

This Simple (Unavoidable) Form of Foreplay Can Ignite Your Sex Life



By Michael J. Russer | [The Good Men Project](#)

Here is one simple thing you can do that will tremendously enhance your lovemaking and bond for each other...

What I'm about to share with you has led to countless hours of exquisite lovemaking and a deeper emotional bond and appreciation between my partner and me. It is so ridiculously simple that it is probably the reason many couples have never even considered it as an intimate ritual that could make such a huge difference. I say this because we only stumbled upon it after a particularly playful episode one evening together. Since then it has become such a powerful component of our relationship that we use it every single time we are together...

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Bedroom (#8 Is Pretty Controversial)

Frenetic Disrobing

I suspect that most couples have experienced the lust-laced frantic ripping off each other's clothes off in a moment of unbridled passion. Yes, it is exciting, breath-taking (literally) and usually very short-lived –as is the coitus that typically follows. This is a phase that eventually succumbs to a more subdued process of self-disrobing before any of the exciting stuff happens.

Part of what drives this frenzied first stage of sexual entanglement is the novelty of exploring each other like new lovers. Where expectation and arousal combine into a highly combustible mixture of erotic adventure, discovery and explosive release. Which can be incredibly exciting while it lasts. However, because its very foundation is based upon the newness of the relationship, it will eventually fade.

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My Partner and I have been together for about three and a half years and enjoy an extraordinary intimate life that only gets better over time. This is a significant fact because most couples will likely admit that their initial honeymoon period represented the most exciting phase of their physical relationship. One of the reasons that ours continues to achieve new heights of passion and pleasurable fulfillment is that we are constantly exploring what is possible. And, we are always listening to our sensual intuition in this regard.

One intimate ritual we discovered quite by accident and in a spirit of playfulness is the way we undress each other. We do this before we make love, before we take a shower together,

before retiring to bed with no thought of sex and as we change clothes our before we go out on the town. In other words, any time it is required that we need to get naked for any reason whatsoever we follow this ritual. And the payoff has been and continues to be enormous for the health and mutual enjoyment of our overall relationship.

Slow, Sensual and Present

We make a point of always being fully present at any time we do anything together. This means ridding our minds of distraction, agendas, goals, expectations and simply being there for each other at the moment, the Now. It is within this very sensually fertile environment that we conduct our mutual disrobing ritual.

We usually start out facing each other practically nose-to-nose as we gaze into each other's eyes in acknowledgment of our mutual love and appreciation. Then we typically start lightly stroking each other's fully clothed bodies as if our hands needed to first get a lay of the land so-to-speak on what should come off first.

Where we start really doesn't matter. What does make a difference however is that we slowly and sensually undress each other while in this state of full presence. We find that when we remove a piece of the other's clothing (which happens simultaneously) and do it very slowly, it builds an enormous amount of sensual energy between us. Just the feel of a blouse or shirt slowly lifting off and lightly rubbing our skin as our Partner does it with full intention while they look longingly at what is being slowly revealed can be almost overwhelmingly powerful. And, that's a potential trap if you are not careful or being fully present. That's because this heightened state of arousal can easily devolve into the more frantic shedding which will definitely break the spell.

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Sexually Tuned In & Turned On (#3 is Key!)

Once the first of our garments are removed we typically take a while to lightly caress and kiss each other in the exposed areas. This is accompanied by soft, gentle kissing where our lips are barely touching yet megawatts of sensual energy is passing between them. Then we continue the process of slow, thoughtful mutual undressing and caressing/kissing until we are standing together fully nude.

A very, very sexy variation of this that we often apply is when we look in a large mirror observing each other doing this. In these instances, our caressing is often more overtly sexually explorative and designed to ignite our sensual imaginations. Despite the fact that we've done this many times, it still gets me extremely hot just thinking about it as I write this. Granted, not every couple may want to see each other naked in the glaring light of a brightly lit room. If this is the case, then consider turning down the lights or even off. Use your imagination, hands, and lips as the tools of exploration as you go through this mutual undressing ritual. In either case, lights on or off, you will find this to be a deeply connecting experience that keeps things fresh (since each time is unique) and juicy.

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