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## *Chapter 3*

### THE SYMPHONY OF THE FEMALE SEXUAL RESPONSE, PART I



*Janie wanted to know if it was okay for her husband to manually stimulate her clitoris during sex. She was concerned that they were doing something inappropriate. I asked if she knew the physiological purpose of the clitoris. She didn't. I told her the clitoris has no other purpose than for pleasure. I asked if she believed God created our bodies. She said she did. I reminded her of the scriptures affirming that our bodies were created in God's likeness, and that God declared what He had created to be "very good."<sup>1</sup> Janie had been married for over seven years, yet she did not understand the full function and response of the sex organs, nor God's approval of their righteous use within marriage.*

## The Symphony of the Sexual Response

The ultimate sexual experience occurs when sexual fulfillment is harmoniously created and shared by both husband and wife. Though the sexual response varies from person to person and from male to female, attaining feelings of sexual pleasure, emotional and physical buildup, and complete sexual release is like a marital symphony. Typically for men, the creation of “sexual music” might be likened to pressing “play” on a CD player. But for women, sexual music is more like that of an instrument that must be tuned, warmed up and played masterfully—as in a symphony of sexual interludes. The female body is capable of extraordinary sexual ecstasy. The body is our greatest earthly “instrument.”

The goal of this chapter is greater understanding of the symphonic process, or phases, of the sexual response. You must master how sensual music is created within yourself, as well as understand and appreciate how sexual fulfillment occurs for your spouse. With desire, time and effort husband and wife together can create harmony—a sacred symphony of sexual fulfillment—blessed by God. This symphony of sexual fulfillment will bless marriages immeasurably.

While this chapter focuses on sexual technique and the human sexual response, particularly of women, techniques alone will not ensure sexual fulfillment. Dr. Wheat, a Christian physician, and his wife Gaye stated, “Mastery of physical techniques is only part of the answer. . . . A couple cannot separate sex from the rest of the marriage. . . . Everything that happens in a marriage has its effect on the lovemaking experience.”<sup>2</sup>

## Sex Education Needed

Women generally have a significant sexual learning curve once they enter marriage, whereas men have a head start on their sexual awareness due to the external nature of their sexual organs. Sexual fulfillment for women is a learned physiological response requiring time, experience, communication and information about the body and the sexual response. If couples have sexual difficulties, often their solution is to back away and avoid straightforward efforts to learn about and resolve their issues. While patience and understanding are critical, and should be part of overcoming sexual concerns, it is also important to dedicate specific time and effort to sexual learning.

To fully partake of God’s plan for physical pleasure in marriage, couples must understand male and female anatomy, physiology and the stages of the sexual response. They

must learn what is pleasurable to themselves and to each other. The body is an amazing creation, but much of its territory is yet uncharted by many couples.

Though lovemaking is a natural process, what comes naturally will not ultimately satisfy both husband and wife sexually. Additional education is needed. “If you do what comes naturally in lovemaking, almost every time you will be wrong,”<sup>3</sup> comments Ed Wheat. Referring to Dr. Wheat’s comment, Christian pastor Tim LaHaye and his wife, Beverly, went on to say, “In reality [Dr. Wheat] was cautioning his male audience that each ‘natural’ or self-satisfying step in gaining sexual gratification for a man would probably be incompatible with his wife’s needs. For that reason, a couple must seriously study this subject just prior to marriage, and then after their marriage they can begin their practice to learn the most satisfying techniques.”<sup>4</sup>

The only sex education Steven received was when his dad told him that since he had grown up on a farm he should already know how “it” worked. Human sexuality is a lot different than animal mating behavior. With premarital sex education like that it’s easy to see how couples can run into sexual problems in marriage.

The body is a miracle—a gift from God. We must master our bodies and their sexual potential through study and intimate instruction to fully experience the exultant ecstasy that is possible in marriage. Dr. Wheat proclaimed, “When we discover the many intricate details of our bodies that provide so many intense, wonderful physical sensations for husbands and wives to enjoy together, we can be sure that [God] intended us to experience full satisfaction in the marriage relationship.”<sup>5</sup>

Factual knowledge about how an orgasm is created is important, but so is having an idea of what it feels like. Many couples don’t really know what they are trying to accomplish sexually—especially when it comes to female orgasm. It can be frustrating to wonder if the wife has even had an orgasm. Couples may try to discuss the situation, but often they simply don’t have enough knowledge to do anything differently. It can be even more frustrating if they don’t know where to go for help. This book as well as the following books can be helpful resources to teach couples more about techniques as well as problems and solutions of the human sexual response:

- *Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage*, Ed and Gaye Wheat, 1997.
- *The Act of Marriage: The Beauty of Sexual Love*, Tim and Beverly LaHaye, 1998.
- *Between Husband and Wife: Gospel Perspectives on Marital Intimacy*, Stephen E. Lamb and Douglas E. Brinley, 2000.

- *And They Shall Be One Flesh: A Sensible Sex Guide for the Bride and Groom*, Lindsay R. Curtis, 1968.
- *The Sex-Starved Marriage: A Couple's Guide to Boosting Their Marriage Libido*, Michele Weiner Davis, 2003.

## Three Considerations

The following information provides important context to better understand the symphony of the sexual response:

*Sex Is a Decision.* For men sex is more of a reaction. For women sex is more of a decision. Men's bodies can become sexually ready even when their intellect tells them "No." Women must mentally agree to sex before their bodies can begin to respond sexually. They often need to be turned on before they feel sexual desire, and in order to do this they must be willing to engage in the experience, having faith that their feelings will follow. Making a conscious decision to engage in sex permits the female mind and body to begin the natural unfolding of the sexual response.

*Natural Unfolding.* While the hope is that husband and wife will both regularly experience orgasm, it is important to keep in mind that the sexual response should be a natural unfolding—even a divine unfolding. Couples should force nothing, pretend nothing, judge nothing, require nothing and have nothing to prove. No-expectation sex is the best sex. The focus should be on simply enjoying every touch, every kiss and every caress, basking in the sexual energy you are sharing.

Sex provides the greatest emotional and physical harmony when a relaxed approach is taken. Planning to just enjoy each other no matter what happens removes the pleasure-killing performance pressure. Relax and have fun. Bring laughter and playfulness to your sexual interactions. Let go of any pressure to perform. It is more likely you will knock the stars out of the sky if you simply relax and enjoy than if you set up incredible expectations.

Husbands shouldn't go after the clitoris, the G-spot or her orgasm like they would a touchdown. If a wife feels like a bystander as her husband rushes on to victory, it is likely she will not find sex very satisfying, nor will there be many mutual "touchdowns."

Sex without expectations may be difficult. Some may unconsciously write, "must achieve orgasm" on their mental "to do" list. The likelihood of sexual fulfillment increases with an attitude of letting go instead of achieving. Sexual fulfillment is not

achieved simply by exerting willpower. Learning to let go is addressed in the warm-up/preparation phase discussed below as well as in Chapter 7, which deals with overcoming negative beliefs and inhibitions.

*Focus on Self.* Women are taught to be selfless and giving. This may be especially true when it comes to sex, where they may have a hard time receiving or allowing themselves to “selfishly” enjoy physical pleasure. Husbands need to be aware that wives may be more concerned about his pleasure than her own. This can result in a diminished response from her, and reduce his enjoyment as well. Wives must be willing to receive during lovemaking if they want to give the greatest pleasure to their husbands.

While sex is about giving and receiving love and pleasure, it is also about taking turns being “self” focused. Selfishness is generally identified as a negative attribute, but to achieve sexual fulfillment there must be a healthy degree of being centered on the self—centered on our own pleasure and sensations. Being self-focused sexually can help women achieve orgasm—which is also a great turn-on for most husbands. Speaking to women, Dr. Wheat stated:

The concentration must be on your own feelings, your own sensations, your own desires, as you move with them and let them take you where they will. . . . As you learn to respond by concentrating on your sensations, you *are* learning to please your husband! You cannot imagine how devastating an indifferent response is to a man who tries time after time to arouse his wife with lovemaking. You also cannot imagine the ecstatic thrills that come to a man when he sees his wife responding totally, enjoying every moment of their time together with a lovely abandon.<sup>6</sup>

So, women, it’s okay to focus on your own pleasure. You have permission to see that *your* sexual needs are met as well as your husband’s. In this context, sexual selfishness is not selfishness at all, because the greatest gift wives can give their husbands is to be sexually satisfied. A husband’s greatest sexual fulfillment comes from lighting the fire of desire in his wife and watching it roar into flames of passion and pleasure.

## New Insights on the Female Sexual Response

Four phases are frequently identified regarding the human sexual response. They generally follow some variation of: (1) Desire; (2) Excitement / arousal / plateau / foreplay; (3) Intercourse / orgasm / climax; and (4) Recovery / resolution / afterglow. To more accurately reflect the sexual response of women and to place needed emphasis I have added a phase, Phase 1: Warm-up / Preparation, and have also reversed the order of two

phases, Arousal before Desire. My description of the sexual response is as follows:

1. Warm-up / Preparation
2. Foreplay / Arousal
3. Desire
4. Orgasm / Climax / Intercourse
5. Afterglow

This re-ordering of the sexual response phases and the addition of the Warm-up / Preparation phase reflects a unique approach and adds significant insight to the female sexual response. Understanding this pattern can be a key for both husbands and wives in comprehending how to improve their lovemaking.

## PHASE 1 — WARM-UP / PREPARATION

“I’m just not in the mood” is a frequent response to sexual advances in marriage. Since men are like light switches and women are like slow-warming irons, it is understandable that the “Warm-up / Preparation” phase is often overlooked or completely ignored, particularly by men. Because of their physiology, “for the most part, men are in a constant state of sexual readiness.”<sup>7</sup> Women are not. Men may wish they could skip this nonsense of a “warm-up phase” and get to the “good part.” But their wives need preparation before they can get to the good part.

As couples learn how women prepare mentally and physically for lovemaking with talk, touch and time (the three “T’s”) they are empowered to create the mood rather than waiting for the mood. Waiting for that magical mood to strike will no longer be necessary.

### Purpose of the Warm-up Phase

The Warm-up / Preparation phase is needed before some women can even begin to participate sexually. The Warm-up / Preparation phase allows women to mentally transition from mommy mode to wife and intimate-companion mode. She may still be thinking about the kids’ homework and what she has to do tomorrow, when her husband is ready to go. For a wife to start on equal footing with her husband sexually she must be given sufficient time, touch and attention, otherwise he may be off and

running, scoring a homerun before she even gets up to bat.

The Warm-up phase allows both husband and wife to focus mentally and connect emotionally before connecting physically. The talk, touch and time devoted to this phase provide the opportunity for her to get in the mood and be an *active* participant in lovemaking.

## How Husbands Can Help Prepare for the Warm-up Phase

Women may not have the time, energy or interest to even allow themselves to enter the Warm-up phase without their husband's willing and loving assistance with household responsibilities. Continuing to court and woo their wife also helps provide an atmosphere conducive to intimate relations.

*Share Household Responsibilities.* Husbands play a pivotal part in providing their wives sexual warm-up and preparation time by sharing household responsibilities. With endless household demands on women's time and attention, a husband's active participation in the home makes it easier for his wife to decide to engage in sexual relations. In fact, one woman wanted me to be sure to list housework as a powerful aphrodisiac. As men learn to view their active interest and participation in the home and family as an integral part of their wives' ability to engage sexually, both spouses' needs will be better fulfilled.

To help his wife with this important phase of sexual preparation the husband might consider regularly taking on some of the evening responsibilities, such as cleaning the kitchen, helping with homework, preparing the next day's lunches or doing the children's bedtime routine. President Boyd K. Packer encouraged men's participation in the home when he said, "There is no task, however menial, connected with the care of babies, the nurturing of children, or with the maintenance of the home that is not [a husband's] equal obligation."<sup>8</sup> This assistance can ease a wife's load and free her to relax and engage in some of the warm-up / preparation activities suggested below. The following story provides a humorous look into the issue of intimacy, husbands and housework.

Tom used to fuss all the time to Teresa that she was never in the mood, even when he brought home flowers or did something special for her. With two little children and a new baby, Teresa was always busy caring for the children, cooking, cleaning and running errands or making a meal for the neighbor who just had a baby or who was in the hospital. Teresa would jokingly tell him, "If you had all this to do, you wouldn't have the energy for 'you know what' either." This went on for months.

Their sex life was okay, but not often enough for him. Once a month was the average. Tom used to complain to his friends that Teresa was not aware of his needs. One day a friend suggested he do the housework for her as a surprise. When Teresa walked in the door late one night she was in for a shock! The living room was picked up and the floor had been vacuumed. She couldn't hear the kids screaming and realized they must be in bed. She went into the kitchen knowing there were dishes to be done and found the kitchen spotless. The garbage had been taken out, and the cat had food and water. Tom was working on the laundry that was neatly folded in baskets ready to be put away in each bedroom.

She was delighted and touched by this act of love. Lovingly she walked over to him, gave him a kiss and said, "I'll meet you upstairs." After he was done he came upstairs and crawled into bed next to her. She reached over for him and he said, "Honey, not tonight. I am too tired."

Men often underestimate the power of their participation in the home and family as an aphrodisiac. Marriage therapist Michele Weiner Davis emphasized how a husband's household help can increase his wife's sexual desire:

Show me a woman who feels as if she's doing more than her fair share of housework or child care and I'll show you a woman who has more than her fair share of "headaches." Nothing turns a woman off quite as effectively as the feeling that she's doing most of the work at home. . . . I can guarantee that you won't find her burning the midnight oil dreaming up ways to please her husband sexually. . . . When a low-desire woman feels burned out, the first thing to go on her to-do list is sex.<sup>9</sup>

A word of advice to husbands: Your willingness to be a partner in the household responsibilities must be constant and genuine to be effective. It won't work if you only give your wife your undivided attention and extra help with household responsibilities when you are hoping for sexual favors in return.

*Woo Your Wife.* Romantic gestures such as roses and candlelight dinners can be important to a wife, but a husband's understanding that foreplay occurs throughout the day is even more vital. The wooing, courting, and emotional intimacy men are willing to share help provide an atmosphere conducive to thrilling intimate relations. The importance of husbands wooing and romancing their wives and winning them over cannot be overstated. LDS physician, Lindsay R. Curtis, stated, "The woman longs for and looks forward to being courted and is so designed that she may require some little time to respond adequately to the wooing of the man. But although this desire in a woman is slow

in awakening, once awakened, it is often capable of greater expression.”<sup>10</sup>

The wise husband understands that foreplay for his wife begins the moment one session of lovemaking ends and weaves its way through all aspects of their lives. Dr. Wheat gave husbands insightful counsel on the importance of attention to the whole relationship:

Because your sexual relationship will tend to reflect your emotional relationship, it is important to realize that every meaningful, fully enjoyable sex act really begins with a loving, attentive attitude hours or even days before. Husband, you should be aware that your wife views the sex act as part of her total relationship with you, even though you, like other men, may think of it separately. When both partners assume the responsibility for giving of their total selves—physically, emotionally, and spiritually—sexual interaction becomes a dynamic way of fully expressing love for each other. *It is your daily behavior toward each other* that will measure the extent and depth of the pleasure you find in making love sexually.<sup>11</sup>

Household help and a loving atmosphere are important aspects of helping a woman prepare for lovemaking, but women have a responsibility as well. Orgasm isn't just something that a man with intimate knowledge and skillful stimulating techniques provides a woman—it is something she must also be *willing* and *able* to let herself experience. The Warm-up phase is an important part of her preparation, with five components of preparing for sexual relations: (1) preparing the environment; (2) relaxing; (3) preparing mentally; (4) connecting emotionally; and (5) getting a head start on sexual arousal.

So what might women do during this Warm-up / Preparation phase? Some ideas will be given here, but each woman must become the expert on what turns her on and helps her to fully engage in the sexual experience—mentally, emotionally, spiritually and physically.



*Orgasm isn't just something that a man with intimate knowledge and skillful stimulating techniques provides a woman — it is something she must also be willing and able to let herself experience.*



**1. Prepare the Environment.** Preparing the environment for romance and relaxation is instrumental in creating a sexually fulfilling experience. Experiment until you find the right ambience to assist you in transitioning and “letting go.” Ambience can be enriched with soft music, scented candles, special silky bedding, dimmed lights, or sexy lingerie. Don’t forget to lock the door. Attention to personal hygiene can make a huge difference between a subdued response and passionate participation. If it matters to you, let your husband know you prefer clean-shaven softness or the rough and rugged look, and he will likely oblige you. Suggest lotion to smooth his skin (offer to apply it), reducing any discomfort or distraction from his caresses. Freshly brushed teeth rinsed with mouthwash can also reduce sexual reservations and increase intimate enjoyment. His willingness to please you can be great foreplay.

**2. Relax.** The need to relax prior to making love may seem foreign to men. One man remarked, “Interestingly enough, most men use sex for de-stressing, whereas most women have to be relaxed before engaging! Some cosmic joke!” In the evening (or whenever lovemaking occurs), take a few minutes to slow down. Breathing deeply and being loving and gentle with yourself can pay rich dividends. Relaxation can help you let go of your day so you can BE in the moment.

**Relaxation Breathing.** Close your eyes and focus inside yourself. You might try imagining you are standing inside your heart. Breathe normally for a few breaths, then inhale deeply (filling your diaphragm) to the count of four; hold for four; then exhale to the count of eight. Continue these cleansing breaths for a few minutes. Use this relaxation breathing any time.

**Nurturing Touch.** Another helpful way to slow down and relax is to give yourself the gift of nonsexual physical touch. This can be done by gently stroking the back or inside of your hands, arms, face and neck or individually caressing each finger as if affirming love and tenderness to the self. Like the gentle touch you receive from those you love, you can provide loving touch to yourself. You may want to express your love and unconditional acceptance toward yourself during this time. This may be new to you but can be valuable preparation for sexual intimacy with your spouse.

**3. Prepare Mentally.** To get in the mood and to transition into lovemaking mode, clear your mind of everything but the lovemaking experience. Michele Weiner Davis, author of *The Sex-Starved Marriage*, calls this “clearing out the mental clutter.”<sup>12</sup> Shifting the mind from kids, kitchen and kitty litter to romantic overtures doesn’t happen quickly or easily. But with concerted effort you can learn to choose what you think and feel. One way to quiet the mind and train it to stay focused on sexual sensations

is to pay attention to the rise and fall of your breathing. Breathe slowly and deeply as you let yourself slip into the world of arousal. In time, less effort will be needed as you naturally melt into the moment.

If you did the homework from Chapter 1, you already know what some of your negative thoughts and beliefs are regarding sex. These are the thoughts you will have to remove from your mind in preparation for satisfying physical relations. Overcoming mental and emotional barriers and inhibitions will be addressed in Chapter 7.

Thoughts are instructions to the brain. If negative thoughts about sex or your husband creep in they become instructions—telling your body how to feel. What are the thoughts you have during sex? Are your thoughts conducive to enjoyable and passionate relations, or are they detrimental and distracting—diverting you from feelings of love and pleasure?

With practice you can eliminate negative or unproductive thoughts. For example if the thought comes to mind, “I don’t have time for this,” or, “I don’t like sex,” you can challenge your thoughts by talking back to them and replacing them with something positive. You can say, “I DO have time to share love and experience ecstasy with my husband”; or, “I want to enjoy sex. I do enjoy sex.” During lovemaking, rehearse the thought, “Touch is the dessert of life.”

Record negative thoughts and feelings in a private sexual learning journal, so they can be addressed and overcome with the skills taught in Chapter 7. For example, thinking and verbalizing romantic or sexy statements during lovemaking can heighten your sexual arousal and draw your focus to pleasure and to positive thoughts.

**4. *Connect Emotionally.*** Sexual relations can be more satisfying for both husband and wife when emotional connection is an integral part of lovemaking. “Pillow talk” and “positive flooding” are two ways to connect emotionally and provide emotional arousal prior to lovemaking.

***Pillow Talk.*** Regularly taking time for Pillow Talk to share thoughts and feelings can be great foreplay. During pillow talk don’t discuss children, finances or other potentially contentious topics—discuss hopes, dreams, feelings or study and discuss this and other helpful books.

***Positive Flooding.*** Dr. Harville Hendrix created an exercise called “Positive Flooding,” which is another excellent emotional connector.<sup>13</sup> It is a wonderful beginning to any sexual encounter. Husband and wife take turns expressing the following:

- a. Share at least five positive statements about your spouse's body;
- b. Acknowledge at least five positive characteristics in your spouse;
- c. Complete the statement, "I love it when you . . ." identifying at least five positive behaviors your spouse does; then
- d. Say "I love you" with all the genuine feeling you can muster.

Positive flooding can create a strong and secure connection between you and your spouse. If your spouse is currently unwilling to participate in this flooding for any reason, you may ask if he would mind you doing the exercise. Assure him there is no pressure for him to do it in return (and mean it). There are positive benefits even if only one spouse does the flooding.

*5. Give Female Sexual Arousal a Head Start.* Since it generally takes a bit longer for women to get their sexual motors running women need a head start. Wives have a chance to catch up as couples focus on building her pleasure before her husband's. If the husband is quickly aroused and expecting to do something about it, it may be difficult for him to be sufficiently patient and attentive to his wife for her to become aroused enough to experience orgasm; therefore, keep the focus on her until she is fully aroused. Just before or after her orgasm, he too can let go and join her in the ecstasy of orgasm.

Some couples have the mistaken perception that once the man is aroused they need to move right into intercourse. To remove this perception couples may need to experiment with multiple cycles of male arousal to gain experience and confidence that his arousal can subside and reoccur several times during lovemaking. As the husband gains greater understanding of and mastery over his arousal and the wife provides sufficient stimulation, they can rest assured that their focus on her arousal won't inhibit mutual sexual fulfillment.

Stimulation of the clitoris is the key to the feminine sexual response. In the beginning as couples are both learning it may take up to an hour of direct and/or indirect stimulation of the clitoris to reach orgasm. A husband should wait until his sweetheart is very near climax and gives her go ahead before he penetrates.

To give the wife a head start sexually, one idea may be to go into the bedroom together, prepare for lovemaking, but plan to engage in twenty minutes or so of pillow talk or positive flooding to engage her in emotional arousal. After some foreplay, stimulate the wife's clitoris to help feelings of sexual arousal begin to flow. For those

women who require a fair amount of direct clitoral stimulation, this allows sufficient time to prepare sexually and become aroused before her husband is ready to go.

“Kegel” exercises—contracting or tightening the pubococcygeus (P.C.) muscle—can also intensify sexual arousal. Tim and Beverly LaHaye, in their book *The Act of Marriage*, have a chapter entitled, “The Key to Feminine Response” which is an excellent and thorough explanation of this P.C. muscle and the benefits of strengthening it.<sup>14</sup> Coupled with communication and sufficient clitoral stimulation contracting the P.C. muscle can help increase sexual arousal and intensify orgasms.

## PHASE 2—FOREPLAY / AROUSAL

A woman’s arousal is like a gift, delicately wrapped in layers of tissue paper each needing to be carefully unwrapped. If there has been sufficient warm-up or mental preparation, foreplay can increase arousal and create sexual desire within the wife. The gradual buildup and intensifying of sensations and emotions with gentle caressing, kissing, stroking and fondling serve to prepare the mind and body for intercourse and orgasm. Dr. Wheat described foreplay as a luxurious time of unrushed love play. He stated:

This time of sexual stimulation, often called foreplay, can be delightful for both husband and wife, if the husband realizes that his tender skill at this point will prepare his wife for the love act itself. Most women like to be wooed and won. Let the man indicate by the way he approaches his wife that he is demonstrating his love for her, not claiming sex as his right. The husband must be careful not to appear hurried, crude, rude, mechanical, or impatient!<sup>15</sup>

Foreplay is not “one size fits all.” It comes in as many varieties as there are individuals, and it can change with circumstances and moods. For most women the ideal foreplay includes a delicate mix of physical pleasure and emotional intimacy. Physical pleasure and emotional intimacy need not be mutually exclusive experiences. Husband and wife can combine pleasure with intimacy by maintaining eye contact, expressing verbal affirmations of enjoyment and pleasure or by breathing in sync for an exquisite emotional rush.

Every person has erogenous areas on their body that when touched or stimulated increase sexual arousal. It is the opportunity and responsibility of husband and wife to embark on a lifelong treasure hunt to learn and develop each other’s sexual hot spots. This intimate knowledge is necessary for maximum sexual fulfillment as a wrong move can derail the pleasure train for some women.

The search for these sacred areas may take an excitingly long time. Maybe that's why in biblical times<sup>16</sup> newlywed husbands were released from all military responsibilities for a whole year, presumably so couples could get to “know”<sup>17</sup> each other and learn how to become “one flesh.”<sup>18</sup> Dedicating the first year of marriage to getting to know each other intimately—physically, emotionally and spiritually—creates a solid foundation upon which to build a family.

While you will likely find stimulating each other's sexual hot spots exciting, foreplay can be even more sensual when attention is given to the whole body or the whole person. The body has an amazing ability to be erogenous to one whose sexual senses are awakened. Dr. Wheat encouraged this all-encompassing sensual foreplay by stating, “Relaxed love play begins with kissing, embracing, petting, and fondling. The most effective touching for both man and wife in the early part of sex play is a gentle caressing of *all* the body. All includes everything and excludes nothing. Do not touch only those areas that seem directly related to excitement.”<sup>19</sup> When all parts of the body are included in lovemaking a message is sent that all parts of the person are loved and accepted by the other. The feeling of being just an object of sexual gratification is diminished when all parts of the body are loved and given attention.

Another important factor in foreplay is for both husband and wife to become expert at reading each other's responses and sexual state of being. This comes with time, practice and communicating your wants and needs. Couples must share what they find pleasurable and what is a turnoff. Couples must also become expert regarding their own body and sexual desires. It will take some trial and error so be patient with yourself and each other as you learn and experiment together.

If Good Girl conditioning is still an issue, some of the love play of sexual intimacy may create anxiety, embarrassment or discomfort. Necking and petting are terms that have been most often used in connection with sinful premarital sexual behavior. The adversary uses such misunderstandings to drive a wedge between husband and wife. But sin does not apply to these sacred pleasures within marriage. Be assured that within the bond of marriage these intimate activities are appropriate, proper, and vital to sexual fulfillment. Couples may need to be attentive to and address any negative feelings that foreplay induces.

*The Clitoris.* While there are many different parts of the body that can sexually arouse a woman, the clitoris, not the vagina, is considered the center of feminine response.<sup>20</sup> The clitoris is one of the highly erogenous parts of the body. Dr. Curtis, an LDS physician, described the clitoris as “a small, elongated, highly sensitive body,

usually about three quarters of an inch long, situated at the top of the vulva, just above the urethra. In essence it is a miniature penis without a urinary opening. Composed of erectile tissue, it becomes rigid upon stimulation and if titillated long enough, it will eventuate in an orgasm.”<sup>21</sup>

Women who are unaware of their sexual anatomy and the pleasurable purpose of the clitoris may be missing out on exquisite sexual enjoyment. Like Janie, who was unsure if it was okay for her husband to manually stimulate her clitoris, other wives, still under the influence of the Good Girl Syndrome or through sexual ignorance, may have similar questions and reservations that keep them from enjoying sexual fulfillment in marriage. But again, we know God created our bodies in his image, “In the image of his own body, male and female, created he them, and *blessed* them.”<sup>22</sup> Remember the clitoris has no other known function than creating pleasure. God apparently made it that way—and called it a *blessing*.

In addition to the Good Girl Syndrome, insufficient sexual education regarding the clitoris and the feminine sexual response can keep many women from understanding, experiencing and delighting in their God-given sexuality. Dr. Brent Barlow, LDS counselor and BYU professor, stated regarding the clitoris, “Some young women I have talked to have never heard about it or do not know where it is located. It is one of the little organs . . . that God created in the female and that has no reproductive function whatsoever. It is there for one purpose only: to produce pleasure.”<sup>23</sup>



*Insufficient sexual education regarding the clitoris and the feminine sexual response can keep many women from understanding, experiencing and delighting in their God-given sexuality.*



This lack of knowledge regarding the clitoris is not limited to young women. Dr. Romel W. Mackelprang described the conditioning that leads grown women, even mothers, to be unaware of this important pleasurable part of the body:

Boys and girls are taught to not touch themselves and are sometimes told that their genitals are undesirable or “nasty.” This may be especially true for girls who, unlike boys, have no “legitimate” reason to regularly touch or view their genitalia. Girls may grow to womanhood without learning what their genitals look like or even the proper names of their sexual organs. An example of this was related to me by the nurse of a young, acutely disabled woman I was counseling. As the

nurse began to teach this woman and her mother how to insert a catheter into the bladder, the mother asked about the “little mound of tissue” that was her daughter’s clitoris. When the nurse offered an explanation, this mother of five adults expressed surprise, having always assumed that the clitoris was inside the vagina.<sup>24</sup>

As the center of feminine sexual response, stimulation of the clitoris is critical to sexual fulfillment. Tim and Beverly LaHaye stated:

The reluctance of many loving partners to incorporate clitoral stimulation as a necessary and meaningful part of their foreplay has probably cheated more women out of the exciting experience of orgasmic fulfillment than any other one thing. . . . To highlight the significance of the clitoris to the woman’s sexual enjoyment, many researchers have compared [the clitoris] with the penis. It has been called the ‘most keenly sexual part of a woman’s body’ and is still regarded by many as “the seat of all sexual satisfaction.”<sup>25</sup>

For many, the intercourse of penis and vagina does not provide sufficient stimulation of the clitoris. Some sexual positions may make direct stimulation more possible, but they are often uncomfortable and may provide too much stimulation for the man to maintain control long enough for the wife to reach her orgasm. Additional direct stimulation of the clitoris may be needed. Christian professor Dr. Herbert J. Miles agreed. He stated:

Since the clitoris is the arousal trigger of the wife, and since the penis does not contact the clitoris in normal intercourse, marriage counselors recommend what is called “direct” stimulation. That is, the husband, in the process of love-play before intercourse starts, will gently stimulate all the erotic zones of his wife’s body . . . and finally her clitoris. He will continue stimulation of the clitoris for . . . whatever time it takes, until he is certain she is fully aroused sexually and ready for intercourse. There is nothing wrong in this procedure. . . . A couple must do the right thing at the right time in the right attitude for full arousal and complete love harmony. It is normal in the love-play and arousal period for a couple to touch and handle each other’s sexual organs. This is a pleasant and meaningful part of love expression. It was planned this way by the Creator.<sup>26</sup>

For learning purposes you might consider being in charge of clitoral stimulation to become expert on the functioning of your own body, then you can teach your husband. If you have questions regarding the appropriateness of clitoral stimulation or any other aspect of sexuality, discuss them together and take them to the Lord, so you can rest assured that God approves of the righteous use of the magnificent bodies He created for

us. If any of the suggestions throughout this book cause some inner resistance you may want to see Chapter 7 about overcoming inhibitions and distinguishing between inappropriate sexual behavior and inhibitions caused by negative sexual conditioning.

*The Grafenberg Area.* In the 1950's a German obstetrician and gynecologist by the name of Ernest Grafenberg discovered an erotic zone inside the vagina that was particularly sensitive to sexual stimulation. This area has become known as the G-spot, though it is more of an "area" than an exact "spot." When stimulated during arousal, it swells in size and is reported to create a different quality and greater intensity of orgasm than that which emanates from clitoral stimulation. One woman described the feeling of a G-spot orgasm as, "an orgasm—times 10!"

There has been some debate about the G-spot. For some it can be difficult to find, as the size and location of the G-spot vary from woman to woman. For others it may be dormant and require much direct stimulation to arouse any response. Still others find it no more erogenous than any other area of the vagina. While most of the vagina isn't necessarily sensitive to stimulation, the raised area of tissue in the vagina known as the G-spot is believed to have a higher concentration of nerve endings.

The G-spot is a mound of nerve tissue about the size of a bean when not aroused, and about the size of a quarter when aroused. It is generally located about one and a half to three inches inside the vagina directly behind the pubic bone on the front side of the vagina (toward the abdomen). The G-spot may be easier for your husband to find and may feel more pleasurable when you are already aroused from clitoral stimulation. Because the G-spot is deep within the tissue, firm strokes and pressure are needed to deeply press the spongy mass of the vagina against the pubic bone. It may be easier to find with the wife lying on her stomach and the husband inserting one or two fingers, palm down, into the vagina and stimulating with small circles or an upside-down "come here" motion. The angle and pressure of the penis inside the vagina would have to be just right to be effective.

Because pressure on the G-spot pushes the urethra against the pubic bone, the initial sensation some women may feel is the need to urinate. (It's always a good idea to urinate before lovemaking anyway.) Others may initially feel some discomfort or a sensitive raw feeling. The sensation of needing to urinate passes and is replaced with a feeling of increased pleasure and arousal. The wife will know when the right spot is found. Continued stroking may produce increased pleasure—resulting in an intense orgasm.

The G-spot should be approached with the utmost reverence and respect rather than simply seeking a bigger sexual thrill. Awakening the G-spot may take time,

patience and practice; nevertheless, couples may want to make it part of their sensual explorations for erogenous zones as they investigate its potential for pleasure. For additional information, you might check out the Christian site, “The Marriage Bed: Sex and Intimacy for Married Christians” at [www.TheMarriageBed.com](http://www.TheMarriageBed.com).

*Communicating Increased Arousal.* With escalating arousal the desire for stronger and more passionate or focused caresses may increase. Again, it is your responsibility to communicate your desires to your husband. Even a simple and slow, “Mmmmm!” when something feels good can help your spouse learn what works and what doesn’t. It is equally important that the husband be exquisitely attentive to the wife to learn what she wants and needs—and when. Wives can help husbands learn to read their responses and sexual state by communicating their pleasure instead of keeping it inside. How will he know what you’re feeling or what you want him to do if you don’t tell him or show him?

Women can also teach without words as they guide their husband’s hands, or moan their approval of particularly pleasing caresses or activities. Dr. Wheat admonished wives when he said, “As [a wife] concentrates on her physical feelings, she should learn to communicate her level of sexual excitement to her husband with looks, touches, and sometimes loving words. This helps the husband to properly time his lovemaking. One of the most common sources of sexual unhappiness is the failure of a woman to tell her husband frankly and clearly what stimulates her and when she is ready for a particular stimulation.”<sup>27</sup>

You may prefer to discuss this later, at another time and place, telling your husband that when he did “such and such” you really liked it, or when he did something else it wasn’t as arousing. You are the foremost sexual teacher for your spouse. Only you can teach him what you want. You are, or should be, the authority on your body and its sexual functioning, as well as the expert on your husband’s sexual desires. The astute husband makes it a priority to be the world’s greatest authority on how to please his wife. With intimate knowledge and pure love, husband and wife can both stretch to give the personalized sexual love each wants and needs.

*The Transcendent State of Arousal.* The state of arousal is a magical state of being. It represents a mental and psychological letting go of earthly cares and slipping into the sexual sphere where uninhibited pleasurable sensations reign. Arousal commands your full attention. You will feel no desire to discuss the day’s events or schedule your week with your husband while in the state of sexual arousal. It is an altered

state—different from anything you regularly experience in day-to-day life. With a solid understanding of the godly purposes and sanctity of sexual relations, arousal becomes a magical, uninhibited “never, never land.” Some of the physical indicators of arousal include:

- Increasingly rapid breathing
- Skin that becomes warm and sensitive to the touch
- Wetness or lubrication of the vagina
- Engorgement or swelling of the outer lips (labia majora)
- Flared inner lips (labia minora)
- Erect nipples

The arousal phase is a unique state of being. What might seem embarrassing or out of character in a regular state may seem desirable, even pleasurable and enjoyable, during the state of sexual arousal. Full sexual arousal provides a state of uninhibited abandon that allows you to let go and surrender to the sexual experience and sensations.

Another appeal of the state of sexual arousal is that any of your perceived flaws and imperfections are heartily overlooked by your husband during arousal. In this state, to him you are the most beautiful creature ever created. It is wise for husbands to reinforce this concept by willingly, genuinely and generously communicating their adoration of you and your body.

The harmonious symphony of the sexual response is evident throughout the Warm-up / Preparation phase as well as the Foreplay / Arousal stage. In the next chapter the symphony continues with the phases of Desire and Orgasm / Climax / Intercourse, and ends with Afterglow, like a beautiful sunset on a warm summer night.

### Chapter 3—“Home” Work

- Get educated sexually. Learn about your sexual anatomy and the importance of the clitoris in female sexual arousal. Read and discuss this and other helpful books with your spouse.
- Understand that you must consciously decide to enjoy sex if it is to be a fulfilling experience.
- Allow yourself to focus on your own sexual needs during lovemaking.

- Discuss with your husband the importance of his active interest and participation in home and family responsibilities to help you have time and energy to willingly engage in lovemaking.
- Make time for sexual warm-up and preparation by preparing the environment, relaxing, preparing mentally, connecting emotionally and giving your sexual arousal a head start.
- Commit to communicate your feelings, wants, needs, likes and dislikes during lovemaking.

## NOTES

*Chapter 3—The Symphony of the Female Sexual Response, Part I*

- <sup>1</sup>See Genesis 1:26–27, 31.
- <sup>2</sup>Wheat and Wheat, *Intended for Pleasure*, 19.
- <sup>3</sup>LaHaye and LaHaye, *Act of Marriage*, 93.
- <sup>4</sup>LaHaye and LaHaye, *Act of Marriage*, 93.
- <sup>5</sup>Wheat and Wheat, *Intended for Pleasure*, 16.
- <sup>6</sup>Wheat and Wheat, *Intended for Pleasure*, 113–14.
- <sup>7</sup>Curtis, *And They Shall Be One Flesh*, 54.
- <sup>8</sup>Packer, “Tribute to Women,” *Ensign*, July 1989, 78.
- <sup>9</sup>Weiner Davis, *Sex-Starved Marriage*, 144–45.
- <sup>10</sup>Curtis, *And They Shall Be One Flesh*, 54.
- <sup>11</sup>Wheat and Wheat, *Intended for Pleasure*, 81.
- <sup>12</sup>See Weiner Davis, *Sex-Starved Marriage*, 99.
- <sup>13</sup>See Hendrix, *Getting the Love You Want Manual*, 1993, 121.
- <sup>14</sup>See LaHaye and LaHaye, *Act of Marriage*, 195–217.
- <sup>15</sup>Wheat and Wheat, *Intended for Pleasure*, 81.
- <sup>16</sup>See Deuteronomy 24:5, *See Also Bible Dictionary: Marriage*.
- <sup>17</sup>See Moses 5:2.
- <sup>18</sup>Matthew 19:5.
- <sup>19</sup>Wheat and Wheat, *Intended for Pleasure*, 81–82.
- <sup>20</sup>Wheat and Wheat, *Intended for Pleasure*, 85.
- <sup>21</sup>Curtis, *And They Shall Be One Flesh*, 56.
- <sup>22</sup>Moses 6:9 (emphasis added).
- <sup>23</sup>Barlow, *Just for Newlyweds*, 51.
- <sup>24</sup>Mackelprang, “They Shall Be One Flesh,” *Multiply and Replenish*, 49.
- <sup>25</sup>LaHaye and LaHaye, *Act of Marriage*, 112.
- <sup>26</sup>Miles, *Sexual Happiness*, 71.
- <sup>27</sup>Wheat and Wheat, *Intended for Pleasure*, 84.