the cheek can be a friendly greeting, or good-bye, or an excellent first date kiss.

Ears.

Kisses, licks and gentle sucking can drive some people absolutely wild. This is a serious hot spot, and even the lightest breath will send shivers up the spine, give ample goose bumps and generally really get instant attention. Some people become extremely aroused when you lick their ears or suck on an earlobe. Be highly aware that everything you do near an ear is very, very loud.

Eye area.

There's something very unique and tender about kissing someone's closed eyelid. Not many people do it, yet is very pleasant and quite unforgettable. Give them sweet kisses on his (closed) eyelids, eyebrow, outside corner of his eye, or just beneath.

Fingers and hands.

Grab a hand and stop to kiss and lick the upturned palm, or to kiss, lick and suck fingertips. This technique is a man-melter, especially if you simulate fellatio on a finger (or fingers), while making eye contact.

Feet and toes.

Admittedly not a technique for everyone, yet some people really love giving and receiving. Some might get so turned on by having their (clean) feet kissed (top and underside), or having their toes sucked, or the sole of their foot licked, that they can barely control themselves. Others may be too ticklish or too self-conscious about their feet to enjoy it. Ask first. If they like it, you can also rub their foot on your face and neck (or breasts!), and massage a foot as you kiss.

Forehead.

A very tender, romantic place to kiss that says, "I care about you."

Neck.

Like the ears, the neck is super-sensitive and a sexually supercharged place to kiss. Lick, kiss, nibble, graze, even suck and bite on it—though be aware that whoever you kiss may not want you to leave any marks. Pretend their neck is your canvas for all the different brush strokes your tongue can paint, and remember that the harder you press with lips and tongue, the more aroused they'll get.

Shoulders.

An often-neglected area in kissing that communicates romance and tenderness when you kiss it. Not as sensitive as the neck, the shoulders do respond erotically to kisses, and can give any human deep shivers.

Chapter 4: Kissing, A Field Guide Anyone can kiss.

But a kisser who knows their moves is a force to reckon with. A scandalous agenda helps, but becoming familiar with the full range of kisses—what they mean, how to use them, and when to bring out the big guns—makes them roll over and bark the minute your lips enter the room. With all the right moves, that Good Night Kiss is a doozy, you'll know how to deliver the prefect Taste Of What's To Come, and how to identify and avoid the horrifying Fish Tank Kiss.

Types of Kisses

Some kisses are standard—the Good Night Kiss is known by kissers worldwide as the end of a perfect, or less than perfect, night. Other kisses are magic tools and a bit more mysterious, such as the Nuzzle.

Famous or infamous, know your weapons and predicaments, and you'll be a kissing superstar.

The Good Night Kiss

At the end of the evening, when you both are about to part ways, it's time for the good night kiss. Sometimes this is the much-anticipated First Kiss (more on that later), though it can also be a sweet thank you for a nice evening, or a "Taste Of What's To Come" kiss (below). All humanoids know that a Good Night Kiss can turn into so much more.

That's why we like it. When this kiss is shared between friends who feel a spark of attraction beneath all that friendship mumbo-jumbo, we see just how close two friends can get. A well-placed Good Night Kiss lands on the cheek if you want to stay neutral yet let them know you like them more than a pat on the back -- or plant a light one on the lips if you want to send a direct message of attraction.

The Romantic Kiss

Everything is perfect—or not—for this intimate and compelling kiss.

Romance is so much more than setting, meaning that you can have a romantic kiss in a beautiful garden on a summer's day, or at a bus stop in a crappy neighbourhood. What matters is the intimacy, the connection, and the rose-colored glasses. When you both feel hot for each other and the whole world melts away, it's a Romantic Kiss, no matter where you are, who's watching or what's going on around you.

This kiss is all about the two of you, and it makes you the only two people in the world.

The Good Bye Kiss

This can be the fondest farewell, or the kiss-off, depending on how your date went. As a parting gesture it can be sweet and romantic, nervous and exciting, or a final goodbye that is either bittersweet or cold. Typically a kiss on the lips, but can also be a kiss on the cheek or forehead if you don't know the person very well or want to keep your friendship within limits. Usually the "good-bye" is said while delivering the kiss—some sneaky dates might turn the Good Bye Kiss on the cheek into a Romantic Kiss with a quick turn of the head. Be on guard!

The First Kiss

The most talked about, written about and stressed about kiss on the planet, the First Kiss is the stuff that fond memories are made of. Or scary urban legends. It's usually thought of as the first kiss between would-be lovers but it can sometimes happen so spontaneously that it's as if you're not in control—the body is having its own fun while the brain spins its wheels in giddy confusion. A first kiss is a romantic kiss, and between friends it can change everything.

The Sweetheart Kiss

Light like a butterfly, yet it sends electric shocks up and down the recipient's spine, this kiss is delivered sweetly and packs a punch. This is one of the more erotically potent kisses without getting too naughty.

The Sweetheart Kiss is a style of kiss that can be delivered anywhere, anytime you want to focus his attraction to you. These are light, fullmouthed kisses, but with no tongue, and on any exposed part of the body that looks inviting. Push your lips forward slightly, yet keep them soft (and your mouth closed). Try your best to press evenly with your upper and lower lip at the same time. These kisses should linger for only a moment or two, no more than the length of a full breath. Purse your lips, then press, then move to another technique or pull back. If you linger for a second, move your head slightly (instead of your lips) for a variation.

The Lusty Kiss

This is much like a Sweetheart Kiss, but with more pressure and you linger as long as you want—make it last, and it'll be lusty. Also includes use of your hands on his face, neck and hair, and subtle movements of your head—but no tongue. This is the kiss that lights his fire, a nice transition from Sweetheart Kissing to French Kissing, and says that you're ready to do more than peck each other on the lips or cheeks.

Give this one when you're ready to really show 'em you want 'em bad, and you're willing to be bad to get what you want.

Taste Of What's To Come

Truly mischievous kissers of all genders know all about this kiss—and it's a secret weapon used by femme fatales worldwide. This is the kiss that the female double agent gives James Bond so he doesn't blow her cover, the kiss that says you're as hot for him on the inside as you look hot the outside.

Often a full-mouthed French Kiss, it has an urgency and lust to it matched by no other kiss in that it's showing them you've got more moves to make them melt than they can imagine. It's a kiss where you are the aggressor and you lead the kiss from beginning to end. Pull them close, making eye contact. Slide your hands up onto the back of their head (or cradle her neck if her hair is perfect) as you pull their lips to yours, and press your body fully against theirs (all at the same time).

Then leap into the kiss, pressing against them more as you pull them into you, firmly caressing neck or head with your hands the whole time.

French kiss deeply, then pull away as you pull their head back. Smile wickedly, and continue eye contact.

The Nuzzle

A nose and lips combination, the nuzzle is an excellent cuddle kiss that can even be done in public. A real sign of affection, intimacy and tenderness, yet it can last for a few seconds up to several minutes.

Nuzzling can be done on any part of the body, but creases, folds and bends are ideal, such as the nape of the neck, between the shoulder blades, behind the ears, under the jaw, and so on. It's simple and feels sexy. Start by moving your lips and nose close to their skin. Purse your lips for a kiss. Right when you make contact with skin, inhale and gently press your lips and nose into the skin, moving your head back and forth a little bit to rub your face around a tiny bit. Give little Sweetheart Kisses as you nuzzle.

The Drunk Kiss

Sometimes confused for a Romantic Kiss, the Drunk Kiss happens more times than we want it to. It tastes like booze, makes you dizzy if you're the drunk, and often leaves you with a sense of confusion and regret the next day (along with a pounding headache, which is hopefully the only other physical residue you have to contend with).

Drunk Kisses are sloppy, drooly and unattractive to passers-by, yet for some reason you always think you look really glamorous and hot. It really looks like two pink slugs wrestling in slow motion during a waterfall. And if you can't remember it the next day, be certain that everyone else will.

Gladiator Kiss

This kiss is all him-Tarzan, you-Jane, and if you don't mind being moved around like a diminutive doll, at its best it can be a pretty fun ride. Having a guy take you, kiss you hard and like he really means it, is really hot, especially if he's pulling you close and the kiss takes you by surprise—sometimes this is an instant turn-on. At worst, you'll feel like you were being mauled by Bubba tryin' to show the "little lady how a man kisses." You are the conquest, and sure it's all-romantic in his eyes, but you might feel like a tenderized steak when he's done molesting your lips.

Mad Mack Attack

It's a stealth kiss... where you sneak up on your kissing target and— Smooch! Can be done on total strangers that you find really hot (avoid armed public servants and guys with bodybuilder girlfriends), or your sweetie when you want to give them a naughty surprise. After, you may choose to pretend that nothing happened, keep walking to the snack table, or stick around for their bewildered reaction.

French Kissing

The most famous kiss in the world is a full, open-mouthed kiss using tongue and lips together in perfect harmony—hopefully. You do not need to be French to deliver an excellent French Kiss. (And as of this writing, there is no such thing as a Freedom Kiss.) The kiss begins with the meeting of slightly parted lips, then the lips part, and out comes the tongues for a little *parlez-vous*. A side effect of French Kissing is that both parties will have an increased amount of oral lubrication (read: drool), which is a turn-on for some, and a gross-out for many others.

Some kissers can French for seemingly hours, and find it a wonderful pastime. French Kissing can get pretty wet, so if slippery kisses don't float your boat, then alternate French Kisses with smooches on the neck, ears and other kissable body parts. French Kissing is also not limited to the mouth, and some people find fun in Frenching their lover's ears, genitals and nose! One of the great things about French Kisses is that there is a great deal of creative freedom here; you can improvise, try out new techniques or use a variety of techniques to craft your own French Kiss style. There are no rules for this kiss, other than that you enjoy it!

When French Kissing you can:

- Run your tongue around the teeth and gums
- Play with the tongue, taste it, push it around, caress it
- Nip at the teeth and tongue with your lips
- Kiss deeply with your tongue
- Suck on the tongue
- Dart your tongue in and out, slowly or rapidly
- Suck gently with your mouth
- Pull away slightly mid-kiss, and go in for more

Angel Kisses.

So light they almost tickle, these kisses are not done with your mouth, but rather with your eyelashes. Angel Kisses consist of fluttering your eyelash against a sensitive (and sexy) body part to deliver a feathery tickle. Popular Angel Kiss spots include his cheek, lips, eyelids, ears, neck, nipples and genitals.

Eskimo Kisses.

A playful favourite for many lovers, these kisses are done with the nose instead of the mouth. Typically an Eskimo Kiss is when you both rub noses—see The Nuzzle to get ideas for techniques on other parts of the body.

Snuggle Bunny Kisses.

So romantic, so cute—this is the ultimate in intimate, loving kisses.

You don't need to be in love to share Snuggle Bunnies; these nuzzles, pecks and smooches of all kinds are shared when you're laying down all wrapped around each other in a tender, quiet moment. These signify extreme affection for one another, and are perfect before and after sex, in front of a fire or TV, or even on a picnic blanket in a public place.

Scary Kisses

Kissing isn't always butterflies and bunnies—there are kisses (and kissers) out there that make us want to flee, or at least will have you checking your watch midway through what started as a sexy smooch, but turned into the longest twenty seconds of your entire life.

But what if you really, actually like them? One thing to try is to teach him or her what you like in kissing. Tell them they must do exactly what you do, a kissing game of follow the leader. Reward good behaviour with yummy noises, moaning, squeezes with your hands. Discourage deviation from your lesson by pulling back to stop the kiss.

Is he or she a scary smoocher? Learn to identify these hazardous kisses:

Chewing Gum Kiss

You've seen these before—a couple is joined at the mouth, lips locked in a deep French Kissing session that looks like they're about to gnaw each other's heads off. Don't worry, everyone will be fine, but this combination of French and Fish Tank Kisses that involves extreme jaw movement looks pretty scary if you watch too many horror movies.

The Fish Tank Kiss

Every human's nightmare. They're totally cute, funny, the conversation is good—but then you kiss and it feels like they're trying to clean the inside of your mouth like it was a... fish tank. You feel probed by aliens, and as the minutes pass slower than you ever thought possible, you wonder if they're actually looking for loose change. The tongue is hard and moves quickly, and you are usually stunned into trying to decide if you should wait it out, or hold up a "send help" sign. Toss this one back into the sea.

The Limp Noodle

So sad. When you lock lips and start to French, and their lips just hang there and his tongue lies there like a slug, then you have a Limp Noodle on your hands. No matter how much pushing, massaging and prodding you give their tongue to try and bring it back to life, it still plays possum, dead in the middle of the road. There is nothing you can do—you are giving mouth-to-mouth, after all.

Mercy Kisses

Sometimes you smooch for fun, and sometimes you have to give a kiss out of pity—hence the Mercy Kiss. These kisses occur when you feel bad about something, want your date to look good (even though you aren't "into" him), or just feel sorry for the poor sap. Only in the movies do these kisses turn into a blazing romance—and if you end up on the receiving side of a Mercy Kiss, just enjoy it and then excuse yourself to go wash your cat.

The Zombie Kiss

Another nightmare kiss that many of us have experienced which seems to come from beyond the grave. It's as if all the life and reason drains out of him or her as he comes in for a kiss: the eyes flutter, shut or roll back into their head. Their face goes slack and lifeless. And the most horrifying part of all: the mouth opens up into a

gaping maw, threatening to swallow you whole. Sometimes the Zombie Kisser comes at you like a lost Night of the Living Dead extra, mouth agape, with a shiny pink slug-like tongue pointing out at you. Scream! Run!

The Zoolander Kiss

Ever wonder what it would be like to kiss an international male model?

The Zoolander feels like you're a pretty prop set in place to make him look good as he or she poses, shifts and gives his "sexy" face to the world while he kisses you. Would he notice if you were gone? Probably not, as the Zoolander Kiss is purely to compliment the physical beauty of the person kissing you, and not for anyone's actual physical pleasure. Used when trying to impress others, or make someone jealous.

Chapter 5: The First Kiss

Make the First Move

The first kiss is often a make-or-break deal, where both of you find out if all this excitement is really all it's cracked up to be. If the object of your desire doesn't make the first move, getting up the courage to initiate the kiss is important, but equally crucial is how you kiss them for the very first time. Your technique is everything here, because it communicates much more about you than words, and gives them a direct indication about the passion and fire that burns within you.

It's a hotly contested debate about whether you should French (or tongue) kiss when you kiss someone for the very first time. Certainly, at the moment you both first make contact, your tongue should remain within your mouth—but how the kiss progresses past that point is a matter of assessing the direction and flow of the kiss. If you press lips, push and are both overcome with passion and crazy desire, you'll find your tongues dancing within moments, seemingly without any permission from your brain. When that happens, you just have to go with it. And if your first kiss turns out to be the kind where he passionately grabs you and you both uncontrollably start dancing the tongue tango, no one will blame you for not following any first kiss "rules."

But unless you're crawling all over each other like love weasels on a hot summer night, keep that tongue in check until you've kissed three or four times, or have been open-mouth kissing for several minutes.

Great First Kisses:

The Sweetheart Kiss

The Lusty Kiss

The Nuzzle

The Mad Mack Attack Kiss

First Kiss Dos and Don'ts:

Do smile a lot, even while kissing.

Do keep eye contact.

Do make sure you have nice breath.

Do remember to come up for air.

Do start slow.

Do begin with small movements of lips, head, body and hands.

If you make the first move, do pull back after the first kiss to gauge his or her response.

Do keep your lips soft.

Do keep your tongue in your mouth (see above).

Do linger for a moment after the kiss.

Do pay attention to where your nose is going and avoid a collision.

Don't approach the kiss with your mouth open.

Don't jam your tongue in their mouth.

Don't slobber!
Don't make yummy noises—yet.
Don't make overly loud kissing or "smacking" noises.
Don't let your hands wander.
Don't rush—savour this moment, even if you're nervous.
Don't worry about what you look like.
Don't attempt this kiss if you're not feeling well.
Don't finish the kiss abruptly, even if you don't like it.
Don't forget to breathe!

Chapter 7: Kissing Etiquette

Kissing Etiquette

Kissing is one of life's greatest pleasures that can be shared by two.

But not everyone is a perfect kissing match, and certainly not all kissers are created equal. Sadly, we encounter over a lifetime of kissing quite a few kissers who make a few elementary—or awful—kissing faux pas, and it makes us all wish that someone had issued each pair of lips with a user's manual. Wouldn't it be great if in every high school there were a mandatory kissing politeness class? Here, students would learn that kissing isn't a face-chewing contest. You do not get points for trying to box the tonsils with your tongue. Licking your lips too suggestively before a kiss looks really scary and gross. And above all, kissing is done together, rather than to or at someone.

It might be a very long time until kissing etiquette becomes required for graduation into the real world. Until then, there are several things to know that'll keep you and those you kiss happy to be smooched—point out this section to anyone you know who might benefit from the following advice:

- Beautiful brushed teeth, fresh breath and supple, moisturized lips make you a delight to kiss. Anything less is a drag.
- It's okay to pull away and take a break from kissing without saying anything. It's okay for someone to want to stop completely and offer no explanation. You can talk about it later.
- It's not okay to expect a kiss in return for anything. Kisses are gifts, not currency.
- Cradling the head and face feels wonderful. As long as you're not trying to prevent escape or contributing to claustrophobia.
- Kissing isn't the chequered flag and starter gun to feel up your date. Lip contact does not follow with ass grabbing or unhooking a bra. The good bits aren't going anywhere so take your time.
- A kiss does not signify a willingness to have sex. Ever, and no matter what kind of kiss.
- Never approach a kiss with an open mouth, or an extended tongue
- Never open your mouth wider than your kissing partner's lips.
- Poking with your tongue is annoying. You are not trying to make a phone call.
- Not everyone will like the things you like, and that's okay. You may love to have your sensitive ears licked and breathed on, but he might hate it with a passion. Be open to all kissing styles.
- Whenever you're in doubt about how things feel for your kissing partner, or even if it's the right time to kiss, ask. Your partner will be happy you care enough to ask.

Hickeys and Love Bites

In previous sections about biting and sucking, I've cautioned about leaving marks on his skin, also known as hickeys or love bites. These marks happen when teeth bruise the skin, or suction leaves a rash-like discoloration on the skin. A hickey occurs when an area of skin is moistened and suction is made with the mouth—then with a brush of your teeth over the area, you've definitely got a hickey. The suction created by your mouth draws blood to the surface of the skin, breaking the little capillaries, and brushing your teeth over the skin makes them break even more, blossoming into blood bruises that can range in colour from pink to purple.

Overall, it's very bad for your skin and the nerve endings, and some say it can cause nerve damage. But for people who love these marks, and the way it feels to get a hickey, it's not a huge concern. Often these marks are made unknowingly, by mistake or they just happen—it can be totally unintentional, a result of passion. People with sensitive skin or those who bruise easily will get hickies often from little stimulation of their skin.

Not everyone wants marks from kissing. The reasons can be many, including looking improper at work (bosses, office mates and customers may find hickies offensive or unprofessional). Or, he may not want marks on his neck for the entire world to see. Family members tend to frown on hickies, as do officials, so if he's going to be appearing in court or visiting relatives, be careful.

In general, it's a no-no to leave marks in visible places, but forgivable in hidden spots—but this varies from person to person. He might just not like the way they look, simple as that. Be sure to ask him how he feels about love bites before your kisses start to stray away from his mouth, and he'll be able to relax knowing he's with a considerate kisser.

Kiss Catastrophes and Cures

Most unfortunately, there are great moments in kissing... and then there are moments we simply wish had happened to someone else, someone more deserving. Kisses are things that should be shared, savoured, mutually enjoyed—but sometimes that garlic you had for dinner turns into a horrifying burp, you collide painfully when you wanted to connect soulfully, and the guy you thought might be a kissing artist is actually a kissing ingrate; the girl a slobbery mess.

What to do? Consult the following Kissing Cures and you'll be smooching like your bad self again in no time.

- What Went Wrong: You went in for a kiss and they said no.
 - Treatment: It's almost impossible to believe they could resist your wiles—and yet somehow, they did. Do not fret or take it personally. Did he or she tell you why? If not, ask. Believe what they say, and decide later if you think them (or their answer) is for real—while you decide if they were even worth it.
- What Went Wrong: You have an awful rash from his stubble.
 - Treatment: See the next chapter for beard burn solutions.
- What Went Wrong: Your mouth slobbered too much at the wrong moment.
 - Treatment: It happens to the best kissers among us—we taste something good and our mouths overflow in the most ungrateful of ways. Apologize, smile and laugh it off. Offer them a bib.
- What Went Wrong: Burps or hiccups during a kiss (yours). Worse, other gases are expelled.
 - Treatment: This is one of the most embarrassing of bodily mishaps and all you can think is, "Body! How can you betray me so?!" Since these things are involuntary and we have little or no control over them, all you can do is say "oops," smile and laugh at the foul cards you have been dealt in this life (hopefully not too foul, in which case you will want to suggest kissing in a different room, or wind tunnel).
- What Went Wrong: They turned out to be an awful kisser.
 - Treatment: Consider if he or she is good enough to re-train and keep. If not, it's time to say goodnight. Politely end the kiss with a smile and a few small parting pecks (try to avoid hurting their feelings with your sighs of disappointment), and thank them for a nice time.
- What Went Wrong: You want them to go away!

- Treatment: Moan really, really loud while kissing. Keep your eyes open as they roll up into your head with ecstasy. Rock to and fro while humming in between kisses. Continue your Exorcist impersonation as needed. Or, you can let them know you're through kissing with an abrupt "thanks!" and be on your merry way.
- What Went Wrong: You had gum in your mouth, you hid it, and they found it.
 - Treatment: Fess up on the spot. Ask if they are horrified. Tell them you are. Instantly get over it. Continue kissing.
- What Went Wrong: You bit a little too hard.
 - Treatment: Did you give an unwanted surprise, or did you draw blood? Say you're sorry that you're so hungry and suggest that you adjourn for a snack (unless you have to apply a tourniquet to their tongue or face).
- What Went Wrong: You went in for the smooch too fast and bonked heads/noses/teeth.
 - Treatment: Giggle. Laugh. Pretend it hurt you a little more than it really does, and apologize. Ask if you can try again and be silly about being extra careful.
- What Went Wrong: They keep doing something you don't enjoy or that annoys you.
 - Treatment: If you want to keep kissing, gently let them know you don't fancy the painfully hard lip sucking. Or if it's something really annoying, stop the kissing altogether and be upfront about what's bugging you.

Chances are good you're not the first to be bugged-out by this particular behaviour, but you may be the first to let them know about it (which is helpful for them in the long run). You can also politely suggest an alternate behaviour, such as saying "You know, I really like to start kisses with both mouths closed and work up to tongues after a long time. Can we try it my way for a little while?"

Chapter 8: Advanced Techniques

Being a great kisser isn't just knowing the techniques of a good kiss—though that certainly helps. No, what transforms a good kiss into a badass, knee-buckling, "I found the oral G-Spot" experience is having a few wicked tricks ready for action, anytime. Want to make 'em do a double-take next time you kiss? What if that first kiss was the most arousing kiss they have ever had because it had a little twist they'd never experienced?

Don't just make yourself the master of the kiss with advanced tricks and treats, be a kiss guru to lovers and friends by learning tricks that turn-on, and other tips make kissing more pleasant for everyone. Tell your friends how to give kisses that taste like their lover's favourite candy, or be the bringer of sage advice on how to cope with stubble and the rash from mega mack sessions that result in beard burn. Best of all, these tricks and treats make your kissing world a lot spicier.

Make your kisses legendary and the stuff of wild campfire tales with advanced kissing techniques passed down through the ages from secret kissing societies and kissing masters, revealed here for the very first time.

Tricks and Treats

Cold. Make the temperature of your mouth cold with ice, or a cold drink before a kiss. You can even pass an ice cube mouth-to-mouth, and ice cream cools and flavours your mouth. This is a fun surprise trick.

Heat. Make your mouth very warm before a kiss for an exciting surprise. Swish a hot beverage around your mouth for a second or two, swallow, then give them a kiss.

Tickle. Point your tongue into a hard tip and use it to tickle any area you like by flickering it in short, rapid movements.

Bite. Easy now—take small, light bites with your teeth on lips, tongue or areas of skin. Start very light with bites, and be aware that some people may not want you to bite them at all, or leave marks (for a variety of reasons). If they appear to like it (moaning, pushing into your mouth), then bite just a little bit harder. Give them almost what they wants—then a little bit more.

Underwater. When swimming, pull him or her under the water for a smooch. The water will intensify the warmth of your mouths, and the water around the seal your mouths make feels amazing. A fun variation is kissing in the shower, or under a waterfall.

Upside down. This is a lot of fun, and a very playful way to kiss. No one has to hang from a fire escape like Spider Man (though it looks pretty fun), and it doesn't take a lot of coordination. Hang your (or their) head off the edge of a bed, over the arm of a couch, or off the side of a swimming pool, and see what it's like to match mouths in reverse.

Tongue fellatio. This is a very naughty trick—you essentially treat their tongue as if it were a penis, and give a little tongue fellatio. Make a small "O" shape with your mouth around the tongue, apply a little suction, and slide your lips back and forth, up and down the "shaft." Vary your suction and rhythm, and pause intermittently to let the sensations sink in.

Sharing a drink. Have you ever really shared a drink? This trick is when you hold a small amount of delicious drink in your mouth, such as champagne or ambrosial fruit juice, and when you kiss, let the sip drain into their mouth. The sexier the beverage, the better. Daring kissers can employ this technique from above, letting the liquid literally drip into the waiting mouth—to start, sip the liquid, kiss them, let a little go into the mouth, then pull away as more liquid comes out. If it gets messy, lick it off their lips, chin and neck.

Sharing candy. Decadent and delicious, nothing beats a butterscotch, peppermint or piece of slow-melting candy shared by two. Pop it in your mouth, enjoy, and then pass it with a kiss. After a while, ask for it back. Repeat until the candy is gone, over the course of a party, movie, or make out session. Can also be done with chewing gum.

Sizzling candy. Some candies "pop" or fizz when they make contact with the wet surface of your tongue—shared by two these candies can give a French Kiss quite a kick.

Wind tunnel. Suck the air from their mouth, either slowly or rapidly, depending on the mood. Breathe hot air back in. You can progress this into breathing into each other's mouths, a highly charged, sexy game.

Swap techniques. Tell them you want them to kiss you with a technique he or she really enjoys receiving, then switch and kiss them in one of the ways you really like to be kissed. This is a fantastic way to learn what they like and to show them what techniques you like best.

A Smooch With a View: Best Movie Kisses to Watch Together for Inspiration:

- A Room With A View, Helena Bonham Carter and Julian Sands
 - o She's ambushed in a field of beautiful flowers.
- Blade Runner, Harrison Ford and Sean Young
 - o Sexy, beat-up tough guy kissing scene that sizzles.
- Bull Durham, Susan Sarandon and Kevin Costner

- An outrageous build-up to an outrageous kiss.
- Casablanca, Humphrey Bogart and Ingrid Bergman
 - A searing goodbye kiss.
- Gone With the Wind, Clark Gable and Vivien Leigh
 - The ultimate conflict-turned-passion.
- The Matrix: Reloaded, Keanu Reeves and Monica Bellucci
 - She wants to know what Neo's true love (Trinity) experiences when they kiss.
- Notorious, Cary Grant and Ingrid Bergman
 - Long, unusual, playful, arousing.
- Sixteen Candles, Molly Ringwald and Michael Schoeffling
 - Unforgettable, like many first kisses.
- Some Kind of Wonderful, Mary Stuart Masterson and Eric Stoltz
 - Kissing lessons that turn into much more.
- Spiderman, Kirsten Dunst and Tobey Maguire
 - Deep superhero kisses after a heroic battle can't be beat.

Flavoured Kisses

Do you taste good? Flavour your mouth with candy, tasty herbs (mint, basil, fennel), ice cream, or a drink of something delicious. They'll never forget that kiss if it tasted like butterscotch, peppermint, chocolate or even something more exotic like basil, tamarind or vanilla.

Some will even get a charge out of the flavour of coffee or wine. But your kiss-ee won't be back for more if your mouth is stale, or tastes like an ashtray.

When you know you might be near someone you want to kiss, keep something nearby that will make your mouth yummier. In a pinch at a restaurant or bar you can chew on a variety of garnishes readily available, and some might even be in your cocktail glass or sitting demurely on the edge of your dinner plate.

To be: cool
Nibble: mint

To be: sassy
Nibble: lemon

To be: playful
Nibble: lime

To be: brazen
Nibble: basil leaves

To be: mischievous
Nibble: parsley

To be: feisty

Nibble ginger

To be: naughty
Nibble: a cherry

To be: dirty
Nibble: an olive

Things that sound good to use for flavouring your mouth, but might really be a bad idea include mouthwash (especially Listerine), cough drops, garlic, nuts and seeds (too grainy, yuck), Cheetos and artificially flavoured drinks or snacks that often leave a sour aftertaste.

Never try to cover up strong flavours (such as the garlic you had with dinner) with gum or mints—it never works and tastes really gross.

Kissing Flavour Favourites:

- Mints—Altoids are intense!
- Butterscotch candy
- Red wine
- Peaches
- Cassis
- Vanilla
- Chocolate
- Watermelon
- Cinnamon
- Liquorice
- Bubble gum
- Honey
- Sex
- Champagne

It's important to keep in mind that there might be flavour factors going on in your body that can adversely affect your flavour from within.

Multivitamins can make your mouth taste like a health food store.

Antihistamines can make you taste like chemicals. And strong foods such as curries, garlic, asparagus, broccoli, beets, and red meats will affect your flavour as well. Cigarettes will make you taste like tobacco at best, and an ashtray at worst.

You can, of course, sweeten yourself from within. If you take vitamins or antihistamines, try to drink lots of water and citrus juices to neutralize the funk these pills leave behind. Make your essence sweeter by adding citrus, honey, cucumber and other fruits to your diet.

Pineapple, lemon, lime, mango, papaya, banana, fresh ginger and vanilla all make you taste great, and a few days of drinking creative smoothies with these ingredients will make your mouth into a decadent, kissable dessert.

Set the Mood With Music to Make Out By:

- A Love Supreme by John Coltrane

- Avalon by Roxy Music
- Dummy by Portishead
- Endtroducing by DJ Shadow
- Exile by Gary Newman
- Fear of Fours by Lamb Heaven or Las Vegas and Victrolaland by Cocteau Twins
- Into the Night by Juliee Cruise
- Kind of Blue and Sketches of Spain by Miles Davis
- Ki Oku by DJ Krush
- Le Roi Est Mort by Enigma
- Let's Get Lost by Chet Baker
- Mezzanine by Massive Attack
- Passion Soundtrack by Peter Gabriel
- Play by Moby
- So Tonight That I Might See by Mazzy Star
- Telegraph by Bjork
- Any album by Al Green
- Any album by Barry White
- Any album by Billie Holliday

Stubble Burn... and How to Avoid It

When they nuzzle your neck like a big happy kitty and have just a hint of stubble, it can feel delicious in that scratchy-rough-yummy kind of way. Yet if you smooch for any period of time and he has short, prickly stubble, it can become quite uncomfortable and leave you with an angry burn—on your face and lips! The more vigorous, intense and long the session, the higher your risk of rash. Some men grow facial hair faster than others, and a number of guys have stubble that seems razor-sharp the minute it pokes out of his skin. When he's so kissable you have to throw caution to the wind, there are a few things both of you can do to ease the sting of stubble burn.

First, know that a mack-session with a stubbly guy is going to be like using a dry exfoliant on your face and lips. Try to go into the kissing session without washing or moisturizing your face, as this will just make it more susceptible to irritation. Afterward, wash your face and lips gently with a soothing cleanser and pat dry. Apply a moisturizer that is non-comodogenic, fragrance-free and doesn't contain any mineral oils, all of which might cause your face to break out or become irritated. If you're bright red and feeling the burn more than usual, use a moisturizer with aloe vera. Don't exfoliate the areas for at least two days.

There are many things he can do to help. He should be shaving with a really good, brand-new razor: opinions are heavily in favour of the Gillette Mach 3. Skip a day of shaving, and then take great care to soften the stubble with hot water, hot towels, and even an application of hair conditioner helps. Of course, if he skips a day or two of shaving, then the stubble is much softer and might be more comfortable kiss than fresh stubble. Very short stubble, say about 5-10 hours old, can be the most painful type of stubble as the hairs are at their shortest and most inflexible.

Both parties should use a good lip salve afterward to condition the lips and help them heal. Blistex Clear Advance is the highest recommended in this category

BABYGIRL COMPILATION(LSS.COM/FORUM)

From TP torrent "BabyGirl's Archive - Removed most fluff [5 DOC] "

General.doc

Kissing "Getting farther on Day2's...." (pg 93)

I think the best way to kiss a girl is to start letting her know that you want to kiss her early. Tell her..."I really want to kiss you now"... keep on talking to her... making her laugh and giving her a fun time... Then mention it again "fuck.. you are so sexy... my will power is fading..." then talk about something else... If she stays, she knows that it's getting closer to kissing time... Then just do it... If she moves away, kiss her neck... lean back and keep talking... Then go for it again... She will give in and kiss you... Real smooth...

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Evolution Phase Shift, by Style

1. I tell her that she smells good and ask what she is wearing. Then I lean in, brush her hair aside, and sniff her slowly, moving up from the shoulder to the ear. "Mmmm, that smells good. People don't pay enough attention to smell. But you'll notice how animals, before they mate, will always smell each other. Evolution has hard-wired us to respond to certain things. You are wired to respond when someone smells you."

2. "It's like when someone pulls the back of your hair. You'll notice how lions, when they mate, always bite and tug at the end of each other's mane, right here." (Since I'm shaved bald, I'll add here, "This is what I miss the most about not having hair"; if you have hair, say, "This is one of my favourite things".) Then I run my hand up the back of her neck and grab a fistful of hair at the roots and pull it, downwards. She says "mmmm..." And I say "see."

3. Then I talk about how "no one knows this, but the most sensitive places on the body are places that are usually hidden from contact with the air, like the back of the elbow (touching it) and knee (touching it). Any place where your body bends, twists, or folds, there are millions of sensitive little nerve endings that release endorphins". Then I take her arm, bend it a little, and erotically bite the area on the opposite side of the elbow (that crease where it bends). She usually gets the chills, and I have her ratify how good it feels.

[NOTE FOR THE LESS EXPERIENCED: If you don't know how to erotically bite a girl, learn before you do this. You want to take a big chunk of skin -- not a little pinch! -- and slowly and firmly slide your teeth together until they meet and release the skin. You may want to practice on your own elbow first. Or on Twentysix's mom's elbow--just call her and tell her you know where all of her missing bras went to.]

4. After, I say, "But do you know what the best thing in the world is?...A bite...right...here." And I point to the side of my neck. (Every now and then, I'll add, that "this has to do with the fact that it is where the jugular vein is most exposed, and since most sexual fantasies have to do with submission and vulnerability, it sends all the fantasy signals flying.") Then I'll expose my neck and say, "Bite me right here" as if I EXPECT her to do it. Fifty percent of the time she will. If she doesn't, I just turn away calmly (punish), wait a few seconds, and then turn back and repeat, "Bite me right here." Usually here she will.

5. Half the time, her bite is lame. If so, I correct her and say, "That's not how you bite. Come here." Then I give her a good bite on the neck and instruct her to "try again." This time, she ALWAYS does a great job.

6. Now you look her in the eye, smile mischievously/approvingly, and say, very slowly, "not bad." Then glance down at her mouth, back up at her eyes, and...yes...finally...you...may...if you want...and if she's ready...um...kiss!

How To Kiss A Woman - Without Rejection, by Swingcat

Has a woman ever displayed attraction signals toward you - twirling her hair, touching you, giggling like a four year old child, giving you that "F me now you big boy" look... and so on - yet when you dove in for the kiss, to the horror of your self-esteem, she pushed you away?

If this hasn't happened to you, I'm willing to bet at some point during your life it will. Even when a woman pushes you away, there's still a good possibility she feels attraction toward you. "Then why would she push me away?" you might be asking yourself.

Because, my friend, she was playing a special type of attraction game (or a mating ritual) with You. Socially and sexually adept woman intuitively grasp the rules of this game. This game is a form of what I call "Push-Pull." Push-Pull is whenever you emotionally push a woman away from you...and, then, emotionally pull her back in. Each Push creates an emotional space for each Pull.

Imagine, to get a feel for this, a teacher who's critical toward one of his students. Once in a blue moon, however, he feeds them a sliver of praise. The student feels elated. But if he praises the student constantly, the emotional impact will lessen because... He Will Not Be Creating The Needed Emotional Space. Woman understand this because this is how they get aroused.

When a man, for example, does something to stimulate a woman... and then stops and then starts again, she becomes exponentially more aroused. This is "Sexual Push-Pull"

Let's push forward into the attraction trenches ...

Giving woman "The Look"

When you want to kiss a woman, give her "the look." Do you know what "the look" is?

It's dominant with a dash of playfulness. A carnal gesture used to strip away all pretences, leaving her psychically naked and vulnerable. The dominant part reveals the little girl in her. The playful part brings out the innocent little boy in you - think of the enthusiasm and the excitement little kids have about going to a toy store or to Disneyland. The look communicates to woman: "No ifs ands or buts about it, we're gonna kiss. And it is gonna be a lot of fun for the both of us."

Intruding their personal bubble

You also need to intrude a woman's personal bubble. All woman have a personal bubble. And usually they only let people they are intimate with or close to into their personal bubble. If you, however, couple intruding a woman's personal bubble with giving her "the look," she'll almost always let you in. Once a woman accepts a man in her personal space, she views him as someone she's intimate with or is open to becoming intimate with.

Making physical contact

Another piece of the puzzle is getting physical contact with a woman. You need to be touching her in some way. For me, I like holding their hands or putting my hand on the sacrum of their back. When you combine "the look," with touch and with intruding her personal bubble, something magical happens...She feels a rush of attraction moving through her body. She's paralyzed. Stupefied. Titillated. Aroused. In a trance like state. You move in closer to her, suggesting you're about to kiss her. Then you pause, yet continue to give her The Look.

You've sparked the fire of an emotional and sexual connection in her body and mind. She's excited and compelled to move in closer to you. Then you push her away, making her feel the moment never happened. The emotional and sexual connection? Just a figment of her imagination.

Then you pull her in again, bringing back that emotional and sexual connection. Then push her away. At this point she might feel she's crazy or think of herself as a nut job who forgot to take her lithium. She might - and this has happened to me many times - grab you and start ravenously kissing you. If she doesn't grab you, grab her and start passionately kissing her.

There's no rejection because it's a game. I've used this method successfully on woman who flat out told me from the get-go, they felt no attraction toward me.

Some men might think this is cruel to put woman through. But these men just don't get it. It's the moral equivalent of killing a car, chopping off the head of a Barbie doll, or erasing a computer disk. Woman love this... because it shows them that you're in control of your desires and demonstrates that you understand how they get aroused.

REALITYMETHOD.WORDPRESS.COM

How to Know When to Kiss a Girl

In the process of seduction, a lot of people view the first kiss as the first major “transition point”, moving the interaction from casual hangout and flirtation to slightly-more-serious “I like you” territory.

Because the first kiss seems like such an important transition point, it's one of the most-often fouled-up parts of the seduction process. I'm here to tell you that **A)** Kissing a girl is not a big deal, and **B)** once you realize that fact, you will get k-closes with much greater frequency.

De-Program That Shit

Once you disassociate from the anxiety of “Does she want to kiss me? Does she not want to kiss me? HOW DO I TELL?” k-closing a girl is much easier. You just adopt the mental attitude that you kiss girls, you enjoy it, it doesn't mean much, and let things flow naturally from there.

Although I initially had my own difficulties kiss-closing regularly, I got over it by taking the attitude that really, before getting involved with a girl, **I had to know** how good of a kisser she was. In fact, I would often k-close using this exact routine: “How good of a kisser are you, on a scale of 1 to 10?” (The girls usually answers “10” or “11”) Then I'd say “Prove it” and we'd start making out. If you hold that frame strong enough they leap right through the hoop trying to prove what awesome kissers they are. I had one lovely Serbian girl literally try to eat my face after I ran that one on her. (I told her to use less tongue. Next time we kissed, she didn't even open her mouth. Oops.)

(In fact, I now hold this same frame for sex — before I even consider a relationship with a girl, I've got to sample her sexual abilities. This is sort of a farce because woman, in general, don't have to have the huge range of sexual abilities that guys do: the basic determinations are (1) do you like the noises she makes and (2) is she good at oral sex, but that's probably a topic for another article. Suffice to say I won't even consider getting “into a relationship” with a girl without first sexing her, and I say this straight-up to girls. It's pay to play, and they either get with the program or move on. No complaints so far).

If you de-program your anxiety about kissing, and replace it with the view that kissing is natural and fun, kissing will happen. You've got to be congruent with it, like with all things — it helps if you really happen to really be a connoisseur of lips and enjoy kissing (which I just happen to).

A Time and Place for Everything

The first kiss is really something that ought to happen in a memorable and positive way for a girl. It needs to be orchestrated (like most of the seduction process) to happen naturally, and at a time when she'll be wanting it, but not necessarily expecting it.

In *Batman Begins*, Henri Ducard tells Bruce Wayne to **“always mind your surroundings”**. This is good advice to keep in mind when thinking about when to kiss a girl. In general, **don't kiss girls at “traditional” moments when they might be expecting** — and guarding against — a potential kiss. When it comes to timing a kiss, don't follow tradition or society's scripts, write your own.

And for God's sake, **don't leave it until the very end of a date**, when you've walked her to her door and she's said “I had a really nice time” and there's an awkward pause.

Also, **don't just spring it on her at a random moment**, say during a lull in the conversation. Although this can work if she's sufficiently attracted to you, the “weirdness” of it is likely to backfire on you. While I'm on a movie kick, think of *Donnie Darko*, in which Donnie (Jake Gyllenhaal) tries to kiss Gretchen (Jena Malone) while they're walking through a park, to which she replies: “I want it to be at a time [when it reminds me just how beautiful life can be]....and besides, right now there's some creepy fat guy staring at us.”

Avoid the creepy-fat-guy-staring moments in life. Those are not the moments for a kiss!

There are definite times and places to initiate a kiss; and while the time and place that is most appropriate (“romantic”) for you and your girl will differ greatly from what is appropriate for another couple, we can lump all of those “appropriate” times and places together under one big banner: **The Moment**.

The Moment will come along, I swear, in any scenario when a girl is attracted to you (and you're attracted right back) and you keep hanging out. If you know how to recognize The Moment, you'll kiss her, and properly escalate things; if you are clueless as how to how to recognize The Moment, either through inexperience or lack of social skills or too many thoughts clouding your intuition, you will miss it, and the girl will rarely give you another Moment (why should she?)

Final movie quote (I promise); *Pirates of the Caribbean*, Jack Sparrow (Johnny Depp), to Will Turner (Orlando Bloom) right after he missed an opportunity to enfold the lovely Miss Swan (Keira Knightly) in a passionate embrace: “If you were waiting for the opportune moment, that was it.”

Recognizing ‘The Moment’

You must train yourself to be aware of The Moment, just as surely as you can tell when a girl is attracted to you. You must develop a sixth sense for it.

A lot of seducers will use this or that line to create a kiss opportunity (like, “Are you adventurous? Okay. Are you trusting? Okay, close your eyes” [kiss her] or “Would you like to kiss me?” Or “I'm trying so hard not to kiss you right now”) but I find it better to wait and let things progress naturally until you get “the moment”. Lines can backfire on you too easily.

So what does “The Moment” feel like? Well, it feels just like a hook point when you know a particular girl is attracted. It's a combination of environmental awareness (minding your surroundings) and empathic awareness (awareness of the girl). You take in the environment around you and the girl and her body language and you can tell she wants to be kissed.

It's hard to describe, it's something you have to learn by trial and error. And by error I do mean ERROR, in order to properly refine this skill you need to go for the kiss and get the brush off a few times. It's not the end of

the world; worst case, you get slapped (and that is the ABSOLUTE worst case, trust me) and what kind of man are you if you've never been slapped by a woman?

More Practical Techniques

Apart from developing a sense for "The Moment", what can you do to literally create a moment?

My M.O. used to be to get girls back to my place, put them on my back, and start giving them a back massage, and then lean down and kiss them (their head would of course be turned to the side). This worked pretty well. A couple times, the girls shied away, saying something like "You're going to have to work harder than that." This is pretty common: girls guiding you verbally and giving you signposts letting you know how close they are to being "ready". Personally, I think this is just about the coolest thing ever — you, as a girl, are going to tell me how to seduce you? Okay....

A lot of the advice on kissing says to use "triangular gazing". This is looking at a girl's eyes, then her lips, then back to her eyes (each one in turn), in a triangular pattern (left eye, right eye, lips, left eye, right eye, etc), often while licking your lips. This is supposed to send a clear and strong "I'm ready to kiss you" signal. I find this technique a bit too needy — I'm not gonna sit there and stare at a girl's face and licking my lips for 20 minutes, I'm going to start eating her. I'd rather communicate my intentions directly rather than obliquely.

Having said that, watching for triangular gazing and lip-licking FROM the girl can cue you in that she is "ready" to be kissed and thinking about it. So keep your eyes OPEN.

Personally I never go straight for a kiss; I find it generates too much anxiety / resistance in girls (and some woman). I just escalate kino playfully (I kino A LOT and very impudently; I am always pushing boundaries) to the point that I can transition easily into a kiss / make-out.

Here's the transition: after a bit of tussling or tickling, I start nibbling her ears, breathing on her neck or hair, sniffing, licking, biting (biting is golden) and then from there it's really easy to just turn her face slightly and kiss. It's usually pretty much magnetism at that point and you can't AVOID a kiss or make-out.

The key here is to get her aroused BEFORE you get anywhere near her lips; all the teasing of her nerve-endings just serves to inflame her desire. Most woman are very easily aroused by light touching / nibbling / breathing on their necks and ears; try the area just below and behind her earlobe, in some woman that's a real firestarter.

On biting: do it gently but firmly, using your teeth to squeeze loose skin together. Remember, the goal isn't to pierce the skin or cause pain, but merely to rake your teeth over the skin, giving her the sensation of being bitten, without any actual pain.

Remember there are fewer nerve endings in certain areas (shoulder blades, back, legs) than others (earlobes, anywhere on the front of the body), and adjust your "bite intensity" accordingly. You don't want to kill the mood by actually hurting her **too** intensely (although some woman like some pain).

Final Thoughts: Hygiene, Etc

Kissing is pretty fun since, technically, it's a low-risk sexual activity, but I happen to be ultra paranoid about staying healthy, so I always ask girls: "Have you ever had mono?" Some girls I ask this within minutes of meeting them, or as soon as things turn flirtatious. I ask it in a joking way, but I'm serious: mononucleosis can lie dormant in someone and then be passed to someone else who has never had it.

I've never had mono, and I don't plan on getting it; letting woman know you have similar hygienic standards not only reveals you probably low risk when it comes to the more frightening STDs, but also that you're non-needy.

Finally, I won't kiss smokers. And I've met some beautiful, sexy woman I was actually getting interested in before they lit up in front of me; then it turned into "Too bad". That's the price they pay.



APPROACHANXIETY.COM

The No Kiss First Kiss

We've just met. We're toward the end of our first drink, sitting in this bar.

I've been bantering with her a little. Connecting with her a little. A little bit of kino on the arm.

Then I drop all conversation. I could continue to banter or connect, but I don't. Instead I just sit there and look her in the eye.

I don't care if it makes her uncomfortable or makes her feel like she has to say something. I'm not smiling. The tension begins to build.

"Let's get out of here," I say as I grab her hand and stand up.

"I'm not finished with my drink," she says.

"I don't care," I respond.

We walk out the door of the bar down a long empty hallway that leads to the street. Before we get to the door that leads to the street I grab her hand and push her up against the wall.

She's looking at me like a deer in headlights. She's ready to be kissed.

I move in toward her lips. I don't kiss her but barely graze them as I start to kiss her on the neck, my hands running up her jeans, then around her waist.

I grab her hair with one hand, push her back against the wall and start to bite her neck. She gasps and pulls me toward her.

A moment later, not having kissed her, I turn and grab her hand and say "let's go."

We walk back to my apartment, hand-in-hand. She doesn't know where we're going until we get there. I won't tell her.

The keys come out of my pocket and we walk in the foyer of the five-floor walk-up. Turn the corner up the first flight of the brightly lit staircase.

Again, up against the wall. She feels my mouth on her neck and my hands scraping up her jeans. Anyone could see us if they walked out of their apartment.

She wants to kiss me but I won't. I pull her up the stairs by the hand instead.

We get to my front door and I push her up against the wall. I bite her ear and then whisper "You can't come in, that would be bad."

"Okay," she barely murmurs, my body pressed against hers.

I pull back and unlock the door. I pull her into the apartment. I walk her into the bedroom.

She is in front of me facing away as I put my arms around her waist. I dip my hands into the front of her jeans, into her panties. She turns to me to be kissed.

Our open mouths meet.

She's soaking wet.

My tongue sinks into her waiting mouth as we fall to the bed.

IJJJI.BLOGSPOT.COM

Seducing girls - a complete guide

Ideas on touching and making love:

- grab hands and smile, if she tries to impress
- kino on emotional high points
- run hands down arms into palms and squeeze
- rub/leave hand on lower back
- stretch legs on lap
- lay head on lap
- sit on lap

- lift her arm and put it around your neck, and scooch way down in the seat so she can comfortably leave it there
- push hair out of face and move slowly down to fondle earlobes
- smell slow along neck
- grab hair, pull head back, gently bite neck
- kiss forehead, nose, cheek then lips
- triangulate, drop verbal flow, move in for kiss ULTRA SLOW.
- pin down, shove arms up against wall or hold head against wall and start making out
- never skip dryhump

Kiss openers

- get EC when moving towards girl. Transition to "I wanta fuck you like an animal" vibe. Triangulate. Touch waist gently. slowly go in for kiss.
- "I need a private word come with me a sec.." grab hand and lead around corner, "come closer.. closer.. closer..", look in eyes 5 seconds, then wander eyes down to lips as go in for kiss

The Complete Kiss PU Method

Use BL. NO NEED for complex word game. From start be "Intrigued Dominant Male". Transition asap to "Sexually Aroused Dominant Male".

Then do EXACTLY this:

- Get close
- Look DEEP into eyes a few seconds
- Look at lips
- Move in slowly BANG kissing has already commenced!

Break off , then go straight for makeout session. Make it more and more sexual until kinda sexual climax, then break off slowly, take her hand and tell her to come with you. Go somewhere you can fuck, start making out, start taking her clothes off and go in for the fuck.

Kiss anticipation builders

- stare at mouth
- move towards her mouth
- hover with mouth near hers
- breath on face/neck
- touch head/neck/hair

Midkiss techniques

- run fingers up back and neck, and make light fist with her hair tighten as makeout progresses
- move lips near hers.. when she goes in, back up repeatedly until she frustrated, then grab and kiss her HARD
- put lips gently against ear and rotate tongue slowly around ear opening move it down to ear lobe stick it very gently into her ear canal
- let kissing trail her chin and neck down to her chest and up again
- nibble her chin, neck and ear lobes

Kissing

USER : Matt B

The fine sexual art of kissing can be one of the most pleasurable experiences you will share with your partner, whether you are lovers or just like each other a lot. It's also one of the first truly sexual experiences that most people encounter as they are growing up. Of course there's different types of kissing, but for the purpose of this site, I'll be talking about the type of kissing that carries sexual undertones. This means the pecks you give your mother don't count as far as this article is concerned. If you've never kissed anyone sexually, you might want to go ahead and read this article because this information just might come in handy some day. If you have, great, but maybe you'll learn something new that will be sure to spice up your romantic encounters. Kissing is a natural act, but many people are unable to just sit back and relax and cause their partners to see stars with their excellent kissing skills. Some people will be great at kissing, and others may never be more than average no matter how much they learn about the art. This doesn't really matter though, as long as you can learn to feel confident and be sure that your partner feels great about sharing this experience with you. There are several key points you can learn that will help you accomplish this:

The first key to becoming a better kisser is to think about how you feel during the whole kissing experience. This may seem selfish, but kissing is a highly reciprocal act. This means that if you feel like the kiss sucks, then the person you are kissing probably does too. Focus on making the other person feel good by relaxing. This includes your whole body, your head and neck, and especially your lips. Loosen up a bit and try to let things just flow. Once you get to know your partner better, you'll start learning their perks and this includes how to sweep them off their feet when you kiss them. If you don't, you won't have to worry for long because they'll be gone and you'll have to start over with someone new.

The second important key is the flow of events during a kissing experience. You don't want to just attack someone like a sandwich with your mouth wide open, your tongue hanging out, dripping wet with anticipation. If you do, the whole act will be awkward for you and your partner and afterwards you'll have a hard time proving yourself worthy of your partner's lips during future encounters. Approach the whole situation just as you would a strange explosive device that you are about to attempt to disarm. Move in slow, with great care and gentle caution. Initial contact should be lips only, firm yet gentle. After a few cycles of lip kisses with maintained contact, you may want to open your mouth slowly and move in with your tongue (more on this a little later). This stage will probably vary greatly depending on the point in your relationship with this person. A first kiss probably isn't going to be nearly as heart-felt and as passionate as one with someone you've kissed often, but you'll know where you are and how to handle the intensity. React to how your partner is kissing. If they speed up, speed up with them. If they slow down, do the same. Try to synchronize your actions with each other but be sure to pay attention so you don't ruin the whole experience. Eventually you'll learn to match and complement your partner's kissing rhythms so that the pleasure and good feelings you get from the kisses are as desirable as possible.

There is much more to a kiss than just lips and tongues. To experience the full pleasure of the act you have to be resourceful! Don't forget to use your hands, your nose, and even your breath to elevate your passionate kissing ventures to a new level. From personal experience, I know that a woman loves to be touched while she's being kissed. Use your hands to gently caress her cheek, her back, the tops of her arms, and especially her collarbone and jawbone right before and during the kiss. Rubbing noses is also extremely pleasurable, and can cause some sexual giggles between the two of you. Giggles are always a sure sign that you're making them feel special. Using your breath is also important. Providing your partner with extremely light, warm feelings on their face, neck, and mouth can be an extremely arousing feeling. I remember the feeling from exchanging breath with my partner through our noses. This was very erotic and I know it helped to get both of our sexual juices flowing a bit more rapidly. This sensual foreplay can really enhance a kiss and make your partner feel great.

Wait, you say, I haven't said anything about the actual kiss yet! All I can give in this area is some really general advice, **you'll have to learn what is right for you and your partner on your own.** Relax your face and lips, take things slow, and open your mouth enough for some explosive tongue interaction, but not too much. Don't stick it out either, you want to do that while your lips are locked. Angle your head slightly, you don't want anything awkward to happen when your heads approach. Once you are actually French kissing your partner, feel free to explore with your tongue. You may want to try using gentle breaths to some effect, but however you do it, just remember to breathe! Feeling the wet, warm feeling of someone else's tongue pressed and interacting with your own is definitely something you'll not soon forget, and through practice and experience you'll come up with your own little pleasurable ways of kissing your lover.

Besides just mouth to mouth action, you'll probably want to try kissing other areas of your partner's body at some point in the relationship, depending where you are right now. Gentle kissing or nibbling of the earlobes can be extremely sensual for either gender. Just as women love to be touched and caressed, you may also find your partner loves to be kissed in the same sensitive areas as mentioned earlier. The most affectionate and most sensual type of kiss I remember giving a past lover was one on her forehead. I took my hand and placed it softly on the back of her head, slowly drew her toward me, and gave her a single, slow kiss on her forehead. Every time I did this her reactions always showed me that she knew how much I cared for her, and for us this was one extremely intimate act that meant a lot to both of us.

Through all of the technical details of sexual kissing, just remember that most important aspect is letting your partner know how much you care for them and making them feel good. If you falter at first, with time and experience you'll get better. Feel free to experiment, learn what they like and how they like to be kissed by varying your methods. Once you reach the point of being able to communicate on a completely non-verbal and spiritual level while you kiss your partner, you'll know you've been doing something right.

USER : Kaldenbach

I find that in the art of kissing face lips to face lips, less can be more. Approaching the partner with care, making eye and cheek contact and starting with the electricity of high anticipation, and then touching lightly with either dry or wet lips, and staying there a bit at the beginning, moving lips a bit without doing the deep wet tongue probe workout, this may turn up the electricity voltage dramatically.

It may turn out to be a bit of a tease but then it can also be fully there and tantric in the sense that the longing and the emotion as a full body event is central, not the actual lip performance. It is a mind & body thing of anticipation, sheer goodness and longing.

Making it into a little virgin charade, saying "do I dare or don't I dare" these exercises will whet appetites for the two partners and it will make for many happy twitches, flares and power surges.

Mmmm!

USER : MrX

I rather enjoy "digging in" and using a lot of tongue...exploring the inside of the woman's mouth and then when it is finished I release the lip to lip contact and lick her lips.

USER : XxpiperxX

ugh that grosses me out...I care more for the parted lips maybe a little tip of a tongue but a sensual kiss...mostly lips.

USER : VelvetMidnight

I rather enjoy it more when my boyfriend makes sure to tell me I'm cared for with gentle and tender kisses on my forehead or just really softly on my lips, before going straight in for the tongue contact. Like someone said

earlier, it's more than just about lip and tongue action, it's about feelings and emotions, that's what really matters.

USER : *Mynx~

I find kissing very passionate I could do it for hours. I like soft sensual kisses and even wild rough kisses when I am heated up. I enjoy the movement of the lips, the texture and movements of the tongue it's all great.

I even like to grab hold of the other persons lip and just taste them with a little suck/nibble/bite very gentle, it really gets me going wild inside, while I am relaxed with slow gentle movement on the outside. I feel it's a great way of expressing your attraction to someone and as you get closer and know one another more, it just gets more and more intense!

The guy I am sorta dating now has a nice pair of lips, real plump and juicy, soft and velvety, they just feel soooo good against mine. Definitely the best pair I have locked with ever, he is real good. I just get lost in the moment sometimes and drift away sometimes. It just gets better every time!

MENSHEALTH.CO.UK

The big kiss off

Women rate men on kissing ability. Here's how to get it right

Your sex CV

"Kissing is your entrance exam for the rest of her body," says Yvonne Fulbright, author of *Touch Me There* (Hunter House). Fail and you're going nowhere. Ace it and you immediately tell her that you understand how to be subtle, no matter where you are on her body. For maximum effect, place a small kiss on each lip before placing soft, dry, relaxed kisses on her entire mouth." Swallow what you're eating first.

Up and under

No, leave your rugby ball in the shed. "A woman's upper lip is served by different nerve branches to her lower lip," says Siski Green, author of *How to Blow Her Mind in Bed* (Piatkus). "Spend time licking, kissing or gently nibbling her upper lip, then move down below – no, not that far down – to ensure every nerve ending gets stimulated to the max."

Give her the brush off

"Brush your lips between her throat and chin," says Sandor Gardos, founder of mypleasure.com. "The skin is thinner where the body flexes, so the nerves and blood vessels are closer to the surface – that's why it's also a perfume point. You'll engage sensory receptors and trigger an emotional response." A good one – assuming you remembered to brush your teeth this morning.

Four play

"Your mouth is not a jack-in-the-box," say Em and Lo, authors of *Nerve's Guide to Sex Etiquette for Ladies and Gentlemen* (Hodder & Stoughton). "Ergo, your tongue should not automatically pop out. Make this your patented opening move: 1) closed mouth; 2) opened mouth, no tongue; 3) opened mouth, just the hint of tongue; 4) full-on tongue probing. Infinitely preferable to sticking out your tongue and saying, 'Ahhh...'"

Lip service

We show you how to perfect that first kiss

Pucker up

Don't think you'll get past first base if you are a bad kisser. According to a study in the journal *Evolutionary Psychology*, 70 per cent of women have said that they have fancied someone up until their (awful) first kiss.

One-shot wonder

You only get one first kiss, and be warned she's judging you on it, "the first kiss involves a very complicated exchange of information," says evolutionary psychologist Gordon G. Gallup from the University at Albany, USA. "Women subconsciously use that first kiss to tell whether or not they're compatible with you by using clues like the smell of your breath and taste of your mouth."

Kiss off: Don't suck a mint before you lean in – a clean, smell-free mouth is best. A study by the University of Albany found that women interpret a clean, scent-free mouth to be free from disease. Cleanse your pallet by skipping coffee and ordering a cup of green tea. A study by the University of British Columbia found that green tea helps relieve bad breath.

Take it slow

"While men use kissing to move on the action to steamier waters, women use it as a bonding act," says Gallup.

Kiss off: "Don't go in with the tongue right away," says Dr Yvonne Fulbright, author of *Touch Me There! A Hands-on Guide to Your Orgasmic Hot Spots*, "men see it as being passionate – women see it as being choked. Instead, use time as a tease and get her titillated with simpler manoeuvres before making things wet."

Start by planting a small tender kiss on each lip before placing soft, dry, relaxed kisses over the entire mouth. Trace her lips with your fingertips as you gaze into her eyes. This will make her feel wanted and your ability to be patient before diving in will make her feel that you're really savouring the moment before savouring her.

Tongue war

A study by the University of California found that men prefer their kisses to be 33 per cent sloppier and with 11 per cent more tongue than women. This is because, while she's trying to judge you on your kissing style, you are subtly trying to up the ante by slipping her a hormonal love drug. Male spit is laden with testosterone which, when passed onto an unsuspecting partner makes them want to get naughty.

Kiss off: Show her that you're not really the sex-crazed brute she thinks you are. Scientists at Ruhr-University of Bochum, Germany found that if you tilt your head to the right while kissing it's interpreted as a more caring kiss.

Brush up

"Brush your lips between her throat and chin," says Sandor Gardos, founder of www.myplesure.com. "The skin is thinner where the body flexes as the nerves and blood vessels are closer to the surface—that's why it's also a perfume point, he adds. By doing this, you'll engage sensory receptors and trigger an emotional response. "It feels very intimate to let a person that close," says Debby Herbenick, a sex researcher with the Kinsey Institute, Indiana, USA.

Kiss off: "Practise at home by snogging your palm," says Tracey Cox, sex expert and founder of sex toy emporium www.traceycoxshop.com. "Your palm is sensitive enough to pick up on the different tongue techniques and you'll get a good idea of what works and what doesn't."

When in doubt...

"Your mouth is not a Jack-in-the-Box," say Em and Lo, authors of *Nerve's Guide to Sex Etiquette for Ladies and Gentlemen*. "Every time you open it, your tongue should not automatically pop out - work up to this most precocious of French manoeuvres."

Kiss off: "When in doubt, follow this order of operations," advises Em and Lo:

1. Closed mouth
2. Opened mouth, no tongue
3. Opened mouth, just the hint of tongue
4. Full-on tongue probing

Whether this four-step process takes half hour or 30-seconds, the build-up is infinitely preferable to sticking out one's tongue and saying, 'ahhh' as one's patented opening move.

LITEROTICA.COM

The Unabridged Catalog of Kisses

"Soul meets soul on lovers' lips." (Percy Bysshe Shelley)

Some people like to kiss. Some people think kissing is one of those things you do on the way to other activities. I happen to be someone who feels that kissing can be more intimate than any other type of sexual contact.

Part of my personal fascination with the activity stems from the many years I spent "saving" my virginity. Prolonged episodes of kissing became a substitute for intercourse in many of my relationships. By this, I mean that "sex" as an expression of affection was replaced by kissing. Although this did not result in orgasms for either party (except once for him), it did serve the function of conveying sexual attraction and shared affection. Of course not all kisses are romantic or passionate. The word "kiss" is used for the very different touch of a mother's lips on her infant's forehead, and the open-mouthed deep tonguing between two breathless lovers. So, to clarify, the "kisses" discussed here are related to the second type, rather than the first.

What constitutes good technique is obviously a matter of personal preference. Certainly some like kisses harder or softer, dryer or wetter, etc. Most of us like different things in differing situations.

My personal feeling is that adaptability is a key element. A kiss is shared, and as such is a thing created by two different minds. Great kisses happen when the two people find common ground. Many have implied that a great kiss is a moment of chronologic stillness. "Time stood still." Indeed, the feeling that you are both very clearly in the present is often quite exciting. In my experience, men who concentrate on their kisses and consciously think about the action leave the best impressions. Confidence (but not arrogance) combines with assertiveness (but not aggressiveness) to convey strong emotions most effectively.

I actually still remember the name of every man that has ever touched his lips to mine. Although there were not very many, I kept the names in a journal throughout my teen years, with occasional notes and comments about them. Over the years, I discovered that I was sort of mentally rating each one. The categories that I mentally considered were the following:

- Romance - Was it romantic if the occasion warranted romance?
- Technical merit - According to my own preferences, meaning good lip contact, slight suction, and the right amount of tongue at the proper moment.
- Lust-invoking - Did it leave me wanting more?
- Creative/artistic - Did he do anything *different*?

The following list was compiled from both journal entries and memories. (Consistent with the above "definition" of the kisses discussed here, no one appears below unless the lip contact lasted for at least a few seconds.)

My Experiences with Various Guys

Josh

I was 13 when I got my first kiss. Josh and I were outside with my best friend and her then-boyfriend, Jason (who was a good friend of Josh's). They left to go inside, but Josh grabbed my arm and suggested that we "look at the stars" for another minute. I stayed, hoping he was planning to kiss me.

When he turned and stared into my eyes, my heart was about to pound out of my chest. I was hardly even disappointed when the kiss was too wet and far too aggressive. Although he had later opportunities to improve my impression of his technique, he never did kiss very much better than that first night in the moonlight next to my best friend's swimming pool.

Josh's specialty -- the "no warm up" french kiss, normally suitable only in long-term relationships and definitely not appropriate for a first kiss.

Luke

I kissed Luke at a party one night, and immediately knew that I had experienced the worst kiss I would ever know. Yuck! WAY too wet, too much tongue, no creativity whatsoever. Gross. For his sake, I hope he eventually improved!

Luke's specialty -- the "dead fish" kiss, which I've been trying to forget ever since.

Jason

This is the same Jason that my friend was dating when I kissed Josh. Jason was gorgeous, so I was willing to overlook the fact that he probably didn't really like me as much as I liked him. I was easily lured with the line, "can I see your bedroom?".

His kiss and touch were a little like him -- very self-centred. Technically OK, but it's hard for me to judge because we only kissed for a few minutes on that one occasion.

Jason's specialty -- the "kiss and run" technique, which really has little more to recommend it than Luke's "dead fish" kiss.

Erik

Erik deserves some discussion, since he held the title of "best kisser" for quite some time before he was dethroned by another. Our first kiss was also at a party. I brought him with me as a friend. A while after we arrived, another guy whom I had been interested in but "rejected" by arrived at the party. I asked Erik to please pretend that we were romantically involved. As a favour to me, he began to dance with me and hold my hand.

This led to more serious "pretending" and eventually some very real kissing. My head was spinning that night from the sensual pleasures, and I can still almost feel the movements of his mouth against mine. Erik kissed great. He and I also kissed on many other occasions, and he still remains one of the best in my mind for both technical and creative reasons.

Erik's specialty -- the "**tongue tease**", also known as "slipping him/her the tongue", which can be extremely exciting when done properly.

Ben

My first kiss with Ben was both romantic and exciting. We had a short weekend kissing "fling" that was sweet and intense. It included some great passionate embraces in an elevator on the way to the 10th floor of the building we were working in.

I ran into Ben several years later at a drugstore where he was then working part time. I was checking out with a box of condoms (his checkout line -- oops!). It was rather embarrassing for both of us, and the small talk was strained. I suppose he assumed at that point that I was not a virgin any longer...

Ben's specialty -- the "**elevator kiss**", which is an urgent and rushed passionate embrace, usually in a place where you could get caught at any moment.

Christian

I adored Christian, but even the strong emotional ties I had for him did not make up for his sloppy technique. Christian bluntly told me he was a lousy kisser, and he was right.

Christian was the one man I actively tried to reform, even giving verbal requests on occasion. He took the advice in a good-natured manner, but never really did conform to my own personal tastes.

Christian's specialty -- the "steamroller manoeuvre", which involved rolling around on the bed excessively, and playfully squishing the other person while kissing in various ways.

Tom

Pure unadulterated perfection, every single time. We kissed everywhere and every way, and it was bliss. Tom and I would literally kiss for hours at a time when we were first dating and I was still preserving my virginity.

During that cold fall, we used to make out in the Jacuzzi under clear starry skies. I can still feel the almost painful juncture between the icy air and the hot bubbly water. He would cup his hands and fill them with water, then pour the water on my shoulders to keep them warm. He told me the other day that he still thinks of those days and secretly longs for that kind of raw expression of emotions. From my perspective, his kisses were technically flawless, extremely creative, and often very playful.

Tom's specialty -- "**perfect timing**", which defies explanation if you have not already experienced it.

Troy

Troy and I only kissed me a few times, but we shared some memorable moments. Troy's technique was better than average, and he was also rather creative.

One grossly in-your-face macho man manoeuvre of his has somehow become immortalized in my memory. I cannot explain why this struck me, but it did. He wanted me to tilt my head back, so he twisted his fingers in my hair and actually pulled on it. He seemed quite impassioned at that precise moment, and I was moved by the "rawness" of the gesture. Although this style is not normally my preference, the memory still arouses me.

Troy's specialty -- "**the hair trick**" and related manoeuvres, to position one's partner precisely for ideal angles and superb mouth access.

John

John was sweet, but his technique was a little immature. John's strength was the intensity and concentration he displayed. Technically not too bad, but he was a creative zero. I imagine that he probably improved with age and experience.

John's specialty -- "the mirror trick", which is the fun (or irritating) practice of imitating your partner's movements.

Mark

Mark and I were in love. We were together for over two years. He was the first man I had sex with. We shared some wonderful times. However, I really didn't like the way he kissed. Mostly, I just ignored this fact because (as I said) I loved him.

Mark's specialty -- "the unmemorable kiss", which, unfortunately, is self-explanatory.

Ingmar

Ingmar was Mark's best friend. After Mark and I broke up, Ingmar and I spent a lot of time together, just as friends. Late one evening, we crossed the line from friends to something more. We were sitting together on the couch, watching country music videos. Our hands slowly inched together, and he began softly caressing my fingers.

We shared a slow, close dance, and one lovely string of good night kisses that lasted for several minutes. He told me it had been at least a year since he had last kissed anyone, but his skills didn't seem to be suffering from lack of recent use. It was gentle, loving, and surprisingly arousing. Those few kisses had quite an impact on me, as I have dreamed about kissing him several times since then.

Ingmar's specialty -- "**good manners**", where you verbally request the kiss before actually performing it.

Brian

Brian was experienced, and it showed. He had **soft lips, a daring tongue**, and his mannerisms were delightfully sexy. Brian was skilful and creative, in kissing and other related activities.

Brian's specialty -- the "**lip suck**", which involves taking your partner's lower lip between your own two lips, and sucking on it while running your tongue back and forth across it.

Matt

Matt was too eager. He used too much pressure and did not leave enough air space. My lips felt bruised every time I could get them away from him. He was fun to be with, though -- always cheerful and optimistic.

Matt's specialty -- "**the crushing kiss**", which can be nice on occasion in the correct context, but is not recommended as a regular activity.

Derrick

Who can be objective about the current object of one's affection? Derrick was the first man to ever kiss me in a public place. In fact, our first kiss (during our first evening date) was across a small table in a very crowded room at a local comedy club.

He later confided that he had actually wanted to kiss me after our first lunch together. That really would have surprised me because we said our good-byes that afternoon in front of the library where we both worked, and many people we worked with would have seen us. Occasionally being kissed in public is a special treat because it proves that the person you are with wants others to know that he or she cares about you. It is a possessive gesture, and sometimes we all want to be possessed.

Derrick's specialty -- "**she's mine**", as described above.

Come closer and I'll show you exactly how it's done

- Look me in the eyes and silently tell me that you want me. Concentrate on the moment and make your message and intentions clear to me.

- Move towards me slowly and give me an opportunity to shy away. If I do, remember that I may want you to try again later. Otherwise, you'll know by the look in my eyes and the encouraging way I am leaning towards you.
- Where are your hands? Place your fingertips on my cheeks. Run your thumb across my lips softly. As I part my lips oh-so-slightly, take the opportunity to wet your fingertip on the tip of my tongue. Trail the moisture along my top and bottom lips. Feel my shallow breath move softly across your hand.
- Now move your hands upward with splayed fingers, your parted fingers on either side of my head and your thumbs under my chin, lifting it slightly. Tilt my head very slightly to the right. See me wet my lips in anticipation.
- Move your head towards mine. I will watch you come to me until the moment your lips make light contact with mine, when my eyes drift softly shut.
- Brush your lips across mine briefly, then pause for my response. Pay close attention. If I want more, you can feel my body shift towards you almost imperceptibly. Lean towards me again, and this time hold your lips against mine for a second or two.
- Now, show me that you want a deeper kiss. Part your lips slightly first and close them against mine a little wetly. I should hear that sexy "smack" as it ends. Remember that I want you to end each kiss with this particular movement. Repeat this several times so that your desire for more is clearly conveyed.
- Use your hands to tilt my head the other direction. Dip your head towards mine again and this time begin by very quickly flicking your tongue across the juncture of my still closed lips. This is your request, like a knock at the door. Will I answer?
- This time I do. I part my lips very slightly and meet yours in a similar state. Your tongue travels carefully to run across the soft inner edge of my upper lip. Position your head so that our mouths are tilted at almost a 90 degree angle. Be sure your lips maintain good contact with mine and apply a tiny bit of suction.
- Move your tongue further into my warm, wet mouth and touch the tip of my own tongue with it. My tongue will then follow yours as you run it along the bottom edge of my top teeth and the top edge of my bottom teeth. Stretch your tongue further into my mouth, meeting mine and swirling around it in a playful dance. Now, withdraw your tongue and begin a new kiss so that I can have my turn.
- I want to explore the inside of your mouth from a different angle, so I leave your lips long enough to tilt my head to the right again. You eagerly cooperate with the repositioning.
- The next kiss is more aggressive. I want you to know that you have aroused me as I run my tongue intimately along the space between your upper teeth and your upper lip. Our tongues meet again and do battle once more. End the kiss now when you know I still want more.
- As you pull away, I open my eyes and my desire for another kiss is clear. You want to tease me a little, so you begin kissing the hollow of my throat and the side of my neck, and eventually work your way towards my ear. You place my right earlobe between your teeth briefly, then take the earlobe into your mouth and suck on it for a moment. You can actually see the goose bumps rise on my skin.
- Whisper in my ear softly that I taste great, then begin kissing below my ear and down my neck again. I will close my eyes and tilt my head backwards, exposing my entire neck to you in the universal gesture of surrender.
- Kiss me again, please. You do it so well...

User Comments :

03/21/08 by Anonymous in Australia

These days the art of kissing has virtually disappeared and replaced by full-on sex with little build-up. I also rate kissing as the most intimate of behaviours.

07/22/07 by shrdlu_etaoin in USA

My own favourite techniques involve the woman's earlobe, and nibbling softly on her lower lip. Soft kisses can be better, unless you're getting hot and heavy... but I say too much.

Can You Kiss Me Like This?

Call this a sequel to My Take on Writing a Female Orgasm or just a new 'How To' story; either way, I'm going to write about that old school yard rhyme K-I-S-S-I-N-G. How do you put feelings into a kiss? How do you make it more than just two wet tongues sliding in a warm cave of teeth and gums?

Stop and take a minute to look at your characters and their situations. . .then imagine yourself in the embrace of that individual whose lips are coming down to assault yours.

Assault?

Yes, that's the word I used. It is an assault. It is supposed to be if done correctly. It is supposed to attack your senses and in this case since you aren't standing in front of your reader kissing them, you have to attack them with your words, though for some readers, they would be willing to trade up and take the real thing if you were offering it.

Kissing.

A simple word for something that brings about so many changes in a person's body. A virgin kiss. A welcome home kiss. A hero kiss. A rapist's kiss. A kiss between mother and child, father and son. A kiss of desperation and longing. So many kisses and yet you have to portray them all differently. The question is how?

I'm not here to tell you this is how to write a kiss. I'm just offering a source to come back to if you desire, or a starting point to consider. I'll give examples of kissing and you are free to interpret them in whatever way you desire.

Do I draw you into the moment or was I flat in my description? I want to know what the character is feeling. I want to be assaulted by the lips of the person claiming my hero/heroine.

Virgin Kiss

Emily looked up to Tyler; she'd been dreaming of this moment since she was a little girl. She'd had a crush on the boy since Elementary School, now he was a man and he stood before her. His lips came closer to hers. They were the same lips that brought smiles to her face. Now as the distance that separated them was pushed away she had no more thoughts except one; the need to please him.

Their lips touched and she breathed in the scent of his cologne, his breath and his very being. Her heart skidded to a halt as the soft brush of his mouth against hers forced her knees to grow weak. Emily closed her eyes and her fingers slid up to grip his arms as she melted into him. She felt his tongue slip out and when it touched her lips, she gasped from the surprise, but she opened her mouth willingly.

She felt the spark of heat rush through her and her face flamed hot from the emotions that ran over her. Unsure of what to do, but loving the sensations that were quietly surfacing she tilted her head and timidly touched his tongue with hers. She was lost then as his fingers moved into her head and coaxed her to deepen the kiss and when she did, she was lost.

Words like dreaming of and crush, let the reader know that this moment is one that Emily has wanted for quite some time. That sets the stage for the reader that this is a big move for this young woman, perhaps she's a teenager on her first date, in this case though for Lit. reasons she's eighteen and perhaps lived like a nun.

wink

Her heart skidded. This shows that she was taken aback by the initial contact of skin on skin. She probably felt some tingles and perhaps a tilting of her world, because she was finally kissing the boy that had become a man. Words are your paints and you have to brush them onto the pages, but do you do it lightly or do you boldly stroke them?

Desperate Times

Marc grabbed Sophia and pulled her to him. Their eyes locked and held. They both had denied the attraction, but now as the clock ticked down the final seconds, they both knew that this was it for them. They had only this moment to show each other what they felt. His mouth crushed hers and without thinking of the future, their tongues collided with each other.

He pushed deeply into her mouth as she forced her tongue into his. They battled, both wanting to feast on what they had denied themselves. She clung to him as her head twisted to the right then the left. Each time she moved, she drove deeper inside his welcoming home.

The sound of the timer reached their ears and they separated. They stared at the swollen lips that they had denied tasting for so long. Their embrace tightened as their lips met one last time.

This couple died. Before they did though they shared a kiss that was full of weeks, months, maybe years of denial. They both wanted more, but something forced them to never act on it, until it was too late. When they became aware that the end was near the desperation in never knowing what could have been, broke through the barriers that were placed in front of them and they took the leap into each other's arms. A kiss. . .simple and yet powerful.

Showing the reader the power of a "desperate" kiss is important. You want them to feel the spark of heat that comes when these two strong minded individuals finally give into the basic instinct to connect with someone they are attracted to. Words such as: longing, denial, taste, swollen, bruised, can be used to show a kiss that is wanted, but for some reason was held off. Now the couple is hungry for it; they can't wait and they eventually give in.

Teasing Kiss

Sylvia smirked as she slid up Gabe's body. She'd left all his clothes on while she crawled all over him. Now as she looked down on his smiling face she thought of what to do next. Her finger moved over his lips, tracing the shape. Keeping her blue eyes open she closed the distance between them and her tongue slipped out to take the path her finger had moments before caressed. She licked the upper lip of her spouse, then the lower, eventually she slid her tongue over the seam.

Gabe opened his mouth, begging her to come in and devour him. His body tingled in anticipation for more. His tongue came out and licked the taste of her on his skin. She jumped back and winked, not allowing him to kiss her. When he retreated she returned and this time she slipped her tongue over his teeth, enjoying the smooth pearls. Her teeth tugged on his lower lip, before she was to aroused to deny herself any longer. "Kiss me," she told him.

He did.

Can you see Sylvia straddling her lover and just staring down on him with this look of. . ."Gottcha" and a naughty wink? I can. I hope you can too. I see this woman who feels empowered, but as soon as she kisses him, tastes his mouth and plays with his lips, she can't hold back, she wants more and knows only he can give it to her.

What happened next? Did he roll her onto her back and have his way with her? Did he rip his clothes off and dive immediately into her slick sex? Or. . .did he return the favour and tease her into submission?

Words used here let the reader know that this woman was going to tease her lover and build up the tension. Sliding, crawling, tracing. . .slow movements on part of the character lets the reader know this is a tease that

will slowly build up to something promising. Begging and anticipating lets you feel how much the recipient is wanting this to happen and how much they wish the other would hurry and end their suffering.

True Love

Rebecca looked into the eyes of her husband. They had been through so much, now as he stood before her on a day that was similar to the one they shared fifty years ago, she felt herself being pulled back into the past. She loved this man and she could tell that he too loved her. They had been through so much and she longed for many years to come. Her fingers swept into his hair and when the Minister pronounced them husband and wife - again, she pressed her fingers into his scalp, beckoning him to meet her half way.

Alan studied his wife and placed both his hands on her face. He cupped her beautiful features and lowered his lips to hers. They touched, merged together just as they did so long ago. This time when they kissed it was not the kiss of youths, but the kiss of two adults who had found themselves still very much in love. His fingers slid to her hair and held her to him. His tongue slid inside her mouth and hers slipped inside his. They stroked slowly, each renewing the hunger that they shared. Each danced a melody upon the other, both gliding and stroking, each one desiring to taste the other.

When they separated their eyes held and everyone in the room was speechless as they took in the couple that had seen their children grow and become parents. The power of their kiss was felt by many and yet only the couple themselves sensed how much the other needed them.

I hope you feel the strong bond that this couple has. They have renewed their marriage vows in front of friends and family, kids and grandkids and they are looking forward to experiencing many more years to come. I can sense theirs is a love that is strong and has stood the test of time. Theirs is dependable and sure. They have had ups and downs, but in the end their love conquered all, which is how love should be.

Their kiss is represented by time. It is seen with words that display a gentleness and a longing that both people share. Stroking, sliding, gliding. Words that are smooth and sure, just like their marriage.

Forced Kiss

His arm gripped hers in a vise like hold and he dragged her to the back of the alley. His eyes were dark, almost black as they feasted on her skin. With a forceful shove he pressed himself against her and forced her back into the hard brick wall. Jack Barnes refused to let the spicy vixen scream. He pulled the gun from where he'd pushed it against her waist and pushed his tongue into her open mouth. She was going to scream, now she was forced to accept his invasion.

He plunged the thick muscle against hers and pulled her head to the side, giving him deeper access. He raped and bullied her mouth, bruising her lips and when she fought back, his teeth began their assault. He bit down on her lower lip and sucked on it, growling low as he rubbed his growing erection against her. His tongue licked at her, tasting the blood he'd forced from her. The cut now bleeding freely was ignored for the time being as he began to drive back into her sweet home.

She'd fight him. He liked it when they fought.

I see this as a dark invasion behind a seedy bar. Perhaps the character was lured there by someone she knew or just someone approached her as she was about to walk into the establishment. Either way, she's being forced to accept this man's kiss and she doesn't want it.

Words are there for us to use. We have to show the reader the characters thoughts and feelings. The words, drag, vise like hold, dark, feast, forceful all have strong meanings. They show dominance and the situation seems to be dangerous. This is revealed later with the words gun, scream, invasion.

The kiss is a demanding one. It says. . .I'm taking you, whether you like it or not. Fight me. . .I want you to. I can picture this woman struggling and her adrenaline is pumping through her veins. Will she win or will she lose her battle?

Just because you see a kiss in your head doesn't mean the reader will. You need to let the reader see it too. A kiss is not just a kiss. It is so much more. If you are writing a story with no emotion, depth, or true colors then how can a reader see it?

...

Jill's lips pressed firmly against Mike's. Their softness beckoned her for more and she knew she would need to feast from them often.

I think if I were Jill, I'd be wanting to kiss the lips that belonged to Mike in the second example, not the first. How bland that sentence seems. It was nice? I mean doesn't beckoning for more let a reader know... that was some kiss? Feast from them often? Again, if it wasn't nice, would she be wanting to feast from them at all?

User comments :

06/04/06 by DG Hear in Ohio

I mean it, it was very good. When I write about the sex acts in a story, I try to have them kiss first. Your outline of 'How to' was very good. I love the soft sensual type kiss, with the lips lightly spread as the pressure builds. When both lovers lips are moist. Oh, sorry, getting away from myself. Anyway, Now that I know how, all I need is a cute red head who's friendly to practice on. (I really did give you a 5, but only because you deserved it.) Loved it Your fellow writer DG Hear.

05/15/06 by Selena_Kitt

Great job! Loved it--so many subtle nuances to kisses. We often forget, and they can become perfunctory. You brought life back to kissing! Good luck to you :)

ANTHONY BERGER – SEDUCTION ILLUSTRATED

Chapter 7 : Kiss

Kiss

If you haven't kissed her by now, you should be planning on doing so very soon, or the fire will burn out and the chemical reaction will be over.

If you have been kissing either at the bar or in the cab, consider yourself in for more. Kiss all you want, because, she won't sleep with you if you two have just kissed for less than five minutes.

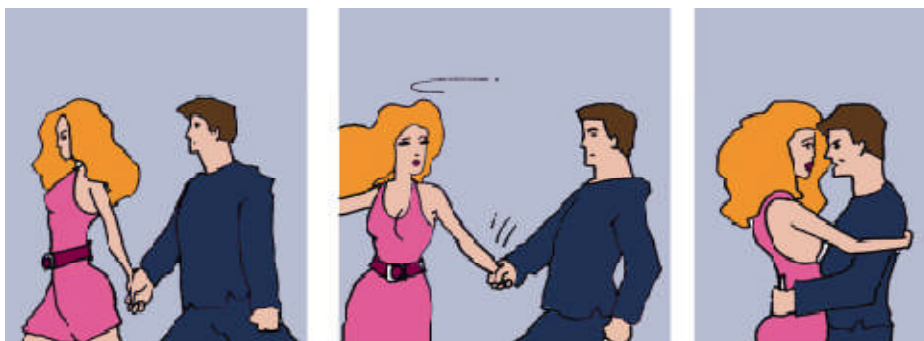
You can get more affectionate and physical, so take that to your advantage and try to further enhance her libido. The more on fire she is, the sooner you will be able to ask her to check out your pad.

A great place to kiss is behind the dance floor: it's secluded, dark, other people are kissing, her friends can't see you.

Spin and Kiss

You two are walking to some place. You previously just started a conversation with her and you are now about to go get a drink. You are using the "take her" technique to walk her across the bar.

In the middle of your walk, you let her lead. You then stop, yank her hand (not too hard), and pull her towards you. She will then end up incredibly close to you, if not in your arms. Grab her by the waste, move your face close to hers.



Pretend you are going to whisper something in her ear but instead kiss her ear. Move your kisses closer to her lips and plant one on.

Do all this without saying anything. It should be an emotional moment, with lust and chemistry, not logic and arguments.

GETROMANTIC.COM

Step-by-Step Kissing Guide

Before I ever kissed a guy I always wondered how it was done. I wanted to know ALL the details, but mainly "How do I move my lips?!". The only advice I could find was "it will happen naturally ...". I was not satisfied and I know that you would not be satisfied if I told you that same old stuff. I had to settle for learning through experience, funny thing is, one thing I've learned is that for the most part, kissing really does come naturally! With the first guy kissing was awkward, and not very enjoyable because I was so nervous, but after him I felt like a pro. So, I will give you all the basic step-by-step instructions and hopefully that will give you the confidence you need to get that first kiss (or second, or third...) behind you so you can start experimenting and trying new things on your own!

Step 1: Moving In

The first step to a kiss is "moving in". This begins as eye contact with your partner while your faces are in close proximity. When the eye contact is intense and does not break you know a kiss is going to happen. Next, one or both partners will lean their face towards the other person's face. Keep your eyes open and maintain eye contact while "moving in". This will prevent you from missing or having a collision. When your faces are almost close enough to touch, tilt your head a little to the side. If you both go in for the kiss straight-on your noses will bump, with tilted heads your noses will just rub or not touch at all. As a general rule, tilt your head to the left, this seems to be most natural, hopefully your partner will also tilt their head to their left so you are tilting in opposite directions and won't bump noses.

As you tilt your head, slowly close your eyes, and part your lips. It is important to close your eyes, keeping them open will probably weird out your partner. When parting your lips don't open your mouth wide, just part them, as if you were going to take a drink from a cup. You are now about to achieve lip contact.

Step 2: Lip Contact

When your lips touch the position should be one whereby your upper lip is nuzzled between your partner's lips and your lower lip is just below their lower lip. So, in effect, you have their lower lip between yours and they have your upper lip between theirs. (see diagram to right)

Step 3: Moving Your Lips

There are many ways to move your lips while kissing. As you become more experienced you will try different techniques and learn new ones both on your own and from your kissing partners. I am going to describe the very basic make-out technique.

The motion of kissing is much like if you were giving someone a peck on the cheek. You press your lips on their skin, then pucker your lips, then release...which usually creates a quick suction noise. When making out you are basically giving your partner a series of pecks on the lips, but drawing each one out to last longer. You also do not kiss them then pull away, then kiss them and pull away...you maintain lip contact between and during each drawn out peck.

Add Some Variety

Don't kiss just their lower lip the whole time. Switch from top to bottom and try tilting your head a little more so you are kissing the corner area of their mouth.

Stop the kissing motion briefly to slowly swipe your lips across theirs from corner to corner, diagonally. If you want to kiss their neck don't just stop kissing their lips and move your head to kiss their neck...make a trail of quick pecks up their jawbone from their lips to their ear then down the side of their neck. Or, you can make a trail of kisses down over and under their chin to their neck. As you kiss under their chin your partner's head should tilt back to allow easier access to their neck. FYI: tilt your head back some when your partner is trying to kiss your neck!

The Art of the Slow, Gentle Kiss

This is a wonderful and intimate kiss to share with your love. It's my personal favourite, and I definitely recommend it as your first kiss with a new partner.

Below is an example of the slow, gentle, kiss that you can try, and make variations of:

You're looking into each other's eyes, your bodies are close and you know she wants you to kiss her. You **slowly** lean your head forward and rest your forehead on hers, maintaining eye contact the whole time. Your gaze is intense and you occasionally glance down to look at her lips. **Gently and Slowly** you lift her chin with the tip of your second finger, until her face is uplifted towards yours. Take your time, build up the suspense! Lick your lips and glance at hers, you're still holding her chin in your hand, your hearts are beating like mad (hopefully). Now, you dip your head as if to kiss her, close your eyes and very **subtly and softly** brush your lips across hers, but don't kiss her. As your lips brush across to her cheek, pause and **softly** inhale the smell of her perfume, tell her (in a **whisper**) how nice she smells. Even if she is not wearing perfume you can still tell her how good she smells, we all have a natural scent so it would be very flattering if you sincerely liked hers. Next, **slowly** come back to her lips, **just barely** touch her lips with yours and look her in the eyes. Now you can kiss her, close your eyes again and **start slowly**. Just barely kiss her, then kiss more of her lips, then kiss her fully. Don't forget to softly moan when you kiss her lips for the first time. The type of moan that is a soft sigh of relief, it says: 'mmm...it is so nice to be kissing you, this feels so good', 'you're lips are so soft'.

Ways to Kiss an Ear

Has your partner told you that one of their favourite places to be kissed is their ears? Don't know where to start or what to do? Then read on for some kissin' techniques to use on your sweetie's ears.

When you want to go from kissing their lips to kissing their ear don't just stop kissing their lips then start kissing their ear. Keep in contact with their skin by tracing up their jawbone with your tongue and quick, little kisses. Their jawbone leads up to that sexy little area behind their earlobe that is often ignored. When you get there flicker your tongue behind their earlobe in that crevice between the back of the lobe and their skin. Follow that with a few kisses then try any of the tips below:

- Moisten the tip of your tongue and use it to gently trace around the rim of your partner's ear
- Flicker your tongue on, under, and around their earlobe
- Take their earlobe between your lips and suck on it for a moment before slowly releasing it
- Take their earlobe very gently between your front teeth and slowly pull your teeth down the lobe until it is released from your mouth
- Trace their ear with your tongue so that it becomes moist, then blow softly on the moistened skin. This will give your partner a cool, tingly, sensation. Suck in air instead of blowing for a hot sensation. note: be careful about blowing in their ear canal, it is very painful if done too hard
- The ear has two "rims". The outer rim and another rim inside it, closer to the ear canal. Use your tongue to prod and lick between and on the two rims.
- Whisper sweet nothings or sexy somethings in their ear while kissing them. Try: "mmmmm...you smell so good." or "I love you (insert their name here)" or "You drive me crazy" or "I love kissing you." or, if appropriate, just tell your partner how turned on you are.

Warning:

- Avoid actually sticking your tongue into their ear canal. Some people love this, others think it is gross, find out which category your kissing partner falls under before tasting their earwax.
- Don't kiss directly on your partner's ear. The sound it makes is extremely painful when applied over one's ear canal

15 Places to Kiss Your Love

- Small of their back
- Behind their ear
- Underside of their forearm
- Curve of their waist
- Palm of their hand
- Under their chin
- Their eyelids
- Inside of their ankle
- Their collar bone
- Tips of their fingers
- Their spine
- Their tummy
- Behind their knees
- Tip of their nose
- Back of their neck

How to Use your Hands While Kissing

For the best kissing results don't leave your hands lying limp on your lap. Below are some ways to use your hands to make kissing more sensual:

- Don't get too touchy feely too soon.
- Run your fingers through his or her hair.
- Lightly massage your partner's scalp with your fingers
- Cup his or her face in your hands.

- Place your hand on her cheek and glide it back into her hair, maybe to the back of her head so you can grasp her and pull her towards you.
- Caress your lover's back, arms, neck, shoulders, cheeks
- Hold hands.
- Caress their face with the back of your fingers
- Hold her close to your body by placing your hand on the small of her back
- Caress the small of your lover's back
- Twirl the ends of her hair around your fingers
- Try many of these ideas, don't just pick one and stick with it for the entire kiss!

How Woman Love to be Kissed

- "I love when my boyfriend breathes warm air behind my ear, then gives me soft warm kisses on my neck and shoulders."
- "It drives me crazy when he sucks my tongue!"
- "I love when my partner talks while kissing me. It can be done and it is very appealing! Try saying something like: 'open your eyes' or 'take down your hair'"
- "I love it when my boyfriend pulls away just to look into my eyes for a moment."
- "I love when my partner groans while we're kissing, and when he seems more interested in the kiss than I am."
- "I love when my partner runs his fingers through my hair until he reaches the back of my head where he cups it gently and pulls me near him. Then he slowly lets his fingers drag down my neck back up to the side of my face."
- "I love when he pins me against the wall and lets my hair down, strokes my cheek, then kisses me on the mouth."
- "I love when my partner flicks his tongue behind my earlobe, it drives me insane!"
- "My boyfriend does this thing that drives me crazy, I LOVE it. While we are kissing we slow it down and he breaks apart until our lips are barely touching and with his tongue he traces my upper and lower lip."
- "I love when my boyfriend comes up behind me and puts his arms around my waist. Then he begins to kiss the back of my neck

20 Sensual Kissing tips

"Kiss her as though, at that moment, nothing else exists in the world. Kiss her as though your entire life is wrapped up into the period of the kiss. Kiss her as though there is nothing else that you would rather be doing. Kiss her!"

- Trace the outline of her lips with your tongue
- Run your tongue across his lower lip
- As you draw back to end the kiss suck out her lower lip a little, then release it.
- Nibble on his lower lip
- Hands play a key role in kissing, never underestimate the wonderful effect you can have on your lover simply by touching and caressing their non-erogenous zones. Run your fingers through their hair, cup their face in your hands, rub their shoulders or back, trace their ear and jaw with your fingers, use soft feathery touches up and down their neck and cheeks with the back of your palm and fingers, put your hands on her waist and pull her towards you, run your hands up and down their arms, entangle your fingers in her long hair.
- While french kissing run your tongue along his gums
- Engage in a little sensual finger sucking. The next time he or she asks you to taste some food off their fingers initiate this sensual ritual.
- Caress the backside of her lips with your tongue. This is the part that is in contact with their gums. It requires you to curl your tongue up under their lip.

- While french kissing make circular movements with your tongue around theirs
- Experiment kissing your lover in different places: their eyelids, their wrists, their forehead, their neck, behind their ears, the back of their neck, their temples, their shoulders, the tip of their nose
- Gently suck on his tongue when it is in your mouth
- Gently and briefly suck on the lip you are kissing
- For a truly sensual experience pass different foods between your mouths while kissing. Try: cold water on a hot day, hot chocolate on a cold day, gum, candy, wine, the sauce on your food or a piece of ice
- Hold your partner's hand and trace figure eights on the underside of their wrist with the tip of your tongue.
- Stoke the underside of your lover's tongue with yours
- Flicker the tip of your tongue against the tip of your lover's
- For a sweet kiss surprise, wet your lips and sprinkle them with a bit of sugar, then kiss. Try salt for a salty kiss.
- Trace around the outside of your lover's ear with your tongue. If you want to draw this out make circles around the edge of their ear that get smaller and smaller as you approach the centre, then softly blow some cool air across their wet skin. For a warm effect place your lips next to their skin and inhale gently. Do not inhale with your lips over their ear canal...ouch!
- Flicker her earlobe with the tip of your tongue
- When you want to move from kissing their lips to kissing their ear, moisten your tongue and drag it up their jawbone rather than just stopping on their lips and starting on their ear.

Different Places to Kiss your Love

- Neck - In a poll here at "GetRomantic.com", the neck was the number one place that men and woman liked to be kissed.
- Back - This was also a popular place people enjoyed being kissed. Try kissing down his or her spine then blowing a line of air up the line of kisses.
- Ears - Nibble, suck, kiss the earlobe, lick, trace the outer edge of the ear, kiss behind the ear, etc.
- Cheeks
- Forehead - This can be very romantic
- Hand
- Wrist
- Along their Jawbone

COCKSANDDOLLSBLOGSPOT.COM

Boring kissing

He kept doing the same thing with his tongue; there was no teasing, no light biting, I don't even think he kissed my jaw, neck or ears. Yawn.

The principle of Variety is KEY. Refer to the MOST EXCELLENT "Sex Revolution Handbook" for a discussion on this.

ANONYMOUSE PUA

Okay, let's face it...how you kiss a woman can either make or break your image in her eyes. You can use this simple technique to sweep a woman off her feet and double her interest level in you. Use this technique wisely

and only on woman you want to really fall for you. Don't use it on someone you don't want to keep around or you'll never get rid of her.

When you go in for the kiss, put your hands on her neck and very gently caress her. Start the kiss off softly, still gently stroking her neck, and running your fingers through her hair at the nape of her neck. Very softly and slowly part her lips with your tongue. Don't put your tongue too far into her mouth...just a little bit in and work it very slowly and without much pressure. A kiss like this makes a woman weak in the knees. Save the hard passionate kisses for later on down the line. Use this more erotic kind of kiss to keep her thinking of you until you see her again.

Some Kiss Tactics

- Cup her cheek with your hand and force her head slightly backwards, then kiss her
- Put your hand across her eyes, then kiss her
- Put one hand on each side of her face. Roll her head gently in a circular motion. Pull her lips apart with your thumbs and kiss her
- Grab hair at top of her head. Shake her head gently. Pull her upwards like you plan to lift her by the hair. Kiss her (Little things I love to do just before I kiss girls. It builds anticipation and 'dominant frame sexual energy')

Pull Da Hair

Here's something I do a lot in set lately and has been working like a motherfucker. A long long while ago Mystery told me about how girls liked to have their hair pulled when you're kissing/fucking them etc.

What you do is you grab their hair from the roots at the back of their head. Grab your own right now and give it a good little squeeze. I know I like my hair pulled from back there. I like some pain when having sex or when getting with a chick...kissing...playing around.

Mystery told me that there were a lot of nerve endings around that area of the head and that chicks liked having their hair pulled there. So, I field-tested this shit like a mother fucker. All of my past girlfriends loved it when I did this shit. I fucking pull their hair when I'm fucking them and kissing them. I love it when they do it to me too! Uhhh...I love having my neck kissed too!

Before I get in to what I discovered I want to make sure that you guys start pulling your girls' hair properly.

All you need to do is put your hand through her hair at the back of her head. Be gentle like a morning dove.

(When with a girl you already know...slowly glide your hand up through her hair)

(When doing it early in set...start in the middle of her head and get to the gripping point a little quicker, while remaining gentle like a morning dove).

Have your palm opened at the top/back part of her head. Make a snug fist. Don't clench hard. Make it have a 'little' bit of pressure – like a morning dove sipping some dew from the fresh dewy grass. Keep the grip for three seconds or so...calibrate.

First, practice on yourself...or a homo friend to get the feel for it. It should feel good. If it doesn't then your doing it wrong – homo.

Here's what I've been doing in my interactions with chicks over the last while. After around the 5 min mark, there's attractions, some kino.

If I have the three pieces above and she says something that makes her be a 'bad girl' then I grab her like I described above and say:

ME: No (playfully).

Girls usually cannot believe you just did this shit. They 'act' like their annoyed with you, but it's that good annoyed. Like 'finally a guy with balls annoyed'. They usually tell their friends that I just pulled their hair. You'd think that they'd freak out thinking I messed up their little hairstyle, but they never do because 'this fucking feels good'. I love the feel for fucks sake. It gets me horny!

A great thing about this too is that it immediately sets up the frame that you're kinky. Girls want guys that can fuck them very well...and that's what this communicates. It also sub-communicates that you're not afraid to be sexual in public

Ensure that you have attraction, it's past the 5 min mark and you already had some kino going before you try this. Don't be a douche and start grabbing girls hair thinking you're gonna get them horny. Be the cool guy that you know you are.

GARY BRODSKY

This is why I keep stressing that you have to be subtle. A man with no confidence grabs everything in sight and goes for everything as fast as he can. Why? Because *he has no confidence*. Thinking he is a loser who is never going to get any he makes certain he never gets any by rushing in like a jerk. But, the confident man is willing to wait. He can hold his cum back through will power. He doesn't have to snap a mousetrap on his dick to keep it from crawling out of his pants under its own power and spurting all over the place in advance.

This is the man woman are looking for. **The suave guy who takes his time, who waits until they are ready** (really, who sits back and **waits until he can make them beg for it**). When the moment for that first kiss comes, give her a treat. Take her hand, bring it to your lips, and kiss it instead of her lips. Take her fingers and kiss the tips of them one by one. Then put her hand back where you found it and give her that look that tells her there's more where that came from... if she plays her cards right.

Another variation is to kiss a woman on her eyes instead of the lips. One at a time, softly. Gently. This is another instant turn on. Why? Simple. Once you're in the zone where you know you're supposed to kiss her, of course the kiss isn't going to surprise her. She's expecting it. But, when you move your head upward, suddenly her game plan is thrown out the window. What is he *doing*? She wants to know, and she wants to *know fast*. Her mind is instantly racing. She gave you the signal that she was ready to be kissed. What the hell are you up to? Confusion is followed by panic.

Your lips are coming in toward her eyes. No one likes anything coming toward their eyes. But, she can't stop you, she gave you the signal. She's caught in her own game.

Considering she's been doing all this thinking in just a split second, she has two choices: push you away like some kind of idiot, or close her eyes. She's going to close her eyes. Suddenly, she has surrendered to you. She's in the darkness, off guard, not knowing what's about to happen. And then, your lips softly caress her eyes, one at a time. At this point, this babe is on fire.

BADBOY EMAIL NEWSLETTERS

Resistance before kiss

NO means no.

Society teaches us that the woman, has the right to say no and that NO means no. Spending years in this area of philosophy, talking with girls about it I realized that it is bullshit. In 80% of case no (or her turning her head away when you go for kiss means “ try again few more times, and you will get it”).

Something that I have noticed a lot is that I would go for a kiss, and she would turn head away, I would back off, continue talking and... she would still stay there. If she is staying there and smiling, but at same she's giving NO... that means you will get it, but not yet.

What I usually do in this situation is I will talk for 5 to 10 minutes, and try again. But each time I go for kiss, I would do something different. I have 5 / 10 different kiss closes, and I just rotate them every few minutes. On the New DVD we are making right now, you will be able to see ALL of those moves. Maybe she will resist on 1 but next time I try to do it, I will make sure it's more smooth, and it's one of the killer kiss closes.

When she resist in most cases its one of 3 things :

Kiss wasn't prepared

Just going in for a kiss out of blue is not going to work. What I do, I build tension for a few minutes before I kiss her. I would look at her lips, maintain strong eye contact, and then go for the kiss. This way, you make her body and emotions ready for kiss.

KINO. (Physical touch)

Not enough Kino before a kiss can be problem as well. If you don't touch her at all, and then you go for kiss, that is a BIG leap. To solve this problem, you should touch her on safe places, like arm, hair, shoulders. Just to get her comfortable with you touching her. This way the kiss will be next logical step of how your relationship should progress.

Environmental Issue

In lots of cases, it's not you. It's her friends in front of you, ex boyfriend that's watching her from other side of bar, or bartender that she thinks it's hot. In those cases changing venue is best option to go. I was a believer that you needed Attraction and Rapport to kiss girls. The last 2 years has changed my perspective on this. With smooth moves for Kiss close you can kiss probably 80% of girls out there. For them it “just happens”.

GIRLWITHAONETRACKMIND.BLOGSPOT.COM

This truly EXCELLENT website gives great insight into sex from a woman's point of view and what goes through her mind, what turns her on (especially being dominated & the man being bold). Also good tips on technique.

Passion in public (importance of good kissing & being bold)

We stood on Holloway road kissing.

I love kissing. It's got to be one of the most underrated aspects of sex. But it's probably my most favourite. A good kiss will get me going, no problem. A good kiss is like making love with your mouth. A good kiss takes me away to that place where the only thing I can hear is the synchronised breaths emitted

from our mouths as we part our lips, and the only thing I can feel is the throbbing between my legs as he presses against me.

He was a great kisser.

No, strike that: a *fantastic* kisser. His kisses sent shivers down my spine, tingling into my fingertips and throbbing between my legs. His kisses made my whole body feel electric. His kisses made me forget who I was and what I was doing.

So, we're standing on Holloway road, kissing like two drunken teenagers on a night out; snogging away, oblivious to the people milling around us trying to get the last tube home. The warm summery air is making us both frisky: our hands explored each other eagerly as our mouths moved in synch. We stood there and kissed, and the world revolved around us. Magical.

TYNANSANGELS.COM

Kiss and Tell – by Evan (a woman's perspective)

Kissing is now one of my most beloved pastimes. **There is very little I would rather spend an hour doing than making out. When done properly, it is romantic and playful and sexy and it inspires every warm and lovely feeling I can imagine. For most woman, ten minutes of well executed smooching can turn us on like nothing else. It is the perfect way to blend sex, affection and intimacy and nothing could be hotter than that.** I've devoted a sizeable amount of time and effort to learning exactly how to give a girl a perfect kiss. Every second was absolute torture, but we must all make sacrifices in the name of research.

So what makes a truly magical kiss? Here's a step-by-step guide:

- 66% of people turn their heads to the right when kissing to avoid bumping noses. Scientists attribute this to our neonatal preference for the right side. Odds are in your favour that this will help you to avoid any awkwardness when going in for the first time.
- Start slowly. There is no prize for getting your tongue into my mouth in record time. Spend a few minutes kissing gently with your lips very relaxed and slightly parted.
- Tongue is fine if both kissers are into it, but it must be introduced gradually. You should literally feel the situation out by using your tongue to touch her lips and the very tip of her tongue. If the gesture is returned you may repeat, but do so with restraint. If anyone's face is getting wet, there is way, way too much tongue involved.
- Kiss with your whole body. Hold your partner close and kiss her face, lips, and neck. Use your hands to stroke her hands, arms and back. If you want her to really love you, give her a long, soft kiss while you hold her face. It's simultaneously tender and sexy.
- Don't worry about using tons of mouthwash or chewing gum all the time. Just like a (clean, deodorized) person smells really nice without tons of perfume and flowery lotion, their taste can be very pleasant. Having good hygiene (i.e. brushing several times a day, flossing, and visiting your dentist) is plenty.
- Pay attention to her reactions. Most girls will make little moans and sighs of appreciation when you do something they think is great. She will let you know what turns her on by responding to your kisses and touches with more aggressive kissing and touching on her part.
- The more forceful use of your tongue, sucking on lips and biting are very fun, but they must be used with caution. Our mouths are exceptionally sensitive and are great locations for giving pleasure. A well-timed nibble is super hot and very passionate.
- Finally, kissing is a great tool for connecting. It is both affection and foreplay, and it totally counts as quality time spent alone. I am probably borderline fanatical about my kisses, but I can literally gauge my devotion and interest in a relationship by the time and quality of our lip locks. Use it as an opportunity to deepen the bond you have with the lady you love

MISCELLANEOUS NOTES

The Ultimate First Kiss

One of the greatest experiences a person can have is THE FIRST KISS. And possibly even greater than this is all that leads to the FIRST KISS.

I like build-up. I like to extend that initial what's-going-to-happen stage. I like knowing that the interest, the desire, the craving is there, but for whatever reason we wait, we hold off from actually going so far as to break that haven't-kissed-yet/we've-kissed-and-opened-the-floodgates barrier.

The Newness-Before-The-Kiss-Before-Anything-Really-Big-Happens stage... that stage of intrigue, of being pretty sure that there's mutual interest, but not to the point of actually discussing it or allowing things to progress. This is when the looks directly into each other's eyes grow longer, when "accidental" touches become more common. This is when every possible silly excuse to be with each other, to somehow touch, to learn something new is used. The Newness-Before-The-Kiss-Before-Anything-Really-Big-Happens stage... aaaah, I love this stage.

Another reason why I like extending this stage is because when the time comes for that FIRST KISS, we've waited, we've thought about it, we've imagined how it would happen, we've envisioned everything so much that the first time our lips actually touch it sends an intense warm flush throughout the entire body. I started to say it's like I'm on fire, but it's not really that. It's more like easing into an outside Jacuzzi on a cool, star-filled night. It's like an intense release -- a mini-orgasm.

There are four kinds of first kisses:

- The romantic, never-want-this-moment-to-end-but-that's-OK-because-this-is-just-the-beginning kiss
- The passionate-can't-keep-away-from-each-other-needing-lusting kiss
- The unsure-of-where-this-is-heading-but-I'll-go-ahead-and-return-the-kiss kiss
- The at-a-party-with-a-stranger-who's-really-hot-or-mutually-horny kiss; but this doesn't really count as a first kiss since a second kissing session isn't really the goal.

The following example of The Ultimate First Kiss is a combination of the romantic-just-beginning kiss and the passionate-can't-keep-away-from-each-other-needing-lusting kiss.

The Ultimate First Kiss

Her name was Jo. Jo was that oh-so-attractive, sexy, sarcastic, flirty, fun, witty, wise, and entirely unattainable woman that always exists in the office or social circle. She's that girl all guys love to be around, that girl all guys can't help but to look at when she walks by, that girl all guys secretly wish to be with but never actually pursue because they know they'd be totally shot down.

And, of course, she is that girl who always has a boyfriend/fiancé/whatever.

Because of this latter fact, I never paid much mind to the flirting. I laughed off the sexual innuendos, the suggestive glancing touches, those times when she'd look at me with that "I wonder how you kiss" look. I figured this was just her personality -- something that many people do because, let's face it, it's a nice feeling to be wanted and liked.

One day she came up to me and said, "One word: INTRIGUING."

I waited for an explanation, but she gave none. I held up my hands and she just walked away with that remarkably appealing flirtatious grin. A few days later, she finally explained, "I spent all day reading your columns and stories. You are very intriguing. Some of the things you wrote made me wonder..."

"Wonder what?" But she left again with that flirtatious smile; this time, though, with a touch. I knew something was going on, so the next time we had a chance to talk, I asked, "Intriguing... so what does that mean?" She looked at me for a moment, her smile turned serious, thoughts running through her head, carefully choosing her words. "You tell me."

I knew what I suspected. But it was difficult to come right out and say because we worked together and because she has that dang boyfriend/fiancé/whatever. I chose my words carefully. I said, "It could mean several things.

1) That you like my stories and enjoyed how I took you places with my words. 2) That I raised questions in your mind and you'd like to sit with me and pick my brain. 3) You wonder if you can visit me on my island and hang out in my tree house as I talk to lunatics strolling by. (You'd have to read the story to get that one, but it made sense at the moment.)

"Or maybe you'd like to spend a weekend with me and get all the questions and intrigue out of your system before you commit your life to someone you're deeply in love with."

Her eyes lit up, "How about all the above." She looked at me directly in the eyes for a long time.

I said nothing. I played it cool, but I was really shouting and screaming and jumping for joy in my mind. I figured it was best to let her continue making all the moves. She added, "Walk me to my car after work."

Work flew by, of course. We met. We walked. We talked about something useless and irrelevant. I leaned against her car as our conversation continued.

She exuded confidence, charisma, craving. Being outside served as a strange force keeping us apart, but the desire to touch pulled us together. Slowly. Slowly she circled, moving closer without being noticed, like a feline patiently stalking its prey.

I noticed this. I felt it. I felt her body, her energy. I welcomed her into my personal space. Soon she stood less than a foot away, coming closer still. I think we were talking about hiking or maybe boating on a lake, but nothing she said registered.

Inches away -- wonderfully patient, her smile - devilish, her smell - erotic. She stopped mid-sentence, both of us knowing that the conversation was just an excuse to avoid saying goodbye, a means to an end -- to a beginning, something to pass the time while we built up enough courage to ignore the cars around us, to ignore being seen by someone that could lead to trouble. We knew we should be more careful, but...

Our lips touched. Only our lips and I melted into hers as they were so soft. The sensation hypnotized me. Our lips slowly moved, slowly explored. First both at the same time, then the upper, back to both, the lower. I cared about nothing other than how her lips felt. There was no tongue, no touching. Just lips.

Because we were patient, because we both enjoyed the build-up so very much, we didn't rush any part of the experience. They say if you kiss your partner for just ten seconds straight every day, it would increase passion in the relationship ten-fold. Ten seconds is a long time for one kiss. We kissed this way -- only the lips -- for a good 2-3 minutes.

I wanted to feel more, but I couldn't take my lips away from her face. so, with my lips, I caressed hers. But I did it so lightly -- sometimes not even touching but so close you can literally feel the heat, the energy -- that it tickled to the point of developing that tiny itch. And just as the itch got a bit too much, I kissed her full again. This, then, feels even more incredible because not only are we connecting again with the passionate kiss, but it also satisfies that itch -- making it feel even more welcome, more desired, more needed, more sensually fulfilling.

Sometimes it feels expected, almost obligatory, to add the tongue. And in most cases, people rush in too soon with the French kissing. With her, while I didn't want to end kissing just her lips, it became almost a need to feel her tongue -- to see if she was just as sensual, just as elegant, just as erotic.

She was tentative at first. She didn't thrust her tongue down my throat and she didn't immediately switch to all tongue. Instead, she parted her lips just a bit more and very lightly touched the bottom of my upper lip. Then she kissed me again with her lips -- full, solid, intense, passionate. She did this several more times -- very lightly touching and exploring my lips with her tongue. Occasionally I met her tongue with mine, just barely, though. And it was always followed with that intense, passionate kiss.

Because I so much enjoyed the super-light caressing followed by the intense, satisfying release kiss, I touched her tongue very tenderly. And because we so thoroughly gave ourselves to each other and to the gentle sensations, it felt like we became psychic, like she knew exactly what I wanted -- my pleasure was felt by her, which intensified her pleasure, which was also felt by me.

Some people, especially those in Hollywood, think that the more intense, the more passionate things become, the harder the kissing and touching must be. This may be true at some moments, but often it's the opposite.

Having to hold back, having to restrain ourselves while our lips and tongue are touching is like trying to keep two powerful magnets apart while bringing those magnets closer together. The closer they get, the harder it is to keep them apart. So we feel the build-up. We sense the tension. We allow the passion and craving to become even more intense by somehow holding back with the light caressing -- the more it's done, the stronger the magnetic pull, to the point where it's like our muscles are straining to keep the magnets apart.

Our tongues continued the tentative flirtatious dance. I could no longer hold myself back. After exploring and feeling her lips in every imaginable way, I couldn't help but to want, to need, to feel her tongue. So I explored hers with mine -- mostly just the tip, and still very lightly.

Remembering to avoid the uncomfortable-mouth-open-way-too-wide Canyon Competition kiss, I parted my lips just enough. Sometimes, my tongue seemed to be more in her mouth, sometimes hers moved just slightly into mine. She somehow knew that I'm not a big fan of feeling the tongue shoved down my throat (the Coal Miner kiss). So our tongues danced, they touched, they explored.

Up to this point, we still have not touched each other with our hands. I think. It's possible we absent-mindedly held hands, but if so, they were down at our sides. Not touching caused the entire focus to be right on the tip of the tongue.

A light bulb can illuminate a room and you won't feel any heat, any warmth whatsoever. But if you were to focus all that light into one tiny laser beam, you could burn through steel. It was the first time I've ever focused 100% of my attention on that one very specific part of the body and because it was this way, each and every sensation was magnified, each movement, each caress of the lips was felt throughout the entire body.

At times, she actually sucked on my tongue, switching back and forth from just tonguing it, to gently sucking in just the tip of my tongue, to even simulating every man's dream -- fellatio. But we would soon return to the light caressing. And always back to the small kisses with only the lips.

I have relived this kiss, this make-out session many times. But I don't like to call it a make-out session because that somehow seems to lessen the sensuality and the spirituality of the moment. From a psychological standpoint, one could say that we restrained ourselves from touching and pulling ourselves into each because we knew we couldn't do anything other than stand there and kiss, and because we were in public view, in a parking lot, knowing full well that someone we know might see us.

It's possible this is the reason, but another part of me knows that we so much enjoyed each aspect of our kiss, that we just didn't want to move on to something else. And so, our lips caressed. Our tongues danced. We tasted, we smelled, we invited each other in.

This wasn't one super-long never-separated mega-kiss, but rather little kisses that built up into a grand finale. And yet, it felt as though it was one continuous sensation.

Eventually, we did pull away and look at each other. Catching my breath, gathering my bearings, I thought out loud, "Wow. That was..."

And she finished my sentence, "... incredible!"

We just looked at each other for a moment, amazed, stunned, exhilarated. Her eyes seem brighter than before, more familiar. Her smile more devilish. Her facial structure... I'd forgotten how beautiful she was. Her lips... did I just kiss those amazingly luscious lips?

I touched her cheek, traced her eyebrows, the side of her face -- I felt like I held a priceless, delicate sculpture, something like in the fairy tales that was so beautiful it mesmerized people to the point where they needed to touch it. Experiencing this beautiful, delicate structure with just one of the senses was not enough.

When my fingers reached her lips, I had to kiss her again. The moment, somehow, was both tender and incredibly intense. Now, I wanted more. Even though focusing the laser on just the lips and just the tongue was a remarkable pleasure, I now wanted to feel and touch and taste and smell as much of her as possible. I wanted ALL of me to be in contact.

I pulled her tight against me with one hand. My lips followed my fingers: I caressed her lips... I kissed her lower lip. I traced an eyebrow... I kissed her closed eye (so gently because they're so beautiful). I brushed her hair back from her neck... I kissed right below and even behind her ears. And when I got to the ears, I whispered my thoughts, "You feel amazing..."

She leaned hard into me, literally massaging me with her entire body. I reached up with both hands, intensely squeezed her face and neck, drew her lips to mine, and gave her the most gentle kiss I could manage. The contradiction of the passionate touch and the light kissing served to intensify the desire and soon she was pushing harder into me and we were kissing and sucking like it was a drink of water in the desert. We needed it and we couldn't get enough.

We couldn't feel enough of each other's body. We couldn't taste enough, smell enough. And the more we satisfied our needs, the more we needed. I can understand why people do drugs. But I can't understand why they do them when there are far more effective ways to achieve the same high simply by using the mind. We both realized that we were too much in the public eye. We shouldn't have been doing what we were doing where we were doing it. We were just kissing, but still, she had that boyfriend/fiancé/whatever it was; plus we worked together -- not forbidden, but definitely taboo.

We would pull apart. One of us would say, "Ok, I'm leaving now." But neither of us could let go. We still held each other. So we'd kiss again. "This is the last one," she said.

But she didn't walk away. "Alright, one more and that's it," I said.

Eventually, we were able to leave. I almost drove off with my briefcase on the back of my car. She pointed this out to me -- her devilish smile returned, pleased to actually see how she so thoroughly put me in a stupor. I drove home with the sensations of our kiss running through my mind. Even now, I can clearly picture how she stalked me with that confident twinkle in her eye. And each girl I've kissed since then, there's a little part of me remembering, a little part reminding myself to relive all those incredible things she did with me in the middle of that parking lot.

And that, my friends, was the ultimate first kiss.

Being the storyteller that I am, a part of me wants to continue the story, to tell what happened after our blissful evening. But I've chosen not to do this. Instead, I'm just going to leave it as it is...

A wonderful memory.

Best of Craigslist - When women get together and talk about sex

KISSING :

- Stop with the smacking kisses. It's like listening to cows eat. Stop it.
- And, speaking of kisses....you don't have to stick your tongue down her throat the entire time. A great kiss can also involve lots of lip movement and no tongue. Try it.

Miscellaneous Kissing Tips

Tip 1

Make your French kissing more intense by alternating deep tongue penetration with soft pecks and slithering tongue action. Lick, suck, nibble, tease and you'll find that lingering as you lock lips lengthens the build-up and enhances any ensuing ecstasy.

Kissing needn't be limited to the lips. The nape of the neck, ears, navel, back of the knees and genital area are equally horny hot spots.

Tip 2

Kiss and lick her hinges. You've got the obvious kiss spots covered. Now concentrate your efforts elsewhere – on her knees, elbows, shoulders, ankles, neck and hip joints. They're rarely attended to with long caresses, but it's a super sensation. See if you can make her come unhinged.

Top Ten Don'ts & Do's

DON'TS...

1. Assume since they accepted a date it guarantees you at least a kiss
2. Lunge towards them - it sets them up to be defensive
3. Lead with open mouth - nobody like to kiss a fish
4. Lead with your tongue - not many people enjoy kissing reptiles either
5. Mash or grind faces - it may look good in the movies, but rather uncomfortable in real life
6. Move too fast - this isn't a race
7. Force your tongue like a wedge between their lips and teeth - If they are going to accept your tongue they will part their lips, don't push your luck by forcing it
8. Woodpecker tongue - keep Woody in your pants
9. Shove your tongue to back of their throat. No need to check what they had for lunch or do a tonsil exam
10. Slobber - you should not need a towel to clean up after yourself

DO'S...

1. Kiss romantically, with feeling
2. Start with lips either just slightly parted or gently closed

3. Kiss like there were nothing you would like to do more than to be right there with your love, kissing them
4. Cup their face gently in your hands
5. Part your lips and teeth slightly
6. Use soft, relaxed lips, but not limp or mushy
7. Touch both lips
8. If using your tongues, let them dance. Allow your partner to lead sometimes
9. If French kissing, keep lips in contact as you gently roll your tongue along the inside of their lips
10. Move your tongue slowly, exploring their lips, teeth and tongue
11. Add variety, small kisses between big kisses and kiss places other than their lips

The Love Diet - Mabel lam – Chapter 3

The Daily Kiss Diet

- Little Sugar Kiss: The woman takes her partner's lips between her fingers, runs her tongue over them, and lightly bites them.
- The Playful Kiss: One partner teases the other by quickly pressing his lips to hers, and then pulls them back and does it again, unexpectedly. After playing like this, he gives his lover a full, passionate kiss.
- The Wake-up Kiss: When one partner has been away on a trip and comes home to find his or her beloved asleep in bed. The returning partner kisses the other softly at first and then increases the pressure until he or she wakes up.
- The Magic Kiss: The woman or the man caresses the partner's lips with the index finger and kisses and penetrates the mouth with the tongue at the same time, still using the finger to caress around the lips, like a magic wand.
- The Distracted Kiss: While one lover is distracted, the other comes cheek to cheek. The distracted partner thinks this is the extent of the contact, but then the lover who approached surprises the partner with an intense, passionate kiss.
- The Love-Bite Kiss: Little love-bites can be very stimulating when used in moderation. When the woman kisses the man, he playfully bites her lips, or vice versa.
- The Slow-Motion Kiss: One lover kisses the other lover's body, very slowly and deliberately.
- The Juicy Kiss: The couple passes their favorite beverage back and forth from one mouth to the other as they kiss.
- The Kamasutra Kiss: Choose a different position of the Kamasutra for each day, and kiss each other all over while in that position.

Helpful Hints for Kissing

Fresh Breath

Make sure your breath is fresh, especially if you smoke, since kissing should be a refreshing, clean sensation, provoking happiness and excitement. When bad breath is a constant, the other partner can lose interest in kissing. To make sure your breath is always fresh and irresistible, you can drink mint tea: It counteracts the bacterial agents that cause bad breath. Use an infusion of one teaspoon of dried mint per glass of water, and drink three or four glasses of tea per day.

You can also make an infusion with any of the following herbs:

- Eucalyptus (*Eucalyptus globulus*): This plant is rich in antibacterial elements, and it can be used as a mouthwash. Dissolve two or three eucalyptus leaves in an infusion in a glass of water, preferably water that has been boiled but has cooled.
- Rosemary (*Rosmarinus officinalis*): This has the same properties as eucalyptus, and it can be used in the same way: Make an infusion with cooled boiled water and dried flowers.

Kisses for Every Erogenous Zone

We all like to get massages and kisses in this mysterious part of the body. The neck, especially the nape of the neck, is very sensitive, and so are the sides of the torso. When a woman accepts prolonged kisses on her neck, that means she is ready to accept kisses anywhere on her body. The arms, armpits, hands, back, hips, and lower abdomen can be erotically and sensuously stimulated by a sensitive lover. We all have a little bit of vampire in us, and can enjoy sucking that special sensitive spot on our lover.

The Inside of the Forearm and Elbows

These areas are also often overlooked. Lightly caressing these areas with the hands can be highly pleasurable, as long as you are careful not to make it tickle. The forearm is well known for its romantic symbolism. When a man kisses this part of a woman's body for the first time, he is demonstrating a certain gentlemanly, aristocratic air.

The Breasts

Kiss, suck, and lick the nipples very tenderly. This zone is a source of great erotic pleasure for women and men alike. Studies have shown that kissing or manually stimulating men's nipples for a few minutes straight will always produce an erection. Why deprive yourself of such an efficient, pleasurable sensation? Just a few minutes is all it takes. For women, this is no doubt one of the most erogenous zones of the body, and if you stimulate the nipples using a special lubricant or tracing circles with the tongue, some women can reach orgasm with that stimulation alone. The rest of the breast area requires a very delicate, light touch.

Belly

This is a highly vulnerable area. It isn't protected by bones, like the thorax or pelvis, which makes it a very tender, sensitive area. To let your partner touch you freely there implies you must have very high levels of trust in the relationship. Many people do not like to be touched or kissed there at all. Think of animals: When they let you rub their bellies, they lie on their back and assume a posture of weakness and total vulnerability. Learning how to accept pleasure through stimulation of the belly is discovering and accepting one's own vulnerability. Try to kiss and caress your partner there, very gently. It can be very pleasurable, especially if you slowly move down toward the genital area.

Navel

The navel and the area immediately surrounding it is highly sensitive. Most men and women enjoy being kissed there and caressed with the fingertips, lips, penis, or breasts.

Waist and Hips

Caressing and softly kissing all around this area creates a pleasing, subtly pleasurable sensation that can be intensified with more forceful stimulation.

Back

All along the spine are nerves that can be effectively stimulated with your hands or your mouth, always moving upward toward the head. The most sensitive parts of the back are the nerve endings on the spine; the easiest area to stimulate with the fastest results is the base of the spine. Gently stimulating this area can give you some exciting results. For example, you can kiss the base of the spine around the pelvis, caressing and kissing in varying rhythms and intensities. You can kiss your lover's back all over, gently flicking your tongue over their skin.

Perineum

The area between the genital organs and the anus can be very sensitive to manual and oral stimulation. Kiss it, caress it—you will drive your lover wild.

Anus

This is a very sensitive part of the body. Kissing this area on a man or a woman can set the stage for a multi-orgasmic explosion!

Fingers

We constantly rely on their sensitivity to feel textures, forms, and shapes. This sensitivity makes them an ideal tool for sexual stimulation. Kissing your lover's fingers very sensuously and then putting them into your mouth can be incredibly arousing for men and women.

You can also experiment with gently biting the parts of the body we've just mentioned, and observing your partner's response. Many people really enjoy this sensation, even during the sexual encounter.

Random Notes

How to Finish

Eventually, all good things must come to an end, even a kiss. Always, always, always finish off a kiss with a small, soft ending kiss. No matter how sexually explicit you have gotten on this date, or how many times you have kissed this person, you must have one last soft kiss without tongues. It gives final punctuation to the event.

Hugging

When hugging a woman, pull her into you, rather than meeting in the middle.



PORN STAR SECRETS OF SEX – JENI WEST

Chapter Two – Sensual Seduction

Ultimate Kisses

THE Kiss

Cradle your lover's face in your hands and kiss him gently. Then lean him against a wall or a door, raise his hands above his head and start kissing more deeply. Then nuzzle your face into his neck and kiss him sweetly there while running your hands up and down his body. Return to his face for a kiss. Take his face into your hands and kiss him deeply again. You will feel his body melt into yours.

The French Kiss

At times, this technique is not executed in the intended manner. Many people insert their entire tongue into their partner's mouth. The real way to French kiss is to use only the tip of the tongue. Start kissing and insert the tip of your tongue into your partner's mouth. Circle his tongue with yours. Pull back and play with your lover's lips. Repeat.

Sweet Kissing

While passionate kisses generate heat, sweet kisses keep the fire burning. Kissing these areas is sensual in nature, not sexual, and can express the caring feelings you have for your partner:

- Forehead
- Cheeks
- Top of Head
- Chest
- Shoulders
- Ears

The ultimate sweet kiss is named "The Wrist Kiss," but it'll be sure to make your lover weak in the knees. Hold your lips against the wrist of your lover until you can feel his pulse with your lips. Look into his eyes the entire time. Then kiss him passionately on the lips, holding his face within your hands. Then return to kiss his wrist. See how much faster his pulse beats the second time around.

Remember, kissing is not the only way you can taste your lover's scrumptious skin. Suck his earlobes, toes, fingers, and any other areas you deem delicious! The feeling of your mouth around his fingers will make him think of your mouth around other appendages.

JOAN ELIZABETH LLOYD - LOVERS' FEEDBACK FORUM

Kissing

Posted 9/4/00 One woman asked how to tell her lover he's a lousy kisser with an extra long, unpleasant moustache. One visitor answered - [M 57] I have hair on my upper lip, and if your lover doesn't keep it trimmed, tell him. If he still doesn't get it, turn around and tell him to kiss the back of your head.

Kissing is the start of wonderful sex. And if you're turned off by his hairy kisses, then sex is a turn off. Tell him to wake up. Sorry if this sounds rash but that's rude.

Posted 8/7/99 [F 45] I think that a kiss reveals more about a man than anything that he says to you. I've had many kisses from many different men of all different sizes, shapes, and colours, and I know what I like, and what I don't like.

For me, a kiss starts before his mouth even touches mine. It begins in his eyes...when he looks into mine. My

loverfriend has way of looking at me when he wants to kiss me that makes me feel like the most desirable woman in the world. His eyes are a beautiful brown, almost hazel at times, and at others, very stormy looking. He has a way of holding my eyes in his...when he touches his lips to mine, he is gentle, sometimes just barely brushing my mouth at first. A really dynamite kiss from him can curl my toes. He explores my mouth in a way that is so sensual, so soft, as though kissing me is the only thing that matters. His kisses are not too wet; he doesn't drive his tongue into my mouth. So many men think that a French kiss means they have to see how far down your throat they can push their tongues.

My love uses his tongue more subtly, a gentle teasing to part my lips, then lingering little nibbles with his lips all over my open mouth, slowly slipping his tongue just far enough into my mouth to taste my tongue, then out so that he keep working his magic on my lips. His kisses leave me dizzy and weak in the knees, as a lover's kiss should. I've been kissed by men who left my mouth feeling like I'd been kissed by the family dog and needed to go find a towel to dry my face, kissed by men who did their level best to rearrange my dental work, and men who had mouths like vacuum cleaners, trying to pull my tongue out of my mouth. A kiss should be finessed, like building a fire...you start with small kindling, and add to it, blowing gently to make the coals glow bright, and before you know it, it bursts into a crackling hot blaze.

[M 53] This is from a man's point of view but I don't know that there is that much difference in what the two sexes would find sensual. I can remember the first time I kissed a girl so many years ago, I sucked her lips like a vacuum cleaner. No wonder I never got a second chance with her. Eventually I came to regard it as one of the most intimate experiences, the scent of the woman, the soft sounds from deep in her throat, the warmth of her breath shared through our nostrils, the feel of her lips parting against mine. As the kiss deepens and her mouth merges with mine, our tongues touch, and our saliva mingles. It really is oral sex, and kisses like that don't happen on the first date (not in my life, anyway) but take time and trust. First date kisses, for me, have been bringing her fingers up to my lips for a lingering touch, perhaps followed by a close-in hug and soft lip to lip contact. I have let the woman decide when she is ready to move on to open-mouthed kissing, and deep tongue-in-mouth kissing I have found to always be associated with readiness for, or during engagement in, intercourse.

Posted 7/4/99 [F 34] Regarding the question about how a woman likes to be kissed, I don't think there is one specific way to kiss a woman. I REALLY love to kiss and be kissed. A bad kiss can totally ruin any mood if it seems that kissing that person is consistently bad. I think the secret to a good kisser is to adjust to what the person you are kissing seems to respond to. Some people like deep wet kisses and others find it more appealing to have lots and lots of soft sensuous kisses. I personally am a fan of both and adjust to my partner accordingly. Each kiss, like people, seem to have their own distinct "personality". Just depends on the mood. So take heart, as a woman, I don't feel one style of kisses has anything over the other. But that doesn't mean that good "responsive" kissing isn't HUGEY important. Because overall, a good sensuous kiss is underrated and as far as I am concerned, if my kiss doesn't click with someone in a short time, I'd bet that nothing else might either.

[F 28] Re: kissing - I'm told I'm fabulous kisser, and I've got a lot of experience, although less kissing women. There are many techniques, but the most important ingredient is the mood. What are you trying to convey? To create? If you want her to know that you have a searing, primal need to fuck her like an animal, press hard, be demanding (but remember: teeth knocking on teeth is painful, not sexy). Devour her entire mouth and taste it forcefully with your tongue. Insist on insinuating your lips and tongue into her mouth, along the inside of her lips, lap at her tongue, take it into your mouth and suck it.

Simulating copulation with your tongue can be good, if not too fast and mechanical. If your passion is more of a slow burn, slow it down, draw it out. Taste every part of the mouth you are kissing: each lip on its own and in turn, the corners. Draw each lip slowly into your mouth and suck on it, like you would her clit. Use your tongue to make slow tantalizing licks along the outside of her closed lips. Kisses along the jaw line especially near the ear send shivers, as does suckling the ear lobes and behind them. The nape of the neck is also very sensitive. When tongues touch they should slow down and pay attention to technique - a wet tongue simply pistoning in and out of your mouth at breakneck speed is not inherently sexy. Circle each other, play along one side then the

other. Over all, let the mood of your encounter be your guide. Remember: people often kiss you the way they want to be kissed (this applies to most sex play), so pay close attention and reciprocate. Too much spit, speed or clumsiness can be a turnoff.

[F 29] Married and definitely not enough of this:

How women liked to be kissed.

Can you believe, my favourite indulgence. Initially a great kiss will begin with a light feathery touch along your jaw line with a man's rough and calloused fingers. Then he would lightly run his thumb along the bottom of your lip. Mind you he's looking deep into your eyes then trailing wanting looks to that pouty lower lip. As his thumb leaves your lip he slowly touches his lips to yours with a light butterfly kiss. He then runs the tip of his tongue along the outer edge of your lower lip while at the same time gently nibbling. When you've gotten worked up enough, then you begin the exploration phase. Deepening the kiss such as running his tongue along the inside of the your teeth and tongue. All with feathery touches. It'll escalate from there.

[F 31] To the man who wanted to know how a woman wants to be kissed. Although I am no expert I enjoy open mouth kissing with no tongue. It can be very sexual sucking the lips lightly and breathing gently into your lovers mouth. When done correctly you can feel it deep within your body(like in one of Joan Lloyd's books). Also clean teeth and fresh breath help so that there are no distractions only bliss.

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The art of kissing

A really good kiss can be far more memorable than a regrettable drunken fumble. Ask most people and they remember their first kiss in all its detail; the location, the way it felt, how it made them feel and how their partner tasted. A kiss marks an important turning point in many people's lives; the first time they felt even a flicker of attraction towards another person.

Kissing is a beautiful way of sharing really intimate moments with someone, whether you end up having sex or not. And couples who kiss regularly but don't make love are more likely to stay together than couples who are at it like rabbits but rarely kiss.

It's worth bearing in mind that kissing doesn't have to involve the mouth. You can try a butterfly kiss, leaning very close to your partner so that you are looking deep into their eyes. Flutter your eyelashes slowly, just touching the tips of their own. Try this gentle caress on their cheek and all over their face to make them feel cherished.

Alternatively, you can try an 'eskimo kiss', gently nuzzling your nose against theirs, whilst you continue to gaze into their eyes.

Whether you use one of these techniques or go straight for a more traditional kiss, **it's good to start gently**. Just touch your partner's lips with your own, and hold the moment for a few seconds. By exploring things slowly, you build up a sense of anticipation, which is far sexier than diving straight in with your tongue thrashing like a washing machine on spin cycle.

No-one wants to kiss a human Hoover, so don't suck on your partner's face too hard. You may actually injure them, which is guaranteed to kill the passion. And if you feel the need to give your partner a love bite, make very sure that they actually want one. 'Branding' your partner against their will just isn't sexy!

Tease your partner. Run your tongue softly over their lips, and be sure to pay attention to how they respond. By reacting to your partner's kisses, you turn the experience into something shared, and you can respond to

what they want. A great idea is to get your partner to kiss you the way that they would like to be kissed - then return the favour.

Be sure to vary your kisses - a level of unpredictability makes everything much more exciting. Try sucking your partner's lower lip for a moment, then breaking away to kiss them fully on the mouth again. Or move your attention away to their neck, placing gentle kisses up and down it, perhaps nibbling on their ear and whispering 'sweet nothings'. As you progress, your partner will probably become more sensitive to the building sensations. Immerse yourself in the kiss. Close your eyes and enjoy the feeling. Bring your hands into play too - stroke your partner's hair, or run your fingers gently along their arms and down their back. If they shiver with pleasure, then you're probably doing something right!

If things are getting steamy, perhaps you'll want to move further. Continuing to kiss your partner slowly, move one hand to begin unbuttoning their shirt, or very slowly remove their top. As you move, continue to let your fingers brush lightly on their skin. With any luck, your partner will respond in kind.

At this point, you can begin to concentrate on other parts of their body. The shoulders, chest and stomach are all very sensitive to light touches with your mouth. Perhaps you can spin your partner round, and place kisses at random points all over their back. The anticipation will drive them wild! Keep your hands involved, stroking your partner's front carefully, or continuing to run your fingers up and down their arms.

If you continue kissing like a pro, the anticipation will build to sky high levels and it won't be long before your partner wants to see what else you can do! Whatever this is, it should feel natural and wonderful. Perhaps by now you'll both be aching for something more than your kisses, and it might be time to move on to some other kind of foreplay. Whether you want to use your fingers, tongue or mind to get your partner going, you'll find lots of tips in the rest of the magazine.

But don't feel like kissing always has to move on to something 'more'. It's intimate, romantic and sexy in its own right. Just think of how many fairy stories ended 'happily ever after' with a kiss.

MAKE OVER YOUR SEX LIFE. . . TONIGHT! – SUSAN CRAIN BAKOS

Part I THE BASIC MAKEOVER

One “*The Sex Works, but the Thrill Is Gone.*” **Technique Tips**

THE KISS

Pull back from that deep French kiss, signalling your intentions. Use the tip of your tongue in circles just inside his/her lips. Tease those lips again and again with the circling tip of your tongue. Suck them gently one at a time. And, gentlemen, repeat the move on her clitoral lips. Use your tongue to flirt with his/her mouth. Insert tip of your tongue, pull quickly back out. In and out, in and out. Finally let your tongue play inside for a while. Pull back again.

Kiss her breasts before you kiss her lips.

Part III AROUSAL

Six “More Foreplay, Please!” Technique Tips

The Ultimate Kiss

Almost a decade ago I interviewed Michel, a charming gigolo, in a romantic Paris bistro. In Europe the life of a gigolo carries less stigma than it does in the United States. Wealthy women loved him and passed him around. Maybe they still do. I like to think so.

The secret of pleasing women, he told me, is knowing how to kiss them.

“A kiss is sacred. A man enters a woman’s soul through kissing her.”

He kissed my wrist and made a believer of me. In the ensuing years I have included the wrist kiss in any number of magazine articles or tips given to interviewers writing articles of their own.

Here is Michel’s Ultimate Kiss (which also works on men):

- Kiss the inside of her wrist first. Hold your lips against her wrist until you feel her pulse on your lips. Look into her eyes the whole time.
- Brush your lips across hers lightly. Pull back. Take her face in your hands. Put your lips on hers and press gently as you look into her eyes.
- Close your eyes briefly. Begin kissing her passionately without putting your tongue in her mouth. Open your eyes. Continue kissing her passionately.
- Play with her lips with the tip of your tongue.
- Kiss, lick, and suck each lip in turn.
- Now French-kiss her. Remember to use the tongue lightly. The French kiss is meant to be a passionate yet delicate exploration of the lover’s mouth and tongue with your tongue. With the tip of your tongue, play with her tongue, the inside of her lips, the edges of her teeth.
- Don’t thrust your tongue forcefully into her mouth. Lead with the tip. Pull back. Circle your lover’s tongue with the tip of yours. Pull back. Lick the sides, undersides, and top of the tongue. Repeat, repeat, repeat.
- Only when you are both very aroused, do you thrust your tongue in and out in rhythmic, stabbing movements.

TAO OF STEVIE – STEVEPUA

Kiss Closing

I turn up the kino. Soon she has her leg over mine and I am touching her everywhere. I tell her my vampire story to turn her on. I tell her how I used to dream about being hunted down by 3 beautiful vampire girls in their early 20s, who chase after me and I try to escape but they catch me and I tell them no, no, please don’t BITE ME THERE (using obvious embedded tonality) and point to me bared neck. I am implying to her that I really always wanted them to catch me and bite me.

I tell her then I can be a vampire like them and go hunting with them for beautiful young girls who will be with me forever, who bite each other and make love night after night after night. At this point I am whispering into her ear, nibbling her ear, then going for her neck. I tell her I have never bitten a real girl and I am sure she can’t IMAGINE the sensual pleasure of those lips on her white neck. I bite her gently and then move in for the kiss ... I tell her I have never nibbled a girl’s ears like this (and do it as I say it) and I have never kissed a girl who and I gently kiss her lips before finishing my sentence, and when she is only half-expecting it. I don’t go for the heavy tonguedown immediately, but instead want to make her want me so badly that she will do almost anything to have me. I set up an anchor with the words “Not yet...” by saying I have never done such and such (e.g kissing her neck) to a girl ...at least NOT YET!” then I’d do the action.

This set up in her a feeling of excitement as I described the next thing I had never done. I did this maybe 5 times on different parts of her body, then talked about other things I had not done, such as making love in the moonlight At least not yet. This got her picturing doing that image with me, and the suggestion had authority because all the other things I had said I had not yet done (e.g. kissing her neck) had come true already.

Kissing Technique

She's moaning as I kino her and nuzzle into her neck and pull her close so her tits are against me. She's saying she's never met anyone like me before. She said she can't figure me out. I know I am a mystery and a challenge to her. I am the prize, without the shadow of a doubt, either in her or in my mind. I feel that to be 100% accurate. I pull her in and kiss her heavily and tongue her.

All the time I am kissing her I am using a push-pull/101 technique in my kissing where I keep her guessing what I am going to do next. I kiss her deeply then pull away, give sexual eye contact that says "I want you, you want me" then I go in again for the kiss in a way that makes her think I am going to kiss her deeply but in fact I kiss her gently and tenderly, then just as she is relaxing I pull her in closer and tongue her down like she is the first chick I kissed that month.

It is fractionation to gradually and rapidly increasing the excitement she feels with being with me.

I use the same kind of technique in my kino as I am kissing her. I touch her gently with my arms around her waist, I pull her in passionately and then don't kiss her passionately, I kino heavily and kiss her lightly. I fake going in for the kiss.

The idea is to confuse her rational brain so she can only focus in on the experience she is having. She is always pleasantly surprised by what I do next. It is a game that she finds exciting and unpredictable. It shows I am in control, setting the frame, am experienced, and not needy. It hints at how good I might be in the bedroom. I tell her she wanted to kiss me at the theatre. She says yes she did. I probe further by asking "right away, as soon as you saw me?" No, she says, but soon afterwards. I ask this as a quick debrief now that I have kissed her and I know she is mine. She confirms my thinking that she wanted me after I had shown value and kino'ed. Initially she was curious, and when I built on that during the performance, she knew she wanted me. I pull out the camera and take 3 photos of us kissing heavily. Some are on my site's photo page. I tease her and ask her if she is always so forward with the boys she meets.

Soon she is getting so aroused I have her on her back, she is lying on a lounge bench with her legs wrapped around my waist. She is grinding herself up against me and I am virtually on top of her, feeling her tits and my hand up her top, kissing her like it will go out of fashion at any minute. Then I tell her I have to go. (I have a meeting to fuck FB Chinese). This time limit also shows her we'll do things on my terms. Abi wakes up from the trance she has been in. For a while the only thing in her world has been me and her. She'd even forgotten she was in a public bar and had got very openly sexual with me. She snapped back to reality and tried to make me stay longer with her. I told her she'd see me soon.

We walked back to the train station and I kissed her deeply goodbye. I told her to dry the water on her head. What water on her head, she asked? THAT water on your head, I said, as I splashed my rainwater wet hands on her forehead and walked away laughing. I wanted to keep up some C&F just in case she thought she could control me. And I felt like it too. I was always told when I was AFC that I was too nice. Call me, she shouted after me. I will, I told her. And I will.

A guide to great kissing

Knowing when to kiss for the first time:

- Break the ice by greeting your date with a kiss on the cheek. When it comes to the time for the "real" kiss you will both be much more relaxed.
- Touch your partner throughout the evening. Don't hold the touch too long, however. Use your judgment.
- Wait for the moment to present itself.
- Look for cues from body language. Is your partner moving into you?

Step-by-step:

- Tilt head, close eyes (enhances the sensation of the kiss)
- Kiss lightly with soft lips and a slightly open mouth.
- Savour the smell.
- Gently move your whole body toward your partner, if he/she is responding, press your chest towards him/her, then your waist and finally move your hips.
- Feel your partner's rhythm, match it.

Tongue:

- Gently move the tongue in, exploring the inside of the lips, move in a little more paying attention to your partner's motions and rhythms.
- Take turns exploring each others' mouths.
- Play with the tongue.

Kissing do's and don'ts:

- Don't slobber - The amount of moisture should remain the same as your normal state.
- Don't tense up your lips - allow your lips to relax, not sloppy, but loose.
- Do Tease - be gentle at first. Give your partner a chance to come after your lips, want your lips.
- Use all your senses to make love with your mouth.
- Do be aware of your oral hygiene. Smell and taste can be the most potent of aphrodisiacs (or turn-offs).
- Don't press your lips too much into your lover's lips. Squashing your lover's lips is not passionate, it just hurts and makes it difficult for them to respond.

Tips to make it special

- Ear nibbling - lightly little nibbles, alternating with light sucking of the lobe is a valuable and effective technique.
- Cherish the bottom lip. Gently suck the lower lip between your lips for a second before you let it go. Even nibble gently.
- Use your hands. Hold the face, caress hair, slide your hand down the back. Each one will enhance the kiss that much more.
- Enhance the senses - Connect your lips and then don't move. A kiss that will build your anticipation for everything else as it builds intimacy.
- Be creative - Develop your own special kissing style. Don't stick to one thing. Explore, enjoy the senses.
- Get into it. Your lover will be able to feel your involvement. Enjoy your senses.
- Allow the tongue to dance together, teasing it, melding with it, moving together, and apart. Let your lover take the lead once in a while. Allow his/her tongue to set the tone, follow it where it goes.
- Lightly lick the neck, use your soft hot breath to linger over the ear.
- Move your soft lips down the neck to the very sensitive area where the hairline stops. Lick and nibble.

- Use chocolate, honey, mint candy or wine to make your lips taste sweet or pass it between you to share the flavour and enhance the senses.

Rediscover the lost art of kissing

Remember your first kiss? Not the pecks on the cheek from Aunt Iris who wore too much of her favourite perfume from Paris, but the first proper French kiss. There was a risky, risqué and special about it. Too many people - and couples - forget the charm of good old necking, even if it doesn't lead anywhere.

As a single, delivering a memorable goodnight kiss to a date can help get you more dates - and more. But many couples lapse into a routine where kisses to say hello and goodbye are perfunctory and impersonal. They tend to reserve the real saliva-slavered lip-locks to lovemaking. Wrong.

Done properly, kissing is the most fun you can have with your clothes on. It can create - or help revive - sparks in a relationship. Leaving the kids with the babysitter while you grab a movie and a curry can be changed to something erotic and charged by some earnest, teenager-type snogging in the car park.

Males, in particular, tend to regard kissing as an entree to be rushed through on the way to the main course. Foolish. There's a good reason many sex workers refuse to kiss their clients as part of the deal: it's just too personal. Take the opportunity to kiss your partner or date for granted at your peril.

So, here's a quick refresher course:

Every good turn deserves one

The way your partner kisses you is probably the way they like to be kissed. Try following their lead, rather than heading for their tonsils. Does she use her tongue like a bayonet, rigid and immobile? If so, and if you don't like it, try doing what you do like, rather than telling her she kisses like a Roto-Rooter, which could spoil the mood a bit.

Get a grip

Hold her face in both hands and kiss long and deeply, but not too hard. If you tend to go at her mouth like a you're a dentist doing root canal work, visualise the thousands of nerve endings on every square millimetre of her tongue and lips. You need to apply very little pressure to make an impression. Cupping her face in your hands will feel good, but so will a palm placed lightly on the back of the neck, your fingers in her hair, on her hip, or on her ribs below her breast. Gently squeezing or pulling her towards you in this way gets you close.

Don't just "suck face"

As we said, visualise all those nerve endings awaiting your attention. Try running your tongue across her lips, sucking them or her tongue, or nibbling very softly on them with your teeth. There should be enough saliva to go around so that your lips can slide over each other's in a sexy, intensely metaphoric way. It's a world removed from Aunt Iris's platonic pecks and your date she'll be acutely aware of that.

Take your time

Kiss as though you have all the time in the world, even if the airport PA system is calling for you by name. With these long kisses, focus on getting your tongue deep into her mouth (without making her gag), and drawing hers into yours. Remember that your tongue has a smooth side and a rough one, a handy contrast when you're looking for applause from her nerve endings.

Move around

Kiss her ears, eyelids and neck, all areas that can deliver shivery sensations if tended properly. If she doesn't like it, change immediately.

Finally, a variety of wannabe Don Juan mistakes to avoid:

The Mummy: locked in rigor mortis ad infinitum, the angle of your head, or the posture of your jaw remain rigid. Keep it fluid and sapient, O King.

The Tonsillectomy: sticking your tongue too far down her throat. Take your cue from her. Explore the tip and sides of her tongue, rather than her gullet.

Don't kiss your chances goodbye

Even in an era of quickies, one-night stands and threesomes involving Martians, there's something electric about that first kiss. Make the most of it.

Okay, so you realised that pick-up lines are for teenagers and tried the lost art of conversation. Not long after that she realised that you're not just a boyishly handsome face on the body of a Greek god – she actually likes you. What will happen when you lip-lock?

Kissing ought to be the easiest thing on earth. Boy-meets-girl, they talk, they snog, that's that. The truth is that all kissers are definitely not created equal. If a woman doesn't know you well, her radar is going full-tilt to find out all she can about you. She might like what she knows about you, but she might worry that you're a scoundrel, liar, serial killer, insurance broker or worse, a bad kisser.

A tale of two kisses

Let's take two scenarios: the first is Bianca, a part-time croupier with knowing eyes, an old tenor saxophone and an all-girl jazz band, and you've met her while backpacking around Europe. You're in Prague and despite some cute misunderstandings in translation, you fancy each other. The first kiss looms.

The second is Tracy, your high school chum and your older sister's best friend. Years ago you fancied each other, but she was dating Trevor the Maths wiz and under-19 Sevens rugby ace, so you just watched from the sidelines.

Fast-forward to now; Trevor's moved on with his life and so has Tracy and here you are, celebrating her son's mastery of his bicycle and her landing an account to export rare wines to rich people in rich countries. While she pours you both an old Merlot and talks of meeting all the orders and you watch little Kyle ride his bike, the first kiss looms.

Whether it's the sultry bohemian who breathes life into brass, or the home girl who's a self-made success, there's that moment of delicious tension that heralds the kiss.

Either way, women will carefully monitor how you conduct your first kiss. Here are some pointers:

Don't lick. The tongue is an astonishingly versatile device, but you're a man, not a puppy. There's something hugely erotic about the lingering, first lip-to-lip kiss – there'll be time for the Hollywood-esque snogging later.

It's not a sword. You might be able to use your tongue to open a toasted cheese sandwich, but don't use it to harpoon her tonsils. Use varying amounts of pressure. Use it on the outside of the lips and don't force it between her teeth, let alone down her throat.

Check her reactions. If she pulls back, stick to doing what you were doing before.

Don't pull stunts. The objective is her, not how many stunts you can pull. If you're alone and she grabs your ears and says, "Kiss me, Western fool," feel free. But in Tracy's case, a quick-ish kiss might be just enough for

now, especially if she's worried about what Kyle might see. Don't ravish her, but by all means say something along the lines of, "That was great, can we carry on where we left off later?"

Kissing's not just about lips. Holding her face, caressing her hair, kissing her eyelids, these are all the stuff of bodice-ripper novels. It gets the retired librarians that read them all a-twitter, because they work, so don't be afraid to seem a little old-fashioned.

Kama Sutra preparation - The Sutra of kissing

Kissing is the first step a couple takes toward a sexually active relationship. It is a vital part of any couples time together, and if not enjoyed by both partners, can bring a quick end to any relationship.

The Kama Sutra describes many kisses. By recognising these moments in your relationship, you can help fine-tune them for maximum enjoyment from both you and your partner.

Kissing is also an essential part of foreplay, and cannot be overlooked when preparing for intercourse. Kissing also plays a role during intercourse, and aside from actual penetration, is one of the most personal and affectionate acts between a couple.

Bent kiss

"When the heads of the two lovers are bent toward each other, and when so bent, kissing takes place, it is called the bent kiss."

This is perhaps the most popular of kisses.

The turned kiss

When one of the lovers turns up the face of the other (often by holding the chin), it is called the turned kiss.

This is a more personalised kiss, as it shows the intent of the kisser, who lifts his or her partner's chin.

The straight kiss

"When the lips of the two lovers are brought directly to each other, it is called a straight kiss."

Clasping kiss

"When either the man or the woman takes both the lips of the other between his or her own, it is called the clasping kiss. A woman only takes this kind of kiss from a man with no moustache."

Though an odd kiss, it can be considered something different.

Fighting for the tongue

"If, during the practice of a kiss, one of them touches the teeth, the tongue and the palate of the other with his or her tongue, it is called the fighting of the tongue."

Most people will be able to recognise this kiss, as it is an extremely passionate kiss that can happen during heated sex or foreplay. A must to increase the intensity of a sexual encounter.

The kiss that kindles love

"When a woman looks at the face of her lover while he is asleep and kisses it to show her intention or desire to make love, it is called the kiss that kindles love."

The kiss that turns way

"When one lover kisses the other while that lover is engaged in business or while he is looking at something else, so that his or her mind may be turned away, it is called the kiss that turns away."

It is always a good idea to show your partner randomly during the day. An unexpected kiss is great for nurturing a relationship.



SEXUAL MAGNETISM - ETIENNE CHARLAND

www.shamanicseduction.com

Chapter 3: Sexual Magnetism Applied

Kissing and Closing

The idea of fucking every single girl you talk to is just plain absurd. There are many girls who just won't match with you and you wouldn't have time to fuck them all anyway. Trust me, three good girls is plenty to fill your schedule. Forget the concept of close ratio, it's obsolete too.

What you want is consistency—the ability to form new relationships at any time, especially when you are single. Wouldn't it be nice to have a girlfriend or at least get laid within a week no matter in which country you go around the world? A pick-up artist may claim to get phone numbers of 90 percent of girls he approaches, but if you talk casually to 100 people and have a girlfriend who trusts you by the end of the week, you are doing better than any pick-up artist.

First of all, a phone number isn't worth anything. The only thing that matters is the connection you have. In some cases you may have a solid connection with a girl and the phone number allows you to see each other again. In most cases, however, you end up pursuing the girl by phone. Don't waste your time with phone numbers unless you already have a solid rapport with the woman. In most cases, it's better if they call you.

To connect deeply with women, your heart chakra must be open. If you are very independent and have your life handled, you may see women attracted to you yet you can't seem to connect with them. Your walls intimidate them. You must be vulnerable. Many people think being vulnerable means being weak, but it means showing your true self even if people don't like it and opening your heart even if people don't like you. It takes great strength to get over your fears and show your vulnerabilities, but the potential results are well worth it.

When your walls are down, your heart is open, and you interact with a woman, you may feel as if you are merging into each other and forget everything else happening around you. The two of you are just sharing a common isolated reality. From there, don't try to force anything; just enjoy the relation as it is. It's not your job to make things happen. If necessary, you can use this affirmation as an excuse to be laid back and to forget about the outcome: "It's inevitable we'll end up together anyway." You connect by default. Your only job is to not get in the way and to give her space.

To keep contact with a girl, you can give her your phone set to the add contact screen and ask her to enter her number. Then, test the number she gave you so that you know you have a real number, and then she has your number too. If you really connected with each other, you don't care who calls whom. If she gave you a fake number, don't waste your time and move on. If she hesitates to give you her number, you can say you don't want to make her uncomfortable. It allows you to gauge how the interaction is really going. Having each other's phone number early and spending more time together build more rapport. You don't need any reason to exchange numbers. You can exchange them without expectations just for the simple fact that you like each other.

To kiss a girl when you feel her desire is strong enough, you should have some physical contact such as your arm around her shoulders, your hand behind her neck, or her whole body on top of you and your faces close to each other. Move your mouth closer and release any fears or uncomfortable feelings you may feel. You can also open your chakras one by one to increase the energy level. Wait for her to kiss you first. If she doesn't, you can give her a very light kiss on the mouth and wait for her to kiss back. If she still hesitates to kiss you, she isn't attracted enough to you, so don't expect anything from her and respect her choices. In most cases, she will start kissing you wildly but you are better to kiss gently and slowly and to let the desire build up. Don't kiss with the tongue, at least not before actually getting physical at home. You're better off kissing too little than to kiss too much. You want to give her space to want more from you. If it gets too heated up in the bar, you can tell her "we better calm down, we're still in public." If she wants more, it will be at your place or hers, not in the bar. You can ask her "we go to my home or your home?"

You can also ask her "do you want to go home with me?" in a way that doesn't pressure her so she can say either yes or no without rejecting you. In some cases, she may want to sleep with you but has to work the next day or has to go with her friends. In that case, she may take your phone number and call you back. In most cases, if you have a solid connection and really don't care about the outcome when asking her to go with you, she will say yes because she doesn't feel any pressure.

For a second date, you ideally want to meet at home for a drink, for a movie, or for sex. If you meet in public for a drink, don't stay there more than twenty minutes. When you leave, she's free to join you or not. There is no point in extending talks endlessly unless you just want to be friends. If after the third meeting you still haven't gotten physical, put her in your friend zone or move on.

For a while, I had many girls who wanted to go home with me when I went to bars, but if I slept with them the first night, they would get self-conscious and I wouldn't see them again. To solve this problem, when a girl was willing to go home with me, I told her I didn't sleep with girls on the first night anymore and we called each other another day to meet at my apartment. One of my friends has many girls interested in him when he goes out. They take his phone number, and sometimes they meet for a second date but things often don't go further and it's a big waste of time. Since it wasn't working, I told him not to waste his time with second dates. When a girl asks for your phone number, you can answer "We'll have sex tonight and if I like you, I'll give you my phone number tomorrow." If she gets upset, she wouldn't be ready to get physical anyway, so you're saving your time and her time. Better to filter it out sooner rather than later.

Top 3 Ways on How to Kiss the Girl

*"There you see her
Sitting there across the way
She don't got a lot to say
But there's something about her
And you don't know why
But you're dying to try
You wanna kiss the girl"*

Hmm, I'm feeling slightly quixotic and musical this morning. Anyways I'm going to give you my top three ways on how to kiss and makeout with the girl.

First, some key concepts for you to consider.

* **Kissing is Comfort, not Sexual** - You should realize that kissing- a simple kiss on the lips- is actually a comfort move that conveys direct interest, but doesn't necessarily escalate too fast. So long as you don't go full tongue, it won't be too sexual but it does make her feel comfortable with you and letting her know that you're stud, not a dud. So a simple kiss first so you know she's comfortable and willing to be intimate. When the situation is right, then go for full makeout which is sexual.

*"Yes, you want her
Look at her, you know you do
It's possible she wants you, too
There is one way to ask her
It don't take a word
Not a single word
Go on and kiss the girl"*

* **It's Not If, but When** - Don't be the chump that's sweating whether or not he's going to kiss the girl at the end of the night. As the pickup artist, you should be considering WHEN on the first date (or approach) you should be kissing her, not if you're going to kiss her at the end of the date. A simple kiss at a highlight of the evening (anything that raises buying temperature like a really good story, a joke, a game, etc) so she feels comfortable with you will do.

*"Sing with me now
Sha-la-la-la-la-la
My, oh, my
Look at the boy too shy
He ain't gonna kiss the girl
Sha-la-la-la-la-la
Ain't that sad
Ain't it shame, too bad
You gonna miss the girl"*

* **Persist and Keep Your Cool** - Even if you went for a simple non-tongue kiss and she turns away, PERSIST. Don't lose your cool. Don't get angry. It just means "Not yet" or "Try harder." You're simply going to talk, have fun, do your thing, and then try again later on. You're in essence, testing her compliance and sometimes that takes time to achieve, so don't get perturbed. Stick to your Game plan and stay on target.

*"Now's your moment
Floating in a blue lagoon
Boy, you better do it soon
No time will be better
She don't say a word
And she won't say a word
Until you kiss the girl"*

All right, so let's go over my three specific tactics that I employ to kiss, escalate, and makeout with the girl.

Dance

First of all, kissing in a dance club is socially acceptable and at times expected. When on the dance floor, a girl's ASD (Anti-Slut Defence) is significantly lowered. It's also helpful that at this time you have her isolated. The disadvantage, of course, is that you can't do too much verbal game on her like a soft, slow, sensuous tonality. So that's why I like to engage the girl first, have her hooked, and then take her to the dance floor in order to escalate and kiss.

*"Sha-la-la-la-la-la
Don't be scared
You got the mood prepared
Go on and kiss the girl"*

Now, there's the high tech solution like doing Papa's Spin-Kiss-Move. It's a little much and something I've seen, but never bothered to perform. What I do is SLOW THE GIRL DOWN even if the song is fast. SLOW DANCE with her (credit BadBoy). You're creating a very powerful frame of the two of you versus everyone else. It's your reality. Not the crowd or the DJ. Use heavy eye contact, a slight smile, and then go in for the kiss. Don't over think, just do it.

*"Sha-la-la-la-la-la
Don't stop now
Don't try to hide it how
You wanna kiss the girl"*

If she turns her cheek, don't lose your cool. Go in straight and kiss her cheek like you MEANT to do that. Then kiss ear, her neck, and so forth. Dance some more, wash rinse repeat. Usually around the third time you'll be making out with her once you've turned her on. Remember, the girl's attraction and sexual attraction is like a knob, it can be slowly turned on and heated up.

Evolution Phase Shift

This is from Neil Strauss (aka Style) that's typically performed when isolated where the two of you can talk and where you can more effectively deploy your verbal game. The Evolutionary Phase Shift also has the added advantage of putting you in the role of educator and her the student.

*"Sha-la-la-la-la-la
Float along
Listen to the song
The song say kiss the girl"*

I won't go into full detail and a step-by-step basis (you can find Neil Strauss's article at the Bristol Lair), but suffice it to say that you're using good, sensuous, slow tonality coupled with a dominant, educating frame. It involves pulling her hair, nibbling the inside of her elbow, her nibbling on your neck, you reciprocating, and then full make out.

This is an incredibly money move that has a lot of advantages going for it (slowly escalating and building up the tension to the kiss, the ability to use your voice, etc). Again, if she isn't immediately responsive, don't lose your cool. Step back and starting rega-ming her.

*"Sha-la-la-la-la-la
Music play
Do what the music say
You wanna kiss the girl"*

On a Scale of 1 to 10

This one I've been experimenting with that's even more low tech than the Evolution Phase Shift. I've used Mystery's "Do you want to kiss me?" and just didn't like it. Even though you have a ready response if rejected "I didn't say you could, you just looked like you had something on your mind" the question sets the frame of a Yes/No question and sometimes a Maybe.

What I've been using and field testing is when isolated, I'll ask, "So on a scale of 1 to 10... how incredibly sensual and electric would it be if we kissed?" I'm not necessarily a big fan of NLP (neuro-linguistic programming) and SS (speed seduction), but under the right circumstances (namely when the two of you are isolated, you've got plenty of time, and you can use your verbal game to devastating effect) it can work.

Here, you're suggesting and implanting an affirmative image in her mind about the two of you kissing. Basically, if she thinks the two of you would have an electricity of anywhere between 1 to 4, you can either persist or cut your losses and move on. If it's a 5, it means persist, try harder, and try better. If it's anything above a 5, like the song says...

*"You've got to kiss the girl
Why don't you kiss the girl
You gotta kiss the girl
Go on and kiss the girl!"
-The Little Mermaid*

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How to Kiss (a Man)

Knowing when to kiss for the first time:

1. Break the ice by greeting your date with a kiss on the cheek. When it comes to the time for the "real" kiss you will both be much more relaxed.
2. Touch him throughout the evening. Don't hold the touch too long, however. Use your judgment.
3. Wait for the moment to present itself. Look for cues from his body language. Is he moving into you?

Step-by-step: The Basics

1. Tilt head, close eyes (enhances the sensation of the kiss)
2. Kiss him lightly with soft lips and a slightly open mouth. Savour his smell.
3. Gently move your whole body toward his, if he is responding, press your chest into his, then your waist and finally move your hips into his.
4. Feel his rhythm, match it.

Tongue:

1. Gently move the tongue in, exploring the inside of the lips, move in a little more paying attention to his motions and rhythms.
2. Take turns exploring each other's mouths.
3. Play with his tongue.

Kissing Do's:

1. Do Tease - Be gentle at first. Give him a chance to come after your lips, want your lips. Use all your senses to make love to him with your mouth.
2. Do be aware of your oral hygiene. Smell and taste can be the most potent of aphrodisiacs (or turn offs).

Kissing Don'ts:

1. Don't slobber - The amount of moisture should remain the same as your normal state.
2. Don't tense up your lips - Allow your lips to relax, not sloppy, but loose.
3. Don't press your lips too much into your lover's lips. Squashing your lover's lips is not passionate, it just hurts and makes it difficult for them to respond.

Tips to Make him Swoon: Making it special

- Cherish the bottom lip - Gently suck the lower lip between your lips for a second before you let it go. Even nibble is gently.
- Ear Nibbling - lightly little nibbles, alternating with light sucking of the lobe is a valuable and effective techniques.
- Enhance the senses - Connect your lips to his and then don't move. A kiss that will build your anticipation for everything else as it builds intimacy.
- Use your hands - Hold his face, caress his hair, slide your hand down his back. Each one will enhance the kiss that much more.
- Be Creative - Develop you own special kissing style.
- Don't stick to one thing.
- Explore, enjoy the senses.
- Get into it. He will be able to feel your involvement. Enjoy your senses.
- Allow the tongue to dance with his, teasing it, melding with it, moving together, and apart.
- Let him take the lead once in a while. Allow his tongue to set the tone, follow it and were where it goes.
- Lightly lick his neck, use your soft hot breath to linger over his ear.
- Move your soft lips down his neck to the very sensitive area where the hair line stops.
- Lick and nibble. Use chocolate, honey, mint candy or wine to make your lips taste sweet or pass it between you to share the flavour and enhance the senses.

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Question 2: In The Mood?

Dear Shelly:

My lady complains that I don't do enough to get her in the mood. She says I just try to jump in without preheating the oven. I have been trying to get into the whole foreplay thing, but I am a little lost as where to start. Any ideas on how get my lady to boil over with passion?

Still Brewing,

Miami, FL

Dear Brewing:

If twisting her nipples up to 200 degrees isn't working then I do have some suggestions. Women liked to be kissed. Soft, slow and with feeling. Much as you'll be tempted to wrestle her tongue down till she gags, please resist. Kissing is not rugby, you don't have to win.

You also need to hold her. Do it gently, not like you're getting the lid of a new jar of jam. I find hands around her face or in her hair whilst kissing feels good. Watch the hair though you want her to look like she' had the best ride of her life afterwards, not like she's just ridden a motor bike through the bush backwards without a helmet on. Tits done well will win you big brownie points and guarantee you more legs will open for you in the future.

You're her lover, not a baker, so don' knead her tits like dough. Cup them, suck them gently and kiss them. Don't squeeze them, put them back and move onto the meat dept thinking that will do. Tickling her back, stroking her hair, kissing her neck all good sigh producing starters. Some women like a tongue in their ear too. Personally, it's like a slug got stuck in my ear canal, but a lot of women like it.

HIGH ON SEXTACY – DEREK RAKE

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The Kiss

To many guys, a kiss is a way for them to get to sex. And for this reason, they usually don't spend much time on it. To many women, a kiss can be everything! To some, it is also the best form of foreplay. And since foreplay is often a good idea, spending time kissing well is very important.

Forget what you've seen in movies, and take it slow. While a passion-filled, furniture demolishing, clothe-ripping kiss is great on occasion, try the slow motion version for starters. You have a much better chance of achieving mutual satisfaction.

Use this as a guide: Spend at least 5 minutes on kissing before any clothes are taken off.

Here are a few tips on making you a much better kisser:

- A kiss has to start out slow, and very soft. Don't immediately introduce the tongue into the kiss.
- Start by letting each others' lips touch... very softly and gently, almost to a point where you can't really tell whether you've started to kiss or not...almost hovering. Very slowly, increase the intensity, using light strokes and gentle nibbles.
- Another great way to start is by softly and slowly circling the outside of the other person's lips with your tongue, or the tip of your finger. And then start the actual kiss.
- When your tongues do finally touch, it's still done softly and erotically. Let your tongue play with the other person's tongue.
- Men can gently suck and tug on the woman's lower lip while kissing.
- Enjoy the kissing. Be in the moment and don't worry about what's coming next.
- Give each other a chance to kiss back too. And enjoy how that feels. Take turns leading while the other receives. Then let the other person lead while you receive.
- A good tip for men is to hold her face with your palms lightly, when you first kiss her. Women love that. It's warm, romantic, and sexy all at the same time.
- Men can also lift her up by the waist occasionally during the kiss. This makes her feel slim, and sexy, and very feminine.
- Use your fingertips to slowly trace each other's faces and neck. Many find this very romantic, erotic and sensual.
- Spend at least 30 seconds kissing on the lips before moving to the ears or neck. And then, be sure to come back to the lips again. Remember . . . mix it up - be a little unpredictable.

This may sound obvious but is often forgotten or ignored. Men should kiss a lot more during intercourse, not just before and after. And definitely kiss her just as she's about to have an orgasm. It will take her breath away.

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Be a Better Kisser: Top Ten Tips

Start slow, then turn up the heat

It may be tempting on the first kiss to go full throttle and try to express all your pent-up passion in a melting lip-lock, but overly eager kissing from the get-go can scare your partner off. Really, it is far sexier to begin slowly and gently and build to a fiery crescendo. Think of it like starting a fire; first you need a spark and some kindling. Depending on your moods, it may take only a few seconds of smooching for the flames to ignite.

First lips, then tongue

Keep your lips relaxed and slightly parted as they contact your partner's. Don't immediately dart your tongue into her mouth. First let your tongue gently brush against her lips and wait for her to yield for more. If she responds by touching your tongue with hers, consider that an invitation to enter. Keep your tongue flexible and responsive; don't stiffen it to a point, but don't let it go completely flaccid either.

Leave breathing room

Make sure you don't block your partner's airways. Avoid getting in a position where your noses are shmushed, and come up occasionally for air. Also, don't forget to breathe while you're kissing; you can inhale and exhale discreetly through your nose even while joined at the lips.

Give and take

Kissing is like dancing with a partner; you have to be in the moment, sensitive and attentive to your partner's rhythm, moves, and mood. The best kissing has a back and forth, call-and-response quality. Try something and see if she responds positively, either vocally or with her mouth. If she digs it, continue and elaborate, or follow her lead for a while.

Use just enough saliva

"Swapping spit" is just an expression. Your lover doesn't really want a mouthful of your loogies. Moisten your tongue and lips with just enough saliva to keep things slippery and lubricated, so your lips slide easily against your partner's. No one enjoys kisses that are either dry and chafing or sloppy and slobbery.

Nibble, gently

Gently using your teeth to nibble or tug on a partner's lip can be extremely sexy, but the key is to do it *gently*. The edges of your teeth can be sharp on the sensitive tissues of the lips and mouth. Take your partner's lower lip between your lips and gently suck it in between your open teeth. Then use your teeth to apply the slightest possible pressure on her lip. Don't nip! You don't want to draw blood.

Use your hands

Use your hands to touch your partner in ways that complement the kiss. Caress her face, her ears, the back of her neck, and her hair. This is very romantic. Depending on your position, you may choose to do more, but don't use the kiss as a distraction so you can make a grab for her breasts or ass. Proceed slowly as you explore other areas.

Less can be more

Some of the sexiest moments in kissing come when your lips are barely touching your partner's. Try it. Pull back for a second and take a moment to gaze in her eyes as you lightly brush your lips against hers. If done correctly, this can cause the world to stop for a pulse-pounding moment and she will swoon.

Stay focused

Many guys think of kissing as the prelude to heavier making out or sex. It certainly can be, but while you're kissing, you have to stay focused on the moment. She will know if your mind is wandering or you're trying to figure out how to get her bra undone. Think of the kiss as an end in itself, not an avenue to her underwear.

Use your mouth to seduce

Use your lips and your tongue to leave your lover wanting more. Your kissing should say, "This is just a taste of what I've got for you." Many women judge a guy's potential as a lover by the way he kisses: a sensitive, attentive, passionate kisser equals dynamite in the sack, while a sloppy, pushy kisser equals a dud. If you can demonstrate your prowess in mouth-to-mouth contact alone, she'll be leading you to the bedroom in no time.

Seductive chemicals hidden in the kiss

Seductive chemicals are hidden in sloppy kisses, scientists say, but even the most chaste caress can spark an intense hormonal response.

"Men like sloppier kisses with more open mouth and that suggests to me that they are unconsciously trying to transfer testosterone to trigger the sex drive in women," said Helen Fisher, an anthropologist at Rutgers University in New Jersey.

Kissing can certainly open the door to sex, Fisher said.

But it can also close it: a recent study found that the first kiss was the "kiss of death" for budding relationships.

"Should you drool more? You don't want to turn off your partner," Fisher warned.

Kissing is a natural instinct that likely serves a number of evolutionary purposes, said Fisher, one of the leading experts in the biology of love and attraction. Men's preference for sloppy kisses with lots of tongue may help them overcome their poor sense of smell and taste. "What they might be doing is trying to pick up the oestrogen cycle in a woman to figure out the degree of her fertility."

Kissing also stimulates an enormous part of the brain, but love can do even more, according to an experiment Fisher ran with MRI brain scans.

Fisher found people who had recently fallen in love had high levels of activity in the reward system in the brain that produces dopamine and is linked to craving, motivation, focused attention and goal-oriented behaviour.

"Rejected people showed a great deal of activity in several areas directly associated with addiction," Fisher told reporters gathered at the American Association for the Advancement of Science. Long term lovers showed activity in the same "reward" area as new lovers but also showed activity in a region associated with the feeling of calm that produces the chemical serotonin and in the area that produces oxytocin, which is associated with pair-bonding.

Kissing raises oxytocin levels among men and also lowers stress hormones in both men and women, according to a study that will be presented at the conference Saturday. Wendy Hill, a neuroscience professor at Lafayette College, tested the saliva and blood of 15 couples who spend 15 minutes either kissing or holding hands and talking.

She found that the women had significantly higher levels of the pair-bonding hormone than the men before the experiment started, but those levels dropped when they were tested after the experiment was completed.

It was a surprising result, which Hill said could be attributed to the fact that the test was run in the college's health centre and that a bit of soft music and some flowers were not enough to get the women in the mood. "We're running the setting again in a more romantic setting," Hill said.

"It's a secluded room in an academic building. It has a couch, it has flowers, it has candles - electric because of fire hazard issues - and we have light jazz playing."

LOVE SYSTEMS ROUTINES MANUAL v1.1

www.LoveSystems.com

Kissing

The following routines are designed to take the unpredictability and awkwardness out of going for the first kiss. Still, even the best routines won't make her want to kiss you, unless she is already attracted, has accepted your touch and physical escalation, and you make your move somewhere where she is comfortable (e.g. usually not where her friends are watching)

Don't Look at Me Like That

This routine is great if there is obvious sexual tension

"Don't look at me like that or I'm going to kiss you."

(She will respond with something like, "What look?")

(Look away for a moment, then look back. She will likely have the same look.)

(Shrug, smile and say:)

"I warned you." (Kiss her.)

Smell Beckoning

"One thing you don't know about me. I have an insane sense of smell. I am a little crazy when it comes to the way girls smell, and after 10 minutes [or however long it's been] talking to you, I need to find out if you and I can play nice together."

(She will usually smile at that.)

Say, "Come here," and beckon with an index finger. She should come closer. If she doesn't, abandon the routine. She's not going to kiss you, at least not yet

(Then, a few minutes later, say:)

"Ugh. It's impossible for me to sit here quietly and not kiss you."

(She usually won't respond right away. Kiss her.)

A variation on this routine is to go directly to the next routine, Almost Kiss instead of kissing her immediately. Try both approaches to see which is more comfortable for you

Almost Kiss

This routine was developed independently but in very similar forms both by Future and by Brad P. around the same time. The version below combines both approaches.

"Here's what we'll do. We'll almost kiss... We are going to get as close as possible without actually kissing. Now this is a trust exercise as well as being fun. You are going to get as close as possible, but you are not allowed to kiss me. And I am not allowed to kiss you. We're just not there yet."

(Then move in. And do exactly what you said to do. There is an art to this. Move close, but do not make her think you are going to try to kiss. Your lips should be close enough that you can feel each other breathe. Do not try to kiss her. If you get any resistance from her, do not force the issue. Playfully push her away and move onto another topic or routine. Two minutes or so later, say:)

“You really need to stop thinking about that almost-kiss until you are ready to do it, lady.”

Once you do almost kiss her, you can safely move in for another one by just saying you want it

Always break it after 2–3 seconds, even if she seems comfortable

After you do this about four times, a real kiss will be natural; many times, she’ll even bring it up

Simplicity

Going for the kiss can be very simple. If your intuition is telling you that she’s ready to move forward, you can be fairly direct with the right verbal intonation. Such as:

“Are you a good kisser?”

(She responds.)

“Let’s see...”

(Kiss her.)

Shhh...

Let the conversation drop. When she re-initiates, interrupt her with:

“Shh...”

Then kiss her

You Talk A Lot

“You talk a lot... Kiss me.”

The Sudden Kiss

If you sense strong attraction and sexual tension, grab her and kiss her, suddenly, when she least expects it

The more the kiss appears spontaneous and unplanned, the better: for example waiting a street light to change, as she comes back from the bathroom, when she returns with drinks, and so on

Forbidden Territory

This kiss routine is best done after she’s become comfortable with increasing levels of physical intimacy, and provides a smooth, easy way to transition to kissing

Stroke her hair back a little, look her right in the eyes and say:

“Baby, this is so bad. We can’t do this... we don’t even know each other that well.... OK look, this is the forbidden zone here. (Point to her lips and cover them with your fingers or your hand.) We can kiss anywhere but here, because we’re not ready for that yet.”

Then look her in the eyes, and start to kiss her forehead and her cheeks, keep kissing her anywhere and everywhere on her face apart from her lips, which are the “forbidden territory.” Pull her face in close to yours, kiss her around her neck and then after a minute she will start to moan and really enjoy it. At this point, she’s ready to be kissed on the lips. Go for it, she’ll love it

If you have an actual reason for kissing to be “forbidden” or dangerous, e.g. she is your sister’s friend, or her friend is around the corner, then work that into our verbal pacing of the situation to add to the intensity. The forbidden, and giving into temptation, are powerful sexual triggers for many women

Even irrelevant “barriers” can work for this purpose.

SEX GOD SECRETS - LORENZO MARTINI

www.Sexgodsecrets.com

How to kiss a woman

Be Careful With that Tongue

French kissing can be a marvellous experience, but don't dive in with your tongue too soon. There are woman who are turned off somewhat when a man puts his tongue in my mouth during a first kiss (i.e. the kiss goodnight after a first date). Another example of using your tongue too soon is when you manoeuvre it into her mouth seconds after your lips touch. Save the rush for the an appropriate, passionate moment.

Use Those Hands

You can run your fingers through her hair, up and down her back, over her arms, while kissing her. Try caressing the small of her back (the area just above her butt that curves in) and her face, trace her ears with the tips of your fingers, intertwine your hands with hers, etc. Antonio Banderas once told men to look at the lingerie a woman wears, it lightly touches her body, just barely caresses her curves, he said that is the way a man should touch a woman.

Cup her Face in Your Hands

This is VERY romantic! While kissing her, slide your hand along her lower jaw and cradle it in your palm.

Open your Eyes

Personally, I like making eye contact once and awhile during a kiss. It's not for everyone though. Unless your lady tells you she likes it, don't initiate eye contact in the middle of a deep or passionate kiss, it breaks concentration and is NOT romantic. A great way to have some romantic eye contact during kissing is to slow down to the point of almost stopping the kiss. Start giving her short little kisses on and around her mouth. Open your eyes to look at her while doing this, give her a little smile. Then close your eyes again and slowly work your way into a deeper, sensual kiss.

Kiss Her Forehead

This is simple but great. Move in slowly to plant the kiss and let your lips linger on her skin for a second or two.

Do This with Your Tongue...

While kissing, curve your tongue upwards and under her upper lip. It should end up between her gums and her lip. Flicker it around or swipe it across the inside of her lip. This might tickle, but it feels divine.

Try Cold Water, Wine or Candy

Take a drink of cold water and pull your lady tight to your mouth by placing your hand on the back of her head. Open your mouth and let the water flow into her mouth. Try this with wine, candy or any delicious liquid.

Don't Suck too Hard!

A **gentle** suck on the lower lip is nice, but when you start leaving black and blue marks, you've gone too far. Seriously, I've been left with black and blue marks in the past...not good. Start off slowly and gauge her reaction, some people really love having their lips and tongue tightly sucked on.

Lavish her With Kisses

If she has long hair, try this move: Lift her hair off her neck with one hand. Then lean down and give her little kisses all over her neck and collar bone, go behind her neck and ears too. When you are done, let her hair fall, take her face in both hands and lay the deepest, most romantic kiss on her lips you can possibly conjure up. Now that's heaven...

How to French Kiss

One of love's most intimate and frightening moments is the French kiss. The French call this kiss "the soul kiss". Put in simple terms, it's a kiss with tongue! I like to think of the French kiss as the step above a casual dating relationship. It's the easiest way to feel close to someone, but can also be a huge turn-off if done, um, improperly. So how do you become a pro? Well, styles vary with each person, and there's not one exact right way, but there are right and wrong techniques.

How do you French Kiss?

Some people love the passionate forcefulness of a strong French kiss, while others just like the tongues to barely touch. It's all about finding out what your sweetie likes and combining it with your own style. To start, the mood should be right. You do not want to stumble over the other person at a local fast food restaurant and stick your tongue in his or her mouth. You want to wait for the right time, perhaps after you're already kissing and start to pull your bodies closer together. Always start off with a regular kiss. Then, slowly start opening your mouth, while still keeping it dry! Using both of your lips, "hug" your sweeties bottom lip and close with another dry kiss. After a couple of these soft, affectionate smooches, SLOWLY slide part of your tongue into their mouth. In order to avoid a potential embarrassment, make sure their mouth is open before doing this! If your sweetie then opens her/his mouth more, then that is your cue that a more intense French kiss (more tongue) is OK. If not, just stick to a little bit of tongue and pull back occasionally to observe his/her reaction, while still giving him/her little "pecks."

More Tongue?

If you're ready for full on tongue action, keep a few things in mind that can turn a memorable kiss into a disaster. One is never let a ton of saliva accumulate in your mouth – swallow it! Two, don't turn your tongue into a sharp pointed object –relax it. Three, move your tongue on or around your sweetie's tongue. The "dead slug" thing is a huge turn-off. Now with that in mind, and a good opportunity, keep sliding more of your tongue into your sweetie's mouth until you are completely enveloped in each other. When you reach this point, try to keep your mouths a little tighter. This is just a way to avoid a messy or sloppy kiss. Remember; keep your tongues relaxed, but not your mouths. There's nothing worse than pulling away and feeling like a large dog has licked you. As more opportunities come about, the better a French kiss will get. It takes time, and a bit of practice, but it will be easier each time. And a lot of people (including myself) say that it just kind of happens sometimes. Don't overanalyze it or stress too much. Just relax and enjoy the moment.

66 Ways To Kiss

ICE KISS

Celebrate the first day of winter with an ice kiss. Put an ice cube in your mouth until your mouth becomes cold. Remove the cube, track down your love and plant a kiss that will send chills!

ELECTRIC SHOCK KISS

The two of you shuffle your feet furiously on carpet. When you both have an electric charge, lean over and slowly aim for each other's lips. With your lips about one-half inch apart, move in even slower until a spark jumps between the two of you. Instantly after this happens, kiss one another...the please us the kiss right after the shock!

CAMPING KISS

On a beautiful cool night, you and your love crawl into a sleeping bag outside. Cuddle and kiss.

REWARD KISS

Next time your love performs some disliked home chore like cleaning the bathroom, mowing the lawn, or taking out the garbage, show your appreciation by tucking a candy kiss in a strategic location.

POST-IT KISS

Use 3M Post-It notes to make a trail through your house that leads to your lips. At the end of the trail you are with a Post-It note over your lips that says, "LIFT FOR KISS"

KISSING IN THE RAIN

The next time it rains, grab an umbrella, rain coats, and your love. Then go outside and kiss in the rain. If the spirit of the kiss moves you, remove the umbrella and kiss 'till the two of you are soaked.

HERSHEY`S KISSES

Prepare a small bag of Hershey`s kisses and slip it into your love's purse, briefcase, or lunchbox. Attach a note that reads "SORRY, I CAN'T BE THERE IN PERSON, BUT THINK OF ME AND DO THE FOLLOWING: Close your eyes and place the candy between your lips. Drop the candy in your mouth and roll it on your tongue until it melts.

TRACY AND HEPBURN KISS

Make flash cards, and the two of you re-enact the following kissing scene from WOMAN OF THE YEAR (1942) : (Reclining face to face on a couch, woman on top.) SAM: Something I've got to get off my chest.

TESS: I'm too heavy?

SAM: I love you. TESS: Me, too. SAM: Positive.

TESS: That's nice. Even when I'm sober?

SAM: Even when you're brilliant. (The two of you kiss.)

KISSES IN A BALLOON

Cut out small red tissue lips, and place them inside an opaque balloon filled with helium (any party store could do this for you) Tie the balloon to your love's chair at dinner. Desert is a shower of kisses delivered by a sharp pin.

TOLL KISS

Next time you are driving your love somewhere, stop the car before crossing a bridge or going through a tunnel, and say the toll must be paid before you can go any further. Of course, the toll cost in one kiss.

MORSE CODE KISS

If you know Morse code, great, If not, this is a great way to learn. Find a Morse Code chart. Using long and short kisses, spell out a message to your love and have him or her try to decipher them.

KISSING METER KISSES

We have parking meters, so why not kissing meters? Turn a box into your own kissing meter and wear it around your neck. Give your love kissing tokens to start your kissing meter. Have an "expired" sign appear when you need another kiss.

AUDIO STIMULATION

Make a cassette of kissing noises and place in your love's cassette player (walkman, car or home) with a note attached.

BREAKFAST IN BED KISS

Slip out of bed early and prepare a special "Kissing" breakfast to serve to your love in bed. Pick foods that you can easily pick up and feed to your love. Kiss between bites!

STAIRWELL KISS

This kiss is to be done at a party or at a gathering with your love. Steal away to a private location like behind a door or tree, or on the stairwell and passionately kiss each other. The risk of being discovered in the act is the key element.

SCUBA KISSING

Wearing a diving mask and fins, simulate swimming underwater. Snorkel across the room to your love and kiss him or her.

EYE TEST KISS

Make an eye chart like the ones that you see in a doctor's office where the letters get progressively smaller. Have the chart read, "IF you can read this you are standing close enough to kiss me." Now find your love and give an eye exam.

THYMELY KISS

Thyme, according to the Greeks, is the herb which makes one irresistible kissable. Prepare a meal for your love using the herb. Moments after the first bite, rush to your love's lips with a passionate kiss. Come up for air, announce the Greeks were right, then rush back with another passionate kiss.

SHOPPING LIST KISSES

Turn your shopping list into a scorecard the next time the two of you go shopping. The one who finds the item gets credit toward one kiss. Kisses are collected either on delivery to the grocery cart, or later at home.

BAD HABIT KISS

Offer to stop a bad habit if your love will pay you kisses. For instance, a kiss for each cigarette not smoked, putting the toilet seat down, and/or every phone call kept under three minutes is rewarded with a kiss.

CLOUD SHAPE KISS

Take your love to the backyard or out in a field: lie down on a blanket, and together inspect cloud formations. When both of you see the same thing, reward each other with a kiss.

CHECK KISS

With your personal check, make a check out to your love for 1,000 kisses. Tell your love he or she can cash it in any time.

TOE KISS

Prepare a foot bath for your love at the end of a long day. After the good soak, you towel dry his or her feet, give a massage and seal each toe with a kiss.

CHOCOLATE HEART KISSES

Buy several boxes of little chocolate hearts that have sayings on them. Pick out all the "KISS ME" hearts and put them in a heart shaped box with the note "REDEEMABLE ANYTIME, day or night!"

RENDEZVOUS KISS

With a note or phone call, tell your love to meet you at a certain place and time (e.g. park bench, street corner, ice cream stand) for a present. When your love arrives, have a bow stick to your lips.

BATH KISS

Surprise your love with a kiss while he/she is showering or in the tub. (WARNING: Prepare to get wet)

MACHINE GUN KISS

In rapid succession, plant 12 quick ones on your lover's lips.

KISS-A-THON

Passionately kiss your love for at least five minute longer than usual.

PINK PANTHER KISS

Humming the Pink Panther theme, prowl toward your partner. On the high note, pounce and pucker. Suggestion-wear only pink!

THIRST QUENCHER KISS

For no reason, stare at your love's mouth while licking your lips as though dying of thirst. Inevitably, your love will ask what you're doing. ANSWER: I want them! I have to have them! I yearn to drink from them! Then ask for a kiss to quench your thirst!

GREAT EXPECTATIONS KISS

Inform your love one morning that he or she will soon receive a fabulous kiss. Later, call you love with a reminder. When next you see your love, pull out the stops and plant a long, hot, passionate kiss.

GOODBYE * 2 KISS

Send off your love in the morning with a quick kiss. As your love turns to leave, pull him or her back for a second, more passionate kiss

RIDDLE KISS

Ask your love to solve the following riddle:

I am just two and two
I am warm,I am cold,
I am lawful, unlawful
A duty, a fault
I am often sold dear,
Good for nothing when bought;
an extraordinary boon,
and a matter of course,
and yielding with pleasure
When taken by force.

If your love solves it, ask for a demonstration as proof. If he or she cannot show the answer, of course, the answer is a kiss.

KISS MANDATE

Command your love to kiss you. Elaborate on the technique you expect (e.g. long and wet, or the way Rhett kissed Scarlett) and where and when you will get it.

UNEXPECTED KISS

When the two of you are doing the usual, lean over and give your love a sweet kiss on the cheek for no good reason and whisper. . .I LOVE YOU!

POST OFFICE KISS

Notify your love you have personal mail to deliver. Pull your love into the nearest dark closet; close the door and play POST OFFICE: No instructions included!

KNOCK-KNOCK KISS

Stage the following knock-knock joke with your love:

KNOCK KNOCK
Who is there?
Kiss
Kiss who?
Kiss who? Why me, of course!

BEGGAR`S KISS

That's right, on your knees with your hands clasped, plead for any kiss you love is humbly willing to give you!

TOOTHPASTE KISS

Brush your teeth together. When your love's mouth is all sudsy, plant a big wet one on the lips. WARNING: MAKE SURE TOOTHBRUSHES ARE OUT OF THE WAY!

PALM KISS

Holding your love's chin with your palm, smile and deliver a sweet kiss to his or her lips!

30 KISSES

Inform your love that in honor of the 30th of the month, you will kiss him or her 30 times during the day!

CAT KISS

Rub against your love's legs while meowing and purring. Now that you have your love's attention, touch noses. Playfully paw your love while moving in for a kiss.

EYELID KISS

While kissing your love, watch for his or her eyes to close. Sweetly place a light kiss on each eyelid. Note: Be careful!

EAR KISS

Whisper to your love how special he or she is to you, and then seal your message with an ear kiss!

VALENTINE KISS

Celebrate Valentine's Day with kisses in the shape of a "V" on the face of your lover.

FOOTBALL KISS

After a pass during a football game, kiss your love.

SLEEPING BEAUTY KISS

Awaken your love from slumber with a tender kiss on the lips!

NO-CAL KISS

After dinner, give your love a no-calorie desert. . .your lips.

CAB KISS

Hire a cab, instruct the cab driver to drive around for 15 minutes while you and your love neck in the back seat.

STEAMING KISS

Breathe heavily into your love's ear, then slide over to his or her mouth and plant a steamer.

THE NECKLACE KISS

Deposit sweet kisses that circle your love's neck.

HINT 1: Concentrate your kisses along the back of the neck. HINT 2: If the first necklace went well.. .try a second!!

NOSEY NOSEY KISS

Next time the two of you are outside on a cold day, wrap your arms around your love's neck. Rub noses, then sweetly kiss the tip of your love's nose.

NAPE OF NECK KISS

Surprise your love from behind. Move his or her hair and/or pull down his or her collar to expose the back of your love's neck. Kiss and blow on the nape of the neck.

EAR YE, EAR YE KISS

Kiss your love's ears. And while you are there, whisper something exciting.

NIGHT AT THE MOVIES KISS

It's Friday night. Take your love to a movie. French kiss his or her fingers to remove popcorn butter; nip kiss your love's fingers during scary scenes; and hickey kiss him or her during love scenes.

BLANKET KISS

Wrap yourselves in a blanket outdoors on a blustery winter day, and warm each other's lips.

LEMON KISS

Sprinkle two lemon wedges with sugar. Each takes one. On the count of three. . .bite into the wedge. Immediately kiss each other's perfectly puckered lips.

SCHNAPPS KISS

Prepare two shots of Peppermint Schnapps. Have your love take the first shot, and kiss him or her immediately after. Next, you take the second shot and have your love kiss you..

UNDER THE STARS KISSES

On the next beautiful clear night, find a place outside for you and your love to sit and stare at the stars. Talk about romantic times, and kiss each other frequently.

NEW KISS

Think of a kiss you and your love have never shared. Then send your love off in the morning with it.. Say nothing if your love asks the reason for the sexy send off.

Disclaimer: It is guaranteed to make your love think about you all day. Not responsible for what happens later!

EAR WE GO KISS

Lightly envelop your love's entire ear inside your mouth. Let it fall out of your mouth very slowly, earlobe last. Finish with a light nibble on the earlobe!

GERMAN MORNING KISS

Write on the bathroom mirror in lipstick or soap the following: "MORGENKUSS" (German for "a morning kiss") When your baffled love asks what it means, define it in body language !

CLANDESTINE KISS

Quietly tell your love you want to meet at a special place (e.g. garden, backstairs, closet) at a specified time without explaining why. When he or she arrives, greet your love a wonderfully romantic kiss. HINT: Wear something fun like a trench coat or a towel!

REAR-VIEW MIRROR KISS

Apply lipstick or chapstick to you lips. Kiss the rearview mirror of your love's car, leaving a lip print for future discovery!

THEATRE KISS

When you're in the theatre and it's a scary scene quietly get close to your love like you're petrified and put your lips on his neck, and when you get scared, bite him gently. when he/she jumps apologize and then kiss them to make it better.

CHEWING GUM KISS

Lady chews a piece of gum until it's nicely chewy. Guy goes and uses ONLY his tongue to try to get that piece of gum out of the lady's mouth.

How can I get my guy to improve his smooching skills?

To get your smooch styles in sync, take the lead and tease him with tender mouth-to-mouth manoeuvres that are sure to build his anticipation. Not only will you drive him wild, but you'll also show him that the sensual approach can be incredibly intimate.

When you're about to get into a lip lock, part your lips slightly and plant soft pecks on his mouth; place his lower lip between your lips and gently suck on it; playfully roll the tip of your tongue around his, lovingly cradling his face in your hands to keep the kiss shallow.

If at any point your guy tries his usual deep throat tonsil-hockey tactics, pull your face back a little bit and try tantalizing him by tracing your fingertip over his lips, nibbling his earlobe before making a trail of kisses back to his mouth or seductively brushing your lips against his.

Learn to Kiss

Ah the fine art of the kiss. Next to holding hands, kissing is probably the sweetest and purest form of physical contact there is. Children kiss and their parents melt as they watch their little ones with their first crush and older people kiss as a means to getting to other things. For good or for bad kissing is the gateway drug of the sexual world. In a lot of ways it is also your first audition. If you are a terrible kisser then you should probably learn to love yourself because that's the only loving that you'll be getting for awhile.

Make the Move



This is what you want to do

Wouldn't it be great if this section could be filled with the exact formula on when to initiate a kiss, how to tell if things are right, where to do it, at what point in a date/relationship/friendship to lean over and kiss them?

Unfortunately, there is little logic and even less math when it comes to relationships, especially when the heart (or alcohol) is involved. What does this mean for you? You need to read the situation. Every circumstance is different and if someone were to write down exactly when or how to make the first kiss, then the first time you would try it things wouldn't apply and you'd end up making a fool out of yourself, which you came here to avoid in the first place.

There are some general guidelines that you can look out which may help you make the move.

Proximity

The first is simple; how close do they stay to you? If you are on a date and your partner gets really close to you in every opportunity they get, then chances are good that if you try to initiate a kiss, they will go for it. If you two are sitting on the couch and there is no light between your bodies, leaning over to give a kiss might not be such a bad idea. But remember: context is key. If this person has been a lifelong friend of yours or has a naturally touchy feely personality, this may not apply at all.

Test the Waters

Send up a test balloon. Mind you, this is definitely not the smoothest way to do this at all, but at least it'll save you a little embarrassment. If you are in a situation conducive to it, such as sitting on the couch or hugging, lean over to give a kiss or get your face close to theirs. Hold your position and see what happens. If they look as if they want to kiss you, if they start to lean into you as if they were getting ready to kiss you back, if their breathing or heart rate increases as if they were nervous, it is probably safe to go ahead. If, instead, they turn away, pull you in for a hug or do something else then play it off; whisper something stupid into their ear. Yes it will be embarrassing and yes it would probably just be easier to go balls to the wall and attempt the kiss anyway, but for those of you who need a mental crutch this might work.

End of the Night



Why a lesbian kiss, you ask? Why not a lesbian kiss.

Pay attention to how things go at the end of a date. At the point where you two separate for the night, read the situation. If they hang around, delay leaving, look like they are expecting something from you or hoping for something, it is a good indication that they might be receptive to you making a move. If, on the other hand, they turn around and start to walk away real quick or leave, then it is probably best just to let them go.

The Kiss Itself

There are a number of things you need to consider when actually kissing someone; from what you do with your eyes, to the tempo of your lips, there is a lot to keep in mind. The best thing is to remember to just relax and go with the flow. Oh, you will still need to learn what to do with every part of your head and hands, but just being relaxed and calm is 75% of the battle won (unless you are a really terrible kisser; then you could be a Zen master and you would still suck!)

Eye Contact

Opening your eyes and seeing another person staring back at you while you are kissing him or her can be kinda freaky! This doesn't necessarily mean you have to shut your eyes; just know that this is a pretty traditional way to do things. It's okay to glance at your kissing partner every now and then but try to keep those lids shut.

Mood

A big key to being a good kisser is to get on the same wavelength as your partner. There are many different types of kisses and how you act is different for each one. There is a deep sensual kiss where everything is very slow, your lips come together slowly, you spend a lot of time on each kiss, everything is very deep and intimate. Then, there is the frantic make out where you feel like you are going to rip each other's clothes off. This is a very fast paced kiss, mouths opening and shutting quickly, not much tongue exploration, heads switching positions a lot. And, of course, there is normal kissing which is somewhere in between. These are just three

versions of the thousands of different types of kisses that there are and the key for you is to make sure you and your partner are doing the same one. If you are trying to do a frantic make out kiss while they are trying to be sensual, then it will probably end up a mess.

The kiss leader

In most kisses there is a leader and a follower. Sometimes the positions switch, but if both partners have a basic idea of what they are doing, these roles will quickly form. Often times the line is drawn down sex lines with the male being the leader and the female following, but this certainly doesn't have to be the case. It is important to identify if your partner is following your lead or if they are going it their own. A good way to tell is by trying to alter the pace a little; if they speed up or slow down to match you, you are the leader: feel free to set the mood that you want; if, instead, they ignore your changes, it's probably best just to let them set the mood and the pace

Saliva

People don't tend to like big, wet, sloppy kisses, especially when you are making out. To keep this from happening, don't open your mouth too wide. If you keep your lips slightly parted, you will avoid having your lips slide all over each other. Your lips should be moist but not drenched. Be sure to keep your tongue in your mouth and off of their face! French kissing is not bad at all, but people don't want to have their lips licked. It is just not attractive and can be a real turn off.

Pace

This is one of the most important elements to a good kiss. The pace and tempo of a kiss set the mood and emotion for it. Start the pace out slowly and build it up, especially if it is your first kiss with that person. As your kiss becomes more intimate, you may find yourself increasing the tempo or it may just increase on its own. Regardless, make sure this change is smooth and gradual. Don't just go from a soft, slow kiss into a wild and manic one. There isn't necessarily anything wrong with the manic kiss, but only if you work into it. At the same time, you probably want to avoid kissing too fast; try to keep it away from the two extremes; real fast or real slow. Variety is good; adjusting between fast and slow will keep things interesting and probably impress your lover.

If you are looking to get something more out of the kiss, then increasing the speed is a good idea. However - and this is very important - make sure to increase the tempo slowly and smoothly. If you start kissing really fast and try to undress them to begin with, the night won't be ending well. On the other hand, if you work up to it over 5 or 10 minutes, things will be very different indeed.

The Tongue

The tongue is like nuclear energy: it has the potential for great power, while at the same time the ability to blow up and destroy everything. Proper use of your tongue can make a kiss perfect. Improper use of the tongue can ruin everything and make you come across as a terrible kisser.

It's in farther than you think

Kissing someone can be very deceptive when it comes to determining mouth boundaries. It is very hard to determine where your mouth ends and where theirs begins. This is why a lot of novice kissers end up shoving their tongue down their partners throat; they want to give a French kiss and figure that their tongue isn't in the other persons mouth. As a general rule: you do not need to try and move your tongue into their mouth! It will go there on its own. If you feel yourself intentionally trying to move it in then odds are you are putting your tongue too far in and should back off. Do not shove your tongue down their throat, do not attempt to lick the roof of their mouth or do anything weird with it. Almost everything is done when its subtle.

Be Smooth

Remember to be smooth, be graceful when using your tongue. Don't dart in and out of the persons mouth, don't try and wrestle their tongue, don't make abrupt movements. Just be gentle and fluid in all your movements.

Tongue Games

Who says you can't have a little fun while using your tongue? One thing to do if you're in a rather playful mood and you find your partner's tongue in your mouth, is to give his/her tongue a little "suck". That's all there is to it: just try to suck on your partner's tongue as if it were a straw. It might sound disgusting, but it really isn't more than French kissing in general. When you suck on your partner's tongue, your partner will have the sensation of his/her tongue being drawn into your mouth. Obviously, sucking on someone's tongue is an indication that you want to go farther than just kissing...

How To KISS ... LIKE A HOLLYWOOD STUD! - MATTHEW DOEHRING

www.getsexynow.com

Within these few precious pages are the keys to becoming an expert kisser! Learn these secrets and you will capture a women's heart.

You must realize the 'vibrations' or 'emotional sensations' generated by a kiss are much different for men than they are for women. For the unknowing man, usually a kiss is simply one of the first steps towards the ultimate goal....sex! These same men see kissing as an inconvenience and not for what it really is...a magical key that unlocks the gates to nirvana.

The kiss to a woman is so much more than most men realize. It is believed that a woman will decide within five minutes of meeting a man whether or not she will have sex with him soon BUT if he is a bad or even a mediocre kisser, her mind will change immediately! In fact, the decision may be made to never have sex with this guy. You must understand that women believe, and rightly so, that if a man fails to see the sensual benefits of a fine kiss then surely he will not, cannot, be sensual when making love. The rare man who can get lost in the passion of a great kiss will break the barriers of most women.

In most cases, and unfortunately for the bad kisser, women will not verbally reveal that you are a bad kisser but it will be obvious with her actions and inactions. A bad kisser rarely gets invited into a woman's apartment for a nightcap, let alone breakfast the next morning. A bad kisser will have many girl 'friends' but rarely will he have a long-term 'girlfriend' due to his handicap. A bad kisser is the butt of many jokes when a flock of 2 or more women gather. Don't underestimate the power of The Kiss!

Remember this; the good kisser sincerely believes the kiss to be the destination not just as a step towards the end goal of sex. The true master kisses as if he is grateful to never do anything else with this woman, as if he never wants to do anything else with this woman. He kisses as if this is what he's been dying to do for years and he wants to savour every second of the moment. Yes, a fine kiss, like fine wine, is to be savoured and remembered not gulped and forgotten.

The next time you kiss a woman, assume you are being graded on your ability to kiss because you are. Failing marks in the kissing department will not allow you to graduate to the next level.

Make the commitment today to learn the necessary skills to becoming a legendary kisser and you will be amazed at the results!

The Kiss

“His kissing is as full of sanctity as the touch of holy bread”

*As You Like It III, 4
(Rosalind to Celia, concerning Orlando)
William Shakespeare*

Be Prepared....

First and foremost you MUST guard against BAD BREATH! This will kill a relationship quicker than if you were crushed by a passing train on your first date! If you even think your breath may be an issue, go to my website at www.getsexynow.com and get a FREE copy of ‘The Crimes We Commit Against Our Breath’. Read this information thoroughly and do what needs to be done to fix this problem. It’s crucial to your success!

When preparing for a date, be sure your teeth are sparkling and your tongue scrubbed as clean as the deck of a Navy vessel. Be prepared with breath mints or gum should you decide to eat prior to any possible kiss. (Personally, I carry a travel container size of Orange Citrus Listerine. It tastes great, freshens your breath, and kills any germs even considering making your mouth a home.)

The time has come for The Kiss!

Note: I have placed the following information in a step-by-step format. Your real life situation may cause you to digress from this format but by studying the information below you will capture the meaning of the instructions and be able to apply them accordingly.

1. I’m assuming you and her are in a comfortable position either on a comfortable couch or perhaps her doorstep. If you are not comfortable, get comfortable. Juggling for a comfortable position during a kiss is awkward and labels you as an amateur.
2. Hold your lover, or lover to be, gently but firmly. My personal favourite standing position is to gently hold both her hands, waist high, then slowly bend towards her for the kiss. This manoeuvre is not threatening to her and even has a sense of traditional chivalry. Another option is to gently touch her face and lips then cup her face with one or both hands just below her ears and tenderly pull her head towards yours. Of course, if she resists, even the slightest, stop immediately. Simple rule; if she pulls back then you pull back. If she moves forward, you move forward.
3. Plant soft, delicate kisses on her lips, cheeks and eyelids. Softly run your finger over her lips as you move your lips towards her. Smoothly tilt your head in the opposite direction of hers (without bumping noses) and merge your closed lips to hers. Once your lips meet, close your eyes and get lost in the sensation of the kiss. Mimic her kissing actions for a few seconds and gather sense of her reaction. Your goal, here and now, is to please HER! OPTION: If this your first goodnight kiss, STOP after this first kiss! Kiss her gently on the forehead and say “Goodnight. I had an incredible time and I can’t wait to see you again.” **I realize this is in direct contrast to your manhood but it’s good to leave a woman when she is turned on sensually.** By doing this simple, albeit difficult, gesture you demonstrate considerable respect for her and self control for yourself, two very redeeming qualities. You will leave her with questions unanswered. You have now become an enigma. This can drive a woman crazy with passion!
4. Continue kissing her affectionately, but now with your lips slightly open no wider than your finger. Kiss her lips as if you are calmly sucking the juice from the side of a Popsicle. Savour the sweetness and tenderness of her lips. Your lips should now be in pulsating sync with hers. Monitor her reaction to your action. Is she receptive to your kiss? Is her body language telling you she is enjoying the kiss? Is she subtly exposing her breast to you by repositioning her arms? Perhaps, if seated, she has uncrossed her legs. Don’t even think about getting a case of ‘crazy hands’ before you see these signs or similar. The flavour and thrill of this kiss should absorb all your concentration. In fact, your immediate goal in life is to bring your women to orgasm with your kissing talents. Believe me, it can be done!



5. If she is receptive thus far to your kiss, now is the time to pull your lips from hers. Yes, pull your lips from hers, stare into her eyes for a few seconds, smile softly, gently kiss her nose once (Nose kiss is optional) then kiss her neck four to five times before pressing your lips to hers again, repeating step 4. This pause will, consciously perhaps even subconsciously, indicate to her;
 - a.) **That YOU are in control!** Women love this! And
 - b.) The importance of this kiss to you and the passion you feel for her. In essence, you are making the bold statement –“I am enjoying the living hell out of this kiss, I want it to last, and my penis is NOT doing the thinking.”

Again, judge her reactions to each of your actions. Women have different erogenous zones. Often her neck and ear area are prime sensual real estate zones. Your lips on her collarbone or the inside of her elbow may be the next best thing to serious foreplay for her. Be experimental. Be deliberate. A woman likes to know a man knows what he is doing. But always be tender.

If you do discover an area that arouses exceptional passion in her, tease that area, pulling back at key times, leaving her wanting more.

NOTE: It is not a sin to leave her, even if momentarily, in a discombobulated passionate state. If you sense her passion peaking to an unbelievable level pull back! As stated earlier, this self-control will, at best, drive her passionately wild or, at worse, reveal to her that you are a man who knows what he is doing!

6. It is now time to get risky. Slowly and lightly draw your tongue across her lips. If all is going well, chances are her lips will open and her tongue will meet yours.

A few DO's to follow...

- DO breathe through your nose. If this is not natural for you, practice. Use a nose spray prior to your date to clear your nasal passages. If she loses consciousness during your awesome kiss ONLY THEN can you breathe through your mouth to perform mouth-to-mouth resuscitation. Keep in mind, you are kissing a woman not blowing up a beach ball!
- DO swallow often while kissing. Chances are your dental hygienist will not be available with her suction wand.
- DO attempt to keep your lips moist. This slight lubrication will make the kiss even more enjoyable for you and your lucky lady.
- DO get into a groove, that pulsating sync I spoke about earlier. Like good sex and great dancing, kissing with the tongue requires give-and-take. As the kissing proceeds she may want to take control. Let her. Follow her lead.
- DO pause on occasion with the tongue but remain joined at the lips. This can actually heighten the passion much like being on a dance floor holding your partner motionless. Chemistry is being created. This is good!

A few Do NOT's about kissing with your tongue...

- Do NOT dart your tongue in and out of her mouth! Your woman is kissing a man not Sammy The Snake. Gently, passionately, 'wrestle' her tongue with yours. Develop a rhythm between her tongue and yours. At times, in a lightly and controlled manner, suck on her lip and her tongue.
 - DO NOT BITE. The tongue is very sensitive so be careful.
 - Do NOT jam your tongue down her throat. Leave the tonsillectomy to a qualified surgeon.
 - Do NOT swing your tongue around her mouth like a crazed windmill.
 - Do NOT lick her like an Irish Setter does a plate of beef drippings. NEWSFLASH! There are no erogenous zones in the back of her throat!
7. By now, the passion should be increasing between the two of you. Allow your hands to get in the act by stroking her hair, massaging the inner parts of her arms, rubbing her back, caressing her face BUT leave her breast and genital area alone. Most men will dive for her breast and crotch at this stage of the game. But you're different, right? Concentrate on your kissing skills only. She will let you know if and when she's ready to proceed further. Once you master kissing, every segment of the lovemaking will be enhanced. Please, trust me on this!

*"In kissing do you render or receive?...
The kiss you take is better than you give."*

*Troilus and Cressida IV, 5
(Cressida to Patroclus)
William Shakespeare*

If you are in a daring mood, try kissing with your eyes open and see if she is receptive. This is taboo to various 'experts' and many people find this to be an impossible task, like sneezing with your eyes open. But for some, open-eye kissing can increase the intimacy much like making love with the lights on full power.

Best Hollywood Kissers

- On Mel Gibson ...
"He's certainly a fantastic kisser in my opinion. For him? I don't know. He may have been looking at his watch every five minutes. Mel is very perceptive about women. I found him open and willing to listen and curious. That's a very sexy quality, if someone's curious and really wants to know what you think."
Helen Hunt – CoStar in 'What Women Want'
- On Pierce Bronson...
Russo reveals, "Pierce is the best. He's an absolutely great kisser. "He kissed me like I like to be kissed - soft and hard at the same time."
Rene Russo – CoStar in 'Thomas Crown Affair'
- On Vin Diesel...
"I imagine Vin's a great lover - strong but tender. He is a terrific kisser. I'm kinda sorry our characters didn't go further."
Asia Argento – CoStar in 'XXX'

THE LOWDOWN ON GOING DOWN - MICHAELS AND DESALLE

Ch4. Kissing

PERHAPS BECAUSE KISSING on TV and in movies is immediately passionate, kissers tend to try to copy what they've seen. But the art of kissing cannot be reduced to pucker-and-lunge. There are as many different kinds of kisses as there are people kissing, and each has its own particular combination of pressure and pace. The ancient Indian Kama Sutra was aware of this and devoted an entire chapter to kissing, identifying fourteen types of kisses. In our culture today, we seem to have forgotten just how varied kissing can be. We know about the peck, the lip kiss, and frenching, but everything in-between is frequently overlooked, and kissing itself is frequently rushed through as if it were a trifling preliminary.

This may be in part because most of us don't know how to use our mouths and lips in ways that produce a variety of erotic, pleasurable sensations. (Though erotic desperation definitely takes some of the blame.) Whatever the cause, maximizing the pleasure afforded by your kisses will enhance all your lingual caresses and alert your partner to the pleasures in store for her.

The most common complaints I hear concern half-lipped, lifeless kisses, so we'll address these first. Complaints about this kind of kiss range from disengagement ("I felt like she was just poking and pressing her lips around mine") to actual confusion ("It seemed like he was trying to whisper something really close to my mouth, like right into it . . . then I realized he was kissing me"). A very common phenomenon, this kind of weak kissing results from the individual using only a small portion of the outer lip to kiss, instead of their full lips (including the smooth insides of the lip). The result is a dry kiss that feels more like lip bumper cars than an expression of passionate tenderness. The exercises below will help you use your full lips to create a maximum sensation of pleasure when you kiss.

Coming to Grips with your Lazy Lips

Though they take over completely during kissing, lips are a primary point of contact with your lover during all of oral sex and so must be as exquisitely soft and pleasing to the touch as possible. These kissing exercises must be as devoted to developing a velvet touch as they are to extending and strengthening lip movement. While developing mastery over the movement of the lips is extremely important to help them create a wide variety of sensations on cue, you never want to tone your lips so much that they become too firm or muscular.

To keep your lips soft and inviting, make sure that you never perform lip exercises with tense lips. Pucker and tap your lips gently with your index finger. How soft do your lips feel? This is how they should feel when you perform the lip exercises. Avoid tensing your lips when you go through the motions of each exercise. For the first week of practice, you should do all of the exercises standing in front of a mirror, so that you can be sure that the correct parts of the lips and mouth—and nothing else—are moving. In the beginning, you should do each exercise separately, with a five to ten minute break in between. After the first week, the exercises can flow into each other. Each exercise should be performed every day for seven days to start, then switch to every other day for an additional week to train the muscles to remember their new skills.

Kissing Exercises

Pucker Up

With your tongue on the Spot (see chapter 3) push your lips all the way forward until they open and roll their insides out, sticking as much of the inside of your lips out as possible. Then, keeping them fully extended, open and close your lips, bringing just the fleshy parts together to form a small circle. Touch them together five times.

Practicing Pucker Up may make you look a little silly, and a lot like a fish, but trust this exercise—it will put you far ahead of the game by helping you find the correct positioning of the tongue and jaw.

This exercise acquaints you with the soft insides of your lips—when you perform it, notice what potential the lips have to create soft, delightful sensations. Lip implants are popular because they promise exactly this sensation. But in order to deliver it, make sure to note the difference in texture between the soft, glossy inside and the drier outside of the lips. Many people make the mistake of firming up the lips, and kissing with only their rough outside edges, thereby missing out on the moist inner lips' inherent kissability. (You can feel how un-stimulating this is if you simply close your lips and slightly roll them in between your teeth so that only the outer lip is exposed.) This part of the lip has no friction or engagement, both of which are absolute necessities for an erotically stimulating kiss.

However, others make the mistake of rolling the lips out too far. This results in the "I felt like he was eating my face" sensation. When you kiss, the other person should be able to feel both the rough and glossy parts of your lips and never just one or the other. Similarly, during oral sex, the entire lip should be used for greatest effect. However, on a particularly sensitive clit, use just the glossy insides to avoid over-stimulation.

Another issue that significantly impacts kissing and oral sex is the strength of the lips. Most of us never think of the lips as muscles, but lip strength is an extremely important factor for any kind of lingual caress. Pucker Up identifies and prepares you to use your entire lips, but if the muscles are weak the effect won't contribute much to your kiss. In order to give a really memorable, arousing smooch, your lips need to be strong and under your control. One exercise for this is called E like "Eat," O like "Swoon." (You can use your imagination for what kind of "eating" this refers to.)

E like "Eat," O like "Swoon"

With your tongue on the Spot and your teeth together, look at yourself in the mirror and pull your lips as wide apart as they can possibly go. Place your pointer and middle finger with the pads against the teeth, and start saying "eeeeeeeeee." Not "ehhhhhh," like "elephant," but a strong, sharp "e" like "eat." Keep looking in the mirror to make sure that your lips are the only things moving (that is, don't move your jaw, neck, or tongue) and that they are stretched widely enough so that they aren't touching your fingers. Hold your lips in this position for the count of ten.

When you're ready, remove your fingers and pull your lips into a tight little circle with the insides of the lips pressing forward—as if you were trying to touch someone else with the smooth insides of the lips—and say "OOOOO" like "swoon." This will strengthen your lips, as well as the surrounding muscles.

Do ten repetitions of these kissing exercises every day for a week. The more advanced exercises later in the book will build on them, both in chapters 7 and 10.

Once you've mastered the exercises specifically for kissing, you can start practicing those intended for the much more powerful king of kisses: oral sex.

Advanced Lip Exercises for Kissing

The Saltwater Pump—Front

Pumping exercises increase your lip dexterity. Put one teaspoon of salt in half a glass of warm (not hot) water. Pump a mouthful of this back and forth behind your upper lip. Allow the shape of your lip to be changed by the pressure of the water moving in and out. Perform this for a full minute, pushing the salt water as far as it will go without opening your lips. The presence of the salt will make you aware of the exact places your lip expands with this exercise. Take note of how much your lip can actually stretch, because you'll be using the insides of your lips extensively in kissing and manipulating the finer points of your lover's anatomy. You should be using a half a glass of water to complete this exercise through a series of three to seven mouthfuls (depending on the size of your mouth). Do this three times a day for a week.

Remember not to swallow the water. Stand nearby a sink or receptacle so that you can spit it out.

The Lip Massage

Whereas the Saltwater Pump softens the deeper tissues of your lips, performing the same motions with air softens the surface of the lips, especially the delicate edges where your lips touch. It will also help you gain control over this crucial area for oral sex. This is the part of the lip that will hold the clitoris in place; it is also the part of the lip that is most responsible for stimulating the surrounding area during clitoral stimulation. Using your breath instead of water, push air behind your upper lip as firmly as you can. Again, do not tense or engage the lip muscles, but allow them to be moved and stretched by the power of your breath. Do this ten or twelve times during the day.

The Saltwater Pump—Side

Using the same ratio of salt to warm water as in Saltwater Pump—Front, push the water outward against the cheeks. Allow your cheek muscles to relax completely, then slowly push the water completely into them and maintain the position for a few seconds. Let the water blow back into the mouth gently, with still further relaxation of the cheek muscles. Alternate forcing the water in and out of the cheeks in this manner. Do this five times a day, filling and emptying twice each time.

Monkey Face

Slowly force salt water behind the upper lip, gradually building up pressure until the lip is completely rounded out. Make sure that the lip muscles are completely relaxed. Do this five times in a row, then perform the same process on the lower lip.

Try this again using air to reach the subtler musculature. The reason for doing both is that while using water makes the lips more flexible, air makes them tangibly softer. Taking some air into your mouth, force it gently into your upper lip, as if you are blowing up a balloon. Hold to the count of ten, five times in a row on the upper lip, then the bottom lip, and then both.

The Jug of Plenty

This exercise will give you some of the softest, most memorable lips on the planet. To perform it, you need an empty plastic half-gallon jug (or container of equal size and weight) and about four or five feet of string. Good cotton string is highly preferable to dental floss or thread.

Place the jug on the floor, and tie the cotton string through the handle so that you can lift the jug off the floor with the string. Put one end of the string in your mouth, and bend over so that you are looking directly down at the jug. Lift the jug off the floor by puckering your lips and using them to pull the string into your mouth. Do not bite the string or use your teeth. (And you may want to close the blinds!)

Some people start to suck as if they were eating a long piece of spaghetti. Instead, actively use the inner part of the lips to pull in the string, hold it to the roof of your mouth with your tongue, and then use your lips to pull in another segment. Lifting the jug six or eight inches off the floor will do. Your face should remain parallel to the floor. Lift and lower the jug ten times (each time should only take a few seconds).

Be very careful when taking the string into your mouth. Do not perform this exercise haphazardly or while rushing.

Button Up!

The purpose of this exercise is to get the muscles of your lips to strengthen by working against themselves. The idea here is to tone the lip muscles by forcing them to adapt to increased stress.

For this exercise, you will need a button between the size of a dime and a quarter, and a piece of string as long as your arm. Thread the string through the button, and tie the ends of the string together. Pull the button with one hand and the string with the other until the doubled string is stretched taut. Place the button in your mouth,

and position it equally between your top and bottom lip (but not touching your teeth). Holding the button with your dominant hand (left for left-handed, etc.), hold the string so that it is perfectly straight and even. Begin to pull your dominant hand slowly away from your motionless head with steadily increasing force.

The button will attempt to escape your mouth by forcing your lips open—don't let it. Pull harder until you find the point where you lose the button. Try to remember how far away your dominant hand is when it pops free, so that you can set your goal for the next time just beyond that point. Do this five times a day for seven days, then three times a day for another seven.

These exercises all help make the lips supple and soft, while maximizing their tone and energy so that they never tire of giving your partner pleasure. The energy you put into your lips here will show up in tenfold when it's time to give some luscious licks and kisses.

Tongue-Tied

Let's refine your control and fine manipulation of the tongue. For french kissing, an excellent exercise is to look in the mirror and bring your tongue fully to a point. Would you want to kiss your tongue? It should be a healthy pink. If your tongue looks whitish, or even yellowish, make sure to use a tongue scraper after each brushing.

Stick out your tongue and bring it to a point without touching your teeth or lips. Hold it in this position and make a mental note of its size and shape. Now relax and widen the tongue as much as possible, still without touching your teeth or lips. The first time you perform this exercise in the mirror, you may be surprised by just how versatile your tongue really is—it can stretch from a point less than half an inch long to four times that size without touching the teeth or lips. The concept of your tongue as a free agent, moving independently of your teeth and lips is particularly important for oral love, even crucial. While kissing, allow the tongue to move independently, but avoid making it sharp or pointed (at least until kissing has become extremely passionate and aggressive). Remember that a soft, wide tongue is much more inviting than a darting poker, and that each minute change of your tongue shape will be felt intimately by your partner.

Oral Etiquette

**Straight men need to be emasculated. I'm sorry. They all need to be slapped around. Woman have been kept down for too long. Every straight guy should have a man's tongue in his mouth at least once. -
MADONNA**

Allow me to say it for you: What? How could someone as sexually open and liberated (at least ostensibly) as the superstar Madonna have such bitter, resentful feelings about men and kissing? But more importantly: Why should there be any relationship between kissing and being "kept down"? The statement is clearly emotional, and relates the way having a man's tongue in her mouth made Madonna feel. It seems highly likely that somewhere along the line, a tongue went too far and too fast, and what should have been a pleasurable experience became distasteful, unpleasant, and (it sounds) even disrespectful.

Though Madonna's feelings as expressed here are extreme, I would venture to say that the feeling of a tongue playing tonsil hockey in your throat is not an altogether uncommon experience. Madonna may see it as a patriarchal show of dominance, but her kissing partner(s) may have just been unskilled and too nervous (after all, they were kissing Madonna) to control the speed, force, and extension of their tongue.

This is the tragic downfall of the overzealous kisser. Inadvertently making someone suck on your big tongue is definitely one way to put the flame of passion right out. It does not, let me repeat not, necessarily increase your partner's passion to push your tongue further into their mouth. You need to follow your partner's indications to figure out when this is appropriate and desired—and when it isn't. A good rule of thumb is to feel how much of their tongue they are putting in your mouth, gently add one-fourth of an inch to that, and there's your limit. As

long as you are following these signals, your kissing will be pleasurable and a delight to remember, increasing your sexual appeal and the intimacy between you.

At this level of kissing it is also very important to be mindful of your breath. If you have eaten smelly food that day, it will be difficult to hide now. Remember that garlic, onions, coffee, cigarettes, and other bad-smelling consumables might make this type of kissing unpleasant for your partner. Making sure to brush, floss, and apply balm if your lips are dry and cracked are amenities your partner is sure to appreciate.

Kissing: Practice for the Big Day Out

Once you have practiced the exercises earlier in this chapter for a week, and your lips are stronger, more flexible, and fully engaged, come back to this section for kissing techniques. Though I wouldn't suggest trying everything in the Kama Sutra (there are some sections on biting and scratching your lover that seem better left alone), this ancient book offers a valuable perspective on kissing that I have attempted to incorporate here. The wide diversity of kisses it recognizes points to an important insight: each kind of kiss has a specific meaning, and transmits something particular and distinct to your lover. Adopting this attitude toward both kissing and oral sex will enable you to read your lover's signs and signals and to respond appropriately.

Lovers are constantly sending each other messages, with every breath, every movement, and each gesture. Becoming aware of how these messages are transmitted, learning to recognize them from your partner, and sending them more clearly, is the stuff of great sex. The several hundred thousand subconscious messages lovers send each other in bed (and out of bed, too!) lend sex between two individuals its distinctive character and determine whether sex is mind-blowing or humdrum. Being aware that each of your sexual gestures sends certain messages to your partner will help you tap into the silent sensual dialogue between your bodies.

Kissing with Your Whole Self

On some level, your partner will intuitively sense your state of mind when you kiss them. They will sense your desire—or your distraction. Some people are more sensitive (or more willing to delude themselves) than others, so there will naturally be discrepancies in your lover's reception. Considering that the majority of communication is nonverbal, and that the acts of kissing and oral sex in particular consist of a high level of physical contact in one area, it's safe to assume that you'll have trouble hiding much of anything when you're going down.

To become a great kisser the most important skill you can acquire is that of focus. When your lips touch your lover's skin, on the lips or elsewhere, make sure you are fully mentally present and not just going through the motions. Do whatever it takes to focus in on the part of yourself that desires intimacy with this person. Focusing on that part will make it blossom and will lead your eager tongue to spots divine. There is no inspiration so great as true comfort.

The types of kisses,

discussed below (roughly inspired by the Kama Sutra) should help you distinguish among the different types of kisses and become aware of all the different messages a kiss can communicate. It is set up according to levels of intensity, from least to most intense, and while generally that is the best progression for sex, it does not need to be followed to a T; rather, the best guide for what to do and when to do it is the response of your partner. Let your kissing meander and explore, returning to what works, and abandoning what doesn't without stress.

The First Kiss

For the first kiss, you might want to try a soft, tender kiss where the lips merely touch each other for a moment, without much saliva or motion, but making sure to use a little bit of the smooth inside of the lip. Essentially, what this kiss says is: "I think I might be interested in kissing you. Care to join?" This kiss has little to do with the position of the lips, and it doesn't need any complicated hokey pokey. It transmits a simple message of interest.

If your partner responds just a little, or not at all, to this gentle kiss, you should bide your time before progressing to a more forceful kiss. Generally, the best sign that your partner is ready for an increase in intensity is their body movement. If she's moving her lips, and her hands are starting to reach for you or rub you, or her body moves closer to yours, the light doesn't get greener.

The "Relax, I'm a Great Person" Kiss

If you just made a tentative First Kiss and your partner isn't responding much, but isn't pushing you away or turning their face from you, they could be a bit apprehensive. This could be for a variety of reasons, personal or external. Do not rush or force this person—a few very light and non-threatening kisses on the cheeks, forehead, and hair, may open them up like a flower. Gentle conversing, good eye contact, and light embraces are the best ways to make your partner feel comfortable. These light little kisses say, "It's okay with me that you don't want to go further than this right now. I enjoy just being with you."

If correctly done, this kind of "I like just being with you" kiss will increase your sexual connection with your partner in spades. If done with too much pressure, your partner will either feel overwhelmed or so exceptional that they will be calling you for the next millennium.

The Good Enough for Seconds Kiss

This kiss is a step beyond the First Kiss, and consists of an explorative, repetitive touching of the lips that says "Hello, here I am," then withdraws, but comes back again as if to say, "That's good enough for seconds." Picture someone tasting a new kind of ice cream cone for the first time—at first their lips touch the ice cream for a second, then they pull back, decide they like it, and go in for more. This kind of kiss can make your partner feel very special and desired. If your partner is responding well, by moving their own lips, that is the cue that they are ready for a more intense kind of kiss.

The Shower of Kisses

These are light little kisses showered all around the mouth, and can even extend to the cheeks. These kinds of kisses express how much you like your partner, as if you find their entire being, not just their lips, wonderful and kissable. Again, don't move forward unless your partner is responding to your kisses with movement.

The Relationship Changer

This is a somewhat firmer kiss that clearly indicates your desire for your partner. Until now, the First Kiss, the testing kisses, and the Shower of Kisses have indicated strong liking and affection. This firmer (not forceful) return to the mouth is about more than affection and liking. It says, "I want you." This is the kiss that breaks platonic bonds. It is not a hard kiss, but is unquestionably somewhat stronger than the earlier ones, and uses the entire lips, pulling one or both of their lips into yours for moments at a time.

A good way to develop this kiss at home is with a pitted plum. Choose a plum that is not too ripe or soft. Cut the plum in half and take out the pit. When you're ready, squeeze the half-plum so that it shapes itself like a slightly parted mouth, and bring it to your mouth. Move your tongue beneath the top ridge of the plum, and then the bottom. Try pulling first the top edge, and then the bottom into your mouth with your lips. Use the insides of your lips to pull the ridges in. This exercise will teach you how to use your entire lips to engage your partner's mouth. As you pull in each "lip" of the plum, see if you can rhythmically suck and massage it, varying the pressure and level of suction, instead of simply pulling on it.

The Hollywood Kiss

This is the first kiss where your partner will need to open their mouth. You can try to nudge it open lightly with your mouth, but this movement should be light and gentle, not sudden or forced. If your partner opens to accept your mouth readily, let the insides of your mouths become indistinguishable and surrender to one another.

The Tongue Exploration

This kiss is not to be confused with a poke or a prod. The tongue should not be overly pointed or aggressive. Instead, the introduction of the tongue should be the silky and soft presentation of the tongue on and around the lips. Think exploration, not excavation. Simply run your tongue along and around your partner's inner lips, gently sucking their lips, one at a time, into your own mouth.

Using your tongue indicates a greater degree of intimacy between you and your partner, so be sure that your partner is comfortable with the introduction of your tongue into their mouths. Do not push your tongue past their teeth at this point. If you ever feel your partner pull away from you (even slightly), go back to something less intense.

The "I Want a Piece of You" Kiss

Once you sense your partner is getting excited and responding to your movements, you can start making your kisses firmer and deeper. The firmer you kiss your lover, the more loudly you are telling her how much you want her. Your tongue is exploring her mouth beyond the teeth, perhaps interlocking with the taste-bud side of her tongue, and your hands are starting to hold on with more force. Compare it to exclaiming "I want you!" right to your partner's face. In the same way that you wouldn't yell this to someone on a first date, you don't just jump straight into this kiss. It's appropriate when it is adding fuel to the fire, and not being used to ignite one.

The Love Anvil

This is a harder kiss that you give once you are 100 percent sure that your lover is so hot for you they can barely stand it. More rapid responses to your kisses, accompanied by little cries or moans, indicate that your partner's passion is hot enough to fry an egg—and that's the only time when it's okay to apply the ten thousand pounds of pressure. Use your tongue to essentially copy the rhythm of intercourse by rubbing it more passionately and with increasing speed against the taste bud side of your partner's tongue. Until now, your tongue should have stayed fairly wide, but it's okay here to point the tip a bit because the kissing has become more passionate and aggressive.

The Erotic Nibble

Now that your partner is chomping at the bit, feel free to chomp a little right back. A love bite can add sensation and eroticism to a kiss, but must be performed very carefully. Exerting control over your jaw, give your lover a little nip on the lip. Your tongue should be in the Spot for this action, because otherwise you will bite too hard or too softly. Keeping your tongue in the Spot maintains good jaw control, so that your bite can be both tender and firm. The idea here is not to actually hurt them, but to heighten their sensation. Before you try this with someone else, try biting the skin on your own finger first, so that you can get a sense of the strength of your jaw and the sharpness of your teeth. The Erotic Nibble is a powerful gesture; it says "I want to consume you."

Progressing from light kisses to more intense ones—with plenty of space and time afforded for reversions, impulses, and experiments—is a good model for performing oral sex. In the same way that you would not jump right into a heavy, deeply probing kiss, oral sex requires a build-up period where your lover is given a little time to get used to the contact.

MENSFITNESS.COM

A Guide to Her Lips - Tips on how to kiss her just the way she likes

Here's a secret most women would never reveal: The best kissers in the world are the guys who kiss like girls. But that doesn't mean you should stop being manly--just the opposite! When it comes to turning us on, to igniting that urgent hunger of our mouths, to moving us farther down your body, you may need to tweak your technique slightly.

Timing

Lick your lips slightly within 60 seconds of approaching her lips. The extra moisture will keep your lips from seeming dry and help keep your lips from sticking to hers.

Note: There is no better lubricant than your own saliva, so don't slather on the lip balm here. Bonus points for minty fresh breath, too!

Women love assertive grab-me-by-the-back-of-the-hair kinds of kisses. Do your own, more PC version and spontaneously kiss her mid-sentence. Make us feel irresistible--like you can't wait to be with us.

Technique

Place your open hand on the side of her face, fingers at the nape of her neck, with the space between your thumb and index finger beneath her ear. The flesh-on-flesh contact is sexy, and since you're not busy groping around, it gives us the impression that you're not thinking about getting into our pants. (But we know you are, and believe me, we love it).

Eye contact is critical: Look at her as "deeply" as you can for two or three seconds. (Think the look of interest you have on a job interview, rather than a blank stare.) Translation: Mean it!

Style

Once your dewy lips make contact, always close your eyes until the kiss ends. Nothing is creepier for a girl to see than a glaring eye staring back at her from only an inch away.

That slobber all girls hate usually comes at this point. To avoid it, don't let your lips come into contact with any part of her face more than 1/4 inch away from her lips. Wet lips on wet lips is fine--it's when those wet lips come into contact with skin on the face that it feels like we're kissing a dog.

Insider Secret

91% of women we polled voted in favour of the girl-on-girl technique. "Girls kiss more softly and slowly than guys, and their tongues move more smoothly in your mouth," says Lily, 24, one of 1,700 women we spoke to who confirmed participating in sober and intoxicated girl-on-girl action.

French Connection

French women are known for their openness, so MF tracked down five of them to find out what makes a European woman tick.

What's the secret to a great French kiss?

- Aurelie D.: A kiss is an expression of honesty. If you feel it inside, then you'll be a good French kisser. But don't think you can fake it, because we'll know.
- Cindy: A French kiss is like eating a fruit. It's about enjoying the flavor while it lasts.
- Laetitia: Clean breath - and not having any food stuck between your teeth.
- Aurelie E.: A French kiss or a 'freedom' kiss? Either way, don't forget the tongue. That's something Bush can't change [laughs].
- Emilie: Take your time - and reach your arm around my back to hold me tightly.

MEN'S HEALTH - SEXPERTISE - SECRETS OF TOTAL SATISFACTION

Shut up and Kiss Me, You Fool

We agree, but kiss her artfully. There is one sure way to get a woman very, very ready. Women say they can never get enough of kissing, and here are their definitive descriptions of how to kiss a woman on the mouth.

- Take your time at the lip stage; bite them softly or lick them gently. Touch the corners of her mouth with your tongue.
- Open her mouth gently but firmly with your own. Play with her tongue, but refrain from sticking yours all the way down her throat.
- Move your jaw a little from side to side and concentrate solely on her mouth. Don't think about what comes after. Or even what might not come after. Just that moment. And either look straight into her eyes, or close yours. Think of England, if you have to. Just don't think of optometry.
- Go with different grades of intensity before heading inside. If you give love bites, do it carefully. Soft, gentle suction on the sides of the neck is good, but no woman wants to wear turtlenecks or elaborately tied scarves for a week.

SEXINFO101.COM

Kissing

Kissing is a delicate art and must be taken slowly with a new partner. It can be part of foreplay/sex - or simply an incredibly enjoyable act of romance and intimacy in its own right.

A good kisser knows how to pace themselves, has an active imagination, and understands what their partner likes or may not expect, but will enjoy. When kissing, remember the following: never slobber (though moistened lips are fine and helpful), don't stare and always pay attention with your non-visual senses (touch, hearing, etc.). Also, there is no such thing as 'too slow'.

If you are unhappy with a kiss then chances are your partner is going to feel the same way. The best thing you can do is relax, and not just in your body, but your face, lips, neck, everywhere. Be relaxed and confident with how you kiss. Let yourself go with the flow of the moment and savour every second of it.

While you are kissing, remember to use your hands, nose, and breath to entice your partner's senses. Everyone enjoys being touched and caressed while being kissed. Use your hands to gently caress the cheek, the jawbone, the back, arms, and collarbone. A gentle exhalation of air (remember that good mouth hygiene is important), can provide your partner with extremely light, warm feelings on their face, mouth and neck that are quite arousing.

Never "attack" someone when you kiss them, unless they like that sort of thing - and most people don't. Treat their lips like you would a dangerous creature. Move in slow and prepare for the kiss. Initial contact should be lips only, firm, yet gentle. React to how your partner is kissing. If they speed up, speed up with them. If they slow down, follow suit. Try to synchronize your actions with one another and always pay attention to their body language.

The following is a list of some simple techniques to spice up a kiss:

- French Kiss
Usually romantic or sexual in nature (so not usual for a 'first date', in which one person's tongue touches the other's tongue and usually enters his or her mouth).

- **Triumverat**
Kiss between the eyes, on the tip of the nose, and then on the lips.
- **Top and Bottom**
Kiss the top lip, then the bottom lip, then both.
- **Lickable Lips**
Run the tip of your tongue along your partner's lips.
- **Earlobecstasy**
Gently kiss, nibble, and suck on the earlobe.
- **Facial Lines**
Trace the neck and jawbone with your lips and tongue.
- **The Big Tease**
Kiss everywhere but the lips, until your partner pulls you to their lips.
- **Caressed Lips**
Rub your finger gently across their lips and then go in for a kiss.
- **Sensuality**
Look in their eyes and whisper you want to kiss them. Press your lips gently to theirs', caress their lips with yours and then give her/him a passionate kiss.
- **Cheeky**
Gently brush cheeks with your partner.
- **Eskimo Kiss**
Gently rub the tips of your noses together.
- **Butterfly**
Brush eyelashes with your partner. Make a fluttering motion of the eyelash by quickly opening and closing the eye.
- **Rose Petals**
Make a small "O" with your lips. Press your lips against your partner's skin and suck softly. Lift your lips off a little, move over slightly, and repeat.
- **Hostage Kiss**
Cover your lips with tape and get your partner's attention. When they come near, make noises like you're trying to tell them something and motion as if you can't get the tape off. Once they remove the tape from you to hear what you're trying to say, tell them, "I've been saving my lips all day just for you!" Then kiss them passionately.
- **Strawberry Secret**
Place a strawberry in your mouth without your partner knowing. Crush the strawberry in your mouth and feed some to your partner while you kiss.

- **Cold as Ice**
Put a piece of ice in your mouth without your partner knowing. Kiss them on the neck and let the ice softly touch their skin.
- **Back Kisses**
Snuggle up behind your partner and proceed to cover their back with little kisses.
- **Foot Kisses**
When your lover comes home from work, or wherever, wash their feet and give them a massage. While you're giving them the massage, lean over and give little kisses on their feet.
- **Hershey's Kiss**
Try not to kiss your partner all day. Throughout the day leave Hershey's kisses or some sort of romantic candy in places that they will know it's for them. Later in the day start leaving notes with poetry or quotes on kissing for them. After that, leave a love letter describing how you'd like to kiss them and the satisfaction that it would bring you. Once you feel they've had enough teasing, spend some time rewarding them with lots of kissing! This is rewarding for yourself as well, since you've been thinking about kissing them all day too.
- **Red Light Kiss**
When in the car with your partner, every time you stop at a red light, lean over and kiss them until the light goes green.
- **Recorded Kiss**
Record the sound of yourself blowing a kiss. Then either e-mail it to your partner or leave a note somewhere with instructions to press play.
- **Video Kiss**
Record on a videotape or web cam yourself blowing kisses to your partner and tell them how much you miss them.
- **E-mail Kiss**
Draw or animate a pair of lips kissing. Then send it to your sweetheart.
- **The Lost Kiss**
Look around your partner, looking under things and appearing like you're searching for something. When asked what you're looking for, say "I've been looking for a kiss all day but I can't find one anywhere. Oh wait, I found it." Then give your partner a kiss.
- **Wake Up Kiss**
Before your partner awakes, lean over and kiss their cheek. Then give soft kisses across their cheek until you reach their lips.
- **Make Up Kisses**
At the end of the day, sit down with your partner and ask them how his/her day went. Silently keep track of all the bad things that happened during the day. When he/she is finished, give them a kiss for each one. When asked what you are doing, say you are helping make up for all those bad things.
- **Post-It Kiss**
Make a post-it note trail that leads to your lips. On each note leave a lipstick kiss and an arrow or clue to find the next note. Place the last note over or near your lips.

- **Full Body Meltdown**
While your partner is laying down, slip over to them and start running your tongue, very gently, up their leg, arms, reaching their lips give them a full passionate kiss.
- **The Grandious Tease**
Softly run your fingers across your partner's lips, lure them in to kissing you, but before you kiss, pull away and then go in for the kiss, then pull away again, etc., etc.

Conclusion

So now you know how to 'kiss with a difference', all you need to do is go try it out. Remember, a badly executed kiss is a real turn-off, but a great kiss is memorable and can be totally seductive...

REAL SEX FOR REAL WOMEN - LAURA BERMAN PHD

Written from a woman's perspective

Sexploration

Arousal and orgasm

Kissing

Kissing cues

From the first passionate kiss you shared with your partner to the quick peck you planted on his cheek on your way out of the house today, lip biting, tongue-wrestling, saliva-sizzling kissing is an important part of the sexual experience for men and women. Yet while some may view kissing as merely a prelude to sex, it is actually an important bonding mechanism. In fact, many women gauge a future partner's sensual capabilities through kissing—if he's a good kisser, she predicts that he'll be a good lover, too.

What couples love

Men love kissing, and women do, too—it's a fact. For men, the more open-mouthed and deep, the better. The chemical cues in the saliva, swapped during kissing, may alert the male brain to a woman's reproductive status. But, science aside, kissing encourages deeper intimacy between you, so don't relegate it to the bedroom. For women, kissing of all kinds is good: light, deep, soft, and passionate. Next time you get the chance, let your man know how much kissing turns you on. Smooch with him to enhance intimacy, to arouse him, and to show him how hot you find him. When your man kisses you, he is telling you that he is feeling sexy, he wants to get up close and intimate, and that only you can satisfy his passion. Accept the compliment by allowing his caresses to arouse you and get you in the mood for some life-enhancing sex.

Your very own style

However, don't be too concerned if your kissing connection isn't always sizzling. You can get your kisses back on track by giving your lover positive reinforcement and demonstrating the styles you prefer. For instance, if his kissing style is too aggressive for your liking, say "I love it when you kiss me softly and slowly"—then show him just what you mean. Or when you see a stirring kiss at the movies or on TV, lean over and whisper, "That really turns me on—let's try kissing like that."

If you are in a new relationship, asking him what he enjoys isn't very romantic, but you could find out by letting him take the lead. Are his kisses quick and intense or slow and moist? Discovering his style lets you deliver the lip action he craves—and then you can show him what drives you wild. Being clear about your likes and dislikes early on avoids problems later.

“Kiss-switching”

You can also try out a “kiss-switching” policy. Take turns kissing each other the way you most enjoy being kissed. Try sweet, soft kisses interspersed with deeper, wetter, tongue-fondling ones. Spend time experimenting. You’ll both learn about the kisses the other desires and get pretty aroused in the process.

Getting back into the groove

Kissing quality is important, but so is quantity. In long-term relationships, couples sometimes find that kissing falls by the wayside, particularly during busy, stressful times, and this contributes to a lack of intimacy and spontaneity, which negatively affects their sex lives. Start by giving your partner a 10-second-long kiss every single day. It will feel weird to count to 10 in your head as you kiss, but it’s merely a tool to get you back into the habit of kissing each other intimately again. It’s important to make sure you kiss each other at the end of the day or before bed, and when you say hello and goodbye to each other, but you can also surprise him with a kiss when he least expects it—perhaps when he first wakes up in the morning. Try resetting this important sensual trigger in your relationship—you’ll be surprised at how romantic and sexual kissing can be when you make the effort to recommit to it.

Kissing in foreplay

Once kiss-play becomes a daily part of your life together, make sure it also plays a big part in foreplay. Kissing can sometimes take a back seat, but nothing can be sexier or more intimate than an intense make-out session. Instead of rushing through the kisses, spend a little time curled up with your lover, reconnecting to the lost art of necking. Don’t have an agenda to make sex the focus. Instead, just revel in the simple pleasure of kissing. Make your kissing technique direct and lingering. Don’t rush, but gradually move from exploratory, light kissing, to deeper, open mouthed movements. Explore your man’s lips and mouth with your own, using light force and intention—let him know you really mean it.

Kissing during sex

When you are having sex, don’t push kissing to the side. It can be an integral and sensual part of making love. Although not all positions are lip-to-lip friendly, most lovemaking is intensified with delicious making out. So the next time you are on top, try out a few different things. For example, experiment with leaning full length on your partner and slowing the pace as you share a deep kiss. You can also give slow smooches to prevent your man from reaching orgasm too quickly. This can be effective in the missionary position. You can try initiating warm sensual kissing to slow down penetration and delay his orgasm. The best part is that kissing during intercourse heightens your connection and your pleasure, making you both more likely to reach climax.

Kissing all over

Kissing during sex doesn’t have to be limited to lips. Encourage him to kiss you all over your body, while you tantalize his erogenous zones with your lips. Simultaneous kissing is especially seductive. Beware of his nipples, as they can be very sensitive, so use a delicate touch and concentrate on his entire chest area. Most men find that light ear nibbling and neck nuzzling are also very erotic, especially if you stimulate or cup his genitals as you kiss him.