From Pandragon:

The Key Sound doesn't quite, "discharge," arousal/erotic energy, so much as it amplifies and expands it. But this only works when done correctly with proper timing. So you're not really dumping your energy into the sound, more like RELEASING it. The thing is, it's not like you're trying to draw energy away from the genitals, but more allowing that pleasure to flow over more of your body as your arousal increases. So, the eventual result is multiple, full-body orgasms, rather than just genitally focused ones.

A little more on how this works from a medical point of view (I've been doing a little research lately): Your amygdalae (two organs within the brain) respond to the emotions you express through voice. When you make frightened, angry, or otherwise negative noises, your amygdalae will tend to, "click back," in other words, your brain goes into "reptilian mode," i.e. "fight or flight." This is obviously NOT a good state of mind to be in during sex.

However, when you make pleasurable noises, i.e. moans, groans, or KEY SOUNDS, your amygdalae "click forward," making more use of your frontal lobes which engages more of your neural pathways. In other words, your brain is more INVOLVED in the pleasure you are experiencing. So the experience is heightened considerably. Another wonderful side-effect of this "forward clicking," is that because your amygdalae are in such close proximity to your septal regions (areas of the brain responsible for triggering orgasmic sensations), when your amygdalae are stimulated, so are your septal regions. So, in simple terms, using your voice to express pleasure, encourages your brain to trigger orgasms, REGARDLESS of what your genitals are doing at the time.

The problem is, most of us guys tend to, "bottle," everything up inside until we can't hold back anymore, and then MAYBE we moan a little AS we ejaculate, which will enhance that ONE orgasm. But that's SOCIAL CONDITIONING. From the brain's point of view, that's backwards. The idea is to allow yourself the
opportunity to express and amplify your arousal from the very beginning of stimulation to the end of your encounter, so that the arousal reaches a point where it triggers the multi-orgasmic reflex long before you ever reach your Point of No Return.

Of course, there's more to the technique than that, but that's the general idea. In case, any of you regulars are wondering, YES I've started using Neil Slade's technique since I was last here, and YES it absolutely works! I'll have a post on that soon.

However, other folks at Jack's website have also been using Neil's technique lately and haven't gotten the same results I have yet. My current theory is that because I was practicing Key Sound Multiple Orgasm for years before they started, it somehow trained my amygdalae to be more responsive before I even started using Neil's technique. I find that they are an EXCELLENT combination, and equally simple to learn and practice, provided you are mentally and emotionally stable.

So my personal suggestion to anyone interested would be to first learn KSMO, and then pick up Neil's technique.

Oh yeah, couple more things: I don't think just "any old noise" will produce the same results as the Key Sound. It's difficult to explain why and trying to learn it from text is basically impossible. It really is something you have to HEAR, imitate, and FEEL, to understand fully. Also, there's no abdominal "pushing" or "crunching" in KSMO Protocol. You don't use any muscle control of any kind to "make it happen." Instead, you just focus on making the SOUND correctly and following the other steps of the Protocol (gradual stimulation, relaxation, breathing from the belly, etc.) The cool thing about the Key Sound is when the SOUND is made properly, your body responds automatically, with the proper breathing, movements, etc. So your belly may expand or your abs may crunch reflexively, or not. It all varies from moment to moment. But the sound is definitely the Key to creating these effects. It the way it's made that causes those physical responses that help lead you towards multiple orgasms.
If anyone's interested, my link to Jack's site for Key Sound Multiple Orgasm is: https://multiples.com/cgi-bin/affiliates/buildwiderrome.cgi/Rob28


Peace!

03/11/2004

From Neil Slade's site:

"There is a huge difference between recently discovered "whole brain sex" and all too common sex. When a person self-stimulates their anterior amygdala (brain site) through simple exercises, and turns on dormant frontal lobe neurocircuits, that person begins to automatically and spontaneously experience (during private intimacy of course) extended and intensified peak physical pleasure response and (multiple) sexual orgasms, females AND males With a partner or without, at any age.

The reason the brain provides this extra reward for those in the know is simple: Any activity that enhances individual or species survival is encouraged by built-in brain reward circuits. More long lasting pleasure is the result of advanced behaviors and thinking. Nature wants you to survive better- and so it automatically rewards frontal lobes behaviors with indisputable increased feel good sensations.

Sex that a person engages in, typically using 98% reptile brain non-thinking reaction and 2% frontal lobes intelligence is, shall we say, quite primitive. Chimpanzees, our closest genetic animal relative, sharing 99% of our human genes, have an average sexual experience lasting about three or four seconds. Humans, males in particular on the average, experience peak sexual fulfillment lasting for about ten to twenty seconds. Not a big difference considering how much work the average male goes to, money spent, and time pursuing this experience.
Women, certainly more frequently than their male counterparts, are occasionally known to experience "multiple orgasm" (peak sexual experience). This is a rather rare phenomenon however, given the entire population of potentially sexually active females in the population. Among human males, this multiple, or sustained "open ended" sexual experience is practically unheard of, and in general most humans are entirely unaware that it is even a possibility. Until now.

In the Far East, particularly among Taoist and yogic practitioners, the ability for an individual to extend or experience multiple peak sexual experience is not unheard of. Although among the civilian population, like in our present western culture, such information is not particularly common. But for those who look, there have been certain means such as Tantric Yoga and taoist practices which teach individuals how to have more intense and prolonged sexual experience. These methods are generally seen as a means of raising one's spiritual awareness through control of the more basic body functions, like sex.

Only recently has any kind information regarding unheard of levels of human sexuality been available to everyone in western culture. In the mid 1960's, T.D.A. Lingo, director of the Dormant Brain Research and Development Laboratory began teaching an even more advanced and simple fact (we repeat in case you missed it the first time): When a person self-stimulates their anterior amygdala (brain site) through simple exercises, and turns on dormant frontal lobe neurocircuits, that person begins to automatically and spontaneously experience extended peak (multiple) sexual orgasms, females AND males. With a partner or without.

At the time, and for many years following, this claim was seen by most as wishful thinking, the deranged fantasy of a sex obsessed crazy person. In a 1975 hour long documentary film about the brain lab and it's history entitled Lingo, the brain scientist and behaviorist T.D.A. Lingo describes in detail the phenomenon of extended sexual experience, and the brain lab's shortcut method by which any person can achieve it. Further, in January of 1980, Lingo submitted his paper "Male Multiple Orgasm" for publication to the medical journal Archives of Sexual Behavior. Most importantly, Lingo was simply reporting the amazing
experiences reported to him by brain lab subjects and students after they had participated in the regular program. In addition, Lingo had studied the ancient and traditional eastern texts and philosophy, and combined it with what he knew of modern neuroscience. His adult brain lab participants further tested his theories and techniques in their own private lives. Despite his remarkable findings, he was still slightly ahead of his time, and his claims were generally ignored by the stuffy academic world, and the prudish public. Although the sexual revolution had come and gone, the average American was still scared of what her/his brain was capable of.

In 1983, respected Stanford Medical Center sexual researcher Alan P. Brauer published his book on male and female multiple and extended sexual experience, and one method of achieving it. Lingo had been right all along.

The main difference between Brauer's techniques, and others such as Taoist physician Mantak Chai who has also written on this sexual phenomenon, and Lingo's earlier pioneering work, is that the brain lab found that individuals who learned simple brain self-control and amygdala self-stimulation experienced changes in sexual response as an effortless and natural byproduct of increased frontal lobes activity. The taoist practices and the techniques one must learn and go through presented by others to raise their sexual experience are fairly complicated and require much practice, self-control, and high concentration. Lingo's brain lab findings show that multiple orgasm basically happens automatically, without much extra effort once an individual clicks forward into sufficient frontal lobes thinking and behaviors. It is an effortless and natural reward for evolutionarily advanced thinking.

Also, when one reads the reports on the physical characteristics of the phenomenon gathered from brain lab subjects, and compares this to the reports of Brauer, Chia, and others, one finds further major differences. The sex therapists seem to "put the cart before the horse", placing emphasis on physical gratification as a primary goal, mental and spiritual benefits a secondary consideration. In contrast, the brain lab subjects experienced intensified and quantum multiplied physical pleasure as just one part of a whole new package of properly tuned up/functioning
Mind-Brain-Body. The sex therapists give their students a couple of fish. The brain lab subjects learned *how to fish*.

Lingo's reasoning behind this connection of frontal lobes thinking and limitless and increased sexual response is that that multiple orgasm functions as a "flushing out" of mental "waste by-product" that one acquires through increased creativity and intelligence that comes with more frontal lobes processes. In the similar way that muscle cells produce water and carbon dioxide as a byproduct of muscular work, and these byproducts must be discharged from the cells, into the bloodstream, out through the kidneys, Lingo contends that when a person's brain does advanced frontal lobes creative intelligence mental activities, neural/mental waste products are created and are then naturally discharged through the experience of orgasm which is a stress relieving, pleasurable mental purification/discharge. Although the chemical component was not known by Lingo, the connection was clear enough. When participants at the brain lab "clicked" forward and experienced increased frontal lobes CICIL (cooperation-imagination-creativity-intuition-logic) processes, they automatically increased the intensity and duration of peak sexual experience. One possible explanation may be that the centers of the brain (septal areas) involved in orgasmic/physical pleasure are adjacent to the amygdaloid regions and are stimulated by mere close proximity and shared neuropathways.

Lingo states that intensified and seemingly limitless pleasure response was incidental to and "a side effect to the primary goal of the program: self releasing the passive frontal lobes. The frontal lobes were found to be the locus of a peak experience which coincides with descriptions in the literature of the Eastern nirvana and Western born-again phenomenon. The multiple orgasm event occurred just prior to, and permanently after, achieving the frontal lobes experience. The time span for the sexual release subjectively was estimated from few minutes to two hours."

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