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Speaker 1

All right. Welcome to my bonus module on rewiring the nipples for pleasure. So at the beginning of this course I mentioned that not all women have sensitivity in their nipples. And not all women can just experience a nipple orgasm straight out the gate. And that doesn't mean that anything is wrong with them,

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Speaker 1

though, that there's anything to fix here.

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Speaker 1

But a lot of women desire to experience more pleasure and more eroticism in their nipples. The desire to be able to reach nipple orgasm, and they want to at least be able to enjoy or find sexually and erotically relevant this part of their body. And I fully believe that with compassion and self-love and time, we can retrain our nipples to feel sexually and erotically stimulated, to feel arousing, to feel relevant, at the very least, to feel safe to touch.

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Speaker 1

And I'm going to give you my system, my method that involves a combination of arousal techniques and focused nipple stimulation. The goal here is to create positive associations between nipple stimulation and sexual pleasure. And what this does essentially is if you're familiar with the idea of like Pavlov's dog, right where they rang the bell and fed the food, and then eventually, whenever they rang the bell, the dog salivated because they assumed that they were going to get food because they associated those two things together.

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Speaker 1

What we are going to do through this system is we are going to associate turn on an arousal in the ways that the body can safely already experience it, particularly with the genitals. And we're going to associate that with nipple stimulation. And over time we're going to create the connection between nipple stimulation and sexual pleasure. The cool thing about the human body and our nervous system that it is super malleable.

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Speaker 1

We can retrain our body to do all kinds of different things. If we take our time, and we do it with thought and care and intention. We can actually rewire the nipples, enhancing sensitivity and increasing arousal. And here is my step by step guide on how to do that.

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Speaker 1

Number one, create a relaxing environment. We talked about how to set up the room and set the mood for the nipple massage.

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Speaker 1

And it is even more important that we do it when we are doing this self-pleasure practice.

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Speaker 1

And by the way, you can do this alone or with a partner. So here is step one. Set the mood. Make sure that you are in a comfortable and private space where you feel relaxed and like you're not going to be disturbed.

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Speaker 1

Dim the lights. Play some music, make it smell good in there. Anything that helps you relax.

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Speaker 1

Then engage in mindfulness and relaxation. Breathe deeply. Maybe even do a short meditation if that feels good. Anything that helps you to center yourself and reduce stress or anxiety.

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Speaker 1

Step two arousal. So arouse yourself or your partner first with the things that typically work for you to get aroused.

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Speaker 1

That could be fantasizing, consuming some erotic material or porn, even using a vibrator, using your fingers to stimulate your genitals. Again, the goal here is to get turned on,

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Speaker 1

focusing on arousal, paying attention to how your body responds, noticing the buildup of the sexual energy, the physical sensations of arousal like heart rate or breath, or even lubrication.

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Speaker 1

Step number three introduce nipple play gradually. So once you feel aroused, start to give light, gentle touches to the nipples. Again, anything that you can take. Anything that feels good. Use your fingertips to softly caress and circle the nipples. Maybe even without directly stimulating. The goal here is to start gentle, and you can use any of the things that you learned in this course in order to stimulate those nipples.

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Speaker 1

Next, apply some lubrication, some massage oil, some lubricant. Something that you know you can tolerate in your body is not going to have an allergic reaction to. This is going to be nice to reduce friction and enhance sensation. It's going to help you to be able to create more pleasure for longer.

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Speaker 1

Step four integrate nipple stimulation with arousal.

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Speaker 1

So this means simultaneously stimulating both maintaining genital stimulation. Whether that's with your hands or a toy, while also gradually increasing the intensity of the nipple play. So again, only what feels good you can graduate on to pinching and rolling or lightly pulling. You can bring in vibrators and nipple suckers, especially if you prefer more constant and consistent stimulation.

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Speaker 1

Then focus on pleasure. Allow yourself to concentrate just on the pleasurable sensations that you are experiencing and adjust accordingly. Allow any positive feelings that you're starting to get from that nipple stimulation to blend with the arousal that you're experiencing from genital stimulation.

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Speaker 1

Which brings me to step five experiment. Use the various techniques that you learned in the content module of this course to add some variety and stimulation.

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Speaker 1

Direction. Pressure. Rhythm. Experiment with different kinds and different techniques that you learned to figure out what works best for you.

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Speaker 1

Incorporating everything that you've learned into not just nipple stimulation, but also taking breaks and remembering to increase intensity and then pull back and increase intensity and pull back. You may or may not decide to have a genital orgasm as part of the self-pleasure, or pleasure practice inside of this at this time.

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Speaker 1

Most important, just make sure that you are stimulating your nipples and your genitals at the same time. That's where the rewiring really begins.

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Speaker 1

And that brings me to step six. Practice consistently with regular practice engaging this system, this structure, learning about yourself in your body. You will, over time, reinforce the neural pathways associated with nipple pleasure

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Speaker 1

Consistency is key to retraining the nervous system

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Speaker 1

and then finally positive reinforcement.

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Speaker 1

Each time you experience pleasure from nipple stimulation, these neural connections are becoming stronger, which is going to make it easier to experience pleasure in the future. So make sure that you are focusing on the things that are working for you and celebrating yourself each time that you do this.

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Speaker 1

And then finally. Step seven reflect and adjust.

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Speaker 1

After each session, reflect what felt good, what didn't, what techniques were the most pleasurable? What do you want to have more of next time? What would enhance your next experience?

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Speaker 1

Being patient and persistent so that you are tracking yourself over time, but also being really gentle with yourself in terms of your expectations. Understand that retraining your body takes time.

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Speaker 1

If you have trauma, if you have an injury, if you have pain, if you have had a lifetime of numbness, it's going to take some time in order to get the results that you're looking for. Please be patient with yourself. Be persistent in your practice. Maybe work with a coach or a therapist if you find that a lot of really challenging stuff has come up as you start to engage into this practice.

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Speaker 1

Be open with your own process. Understand that it is your process and your process alone, and certainly there's no pressure to ever have a specific kind of experience in your breast and nipples. I just want you to be able to experience as much pleasure and as much satisfaction in your whole body as possible. These nipples are yours, and you deserve to experience all of the joy and satisfaction that they may be able to create for you.

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Speaker 1

So pro tip make sure you stay relaxed and patient. Enjoy the process and the pleasure along the way.

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Speaker 1

Number two experiment with toys and everything that you learned about in the previous module.

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Speaker 1

Number three cultivating a mind body connection through other practices like mindfulness, yoga can actually enhance your overall sensitivity and awareness. Same is true for breathwork.

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Speaker 1

And number four, if you have a partner and you choose to involve them in the process, make sure you are communicating openly about what feels good and guiding them to stimulate your nipples in the way that you like best.

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Speaker 1

All right, thank you so much. I wish you the best nipple retraining experience possible. Rewiring experience I know that if you follow these

steps, you pay attention to your own body, and you remain consistent and patient, that you will be able to change the relationship that you have with your breasts

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Speaker 1

and your nipples and give yourself the best chance of experiencing a nipple orgasm.

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Speaker 1

Thanks so much for tuning in.

Need Help or Have Questions?

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