

Welcome to Expanded Lovemaking Blog

Hello everybody!

I'm Dr. (PhD) Patti Taylor - and this blog is devoted to Expanded Lovemaking, a path of profound and ever-increasing pleasure, bliss, and consciousness.

You can learn more about me (and sign up for my events calendar and private mailing list) on my website, www.ExpandedLovemaking.com.

For more than 15 years, I've taught thousands of people to be better lovers, experience way more pleasure, and to be able to embrace and experience the rapture available to every one of us in every moment. I've written two books, a PhD dissertation, and produced and starred in an educational video.

We'll talk about love, relationships, erotic energy, the power of mind/body/heart/spirit coherence, transcendence through the path of pleasure, and lots more! This is a wonderful way to have more fun and pleasurable connection in your life!

Hope you'll join me!
- Dr. Patti

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What is it About Words....?

What is it about words that are so powerful? Have you ever noticed how they have the ability to take you deeply into an experience .. or out of one?

Okay, I am not talking about the obvious stuff, like being in the middle of a delicious, vibrant, hot, wet, juicy, Expanded Orgasm date and having your partner yell, FIRE! Even I'd get up and run out of the room. (Assuming he wasn't referring to what he was feeling running up and down his arm). Presumably, my consciousness would be expanded enough to know whether to run or stay!

No, I am talking about common words. ..You feel soooo good... ..You look realllllly pretty... These work! Rule of thumb.. anything that starts with the word ..YOU.. is going to make ..ME.. feel like the center of attention and feel pretty wonderful.

So how about when you really want to blast off? What can I say, as the receiver of pleasure, when my luscious lover is, well, just a little distracted? I want to take him out of his head, for one thing. Often, he's actually trying too hard to please me and it's backfiring.

"Spot! Where..s that \$%&* Spot!" he's thinking, perhaps .. and he's in his head, and not watching/feeling/drooling over me. Or he's wondering how he's doing, or what I'm thinking, or, whatever. He's not feeling fire running up his arm, that's for sure, and neither am I!

I did this last night. We entered into a bit of a lull, and I asked my partner to get a little drunk with me. ..Be drunk in love.., I cooed. That catapulted him right out of his mind. I reminded him not to fall out of bed, or off my spot, but to sway a little in the breeze, like being drunk yet in a boat, anchoring to my spot, all the while pleasuring me.

Worked like a charm. Flames were leaping soon.. the good kind!

Yours in ever-expanding pleasure,
Dr. Patti

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Saturday, December 09, 2006

A Recent Letter

The other day I got the following letter:

Dear Dr. Patti,

I'd just love to learn about Expanded Orgasm. But I'm not sure if I could survive coming for an hour! While I sure do love that explosion of pleasure, I find it hard enough to go over the edge for more than about two minutes, or have an orgasmic "session" that lasted longer than about twenty minutes. I'm afraid my nerves would get fried right down to the bone. Is there hope for someone like me?. Signed, Hopeful but maybe Fried

Dear Hopeful, (and can we drop the "Fried?"),

Expanded Orgasm is not about time... it's about experience beyond time .. and space. A person can be in a state of deep expanded orgasm for seconds, minutes, or hours - and this applies to men and women alike.

As for the nervous system, I'm thinking of the experience I had yesterday... my entire being (and its neurology!) was flooded with profoundly pleasurable sensation, streaming through like a river, continuously, as I continued to breathe deeply, nourishing my entire nervous system with feeling, and delight, and letting go. (I am guessing this part extended about twenty minutes.)

As I went 'over' the edge... (about five minutes, according to my partner, in clock time) ... actually more like, "though an edge" - I am thinking of the snowcap of a mountain, but now, this peak has rivers running from source, and this peak is alive with streaming, it's a domain with no beginning and no end, and my body is swept through to various levels of contractions, uterine, vaginal, labial, abdominal... transmuting into effortless sequences of full body vibrations.

So, afterwards, well, it's actually quite the opposite of feeling fried... it's deeply restorative, with a sense of powerful fullness and largeness - a sense of physical, energetic immensity.

Ultimately, it's about connecting with the Current, that universal OM...

So, of course, you can always start by getting my book (Expanded Orgasm: Soar to Ecstasy at Your Lover's Every Touch) or take one of my courses (sign up to my email list at www.ExpandedLovemaking.com to find out about these!). I'm also planning to offer podcasts, and videocasts, and this is where you'll get all my latest information.

In the meantime, connect with curiosity with your partner. Go out of time, out of space. Let his finger find a good place on you and then.. let go of goals like going over the edge. (This sounds hard, but that's where the fun begins!)

Yours in ever-orgasmic pleasure,
Dr. Patti

Tuesday, December 12, 2006

Play Attention!~

Attention.

Last night my partner was bugging me to tell him how other men stacked up to him as a lover. Naturally I was reluctant to answer him until I exacted several layers of promises that this information would not be used against me – or himself. After I had gotten a healthy dose of reassurance – looking deep into his eyes, taking his pulse, checking for fever, (ruling out temporary insanity), etc., I thought long and hard. Finally convinced of his sincerity, and also of his determination not to stop asking me, I answered.

With the best lovers, it's a matter of attention. They know how to find my favorite sensual and sexual spots to stay on, both inside and out. They know “where”, and “how” to touch. But it's more than that. They also know how to take me up and down, energetically, without dropping me. And that's the timing, the “when”. Attention covers all of these points, all at once.

Imagine a plane trying to gain some loft. With just the right amount of acceleration, there will be a steady take off as the plane reaches enough altitude to go above the clouds. However, without enough combined sources of energy (the right mix of where, how, and when) in the beginning, that same plane becomes a “puddle-jumper” – it makes several trips up to tree-level, but then returns down to the ground, never to see the clouds. Puddle-jumpers never reach that critical loft, or effortless place (a.k.a. “the fun in the sun”). You do take a trip, but just not through the fabled clouds into lover-land.

Can you get there (or take someone there)? Yes! Attention ultimately creates that longed-for “lover's loft”. So yes! It does take training, though, to have great attention. However, great attention has a super-charged payoff.

Attention is what has the giver of pleasure notice when his sensuous strokes are bringing you, the receiver, up too fast, or not fast enough. Attention is what has your partner notice when you need more stimulation, a softer touch, a stronger touch, or whatever! Attention has a great lover give you that symphony of perfect pleasure in every moment, just as you energetically reach for whatever it takes to climb to the next stair-step of sensation in the sky.

I thought my partner would faint by the end of my revelation. I checked his face. Would he be bright red or pasty white by now? But he was busily taking mental notes, paying a huge amount of attention to everything I was saying.

Smiling, he reassured me he'd heard everything I'd said. He then proceeded to get further clarification so that we could practice some advanced attention skills right away.

Ah, what wonderful things attention brought us last night!
Dr. Patti