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EROTIC PLEASURING

Becoming lovers is fun work. This chapter focuses on the sensual pleasuring of your mate's body and genitals as a bonding part of making love. Nondemanding genital pleasuring does not mean you must exclude orgasms. It simply means that erotic, passionate sexual touching can be hampered if it is always goal-oriented toward rushing into intercourse or producing a climax. Wives, if you have not experienced an orgasm, that is a needed goal (cf. [Chapter 10](#)), and pleasuring can be a fun part of achieving that objective.

Pleasure is an interesting word. Somehow it almost does not seem to fit within Christian values. It feels self-centered and sinful. The truth of the matter is that God gave us our sensuality to enjoy. The sin is not in experiencing pleasure but in calling pleasure sinful and not allowing ourselves to enjoy God's many gifts, including erotic sensuality. I've known Christians to worry about the word *erotic*. The Greek word *eros* portrays the idea of passion, chemistry and fusion, a magnetic field with a strong attraction. One-flesh lovers are erotic in the best and strongest sense of the word.

Enjoying physical pleasuring that is slow and bonding without pressure and demands is critical to a truly intimate, nurturing, and exciting sex life. You need to be able to make love for half an hour to a couple of hours at a time. Pleasuring can be a focused, sensual massage as you luxuriate and focus in on your sensuality and sexuality. It requires that you notice and give yourself permission to enjoy your sexual feelings. Telling your mate what you like and not being afraid to ask for more is an important part of this process. Sensuous, playful mates find it exciting to include erogenous loveplay in their repertoire of bonding activities.

POSITIONS FOR EROTIC PLEASURING

Here are two relaxing and comfortable positions that lend themselves to nondemanding erotic pleasuring of various kinds. In each position, you may wish to lie on pillows or use the back of the bed to prop up and get comfortable.

The greatest source of male sexual arousal is the head of the penis, while female arousal is centered in the clitoris. During intercourse the penis is being constantly stimulated—but the clitoris isn't. With these nondemanding positions of pleasuring, the Level Two erogenous zones and the genitals are easily accessible. The hands are free to caress and massage both genital and nongenital areas as your souls and bodies communicate. Again, be sure sensitive tissue is lubricated, which can increase the sensuality.

1. SITTING OR LYING WITH LEGS OVERLAPPED

The pleasuring position of sitting with legs overlapped allows better availability to the most sensitive parts of the male and female anatomies. You can experiment with which legs are better on top in the overlapping process and what level of being prone helps. The pleasuree may wish to lie flat with knees bent and focus on personal pleasure, or both may wish to face each other sitting. This position lends itself to communicating and exchanging nonverbal signs of pleasure. Here are possible uses of this position for the wife and husband as she or he is the genital pleasurer.

Wife as pleasurer. Sit with legs overlapping (whichever is most comfortable) and your husband sitting or lying flat. His buttocks and genitals are almost in your lap. Start with caressing his face, chest, stomach, and thighs—connect with him

physically. As you continue to do this with one hand, take your other hand and play with his testicles and penis. Now direct your full attention to the penis. Have him close his eyes and revel in the sensations as you run your fingers up and down and stroke the shaft and head. Build the excitement as you use the stimulation that can create a climax. As he approaches an orgasm, stop your active stroking of the penis and let his arousal slow down.



Figure 4.1 Sitting or lying with legs overlapped

Now direct your attention to yourself as you use his penis as a wand to stimulate your genital area. You may need a pillow under your buttocks or for one of you to lie more prone as you match up genital areas. He may lose some of his arousal, but that is good as you prolong this pleasuring session. He will enjoy your continued penile touching as well as learning what strokes and rhythms are arousing to you. This is a vulnerable mutual sharing of sexual feelings. Go slow at first, and stimulate your whole vulval area as you keep coming back to the clitoris. Bring yourself to a climax first if you so desire, then focus back on his sensations and build him to an orgasm.

Husband as the pleasurer. With your wife almost sitting in your lap, start with a hug, and caress her back and face, sucking her fingers and lightly kissing her arms, running your fingers teasingly over her breasts and stomach as you approach and back off from the nipples. You are arousing and connecting with your lover before approaching direct genital stimulation. As she becomes aroused and desires more genital excitement, have her lie back with her legs continuing to overlap yours. Arouse your penis to a full erection, and use it to slowly stimulate the whole vulval area as you spread her lips apart and lightly caress. Lovers find the penis is a marvelous tool for stimulating the clitoral area.

As she becomes more aroused, use your penis to increase the stimulation of the clitoris. Let her guide you in what area feels best and what motions are more arousing. As you use your wrist and arm to create vibrating sensations, you can also stroke the shaft of the penis as a part of these motions, continuing to also increase your sexual buildup. Be creative as you vibrate faster, then slow down some; apply lighter pressure and more direct pressure; turn your penis down to the vagina and back up to the clitoris. Entice and tease as you take plenty of time to enjoy each other and slowly build to a climax. After she has had an orgasm, you can bring yourself to one, also.

2. SITTING WITH BACK TO CHEST

This position has the pleasuree sitting comfortably between the legs of the pleasurer, leaning back against his or her chest to be cuddled and pleased. The hands of the pleasurer have access to the face, chest, abdomen, and genitals of the partner. The pleasurer can be propped up against the back of the bed for comfort. An important part of nondemanding erotic pleasuring is feeling close and connected as you sensuously enjoy your mate's body, as well as give him or her pleasure. This position allows special closeness as you cuddle up close to your partner and enjoy the delight of the hands. Another important aspect of mutual pleasuring is feeling supported and comfortable physically. This position helps prevent aching backs and sore knees.



Figure 4.2 Sitting with back to chest

COACHING THE EROTIC PLEASURE

Teaching your mate what feels sensual and arousing to you is critical. Utilize several of the pleasuring positions as you alternate blocks of pleasuring time. This will challenge you as a couple in many growth-producing ways. It will require you to tune in to your own pleasure as you instruct your mate about what you desire and find stimulating. It will perfect your coaching techniques: verbally, in talking about what you desire; and nonverbally, in guiding hand and illustrating motions. You may need to put your hand over your mate's hand and actually demonstrate the strokes, pressure, and rhythms that you enjoy. You will become more comfortable in asking for what you want and demonstrating your desires. These are vital skills for a great sex life over the next fifty years.

THE PLEASURE OF ORAL STIMULATION

In the same way that kissing and intimately sharing mouths bring erotic arousal and intimate bonding, oral stimulation of the genitals can build trust and be exciting for mates. A quick bath and good hygiene are crucial for this genital pleasuring. If seepage bothers you, keep a warm washcloth handy and gently wipe as needed. Don't worry about his climaxing in your mouth—you as wife are assertive and can verbalize what you do and don't want. Actively share your needs and sensibilities.

Remember that Scripture is silent on the topic of oral sex. You as mates will have to sort and pray through certain behaviors as you choose what to include in your repertoire of lovemaking. Never make your mate feel guilty or inhibited because he or she does not feel comfortable with a given behavior. The object is to be playful, lovingly connected, and creatively varied. This can be accomplished without oral sex.

Trusting your genitals to your mate's mouth is warmly intimate. The genitals are called the "privates" for a reason. Husbands are very protective of the penis and testicles. To allow the partner complete access is an important commitment as they feel very vulnerable and in turn, arousingly close. Wives have sometimes bought into the notion that somehow they are dirty down there, or they have left their genitals as an unknown area. To have the husband intimately scrutinizing and enjoying this part of the body takes special trust and openness.

Here are a few suggestions for wife and husband to enhance this variety of genital pleasuring:

Wife, use your lips as buffers for your teeth in order to prevent damage to sensitive tissue. Use tongue and mouth to tease as you manually stoke the shaft of the penis and create firmer stimulation. Allow your mouth to create a vacuum effect—the stronger the sucking action, the more pleasurable the feelings produced. The head of the penis is the most sensitive part—don't worry about trying to take more of the penis into your mouth.

Husband, tease with your tongue as you flick it lightly over the vulval area. Kiss and gently suck the entire area. If your tongue gets tired, hold it firm and create rubbing sensations by moving your entire head side to side. You can also create sucking motions with your mouth over the clitoris to produce a climax. Keep teeth covered and employ variety until she actively approaches an orgasm.

Oral sex can be interspersed with other types of genital pleasuring in a nondemanding, emotionally connecting manner. It can be more exciting at times if combined with simultaneous manual stimulation. While enjoying oral sex, keep your hands active, too, as penis and testicles are stroked, fingers are inserted in vagina, back is caressed, buttocks are massaged, and skin is teased. Inhibition vanishes and control is relaxed as partners revel in each other's sensuality and sexuality.

Genital pleasuring may not come easily to you or feel comfortable. You may need practice in tuning in to the pleasurable sensations of your body and allowing excitement to build. Let go of your embarrassment, need for control, or fears and relax in the excitement of mutual pleasuring. You are creating a special intimacy.

In this discussion on genital pleasuring, some important issues need to be discussed by every couple. What do we do with masturbation? I am not talking about stimulating yourself during the course of mutual lovemaking. In some positions of intercourse the wife can more easily reach her clitoris. I'm referring to masturbation as an activity done alone to produce a climax and release. The Bible is neutral on masturbation, but 1 Corinthians 6:12 exhorts, "All things are lawful for me, but all things are not helpful." If you are masturbating, it is saying something about your intimacy or lack of it. One husband whose job included 60 percent travel struggled with masturbating. He resolved to quit masturbating on the road, and they made love within a day of his leaving and coming back. He related how it helped him keep his thought life on track and carry through on God's desire for sex to be intimate.

Can the person with the higher need for sexual activity have his or her needs met without the total participation of the partner? One wife told her husband that some nights she could honor that he needed sex more than she did and nurture him through to an orgasm. He refused because this seemed like pity or duty sex and that did not seem very fun or fair. She told him that she was assertive enough to say "no" if it was just an obligation. They ended up with some quickies with intercourse and other times manually achieving release with his caressing her breasts and both being naked and close.

Keep balance in your lovemaking, and don't just focus on intercourse and orgasm. This may seem odd advice when the next chapter is completely focused on intercourse, but marital partners need to play together in a variety of ways.