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Speaker 1

All right. Let's talk about the best way to approach nipple orgasms. I talked about this a little bit earlier, but number one, no expectations. Remember that there are so many variables, including the health of the relationship, the way that she feels about her body, her time of the month. We're going to talk about more of those later, but it's worth naming just now that in my own individual practice, I've had some times where it was very easy for me to experience that nipple orgasm and then sometimes doing the exact same thing, exact same partner, just different and setting

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Speaker 1

and not able to experience it.

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Speaker 1

So there are so, so, so many variables here, and we won't be able to account for all of them because sometimes it's just like I had a stressful day at work, and sometimes it's like, I don't really feel that safe because we had a fight yesterday, and sometimes it's like

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Speaker 1

my body is just menstruating right now and it's difficult for me to get there because of my hormones.

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Speaker 1

So lots of variables, no expectations.

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Speaker 1

A quick just note on nipples and breasts and areolas: size doesn't matter. The length, the width, the roundness, the softness, the hardness. None of those things make a significant difference to someone's kind of wiring and body. They may make a difference person to person. So someone with really large breasts might have rolled out of breast sensitivity and tenderness, and another person with really large breasts might have really numb breasts and really numb nipples.

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Speaker 1

So size doesn't make any difference. You just really have to go with a conversation with the person whose body you are touching.

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Speaker 1

A big thing that does make a big difference, though, is general openness to orgasms. Now, some people kind of roll their eyes when I start talking about this, but I mean it. And as a coach with 20 years of experience working in the sex education field, I can say beyond the shadow of a doubt that your general openness or her general openness to pleasure and to orgasms is going to make the biggest difference here.

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Speaker 1

Because when we are open to orgasm potential and I don't just mean like orgasms in our genitals, I mean like orgasms very broadly, the concept of orgasm. And I like to identify orgasm as a pleasurable release of the buildup of tension. Well, I know people who can have an orgasm without having their body touched at all. I have had plenty of those myself.

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Speaker 1

I know folks who basically come close to orgasm thinking about cupcakes or sunsets or,

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Speaker 1

with massages or with just energy play and breathwork or other things that we don't typically think of as orgasms. Right? We typically think of like a genital buildup and release as an orgasm. But if you are open to having your orgasms and orgasms on the inside of your elbows and behind your knees, and with various body parts that we do and do not associate with getting off, then you're going to have an easier time and she's going to have an easier time having a nipple orgasm, because, again, our general openness is already there.

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Speaker 1

We're already like considering that it is possible if we don't really feel that it's possible, or we already feel like it's really hard for us to have orgasm, it's going to be harder for us to have a new kind of orgasm, right? So consider how you can be open to things being pleasurable before you're even open to things being orgasmic.

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Speaker 1

Because if you're finding ways that you're experiencing pleasure through your body and through your five senses, that's going to make you more open to orgasms, and that's going to make you more open to having a nipple orgasm or other novel orgasmic experiences.

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Speaker 1

Another important mindset for both folks is not having the expectation of when is this orgasm going to happen, but instead just being moment to moment, open to pleasure in the experience.

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Speaker 1

What is feeling good? Can we keep moving towards what feels good while we're keeping breathing? Suddenly, like an orgasm can come through when we least expect it, but when we're expecting it, we're sort of like, okay, orgasm, when are you getting here? That can actually prevent an orgasm from happening.

00:03:47:11 - 00:03:52:14

Speaker 1

That can keep us in our head, and keep us from experiencing the pleasure that is actually available to us.

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