

Are you ready to have the sex that
you only dream about?

How to Lead Her Sexually



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Inner Game Reframe

What a Real Relationship Looks Like



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Disclaimer:

I am not a licensed medical professional nor claim to be one. Please check with your health practitioner before performing any of the following exercises.

Introduction

Sexual performance is a big concern for many guys creating various fears, insecurities and doubts.

Sexual competence is a major factor in creating sexual attraction. A person who knows what they are doing will come across as being very confident and comfortable. No amount of good pickup lines or mastering body language will make up for a lack luster bedroom performance.

Sexual know-how is essential for creating for creating confidence within yourself. It isn't everything but it definitely HELPS. A sense of calm will wash over you when you know how to please a woman.

What you do in the bedroom will also carry over to other parts of your life.

Starting and Stopping Sex

In the beginning when you are first getting together with a woman it is very important to make sure she feels comfortable. It is always a risk when she sleeps with a man for the first time because she doesn't know and fully trust the man yet. She doesn't know if he is going mistreat her or sleep with her and never talk to her again.

Most women have had bad experiences in the past that makes her hesitant to open up and will put up some resistance.

A simple trick to get around women's resistance is to make her feel as comfortable as possible.

Before you get too far with her, physically stop and say "If at any time you feel uncomfortable just say stop and I will stop." Then tell her "Kiss me then tell me to stop." Kiss her, then stop.

This will make her feel extremely comfortable knowing that at any time she can stop you. This will develop trust between the both of you. Knowing that she can stop you at any time will help her relax which will cause greater orgasms.

When she has the ability to put on the breaks at any time it will cause her to not put the breaks on at all. With most guys they would get angry or insecure if a girl did this. This will differentiate you from the rest of the pack. Even though she can stop you, she won't because she knows that you won't react like most guys would.

Taking the Lead

To be yang and create sexual polarity, you must lead and this includes in the bedroom. It's a real turn off when a woman has to take the lead while becoming physical. Some women like to control and be yang but if you are yang in nature this will turn you off.

Some men love it when women take charge in the bedroom and become dominant but this isn't a good way to go because it will establish the relationship as her being in control.

Most women are yin in nature. They love to be submissive and have a compassionate male take charge and take control. It is a very big turn on for them to be with a man who knows what he is doing and who leads her to higher sexual levels.

Leading a woman sexually means telling her what to do and just doing what it is that you want to do.

If she feels uncomfortable at all, she will put on the breaks. If you want to do anything physical with her, don't ask just do it. If you want to kiss her neck, just kiss her neck.

A good trick for leading is to not look her in eyes when you want to do something. Most guys look a woman in the eyes when they want to do something but it reeks of approval seeking.

If you want to hold her hand, don't look her in the eyes and reach over and grab her hand and hold it. The same applies for getting sexual after the first few times.

Taking to Higher Levels Sexually and Asking For What You Want

Most women are dead lays because they have never been taught how to be good in bed. They have never been taught because the guys that they have dated were happy enough just to be sleeping with a beautiful woman. If you don't teach women how to be sexual someone else like me will.

How do you teach them to be good in bed?

Simply ask for what you want and expect it to be done. First you must be comfortable with sex or what you are asking for otherwise she will feel your incongruence and resist your lead.

You do this by getting rid of the programming that has been downloaded into your mind that says "sex is dirty".

If you want her to moan more, arch her back, deep throat you or whatever.

Just tell her to do it.

If she trusts you already and follows your lead this won't be a problem.

Slowly Taker Her Further Sexually

Take her past her comfort zone very slowly and only one step at a time. Don't expect her to have wild porno style sex the first time or don't ask for too much all at once. Take her slightly past her comfort zone each time you have sex with her.

Become patient with her as well. Like any skill it will take time to develop because no one has ever taught her what to do in the bedroom. Also, don't get frustrated with her if she doesn't get it perfect the first time.

There might be some resistance to learning to become sexually competent. This comes from a women's belief that she should already KNOW how to please a man.

Just explain to her that it's not something she should know because no one has taught it to her. It's not as though she could take a class in high school on how to give a good blow job.

Teaching Her to Deep Throat

It is very easy for a girl to learn how to deep throat but few girls know how to do it because no one has taught them how to do it properly. Most girls also don't try to learn how to properly deep throat for fear of looking dumb.

Have her take a deep breath, stick out her tongue and go all the way down on you. She will gag from time to time but it's natural. If she gags and freaks out just let her know that it's okay and it's actually sexy. She needs to learn to relax her throat through practice to counter the gag reflex. It might be difficult at first but will get better over time.

After she becomes more comfortable with deep throating, take it a step further. Have her lay down and rest her head on a pillow as you take your penis and put it in her mouth and move it in and out like you would if you were having sex with her.

Anal Sex

Anal sex is extremely important because it balances a woman out physically, emotionally, and psychologically. I recommend doing it at least twice a month.

One of the biggest resistances you will receive is the pain factor. You will hear women say "No, I don't want to do it, it will hurt too much." The pain will go away in time as the girl learns to relax and enjoy anal sex.

It hurt the first few times that she had regular vaginal sex too and that got better over time. There are several things that you can do to help with the pain of anal sex. First is her doing Kegals. Kegals will help strengthen and loosen the anus and PC muscles. Have her doing the same Kegal exercises at the end of this ebook.

Second is doing massages. Massage her whole body especially the lower back, ass, and her vagina. This will help her body relax and reduce pain in addition to increasing orgasms.

The last exercise is an awareness exercise. Have her focus her attention on breathing deep and relaxing different muscles in her lower body. Have her focus first on her calves, then her thighs, and finally her ass while breathing properly.

The second objection that you will hear is her fear of going to the bathroom while you are having anal sex. If she ate a bunch of Mexican food before hand I would recommend against having anal sex but if her stomach is fine then there is a slim chance that will happen.

While you are having anal sex it feel like she will need to go to the bathroom but re-assure her that it will be fine. Over time this fear will dissipate.

If she does accidentally go to the bathroom, no need to freak out because it's not a big deal. Just clean up and tell her "It's ok, accidents happen." Over time you both will be able to laugh about it.

Take it very slowly the first time you have anal sex with her. Prop a pillow underneath her stomach if you need to. Use lubrication and always wear a condom.

Go in very, very slowly. Then when you are in, move very slowly. You will have to take it slow the first couple of times but the more she learns to relax the faster and harder you can thrust. Make sure she is breathing deeply the whole time.

Rim Jobs

Rim jobs are not dirty at all and are quite pleasurable. Have each person take a shower and everything will be nice and clean, (make sure you and her are shaved). It will increase a women's pleasure 3 fold.

It is very dominating to sit on top of a women's face and have her lick your ass. It puts her in the submissive position creating that yin/yang sexual polarity.

The Biology and the Animal Side of Sex

We must take care of the human aspect of human beings; the biology.

The biology part of human beings is the animalistic, primitive, caveman style of love making. This is a crucial aspect that needs to be handled in order to take women to the higher levels of the heart. It's things like rim jobs, anal sex and being dominant.

Most women are used to weak men who don't meet their needs in the bedroom which causes them to get bored quickly.

Become dominant and take charge.

Reach up behind her neck and grab the back of her hair, tilt her head back and lick her neck. Not too rough where it hurts, but hard enough for it to feel good. This will turn her on *immensely*.

Smell her. Don't touch her, just smell her and take her in completely. Smell every inch of her body, especially the shoulders and neck and watch her clit tingle. Or lay her down on her back and get on top of her and smell her. Animals use smell a lot in their mating rituals.

Be a little bit rough with her if she trusts you. Not beating her or anything like that but just enough for her to feel your strength.

Of course, if she tells you to stop, just stop.

Pin her arms back and hold them down while you are having sex with her.

All these things are done with trust. If she trusts you and knows that you won't actually hurt her then you will be fine.

Opening Her Up To The Heart

After taking care of the animal side of us, it's time to take her into the heart.

Opening the heart is all about letting go and letting your guard down. Sex is a very intimate act even if we tell ourselves that it is not. It's a very vulnerable thing for both people but especially women.

You are there completely exposed to another human being which will cause most people to put their guard up.

The first thing to do to open a woman's heart up is to get rid of limiting beliefs around sex. The biggest being the Madonna/whore complex.

In our society it's a common belief that women who enjoy sex too much are considered whores. Even if a girl doesn't believe this it is still imprinted in her by parents, society, and religion.

She, as well as you, need to understand that sex is not a sin and it is not dirty. It is an act of love, not something to feel ashamed about. There is no invisible man with a white beard on a cloud who will come down and pass judgment on you.

During sex, a woman is very suggestible. You can get her to agree to pretty much anything while you are having sex with her but don't abuse this power. Instead, suggest that she open her heart up.

Trust needs to be established in order for her to open up her heart to you. If you are a jackass who cheats on her then there won't be much trust and it will be hard for her to open her heart to you.

If you are a trust worthy person then it's simply a matter of her choosing to open her heart to you.

The time to increase trust in your relationship is while you are having sex with her. She is very suggestible during sex so it's just a matter of getting her to say certain things out loud while having sex with her.

Have her say over and over that she trusts you, loves you, loves and accepts herself fully just the way she is and that she will open her heart to you while placing your hands on her heart.

Post Game

After sex don't just roll over and go to sleep like the majority of guys do, cuddle with her.

When a girl has sex and is beginning to open up her heart she will feel very vulnerable after sex and will need you to be there with her and cuddle with her.

If you don't cuddle with her the Madonna/whore complex might be triggered by thinking that you just wanted her only for sex.

Exercises for Sexual Endurance and Pleasure

Kegals for Stronger Orgasms

Kegels are a very important component in creating stronger orgasms and increasing sexual endurance.

Locate the area between the anus and genitals; this muscle is the PC muscle. When your PC muscle is weak, it will cause your body to have quick ejaculations. When the PC muscle is strong the body is better able to relax and allow for orgasms to last longer.

After you have found this area, squeeze and hold it for two seconds then release for one second. Repeat 25 times. Work your way up to 100 times.

Next squeeze and hold it for 30 seconds then release. Wait five seconds then hold again for another 30 seconds. Repeat this 10 times twice a day. Work your way up to 25 times.

Finally, hold for one minute straight. In the beginning it might be difficult to hold for a minute straight but it will become easier with practice. Work your way up to 5 times.

Perform these three exercises twice a day, everyday.

A Start/Stop Exercise for Increased Sexual Endurance

This is a simple exercise that I have long forgotten the name of but is extremely powerful.

First, don't do this exercise to porn. Your body has already been conditioned and it will make controlling orgasms much harder. It's ok if you need porn to get you started but the exercise shouldn't be practice while watching porn.

Take a scale of 1 to 10 and apply it to your excitement level, one being barely excited and ten being the point of no return where you have no control over your orgasm.

- Start off at 1 and work yourself up to level 6 on excitement scale. Once you are at 6, hold that level for 2.5 minutes. If you are getting too excited slow down or change hand positions so you are able to hold that level
- After 2.5 minutes, calm yourself down until you have reached level 4. Stay at level four for 30 seconds.
- After 30 seconds get yourself to level 7 of excitement. Maintain this level for 2.5 minutes (if you stay on a level for over or under a few seconds it's ok).
- Return to level 6. Stay at this level for 45 seconds.
- Excite yourself again but this time up to level 8. Hold here for 2.5 minutes.
- Return to level 6 for 1 minute.
- Excite yourself again to move up to level 9 and maintain for 2.5 minutes. This level is difficult and may require much focus. If you reach the point of no return at level 10, it's ok just practices again another time.

This exercise will train you to develop control over your orgasms and make them very powerful. Most guys go from level 1 to 10 without any control. Use this exercise when you are having sex with a girl. If you are having difficulty maintaining any level just breathe deeply and you will relax.

Overcoming Too Much Excitement Through the Breath

One of the biggest factors that will determine how long a person will last during sex is their breath.

When a person stops breathing properly their body begins to tense up and get overly excited which forces an orgasm.

Learn to breathe deeply and relax yourself while having sex or masturbating. Deep breathing will always calm the body down and allow the blood to flow properly throughout the body.

Next time you are having sex and you feel like you are getting over excited, breathe deeply into your belly, then your solar plexus, and finally into your chest. Then release your chest first, then your solar plexus, and then your stomach.

QUESTIONS?

Send all questions to:

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