sRESOLUTION PHASE : IMPORTANT PHASE TO DEVELOP WARMTH TRUST FOR NEXT SESSION

Afterplay

The important thing for couples is not to take these afterplay moments for granted. Since sex is an act of deep intimacy, the period immediately afterwards should honor that exchange. I'm not saying you need to light candles or sing songs of praise to one another. However, do whatever it takes to respect the moment. The tips in this section will give you a few specific ideas, but you and your partner will need to decide what works for you

Foreplay was defined as the sexual activity that occurs before sexual intercourse, whereas afterplay was defined as the interaction such as hugging, holding, talking, and so forth that occurs after sexual intercourse.

Post coitus 35% of the couples tend to hold each other while 22% kiss each other all over. However, in the over 36 age group, the second most popular after-sex activity is sleeping with over 25% of the respondents drifting off to sleep after sex. Lucknow, Ahmedabad and Hyderabad is where in general more people go off to sleep after sex. In general of course, whopping 22% of married respondents indicate sleep as a favourite post sex activity as compared to the 6% figure for singles. In Lucknow fondling after sex isn't a very popular activity with just about 7% of the respondents indicating this as a popular activity. A much higher percent of women rate holding their partner after sex as a favoured position though the figure drops for kissing post sex where only 13% women show their preference as compared to 18% of men. Kissing various parts of the body after sex is also far more popular among single respondents than their married counterparts.

Afterplay is an essential element in sexual encounters but, more often than not, tends to be overlooked by the male species. A well versed male knows that afterplay is crucial, and has been known to elevate your status from a "he was ok" to a "he was ~~pretty~~ good." You falling asleep right after the encounter does not count as afterplay. Neither does a pat on the back and a quick kiss as you rummage on your nightstand to find the remote control or cigarettes. The fundamentals of afterplay are very simple, and even easier to master than most of the other points we have talked about so far. The key to everything is that you have to recognize that post-coitus, we feel more connected and closer to you. Although the encounter is over, we don't want this connection to quickly dissipate. So afterplay helps to gradually take us from the crescendo of our peaking. In plain English, when ladies orgasm, it's a mind blowing experience. Research has shown that the brain actually shuts down for a few seconds while this occurs. So while our synapses are recharging, we need intimacy and closeness to complete the cycle. Here are some main pointers to keep you in the running for future encounters.

1. ***Do not fall asleep right away.*** I know that you guys are hardwired for this, but you break the number one afterplay rule if you zonk out. You snoring while we are still reliving the moment doesn't help foster any connection. Besides, staying awake for a few minutes wouldn't kill you.
2. ***Duration of Afterplay.*** In the interest of compromise, I would have to suggest a **MINIMUM** of 5-10 minutes cuddle time. You can cuddle for five minutes if you were soooo amazing that even we are tired **note the sarcasm**, but anything less than that doesn't cut it.
3. ***Premium cuddling involves your whole body wrapped around us.*** We like the heat and warmth so feel free to get close. Wrapping your arms around us, our head pillowed on your shoulder, all these positions are great. What is not great is you taking over the whole bed, or rolling over to your side of the bed.
4. ***Sweet Nothings.*** Murmuring sweet words softly in my ear will get you future encounters. Your husky baritone will send shivers through my body and have me fantasizing about the next encounter...perhaps enacting it right there and then. Try phrases like, "*you are amazing, that was really good*" or "*I really liked that thing to did when you*..." You can never go wrong with praising your woman.
5. ***Making Up.*** If you didn't give me an orgasm, this would be a great time to make it up to me. Try going downtown, hard core making out, or your own brand of titillating touches that should drive me wild.
6. ***Bodily Functions.*** During afterplay is not the time to let out a big ol' fart or belch.

Please keep your emissions to yourself. Holding it a few more minutes won't make you explode.

7. ***No Wham Bams.*** This is not the time to decide that you don't like me. Don't just up and leave after the deed is done. A few minutes ago you were totally and completely into me - trying to get some action, so don't act like I'm a virtual stranger. That is just not polite, we are no longer in the wild west here.
8. ***Conversation.*** Do not start talking about stuff that is totally unrelated to Us. I do not want to know if the Steelers game comes on in a few minutes, or what rims you are getting on your car. The proper topics during afterplay would be anything surrounding sex, the relationship, your feelings, the innermost thoughts that you normally don't talk about. Remember this is all about feeling fully connected, so you have to take down the barrier of BS and don't be afraid to show your romantic, vulnerable self.
9. ***Stay Away from the Phone.*** *Do not, under any circumstances, roll over, check your phone for missed calls or text messages, then proceed to return them! ESPECIALLY if they are from other women!!!* You will get your ass kicked out of bed for that kind of crap.
10. ***Hygiene:*** Suggest a shower together. You will heavy points for this. It's an activity that gets us clean, and still retains intimacy. Don't leave the used condom on or around my bed. Dispose of it properly. If you need directions, read the package. And if you can't find it, please let me know so that I don't find it dangling from my vagina when I'm in the shower the next day.
11. ***Don't be greedy.*** If you are going to get food, snacks or water, bring back enough nourishment for two. Volunteering to go get water to replenish our sweaty selves will get you super points

Emission is an instant whereby man gets satiated but for a woman there is no such instant but whereas urge has created nerves′ alertness at many areas which are to be interacted till she comes to normalcy (preferable to her satisfaction) to get satiated. Man′s sexual tension is released by instant reaction but in women the tension is released by interactions; even the reactions in women do not create any such feelings of loss of energy and interest like in men. In a man the accumulated and built-up sexual tension is instantly released on account of biological emission outside through an outlet thereby he calms down immediately; whereas in a woman the accumulated and built-up sexual tension has to cool down within-herself by reactions hence she cools down slowly. It is like the vomiting sensation vanishing after vomiting and vomiting sensation diminishing without vomiting. A man discharges on account of satiation and woman discharges for enjoyment. Orgasm is a satiated point for a man but orgasm need not be a satiated point for a woman. For men orgasm and satiation are same but whereas for women both need not be same. For a man orgasm is satiation but for a woman orgasm is only a peak point and cooling down the nerves′ alertness to normalcy, to her immense satisfaction, is satiation.

On account of certain social values with which she has been brought up, generally, a woman′s basic instinct is ‘sex with security′, as such after the urge vanishes on account of the undergone sex, her sub-conscious, on account of her basic instinct, is to be satisfied about the security aspect in the undergone sex. For a woman security means 'taking care of her'. ′Hence care factor is very important here. Therefore after the active sexuality, every woman generally requires expression of care by her man which care is sub-consciously translated into security. Moreover, the beginning of her sexual life with man would have left a strong impression that a man is selfish and he is concerned with his orgasm but not her satiation. As such any expression of care by her man after his orgasm is translated as selfless love of her man towards her which, in turn, is translated by her sub-conscious as a complete security for her.

During one′s early life and during the early stages or relationship with the opposite gender during childhood, certain interactions of the person whom the self was attached, had got liking, with self would have strong impressive personal values and in later life the typical interactions of her/his person with him/her in sex are always interpreted with the impressed values. On account of precarious mould in which a woman is made, she will always be sentimental about these impressed values. Therefore after her urge in sexual act diminished, if her man interacts in such a way so as to enable her to interpret the interactions to be caring that will pave way for long-lasting sexual relationship between them.

Dr.Van de velde, in his book, ′Ideal marriage its physiology and technique′ says that after-play (i.e. anti-climax) seals and confirms the intensification of love attained in communion. It is a part of sexual intercourse because of its interchange of tender impressions and sentiments. It is no diminution of this interchange that it is of necessity predominantly psychic, so that body contacts are only accessory. On the contrary this makes it the most delicate and ethereal and (in a sense) altruistic of all acts in the love drama. Its intimate technique is not physical but psychological by cultivating this portion of the sexual relation with the greatest care and attention, avoiding excess, without extravagance and exaggeration, but with the imagination that requires

the utmost delicacy and grace. Physiologically until perfect equipoise and control return the golden rule enjoins no strong stimulation which might interrupt and deflect them. The duration of the after-play can not be suggested because its end can not be defined. In a nut-shell, if one of the partners has come back to normalcy but not the other, then the partner who has returned to normalcy should make, both physiologically and psychologically, the other partner also to come back to normalcy with satisfaction and this is a 'must' during anti-climax in hetero-sexual affair. This need not be constrained to man, or woman, only but applicable to the both. However in majority of the occasions man reaches anti-climax period earlier than his woman, that is why most of the books on sex speak about the golden rule to the men rather than to women. In many cases, when the purpose of sex, in the same episode, differs between the partners and on account of this, if the woman gets satisfied earlier but not her partner, she has to help him to reach the climax to come back to normalcy. In the case of man, he can reach satiation after her satisfaction so that there will not be much time gap between his reaching normalcy and her reaching; or both can reach satiation simultaneously and the he can attend to her needs to enable her to come to normalcy with satisfaction; or otherwise, if he has got good potency, he can reach his satiation at his will then attend to her needs during his relaxation period and again climb to satiation through different parts of hers to enable to satisfy her at her every ebb but with the aim of coming through anti-climax together.

At epilogue prevails at the end of every book or essay, or article, the satisfactory anti-climax is a must in every heterosexual affair. As it is more concerned with psychological satisfaction than physical satiation, it is a must in every sexual affair between lovers and in the marriage. As it expresses love and guarantees security of care it is very important for women, and it confirms her partner's understanding of her needs which is very important in the married life for her. Procedural interactions during the anti-climax so as to serve the purpose can only by from the past-learned experiences of sexual episodes between them; because, because of one's personal sexual values and impressions, certain interactions are interpreted into certain meanings and also they create certain impressions. From the learned experiences adopting such interactions, with love and mutuality, to make the partner to come to normalcy with satisfaction, or satiation as the case may be, is the theme of anti-climax.

Epilogue

In every case you should watch your woman while you are working on her and look for the signs and symptoms of eroticism. If, instead you observe that she is experiencing feelings of discomfort, pain, ticklishness or displeasure in any shape or form, STOP IMMEDIATELY what you are doing and try something else. To try to force eroticism upon the woman by compelling her to undergo and like what you are doing to her and suffer into the bargain, (as when in reality she does not like it), is a disastrous and futile policy. It will only turn her against your proceedings and ultimately against you, thereby doing harm and no good, while completely nullifying all the objectives you have been striving for. It will only lead you to failure and disaster. Progress, no matter how slow, is yet progress; while haste makes waste in every sense of those terms.

A very, very, very useful tip to bear in mind at all times is to watch a woman's eyes closely with out letting her know you are doing so. In the course of love-making, ladies have the unconscious habit of glancing downwards at the part of their own bodies to which they would like you to pay attention. Follow up this tip therefore, and when you notice your partner glancing downwards at her breasts or pubic region, lose not a moment in gratifying her secret desire, so coyly but unconsciously betrayed by her, by paying the necessary attention to that part. As with nearly everything else, it is necessary to experiment in order to ascertain what methods of holding and which methods of kissing, most excite your woman. But don't let any one particular way become stale. Vary your approach each time so that she can always look forward to a pleasing surprise. Variety is the spice of life, as somebody put it.

Never, never, never try to conquer her by force.Not only will you fail, but the woman will take an aversion to your love-making and to you.Gentle, soothing, surreptitious, sly, cunning, are the passwords for these operations. To repeat once again, Slowly, slowly, catch ï¿½um monkeyï¿½, as the Chinaman said. Do not hurry, but go forwards by degrees from conquest to conquest.At the same time, watch your woman closely without letting her know you are doing so.If you find she expects more from you, wants more from you, give her that more and still more again. If she wants a little rest, allow her that rest.

BUT NEVER, NEVER, NEVER, NEVER LET HER GO UNSATISFIED.

Kiss with your whole being or not at all. It is better to give too much, to kiss and fondle her too much, rather than too little. Nothing is so devastating to a woman as to have her erotic emotions raised to a peak, only to be dashed down in disappointment

thereafter.The Ancients said, and said wisely, that those who are skilled in the game of love may kiss many times, but each kiss would be different from the one before. This game should ever be kept alive between you and your woman and should never, never be permitted to grow cold or become stale. There are many little ways in your every day movements by which you may give her a sexual thrill, such as by lightly brushing against her breasts with you hand, arm or body, or by rubbing your body against here in passing her or by coming up silently from behind. She will understand you hidden; unspoken invitation and it will surely thrill and create a great expectation of sexual feast in the coming private session with you. Her expectation and imagination will be set afire. BUT PLEASE KEEP IT UP TO SERVE THE FEAST WITHOUT FAIL AND TO HER SATISFACTION.

So, let yourself go, my friend. Don′t be a hypocrite or pretender.Be natural be true to yourself and to your woman.Have no inhibitions, no dislikes, no gesture of fastidiousness, reservation or of holding back. Throw yourself into sex heart and should with your woman when you perform the act. Satisfy her fully and be satisfied yourself.She will cherish you all the more for it and you will cherish her, and the continuity of your married life and home will be fully assured.