

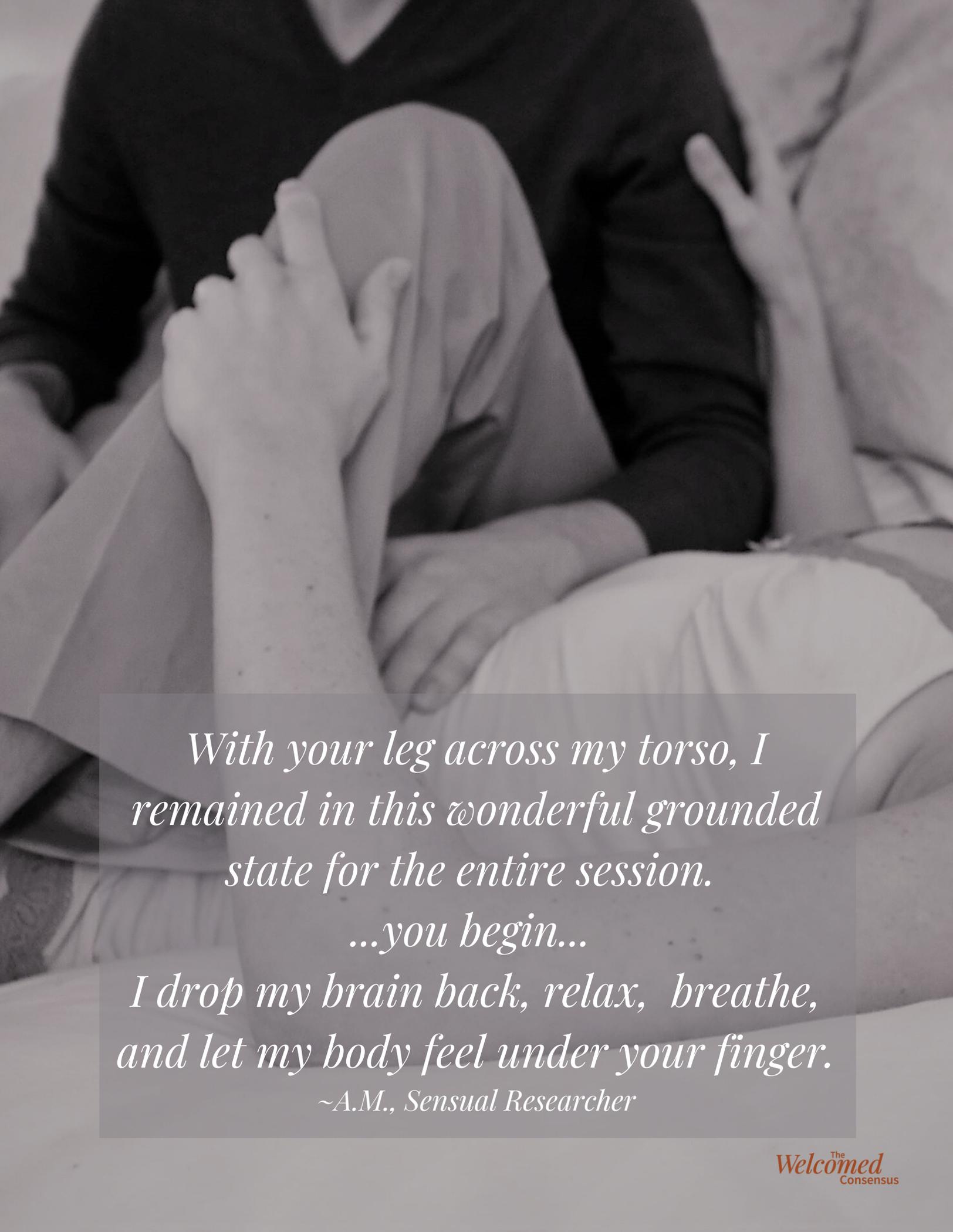
THE WELCOMED CONSENSUS PRESENTS

# HOW DO YOU DO?

9 STEPS TO GETTING  
STARTED WITH  
DELIBERATE ORGASM<sup>®</sup>

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*With your leg across my torso, I  
remained in this wonderful grounded  
state for the entire session.*

*...you begin...*

*I drop my brain back, relax, breathe,  
and let my body feel under your finger.*

*~A.M., Sensual Researcher*



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# FIRST THINGS FIRST

## WHAT IS FEMALE ORGASM?

**Female orgasm is about pleasure.** It is about sensuality. It is about feeling your body. There is no end goal. The only goal is to have it *feel as good as possible for as long as possible*. Therefore, you're only going to succeed. This approach extends into a man's orgasm, but it begins with the woman.

Think of orgasm as a continuous unfolding – something that's pleasurable yet happening throughout the entire sexual experience, instead of a brief orgasmic “sneeze” to be achieved at the end of sex.

We have expanded the definition and experience of orgasm to include all the ebbs and flows of sensation. This is the feminine model of orgasm where the object is the whole experience, not the climax. When both people's attention is on her clitoris, the potential exists for every woman to experience unlimited female orgasm.

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# UNDERSTANDING

## WHAT IS DOING?

**During sensual experiences** it is common for the focus of attention to shift back and forth from one person to the other. While both may be wondering things such as "Am I doing it right? Does he/she like this?" This fragmented attention detracts from the pleasure that can be experienced.

In the act of DOing (short for Deliberate Orgasm), both people put their attention on one person's body for the optimum pleasure.

DOing a woman is manual stimulation of the clitoris.

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# THE BASICS

## OF DELIBERATE ORGASM

**The most effective way to create an orgasm** in a woman's body is to manually stimulate the clitoris, specifically the glans of the clitoris, which has the highest concentration of nerve endings in the body. The index finger is the most precise touching instrument for stimulating the clitoris and the most reliable way of producing orgasm in her body.

Before starting a DO Date, both people agree who will be the "DOer" and who will be the "DOee." Once positioned comfortably with the use of pillows, they both put their attention on the DOee's body. The only thing that the DOee has to do is relax and enjoy.

When the 9 steps are followed precisely you will be sure to win with every DO Date.

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- 1** **The woman lies on a bed** with her legs butterflyed open, her knees supported by a pillow on each side. A small washcloth sized towel is placed on the bed beneath her buttocks.
- 2** **The DOer sits to her right**, with his right leg under her knees and his left leg over her belly. That way it is easy to see her genitals and easy to stroke her clitoris. He sets a timer for the length of time agreed upon by both partners before beginning the DO date. Five minutes is a good length to use for starters.
- 3** **Using a bit of lubricant** on his left index finger, he strokes her clitoris in the upper left quadrant with an up and down rhythmic stroke, using light pressure.



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- 4** **He can then vary the characteristics of strokes on her clitoris**, such as speed, pressure and length of stroke, according to what he notices about her. He continues for the agreed time.
- 5** **Both the man and the woman have their attention on her body.** The DOer may ask winning questions that can be answered by yes or no such as: "Would you like me to use lighter pressure?" He incorporates the changes according to her feedback and she can guide him using winning communication tools.
- 6** **The only goal is pleasure.** This is not a goal-oriented practice. The traditional going over the edge may be experienced but it is not the goal. The woman keeps her attention on her body, feels and enjoys all the sensations she is experiencing; from a slight tingle in her pelvis to warm waves of sensation up her body.

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- 7** **When he gets close to the end of the DO date**, he can increase the pressure of his strokes to bring her down.
- 8** **When the time is up**, he may ground her by pressing the palm of his left hand firmly against her genitals and then use the towel to wipe her off.
- 9** **Both partners will get the most out of the experience** if they continue by talking about specific sensations they experienced during the DO date.

*Thank you for reading.*

*See **DOing in action** in the online video series*

**Let's Start DOing**

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How Do You DO: 9 Steps to Getting Started with Deliberate Orgasm

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