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YOUR EROGENOUS ZONES

What an erotic concept, erogenous zones. They are parts of the body that have a concentration of sensory nerve endings, which can be stimulated to cause sexual arousal. Why do we experience a sexual touch or an erotic sight and begin to get an erection or vaginal lubrication? Because God has designed our bodies so that our hormones, nerve endings, and minds naturally create sexual arousal. All you have to do is simply relax and tune in to your God-given erogenous zones, responses, and that most important sexual organ, your mind and imagination.

HORMONES AND THE AUTONOMIC NERVOUS SYSTEM

Hormones and the nervous system operate in a cooperative process—the hormones activate the process in our bodies and bloodstream, and then our nerves relay sexual information from our senses (eyes, fingertips) to our brains, and back to our genitals to create physical arousal.

Without getting too technical, the autonomic, or involuntary, nervous system is involved in the sexual arousal cycle. It has two branches called the *sympathetic* (SNS) and the *parasympathetic* (PNS). The PNS and the SNS operate in opposite manners. The parasympathetic is operative when we are relaxed, and it has a creative, building effect on the body. The sympathetic springs into action when we are intensely aroused to trigger orgasm, or when we are threatened to shut down the PNS. Both arousal and orgasm are involuntary, reflexive actions. You simply have to relax and enjoy the stimulation of each other.

Because of a conservative Christian background, natural shyness, or discomfort with their bodies, some mates cannot comfortably access their sexuality. This is an important task of the honeymoon and the first year. The hormones and nervous system are obviously in place, and they probably experience some aspects of arousal, but the parasympathetic system needs to be turned loose as the person tunes in to and relaxes with pleasurable sexual feelings. Mates have many fun, sexual discoveries to make in their erogenous zones as they increase their sexual awareness and sensuality.

EROGENOUS ZONES

Sensuality and sensitivity to touch have to be developed and connected to your sexual lovemaking. Overall, our erogenous zones are more alike than different, whether we are male or female, experienced or inexperienced, overweight or underweight, active or inactive. But some individuals will experience more sensitivity and arousal from certain erogenous points than from others. That is why you must continually be a student of your mate and learn every inch of the body—remembering what is arousing but not locking into boring patterns of stimulation.

The erogenous areas can be divided into three levels according to their sensitivity in producing sexual arousal:

Level Three. The entire body with its skin and nerve endings. You may be exclaiming, “Why is the whole skin area considered erogenous? When I rub my arm, I don’t get turned on.” Actually, the skin is the most extensive area of sensuality, and the whole body enjoys being massaged.

Massage and caress your lover’s arms, shoulders, outer ears and earlobes, scalp, upper chest, buttocks, and calves. They may not have the concentration of sensory nerve endings as other parts of the body, but they are still very sensual. They can contribute to a delightfully connecting experience.

Level Two. The parts of the body, excluding genitals and nipples, with greater nerve endings and blood supply. These areas supply great stimulation during foreplay. If you desire to be a great lover, become familiar with these spots on your partner's body.

Take fingertips or mouth and tongue and stimulate the delightfully sensory nerve endings of Level Two erogenous zones. Experience the pleasurable feelings of (1) the back of the knees, (2) the inner thighs, (3) the armpits and breast area, (4) the abdomen area and the navel, (5) the small of the back and buttocks, (6) the neck from back to front, (7) the palms of the hands and bottoms of the feet, (8) the face, especially the eyelids and eyebrows, (9) the edges of the nose over the sinus cavities, (10) the temples, (11) and the mouth and tongue. Allow these gentle touches, nibbles, and licks to be a sensual treat and to become arousing sexually too.

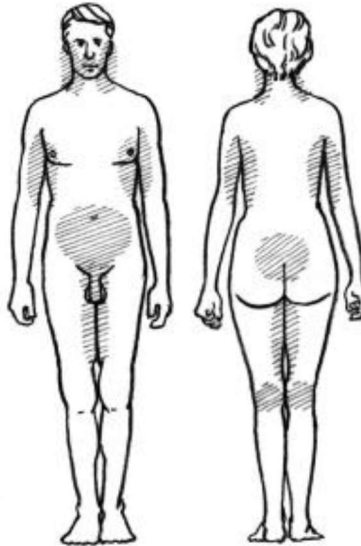


Figure 2.1 Erogenous zones

Level One. The most sensitive and sexually stimulating erogenous zones are the nipples and the genitals. The genitals most directly stimulate sexual arousal. The nipples are a favorite spot of both men and women for stimulating sexual excitement. The nerve endings are especially sensitive and connected to sexual arousal. Remember! Level One erogenous zones should not be the immediate focus of loveplay. Tease, caress, and play in the other levels first.

THE MALE GENITALS

The male genitals are more visible to the eye and familiar to the man because, unlike the woman, he handles his penis every time he urinates. Many men, though, have never taken the time to truly examine their genital area.

The penis. The penis is composed of three columns of spongy tissue with the urethra running through the bottom column (corpus spongiosum). These spongy tissues fill with blood in a type of hydraulic system that creates the erection. The whole penis is an intricate network of blood vessels and nerves, with the head or glans of the penis being especially sensitive. The skin of the penis is loosely attached to allow for more easy stimulation. Penises can vary in the angle of erection, shape of the head of the penis, width, length, and color. This has nothing to do with the ability to give and receive pleasure. The importance of penis size in making love is indeed a myth. When flaccid, the size of the penis will vary greatly; when erect, the size for most men is about six inches, plus or minus an inch and a half. The outer third of the vagina is the most sensitive, and it would take a penis only three inches or less in length to create great pleasure.

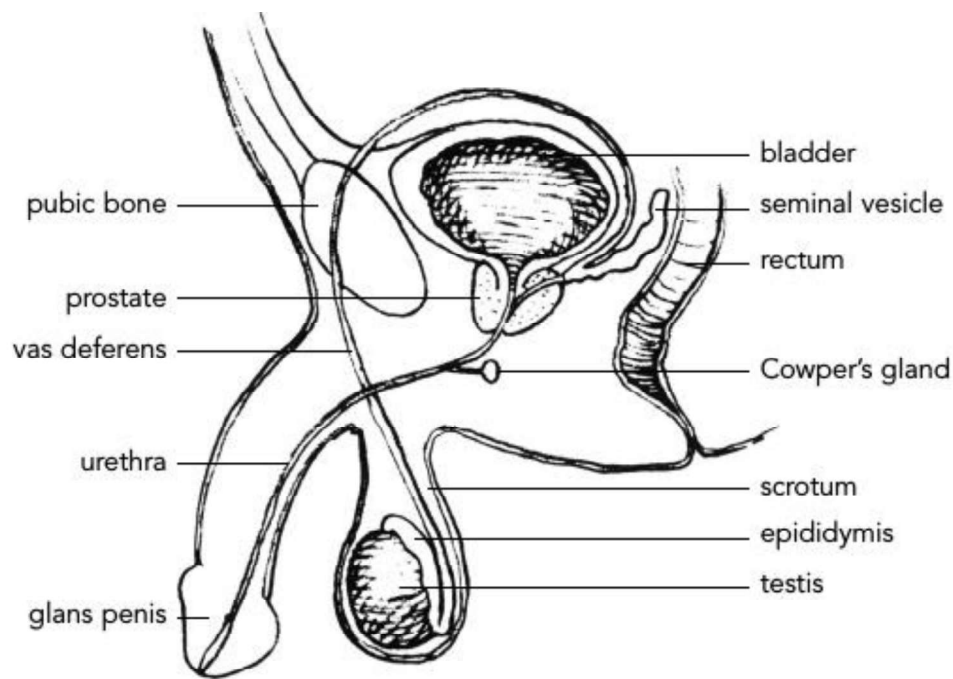


Figure 2.2 The internal and external male organs

The scrotum and testes. The scrotum is a sac of skin enclosing the testes. Under the skin is a muscle that can contract in response to cold or during sexual arousal, causing the scrotum to hang lower or get tighter to the body.

The testicles will hang with one lower than the other. The testes are outside the body and contract toward the body with cold because the sperm need to develop in a constant temperature that is several degrees lower than body temperature. The testes produce sperm and hormones.

The epididymis is a coil of small tubes attached to a testis. The coil can sometimes get infected (epididymitis) and need to be medically treated. The epididymis ends in the vas deferens, which is the tube that conducts sperm to the seminal vesicles and the ejaculatory duct.

The seminal vesicles, bladder, prostate, and urethra. As you trace the vas deferens, it becomes a complex valve system with the seminal vesicles, the bladder, and the urethra, which passes through the prostate. The vas deferens brings sperm to the seminal vesicles that form the ejaculatory duct. This duct runs through and joins the urethra in the prostate. The prostate is about the size of a chestnut and, along with the seminal vesicles, produces fluid that forms part of the semen.

THE MALE GENITAL EROGENOUS ZONES

Nipples. The male's nipples are sensitive to touch and create pleasurable feelings when stimulated orally or manually, often becoming hard just like the female's.

Penis. The wife will often need her husband to demonstrate the strokes he appreciates most on his penis. Manual stimulation is usually more firm, with the whole hand encircling the organ, and often more rapid, especially when approaching orgasm, than she might expect. The underside of the penis is often very sensitive and responds well to fingertip stroking. The greatest concentration of nerve endings is in the head of the penis. Oral stimulation, the hand well-lubricated, or the vagina create arousal. Again, it will need to be firm stimulation, or it will not be felt or appreciated as much. A wife can place her hand over her husband's hand and learn the strokes and rhythms he enjoys the most. He can also coach on the positions of intercourse that are more stimulating.

Scrotum and testicles. The testicles are sensitive to being hit but can be touched quite firmly if done gently. These very erotic parts of a man's body create sensations with caressing or lightly tugging on the scrotal sac.

Perineum. This is the area between the scrotum and the anus. It is over the prostate gland as well as being at the base of the penis. It can be quite exciting to rub this area with moderate firmness—especially if done in conjunction with manually stroking the penis with the other hand. Experiment and discover what feels most exciting and pleasurable in loveplay.

THE FEMALE GENITALS

The vulva comprises the external genitals of the female. The vulva varies greatly in shape and size of outer and inner lips and density of pubic hair from woman to woman. The vulva begins in front with the mons pubis covered with pubic hair and extends down to the perineum above the anus. On either side are the outer labia and inner labia with the clitoris, followed by the urethral opening and the vagina.

The mons pubis and labia majora. The pubic mound (mons pubis) is soft tissue over the pelvic bones. It is covered with hair and acts as a cushion during the thrusting of intercourse. The outer lips (labia majora) start down at the anus and extend up to meet at the mons. They are soft folds of tissue that, with the hair on them, protect the inner organs and are often all that are visible as they come together over the inner lips. During sexual arousal, the outer lips become engorged with blood and become flatter.

The clitoris hood and labia minora. The inner lips (labia minora) are hairless and start at the vaginal opening and extend upward to meet at the clitoral hood. If the hood is pulled back, the external part of the clitoris can be seen, like a small pea in size. The inner lips vary greatly in size and shape among females. With some women they are larger and extend outside the outer lips. There is no perfect size, but each unique shape will become intensely erotic to the woman's husband. The inner labia become engorged during sexual arousal and change color and increase in thickness. They create a chute that the penis travels down for penetration of the vagina.

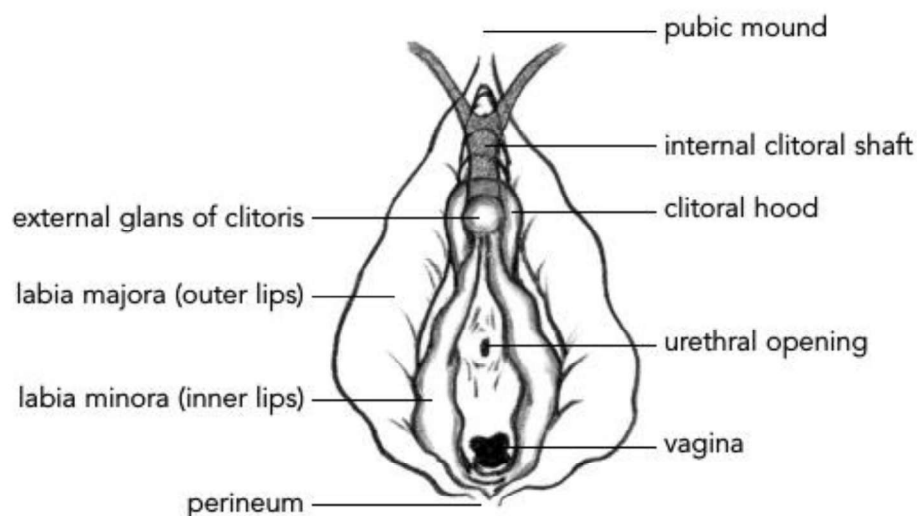


Figure 2.3 The clitoris with labia

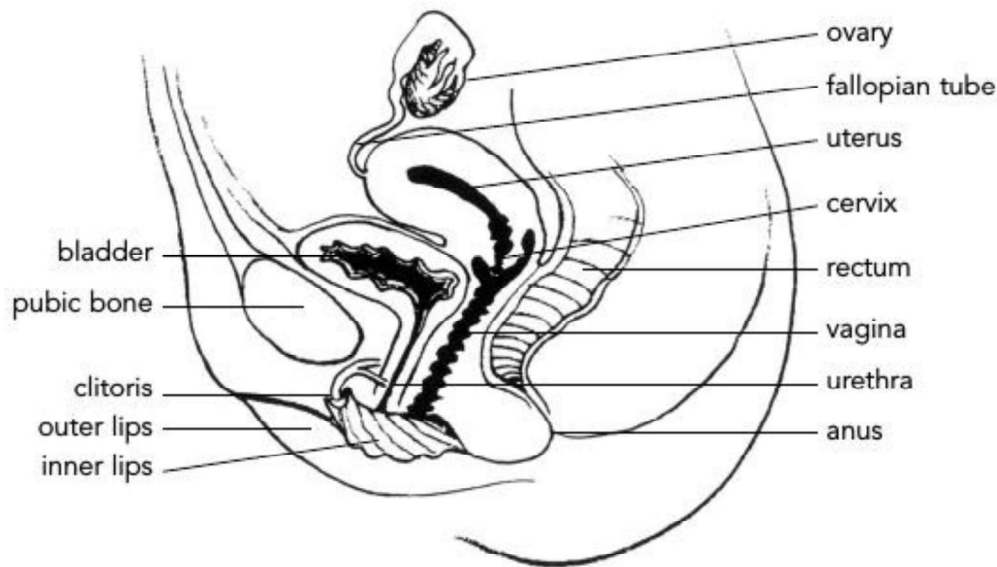


Figure 2.4 The internal female organs

The clitoris and shaft. The clitoris is homologous to the penis and contains the most sensitivity. It is given to the female solely for sexual pleasure, and stimulating it is the key to tension buildup and climax. During sexual arousal, the clitoris doubles in size and becomes hard like the penis. The clitoral shaft (shaded darker in Figure 2.3) is primarily beneath the surface of the skin under the clitoral hood. When erect it can be felt like rubbing over an electrical wire under a light blanket.

The urethral opening. The urethral opening is between the clitoris and vaginal opening but is small and sometimes difficult to detect. The urethra has nothing to do with sexual arousal but is located near the wall of the vagina and can become irritated with the thrusting of intercourse. An even more likely occurrence is that of bacteria being pushed up into the urethra during intercourse. This is why urination is encouraged after intercourse to clear the urethra and prevent uterine tract infections.

The hymen. At birth the opening to the vagina is surrounded, sometimes partially covered, by a piece of skin called the hymen. It is often broken with the insertion of tampons or physical activities. In rare cases it is so strong that a physician must perform a hymenectomy and surgically cut the hymen to allow intercourse. Usually, it is broken without continued intense pain during first intercourse. It can be stretched by inserting the thumb or two fingers and gently pushing or pulling before first intercourse.

The vagina. The vagina is a shaft or tube of tissue with the sides touching. It is around three inches in length; it is muscular and expands so that it can accommodate any size of penis, especially with arousal. With arousal, the outer third of the vagina swells and creates the orgasmic platform, and the inner part balloons. After arousal, the greater penile stimulation will occur at the mouth, or outer third, of the vagina.

The cervix is at the upper end of the vagina and opens into the uterus. It can be sensitive to the hard thrusting of intercourse, but there are front and rear fornices on either side of the cervix. The rear fornix takes most of the hard thrusts of vigorous intercourse and is designed to collect the semen and hold it near the cervix to increase the likelihood of insemination. The vagina has folds of skin and sweats out lubrication when sexually aroused to allow intercourse. The vagina is delicately balanced with bacteria and acidic fluids to slow down bacterial growth. Be cautious with douches or placing a finger that has been near the bacteria of the anus within the vagina and upsetting the balance.

THE FEMALE GENITAL EROGENOUS ZONES

The breasts and nipples. The breasts and nipples are very exciting to both husband and wife. The husband enjoys the unique femininity of his wife's breasts and sees the nipples becoming erect as an obvious sign of sexual arousal. He needs to remember that his wife will not usually appreciate a direct attack on the nipples or genital area. A woman more often appreciates an indirect, teasing approach. It is also wise to understand that a woman more than a man will vary in what feels stimulating or irritating from one lovemaking session to another. Nipples, for instance, can be affected by hormonal fluctuations. Always be creative as you caress, nibble, lightly touch, or stroke more firmly. Vary the direction and type of stroking as you invite and remember suggestions.

The labia. The outer and inner lips have many nerve endings and create sexual excitement. Again, vary the touch as you start with the outer lips and mons. Place the whole hand over the genital area; run a finger from bottom to top of the outer labia; lightly rub the labia together over the clitoral area. Allow sexual tension to build. The penis is a marvelous wand for creating pleasure, especially the soft head. Use it to gently stimulate the inner labia and the clitoris. Let the tension begin to build before active stimulation of the clitoris.

The clitoris. The wife will have to discover the strokes and places that she prefers for clitoral stimulation and teach her partner. She may have to slowly sensitize herself to experiencing the fun sensations her clitoris can provide. She can suggest techniques for her husband to use that are helpful for arousing her and creating the rhythm that she needs. Direct stimulation, unless highly aroused, can often be too intense; instead you can rub on the side of the clitoral hood or use the mouth more gently.

The vagina. The outer third of the vagina is the most sensitive. This sensitivity should be kept in mind with either manual or penile stimulation. Quick, shallow thrusts, as well as slow, sensual, longer motions, can be very arousing. Often there is greater sensation at twelve o'clock (toward the clitoris) and six o'clock (toward the anus) within the vagina. Positions that stimulate these areas create exciting sensations.

The perineum and areas adjacent to the vulva. The perineum, or tissue between the anus and vagina, is sensitive to touch. Any skin or tissues immediately surrounding the vulva are categorized as Level Two erogenous zones and would include areas such as the inner thighs and stomach. Though not the direct genital area, they are very sensitive to caresses, licking, and teasing strokes—almost becoming an extension of the vulva. Remain creative and varied as you enjoy Level One and Level Two erogenous zones.

SENSUAL EROTIC PAIRING

Sensual erotic pairing or conditioning takes place in your mind as you stimulate the erogenous zones or sensually (touch, sight, smell) notice them and associate (pair) these experiences with hormones and sexual arousal. As you become more aroused, more hormones are released, and you can continue to pair various touches and visual experiences so that they become sexually arousing to you—like kissing or observing your mate's genitals. This is the beauty of a long-term intimate companionship. The pairing/conditioning never ceases, and stored in your mind are many sexually arousing symbols that you can draw on to create or enhance sexual arousal. Stimulating the erogenous zones can continually become charged with sensual and erotic pleasure over a lifetime of lovemaking.

Relax, explore, caress, pair, discover, stroke, expand, touch, and sensuously feel as you fully enjoy God's wonderful gift of sexual pleasure.

TIME OUT . . .

Let the husband get into a comfortable position lying on his back. The wife is going to gently and carefully explore and touch the genital area from perineum to the tip of the penis. Observe the penis both flaccid and erect. Let him tell her what feels

especially sensitive and arousing. Now let the wife lie on her back and the husband do the same, taking time to explore what feels best in the vagina as well as the labia and clitoris. Pull back the clitoral hood and notice the clitoris—massage to greater arousal and feel the clitoris become erect. Become a student of your mate's body.