

EXTRA SENSORY PLEASURE: Sexual pleasure through the use of our sensory receptors

by Linda Otto, C.Ht.



So what is extra sensory pleasure, and what could we possibly learn about it? It's simply any type of enjoyment or pleasure that is derived by using your sensory receptors, both consciously and subconsciously. There are numerous ways of achieving a heightened state of pleasure or enjoyment. A simple gesture of holding hands can be considered a pleasurable experience. It entails anything that gives us pleasure, as long as both parties involved are mutually agreeable.

There are times that in order to access these pleasurable feelings, we need to challenge ourselves and our partners with innovative, stimulating, and exciting ideas" Any relationship will grow stagnant with time if we don't work at keeping it alive, vital, and exciting.

Pleasure is a state of gratification. It's not something that needs to be done for any duration of time. It should be a pastime that could lead to more enjoyable relations, or simply be enjoyed for its own sake.

Giving and receiving pleasure is not about getting anyone to do anything they don't want to do. It's about creating a pleasurable experience through the utilization of our sensory receptors. Initially, we need to make every effort to create the right atmosphere fill a pleasurable experience.

Bathing: A bath, correctly prepared, can produce pleasure through most of our sensory receptors.

Using scented candles versus harsh electric lighting is more pleasing to the eye and makes us look a whole lot better.

(Stimulates all senses: kinesthetic, visual, and olfactory.)

Using essential oils in the bath will provide an erotic oily texture to the bath water as well as a little discreet coloring. (Kinesthetic, visual, and olfactory.)

Use warm towels. (Kinesthetic.)

Try burning a little incense. (Olfactory.)

Wash your partner's hair or scrub his or her back. (Kinesthetic.)

Share a little something to eat or drink while bathing. (Gustatory, olfactory, and visual.)

The next suggestions are excellent for setting the scene.

Music for the mood: Have available music that you both mutually enjoy. (Auditory.)

Giving a gift: Gift giving can be a pleasure to both the giver and the receiver. A special gift, chosen with your partner in mind, could be something as simple as a single red rose or a favorite tape or CD. Gifts that signal to the receiver that they are special. Additionally, the gift may carry an undertow message that only the two of you understand. (Kinesthetic, visual, and olfactory.)

Cook a meal: Did you know that next to sex, eating is a function that gives us the most pleasure using all of our senses? (Kinesthetic, visual, and olfactory.)

Flirting or teasing: The answer to experiencing a pleasurable act is not always in encountering a new partner. What we need to do is to rekindle an already existing flame.

Whispering erotic innuendoes in your partner's ear is a sure-fire way to get attention and give pleasure. Using your voice as a stimulus can be equally as pleasurable as using our other senses. (Auditory.)

Teasing can be very stimulating as well as pleasurable. It entails getting your partner excited when there is nothing they can do about it. The occasional touch in public, the sexy telephone call, the quick flash of bare skin when nobody else is looking, etc. What your partner sees and hears through teasing creates pleasurable sensations for a promise of what is yet to come. It's friendly, suggestive, erotic, and pleasurable.

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The loving touch: Through our sense of touch, we communicate a lot without consciously realizing it. A really good pleasurable experience is just as much about emotional stroking as physical stroking.

Kissing: Our lips are incredibly sensitive. There are two separate and distinct types of kisses: Kisses of affection and kisses of desire. Kissing any part of the face is always a pleasurable experience. Gently rubbing faces can produce pleasure as well. (Kinesthetic.)

Kisses of affection convey all the emotion you feel in one moist expression of caring. You can induce pleasure by simply kissing your partner gently on the back of the neck, the fingertips, or the hands. Sensitive areas prone to pleasure include the back of the knees and the soles of their feet. A kiss behind the ear is an erotic pleasure for many. A kiss on the eyelids also brings pleasure. The throat is especially sensitive for many.

(Kinesthetic.)

Kisses of desire need to be long and deep. For kisses to be truly pleasurable to our partner, they need to be passionate. Kiss for a long time. Kiss with your mouth open. (Gustatory, kinesthetic.)

Intimacy for pleasure: Being intimate is one of the many bonuses of having a long-term relationship with someone. Closeness is talking after you consummate a relationship. Intimacy is what you talk about. By establishing the foundation of a good intimate relationship with your partner, we are able to derive pleasure from each of our sensory receptors.

Caressing: Caressing is an art form in itself. We can all derive pleasure from being caressed as long as it is mutually enjoyable. It entails everything from stroking and fondling to cuddling and tickling. It takes time and should be given your full attention. Other than your lips, your fingers are probably the most sensitive parts of your body. While you are giving caresses, your body is receiving information subconsciously. If you aren't caressing your partner's body in its entirety, you will miss some of the cues and signals that they are transmitting about how pleasurable the experience is for them. Caressing is a channel for sensual communication. (Kinesthetic.)

Massage: A good massage can be both stimulating and relaxing. There's nothing quite as pleasurable as having a long, luxurious, relaxing massage using your favorite essential oils. Gentle pressure on the nape of the neck is guaranteed to please. For her . . . pay special attention to the back of her thighs, her buttocks, and feet. For him . . . use steady, even pressure. Most men prefer to massages firmly. (Olfactory, kinesthetic, and visual.)

The art of listening: Listen to what your partner is trying to convey. By listening, I mean pay special attention, and hear what they are saying. Share with them their goals, dreams, aspirations, and interests. In order to receive pleasure, you must be willing to give it openly and freely. The world's best pleasure givers have always been great conversationalists and genuinely interested in other people.

Pleasure through seduction: We all want to experience pleasure through the means of seduction. No one responds well to a quick fondle or a rough caress. You have to provide the right mood, warmth, safety, and sensuous atmosphere for seduction to work.

- A) The partially clothed body is far more erotic than the nude. (Visual.)
- B) Silk, satin, or lace can be overwhelmingly pleasing to both partners. (Kinesthetic.)
- C) Sharing erotic literature can be mutually pleasing. (Visual, auditory.)
- D) Using secret code words that only the two of you understand can be particularly

pleasing. (Auditory.)

E) Visual pleasure is equally as important to women as it is to men. It's just that women may be a little more discreet and a little less obvious. Displaying your body to your partner for pleasure should come easily for you. (Visual.)

Aromatherapy essential oils that are used as an aphrodisiac include Jasmine, Neroli, Patchouli, Rose, Sandalwood, and Ylang Ylang.

According to the research of Dr. William H. Masters and Mrs. Virginia E. Johnson, directors of the Reproductive Biology Research Foundation in St. Louis and authors of Human Sexual Response and Human Sexual Inadequacy , 50 percent of all married couples can be considered sexually inadequate. These authorities define sexual inadequacy as the inability to achieve sexual communication in marriage or insecurity about whatever sexual communication does exist.

In the intensive sexual therapy they offer to married couples professionally referred to the foundation, Dr. Masters and Mrs. Johnson concentrate on the relationship between husband and wife. They stress the concept of sexual activity as communication between two human beings, each with unique needs and desires, that must be fulfilled by the other. The basic attitude that they hope to install in those who come to them for help is that pleasure in sex is natural and can be achieved through an understanding of giving and receiving it.

About the Author Linda Otto:

Linda Otto, C.Ht., has been actively involved in the field of hypnosis since 1989. She is executive coordinator of and personal assistant to Robert Otto Seminars and Workshops. Her involvement in the business has enabled her to travel extensively throughout the country to promote public awareness on the benefits of hypnosis. She is the author/producer of For Women Only, an audio program designed exclusively for women's wellness as well as Foreplay, an audio program designed to increase sexual stimulation through the use of imagination, relaxation, and guided imagery. She is a member of the National Board of Hypnotherapy and Hypnotic Anesthesiology and a lifetime member of the North Coast Hypnosis Society. She is also the recipient of the 1997 Friendship Award by the International Hypnosis Hall of Fame.