

MARLIE JANSSEN

*for
women
only*

5 things your mother never told you

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Welcome

'How can I get into the mood more often?'

Women of all shapes and sizes – full-figured or slim, young or old, dark or fair – carry this question around in their heads, all around the world. Some may still be desperately seeking answers; others may have accepted a life without passion. And then there are those who - with a hint of panic in their voice - ask: 'Surely this isn't it? Am I supposed to grow old like this?'

All these women are looking for answers.

And there *are* answers to their pleas. Some women are taught to, whenever they are not in the mood, wear some seductive underwear, or to apply a little fancy make-up. To watch porn. To light a couple of candles. To take a new lover. Or to just *put* themselves in the mood.

A really sad conclusion

There seem to be lots of solutions, but none of them seem to have a lasting effect. They only help for a short time, or don't help at all. 'When we are doing it,' a friend told me recently, 'yeah, I'll get there in the end. I feel the arousal and the lust, but by then, my husband is usually already done.' This is a really sad conclusion. Still, many women live like this. And

they somehow think they aren't normal. All because they lack desire – or don't feel it often enough. Or maybe because it takes some time to get them in the right mood.

Over the last thirty years, I've worked as a journalist, interviewing numerous experts on this topic. All these sexologists, therapists and psychologists taught me a lot. Over the past three decades I have also discussed love lives and intimacy with many women. If you ask me what really stood out through all those years, two things come to mind.

First of all, there is a lot of sorrow between the sheets. Many disappointments, a great deal of shame, a sense of missing out and... a lot of ignorance.

How does it really work?

The second thing is: having little or no interest in sex is not abnormal. Many, *many* women (and men too, by the way) feel exactly the same. It does not define you as defective. There is nothing wrong with you; you've just never found the *correct* answers that work for you. No one really explained to you *how* desire, arousal and pleasure actually work.

We think we know almost everything there is to know about sexuality and pleasure. But there is so much we still *don't* know. Really important things about sex, like where in your body your arousal is located, and how you can switch that arousal *on*.

I've learned this from Chinese Taoists: wise men and women who have studied these subjects for thousands of years, and ever since I discovered this knowledge, I have been passing it on. I think all women ought to know about it. Once you know, you won't need those silly external things to warm yourself up ever again. Armed with this knowledge, you will be able to make your relationship with your partner more enjoyable. Once you know, you'll be a happier woman. I have seen it happen to many Dutch women over the past years.

Your mother

I'll teach you 'sexual education 2.0'. This e-book marks the start of your journey. These are lessons your mother should have taught you, but couldn't, because she didn't know them either. Now you've found me, and I will teach you – with lots of joy and sunshine. I wish you a shiny, sparkling love life. Go and make yourself and your partner (male or female) really happy.

Love,

Marlie Janssen



5 things your mother never told you... 1

**Sexuality is
bigger than
you think**

5 things... 1

Sexuality is bigger than you think

Did you know the 'average' orgasm lasts 3 to 5 seconds? Half of all women have peak orgasms like that. These orgasms are short and intense: they 'peak'. Providing in a nice sensation between your legs.

The other half are having trouble climaxing at all. Many rarely experience an orgasm, or never experience one at all. They think: I must be abnormal.

I'll address that later on.

There are many kinds of orgasms

First of all: did you even know there are other kinds of orgasms, aside from the peak orgasm? The valley orgasm is one of them. To me, the valley orgasm is *the mother of all orgasms*. It's a climax with bells and whistles, and it will grant you intense satisfaction. A typical valley orgasm lasts far longer than a 'peak' orgasm. Minutes instead of seconds. Trained women experience the most amazing sensations for fifteen minutes, half an hour, or even longer than that. Your entire body takes part. And every time it's a surprise *where* it will take you: a valley orgasm is always different. It ranges from a giggly, fresh, bright feeling to an all-embracing, overwhelming sensation.

This may sound really strange to you if you aren't in the mood for sex very often or haven't ever had an orgasm at all.

It may even annoy you.

But please, read on. I'll explain how you can change from 'not in the mood' and 'having a hard time feeling pleasure' to one of those seemingly endless valley orgasms. Any woman can learn, so why wouldn't you?

Desire is like a rubber band

The key lies in becoming 'orgasmic'. Or to put it more simply: to become aroused. Once you are aroused, you are halfway to your climax, or so we think. That is the main objective. But that's not what I mean when I say 'orgasmic'.

In actual fact, your sexual arousal can be stretched indefinitely, like a rubber band. And if you manage to lengthen your arousal, you reach a state of surging flow that you'd love to maintain all day long... All day and for the rest of your life.

You'll become acquainted with several levels of enjoyment and pleasure, once you start stretching the time you are aroused. You can start exploring each different level without aiming for an immediate climax. You will experience arousal without having an orgasm. Once you master these techniques, you can consciously choose your orgasmic level.

At first you'll notice that you still tend to work towards a climax – that's just the way you've been programmed – but after a while you'll manage to be only lightly orgasmic, without even considering climaxing. No, you're not going to run around your grocery store being horny as hell. Instead, it's a deliciously subtle feeling, like a summer breeze on your skin. A blissful sensation that enriches your life – your love life and your everyday life.

3 seconds or 30 minutes?

Arousal usually doesn't last very long; you work quickly, expending major effort towards reaching a climax. The excitement, and therefore the sexual energy, is located only in your genitals. But if you take your time and stretch and lengthen the duration of your arousal, you'll give your sexual energy time to spread through your entire body. This enables you to feel your climax in different parts of your body as well: in your entire pelvic area, in your legs, but also in your belly or breasts – or everywhere at once. During a valley orgasm, sexual energy flows freely through our entire bodies. Women who know how to make themselves orgasmic and who have experienced valley orgasms lose interest in peak orgasms. They know: there are better things to be had.

A treasure chest awaits you

So, now we know there are alternatives to the peak orgasm between your legs that lasts for only 3 seconds. Sensations of arousal can be broader, softer and infinitely more complex. Your female pleasure is like a treasure chest with the lid just slightly lifted.

And for some women, that treasure chest is still locked. 'Will this happen for me too?' I'm telling you: yes. Learning the techniques to reach the valley orgasm could have been designed precisely for women who have never yet had an orgasm or who have completely lost the ability to enjoy sex. Unlocking and opening the treasure chest offers you a new way to arouse yourself. It is just a route you didn't know, a route no one taught you before, that will make you warm and fluid.

What if you were to open the chest completely and threw the lid wide open? What if you would discover beautiful things inside? Gone would be the days without joy, arousal and pleasure. You could rekindle your love life and deepen the bond. How about the women who are already happy with their love? They are about to find out how much more still lies in store for them.

Carol (59): 'I have never learned to pleasure myself. As a teenager I did do it occasionally, but once we were married I stopped. Meanwhile, the sex already reduced to zero. My husband no longer wanted to, and I just gave up. For years I've struggled with my feelings. Now I would like to start healing my sexuality.'



**Sexual
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Sexual desire doesn't disappear (it goes into hiding)

Lots of women (and men too by the way) think that their sex drive will just go away one day. The bottle will be empty. You've gulped it down when you were young and now it is all gone. The sex will just dry up. At that point, women may say: 'I don't want it anymore. I'll just pick up knitting. I enjoy it just as much.'

Well, knitting is fun of course, and you can knit cozy bedspreads for everyone, but you are wrong to think your 'bottle of desire' can run dry. Sex will calm down in a relationship over time, that's true. This is completely normal. But your sexual desire will never disappear, it can only go into hiding.

An old glove

It's like this. Women who haven't had sex for a long time consider their sexuality to be gone. There are no visual reminders of it left. Their arousal is never spontaneous anymore. They'll say: 'My lower body is frozen; there is no life left in it.'

But what's really going on is that they've misplaced their own sexuality. It's like forgetting where you parked your car. Or like misplacing your gloves and finding them in the freezer –

which, of course, is the last place you'd look for them. The gloves still exist, but you just need to look for them in a different place. The same goes for your sex drive. You need to look for it inside yourself, not in a new toy or in porn.

Running dogs, singing birds

Chinese Taoists teach that all of reality consists of sexuality, because all of nature is constantly reproducing. Trees, flowers, animals and humans alike. The birds that wake you with their song? Sexuality. Dogs running and playing in the park? Sexuality. All the elements in nature dance together and make love. Inside mankind, inside you, there is the power to be orgasmic, to become that singing bird or running dog. Sometimes it is just hard to see.

It's no surprise, really. At the start of most relationships, your time in the bedroom will be hot and steamy. When you are in love, sex is effortless. But after a while you take up other interests again. Playing tennis. Going out to dinner with your friends or reading a good book. The bed cools down, becomes a passion-free zone. Your longing for physical love freezes up. Your sexuality disappears out of sight. It's your job to find it again. You can do that by exercising: by teaching yourself to become orgasmic.

Lifting the tip of the veil

Where to start training your sexuality? You start by exercising your pelvic muscles: the sphincters of the urethra, vagina and anus. To many women, the pelvic floor is undiscovered and undeveloped territory, which – at best - only gets maintenance during childbirth. According to Taoists, the pelvic floor deserves much more of our attention: the first step towards more pleasure and the valley orgasm is a 'toned' pelvic floor.

Ellen (44): 'In bed, my partner is a real sweetheart, but it's hard for me to have an orgasm when we make love. That's why I'm curious about the Eastern vision on sexuality. Maybe there's something for me to learn there.'



5 things your mother never told you... 3

**Sex will
give you
energy**

5 things... 3

Sex will give you energy

You can use sex to gain more energy. Whenever I tell women this, I can see their faces frown apprehensively. And there is always one in every course who exclaims, giggling: 'Oh, so you want me to do it every night...?'

That is not what I meant.

Like your mother, mine taught me that sex is for making babies. And it can be. What we've learned along the way is that sex is also very enjoyable, which is why we love it so much. And it's sad when people are not enjoying it as much as they'd like.

Sex to recharge your battery

There is yet another side to sex: it can be a deep well of energy. Energy is the abstract form of sexuality. Think about people who are trying to conceive: this will make you warm. Making love discharges a tremendous force, which can be used to make babies. You can also use the same force to improve your health. You can learn to grab the energy that is released during lovemaking and transform it. Once you know how to do that, you can use your sexuality to recharge your own batteries.

You can call upon, collect and send sexual energy everywhere in your body. And last but not least, you can store it. This is the biggest, most valuable secret of the valley orgasm. It will

grant you the best sensations and make you fit and healthy. Once you learn how to store your energy, you can literally improve your health while making love.

Ann (49): 'Something inside me always thought that, as a woman, you're not supposed to feel like having sex. That it was slutty and whorish. Now I'm no longer afraid to say that I enjoy sex. *Sex with myself*, that is. I have found the spark. I didn't know that you can turn your sexuality 'on'. It's an amazing, fantastic discovery that I can love myself, all *by myself* and without a man.'



**You may
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5 things... 4

You may have had a valley orgasm before (but may not have realized it)

Think back to a time when you were deeply in love for the first time. You will remember that just seeing that person was enough to put you in the mood for sex. That's what being madly in love is all about. Lovers get hot flushes just thinking about each other when they are dancing the night away. Once they are out on the dance floor, kissing is a natural step – quickly followed by passionately making out in the disco's dark hallway. And then they'll cool down again. They have to get home first. Once they're home, they start kissing again in the hall, wait a little, make out in the kitchen and take another break.

Each time, they're heating up and cooling down again. Surging up and down like waves.

Tears of joy

By the time lovers get into bed together, some women have a spontaneous valley orgasm: a very intense orgasm, sometimes accompanied by tears of joy. The valley orgasm happened because the build-up of arousal took so much longer than in typical lovemaking on a weeknight when you've been together forever. So this is the trick to it: take your time and cool down between the moments of arousal. Stretching the time you feel aroused will allow you to reach

more intense climaxes. The main reason sex in long relationships gets less spectacular is because people don't take things slow anymore.

Diana: 'When I come, I always think of the bubbles in a glass of coke. That kind of feeling. An "old-fashioned" orgasm only gives me bubbles in my lower tummy and vagina, but now, the feeling spreads through my entire tummy and I can almost feel it in my toes.'



5 things your mother never told you... 5

**Exercise
your
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Exercise your sexuality (just like your arms and legs)

Whenever I tell women they can exercise their sexuality, they usually laugh out loud. 'I can train my legs to run a marathon,' they chuckle, 'but there is no way to train my sexuality!'

But you really can. Your legs are made for walking; if you want to run a marathon, you'll need to train first. Your body is made to experience sex and if you want to become orgasmic and use your sexual energy to boost your own vitality, you'll have to work out as well.

Playful puppy

My favorite comparison is the analogy between sexuality and a young puppy – you know, one of those young, wild ones, running everywhere, barking constantly and peeing everywhere. The owner trains the dog, and you should treat your sexuality the same: you want to be in control of it. You want to wake it up, make it rise and fall to your demands.

You will need to learn to feel more: learn to ride the waves of your arousal. The climax will be postponed. Pay less attention to putting the pedal to the metal and pay more attention to braking. See what that does for you.

You can spend your entire life being orgasmic. The mood is always mildly present. Not forceful, possessive, horny lust,

but instead a joyful lust for life. You become a softer and happier person who is able to love her own body.

Until you're old and grey

And... it will continue well into your old age. In Western society, popular opinion suggests that sex stops after a certain age. In contrast, Taoists say that women (and men) are sexual beings until they're old and grey. Your sexuality matures as you do. Please lose the ideal image of being an 18-year old stallion in the sack. There is no need for that when you are 50 or 70 years old. But your own sexuality is still very much a part of you. Even when it has been hidden out of sight. Once you start training, you'll rediscover your own sexual feelings again. Go on, wake her with a gentle kiss.

Megan (63): 'It took me to reach the age of 63 to discover self-love and I am so happy I did. I was raised with the idea that the only lovemaking that was real was with another person, and that loving yourself was not done and inferior. For a long time, my sexuality and desire were gone. Now they are reawakening and I trust that things will keep getting better.'

Marlie who?

Marlie Janssen (1967) is an acclaimed journalist who has been researching and publishing about female sexuality in the Netherlands for over three decades. Through her books and online programs, she has shared the secrets of a more satisfying love life - including the multi-dimensional and spiritually nourishing 'valley-orgasm' – with thousands of Dutch women. Now Marlie is on a mission to teach the rest of the world.

Marlie's two bestsellers include *Alleen voor vrouwen* (Only For Women) and *Dit Zouden Alle Vrouwen Moeten Weten* (All Women Ought To Know This). Both books were published by Uitgeverij MeulenhoffBoekerij and are not yet translated in English. Marlie lives in Amsterdam (The Sinful City) with her adventurous husband Marcel.



Have you already subscribed to Marlie's LoveLetter?

Marlie is currently developing an online training program, so you can study the sexual techniques of the old Taoists from the comfort – and privacy – of your own home. Everything is kept very polite and decent, that goes without saying. Marlie's weekly LoveLetter keeps you up-to-date. Not yet on the list? [Download the e-book \(again\) to subscribe.](#)

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Of course Marlie is curious about what you liked and loved about this e-book. Want to tell or ask her something? You are welcome at marlie@femalesecret.amsterdam