

Phase Three – The Shoot or Action!

Chapter 9

Rehearse Your Lines

Communicating sexual desire is a very subtle art, and yet it is a pillar of great sex. Being receptive to and *remembering* what your lover communicates to you is equally important. One of the greatest compliments a lover ever gave me was that I was “sensitive” – to his needs, to his feelings, to his touch. He said that I paid attention to what he liked and wanted. But he also said how powerful it was for him that I responded to everything he did to me, every touch, with every part of my body. Being able to pay attention and respond was what in his eyes made me a wonderful lover. I never forgot this experience and it remains for me a measure of whether someone is indeed a good lover or not.

A good lover must be able to communicate her desires to her partner. She must also be able to listen to his desires, be willing to compromise, and be attuned to his cues. Sex, like a good film production, requires sensitive and subtle communication between all those involved. As director, I have to be a clear communicator of what I want to happen, but I also must give my actors enough freedom to interpret and act from an authentic place, one that is comfortable for them and makes them want to respond. Creating this harmony requires that I be

both strong and sensitive. This is also true when you are directing your own passionate production with your man: you must be able to communicate your desires clearly but you also must pay attention to his responses. If you want him to continue pleasuring you with his fingers before he begins to enter you, then let him know what a master he is. If you begin to investigate his body, does he relax or contract as you head toward his butt?

As crucial to great sex as communication is, it also happens to be one of the most difficult skills to master. I'd like to take a little time here to focus on why and how we can improve our communication skills. For without them, all the greatest plans and bedroom scripts will go nowhere if we don't know how to direct them.

The Good Girl-Bad Girl Myth

As I mentioned in the Introduction to this book, I believe for women the biggest barrier to communicating our needs goes back to the age-old good girl-bad girl stigma and the double standard that says it's OK for young men to sexually experiment before marriage but not young women. As much as we may believe we're way beyond those hang-ups, exorcizing such long imbedded mores takes a long time, far more than one generation of bra-burning feminists. I myself was stunned to realize just how insecure I felt about asking for what I need. It was several years ago when I had taken up with a new guy. I really liked him, hot looking, sexy, successful, only problem was he didn't make love to me the way I liked. I was telling a girlfriend about it and how I felt it probably wouldn't work

out when she said very matter of factly, “just tell him what you like.” I was taken aback, by both the simplicity of what she was suggesting and at how insurmountable that felt to me. It made me realize just how inhibited I actually was, even after all the years I’d spent in relationships, not to mention the fact that I was considered something of a sex expert. I also thought to myself, “If I feel this way, think how many other women must feel this way.”

Granted, there are those fortunate women who don’t have this hang-up, especially today’s younger women who have the benefit of their mother’s generation of feminists who began breaking through outmoded mores and claiming their right to good sex. I have a 25 year old cousin who tells me that the first thing she does with a new beau is instruct him in the fine art of how she likes to get head – just to “get that out of the way”! I admire her lack of inhibition and wish I could be the same way. But I like so many still carry around a certain level of uncertainty fueled by yesterday’s tired old messages about good girls versus bad girls, and it takes real conscious effort on my part to break through those inhibitions. But when I do, the rewards are worth it.

So just what’s behind those old good girl-bad girl messages? Without going into a whole feminist diatribe of how women have been sexually repressed for a whole slew of reasons, it boils down to the fear that uncontrolled sex will turn us in to lawless pagans engaging in non-stop orgies. “Good women” are charged with keeping their oversexed men in line, forgiving their poor “dogs in heat” an occasional dalliance with a “bad girl” for pay. This also serves to address

what I believe is a deep rooted fear that the sexually empowered woman will leave her family and run wild in the streets like an out of control nymphomaniac. Put women in charge of our morality and condemn those who don't conform to these roles and you've got a two fold solution for the dangers of unbridled lust.

For so long we've been kept ignorant of our sexual powers and convinced that good women don't have the same sexual drive as men. Remember what the late Dr. Masters of Masters and Johnson said? That "women's capacity for pleasure would put any man to shame." In most cases my capacity for pleasure far surpassed the men I was with, including my serious relationships. For years I feared I would never get to experience the incredible pleasure I am capable of. I would have to admit that only twice in my adult life have I found men who were as sensual, as creative and fierce as I am in bed, and who could keep up with me. My friend Josephine Bouio describes it as "The curse of the sex Goddess," and that's often how it felt. I'm very happy to say my current beau has allayed my fears and made me believe there *are* men out there who can match us. They may be few and far between, but they're out there.

He's also allayed my fears that it might be too late! But, his being in his late forties, and my having passed the big – gasp – five-o! – have assured me that it is *never* too late! In fact, if you take care of yourself, stay fit, eat right, and keep yourself juicy, it only gets better! For all you women facing menopausal issues, see my info about the Dr. Christiane Northrup book in my resource guide at the end of this book.)

But more importantly, we can make our man into the lover we want, or at least close to it. We just need to break through those unfair and restricting messages and learn how to convey our needs to him. I know now that when I feel reticent about asking for what I need that what's at play here is the idea that if I tell him, it means I've had sexual experience, that I'm not an innocent, pure woman, that I'm a "bad girl." Add to that the fear of hurting his male ego by showing that he in fact doesn't necessarily know how our body works

So where does that leave us when it comes to letting a man know what we actually need? It keeps us silent and unfulfilled as we lay there passively wishing he could read our thoughts. Which brings me to another important aspect of all this: How *can* a man know what we want right off the bat unless he's a mind reader? And what a burden for men to have to come off like the all knowing Don Juan. How many times have we heard men complain that women expect them to read their minds when it comes to sex? So we're both victims of this cruel and outmoded double standard, yet we seem to hold on to it all the same.

With all these mixed messages about how women are supposed to behave, it's no wonder that we're still shy in bed and afraid to let on that we just might know a thing or two about our bodies and how to have great sex. The only way to combat this inhibiting mindset is to become consciously aware of what's behind our reticence and make up our minds that we are entitled to enjoy the wonderful pleasure we're capable of. And that regardless of what the culture still tries to tell us in a myriad of verbal and non-verbal ways, we are going to cast off these tired

old messages and take what is rightfully ours. And that any man who can't accept that we are women who are in charge of our lives, our bodies, and our pleasure is not worth our time and effort. Besides, it's been my experience that men who need to feel like the knowledgeable experienced ones are covering up an underlying insecurity about themselves and their sexuality. I've found that the men who are the most giving and compassionate lovers are those who don't need to prop up their egos by feeling sexually superior to the woman they're with. My man loves that I am in touch with my sexuality and can give it as good as I get it. He knows that regardless of how many lovers I may have had, I'm now with the one I want to be with and for me he is the best.

SIDEBAR: Candida's Close-Up

Q: I'm a male in my mid 50's. My wife masturbates and loves performing the act while I masturbate to her masturbating... it's a wonderful experience. My question: Why do so few videos have scenes that truly represent female masturbation in its glory? All the ladies seem to feel that the more noise, screaming, body movement, and exaggerating, the better. Fact is, I've seen a number of beautiful women masturbate while I masturbated with them. Not one screamed. Not one ood, or cooed or the rest of that jazz. Please, someone please, tell these gals to be natural.

A: I'm well aware of how erotic it can be to watch your lover masturbate. Not only do many men find it incredibly exciting to watch a woman pleasure herself,

many women love watching men masturbate as well. Many of my movies feature women masturbating. I guess I not only find it exciting and beautiful to look at, I also think it's very healthy for women to masturbate. They learn about their bodies and what turns them on. This leads to more fulfilling sex lives with their partners. And I agree that to portray this in an obviously fake manner really takes away from the beauty and excitement. If you haven't seen any of my Femme films, I will tell you the ones I think have the best scenes of women masturbating: "The Gift," starring Shanna McCullough, who not only performs beautifully, but claims to have really climaxed in this scene. Another stand-out is "Three Daughters," which features a wonderful scene where the youngest daughter (she's of legal age!) learns how to have an orgasm by masturbating.