

THE *Language* OF *Desire*

Module Nine, Part 3: No Touch Lay

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No Touch Lay

If you are separated by long distance or you can't be physical due to a health limitation, this is a great technique to build an intimate bond without removing one piece of clothing or even touching :)

You can use text or phone as the medium for this. What you are going to do is describe in a deliberately slow and descriptive manner what it feels like to make love with him.

This is less raunchy and absolutely erotic. Even romantic.

Romantic? I thought you said men don't like "romantic."

Yes, yes, I know I've told you that men don't like that flowery-romantic type of stuff that women enjoy. That's still true. The difference here is that you are giving him ego strokes throughout the story. Telling him how he makes you feel desired, sexy, and satisfied. Those are the key things to focus on!

Here is an example of the No-Touch Lay my friend Willow sent me to share with you. She and her fiancé, Brian, were separated for a year when his National Guard unit was deployed. While he was gone, she had a lot of fun using this technique to keep their intimate bond intact.

W: Hey babe, I was sitting here thinking about that time we went dancing in Cabo on vacation. Remember that night?

B: I sure do. That was a lot of fun ;)

W: Mmmm...yes it was. Sit back and listen while I replay it for you, ok?

B: Okay ;)

W: The sun had just set. We were breathless and sweaty on the dance floor. The band announced it was their last song before a break...

W: You grabbed my hips and pulled me close to you. Tight. Everybody in the whole club knew I belonged to you. ;)

W: I don't even know what song was playing. I was so lost in feeling your body pressed up against mine. Swaying together in the heat. Breathing in the sweet tropical air...mixed with a little booze and sweat ;)

W: You had your hands resting right on the top of my ass. Possessive. Provocative. I love that.

W: I was moving my hips in a slow gyration against you. Sending a message to you of what was to take place when we got back to our room.

W: The song ended and you pulled your face away from where it was nuzzling my neck. I took one look in your sparkling eyes and knew my body was in for a treat.

W: You grabbed my hand and pulled me through the crowd, away from the club. I love the confident way you walk, by the way ;)

W: The night air was warm, but I had goose bumps dancing across my skin. The dirty thoughts running through my mind on that quick walk to our room could barely be contained.

W: We got to the room, and the second the door closed behind us, you were on me. Kissing me and walking me backward to the bed.

W: I immediately tried undoing your belt in a rush, but your strong hands grabbed mine and stopped me. "We have all night," you whispered.

W: "Take off your dress, please. Let me admire you," you commanded.

W: To tease you, I slowly untied the strap around my neck. I let the fabric gently fall away as I stood there.

W: You smiled. I turned around so you could see my hips and ass as I pulled it inch by inch the rest of the way off.

W: Did you like that view?

B: Mmmm hmmm. You looked so sexy, babe.

W: You must have thought so ;) In one sudden movement you grabbed me and twirling me around, pushed me down on the bed. Under you.

W: I could feel your erection in your pants, begging to be set free ;)

W: The faint sounds of the band started up in the distance as you kissed me. Hard.

W: I put my hands on your belt buckle. This time you didn't stop me. Eager to set you free, I practically ripped your pants getting them off ;)

W: Your mouth was moving its way south toward my breasts. I love how you enjoy foreplay, but tonight I needed to feel you inside of me. Urgently.

W: Before you could even suck one of my nipples, I grabbed your rock hard dick and eased it inside of me.

W: I think I surprised you at how wet I already was.

W: Do you have any idea how incredible it feels when you push yourself inside me? I always gasp a little because it literally takes my breath away.

W: The band was in full swing and the breeze was carrying the sound right through our window.

W: The rhythm was mesmerizing. You began making your thrusts in time with the music. Our bodies were in perfect unison like they were playing the songs just for us.

W: I moved my legs so I could have my knees over your shoulders. That way you could push your dick as deep as possible and I could watch your face when you came.

W: I couldn't help but moan so loud because you felt so good. I didn't even care if the room next door could hear me.

W: Faster and harder you fucked me. I knew you were close to orgasm.

W: "Cum for me, baby!" I commanded you. I wanted to feel you explode inside of me.

W: You closed your eyes and gasped for breath. You moaned in ecstasy as your orgasm took over.

W: I love watching you in that moment. The look of pure bliss you get when you cum is so satisfying to me :)

W: And then you collapsed next to me. Exhausted and empty. Satiated. You pulled me close to you and nuzzled your nose in my tousled hair.

W: I love making you feel that way, baby. You make me so very happy :)

Notice how she recalled so many details from that night. The sounds, images, feelings, and sensations. Throughout the story, she gave little nuggets of appreciation letting him know how much he satisfies her emotionally and sexually.

Step One A: Recall a scene from your past

The first time you do this, it may help to write it out ahead of time. Grab your journal or pull up a new Word document to use for your creation.

We are going to use Willow's story as an outline and substitute your own personal details as needed. Think about a time you made love that was memorable. If you can't think of something incredibly memorable, you can feel free to embellish, too.

Jot down the answers to these things:

Where it takes place

What were you wearing

Day of the week and time of day

Foreplay activities

Intercourse and positions

Afterglow

Step One B: Make it a fantasy

You can feel free to use Willow's story in its entirety if you want. Tell your man that you have a fantasy to share with him.

You: Doesn't the idea of a tropical vacation sound nice?

Him: Yes.

You: Sit back and listen while I paint a picture of how that might look...

And then type out the rest of the story.

Step Two A: Adorn the action if you are writing your own

As you can see from Willow's example, she added a lot of detail to the action taking place. She took his mind on a sensual journey with her words. You can use her language as-is (changing out the actual details)

or you can alter it to sound more like you. You can also feel free to create your own!

If you decide to write your own. . .

- Focus on how your body and his body felt. Describe the sensations – touch, scent, sound.

There was a thin layer of sweat on your chest. It tasted slightly salty when I kissed you there.

I ran my fingers down your arms, delighting in how your muscles rippled beneath my touch.

I arched my back when your mouth covered my breast. I wanted to push myself as close as I could to you. Every swirl of your tongue and tweak of your teeth sent shivers through me.

- Paint a vivid picture for him.

Your body was lit by the glow of the candlelight.

The last rays of the sun were sneaking through the blinds, casting a warm light over the bed.

Your eyes had a determined look. I knew without you even saying a word that you were going to make my body explode.

- Tell him how he made you feel emotionally

I felt so safe falling asleep in your arms.

No man has ever given me as much pleasure as you do.

I feel so incredibly lucky to have such a sexy man in my life.

The world around us just falls away when I'm with you.

Grab your naughty thesaurus and drafts of your Erotic Action Movie to find a variety of ways to describe sensations, body parts, and sexual acts.

Step Three: Deliver

Much like how you delivered your Erotic Action Movie, you are going to let him know that you have a story to tell him. He can sit back, listen, and enjoy :)

If you are delivering by text, remember to send just a few sentences at a time. Space each message by at least 10-20 seconds at the fastest. That way, your texts will deliver in the order you've sent them.

Variation

If you are face to face yet unable to have intercourse, you can use the No-Touch Lay and incorporate a full-body massage while you tell your erotic story. This **may** involve removing some clothes and/or lead into other sexual activities that are available to you.

If that sounds exciting to you... go for it! :)