

The “Complete” Unlimited Lover

By Michael “Bishop” Emery

© 2001 Michael L. Emery.

This book and all contents within can not be copied in whole or in part in any manner whatsoever without the expressed written permission of the author. All Rights Reserved

The “Complete” Introduction

Much of our lives we’ve been told what was right, what was wrong, and all the various “rules” to follow. As such, it’s quite possible that you’ll read this book and think, “Oh, I can’t do that, it’s not me.” In your opinion, the beliefs and behaviors that make you, YOU, just might not seem to fit with what is required to get the most out of this book. Well, take a second to realize that there was a time in your past when that wasn’t true. There existed a time in your life BEFORE you adopted the beliefs and behaviors you now have filed under “This is ME.”

So, just for the duration of this book, take out those parts of your “This is ME” file that prevents you from fully experiencing the massive enjoyment of this book.

After finishing this book, decide at that time which beliefs and behaviors you find the most fulfilling, and place these into your “This is ME” file.

Because of the restrictions and rules we’ve been taught to honor, we limit our options and choices to reflect that. But when you stop to think about it, that’s like looking at yourself in a pocket mirror and saying that what you see is all of who you are!

Through “The ‘Complete’ Unlimited Lover” you’ll discover how to break through to a more fulfilling sexual life, a more abundant selection of options, and it’ll be like seeing yourself in a full-length mirror. Seeing all of who you are, for the very first time.

And in the beginning, the first time you go through this book, it might seem like magic, so you might think you can’t get the results described.

But that’s not really true at all.

Can you remember when you were a little kid, and you first saw a magician? Remember those amazing things that seemed to happen? What do you remember more vividly, the rabbit being pulled from the hat? Or maybe the one where the lady was sawed in half then put back together? Or was it that cool one where the magician made the coin appear from behind someone’s ear? Or was there another feat of magic that pops up into your mind right now?

My point is, many of those amazing displays of magic are no longer a mystery to you. At some point you learned how to do the magic, and it no longer seemed impossible.

Well, that same thing is what will happen with you and this book.

You will discover the magic, and will be amazed. But then once you know how to DO the magic, and you’ve made it happen that first time, it will no longer seem impossible to you.

Soon, you’ll BE the magician, amazing those who you demonstrate your skills to.

And, in my opinion, the true magic is the fact that this book will separate you from nearly every other person, because only in this book can you learn what they don’t get to know.

This book is NOT based on statistics, surveys, or anonymous interviews. This book IS based on the, in the trenches, between the sheets, orgasmic experiences, of myself, some seduction masters, and many of the most sexually charged bisexual women I know.

I have been called a “master” of seduction, a creative genius, and a guy you tend to love at times and hate at other times. Well, as I say quite often, modesty prevents me from disagreeing.

I make no apologies for my arrogance, just as I would not expect you to apologize for YOUR talents. But as you read this book, you will find that what you THOUGHT was simple arrogance and ego, is in fact a deep belief and commitment in what I’m doing.

I will make every effort to communicate my points in a way that makes learning easier, and I guarantee a lot of fun in the process.

My thinking is that no matter how serious the topic you want to learn, if the process is not fun, then you’ll grow bored and move on. I don’t want that, and considering the topic of this book, I suspect you feel the same way that I do.

Because I feel that this book has something to offer gays, lesbians, and bi-sexuals, instead of just heterosexuals, I have done my very best not to show bias when referring to couples. For example, where it might normally read, “She likes it when he does that” I have chosen to say, “She likes it when her lover does that” This way, no matter your sexual orientation, you can feel it applying to you.

Additionally, I have made every effort to make this book beneficial to BOTH sexes, so I have done my very best not to show total bias for either the men or the women. However, in some areas of this book, the materiel just naturally leans towards one gender. This is not to exclude the other gender, but is instead to help the gender that needs it the most.

So, let’s get started!

Awakening a Woman's Aphrodite

Women's capacity for orgasm is awesome. They can cum over and over again, and still be ready for more!

This capacity seems almost limitless. They can experience clitoral orgasms, g-spot orgasms, vaginal orgasms, ejaculatory orgasms, blended orgasms, and not only one but multiples of any of these!

They've even been blessed with a body part, the clitoris, whose only purpose is sexual pleasure.

This may all seem a bit unfair to men who typically reach a precipice, fall over the edge, roll over and go to sleep!

Why is it then that so many women are frustrated rather than satisfied? Why is it that for so many loving couples, the female orgasm remains an elusive dream; one in which she's perhaps become resigned to sex that's pleasurable but not truly satisfying, or even worse, faking it to salvage her partner's ego.

If it is really bad perhaps she fakes orgasm just to get the sexual ordeal over with! Or he sadly wonders: What's wrong with me? Why can't I make her come despite stiff fingers and aching tongue? His sexual self-esteem is wounded, and he secretly feels less of a man believing he has failed her.

The first step on the path to freeing a woman's orgasm is for both men and women to understand that men do not give women orgasms. Women allow themselves to have orgasms. Despite popular belief, no matter how good a lover you may be, unless your partner can give herself up to the pleasures of her body, she won't have orgasms. This realization alone can open the door to women becoming orgasmic. It takes the pressure to "perform" off of men, and it frees women to take responsibility for their own sexual fulfillment.

This is very important. If your woman is blaming you, and you may also be blaming yourself for her not having orgasms, it is quite possible, even likely, that you are both looking in the wrong place to solve the problem. Mind you, an unskilled, selfish, or insensitive male lover can be a real problem, and at the very least is certainly a dull bore. And to say that a woman is responsible for her own sexual fulfillment does not mean you revert to a "I came, I'm done" approach to sex and let her fend for herself. After all, the more skilled and attentive a lover is the more pleasure he himself receives, and although you can't give her an orgasm you certainly can help her to have one, or even lots of them. So even though it's not entirely up to you, there is something you can do to help.

The biggest barrier to orgasm for women is mental distraction – thoughts that float into her mind, catching her in her head, and taking her away from what's going on in her body. As soon as she starts thinking, she is out of the moment and will lose touch with her senses and her pleasure. Some of these thoughts may trigger feelings of shame or guilt about experiencing sexual pleasure, for no matter how liberated our attitudes toward

sex seem to have become, there yet exists the perception that "good" girls don't! Even today women are divided into categories of "virgin" or "whore". Those who engage lustily in the delights of the body are somehow morally questionable.

You can help your delectable partner move beyond these pleasure stifling attitudes by letting her know how much you respect, admire and cherish her fully female sensual self. Tell her often, especially when you're making love, that it thoroughly turns you on to see her let loose the passionate side of her nature.

This is not always easy for men to do. They may have internalized an unconscious conditioning that leads them to accept the rather misogynist belief that women can't be good and pure, and also be fantastic lovers. If they believe this, they are placing themselves in a very unfortunate situation. This belief system inevitably leads to the man selecting one woman for a partner, spouse and mother, and a different partner for an affair or mistress. Adultery is about the only option left to a man who holds such a belief system. The resulting deceit and lying force a separation between the couple and the relationship ends soon enough, for example in breaking up or divorce. In this scenario, the man is at fault and the solution does lie with him. Only a change in his beliefs will solve this problem.

Sexual abuse is a horror and curse that is unbelievably common in our society. Women that have been sexually abused often have great difficulty in allowing themselves to trust their lover, let go into the sensual moment, and surrender to sexual ecstasy. If your lady is having difficulty experiencing orgasm; if you are a reasonably skilled lover; and if you have communicated to her that you honestly wish her to fully awaken as a sexual partner, then the problem could be some psychological damage from sexual abuse. Ask her about this with the greatest tenderness and caring that you are capable of. Be aware that many women actually blame themselves for their own sexual abuse, so this can be the touchiest of all possible subjects for discussion. If sexual abuse is an issue, it is advisable to encourage her to seek professional counseling or some other form of help.

Besides worrying about whether they are "bad" if they really enjoy and want sex "a lot", many women worry about enjoying sex the right way. They worry about how they look, smell and taste.

They worry that the cellulite in their upper thighs or the slight bulge of tummy fat may quiver unattractively. They worry about being "clean down there". They worry about how long it takes to reach climax, how much time their man has to spend stroking, licking, and caressing to help them fly over the mountain. All of these thoughts take them out of lovemaking. To help her stay in the pleasures of her body tell her with words and sounds and looks that you adore her, you love to devour her with your tongue, you could keep on touching her forever, it's a delight to you to give her pleasure. And mean it, because if you haven't learned how to enjoy pleasuring your partner, pretty soon you won't have one!

Once she's able to relax into the joys of lovemaking and focus on the exquisite sensations her body can feel rather than listening to the demon distractors her mind can conjure up, a woman's path to orgasm is much clearer.

With particular loving skills of your own you can assist her to break that path wide open.

Most men enjoy having their genitals touched at any time, whether they're sexually aroused or not. This isn't usually the case with women. Think of the vagina as a "potential" opening, a magical door that will happily open wide to receive you, but only after you've called ahead to ensure your welcome. Be certain she's eager for your genital explorations by focusing loving attention on other parts of her body first – lots of kissing, neck nuzzling, tender strokes on back, shoulders and arms, then adoring caresses of her breasts. Only after you sense she's ready, through signs like rapid breathing, flushed skin, hardened nipples or enticing moans should you move to her vagina. Once your hand or mouth is at her sweet honey pot begin to explore it from the outside inward – outer lips, clitoris, inner lips, vaginal canal.

Generally women reach orgasm most easily through clitoral stimulation. The clitoris is extremely sensitive to touch of all kinds. Often the head of the clitoris, the pointed tip, is too sensitive for much direct pressure, so focus your attention on the sides. Touch around the clitoris instead of right on it, at least until her level of excitement increases. The skin tissue of your fingers is not nearly as sensitive as the tissue around her clitoris. But the tissue of your mouth and tongue is an almost perfect match in sensitivity. Unless you are more highly skilled in using your fingers, it is a much safer way to start by using your mouth for oral stimulation of the clitoris. Experiment with different pressures, strokes and speeds. Ask her which ones she likes best. A good way to do this is to try two different touches, then ask her if she likes "a" or "b" better.

If she's willing, invite her to masturbate in front of you so you can learn exactly how she likes to be touched. Many women are shy to do this at first but with some gentle encouragement she may really show her wanton self.

It can be a great turn-on for both of you.

Many men are actually quite frightened by a woman who is fully sexually awakened. They may doubt their own ability as a man to keep up, or to be able to perform adequately. They may fear that if she is too sexual for him she may go elsewhere and find what she wants. It may help you to overcome this fear if you remember that you are not responsible for giving your lady sexual satisfaction. She must do that for herself. But if this fear is very strong, you may seek counseling help to deal with it.

When you do find a particular stroke or caress that is really driving her wild, keep doing it and keep doing it and keep doing it. Don't change anything about it. Don't go faster, slower, softer, harder, or switch direction. Keep doing exactly the same thing until she lets you know she wants a change either through words or body movement. This holds true whether you're pleasuring her clitorally or vaginally with your fingers or your mouth. Keep going even if your hands or mouth get really tired!

It's a good idea to wait until she is very aroused before entering her vagina either with your fingers or your penis. Generally if she's not wet, she's not ready. It's as simple as that. If your lover doesn't have a lot of natural vaginal juices even when she is fully aroused be sure to use a good silicone or water-based lubricant. Nothing can be a quicker turn-off than rough, dry skin rubbing on soft vaginal tissues. Water-based or silicone lubricant is better because oil can clog the sensitive vaginal tissue.

The most sensitive part of a woman's vaginal canal is the first inch to two inches. It's here that most of the nerve endings are located, so when you first enter her concentrate most of your attention there. The elusive g-spot can usually be found in this general area, on the top of the vaginal wall, a couple of inches in. Imagine a glass lying on the floor. If you reach your first two fingers into the glass at the top, i.e., toward the ceiling rather than the bottom towards the floor, you should find it. It is difficult to reach the g-spot through intercourse, so you will find it much easier with your fingers than with your penis. There are also some interesting dildos and vibrators with just the right shape to reach the G-spot. Move your index finger or your first two fingers in a "come hither" motion (as if you were asking someone from across the room to come over to where you are) and gently stroke her. When you touch her g-spot you may notice a more bumpy or raised area of skin, but you may not. The best way to know you've found this highly intense love spot is by her reaction. Where you look is not quite as important as when you look. Unless she is excited through and through, perhaps from a clitoral orgasm beforehand, it can be difficult to find the g-spot.

Stimulation of the g-spot can produce extraordinarily intense orgasms. As a woman is approaching a g-spot orgasm she may feel she has to urinate.

This may immediately cause her to tighten up, stop, and pull back from the edge of bliss. If she can stay relaxed and keep going through that "have-to-pee" sensation it will pass and move on into deep waves of sexual delight. Encourage her to breathe deeply and regularly. She should urinate before intercourse begins so she can be more confident that the feeling that she has to urinate is a misleading feeling and can be safely ignored.

For most women it is difficult to reach a climax through intercourse alone. This is because the sensitive clitoris isn't easily stimulated just by thrusting motions alone. Often the male partner goes over the edge into ejaculatory orgasm before the woman has had enough action to bring her to the heights of orgasm. If you touch her clitoris before and during intercourse, and if you've pleased her vaginally by touching the g-spot with your fingers, the chances are much better that she will have a deep vaginal orgasm while your penis is inside her. Choose positions that will stimulate the upper vaginal wall and try some shallow thrusting patterns to stimulate the g-spot. Learn the strokes that turn her on. Tell her how fabulous it is that she's sensual and sexual. Let her know you adore her body and love to touch and kiss it for hours. Help her forget about trying to make orgasm happen and focus instead on thoroughly enjoying every moment of lovemaking. If you awaken your multi-orgasmic woman you are going to like it!

The 5 Secrets To Making ANY Woman PURR With Pleasure

SECRET # 1: Tasting The Peak

No woman can resist being teased just before she's about to have an orgasm. So when you hear her getting close to an orgasm (Or feel her body starting to tense up) either slow down suddenly, or stop completely for three seconds, then pick up where you left off and send her flying over the peak!

Some women may at first be pissed the moment you stop, but it's a proven fact that stopping her orgasm just before it peaks, then getting her to the peak again, results in a more powerful orgasm! So don't panic if she yells, "DON'T STOP!!!" because when you finally finish, she'll be too busy floating to still be angry.

SECRET # 2: The Orgasm Button

This one is virtually flawless! I used this on a woman once, and she bought ME a dozen roses the next day. I kid you not!

If your lover has orgasms, this one will NEVER fail to give her the most intense and mind blowing orgasms of her life!

There is an area about midway between the bottom of the vagina, and the anus, called the "perineum" (We men have it too, midway between the scrotum and the anus)

Just as your lover is about to orgasm, apply slight pressure to this area and make tiny little clockwise motions, making sure to speed up the motion the closer and closer she gets to the orgasm. This can be done no matter if you're inside of her, or pleasuring her orally.

SECRET # 3: Gracing The Rim

This one is nearly almost flawless, but will NOT work on women who have any severe hang-ups about having anything around their anus.

The key to this one, is to do it only when you're pleasuring her orally. When you have her well on her way to an orgasm, wait until the last minute if possible, then lightly insert JUST THE TIP of your index finger and make tiny circular motions, the instant she reacts, slide your finger in deep! If she doesn't explode orgasmically all over the place, then she must have just passed out!

(HELPFUL HINTS: Be sure to keep your nails very trimmed, as the anus is a sensitive spot to be scratching her at. ALSO, it's a good idea to wet your finger before you begin inserting it, so you don't irritate the area if it's really dry.

SECRET # 4: Bishop's "Fine Bone China" Caress.

This is a little secret that I discovered all on my own, and quite by accident. As with most guys, I was being a little aggressive as the heat of passion grew, and as we got more and more into what we were doing. However, during this aggressive stage, wait until she is about to have an orgasm, and as you notice her about to reach the peak, gently caress her sides with both hands, and remain gentle with your TOUCH wherever else you may touch her, even as you continue to be aggressive with your thrusts. It proves to add an amazing contrast to her body sensations, and thus gives her a more unique orgasm!

SECRET # 5: Good Vibrations!!!!

This one is SO easy, it almost sounds like it wouldn't work. But try it just once, and you'll see just how well it DOES work. It's best to do when you're pleasuring her orally, but if you don't mind waiting for your own orgasm you can use it during intercourse as well. Simply wait until she IS HAVING AN ORGASM, then put your mouth at the top of her vagina (or even in her bush), take in a quick deep breath, and HUMM until you either run out of air, or until she can't stand it any longer and pushes you away. I'm unsure WHY this works so well, but does it really matter WHY?

Okay, guys, go show her you're an Unlimited Lover!

The Top 8 Mistakes Men Make In Bed (But their Lover Never Tells Them)

Guys, I've been talking to several women, and they want you to know a few things. Eight things to be exact.

If these eight things do not apply to you, then you might be doing just fine. However, if one or more of these DO apply to you, either correct them, or risk someone else getting a shot at your lover. I have listed them in no particular order, because women vary on which ones they place more importance on.

MISTAKE # 1: Less Than Fresh Breath!

Women love to have you nuzzle their neck with soft warm kisses. But even those most sensual of kisses can be ruined by a funky breath.

Sure, it may have only been an hour or two since you last brushed, but sometimes there are still some persistent little creatures at work to funk up your breath.

To you, your breath may not seem bad, but why take the risk? Take just two minutes to either scrub your teeth minty fresh, or at least pop a breath mint and roll that sucker around the inside of your mouth.

The added bonus of using a breath mint, is that when you move down to pleasure your lover orally, rubbing the mint around her clit will give her a nice little burst of additional sensations.

MISTAKE # 2: Same Sex, Different Day!

Your life can get pretty busy, and so can hers. But that's no excuse to stick to a basic sex routine with your lover. While you may find it convenient to have a basic sex routine with your lover, she's hoping you'll surprise her with something a little new now and again. She isn't necessarily looking for you to break out the whips and handcuffs (Or is she?), but at least give her some level of surprise when it comes to sex with you.

Otherwise, she'll be visiting ME! (Just kidding, put down that rock!)

MISTAKE # 3: She's Ain't There Yet!

Women's wiring is put together differently than a man's, so just because she's making all the right sounds, doesn't mean she's on the same "erupt" speed as you are. While a woman can have many little orgasms before you have just one, the truth is, she is very rarely reaching the one that counts by the time you are. Take a moment to realize guys, that we can reach orgasm much faster than a woman can, so there's nothing wrong with letting her "going first" because you can always "speed up" to quite literally "come right after her."

MISTAKE # 4: Shhh, Listen!

This one seems simple as hell, but apparently not simple enough!

Guys, when you're having sex with your lover, PAY ATTENTION to the sounds she is making! If you and your lover have been intimate for any length of time, you need to know which sounds fall into the "Oh, that feels nice" category, which ones fall into the "Yeah, that's what I like!" category, and which ones are more like "Ummm, not irritating, but not really doing it for me."

Listening to the sounds your lover is making as you are either "connected" or performing oral sex, will go quite a long way in letting HER know that you're not only noticing what she likes, but that you're not just using her for a sperm receptacle.

MISTAKE # 5: Multiple (orgasmic) Choice!

This one is similar to # 4, but what makes it different is that you're getting her opinion, which she damn sure loves!

For example, if you're pleasuring her orally, slide your finger inside of her and ASK HER if she prefers that, or would she like your finger to go elsewhere. If you're playing with her breasts, ask her if she likes her nipples pinched, or is squeezing them in small circles more of a turn on.

These are just a couple of ideas to get you going, but are by no means the only thing you can get her opinion about.

Think about it, Guys! You're not only pleasuring her the way she wants to be pleased, you're asking her to give you her opinion on her preferences.

Talk about a MULTIPLE orgasm!!!!

MISTAKE # 6: DON'T STORM THE GATE!!!!

Guys, slow the fuck down!

Yeah, I know the excuses, "But I only have an hour for lunch" or "But I have an appointment." or "We only have 30 minutes before company arrives."

Save the excuses and you just might save your relationship with your lover!

Unless a woman explicitly tells you, "Hurry up!" she isn't looking for you to break the sound barrier with how fast you can bang her and cum!

The important thing to remember is, always let HER cum first! So if you didn't reach "the peak" during that noon "quickie" make damn sure that SHE did, because you'll be rewarded later when you have more time. TRUST ME ON THIS! Guys who follow this rule, are the ones who get more blow-jobs when they want one, and have lovers who seem immune to evening headaches.

MISTAKE # 7: When Soft Is Better Than Hard

A gentle caress of her face, or even a few soft warm kisses on her neck, please her after sex like you wouldn't believe! That means not only staying awake after you cum, but actually allowing her the joy of "coming down" from the sex in a sensual way. Easy things like repeatedly running fingers slowly through her hair (No, no tugging, that's for FOREPLAY), brushing your finger along her ear lob or side of her neck, or even rubbing your hand slowly up and down her arm, will add so much to the encounter, and will most likely make you even more unique compared to her past lovers. (Women may SAY they don't compare, but a unique lover is hard NOT to compare to her past experiences)

MISTAKE # 8: No Outside Stuff In The Bed!

Sure, most women love to talk. Hell, they even dish while sitting on the toilet! But the last thing they want to talk about, just before and just after sex, is any shit that happened during your day. Sure, after sex she might ask you how your day was, but that's not what she's really wanting to talk about. So why did she ask? Simple, because you probably always talk about that shit while you're in bed with her! Try this out just once, and see her almost literally have an orgasm: When she asks you anything about your day, smile and reply, "Maybe later. Right now I'm only focused on enjoying you." Then kiss her and talk about going away someplace some weekend, or wanting to write a poem on her back in chocolate syrup.

Unlimited Charisma

First, let us be clear on what “charisma” is, by pointing out what it IS NOT! Far too often the tags “charisma” and “charismatic” get attached to people who do not deserve them, or at least have not yet earned them. Here are but a few.

Salesmen, even the best ones, are not all charismatic. Charisma doesn't sell products, good negotiation skills, the ability to listen to the customer's needs and find a way to fulfill them, will do that. (There's actual more to sales than just that, but this isn't a sales manual) Charisma, in a sales environment, is what *prevents* “buyer's remorse” otherwise known as CANCELLED ORDERS.

Politicians, the ones that become Governors, and Presidents, are not all charismatic either. Charisma doesn't get votes. What gets votes, are when the politician gets the people voting to believe, that he/she will fulfill specific promises made to them. Charisma, is getting those same voters to feel and see your dream as *there's* as well.

Television/Movie Personalities, even the highest paid ones, are not all charismatic. I'll not name any names, because it would be an unfair attack, given that they are unable to defend themselves here. However, there is at least ONE of the highest paid actors in the world, who I have yet to find 3 people in a group who find him all that charismatic. Charisma does not sell movie tickets. What does, is the actor's ability to make us believe he (or she) IS the character on the screen, and on some level, they must do it in a way that causes us to identify, or aspire to identify, with that character as well. Charisma, is when they are being verbally attacked (mildly or harshly) in an interview, and they manage to defuse the attack, without attacking back.

President John F. Kennedy had charisma, his successor, President L. B. Johnson, did not. Martin Luther King had charisma, Malcolm X did not.

It wasn't just that John and Martin Luther were good negotiators, or knew how to talk to people. What made them truly charismatic was their amazing ability to speak of their dreams, in a way that went beyond just their spoken words and caused millions to dream it too. Both are very well remembered in the 21st Century, which by itself is an example of their charisma.

So, now that I've shared with you my opinion on what charisma means, let's move on to how you can strongly build it within yourself.

First of all, you have to have a powerfully strong belief in whatever it is you're doing. In other words, don't be simply “interested” in what you're doing, be passionate about it. Far too often people get involved in things for the money, the fame, or to simply fit in. But the most charismatic people believe with every fiber of their being that what they are

doing is what they love, and is of major benefit to many. The money and the fame are never their primary goals. So your first step in creating Unlimited Charisma, is a powerful WHAT. What are you passionate about doing, and what makes it something you are so passionate about? What makes it so fulfilling to you, and what benefits can it bring to others? (both short term and long term).

For example, I knew a guy named Leonard Kelly. Like most of us, Leonard had a time when he wasn't sure what he wanted to do for the rest of his life. He had no clear-cut goal for his life. The more Leonard thought about it, the more frustrated he became, because nothing seemed all that interesting beyond a short time. About the only thing that made him feel worth much, is when his Mom or one of her neighbors needed some plumbing work done. He loved the fact that this was an area he was great at, and that his mom and neighbors needed him. Of course, he was no fool. He knew that they most likely asked for his help so they wouldn't have to pay a professional plumber loads of money to do the same job. But he loved doing it all the same, so he did.

Well, an interesting thing happened one day.

Leonard had just finished up some plumbing work on a neighbor's sink, and as payment, the woman, who we'll call Sally for ease of storytelling, fixed him a lovely fried chicken dinner with all the fixin's. As he sat and enjoyed the meal, Sally began telling him about her dissatisfaction with her usual plumber. It seems Sally's usual plumber had just worked on the same sink problem a few months ago, and guaranteed the work for a year. Well, when the problem came back just a few months later, and she asked the plumber to honor the guarantee, she was told the guarantee only covered parts, not labor. Meaning Sally still had to pay roughly fifty dollars for labor on a problem that a 39-cent part fixed. This news made Leonard a bit angry, especially because Sally was retired, so she had to be on a strict budget. He understood that a business has to be paid for their services, but if they just did the job right the first time, there would be no need to keep coming back to re-fix the problem. Naturally that was the whole point of not doing the best job, because they could basically get paid twice for doing the same job right, once. By the time Leonard finished eating, he had made a plan to see how many other plumbers were like this. So he called his mom and all the neighbors he had helped, and found out that more than just a limited guarantee was going on.

Things like:

- 1) Overcharged for parts
- 2) The plumber milking the hourly labor fees by taking up to four times as long to complete a job than was really needed.

And, the worst of all,

- 3) Replacing parts that were perfectly fine.

You better believe that by the end of the day, Leonard had a passion about something, and a goal.

It took time to finance, but Leonard opened up his own plumbing company. And he blew away the competition in an interesting way.

You see, the area Leonard lived in was small enough that people still bartered when low on cash. So Leonard began his business by accepting baked goods, homemade meals, major discounts on products at the stores he did plumbing for, and he even accepted a pig and two chickens from one customer (Sorry, no “he still has them to this day” ending for the animals, they became a couple of nice meals soon after)

Eventually Leonard became so much in demand, that he had to hire helpers, and thus had to begin charging money to pay them. But his reputation by then had become so highly regarded, that people actually still threw in some baked goods and discounts on top of that.

The point of this story, is not that you should accept chickens instead of cash for your services. But instead, to use Leonard as an example that if you find a passion for what you’re good at, and deliver it to people with the primary desire being to help, instead of just for the money or the attention, then you’re on your way to building Unlimited Charisma.

Okay, so you have a passion for something, and you’ve made helping people your first priority, over the money or attention. The SECOND step, as easy as it may seem, is to simply pay attention. But for someone with Unlimited Charisma, you need to pay attention to what others are missing. For one thing, there is a difference between just listening, and pay attention. You can listen to someone without even looking in their direction. But to truly pay attention, you need to focus not just on the words, but on what might be going on between the words. Contrary to popular belief, you are likely to get a more honest opinion about something from a stranger, than someone you’ve known for awhile, especially the more it’s related to YOU. One of the reason’s being, that a stranger has no emotional attachment to you, so they are less inclined to protect your feelings than a friend would. Interestingly enough, the same is NOT true when you ask that same stranger or that same friend a question that is more related to THEM.

Okay, so now that I’ve confused the hell out of you, let me simplify it.

Let’s say that you were in a small stage play in your area, and that after the show you asked one of the people what they thought of it. A perfect stranger is likely to tell you what they found wrong with the play, while a friend would most likely focus their answer on what they liked about the play, and more specifically what they liked about your part in it.

Now, let’s say that same stranger was magically turned into the costume designer of the play you were in, and it was your friend (instead of you) who was in the play. Suddenly that stranger no longer has bad things to say to you about the play, and your friend is more likely to express what he or she didn’t like about it.

So what does this have to do with Unlimited Charisma? EVERYTHING!

When you look at the situation you are in, and the person you are dealing with in that situation, many factors come into play as to how to get the most out that conversation.

So no matter if you're talking to a total stranger, an acquaintance, or a good friend, about something that directly or indirectly involves them, assume you need to look for what is NOT being said, but is of value.

Okay, here's another real life example to explain my point....

Last year, a female friend and I made plans to take a trip up the California coast to visit Hearst Castle and stay in the area for the weekend. She was a college student, so her money was usually kind of tight, but her dad was sending her some Birthday money. That Friday comes, and I called her to let her know what time I'd be by to pick her up. Well, she tells me she isn't sure that she wants to go now. I asked her why, and she said that she thought about the money her dad was sending her and felt that it should be used for paying some of her school loans, and other priorities, instead of a weekend getaway. I asked her why she waited until the last minute to tell me this, and she said that she hadn't really reached this decision until that day.

Now, typically one would view her last minute change of plans as a sign that she is a flake, or unreliable. But I decided to see if what she SAID her reasons were, actually were the cause of her changing plans.

I asked her, "If you had the money to pay some of your school loan and your other priorities, and still have money left over to go on this trip, would you do it?"

She said, "Absolutely."

I asked, "So it's just a matter of having the money to do both, right?"

She said, "Yes."

Then I said, "Well, I could cover your expenses, and you could just pay me back over the next few months."

She got slightly irritated and said, "I feel like you're pressuring me to go, and I don't like to be pressured."

This was not her usual behavior toward me, so I knew something else was going on besides what she was revealing to me.

So I asked the probing question, "If you feel pressured, then I withdrawl my offer because I don't need to pressure you to go anymore than you need to pressure me to go without you this weekend. So tell me, what would have to happen in order for you to decide you could go away this weekend?"

She replied, "Having the money to go without being in the position of paying someone back."

This told me something very interesting. It wasn't really a financial thing, it was a pride thing. Knowing her, and knowing the right probing question to ask, I was able to "hear" what she wasn't saying. And what I "heard" was that it came down to her not wanting to have someone else pay for weekend since she thought that as an adult she should be able to pay her own way.

Didn't catch the clues? Here they were:

- 1) She said that she wanted to use the money her dad was sending her, to pay bills.
- 2) She admitted that if she had the additional money to go, she would.
- 3) She said that she would go if she could do so without being in the position of paying someone back.

The first one points to her desire to feel responsible. The second one points to her desire to really want to go on that trip. And the third one expresses that, based on the first, she wouldn't feel like a responsible person if she had to rely on someone else to pay for her weekend.

Having figured this out, I made an offer that perfectly suited both our needs.

I said to her, "Well, then since your Birthday recently passed, you could still join me and we could call it my belated birthday present to you. That way you have the money to honor your responsibilities and you still get to enjoy a cool weekend."

She said, "Hmm, I suppose we could do that. But then I'll feel obligated to do something of equal value for you."

Knowing she loves doing arts and crafts, I responded with, "You WILL be obligated to do something of equal value. My birthday is 7 months away, so if you paint me a lovely portrait of a ocean view, with a lighthouse off in the distance, then I'll consider it a fair trade. Sound good?"

Bit did it! See, knowing she loves to paint, and appealing to her love of crafts to be how she could "repay" me, she accepted it without hesitation.

The long and short of it is, we enjoyed a wonderful weekend at Hearst Castle, and in Solvang. And sure enough, this last Birthday of mine, she gave me a beautifully painted portrait of an ocean scene, with a lighthouse off in the distance.

Oh, and it turned out that not only was I dead-on right about her need to feel responsible, but she had been too embarrassed to admit that her dad had failed to send her the Birthday money he promised. After all, it's embarrassing to admit to someone that you can't trust your own dad's word to you.

Now, some of you may be thinking, "She could have just been using you to get a free weekend." Well, I don't agree, because that would be a reflection of her LACK of need to be responsible, which I knew wasn't true.

So you see, when you hold off on making a judgment on someone's initial words or reactions, and ask some probing questions to get to the unspoken truth, then you can find a way to reach a mutually fulfilling outcome, not to mention build a stronger relationship with that person. And that is your second step to reaching Unlimited Charisma.

The THIRD step, is of course credibility. If you can demonstrate that what you say is what you will do, and that what you promise is what you fulfill, people will stick by you when the occasional stumble befalls you. So if you make promises or assurances, be prepared to honor them, or you will quickly be seen as someone who's word is unreliable.

I personally have demonstrated my credibility among quite a few people across this world, by backing up what I say and by following the advice I tell others to follow. In fact, it's my credibility that likely got you to buy this book in the first place. And I want to take a moment to thank you deeply for that, and for our interactions yet to come.

So how, specifically do you make yourself a credible person in people's eyes?

Well, for one thing, be willing to admit your flaws, and maybe even revealing them before even being asked. Be careful though, reveal too many flaws, and you might be seen as someone who is seeking approval, or worse, as someone who's life is too full of drama to be an inspiration.

This by no means implies that I suggest you keep secrets, but have a useful reason for WHY you are revealing the flaws that you have. Using myself as an example, I became fairly well known through my skills at seduction and communication. I have freely admitted when my seduction and communication skills have not resulted in a favorable outcome. The result has been that people see me not as this unreachable idol, but as a flesh and blood human, a person who despite my vast abilities, still has times when he doesn't get everything that he wants. This shows people that I'm not only just like them, but it serves to show that I can admit to not being perfect. And THAT, my friends, builds credibility! Beware the leader or the teacher who will not admit to when his skills and abilities DON'T work, because he or she is not looking to serve you, they are looking to get you to praise them.

So do what you say, honor what you promise, and be willing to show that you too have flaws.

The FOURTH step to Unlimited Charisma, is loyalty. If you go into a friendship, partnership, or whatever kind of relationship with another person, you must be willing to stick by them through almost anything. If a friend or colleague is in trouble, be willing to stick by that friend, as long as his actions were not directly a betrayal to you. Far too often you'll see "loyal" friends suddenly start bad mouthing each other, simply because the friendship or relationship ended. If a friend gets arrested for drunk driving, that has NOTHING to do with your friendship, so it should not have any bearing on your loyalty to them. Even if your friend or colleague is arrested for murder, the best course of action is to support your friend openly, and diplomatically distancing yourself if you feel you must end the friendship. What I mean by "diplomatically" is to walk away from the friendship without shunning him, or her, verbally to others, and without "suddenly" talking about the person in a 180 degree different light than before the incident. About the only exception I can agree with, is if a "loyal" friend uses your loyalty and betrays you directly.

For example, I know a guy who was skilled in Hypnosis, who I'll call Jeff for this example. Jeff had developed a friendship with a guy who was once a student of his, who I'll call Bob. One day Bob's girlfriend expressed a fascination with being hypnotized, so Bob brought his girlfriend over for Jeff to do some hypnosis on. Well, as Bob sat in the other room, Jeff proceeded to not only hypnotize Bob's girlfriend, he went so far as to hypnotize her into letting him touch her intimately. I won't go into graphic details, because it's not vital to the story, but suffice it to say that Jeff pretty much did everything

to her expect full intercourse. He abused not only his skills, but his loyalty to Bob, and used an innocent woman. Not only was this a horrible display of ethics, it was a tragic misuse of a friend's loyalty. Fortunately for Jeff, Bob and his girlfriend simply severed ties with Jeff, instead of reporting him.

(Some would argue that even a hypnotized person will not do something they wouldn't reasonably have done anyway. But keep in mind that Jeff, out of respect and loyalty to his friend, Bob, never should have allowed it to go as far as it did in the first place. He was the hypnotist, he was trusted to behave and act honorably)

Okay, so on we go to step FIVE!!!!....Flexibility!

Flexibility, as I personally see it, means to be willing to try new ways and approaches to accomplish your goals. Flexibility means not becoming so rigid in any one belief that you close your mind to listening to conflicting opinions.

As I am fond of saying, "The teacher who ignores the feedback of his student, shall surely be surpassed by him." And what that means is that you can't place yourself above your students, friends, colleagues, or anyone you have any kind of relationship with. You never know where great insight and knowledge will come from, so be open to hearing it, and judge it by its content, not the person saying it.

It's been said that a true leader makes his own decisions. Well, I think that's only partially right. While a leader might be the one to make the final decision, the best leaders frequently listen to their advisors, and the input of others, and use that in addition to their own knowledge to make the best decision they know of.

I once heard a great quote that went like this:

"Listen without defending, speak without offending."

And I would add to that, "and never push away knowledge."

We all have our own way of doing things, and many of us are able to accomplish many of the same things in dramatically different ways. But it's the man or woman who remains the most flexible that ends up the most fulfilled in the end.

And last, but certainly no less important, is step SIX: Humor.

The power of providing solid service, coupled with some well placed humor, is amazing! Because someone who can deliver solid, useful information, is an authority. But someone who can deliver solid useful information, and make you laugh while delivering it, is incredibly charismatic.

Keep in mind though, that you have to use the kind of humor that the people you're talking to can relate with, and would not be offensive to them in any way. So for example, you wouldn't use sexual humor to a room of religious groups, because sex is not as free a topic as, say, common household humor.

Something more along the lines of, "The Lord has guided me through many things, but he still hasn't answered my prayers to help me figure out how to work my VCR." Would

work better to that kind of group than, say, “The Lord has guided me through many things, but he still hasn’t answered my prayers to help give my wife an orgasm.”

Also, it’s important to make your humor weave naturally, not forced, throughout your interactions. You want to build charisma, not put on a comedy act. The more natural and spontaneous you deliver it, the better the response you will receive.

Master this final step, and you’ll be well on your way toward having Unlimited Charisma!

TOUCHLESS ORGASMS

For most of us who have studied "Male Multiple Orgasms" it's been believed that in order for a man to achieve such a thing, that he needs to work the pubococcygeus muscles (Better known as the PC Muscles). Well, yes and no.

There are some great ways to use your PC muscles to achieve male multiple orgasms, and below I have shared a way I have created. In fact, the "Energy Orgasm" technique below is not just for men, a woman can reach quite nice orgasms using my technique as well.

However, there is also a way to achieve male multiple orgasms, without using a PC technique AT ALL!

After you finish reading my "Energy Orgasm" technique, I'll share with you an amazing way to reach the same multiple orgasm levels, using only sounds! (And, yes, a woman can use this one as well)

BISHOP'S ENERGY ORGASM TECHNIQUE

1. Lay on a solid surface (bed, the floor, your lawn, etc.)
2. Take about three or four relaxing breaths..making sure to..empty your mind..more.and more..with each breath..make all the stress.all the tension.leave your body.
3. Now, as you inhale through your nose..and exhale out your mouth. Make the breaths deeper..and loooooonger. Be sure to leave NO space between each inhale and exhale at this point.
4. Two to three minutes later, while on an inhale, raise your crotch up and point it at the sky, arching your lower back as you do this. As you exhale, slowly straighten your back as you bring your crotch back down.
5. About 1 minute into this, as you raise your crotch in the air on an inhale, fill the LOWER part of your stomach with air, and on the exhale as you empty the air from your lower stomach, squeeze the pubococcygeus muscles (Better known as the PC muscles, the muscles you squeeze to stop the flow of urine) On women, this will stimulate the clitoris, while on men it will stimulate the penis and testicles.

For some added sensation while doing this, open and close your legs like a butterfly flapping it's wings (In other words, your knees will be pointed up, with your feet flat on the floor, and you'll be moving your knees outward, to the sides, then inward, over and over and over again) Vary the speed of the "flapping" to find the one that best feel good for you. This is a perfect time to allow sensual, maybe even erotic, thoughts flow through your mind.

6. As you continue this way, on the exhale, start to use the squeeze as an imagined "pulling in" of energy through your perineum (the area between your anus and your vagina for women, or on men, the area between the anus and the scrotum). Pull the energy in..filling your entire genital region.then push it all back out. Do this several times...building up the energy.then pull the energy up further, like to the lower stomach area.then push it back out, repeating it several times as well.

7. Gradually pull the energy up further through your body.feeling the energy building to a stronger.and stronger.and stronger fire. Raise it passed your lower stomach.and up to the solar plexus.making a larger and larger ball of energy going in and out of your body from the perineum to your solar plexus. After building it up to

here for several seconds..raise the energy up toward your heart area.feeling the energy getting even MORE intense. And continue to raise it gradually.from your heart area.to the neck..then from the neck..to the throat.each time making the energy more and more intense and filling more and more of your body..

8. If at ANY TIME during the technique, you start to make any sounds or noise, don't hold back at all (In other words, don't give a shit if the neighbors might hear you!) Just allow the vibrations of those sounds to go all through your body, as the energy builds in intensity.

9. After you send the energy up to your head, it will likely start to feel as if a flood gate opened up on the top of your head and all the energy is trying to explode out through it. **HOLD IT FROM EXPLODING FOR ABOUT TWO TO THREE SECONDS**, then let it **SHOOT OUT** completely. This is when you will have an intense, full body, energy orgasm. Don't worry that your breathing is now changing, just go with it. People experience a variety of emotions at this point. Some cry, some scream, some laugh, some even slip in and out of consciousness several times in under a minute. Once you have mastered this technique, you will be able to enjoy wave...after wave..after wave.of flowing energy orgasms

NOTES:

Don't worry if you don't orgasm the first several times you do this. Trust me, the breathing exercises, and muscles exercises, are working to clear a path for your energy orgasms to flow powerfully. So enjoy the process, and be patient, it'll come.literally!

The "rush" you'll get, on your way to the actual orgasm, will be a pleasant experience if you allow it to happen.

Also, don't worry if you have some trouble staying focused the first few times you're practicing this technique. You are basically making your body do things it's not used to yet, so a lack of focus is perfectly natural until you've done the technique a few times.

Make sure to do this technique when you have **AT LEAST 20 to 30 minutes of UNINTERRUPTED TIME** to spare. It will do you no good to be doing this technique, and the entire time you're thinking about having to pick up the kids from school, or return some phone calls.

The better you can visualize, the more intense the result will be, so be sure to practice some visualizations from time to time throughout your day.

While this is meant as a "solo" sexual experience, it has proven to have some nice benefits when myself and a lover are laying side-by-side and telling each other where we are in the technique at that time (example: "Now the energy is.right.at.my..throat.") I use this sometimes to give a woman a "touchless" orgasm.

Okay, welcome back. I hope you at least tried that exercise before reading on. If not, make sure to reward yourself later with it. (Some have said that 's it's more satisfying than chocolate!)

This next "touchless" technique, uses sounds that you make. No, I don't mean talking, I mean specific sounds that you will make to reach an orgasm.

If you can say your vowels (A, E, I, O, U) then you can accomplish an orgasm using this technique.

Ready? Here we go...

Bishop's "Sounds of Ecstasy" Orgasm Technique

© 2000 M.L.Emery all rights reserved

Prop yourself up with some pillows, so you're laying at a slight angle, but NOT flat on your back.

Next, close your eyes and imagine a glowing ball of light, and color it a very faint shade of your favorite color.

Imagine it right out in front of you, and clear your mind of anything else.

Take in a deep breath, and imagine you are inhaling energy from that ball right in front of you. Then on the exhale, make a "Wwwwwww" sound through your lips (Like you're holding the "W" in the word "What"), making the inner edges of your lips vibrate. (Inner edges being where you are blowing out the air)

Repeat this, and notice how it begins to make your mouth and head tingle.

Now after you inhale and are making the "Wwwwwww" sound, move the vibration so it's now vibrating your head and now your neck.

Continue the exact same step as above, only now have it include the vibrations into your chest.

Now the really cool part! THIS time on the inhale, picture yourself SUCKING IN the energy ball that was in front of you, and as you make you exhaling sound, imagine that energy ball is vibrating right in the center of your chest. Right about now you should be feeling a nice tingle forming in your chest.

Continue the inhale/exhale process, except NOW make the sound flow into an "Eeeeeee" sound (As if you're saying the first part of the word "Eat." (To simplify flowing from the "Wwwwwww" into the "Eeeeeee", just pretend you're slowing saying the word "We") The "energy ball" stays in your chest area.

This change in sound should start to make the vibration in your chest feel even more of a tingle, so just take a moment to enjoy that increasing sensation.

Continue the inhale/exhale process, and slowly making that "We" transition sound, and now begin to move the vibrations to your stomach area. Keeping the "energy ball" in your chest still.

10) Now you should be feeling quite good vibrations from your head to your stomach, and ready to intensify it even more! So on this next inhale/exhale, transition from the "Eeeeeee" portion of the "We" sound, into a "Ooooooooo" holding that "oooo" for as long as you can

BUT NOW KEEP YOUR MOUTH ALMOST COMPLETELY CLOSED as you do it.

It is important that at this point you PUSH the vibrations to your genital area.

Repeat the "Ooooooo" step, only this time, imagine bolts of energy shooting down from that energy ball in your chest, sending them into your genitals.

12) Repeat step # 10, and gradually make it faster and faster and faster..This is when you'll explode into orgasm!

The Unlimited Confidence Builder

As you may or may not know, I am a huge fan of a "For Mature Audience" comic book series called "The Authority." Well, one of the characters is named "Apollo." What is so cool about Apollo, is that he is a walking, flying, mass of energy cells. The more exposure to the sun he gets, the stronger and more powerful he can be.

Well, when Apollo exerts amounts of his power, a gold bubble forms around him, in direct proportion to the amount of energy he is expelling. The bigger the golden bubble, the more power he's using.

I got to thinking that THAT would make a great "blueprint" for a kick ass confidence builder when you want to go seduce, or just talk, to someone sexy.

The "Apollo" Exercise

1. Do ten minutes of energized breathing
2. Close your eyes, create a realm of all things being possible, then step into it (stand, don't sit!)
3. While inside this realm, create a highly detailed version of any location that you frequent in the physical world (mall, coffee shop, restaurant, bookstore, etc.)
4. Literally look around and see a variety of people, both men and women, doing whatever it is that people do at this location. Make this as real as possible, with sounds, smells, and anything else you might want to add.
5. For every sexy patron you see inside (or entering) this location that fits your criteria as "worth approaching", SEE and FEEL golden rays of energy go from them to you, connecting them to you, and as each ray fills you, you feel more warm and confident.
6. Once every "worth approaching" person in the room has sent you some golden rays of energy, SEE and FEEL a golden bubble form around your head..creating a clearer.wiser.more creative YOU.
7. Once the golden bubble is around your head, and you feel that rush of being

that clearer, wiser, more creative YOU, anchor it with a sound, gesture, or tap that is unique and only to be used for THIS exercise.

8. Thank all the people you used for this exercise at once for their contributions, take in a deep breath, and as you exhale, make the entire location flutter like it were a pond that just had a pebble or stone thrown into it.

9. As the fluttering begins to still, morph it into ANOTHER location that you frequent in the physical realm.

10. Do the exact same steps as in # 4 through #7 except this time, the golden bubble around your head expands to also surround your chest and stomach area, creating a more patient.more observant.and more confident YOU.

11. Once the golden bubble has expanded to surround your head, chest, and stomach area, USE THE SAME ANCHOR as before, to anchor this as well.

12. Thank the people from this location for their contributions, take in a deep breath, and again as you exhale, the location flutters like the last one.

13. Do these steps for yet another location you frequent, and have the golden bubble expand to now cover your entire body. And feel this creating a more balanced..more sure-footed..and more forward moving YOU.

14. Once this is done, again thank the "worth approaching" people for their contributions, inhale deeply, and on the exhale make the image flutter.

15. Repeat this process for as many locations as you wish, making the golden bubble that now surrounds you brighter and more powerful.

16. Once you have completed this for all the locations you wish, place each location side by side from left to right with each having a moving image of YOU moving through each location now completely surrounded by that golden bubble in every image. Actually SEE yourself moving through your day, and seeing the results you most want with the people you approach. SEE this through your eyes.then through theirs..then through yours again.

17. Once you've seen yourself walk through all the side by side locations, bring the first and last moving images around and connect them so it's like one big loop from the first image to the last.

18. Breath in deep, and as you exhale, see the "moving images loop" spin and move closer to leaving the realm of all possibilities, and entering into the physical realm. Do this four times, each time making it spin faster, and moving closer to entering the physical realm. On the fourth breath, SEE and

HEAR the "moving images loop" burst out and into the physical realm with a sonic boom that you can actually feel vibrate through you! Literally see the "moving images loop" explode into a visible golden shock wave, that vibrates and expands into all four directions, sending each location image to it's physical realm duplicate.

19. Step out of the realm of all possibilities, open your eyes, and laugh your ass off for a good minute or two.

20. Now when you visit those locations here in the physical realm, all you need to do is fire off that anchor you placed on yourself, and it will activate your "Apollo" bubble.

Just For Them:

An Short A to Z Mini-Reference Guide for the Sophisticated Lover

ANUS STIMULATION:

Since you already know where the anus is, and have a pretty good idea on how to perform anal sex, there is no need to waste time detailing it here. Instead, here are two techniques for sexual pleasure during oral sex. In both cases, it's a great idea to trim your fingernails, as the anus is a sensitive area. This first one is called "poking the starfish" and is quite simple to do. While giving oral pleasure to your lover, run your finger around the outer area of the anus, in a circular manner, to provide added stimulation. Then, as your lover is about to orgasm, poke your finger inside their anus, just far enough for your fingertip to be inside. Poke your finger in and out several times as your lover orgasms. You can not imagine the intense orgasm some people have during this, so try it out for yourself and see!

The next technique, is very similar to "poking the starfish" except that all you are doing is the last part, with a minor change to it. What you do is wait until your lover is just about to orgasm, then poke your finger inside the anus, again just far enough to have the fingertip inside. Then instead of poking your finger in and out, you instead keep your fingertip inside their anus, and make little circles. One woman wrote me saying that this technique gave her such an intense orgasm, she almost broke her lover's finger off inside her rectum! How's that for an endorsement?

Keep in mind that many lovers enjoy just having their anus played with, without requiring you to be doing anything else to them at the time. So talk it out with your lover, and see what other nice little techniques you and theY might enjoy once you've tried it.

CANDLES:

When using candles it's best to blindfold the person who is being "waxed" because they will be unaware of where the wax is about to land, which heightens the sensation they feel. And it is also wise to pour the wax droplets on areas that are not hairy (shave the

area if you must, it's an erotic act all by itself) Also be sure to hold the candle at least two feet above the lucky, blindfolded, sex partner as they are laying down. This allows the wax to slightly cool on the way to his/her body, so it won't be painful (disregard if pain is part of your fun) Scented candles are actually not a good idea to use in this case, as the chemicals in many brands tend to irritate the skin. Go ahead and have the scented candles burning nearby, if you require the room to have a certain scent for sex.

It may surprise you that candles serve another seductive purpose besides for sex, and this purpose is not just for the women to use either. Men and women can both improve their seductive phone conversations by having lit candles as the only light source during the call. Light at least three or four candles and place them at various spots in the room, where you will be sitting to have your phone conversation. What this does, is it relaxes your voice, giving it a more sensual tone. Of course, make sure you're actually sitting or laying somewhere during this, otherwise your body will not be equally relaxed and it will make a difference in your voice.

FEET/TOES:

Sucking your lover's toes, also known as "shrimping," can be a multi-orgasmic experience. During foreplay, it works best to stimulate your lover's vagina or testicles, whichever the gender may be, as you suck on the toes. The smallest toe, on most people, is the most sensitive, so pay attention to it last. You want to build up the stimulation and pleasure, so start with the biggest toe first, and spend a good few seconds on it. Then just gradually work your way to the other toes, and increase the speed of you stimulating your lover's genitals with each toe. By the time you reach that sensitive little toe, your lover will be on fire!

During intercourse, grab your lover's ankles, pick a toe, and start sucking! For an added burst of orgasmic release, wait until your lover is near orgasm, and then stick a toe in your mouth and start sucking away!

For something a little extra in your lover's orgasm, try a technique called "Licking the Stamp." What you do is, as you are giving your lover oral pleasure, and they begin to cum, grab one of their feet (get a good grip, as your lover will likely jerk their foot in a moment), and sloooooowly lick from the top of their heel, to the ball of their foot. You might even want to try licking all the way up to the toes, and doing some "shrimping" for an added bonus.

"Licking the Stamp" is best used on a woman, since during oral sex her legs are usually pulled up toward her, or over her lover's shoulders, making access to the foot pretty easy. Try different positions, and I'm sure you

will find one that works well enough for you to perform this technique.

GAMES

Get a packet of 3 x5 cards, also called "index cards" (lined or blank, it doesn't matter) and use six cards, giving your lover six cards to use also. On each card, write something sexual you like that your lover does to you (or what you'd like them to do to you) Maybe even write a sexual fantasy or three. Remember to put only ONE sexual like, or fantasy, per card. On the BACK of each of your cards, put your initials (you'll see why in a minute)

Between you and your lover there will be 10 things to choose from. BUT, neither of you will be able to pick and choose, this will be a random "mystery" for you both. Fold the cards in half and put them in a bowl or hat (or on a table if you prefer) then give them a good mixing. You draw out a card, but make sure it's a card with your lover's initials on the back (no sense in drawing your own card..unless you're playing solitaire! ~wink~) but don't show it to your lover, then your lover does the same. You each draw two cards, making four things you both will be doing (Just right for a nice sexual adventure)

Between the two cards you drew from the bowl, decide which you want to save for last. Then, because I created this game and the rules, the woman gets to go first in being pleased. If this confuses you, it just means that the man does what's on one of his cards to the woman first.

(If you are a gay or lesbian couple, just decide at the beginning of the game who gets pleased first, then the next time you both play this game, the other person gets pleased first)

Notice that you only drew four cards total out of the ten? Guess what you do with those other cards? If you're too exhausted after performing what's on all four cards, save the rest of the cards for next time. Otherwise, pick another two cards each and keep going until you either pass out from exhaustion, or you run out of cards (Hmm, isn't there 100 cards in a pack? ~wink)

TOUCHING: HANDS-FREE (Male)

Once you are partially or fully erect, use your hardness as a "tracing wand" and lightly trace the sides of your lover's face, neck, breasts, etc. Tease your lover a little, by brushing your hardness around their lips, but not inserting yourself inside their mouth.

TOUCHING: HANDS-FREE (Female):

This a perfect technique for large breasted women, though smaller chest women can still pull it off. Take the outer sides of your breasts, and gently brush them up and down the sides of your lover's face. Also run your breasts slowly along your lover's forehead...slowly bringing your breasts down over your lover's face..and using your erect nipples to outline your lover's lips. If you are big breasted enough, hold your breasts apart, and put your lover's face right in the center of your cleavage as you gently put each breast on each side of your lover's cheeks. Hold it there for a few seconds, then without touching your own breasts, slowly pull up and away from your lover's face.

UNDRESSING:

Contrary to popular belief, slowly undressing each other is not just for the first time the two of you are making love to each other. Sure, there are times when you both just have to get naked in under 3 seconds. But this just serves to make those slow..undressing...moments...all the more erotic, and builds strong anticipation.

And since men and women like to take turns being the dominant lover, there is a sensual method to who is naked first. The one who is the aggressor, or the more dominant lover for the night, will have their clothes on the longest. For example: If the man is the dominant lover, only his shoes will be removed at first, while her shoes and socks will be removed. The basic rule to follow, is that the dominant lover has only one article of their clothing removed for them, for ever two of the other lover's clothing they remove.

(Yes, you're removing each other's clothes, not your own)

This is very powerful as it causes a slight vulnerable arousal feeling in the non-dominant lover.

For an ever more powerful sensation of vulnerable arousal, have the dominant lover do the undressing of the other, while keeping all of his/her own clothes on. Then the clothed lover pleasures his/her naked lover for several minutes before having their own clothing removed for them.

The Unlimited Lover Laws

I love to research. And what I've discovered in the last few years of research on becoming an Unlimited Lover, is that certain "Laws" make it all the more easy to attain. So, agree with them or not, the choice is yours based on how committed you are to truly becoming the Unlimited Lover that you always wanted to be, and that your lover has been searching for

Unlimited Lover Law # 1

Never Leave Your Lover on a Lower Level than You

If you want to get the best out of your lover and give them the best in being with you, be careful not to dominate the moment with just sharing your knowledge, or you might find that you've accomplish an unfavorable result. Meaning, you might end up inspiring uncertainty and insecurity in them about being with you.

Impressing and inspiring your lover is not always about just expressing your vast knowledge of a discussed topic, but should instead be about sharing your COMBINED express knowledge.

In other words, don't bombard them with your detailed knowledge of tennis, and who won at Wimbledon in 19such-n-such! Instead, share SOME of YOUR knowledge, then LISTEN to some of THEIR knowledge, then find an agreeable point in what they said, or get them to clarify until you can find an agreeable point in what they said, and build on the wonderful moment from there!

A seduction is much more effective when the two people can have moments to share, listen, and learn about each other. Include your potential lover in the encounter, and your potential lover will follow with pleasure.

Being an equal can include the capacity to admit to your lover that you do not know something, or to even ask them for their opinion or advice. This understanding goes for BOTH of you.

While it's cool to "have the answers" it's actually not always needed, nor always appreciated. If you simply MUST have the answers, at least include your lover into it by adding, "would you agree with that, or do you have a different answer?" By including your lover this way, you are expressing belief in their intelligence, respect for their opinion, and, most rewarding, allowing your lover an opportunity to express an angle to the "answer" you may not have considered.

So, while there are times when one of you needs to be the dominate one in a situation, understand that there are also times when it's a great idea to share or even concede the dominance.

Unlimited Lover Law # 2

Remain a Mystery

Sure, there are certain things that need to be reliable and comfortable in relation to our lovers, but if the mystery is gone, a lover becomes a loser and new applications begin being accepted for the position!

Yes, it's great if your lover knows they can call you for a night (or even an hour) of wild sex, but if you keep giving your lover the same "touch here...lick that...put this in that...sleep" routine, soon the calls will stop coming!

Variety and unpredictability in the bedroom are just as important as the act of sex itself! By all means keep doing the things your lover enjoys that you do in the sack, no need to mess with what works! Just be sure to toss in something unique, different, or pleasantly unexpected, once in awhile.

Quickies are the only time you can do the same routine, but even then try to slap something out of the blue, or put your finger in something different all of a sudden.

If you have time for more than just a quickie, you better make it a little different (or better yet, NEW) from what you did last time, or the sex becomes predictable, the thrill starts to have less fireworks, and the headaches start forming.

And even beyond the sex, it's best to NOT be "an open book" to your lover, even if you both are looking to make this a permanent relationship. There are more men and women cheating because of being "bored" or "unfulfilled" with whom they're with, than any other reason!

So as much as you may enjoy sharing who you are with your lover, and they may enjoy sharing with you who they are, you BOTH will enjoy each other more, and longer, if there is still some mystery left to be discovered.

Unlimited Lover Law # 3

Sometimes Silence Truly IS Golden!

As many, many, MANY women will agree with, most times when she is telling you something that is bugging her, she just wants you to shut up and listen! She does NOT wish for you to "come to the rescue" and tell her how to solve the problem, she simply wants you to listen, let her get it out, and then she'll feel fine. It's a typical reaction to want to offer help to those we care about, but it's not always the desired reaction she wants. Men, for the most part, are telling a problem because they seek resolution, while a woman is telling a problem simply to get it off her chest so she can move on to other things. Granted, there are some women who DO seek resolution, but they will most certainly ASK YOU for the help if they are truly seeking it. And, on rare cases, men might actually just want to "get it out" and not seek your help in finding resolution. So,

the best guideline to follow, is to assume that she (or even HE) is simply just getting something off their chest, so only offer resolution ideas when they ask you for them. It's also important to realize that no matter how wrong you may think your lover's opinion or reaction is, silence is the best way to deal with it, PERIOD! No one wants to be corrected when they're pissed, I don't care who they are. So unless there is name calling involved, just sit there and let them have their say. Then, once they've had a chance to reflect on what they just said (either while still sitting there, or later, after returning from a "stomping away" from the other room) remain as calm as you possibly can, and seek a mutually fulfilling end to the argument. If no resolution or conclusion can be reached, you might want to start looking into why you're both having trouble in your communications. Speaking from experience, it's damn hard to shoulder the blame, or to even let a bad situation go even though you "know" you're right. But the bottom line comes down to one question: Which is more important to you; winning the argument, or seeking a mutually fulfilling conclusion? Effective communication is second only to trust, in my opinion, and worth the effort if you wish to be an Unlimited Lover.

Unlimited Lover Law # 4

Make Yourself Irreplaceable!

Sometimes the reason your lover will seek someone else to fulfill their sexual needs, is NOT that they are ungrateful, but that what you offer is common. In other words, you are replaceable!

Never take your power for granted, and never assume that the sexual routine you use today will be enough to satisfy your lover tomorrow. Even if your lover assures you that they are sexually satisfied by you, always find ways to keep your "bag of tricks" from becoming "the same old thing"

Variety is more than the spice of life, it's one of the keys to being an irreplaceable lover. If you can show the talents or skills that simply cannot be replaced, then you become more important to your lover.

You should create a reality in which you can always latch on to another lover, but your lover cannot easily find someone to replace you with someone who has your same talents and skills. And if, in reality, you're *not* actually irreplaceable, you must find a way to make it look as if you are. Intrigue and fascination are two ways to accomplish this.

For example, there was once a King who had several lovers, and he kept each lover only as long as they held their beauty. Upon losing their beauty in the King's eye, they were taken away and executed. One such lover, knowing she would soon be too old to hold the King's eye, put a most ingenious plan into order. Right after making love to the King, the woman would begin to tell the King a story. However, she would stop the story at a very intriguing point, and promise to finish it next time. Then, next time, after making love to the King, she would finish the story, but then she would begin another story! Again she would stop in a very interesting spot in the story, and promised to finish it next time. This went on for quite a number of years. So, by holding the King's fascination and intrigue,

the aging lover not only outlived many of the King's younger lovers, but at the same time made herself unique and, thus, irreplaceable!

Unlimited Lover Law # 5

Value Attention Without Needing It!

Showing your lover attention, is a great thing, as is valuing the attention your lover gives to you. However, don't RELY on your lover giving you attention. Have the caring to enjoy attention and to show attention, but also have the independence to not need their attention all the time. In fact, make it a habit to do things AWAY from your lover. While it feels all warm and fuzzy to spend nearly every waking moment together, it WILL eventually lead to some kind of frustration and/or irritation for you or your lover.

The same goes the other way as well, avoid keeping lovers who will not understand your need to do things without him or her from time to time. The trap of being asked, "What, don't you love me?" or "Are you trying to tell me something about our relationship?" is an energy draining mess you do NOT want to risk getting caught in. So make it understood before things get too serious, that for this relationship/situation to continue, you'll both have to have interests and hobbies AWAY from each other sometimes. My usual approach is to point out to them that by having time apart now and again, it will make the time together more appreciated. After all, NO ONE wants to feel taken for granted, nor does anyone want to lose the luxury of being able to have some private time. If your lover can not accept that, your lover may likely become co-dependant on you, which does neither of you any good long term!

Unlimited Lover Law # 6

Allow Contributions From Your Lover

If your lover feels as if he or she is not being allowed to contribute to the relationship/situation other than sex and a nice distraction from time to time, then your lover will leave. Period!

This by NO means is a suggestion that you pretend to them that they are contributing more than this, that's being false, and that kind of lie has no place in an Unlimited Lover's life!!!

What I DO suggest however, is not only ALLOWING your lover to contribute more than their genitals to your time together, but to also ACKNOWLEDGE that they are contributing. No one wants to contribute for very long if the contributions are not being appreciated which means you'll want to acknowledge them! Nothing over the top of course, just something casual perhaps, something that lets your lover know that you're paying attention to what they're contributing.

Something as quick as a, "Thanks for doing _____." or "I appreciate that you did/are doing _____." is more valuable than you may have realized before now.

So have the capacity to ALLOW them to contribute, and have the compassion to ACKNOWLEDGE the contributions.
Don't go overboard though by thanking them for every single small thing they do, because that's just plain weird!

Unlimited Lover Law # 7

Great Sex Does NOT Always Mean Great Long-Term Relationships

While very, very, very few things are quite as fulfilling as great sex, it is by no means a good enough reason to commit to being in a long-term relationship with someone. While a woman's lover might have the perfect oral sex technique, she still has other needs that such a technique will not satisfy. Equally, a man might find someone who gives him the best blowjobs of his life, yet that should NOT be the dominant factor in why he commits to a relationship with that person.

Stop and ask yourself the question, "If for some reason my lover and I were unable to have sex for a year, what would be left of value in being together?"

If you can't think of anything, or nothing of true and deep value, then it should become quite clear that you and your lover need to agree on one of two choices: Either you both agree to remain lovers without a commitment, or you both agree the adventure was fun, but it's time to move on.

You owe it to yourself and to your lover to give this some thought!

So no matter if your situation is "secret lovers" "on the booty call list" "friends with benefits" or "committed relationship" you need to make sure you BOTH are clear as to what your needs and expectations are.

Unlimited Lover Law # 8

Know When to Dominate and When to Concede

The truly insecure and egotistical, demand being the dominant one at all times, and rarely, if ever, supplicate to their lover. To admit that their lover is their equal is preposterous in their mind. I realize this doesn't likely apply to anyone reading this, but aspects of it certainly apply to quite a few.

Just like great sex, both you and your lover need to take turns dominating and conceding.

However, dominating doesn't mean controlling your lover, it just means controlling the situation. The difference being that controlling the situation has a mutual benefit,

controlling your lover only benefits you! (Unless you're doing some kinky stuff, in which case, crack that whip!)

Equally, by concede I do *not* mean lowering your own self-worth to please your lover, I simply mean that you allow them to do what they feel is of mutual benefit for you both. And dominating does not always mean having a higher self-worth than your lover. In fact, the more you can elevate your lover's self-worth, while still remaining truthful, the more willing they will accept being dominated by you. But like I said, keep it truthful. Your lover knows their qualities and self-worth, and will accept a slight increase in the value you attach to those qualities. But by overdoing it, your lover is likely to grow to doubt the sincerity of the words, and that can lead to doubting other things you say as well. Not to mention, by overvaluing their qualities you've swung things in the other direction, to supplicating for acceptance or favor.

(In MY opinion, supplication is for the bastards who betray their lovers!)

So, when being the dominate one, it is important to possess the strength to be confident in your actions and beliefs, yet still allow yourself the flexibility to accept feedback. As I said, it's about a mutual benefit.

Conceding, to some, means being the weaker one.

I think that's bullshit!!!

The truth is, there are ways to concede without being weak at all. If your lover has a valid point, or a more logical reason for what they are asking/stating than you do, then there is no weakness in admitting they are right. In fact, it's the lover who knows the difference between stubbornly sticking to their view, and recognizing they don't have the better answer/idea, that has true strength. To use a metaphor, a drowning man survives when he realizes struggling doesn't help. Be willing to accept that someone else can have the better choice/answer than you sometimes.

Unlimited Lover Law # 9

Seduction is Not Just For Strangers

Seducing your lover does not end once you're having sex with them. In fact, seducing them should have no expiration date. If you just can't seem to find the fire for your lover that you once had, or they don't seem to romance you like they used to, it's because one or both of you has fallen into a routine with the relationship. You either have scheduled "sex night" or if it's spontaneous, it's most likely not too varied in routine (Touch this, stroke that, rub here, squeeze there, insert, receive, sleep) and so the fireworks have become little sparklers. Don't let this happen to you, and don't do it to your lover.

Either find the desire to want to seduce them, and to be seduced BY them, or admit that maybe this isn't the ideal relationship for you.

And seduction doesn't have to be new sex positions, or flavored oils, or anything IN the bedroom. Seduction can be as simple as a paper heart, as this real life example proves.

While researching and interviewing for this book, I met and spoke with an elderly woman named Edith. She had met her husband, Walter, at an ice skating rink in a small Midwest town where they both lived. Walter courted Edith, and on their very first Valentine's Day together, she came home from school to find a three foot heart shaped piece of cardboard on the porch. Written on the cardboard heart, it read:

“This was the largest I could find, I hope it will do for now. Fondly Yours, Walter”

That spring, Walter asked Edith's parents for permission to marry their daughter. They said yes, Edith included.

Edith and Walter enjoyed a loving and passionate marriage, and it was made all the more special to Edith because Walter would do the most romantic thing.

You see, every so often, Edith would find these little paper hearts on places, like her pillow, or her vanity table, on her favorite chair, or in a variety of other places. This went on for almost 60 years, and each one carried the same message:

“Add this to the collection Love, Walter”

And to this day, Edith has every single one of those little paper hearts in a dresser, and blows a kiss to them every single night before going to bed.

Oh, and what happened to the original cardboard heart?

Well, Edith buried it with Walter, and on the other side of it she wrote:

“Keep this safe for me until I see you again. Forever yours, Edith”

So what's something YOU can do to seduce your lover on an ongoing basis?

□ □ □