

## **The 7 steps of the "Key Sound Multiple Orgasm Protocol™" - in a nutshell -**

1. Get into a **private, quiet place**, preferably **not just before bed**, but earlier in the day when there is more energy available.
2. **Start by lying on your back or on your side**,
  - a) but in either case with your **knees bent and relaxed**.
  - b) After **at least a minute or two of just slow, relaxed breathing**, go to 3.
3. **Begin with a single erotic touch or caress.**
4. **As soon as you feel even the slightest pleasure** in response to your single erotic touch or caress, **PAUSE this stimulation** and:
5. **Use a gentle, unforced, relaxed Key Sound** (as demonstrated in the audio seminar) as you allow yourself to **exhale naturally**.  
**The Key Sound amplifies the arousal experienced in response to the single stimulation.**
6. Allow yourself **a few regular breaths while tuning in to and enjoying the automatic pleasure responses** (nicknamed: "The Echo Effects").
7. **Repeat The Protocol, beginning with Step 3.**

### **Explanations** concerning the single steps above

1. As you begin to open to the higher levels of arousal delivered by this practice, you may need that extra energy to be able to allow full-intensity multiple orgasms.
2. To avoid behaviours like muscle tension in legs and abdomen, rapid breathing alternating with breath holding, as known just prior to orgasmic releases, triggering the ejaculation or clitoral orgasm reflex, continue to breathe fully and slowly and relaxed during this practice to help your muscles stay really relaxed, even as arousal increases to multi-orgasmic levels. Even at the highest levels of arousal, the goal becomes: Relax as much as possible. Optionally at this early stage, you may begin practicing the Key Sound without any stimulation at all - just the relaxed breathing. It may help you get comfortable with the correct articulation of the Key Sound, and you may already begin notice a certain "resonance" or a sense of "awakening" when you make the sound correctly.
3. **Do NOT use continuous stimulation of any kind**, as it will likely just lead to ejaculation for men, and less than dramatically satisfying results for both genders. at least until you're well along in this practice.
4. **This allows AROUSAL to build**, while the ejaculation reflex tends not to get triggered.
5. **Do not try to hold your breath or the Key Sound back, but be very sure not to force your breath or the Key Sound either.**

The correct pronunciation of the Key Sound is based on a fairly deep, husky "uh" sound that is done with a very relaxed throat. In print, **the closest approximation to the correctly articulated Key Sound is: "huuuuuUUUUHHHH..."** There are links to additional samples of this sound at the bottom of the main Downloads page.

### **Key Sound use during states of higher arousal.**

As arousal continues to build, indicated by an increase in intensity (and often in the variety) of the pleasurable Echo Effects, it is not uncommon to begin to experience some difficulty in maintaining the smooth “rolling quality” of the transition from the softer first part of the sound to the somewhat louder second part of the sound.

At times, some people have abandoned that rolling quality altogether, so the Key Sound degenerates to two segments of “huuuu...UUUHHHH”. This is not correct.

It is essential to preserve the smooth rolling quality at the higher arousal states.

THAT is when the "Echo Effects" may really start achieving truly orgasmic intensity.

The Key Sound will naturally tend to become louder as arousal increases, since there is more energy to express.

In effect the goal is to “ejaculate the energy” through allowing full (but NOT forced) expression of the Key Sound. This is frequently accompanied by a profound sense of surrender to the experience.

6. **“A few” equals approximately 3 to 5 regular breaths** (but **don’t count** because that is a distraction) that can take you away from paying attention to how you’re feeling.

During these few regular breaths, just notice any automatic responses e.g., tingles, goosebumps, squirming, pelvic rocking, spontaneous sound, as well arms, legs, or other areas of your body that start trembling or shaking, etc.

The automatic responses of feeling and body movement to that slight erotic touch or caress are the "Echo Effects" to your correct use of the arousal-pumping Key Sound.

Pausing the stimulation and using a few relaxed regular breaths literally gives you much, much greater breathing room to feel full-body arousal.

NOTE: As the Echo Effects (i.e., feelings of erotic pleasure) increase to the higher zones of intensity, there may be a tendency for certain areas of your body to tense up.

Simply remove ALL stimulation from The Protocol sequence temporarily, while replacing the specifically erotic touch with a more generalized gentle massaging of your whole body, especially in the areas where the energy seems to be developing tension or a sense of energy blockage.

This massage should not concentrate on erotic hot spots, and should not be done to try to get more turned on (i.e. by using more stimulation).

Instead, it should be practiced with the intention of relaxing in order to help the energy move throughout your body, thus allowing your whole body to become more fully and orgasmically aroused.

When the muscle tension or sense of energy congestion or blockage releases, then you may reintroduce the single-touch stimulation as described in Step 3.

If the tension or blockage does not seem to resolve itself after ceasing stimulation and using the general light massage to help get the blocked energy moving again, then cease practice for that session.

It is VERY IMPORTANT not to try to push through these instances of tension by just using more stimulation, a forced Key Sound, or other “try harder” techniques.

7. Over some number of practice sessions, which varies from person to person, your body will allow you to experience higher and more full-body states of arousal in this way until your body and your emotions will open enough energetically to allow you to automatically trigger a series of orgasmically intense "Echo Effects", which with practice will continue for as long as you desire.

## TIPS AND Q & A

- **If you are wanting to share this experience with a partner ...**  
It's usually best to **begin by practicing solo**, rather than introducing it immediately into lovemaking with a partner. Save that for a little later!  
You don't need the burden of trying to "perform" sexually while learning this.
- In the audio seminar itself, **I offer additional suggestions and special exercises for introducing the process to your partner**, and there are further tips and discussions about this in the Live Forum and in the Archived Chats Q & A transcripts at [www.multiples.com](http://www.multiples.com).
- **Will I always need to use the Key Sound** whenever I make love or even as I practice solo? Not, if you don't want to. Remember that this technique is used as a trigger to teach your body how to open to this significantly more intensely pleasurable experience.

You may soon discover that these new waves of pleasure may actually begin and may even continue without your need to always use the Key Sound to trigger them. **It may become possible to trigger these multi-orgasmic waves, in some cases just at will**, without using the Key Sound, you may **even** learn to trigger these waves **without any stimulation (at all)!**

*I know that such an idea may seem **inconceivable**, but a review of the [www.multiples.com](http://www.multiples.com) Success Stories in the Live Forum, the archived Chat Transcripts, and of the recorded telephone interviews of men and women who have learned this method will confirm that this is possible. Study these posts and interviews for more tips, inspiration and motivation.*

- **Remember that it is stimulation ...**  
especially relatively continuous and vigorous stimulation, that triggers the ejaculation reflex, or the more localized "clitoral orgasm." That is why this method is so successful, yet **withOUT** requiring ANY last-minute PC muscle squeezing, hovering near the (ejaculatory) Point of No Return, etc.  
This method is based on learning to use the Key Sound ... to pump arousal ultimately to multi-orgasmic levels, while using very little and eventually no stimulation.

- Three pages of "essence" (still containing a lot of repetitions)  
from a "17-page-ebook" packaged-priced two hundreds of USD -

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### The Multiple Orgasm Trigger Program™

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