



Bonus 2: Add Your Hands

Dr. Martha Tara Lee: This is Bonus 2 of Tongue Twisters and by now you're pretty good with your tongue I would say. You have done the exercises, you have used the props, and you even know how to use ice cubes. So that's pretty awesome. In the previous video I talked about the use of breath and in this video I'm going to talk about something very, very simple but I really want to put it out there in case you didn't really know. Most people can't really do one thing at one time especially for some reason, men, and we are creatures of habit and if we want to be skilled in the big room you actually need to start doing different things. And one of the best ways to do different things is watch where your mouth is and if your mouth is up there and what can you do with your hands.

So if your mouth is kissing her or him and you are on his or her breast then you're up there then do something with your hands. Maybe with your hand you can hold on to his penis, you can stroke it with your fingers, you can start massaging her genitals, and if your mouth is down there giving her or him oral sex then what are you doing with your hands? You can reach up there and hold on to his nipples or just hold his chest or her chest and you can also do strokes.

With your hands you can stroke the things for instance or cup the butt. If you can do more than one thing at the same time, do two or three or four things at the same time this is when you can start to feel really amazing. And it really doesn't take a lot to do that. So what I want to share with you is just remember the simple formula that I do share with my clients all the time and it goes like this.

Okay, if you're up there, do something down there. If you're down there, do something up there. So the up and down the two areas are covered. So if you can just keep that thought in your mind, if you're up there do something down there, if you're down there do something up there, if you can just keep that in mind then you will really start thinking, oh yeah I remember that and then you start doing it however awkward it is at first. Just like anything you need time to get better at it and the easier way to do this is to just do one thing first whether it's up there or down there.

Just do it, you know, continue with your kissing or your oral sex just continue for a bit and then add. It's just like going to the gym and they have those workouts like Body Combat, or Kick Boxing or Body Pump.



They get you to do the simple motion first then they get you to do more, and before you know it you're turning around and twirling around and it's because you get your body to be a little bit more conditioned to that one thing and then they just keep layering more and more.

And you can also take that philosophy and do exactly the same thing. So I hope this video is giving you a little bit of ideas what else you can do in the bedroom with this time your hands. And so this has been Dr. Martha Tara Lee of Eros Coaching. I would love to hear from you, your thoughts, comments, feedback, questions, and also your experiences and your stories. If you have any suggestions about what else I should cover in this program feel free to drop me an email and let me know. And in the meantime, keep loving, live life fully, and stay lovely.

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