

ABILITIES EXPO May 31st, 2008 Anaheim Convention Center

Mini- Conference Exploring Sexuality and Disability – Lou Paget Presenter

www.loupaget.com youtube.com 6 videos

There is nothing more powerful than our sexuality

Conundrum - Few accurate places to learn

Wrote my books – told my father – one arm - not my target market

Sexuality is an appetite – want a range of ideas and 1-2 take it home moves – thank goodness we don't all like the same thing

We adapt sexually for what works for our bodies and our partner's bodies

RANGE OF IDEAS – TECHNIQUES AND TIME TESTED TIPS

When making love/ having sex you are saying to your partner with your touch and body what words cannot. Imagine telling someone I am going to kiss you. A very different matter when you actually do kiss them. All your senses are involved.

These ideas work for all sexual identifications and sexes. Important point is if you want to engage in and your pleasure. Id – str/gay/bi/trans/gender queer/

IN THE BEGINNING

ATTENTION is one of the most seductive behaviors

TURN OFF THE TV/PHONE/ that additional item is dividing your focus

Be aware if you have hidden agendas they will come out.

Relationships/dating marriages are about seeking someone to relate to emotionally and physically – Movie Hitch has solid dating and choosing tips.

Each person is unique in their preferences sexually – don't feel everyone is doing everything not necessarily so

Confidence, not cockiness, is very attractive for both sexes.

#1 behavior that keeps relationships together – RESPECT / same direction and feeling acknowledged for contributions

People touch the way they prefer to be touched – men often too firmly thanks to testosterone

Too much too quickly cross razor edge of feeling good to hurt

SWIRL – Change pressure to keep sensation fresh

No tongue in the ear unless requested – no dip test – better idea pay attention to their breathing, more relaxed the more ability to focus. Women's brains go 8 places at once tougher for us to focus.

Fingernails and hands for both sexes. If a woman cannot imagine his hand on her body, ain't gonna happen.

Men watch your mouth imagining it south of the border. Men watch how you eat as a metaphor for sex.

Same thing with nails - Ladies watch the talons – partners will likely go “ Oh no not on my _____ ”

Kissing crucial indicator for both – HOW to be kissed as you prefer. Often too much tongue. Try on your own hand and fingers.

Lower Lip gentlemen – test on your wrist

Ladies there can be too much makeup and lipstick - watch no toes over the side of your sandals

Size matters to some – but as I say if the only thing that is important is a large _____, you're in bed with a penis and or breasts not a person.

Also in the hidden agenda section, go to bed with a wallet you wake up with a wallet.

HUG – full body

Pay more attention to BEHAVIORS than words.

ORAL – Bryan's tips - use both hands

Ladies know the male sexual response is a steep slope up – mouth tired stop slow down - set yourself back @ 5 minutes. Keep hand and your mouth SEALED together. Porn not accurate. RING – thumb and forefinger. 4 motions – Up and down/twisting/ tongue is in motion and free hand creating sensation elsewhere

MANUAL - ODE TO BRYAN – HBO Real Sex #24

Men –Tahitian / Kivin Method - stair case build up – come for the side rather than between legs – In Great Lover Playbook

SIZE of CLITORIS

ANAL – greater interest – Tristan Taormino – Sinclair video Expanding Sexual Boundaries

TYPES OF ORGASMS – 10 for women / 8 for men

Orgasmic fingerprints

Identification of Bisexuality – your choice not a solid definition. Self-identifying

Sportsheets Product Talking Points for Abilities Expo May 31, 2008 Anaheim CA

Many of Sportsheets Products can be purchased at:
<http://www.healthyandactive.com> or, contact info@sportsheets.com for retailers in your area.

Abilities Expo special offer!

Email info@sportsheets.com with your address to request your free product dvd and gift! All contact information will be kept private.

General Sportsheets Product Info:

- 0.High quality, sturdy construction
- 0.Products are made for comfort with soft material and padded straps
- 0.Many products have adjustable cuffs and straps to customize products to the user's needs
- 0.Velcro accessories are secure, but are easy to remove
- 0.Positionary products ease couples into sexual positions that may typically be too difficult

King Sportsheet

- 0.Soft, Velcro compatible sheet
- 0.Velcro Anchor pads hold tightly, but are easy to remove and move for positioning

- 0.Wrist and ankle cuffs secure partner, but are comfortable and easily removable
- 0.Cuffs can be combined to make thigh or neck cuff

Doggie Style Strap

- 0.Soft and comfortable
- 0.In the doggie style position, you can thrust with your arms by pulling the straps.
- 0.Less reliance on lower back or legs for thrusting
- 0.Bottom partner can stay in place more easily and concentrate on sensation

Lap Dancer Harness

- 0.Comfortable, Velcro harness with silicone dildo
- 0.Adjustable harness can be put on the thigh or on a pillow
- 0.Great for people confined to a wheelchair, or for someone who is paralyzed or has amputated limbs

Ménage a Trois

- 0.Can be used for individuals that suffer from erectile dysfunction, rapid climax, or other serious erectile issues

G Spot Link

- 0.Simplely attach the ankle cuffs, put your legs behind your partner's back and click the cuffs together
- 0.Reduces leg fatigue

- 0.No need to link your ankles behind your partner's back
- 0.Legs can be easily lifted for increased G spot access and deeper penetration

Penetration Station

- 0.Easy set up: Connect center strap around your mattress and attach the leverage straps
- 0.Includes 4 leverage straps for use as leg stirrups or handles
- 0.Includes instructional DVD
- 0.Use for limitless positioning, improved leverage, and balance

Super Sex Sling

- 0.Lay back on the neck pillow and attach the comfort ankle cuffs
- 0.Adjustable straps will allow the user to lift their legs to new heights!
- 0.Comfortable, padded neck rest and adjustable Velcro ankle cuffs
- 0.Reduces leg fatigue and pressure on the lower back
- 0.Obese individuals can use
- 0.Can be used for support in spine stretches like a Pilates reformer

Chest Harness

- 0.Good choice for someone who is paralyzed from the waist down