
ZenGasms™

How To Master Female Orgasm – The Zen Method

Derek Rake

LEAKED CHAPTER



<http://www.zengasms.com/zengasms.html>

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We believe that an active and healthy sex life, based on mutual consent and respect between partners, is an important part of a healthy relationship. We also believe in the practice of safe sex, through the use of contraceptives, regular medical examination, or both. Moreover, we respect that sex is a private matter and that each person has a different opinion of what sexual practices or beliefs are appropriate.

We are committed to offering responsible, professional, and helpful advice about sexual matters. However, this book is intended as a reference only. It is not intended as a substitute for professional advice. Please consult a competent professional for your specific sexual, medical or other concerns.

WARNING: This publication contains explicit adult content not suitable for anyone who is under the legal age limit.

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Praise For Derek Rake's

“ZenGasms™”

“Powerful...a masterclass in female sexuality” – Zach Rock (via email)

“Chock-full of usable techniques – highly recommended” – Double Dare

“Derek Rake masterfully dissects the subject of female orgasm and distilled the complicated subject into a set of easily applied tactics and techniques that can be used by any man.” – Erik Garcia, Toronto

“Proven tactics to turn any man into a stud” – Roger Drake, San Diego

“Another home run, Derek!” – Kenny Seetho, Hong Kong

“Probably the only sex manual that a man needs. ★★★★★” – Kazuhiro K., Osaka, Japan

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Chapter 4. Building Comfort & Security

Making her feel comfort and secure about herself and her body is obviously an important process.

If it's her first time with you, she'll most likely feel a little discomfort and even a bit insecure about her body. She also doesn't want to feel like a 'slut' for wanting to sleep with you and may have some hang-ups about having sex too soon.

All of this discomfort and insecurity can easily be taken care of, simply by saying the right things to her.

Here are a few examples of what you could use to make her feel more comfortable and secure...

If you're about to sleep with each other fairly quickly since first meeting each other, you could say –

“I realize this is moving fairly quickly. And, normally, I'd be a bit hesitant about it.

But, you know what... I really like you a lot, and I feel that we have really connected so well with each other.

And it's more than just a physical attraction, know what I mean?

I really feel comfortable with you.”

Additionally...before I have sex with her for the first time, I will stop and say...

“Listen... before we do this, there is something I have to tell you...”

First of all, I want you to be absolutely sure that you want to do this. If you're not sure, I don't want us to continue. Because I want us both to enjoy this as much as we possibly can, and I don't want there to be any regrets.

Secondly, we must use a condom. There is just no way around this. Safety is very high on my list.

Are you okay with all of that?"

Here's the reason for the above two speeches.

Most women are concerned about the things mentioned above anyway. **By getting it out in the open and addressing them, you get it out of the way, and out of her mind.**

Also, a woman who hears a speech like the one above will think, *"Wow, this guy is not just here to f*ck me. He actually has standards and cares about more than just physical gratification."* And that will make her feel more comfortable and confident about her decision to sleep with you.

Once you've got her naked in front of you, or as you're in the process of taking her clothes off, you can once again make her feel secure about herself. Even supermodels who seem to have perfect bodies are insecure about some part of their bodies.

You can say something as simple as, *"Wow...you look... beautiful."* Just those few words can do wonders for her.

And be genuine about it. Don't try to over-do your comments.

Don't say, "You have a model's body" if she's soft or heavy. She's not stupid. Keep it simple, and mean what you say.

4.1 Stimulating Their Senses

One of the main differences between men and women, as discussed in my book **High on Sextasy** is how they view and perceive the world.

While men are mostly visual, women prefer the other four senses more. This is most visible when it comes to sexual arousal.

In order for most men to get aroused, all they need is a visual of a naked or scantily-clad attractive woman. That is enough to get men to start thinking about sex and get them physically aroused.

“
Women needs
more than just
visual stimulation
to be aroused.”

For a woman, it usually takes a bit more than just the visual of a naked or almost-naked, attractive man to get her aroused...unless she is already turned on to some degree. **She also needs her sense of smell, taste, sound, and touch to be engaged along with it.** In fact, often times, she'd rather have all the attention go to her other four senses instead of her sense of sight.

This is why women prefer to read a romance novel or erotic story instead of watch pornographic material (videos, magazines, etc.)

It's not that women hate porn. Studies show that the modern woman actually enjoys watching porn. It's just that she doesn't get turned on by it...not enough anyway.

She needs more than just the visual. She needs her other senses to be stimulated. Erotic stories and fantasies do just that, which is why women love that stuff.

It's the very reason every major bookstore has an entire section reserved for romance novels (ranging from 'soft and sensual' to 'hardcore'.)

So, you see, women (at least the sexually-empowered ones) are just as eager to have sex. But, most men simply don't know how to get her aroused enough that she will want to progress to the next level, short of touching and kissing her.

Most men don't know what stimulus to offer her, to get her aroused.

Okay...so, how do you stimulate her senses?

By using words, of course.

I prefer using my voice for this. But, if needed, you can also use written words (email, text message, hand-written notes, etc.)

Here's a sample of what you can use to get things started:

Me: Hey, what would you say is your favorite scent?

Her: Oh, I love the smell of freshly baked cookies!

Me: Oh, me too! And, I love apple pie too.

Her: Yeah pie is good.

Me: What scent would you say turns you on the most?

Her: Umm... I love the smell of a man's aftershave.

Me: Oh yeah? Is it because it means he's just showered and shaved?

Her: Yes, exactly! He's all clean and smelling great, and smooth skin..

Me: Cool. What other smell?

Her: Scented candles.

Me: Ah, yes... what's your favorite scent?

Her: Lavender.... Vanilla is good too, but not too strong.

Me: Great. And what about touch? Either you touching something or it touching you...

Her: Hmm... silk sheets... I love those.

Me: Yeah, that feels great against your skin, huh?

You get the idea. You can go deeper with this, go through each of her senses, amplify her favorite one, etc.

You can also combine the sensory script above with the earlier 'guided relaxation' script for a powerful combined effect.

When you're saying these words to her, you should be in an aroused state yourself. Otherwise, this stuff won't work as powerfully as it is designed to. Remember, you're taking on the teacher's role. So, you have to lead them, by going there first.

I also strongly recommend that you get her to experience an orgasm over the phone, first. (I recommend you do this even if you've already had sex with her at least once. You'll see why below. I will also share a sample conversation/script that you can use as a guide.)

There are many benefits of this. Firstly, **it's much easier for her to have an orgasm by herself because she knows her body best.** Also, when you're on the phone, she's likely in her bedroom where she feels safe and completely comfortable. She can do whatever she wants to herself, to reach orgasm, without your knowing.

Also, people are generally more open and uninhibited when on the phone than they are in person, face to face, for obvious reasons.

Secret tip: You can also use this opportunity to associate (i.e. link) your voice to her arousal state and orgasm. You can use this at a later time to get her aroused very easily. (More on this powerful strategy later.)

[Remember, when I told you earlier that you will learn things in this manual that most women don't even know about? You're starting to get a taste of some of those powerful methods now.]

In a later section titled, "**Get Her Highly Aroused Without Touching**" I will give you some specific language to use, to get her incredibly turned on, or even get her to have an orgasm, just by using your words.

When you're having phone sex, or even when you're enjoying the real thing... Find out which sense(s) your lover prefers more, over the others. Make a note of those and use them in the future, to intensify her pleasure.

4.2 Mind Candy

You've probably heard before that the **most powerful sex organ in a woman is her mind**. This is absolutely true.

Due to the nature of a woman's neurology (*how she's wired*) and how she perceives the world, her mind is the absolute easiest way to turn her on and get her closer to an earth-shattering orgasm.

You've already had a taste of this, and seen the effects of just your words, in the previous sections. You've already seen how using just words and questions get her thinking erotic thoughts, which in turn gets her body turned on.

Now, we're going to take it even further and discuss more powerful ways to turn her on.

I guarantee you, that what you're about to learn here is stuff that most women don't even know exists. When you start using these powerful methods on women, she will see you as someone very unique and special...unlike any other man she's met before.

4.3 Create Attraction

Here's an easy way to make her feel irresistibly attracted to you.

The power of this technique comes from the understanding that every woman has an '*attraction process*' that she goes through in order to feel the feelings of 'attraction.'

In the popular book, "[How To Seduce Out Of Your League](#)", I revealed two very powerful secrets about persuasion.

The first one was...

If you can get a person to feel a particular emotion while they're with you, their mind will attach that emotion to you.

For example, if you both see something funny and start laughing together, on some level in your minds, you'll associate "being with the other person" to "fun," "enjoyment" and "laughter."

The next powerful secret is...

If you want a person to feel a certain emotion, all you have to do is remind her of a time in the past when she felt that same emotion.

Example: If you want her to feel the feelings of "attraction" (so that you can attach those feelings to you,) just get her to think of a time in the past when she felt the sense of attraction with someone.

The easiest way to do that is to get her to reveal her 'attraction process', by asking her about it. Here's a sample script that you can study and use. I recommend that you do this one in person, not over the phone:

You: So, I've got a crazy question for you... can you remember a time in your past when you felt incredibly attracted to someone?

Her: [Laughs] Yes, of course.

You: Oh, cool. So, I'm curious... what's the first thing that you noticed happening either in your mind or in your body? What's the first change or the first signal you get when you realize that you are really attracted to...this person?

Her: Umm.... I start getting anxious....and excited.

You: Wow...that's interesting. What else do you notice? Do you feel anything in your body at all?

Her: Sure, I start feeling all tingly and hot. And, I get butterflies.

[Clarify what she means by each description. Don't assume anything. By doing so, you will also get her to re-experience what she felt.]

You: Oh yeah? That's pretty cool. Do you feel tingly all over your body?

Her: Umm...no, mostly in my chest area.

You: Ah, ok....and by "hot," do you mean that you get turned on, or you feel temperature hot?

Her: Temperature hot. Like, my body gets really warm and fuzzy...you know.

You: Yeah, yeah...I think I know what you mean. And, the butterflies are, of course, in your stomach, right?

Her: Yeah, butterflies in my stomach first.

You: Oh...and then what happens?

Her: Then, the tingly sensation...and then it moves up to my chest.

You: Ohhh....so you get the butterflies first. And, then it turns into the tingly sensation as it moves up your chest, in that order?

Her: Yeah...

You: Wow... that sounds pretty cool. I bet it feels great, huh?

Her: Yeah, it feels pretty good... [Followed by a soft laugh]

You: So...let me see if I got this right... [Repeat her entire process again so she can feel it even more strongly]

When you find that you're attracted to this person you're with....first of all, you get a bit anxious and excited... And, you get warm and fuzzy all over.... Then you feel the butterflies in your stomach, right? [She agrees.] And, then it starts to get all tingly and moves up to your chest, huh?

Her: [Face is one shade redder than before. Takes a long, deep breath and says] ... Yeah, that's it.

You: How do you feel right now?

Her: [Giggles softly] Really good.

You: Yeah?

Her: Yeah...reeeally good.

At this point, her face is flushed, she's breathing heavy, parted lips....she is experiencing her own 'attraction process.'

This is powerful stuff.

Important: **Every woman's attraction process is slightly different.** So, when you ask her the questions as shown above, her answers may be different from what is shown above.

Pay attention to her answers. And, repeat those specific answers back to her - in the correct sequence.

The key to get her to feel turned on is to talk about **feelings and emotions, and past experiences.** Ask her about hers, share yours. The more she talks about it and describes it, the more strongly she will feel all of it again, right there.

4.3 Get Her Highly Aroused *Without* Touching

This process is very similar to the attraction process shared above.

In this case, you'll ask her questions that will get her to reveal her 'arousal process.' And, just as it happened above, as she starts describing her process, she will once again start to feel the same emotions and sensations.

I recommend that you do this one on the phone first, *especially if you've just started dating someone new.*

Get her to have a powerful orgasm in the privacy, safety and comfort of her own bedroom (it's much easier for her to have one in that setting) **AND** link her experience to your

“
The key to get her feel turned on is to talk about **feelings and emotions, and past experiences.**”

voice so that you will be able to get her to orgasm a lot easier when you're together in person.

Tip: As you start going in that direction, over the phone, and as she starts to get turned on, you may get some resistance – even if you’ve been dating her for a while, especially if this is your first time experiencing phone sex with her.

No problem. You’ll just need to build some comfort and reassurance in her. You can use phrases like these (below) to easily get the job done...

“I bet you would sound incredible when you come.”

...OR...

“Wow...I can’t wait to hear you...Just the thought is driving me crazy...”

Here's a sample phone conversation/script for it:

Me: Hey, Ivy... how are you doing?

Her: Oh hey! I'm good...and you?

Me: I'm fine, thanks. I had fun at coffee on Tuesday.

Her: Yeah, me too. HEY, I've been thinking about that 'dream catcher' story you told me. That was so cool, I was telling my friend about it.

Me: Oh cool. Yeah, I liked how that story ended. [It ended with us kissing]

Her: [Laughs] Yeah, that was definitely a good ending, huh?

Me: Yeah...and you remember what I whispered into your ear after that? [That if she gets me on the phone, she'll be in big trouble.]

Her: [Giggles] Yeah... but, I bet you're all talk, huh! [Oooh, nice challenge.]

Me: Oh, you think so, huh?

Her: Well? You tell me!

Me: Okay, where are you right now?

Her: Umm...in my room.

Me: Is your door open?

Her: Yeah...

Me: You'd better close it.

Her: [Short giggle] K, hold on.

Me: Ok....so if you were to think back to a time when you felt really...."excited"...
[Said in a seductive voice.]

Her: Uh huh...

Me: What's the first thing that you felt in your body? How does it start for you?

Her: Like my body is covered in warm, gooy liquid.

Me: Sounds wonderful. What happens after that?

Her: I'm all tingly all over...and I can feel...certain parts...start to throb and swell up.

Me: Yeah?... Which parts?

Her: You know.....[pauses].....like between my legs [voice gets softer]

Me: Yeah... feels really wonderful, doesn't it?

Her: Yeah it does

Me: What happens after that?

Her: It just keeps building...and spreads through my body.

Me: Does it spread slowly or quickly?

Her: Slowly at first. Then when my whole body is covered, it spreads again...faster.

Me: Spreads again...what do you mean?

Her: Well....it starts again from the same spot and spreads faster all over.

Me: Wow...and does your breathing change at all?

Her: Breathing gets quicker...and my heart starts beating... faster.

Me: Yeah...and it feels really good, huh?

Her: Really good....and it keeps building, feeling better and more intense all the time.

Me: Do you still feel excited or anxious?

Her: You just...like....you let go of everything...and you just enjoy it and you're not worried about anything. All your cares like...just...fade away...

Me: And you just keep feeling better and better, huh?

Her: Yeah....

Me: Do you still feel the throbbing in...you know....

Her: So much now...the muscles just...the contractions are happening ...and it just keeps building till you can't stand it anymore.

Me: I bet you're really wet at this point, huh?

Her: So wet....so wet right now....

Me: And you feel just....so ready, don't you?

Her: I'm so ready....yeah...

Me: Just throbbing faster and faster...and the pleasure just building...

Her: yeaah.....really fast.....so fast.....so close....

Me: I can't wait to hear you...I bet you would sound incredible...

At this point, all you really have to do is keep accelerating her state by using words like 'faster,' 'harder,' 'deeper,' etc. Keep amp'ing things up while she pleasures herself and takes it to the finale.

As you can see, the above is very different from the average 'phone sex' conversation. All you're doing is asking her questions that lead to the next stage of her 'arousal process.'

That's it!

Notice that hardly any dirty or sexual words are directly spoken. It's all just about what she's feeling and experiencing. That's why it works so well, and so easily.

As she's describing each state, she's re-experiencing it, and her mind - and body - remembers and follows along almost on auto-pilot.

You can also add in phrases like these...

And, you're being touched...in just the places you want be touched most... in exactly the way that you want to be touched...it can just take you all the way to the peak of ecstasy, can't it?

Again, notice how different this is from what most guys would say to turn her on. I never really say exactly where I'll touch her, or how. Because I have no idea how she likes to be touched! So, I'm not going to assume anything.

Instead, by phrasing it as I've done above, **I'm letting her imagine it in exactly the way that she likes, so that she can have the best experience, and create the best orgasm** - that no one else could ever give to her.

BUT... since you will be anchoring her orgasm in some way, you'll be able to give her some pretty amazing orgasms later - more amazing than anyone else ever has.

And, as you start to combine this technique with all the other strategies and secrets in this manual, *you'll soon be able to give her orgasms even more powerful than she can give to herself.*

Now, if that doesn't qualify you as a master of female orgasms, I don't know what does!

Actually, wait... coz it does get even better than this... onwards!

4.4 Advanced ZenGasms™: Orgasm On Command

I can't believe I'm revealing some of my best-kept secrets here, but hey, if it helps more women out there to enjoy life more and live more fully, then I'm all for it.

Here are some powerful ways to create orgasms on command...

Step One. Install Your Voice: When you're getting a woman aroused, especially over the phone, be sure to 'install' your voice to her experience.

There are a few ways to do this. The first one is to simply say certain words, like "Yeaaah...", or "Feels soooo good..." etc. The key here is to use a soft, erotic voice. In other words, you have to feel aroused as well, when you're saying those words. (And, if the image of a woman masturbating on the other end of the phone doesn't get you turned on, something's wrong.)

It is best to use this voice (and words) when she's highly aroused (i.e very near an orgasm) and also during the actual orgasm. You may have to speak over her moans. It's okay, you can do that.

This is extremely powerful stuff. And, yes, it works! More on this below...

Step Two. Creating Arousal Anchors: What you've just done above (with your voice) is create an anchor (or a trigger/switch) using your voice.

Here's why this is so powerful...

When a person is feeling a peak emotional state (pleasure, joy, excitement, etc.,) whatever is going on around her will get linked to her experience. It will become a trigger that you can use in the future.

That means, the next time you're with that person, and you'd like her to feel the same emotions strongly - and instantly, **all you would have to do is say those exact same words, in exactly the same way** (same tonality, same tempo, with just as much emotion,) ... and she will *instantly* go back to the emotional high (or very close to it) that she was feeling when you 'installed' those words.

An anchor is a way to 'lock in' her emotional experience for an instant replay, sometime in the future.

If they've felt something at least once, they can feel it again. And they can even experience more vividly and powerful than they've ever done before.

*YES, that means, **you** can teach her to take her orgasms to the next level. Who's the master now?*

Okay... the above example of installing your voice is just one form of an anchor. Coz you see, an anchor can be created with almost anything. It can be a sound, it can be a touch, a smell, a taste, or even a visual (sight.) Any of her senses can be used to create an anchor.

**“
...combine more
than one of her
senses to create the
same anchor.”**

If you really want to make it powerful, **you can combine more than one of her senses to create the same anchor.**

So, the next time you're having sex with her, wait for her to reach a certain peak of arousal...and then fire off your voice anchors (that you've set earlier) and simultaneously touch her in a very unique way.

Example: Use your left thumb and touch her firmly on her left shoulder just as she starts to orgasm. Hold it there for at least a few seconds, but remove it before she stops orgasming.

This is just an example, of course. You can use any touch, on any body part - as long as it's unique enough so it doesn't accidentally get triggered by other people. ;-)

Also, you want it to be unique because her brain will easily pick it up and associate it to the orgasm.

Voila! You just created a double anchor for the same emotional state (her orgasm.)

Important: Don't just install your anchor one time and assume that it is set. Do it several times. In fact, set the same anchor, in exactly the same way, each time she has an orgasm. This will reinforce the same anchor more powerfully. The more times you do it, the stronger the effects of the anchor will be when you need to use it.

I have brought a woman to orgasm, in under 30 seconds, by using the above technique. That's why I've named this technique "on command."

So, please don't let it go to waste. This stuff works! And, the women will be both amazed and deeply satisfied, each time you use it on them. *(Of course, most of them will have no idea how you are doing it. They'll just know that you have this 'strange power' over them. And they won't be able to get enough of it.)* ❖

Get The FULL **ZenGasms™** Manual Now

Discover the powerful and shocking secrets that can give you the ability to make any woman explode with orgasmic pleasure...almost on command.

Now, you can easily learn the "little-known" skills, know-how and techniques of...

- How to 'prime' and totally awaken a woman's body so that she can start having more powerful orgasms, more frequently, and more easily.
- How to give your lover the most amazing, mind-blowing orgasm she's ever had. *(This is not the 'same-ol' repetitive information that you see in those other sex-ed books and courses)*
- How to use a secret technique that will have her trembling with exquisite pleasure whenever you want - almost on command. This is a power that *few* men have.
- Learn secrets about a woman's orgasm "process" that most women don't even know about. *(I realize this is hard to believe, especially for a woman, but it's absolutely true...and it's life-changing knowledge for both men and women)*
- How to find, and properly stimulate her G-spot, to create out-of-this-world, trance-inducing orgasms. *(Many women can't find their G-spot on their own. And out of those who can, very few know how to 'activate' it to create powerful "whole body" orgasms. You can be the hero, the one man that can help her realize her full orgasmic potential)*
- How to master the most important piece of it all...getting a woman to completely relax her body and mind. Without it, most women just can't have an orgasm at all, even if they're trying by themselves.

- Learn easy but powerful techniques to get her body and mind completely ready for explosive, multiple orgasms.
- Discover the one secret - about how her body really works - that will open up the floodgates of pleasure for her. *(Most women don't even understand this one fully...and it holds them back from experiencing the kind of orgasm they were truly meant to have - and really deserve)*
- How to turn her on beyond belief, with just the power of your words. *(Most women are more eager and ready for sex than men will ever understand. Now you'll know exactly what to say to have her attacking you)*

Click here to download your full copy of **ZenGasms™ – How To Master Female Orgasm The Zen Way** – 73-pages long with the complete ZenGasms™ toolbox and orgasm sequence –

<http://www.zengasms.com/zengasms.html>

Don't forget to email me your success stories!

Sincerely,

A handwritten signature in black ink that reads "Derek Rake". The "D" is large and stylized, with a long horizontal stroke that loops back under the "R".

Private email: derek@derekrake.com

PS. Do you have any questions about ZenGasms? Email me at my private email address, and I will respond to you personally in a few hours at most.