

*Intro.*

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SEXUAL ENRICHMENT FOR MEN

Now fix your eyes at a spot on the ceiling overhead. Just pick out an imaginary spot and stare at that spot without moving a muscle. Now take a deep breath and fill up your lungs. Exhale slowly. Sleep now. Now, a second and even deeper breath. Exhale. Sleep now. And now a third deep breath. Exhale. Sleep now. Now let your eyelids close down as each muscle and nerve grows loose and limp and relaxed. Let that wave of relaxation move all across your body. Now this time I want you to take just one more deep breath and as you exhale, send a wave of relaxation from the top of your head all the way down to the very tip of your toes. All right, now let us take that deep breath. Exhale. Send the wave of relaxation from the top of your head all the way down to the tip of your toes. You are turning loose and letting go. And as you relax, you are moving into a wonderfully pleasant state of hypnotic awareness. And as you do, you are realizing that you have the right <sup>to</sup> sexual happiness. You deserve sexual pleasure. You were born with an unlimited capacity for enjoyment and pleasure. You are now moving through old barriers of fear and resentment and your true sexuality is asserting itself again. Sexual expression is of major importance to your health and to your well being.

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You are learning to love yourself more with each passing day. You like women. You enjoy the company of women. And you enjoy talking to women. It pleases you to be with a woman. You like yourself even when there are no women present. When you are with a woman ~~that attracts you,~~ you feel a pleasant excitement in your body. You enjoy both the verbal and nonverbal communication with a woman. Women are aware that you like them and they return the feeling to you. ~~Certain~~ women find you attractive and enjoy doing things with you. When you are in an intimate situation with a woman, you feel a wonderful excitement in your body and in your feelings. You reach out and make contact, and as you do, you ~~begin to~~ develop a powerful erection. ~~You~~ deserve sexual pleasure and other people ~~deserve sexual pleasure too.~~ ~~You accept your individual pleasures and preferences in sex.~~ ~~You like yourself~~ enough to easily ask your partner to satisfy your personal sexual needs. You now ask for what you want in lovemaking. ~~You~~ deserve <sup>intimate</sup> ~~all the~~ pleasure you can get and so does your partner. ~~You~~ trust yourself and you go at your own rate of speed. ~~You can play any role in sex that you want.~~ You assert your right to pleasure in lovemaking. ~~Your~~ worth as a male is never dependent on either pleasing or seducing women. Any reaction you have during sex is ~~totally~~ okay. Anything you feel like doing in sex is okay. You are good enough to be loved by <sup>ANY</sup> ~~a~~ woman. /

~~Women desire you sexually.~~ / You now practice being good to yourself. / You can attract a woman who is intelligent, warm, open and affectionate. You accept women as they are. You praise yourself verbally, to yourself. You have confidence in your lovemaking. ~~You easily give yourself pleasure.~~ You think of yourself as a winner. You take credit for your achievements. ~~You surround yourself with beauty.~~ You constantly create new friends. You reward yourself and you never, never punish yourself. ~~You nourish yourself with good food, enriching ideas, and nurturing friends.~~ You enjoy sex. / You are equal to any man. You are experiencing your self love. As you do, others love you. The more you love yourself, the more others love you. The more you love others, the more they love you. / You constantly contribute to your feelings of aliveness and excitement. / You are passionately interested in people. / You participate in life and you are loved for it. / You are loving, generous and expansive and this comes naturally to you. You allow love to flow into your life, and to flow out again ~~when necessary~~ <sup>freely</sup>. You allow people to love you. / You accept the love, affection and approval that others have for you. / You attract loving, ~~beautiful~~ people. You now forgive yourself for every mistake ~~that~~ you have ever made. You forgive everyone who has ever hurt you. ~~Your true lover is being attracted to you now, for you are loving,~~

~~you are lovable.~~ / You now draw to you friends and lovers you have been waiting for. / You deserve love just for being alive. / You are becoming the right person. ~~You can survive with a woman or without a woman.~~ Your positive thought and action attracts positive, creative people into your life and they nourish you. The love inside you ~~now~~ flows outward in an easy, natural way. / You ~~now~~ know there is an abundance of lovers who are just right for you. / You are secure in a relationship with a woman. / You now develop loving, harmonious relationships with women. You use each relationship for your own growth and expansion, and for the growth and expansion of your partner as well. / You now know yourself better and you communicate with others better than ever before. / ~~You are achieving self awareness through being alone. You can be alone as much as you want to, and you can stop being alone any time you want to.~~ You give your sexual partner freedom and she loves you for it. / You approve of yourself, whether you have just one lover, or many lovers. You can be nourished and satisfied by one person and you choose what is right for you. You allow others their freedom of choice. / You know that sexual intercourse is natural, normal and healthy. It is okay for you to enjoy sexual intercourse. Sexual expression makes you feel alive and fulfilled. / You are an enjoyer and never a performer.

The more sex you have, the better you feel. You know that to perform means a performer and an audience. And you know that sexual intercourse is an experience shared by two persons. The more you allow yourself sexual pleasure, the more youth, energy, beauty and love you gain. Sexual pleasure is a virtue. The more sex you have, the more spiritual you become. You are powerfully interested in sex. You are now fully aware of your desires. Your sexual drive is increasing. / You are willing to express your sexual desires. You can be aroused by fantasies. / You enjoy your fantasies and you learn from them. You share your fantasies with your partners. / Fantasizing during intercourse is normal, healthy and okay. / You love **EVERY PART** of your body. ~~You love your penis. You can enjoy being nude.~~ You take good care of your body. / Your body responds easily to sexual stimulation. / You feel excitement in every part of your body. You develop a powerful, throbbing erection whenever you want to, whenever you need to. You enjoy being a man. You are proud of your sexuality. You feel strong and assured as a man. You are free to frolic in pleasure. It is safe to let go as you approach orgasm. It helps you experience ecstatic feelings more deeply. You can take all of the time that you need. You enjoy having an orgasm. / ~~You are willing to surrender. / It is okay for you to give yourself pleasure in masturbation.~~

~~Since you know your body best, you can show your partner what gives you the most pleasure. You can now masturbate in front of your partner.~~ You have the right to bring pleasure to your body. You enjoy touching others and being touched. You can touch every part of your lover's body. You are warm and affectionate. You like making love. You like sexual intercourse. The more sex you allow yourself, the more you can love and be loved. ~~You are delighted and excited when you enjoy oral sex with your partner. You reserve the right to say no to anything that you do not fully enjoy.~~ You now forgive all women who have ever hurt you. And you can now let women love you. You find so much pleasure and satisfaction in sex, you no longer care about getting even or feeling resentful. You are as naturally potent <sup>NOW</sup> as you ~~let yourself be.~~ <sup>HAVE EVER BEEN.</sup> You are fully approved by your lover. You are free of fear, envy and resentment toward women. You are poised, charming, relaxed and free with women, ~~to whom you are strongly attracted,~~ especially in lovemaking. Your love and your self esteem has overcome all of your old fears, and you reward your <sup>self and your</sup> partner by getting a powerful erection, ~~thrusting vigorously, you experience all of the pleasure that there is for you in sexual intercourse.~~ You allow yourself to be overwhelmed with the total satisfaction of powerful orgasms. And after intercourse, you feel warm, intimate and close to your partner. You have the right

to sexual happiness, for you are a powerful, sexually vigorous, potent man. You now realize that other women are not your mother, and you do not need to act as if they were. You now forgive yourself for every mistake ~~that~~ you have ever made. You are now free of old sexual guilts. And you can now let women love you, sexually as well as every other way. Your love and self esteem have overcome all old fears. ~~and~~ you are now rewarding yourself by fully, completely enjoying sexual loving. You find so much pleasure and fulfillment in sex, you no longer care about controlling, getting even, or feeling resentful toward women. You fully approve of your own sexuality. Your body is yours to use and enjoy as you please. ~~You now forgive your parents for withdrawing and withholding love from you when your behavior displeased them.~~ You are now free of old childish attitudes about sex, ~~and~~ loving and your own body. You now revoke, you reverse, you expel any negative ideas that were given to you by others, *or yourself* in your past. You now forgive yourself for not enjoying your sexuality and your body in the way you always wanted to and always needed to. Each of these ideas has made a vivid, deep, permanent impression in your subconscious mind. Each day in your daily life, you become more and more aware of the full, powerful, positive, creative expression of these ideas.

Now I am going to slowly count from one to five and then I will say "fully aware." At the count of five I want you to let your eyelids open, and you are then calm, rested, refreshed, relaxed and feeling good. One, slowly, calmly, easily and gently returning to your full awareness once again. Two, each muscle and nerve in your body is loose and limp and relaxed. You feel wonderfully good. Three, from head to toe you are feeling perfect in every way. On number four your eyes begin to feel sparkling clear. On the next number now, let your eyelids open and you are then calm, rested, refreshed, relaxed, full of energy, fully alert, feeling wonderfully good in every way. Number five. Let your eyelids open now. You are fully aware. Take a deep breath, fill up your lungs, and stretch.