Introduction: Back on campus by popular demand, I am excited to introduce Amy Luna Manderino. Amy Luna lives life to the fullest as an artist, explorer, scholar, free spirit, and lifelong advocate for gender consciousness. A dance ethnographer and ethnomusicologist, Amy Luna has traveled the globe as the artistic director of her two dance companies, Lunatique and Shuvani, learning, performing and preserving dozens of dance traditions from around the world. She is the creator of the Play for a Lifetime piano method for beginning adults which she has taught at Pixar Animation Studios. Amy Luna is also a rescue scuba diver, motorcyclist, and avid outdoorswoman and nature wildlife photographer. She is a member of Mensa -- the high IQ society -- Omicron Delta Kappa, a national leadership honor society, and the Alumnae Leadership Council of the Public Leadership Education Network for Women.

As President of the Student Senate while an undergraduate at Pennsylvania State University, she successfully lobbied for the inclusion of an “other cultures” basic degree requirement. Since that time, over 100,000 students have been introduced to the rich diversity of our world through this forward thinking curriculum requirement. She also managed the county’s women's shelter crisis hotline while pursuing a Master's degree in political philosophy and gender studies, also at Penn State, providing medical, legal, and emotional support to survivors of sexual assault and domestic violence. In 2010, Amy Luna was named both Miss Cougar San Francisco East Bay and Miss Cougar California before winning the title of Miss Cougar International in 2011 at the age of 45 at the International Cougar Week in Jamaica.
She is currently finishing research on her upcoming book about shifting paradigms regarding aging, gender, and sexuality. She is here today to share some of these exciting revelations with us. Please welcome Amy Luna Manderino.

[ Applause ]

Amy Luna Manderino: Well, you came here today to learn about sex, which is one of my favorite topics and activities.
So the question is, how do we normally learn about sex? Well, our schools tend to focus on sex for procreation. How you get pregnant, how to not get pregnant. And our churches, often they are focused on purity, our purity. Pornography teaches us about performance. Medicine increasingly is concerned about the profit margin of our sexuality. And women's health organizations often focus on protection, how we can protect ourselves from STI, pregnancy, or sexual assault. But I'm here today to be the person that helps to teach you about pleasure.

**Audience member:** Yeah!

**Amy Luna Manderino:** Thank you. [Laughter]
Who is concerned about our sexual pleasure? Well, someone should be, because understanding your physical, emotional, and mental connection to your sexuality is what can enable you to live a holistic, healthy life and create your own sexual ecstasy for a lifetime. And we should actually create our own sexual ecstasy for a lifetime, because there are a lot of advantages to having regular orgasms.
Our systems were actually set up for this type of stress relief and balancing of our bodies with all of these positive benefits – hormonally, stress reduction, cardiovascular relief. Orgasms are good medicine.
So I'm going to use that -- the word “pleasure,” each letter of the word, to describe a different aspect of how you're going to be able to create “yourgasm” and “sexellence for life.” So let's get right down to it. “A” is for anatomy.
Can anyone tell me what this is? It's a wishbone, right? Can anyone tell me, and if you've seen my talk before, you can hold it to yourself. Can anyone tell me what part of the human anatomy this resembles? The human anatomy?

Audience member: [Inaudible].

Amy Luna Manderino: What did someone say?

Audience member: [Inaudible].

Amy Luna Manderino: Cervix? So kind of maybe the cervix and going out to the fallopian tubes here, like that? Okay.
Well, I can tell you that this is the shape of a woman's clitoris. Okay? We usually think of the clitoris as this part which I'm going to call the North Pole of the head of the clitoris, which extends outside of the woman's body. But there's a South Pole to the clitoris which is right where the G-spot is, and there's actually two legs or wings to the clitoris.
So what we usually think of as the clitoris, this part, is actually, as you can see, just the tip of the iceberg.
So what I'm about to show you next is a video that is pretty amazing and paradigm shifting. What you're looking at now is the pelvic region of a fetus with the legs spread. This is an early stage of development. While the sex of the fetus has already been determined through the chromosomes, the fetus hasn't actually started to develop and sexually differentiate in the first weeks. So what's going to happen is the screen is going to split and on the left side you're going to see how the male develops, and the right side you're going to see how the female develops. And you'll see that all these, you know, seed parts here are going to actually develop into homologous parts, which is a fancy medical term meaning "similar though different." There we go. Okay, so left side male development, right side female development. This is as the fetus is developing in the womb.

[ Silence – short film]
So here it is with all the parts labeled. You can see that women actually have every part of the anatomy that men do. The head of the penis is similar to the head of the clitoris. The shaft of the penis actually contains muscular, as well as erectile, tissue that becomes engorged with blood during arousal and is what creates the male erection. For females, we actually have two legs of the wishbone, those yellow legs you see here, that also contain erectile and muscular tissue and also engorge and become erect with sexual arousal. What's also interesting is the male scrotum is analogous to the female labia. So like the scrotum also fills with blood, as well as, the labia during sexual arousal. It puts a new light on surgeries that are trying to make -- where women are trying to make their labias smaller and men are always like wanting to make their testicles bigger, right? But they serve the same purpose, so women should actually enjoy if they have a large labia, because it's bringing more blood to that region during sexual arousal.
So if we just isolate the part of the female anatomy that’s analogous to the male anatomy as far as muscular and erectile, we see that the phallus would be analogous to the wishbone shape, right?
So imagine how our lives would be different if the same way that the phallus has been, and rightfully so, honored in our culture...
...but that we also gave the same amount of props to the wishbone as a symbol of female sexual potency.
This is a 3D picture. What you see in yellow is the clitoris. This is -- the blue is the vagina going up into the uterus.
And this video is going to actually turn to the side. The part that's highlighted is what we usually think of as the clitoris, again that tip of the iceberg.
But what you see here are the wings of the clitoris, as well as, that bulbous muscular part of the clitoral anatomy as well.
And that’s from the top and you can really see that wishbone shape going around the opening of the vagina -- near the opening of the vagina.
So what's interesting about this image is that we usually think of the vagina or the, you know, opening there. When we mimic, when we want to pantomime sex, we kind of go like this, thinking that this is the anatomy of the woman and this is the anatomy of the man, right? But what would actually be more accurate is if we depicted the anatomy of the woman like this and the anatomy of the man like this because that's actually what happens. The clitoris surrounds and hugs and grabs the penis in order for the woman to achieve orgasm.
"In reality, the clitoris is the female sex organ. The vagina is comparable in sensitivity to the male testicles."

Lonnie Barbach, author, *For Yourself, the Fulfillment of Female Sexuality*

So in reality, as Lonnie Barbach said, the clitoris is the female sex organ. The vagina is comparable in sensitivity to the male testicles.
94% of women can regularly orgasm via self-stimulation.

75% of women do not achieve orgasm from intercourse alone.

80% of women have faked an orgasm during intercourse.

So maybe now this kind of explains why 94% of women can regularly orgasm via self-stimulation, but 75% don't achieve orgasm from intercourse and 80% of women have faked an orgasm during intercourse. Because we're really focusing on the wrong part of the anatomy, the vagina, when we should be training and maintaining and focusing on the clitoris.
One of the reasons why we also have this belief is because pornography kind of reinforces it. This is Tera Patrick, who's an adult film star and she's pretty much made bank in the pornography industry. And I was watching The Howard Stern Show and what caught my ear was she made the announcement that "I don't come from anything being inside me."
Well, these are all screen shots from Tera Patrick's pornography adult films that she has appeared in where she is very clearly saying, "I'm coming," while she's being penetrated.
So one of the reasons why we have this disconnect between intercourse and women’s orgasm is because pornography teaches women to tell the same lies.
Female and male genitalia are not complimentary and opposite.

**muscular, erectile phallus - passive, receptive vagina**

Female and male genitalia are complimentary and **similar**.

**muscular, erectile phallus - muscular, erectile clitoris**

So, female and male genitalia are not complementary and opposite -- muscular, erectile phallus entering a passive, receptive vagina. Female and male genitalia are complementary and similar. It is a muscular, erectile phallus meeting a muscular, erectile clitoris.
Men get boners. Women get wishboners. [Laughter]
So there's a lot of talk about types of orgasms for women, and it's clitoral, clitoral, clitoral. Hopefully from that first video you can see that the anatomy of the clitoris is absolutely analogous to the male physiology -- genital physiology. However, women have a lot of nerves in their pelvic region, so stimulating the vagina, the G-spot, the cervix, the perineal, even the nipples -- or some women are so psychologically connected to the sensation of orgasm, simply the vibration of brushing their teeth with an electric tooth brusher can bring arousal and orgasm.

So I prefer to talk to orgasms -- about orgasms -- not by what part of the body is stimulated to orgasm, but what part of the body responds in orgasm. I think that's a more helpful way of talking about it. So in that sense, we have pelvic orgasms, and the research appears to suggest that pelvic orgasms, which are located in the pelvic region, they don't extend through the whole body, are most likely to occur when the external clitoris alone is stimulated. And that's kind of the motto that we have, right? Stimulate the woman's clitoris externally and she'll come to orgasm. And that usually achieves a pelvic orgasm.

It seems that to get the full body orgasm which actually connects to a different nerve in the woman's spine, that you need either, both of the external and internal stimulation of the North Pole and that South Pole to achieve a full body orgasm. And a full body orgasm is a completely different sensation than a pelvic orgasm. Pelvic orgasms are really nice. Full body orgasms are sort of an altered state ...
...of consciousness. They sort of take over your brain and they pulsate through your whole body. And actually, with FMRI and the advances in neuroscience, they’re starting to discover that what happens during orgasm is really similar to what happens in deep states of spiritual meditation with some Tibet monks.

So we have the question, why do we have orgasm? Why is pleasure hardwired into us evolutionarily? And I think there is a connection between orgasm and spirituality there. So a lot of women experience blend orgasms, external with -- using the external and an internal stimulation. You can feel the full body orgasm as well as a pelvic orgasm. And also it seems that full body orgasms facilitate female ejaculation. So women do ejaculate. We create ejaculate when we’re having an orgasm. Not all women expel the ejaculate. Sometimes it remains in your bladder and it's expelled during urine after the sex act. Sometimes it just oozes out of the woman during the sex act, so it just seems like it's lubrication, but it's really ejaculation. And if the woman has very much tone to her PC muscle, she can actually projectile squirt, and that's where you get squirting. So that's a question of toning the PC muscle. So what's interesting about the differences in anatomy of the penis and the clitoris is that the clitoris is actually able to achieve multiple and continuous orgasms. It doesn't have the same refractory period as the male penis. So you know, sometimes men like to use the analogy that my penis is my gun or my pistol, you know. Well, if it is, then women have a double-barrel semi-automatic weapon. [Laughter] So much for penis envy, right? [Laughter] How about wishbone envy, you know? It's all good.
Okay, so you can actually train and strengthen this PC muscle for -- to have it more likely that you will achieve full body orgasm, ejaculation and squirting and just basic good vaginal health. It brings circulation to the area. It strengthens the area. As you age, it helps prevent incontinence. After child birth, a lot of times the internal muscles of the vagina are relaxed and exercising with some sorts of resistance device like a kegel master can really help bring back that tone. So, you know, after child birth when your doctor's wanting to -- you know, the new thing now is you cut and slice and pull the muscles together inside the vagina, well that can actually damage some very sensitive nerve endings in there that contribute to orgasm. So before you go and get that vaginal rejuvenation after you give birth to a baby, you might want to get yourself a kegel master and just work out a little bit, and you'll probably get stronger orgasms as well. So how it works is it's inserted in the vagina here and it does have a spring that offers tension and resistance. These are the muscles that we're talking about here in red, and what it does is it helps you to contract and give some resistance. Now a lot of us have been taught to do kegels just by ourselves, but it's kind of the same as if I wanted to build up my arm muscle and I just try to do it with isometrics, right? I'd get a much stronger bicep more quickly if I did some resistance and I lifted weights. It's the same thing with your PC muscle. It's a muscle like any other muscle in the body.
So Dave Lampert is the inventor of the Sybian. And the Sybian is a device that he created to help women achieve orgasm, become orgasmic, and also to train and maintain multiple continuous orgasmic states. He did a study this year, hot off the presses, after -- he invented this device the Sybian in 1985 -- but he'd been watching for so many years develop on this and he said, "You know, hey, I think that if we actually -- no one's ever done a study to see if women train and maintain this muscle, how this can affect their ability to squirt, to have multiple continuous orgasms." So what you're seeing here is -- this was a four month study -- three or four months, about that. And he checked in with the women every couple of weeks. So what you see here, where he started is where the women started. Some of them were not -- have never been orgasmic. Some of them were orgasmic but tended to have one orgasm per session. 10 was considered multiply continuously orgasmic with female ejaculation. So this is where the women of the study started...
...and then this is how the graph progressed...
...over that three month period.
So you can see that the change of just that exercising...
...20 minutes two to three times a week...
...not a lot of time investment.
What dramatic change from the beginning of the study to the end of the study as far as these women's ability to be multiply and continuously orgasmic, and during intercourse.
Here's a lot of devices to help women train and stimulate both externally and internally.
This is the WiVibe, which can be worn during intercourse and it helps to stimulate a woman’s -- basically that’s grasping around the North and South Pole of the clitoris. That’s a party in your pocket, right? [Laughter] Okay, so these are available in -- I’d like to recommend Good Vibrations, it’s a woman owned and operated and wonderful -- yes for both men and women, all sorts of sex toys and great information. There’s one two miles from my house which I’m really lucky to have.
So how about male anatomy? Let's talk about the male anatomy for a second. So two things that I want to point out here is the prostate gland. You know, women have that sort of G-spot that helps facilitate orgasms at the South Pole of the clitoris. And men have the prostate, which many men find very pleasurable and enhances the strength of their orgasm. So you can see why, particularly during same-sex, rectal penetration actually is hitting that prostate for the man. Here we have the PC muscle. Men do have a PC muscle that they can't see either. And actually if that muscle is very, very tense, or your pelvic region is very, very tense, it can actually cause the penis to contract inside of your body and shorten the length of your penis. If you relax your pelvic region for a massage and you work your PC muscles, you may actually lengthen your penis.
And the pelvic -- strong PC muscles for a man can strengthen his erection, strengthen his ejaculation, if you want to like have contests for how far you can shoot. [Laughter] You can treat your erectile dysfunction or even treat premature ejaculation by exercising the PC muscle for men.
And there are many devices for same-sex or heterosexual couples to experiment with stimulating the prostate in males. So clitoris, vagina, cervix, G-spot, P-spot.
What’s important here to realize is that all of us have a Me-spot. Okay? Everybody’s different. What they like is different. Which is why it’s important to understand and know what is going on in your body.
Which brings us to the next letter which is “S.” “S” is for the “Self.” So a lot of times, when we think about sex, we think about how we look to other people. Are they going to like how I look? Are my breasts big enough? Are my biceps big enough? Are my legs long enough? Is he going to mind this little pooch that I have?
And my recommendation for you is to subjectify your body consciousness. When you think about how you look, you're thinking of yourself as an object for another person's gaze. When you subjectify your consciousness, you're inside your body feeling out instead of outside the body looking in. It's hard to achieve an orgasmic state if you're more concerned with how you look than how you feel. And conversely, people don't tend to remember what you said or did, but they will remember how you made them feel. So if you are really self-conscious in bed, you're making your partner nervous. What you want to do is make your partner feel good with your confidence and your high self-esteem with your body image.
So what I'd like everyone to do is close their eyes. I'm going to take you through a short meditation here, body meditation. And I'm having your close your eyes so you can really focus internally on your body. And I want you to appreciate first of all what your body does for you, how your legs are a miracle of evolution. They can take you, and will take you, to see so many beautiful, amazing places in your life. And how your hands, with their opposable thumbs, another miracle of evolution, enable you to grasp and hold and caress and love your partner and also to provide acts of service to other humans that you encounter. And I want you to think about your skin, the largest organ of the body, covers your whole body. And what do you like to be touched with? How do you like to be touched? Where do you like to be touched? And I want you to go into your breast area and nipples, both men and women. How does it feel for you when your breasts or your nipples are stimulated? Doesn't matter their size, right, if you're inside of them. It matters how they feel to you. And now shift down to your pelvic region and think what life would be like if that region was honored, celebrated, the nicknames for it were positive and safe and trusting. Imagine how you could just relax into it, how much blood flow would go down there. And imagine how you like to be touched or would like to be touched. Imagine asking for that. And now shift your consciousness back up to your heart. And think about that area because your cardiology is telling us that the heart has a lot of intelligence. In fact, the heart sends more information to the head brain than the head brain sends to the heart brain. There is a heart intelligence. And that heart intelligence will tell you when you're in a safe and loving sexual situation. And open your eyes. Thank you.
So your first relationship to sex is to yourself. Your second relationship to sex is to sex. How do you think about sex? Well, this is sort of the continuum of positive and negative ways that people related to sex. I'm going to start in the middle with sex neutral and I have this sign because it's OK to be sex neutral. I'm talking a lot about sex today, but that doesn't mean it has to be a part of your life. Sex neutral is when you have a passive approach to sex. Some reasons why you might have a passive approach to sex, perhaps you're being celibate for spiritual reasons. You may be grieving the loss of a partner. You may have a physical illness that makes it difficult for you to have sex at the current time. Or you may just be a person who has a low libido. But there's no charge -- there's no emotional charge, positive or negative, around sex. You're simply not engaged in it. You may have a partner that's away for long periods of time or you may have just had a child and your hormones are readjusting and sex is a non-issue for you. That's sex neutral and sex neutral is okay.

Moving to the left. Sex negative. You know, the statistics for sexual assault are pretty significant in our culture. One in three women. One in six men in their lifetime. So there's a good chance that one of your sex partners throughout your life will have experienced some sexual trauma. They may have shame or fear around sexuality from the messages they got from their church or their family. And they may just simply feel embarrassed because of body image issues. So when they think of sex, this person, it's painful. It brings up a lot of fear, a lot of anxiety.
On the extreme end of that spectrum is what I call sex toxic. And that's people that are actually self-medicating with sex. They're using sex as sort of a pill for perhaps PTSD or any other kind of mental health issues that they might have. It's about control and a hallmark of sex that is sex toxic is after sex, you feel bad. You feel badly. They actually did a study of johns with prostitutes in San Francisco and Chicago and what they found was that the men -- the majority of the men, after having sex with the sex worker, felt badly after the act.

So moving to the right end of the spectrum, we have sex being sex positive. So when people are sex positive, sex is about pleasure. It's fun. It's creative. It's something they use to stimulate themselves. And you're very knowledgeable and confident about your sexuality. That would be sex positive.

And then the extreme of that would be sex tantric. Sex tantric is using sex for this transcendent experience that I talked about earlier when you're in the orgasmic state. It's actually sort of a loss of ego and a transcending of the body through the body. And the hallmarks of that are connection, transcendence, bliss, and afterwards, you feel amazing.
So I am “soulibate.” And what that means is that my first relationship and loyalty to myself sexually is to my heart and myself. And that means that I am concerned about my health. Do I protect myself from STI's and pregnancy, my future, planning when and how many children do I have through birth control? Safety -- listening to my heart intuition to know if I should be alone and being intoxicated with this person or not, if they're safe and trusting. Knowing my boundaries and knowing how to maintain my boundaries. So, you know, while I may enjoy participating in some intoxicants to enhance my altered state of consciousness during my sexuality or my sexual experiences, I know enough to know when to stop so I am still in control and I can still maintain my boundaries of safety and my boundaries of communication. Do I love myself enough to be able to ask for what I need and to be able to say when something is happening that I am not comfortable with?
I'm also cognizant of the effects of oxytocin bonding. When you share intimacy and orgasm with someone, there is a hormonal bonding that happens that will cause you to trust the person, perhaps a little bit more than they deserve, and that's why sometimes when you have a one-night stand and you don't even like the guy or the woman, you know, for the next couple of weeks, you're like, "I can't get him out of my head," you know? And they do think that men's refractory period of the oxytocin bond is two days and women is two weeks, and doesn't that just suck for women, right? Because in two days, the guy's already moved on and two weeks later...So what I tell myself when that happens is, "Okay, I'm going to spend two weeks working out and focusing on, you know, that term paper I need to finish," until the oxytocin wears off. I'm also concerned about my body integrity. In other words, if my body is my sexual temple, I'm not going to cut it, slice it, dice it so it looks better because I may affect my ability to feel my full sexuality. And also again, my heart integrity. Is what I'm doing ethical to myself, to the person I'm with, and to any people they may have commitments to, as well?
Okay, so moving on, “P” is for “Pressure.” So as I showed with the anatomy of the clitoris, okay, it is actually pressure on the clitoris that brings it to orgasm. So what I said before is this kind of friction isn't so much what brings a woman to orgasm, but pressure. And because the clitoris is in the vaginal walls, a woman can actually increase that pressure by contracting the muscles around her vaginal opening so you're sort of bringing the G-spot, bringing the clitoral legs closer to the shaft of the penis. And that's important because that means when I talk to women who have trained themselves to do this, they say, "I can do this, it doesn't matter the penis size." The length or the girth of the penis doesn't matter because the vagina is actually adapting around that size of the penis.
So here is an example of -- on the left we're going to see friction intercourse.
Now this is the torso of the woman in this case. This is a heterosexual couple. And this is the shaft of the penis. The red dot is her clitoris. The blue dot is the man's pelvic bone which is very useful for stimulating the external clitoris. So you'll see that when you do that kind of thrusting motion --you also see this in pornography, too, when the woman's on top. She's like doing that kind of jumping up and down pole thing, right, you know? [Laughter] But the problem with this is it doesn't really give direct and continuous stimulation to the clitoris for the woman, right? And I know when I was a young woman, you know, I tried all sorts of like vibrating cock rings and strap on things and, you know, no matter what, I mean, it would always be a sort of like, ooh, that feels good, where'd it go? Ooh, that feels good, where'd it go? You know? Because it's going in and out of actually touching my clitoris. And I think some people in the room know what I'm talking about. Okay. [Laughter]
So what works better is on the right what you see here is the woman is actually doing a sort of rocking up and down motion where the penis is giving pressure around that whole area kind of like, you know, scraping off the peanut butter jar in there, and her clitoris is in direct and rhythmic continual contact with the pelvic bone. She is also controlling the stimulation, or in the case of same sex, the “penatra-tee,” the man could be on top as well, controlling the stimulation. I've talked to some gay men that say that they can achieve orgasm much stronger and much more quickly if they are on top even though they're being penetrated because the person controlling the stimulation is going to know how -- what they need to achieve orgasm. And the men in the room can maybe appreciate this because, you know, how often has a women given you a blow job or a hand job, and you're kind of like, "This feels really good, but it's just not what gets me there," you know, and you kind of want to grab and finish for them because you know what makes you feel good. Well, it's the same thing with a woman. Like when you're having sex and you're doing the thrusting and she's not involved with the stimulation, it's kind of the same thing. So maybe that gives you sort of an analogy to think about.
This is Sybian that I talked about earlier. And again, the device on the top makes this kind of motion. It rotates, gyrates, and vibrates. So consider that the machine that was designed to make - train women to come multiply and continually does not thrust at all.
Okay, as I said before, women who are in control of the stimulation during intercourse have more orgasms. The woman on top position by far the best position for actually achieving that.
So moving on, let's talk about the men. So “E” is for “Erection.” Unfortunately, a lot of the masculine standards we have in our society sabotage men's erections.
A lot of our hyper-masculine images, like these that we've seen in our media, support alcohol consumption, nicotine consumption, which are considered very manly activities. But unfortunately, it's not very manly if it's going to eventually make your dick go limp, right? [Laughter] And your particular generation is fortunate in that you're going to reap the benefits of what is coming out of a lot of research on pornography and its effects on men's sexuality.
What we're finding is that pornography is like food. It's not bad for you, but much of it is junk and consuming too much of it is unhealthy. They just did a study in Italy, so these were Italian men, and they -- it was over 20,000 men and what they found was continuous and regular use of pornography was contributing to erectile dysfunction in men in their 20's and as early as in their teens. And doctors and, you know, sex therapists are reporting this across the board -- that there is this phenomenon that is just coming to light of young men being over -- desensitized to sexual stimulation. We have sort of a dopamine response in our brains and this is another reason why pornography is becoming more and more extreme in its images, because it has to. When people view the same stimulation over and over again, you become desensitized and numbed to it, so you need sort of like a stronger, you know, stimulus in order to achieve the same effect. And in pornography that often turns into violence or domination or things that again do not facilitate female orgasm.

So what I'm suggesting is for erectile health that you have a healthy sexual media diet. And that means moderate usage, you know, because it's easy to just become addictive, right? It's a pleasurable thing. The neurons that wire together fire together. If you connect feeling good with watching pornography, you're going to go to that when you need to self-soothe. So like anything else, use in moderation. Be conscious of how you're getting sensitized to pornography. Are you upping the ante? Do you need more and more stimulation? And how is that -- how are those images going to affect your sexuality when you're actually interacting with a real woman? Does this pornography have evolved gender roles?
As you'll see as I progress that one of the reasons that we got in this soup in the first place is because of all of our extreme polarized gender roles which pornography tends to hyper-exaggerate. Does it have realistic bodies? Again, you can acclimate yourself to a body type that's not really going to be found in nature or in the women that you're dating, and then that can make it difficult to become aroused in your sexual real life, in reality.

Does the pornography appear ethical? You know, do the participants appear intoxicated or drunk? Are they possibly there against their will? You know, you can make ethical choices in your consumption of sexual media. Are the partners talking to each other in a respectful manner? And also, are you watching pornography that's showing correct sex technique like we've talked about, or are you seeing that thrusting?
For your erectile health and your erection, it's so important -- diet. So much of healthy -- of erectile health -- is circulation, blood flow and, you know, and keeping it toned, that PC muscle, as well. So a healthy food diet is so important. Lean meats, fruits, and vegetables. Again, we sort of sabotage men because the manly diet is kind of like a lot of meat and potatoes, right? Not salads, you know. So -- but really, actually, you know, if you're eating that kind of a diet, you're going to have a stronger erection.

Also stress management. Again, one of the hallmarks of masculinity, don't show emotion. Hold it all in. Bottle it in. Another reason why we're having an epidemic of erectile dysfunction. Pelvic massage, talked about that earlier, and PC muscle strengthening and a healthy sexual media diet.
“L” is for “Lubrication.”
So from Dave Lampert who again invented that Sybian, he feels the greatest hoax played upon the world is the importance of the male stroking during intercourse used in nearly all male-female porn movies. So I'm going to go back to this friction idea, okay? The opening of the vagina, which is sort of like an eye shape turned on its side, is the skin is mucous membrane skin. We have different types of skin in our body, okay? It's the same type of skin that's in the corner of your eyelid right here. That sort of like would be the bottom of the woman's vaginal opening when you're -- when she's being penetrated, okay? And what I want everyone to do is take your middle finger and go right there in the corner of your eye and I want you to rub it. All right? Doesn't that feel good? [Laughter] Could you do that all night long? [Laughter] Okay. Now imagine -- I'm not going to have you do it, just imagine if you went like this. [Laughter] Okay? That's what's happening. So where did all this thrusting come from and the answer pretty much is circumcision, okay? What we're finding now is that circumcised penises, because the foreskin is removed -- the most sensitive part of the penis is that head underneath the foreskin. When the foreskin is removed, the head becomes desensitized. It's supposed to be extremely sensitized and ticklish. Recent research, 2008, shows that the circumcised penis is about four times less sensitive than the uncircumcised penis. And there was just a study that came out of Belgium that said the same thing.
Here's a quote from a man who was circumcised as an adult. "You are quite right in saying that in sexual intercourse, circumcised men are more rough and tend to pound or bang away, using long thrusts. I have found this ever-increasingly true about my style, since being circumcised. This is because I now have so little sensitivity and thus no build-up of feeling or response during intercourse that I just pound harder and faster in a desperate hope of reaching orgasm."

- a man who was circumcised as an adult

source: www.sexasnatureintended.com
Now let's talk about -- what is the history of circumcision? This is from a book, an online book, e-book, “Sex as Nature Intended It,” which I highly recommend. It's really eye-opening. But in the chapter on the history of circumcision, we can trace it to Muslims, masturbation, medicine, and the military. Starting in the 12th Century with the Crusades, when British soldiers went to the Middle East, because Muslims are -- Muslims and Jews are circumcised as part of their religious practice. And that's been around for a really long time. I'm not really quite sure why or how that got started.

But when British soldiers went into the Middle East and they were captured, one of the ways that the Muslims kind of showed that they had dominated them was they would publicly circumcise them. And Muslim soldiers would be rewarded for how many foreskins that they would get from the soldiers that they had captured. So what ended up happening was that British soldiers -- some British soldiers would die because they would get infected or they would bleed. It wasn't done really well. So the British army, over a course [inaudible] by the 16th Century, they thought, “Well we're going to get smart and we're just going to circumcise the men before they go over there so they won't be able to have that trophy of war.” And then it became a badge of honor because if you were circumcised man in Britain, it meant that you had served your country and made this sacrifice and you had actually served your country overseas. But it was still way, way just a small majority of men that actually participated in this type of circumcision.
When it really gets cracking is the Victorian age with the publication in 1891 by the British World College of Surgeons, who published a paper titled "On Circumcision as a Preventative of Masturbation." You really start, you know, Kellogg's cereals, right? He was a really big proponent of this. Of anti -- there was this whole anti-masturbation movement. Men's sexuality is way out of control, and it was thought that because the head of the penis was so sensitive that circumcision would desensitize the penis, which it does.

And then, around the turn of the century in -- after 1900, still it wasn't -- it didn't totally catch on until women started having births in hospitals, okay? So the doctors would just routinely do it. Grab the child, give him a circumcision. And this was a time when, you know, doctors ruled. You did not challenge the authority of a doctor. So it just became standard that boys -- young boys would be circumcised. And as you can see by this chart, that trend really kept rising -- incidentally, in the United States. Circumcision is a uniquely United States and British phenomenon. Men around the world are not circumcised about--estimate -- people estimate about 20 to 30% of men worldwide are actually circumcised. It's much more common to be uncircumcised. That started to turn around in 1976 with the publication of things like "Birth Without Violence" and Dr. Benjamin Spock, the baby doctor, came out against circumcision.
So why does it help the man and the woman to have a foreskin intact male? Well, that foreskin bunches up against the mouth of the vagina retaining the lubrication. Okay? That elongated thrusting that you see in pornography is just pulling all the lubrication out of the vagina and creating friction and chaffing. The circumcised penis tends to stay in and do more, as we'll learn a little bit later, of a different type of a motion. And women describe it very differently as well, too. There's shallow thrusting which is more contact with the external clitoris. It's easier on the vagina tissue. There's no pounding, right? You want to know what that feels like on a woman's vagina, just pound your arm like this for a while, right? That's what's going on in there. [Laughter] And it provides no friction to the vaginal walls. Now at this point, I should say, if you are circumcised, it's not the end of the world. You just need to be aware of this and you can sort of re-sensitize your penis, it's just more important than ever that you understand this and that when your partner asks you to do something slightly different that you realize that there's a lot of sense in it for both you and her. It's not the end of the world. And hopefully the men who are circumcised will realize to at least not pass that on to their sons.
There is actually a huge and growing movement of men opposing circumcision as a human rights violation because it's genital mutilation without consent. And it's a very hot topic right now and very controversial.
Okay, so getting back to what kind of stimulation we do need for our sexuality. Sexuality is learned. It's not something we're born knowing how to do any more than we're born knowing how to eat, if you've ever seen a baby try to get to their mouth with a fork, right? I mean, it's all a learned activity. So, how did we -- how did we used to learn about how to have sex? And the answer is rock and roll. And I actually need a few volunteers to help me demonstrate this. So do I have anyone in the audience that's willing to come up here, and help me demonstrate “rock and roll.” Please come on up. Anyone else?

**Audience member:** I'll do it.

**Amy Luna Manderino:** How about you. You look like you want to.

**Audience member:** [Inaudible].

**Amy Luna Manderino:** Yes. Come on up. Please. Great. And how about you?

**Audience member:** Me?

**Amy Luna Manderino:** Yes.

**Audience member:** Okay.
Amy Luna Manderino: And we're going to go up on this ramp if you don't mind. And I definitely need a guy. Who's going to be brave enough? This guy right here in the front. Yes. Please, come on up. [Laughter] Great. Okay. So you guys can just head on down the ramp. [Footsteps]. Good. And if you'll just be patient for one second, I'm going to show you that.
I had a career as an ethnic dancer as we mentioned earlier, and traveled the world learning ethnic dance. And it's very clear to me that we used to learn this through dance, okay?
Whether I've done dances from the Middle East, Asia, or Europe, it's all the same thing. It's how to move your pelvis for sex.
And it's not just for women. Men learn this, too, through dance.
Two kings of Rock and Roll -- Mick Jagger and Elvis Presley. What were they known for? Their pelvic gyrations. But what I find the most fascinating is does anyone know where the term “Rock and Roll” comes from? Rock and Roll -- where does that come from, right? Why do we call our music Rock and Roll? Because it was an African American euphemism for sex. Rock and Roll. [Laughter] Yeah, that's right.
So I’m going to show you how to Rock and Roll. You guys are going to help me. Okay? I’m just going to put a scarf on because a lot of the ethnic dances of the world highlight this region with some type of adornment. I just saw a video of pygmies in the forest -- little seven-, eight-year-old boys with huge grass skirts doing this kind of thing in them okay? So this kind of way of focusing the energy and the chi and the circulation in the pelvic area is very, very common. Okay. So you’re going to help me do this, thank you for your bravery. And what you're going to do is bend your knees. Come forward a little bit. Good, good, good. And then what you’re going to do is lower back so you push your pelvic bone out. Go ahead, you know you can do it. [Laughter] Good. And then come forward. Good and then you're going to go back, arch like you’re arching your back, and forward, and back, and forward. This is the rock of the Rock and Roll, okay? All right? [Laughter] Training for sexcellence here people. No pain, no gain, okay? It's just painfully embarrassing. Okay. So but what I'm doing here is I'm arching back and coming forward like this, okay? So this is the movement both for the man, circumcised or uncircumcised, and for the woman when she's on top. It's that kind of rock and roll.
Okay, now we're going to do the roll. Okay, so you're going to bend your knees, and then you're going to straighten one leg or the other to go back and forth. Yeah. Exactly. Very good. Nice. You guys got it going on there. Don't worry, I'm a professional. Okay. All right. So now we're going to come forward. We're going to hit all four points of the compass. We're going to go forward. Good. And then to the right. And then back. And to the left. Look at her, she's a natural. [Laughter] They're going to be lined up asking for your phone number. Okay, so now what you do is you roll that. Exactly. [Laughter] And you can do it in the other direction, right? Thank you. Give them all a nice big hand. [Applause]

Now we laugh and we giggle, but I've traveled all over the world and you will see cultures in Brazil during Carnival, eight, nine, ten year old kids, you know, it's not anything to be embarrassed about. I know, we're all excited now. Settle down. [Laughter] You've been rocking and rolling. One of the things that I see most often in pornography which I what I call “brick sex.” Okay, brick sex -- and you still see this in the dance clubs, too. I call it brick dancing because it's like the person is a brick from the shoulders to the knees and they're doing this. [Laughter] There's no pelvic isolation. This is like actually pretty tiring if you try to do this all night. But if you try to do this, much less -- much more efficient expenditure of energy, and again, same thing for men as women. Men and women's sexuality is more alike than different. Good job, people.
Okay, so “U” is for “Unlearn.” There's some things that we need to actually unlearn if we want to have sexual ecstasy. Now maybe you understand why when Elvis Presley started -- listen up because they always say, you know, women aren't that interested in pornography. They're not that visual. And when I look at these screaming, fainting, epileptic 15-year-old girls looking at Elvis Presley in the 1950's, right? I mean, if you give us the right visual stimulation, we definitely can get into it, right? Okay, Justin Beiber, whoever the modern-day version of it is, right?
Okay, so first we have the religion.
Back in 3000 B.C., and earlier than that as well, sexuality and spirituality were not separate. The sexual was sacred.
And we see this across the board with a lot of cultures, a lot of different goddesses that were sexy goddesses, sexual goddesses -- lusty, you know, sensual, and that was absolutely fine connection to worship and spirituality.
We also saw it with men. There's a lot of male gods across the board that enjoyed and reveled in their pleasure in sexuality.
And it slowly starts going downhill and really hits the trough about 1487 with the publishing of the “Maleus Maleficorum,” also known as “The Witch's Hammer,” which said that all witchcraft comes from carnal lust, which in women is insatiable. So here's the first time we associate lust, and particularly female lust, with evil and the devil. This book was used as a sort of template or instruction book for how to interrogate heretics during The Inquisition, which lasted from 1550 to 1650. So what I want to say, an particularly to the men in the room, is that, you know, if you are with a woman and she's having a little bit of trouble being comfortable with sex and sexuality, consider that there was a century-long genocide of women who showed any type of enjoyment in their sexuality. And we still have not erased the vestiges of that. It's still with us.
And this actually rose up to the cult of the virgin, right, where the more virginal, the less sexual you were, the more spiritual and the more “good” of a woman that you were. You know, men wanted to marry a virgin. This cult of the virgin becomes very important.
And we see that today with the rise of the purity movement. It’s estimated that 1 in 6 girls takes a purity oath, but 95% break it. [Laughter] I'm not making that up. There's a documentary called, "Daddy, I Do," that's really good about the girls giving the purity pledge to their father. And it's also kind of gender thing too because boys aren't asked to do it as much to their mothers, right? It's girls to their fathers. The inventor of the Purity Ball said that he invented it to “guide his daughters to be successful adults with successful relationships.”
But what you need to understand is the principle of atrophy. Okay? Atrophy means a wasting or decrease in size of a body organ, tissue, or part owing to disease, injury, or lack of use. If you've ever had a broken arm you know that even just having a cast for six weeks, when you take the cast off, that body part has been weakened from disuse. So imagine your PC muscles, you G-spot tissue, the muscles that are part of the clitoris, if not being used and engaged, they're going to atrophy. So it's sort of a “use it or lose it” proposition. So asking your child to remain sexually pure until marriage, which might not occur until their 20's or later, is sort of like asking them to remain digestively starving. Or it's sort of like asking your child to not learn how to walk and then expecting them to not only walk down the aisle, but dance at their wedding.
So another way that we get negative messages about sex is through the media. Body image, cosmetic surgery, and sex technique. Now, one of the things that we see across the board is this sort of cookie cutter image of feminine perfection and body type.
So this is -- these are actual Victoria's Secret models, but I should say they're not actual Victoria's Secret models because even these women don't look like this. This picture has been photo-shopped. So this actually does not exist in nature, even in the real world. And you can see that it's sort of the same person repeated seven times. There's not really a lot of diversity. A little bit of racial diversity.
But this is actually the average body type of the American female as far as height and weight. So this is much more likely what you’re going to encounter in the real world as a body type, as a natural body type.
The woman on the right is an average sized woman and actually, interestingly enough, she's considered a plus-size model. The woman on the left is an average sized runway model. And what impresses me about this photo is it almost appears to be a mother embracing a child but these are two adult women.
What's interesting about this body type -- this sort of Victoria's Secret model body type that, you know, now we're all aspiring to be, is there are three somatic body types in nature. Ectomorph, mesomorph, and endomorph. The ectomorph is kind of like the tall, lanky person sort of like a Kiera Knightly archetype, that type of beauty. An endomorph is very curvaceous like what we would usually think of as a Marilyn Monroe type figure. And a mesomorph is a very muscular, athletic type of female. That would be maybe like a Venus Williams or something like that. And what's interesting is while elements of these body types can combine, usually a person, a man or a woman, is one of all three.
So what we have now as our standard body type as we've taken the top of the endomorph and put it on, we've morphed it to the bottom of the ectomorph...
...to create this modern synthetic perfect body type, okay, that really doesn't exist in nature. But what -- and what you see to the side here, this is the Venus di Milo, which was created in 100 B.C. This is from a newspaper article in the 1920's I found. I believe it was Dartmouth or it might have been Boston College -- anyway there was some college and they did a survey, very scientific, of all the coed females and they found the perfect specimen of womanhood, and this was her measurements. Okay, so as late as the 1920's, and even beyond, this was not even the perfect body type for men what they were attracted to. This was the type here. And so what's interesting is when you create -- when you normalize a perfected body type that doesn't exist in nature, there's a huge profit margin in that, because nobody's actually like that. You either have to get breast augmentation surgery to achieve it. If you're an ectomorph, if you're a naturally thin woman, you have to add the breasts. If you're a naturally curvaceous woman, you have to starve yourself and buy diet pills in order to achieve the thinness that you want. Okay? So we're all, instead of appreciating and accepting that some of us are tulips, and some us are roses, and some us are violets, you know, that we have this beautiful diversity in body types, we're actually forcing and acclimating even the male gaze to something that doesn't actually exist in nature.
This is an interesting ad that, I don't know what date this is from, but it looks like it's probably around the 1940's. This was for a diet aide to help women put on weight, because as late as this time, it was the curvaceous or more normal body type that I showed you, that was what men found attractive.
And in case you think that it's just women that are affected by this, this is what's coming for men. We are seeing more and more young men, young boys with eating disorders, body image issues, steroid use to achieve this perfect body, and there's not even any diversity at all in this picture. This is from the Las Vegas show, "The Thunder Down Under," right? [Laughter] And from what we've learned it's not so much the thunder that we need down under, right? Okay. So, there's not even any variation in height, or race, or anything. I mean, it's like literally the same person seven times, right? So we lose so much. We lose so much. I mean, one of the pleasures of my life has been able to explore different ethnicities, and different bodies, and different personalities from all around the world. And to do that in my sexuality, as well. I wouldn't want to live in this world. Well, maybe once. [Laughter] It's one of the flowers in the garden. I'm just saying I don't want it to be all the flowers in the garden.
As Cindy Crawford famously said, "Even I don't wake up looking like Cindy Crawford."
So the problem with normalizing a particular body type is again we're pathologizing anything that isn't that body type. These are actual articles from women's magazines making women feel bad about their labia and vaginas.
This is wonderful art project, "The Great Wall of Vagina," that actually [chuckles] shows the diversity of labia that exists in nature. These are plaster casts of actual women's labias. And he's got hundreds like these that really show the beautiful diversity of our world. It's like a wall of flowers. But with labiaplasty, we're trying to make all women look like this perfect little four-year-old girl with her labia. And again, remember, all this tissue that you're seeing, all this extra tissue, that's what engorges. That's like the analogous to the man's scrotum right? I mean, and cutting that off is like castrating a man in a way.
So medical procedures that can affect sexually responsive tissues and nerves include labiaplasty, vaginal rejuvenation -- this whole list, including steroids, which contribute to erectile dysfunction. So think very carefully before you consider doing any type of those surgical procedures.
But probably the biggest hindrance to our successful expression of our sexuality is evolutionary theory, okay? This is that idea of the caveman theory that will wait -- this is just natural sexuality because way back in caveman times, you know, he would clonk her over the head, grab her by the hair, take her back to the cave, and have his way with her and the biggest guy that could do that got the best women. Well, not so much.
I call this “cavemath,” okay? And “cavemath” divides the world into two dualities, two polarities, and never shall the two mix. And that looks something like this. Feminine sexuality is submissive, seduced, preyed. They're the prey. They're sensual, receptive, passive. They're the bottom. They're the femme. Masculine, dominant, seducer, predator, muscular, erectile, active, on top. And this goes for same-sex relationships, as well. Usually someone takes the masculine, someone takes the feminine role.

The problem with this cave math is that it says that all biological females are naturally feminine. All biological males are naturally masculine. So if you're a female and you're not engaging in feminine behavior or you're engaging in masculine behavior, you must be unnatural. There's something wrong with you. And by the same token, males who don't engage in masculine behavior or who maybe do have some feminine behavior must be unnatural and they're pathologized.
An excellent book came out recently, "Sex at Dawn," using archeology, anatomy, looking at the [inaudible] chimps and stone age tribes, they made a very powerful and compelling argument that actually our current gender roles originated around 10,000 years ago with the arise of agriculture as an economic reason that men needed to control women's sexuality to pass on their wealth. But in our early, tribal, egalitarian cultures, women were sexually empowered and polyandrous. Does anybody know what polyandrous means? Multiple husbands. Okay, polygamy is multiple wives. Polyandrous is multiple male partners. I like that word a lot better than slut, myself. But when the women are sexually empowered and polyandrous, men tend in society, tend to be sexually satisfied and emotionally content. So in a bit -- in a way, men sort of shoot themselves in the foot, when they, you know, when they slut shame women or try to control women's sexuality because the more free women are sexually, the more sex there is for men.
But sometimes, you know, this sort of ying-yang version of the universe. Yeah, but aren't there -- isn't there this plus and minus, this negative and positive? You know, isn't that where passion comes from is this interplay between the two? And what I would say is, yeah.
There is a universal polarity that exists in nature, but it's not feminine/masculine and it doesn't have to do so much with biological sex. It's about “growth” versus “protection.” And what I mean by that is we have a parasympathetic nervous system that's sort of our base state when we’re relaxed. Sometimes it's called feed and breed, rest and digest. And we also have a sympathetic nervous system that gets aroused whenever we're attacked, excited, or stressed. And what's happened is that we associated growth or the parasympathetic nervous system with women because in earlier times, in predatory times when we actually were prey to other animals, women were in charge of the reproduction and men were in charge of the protection of their nervous systems. And it goes something like this.
The parasympathetic nervous system -- to have sex. You have to have your parasympathetic nervous system in place to have sexual arousal. If you're stressed or in this hyperprotective mode, you're not going to be able to have an erection. For a woman, you're not going to be able to get aroused, and have your clitoral erection in a way. But if you're threatened, you're going to go into the fight, flight, or freeze, and that's when your sympathetic nervous system kicks in, okay? The way that our bodies are designed is -- we're not-- were only supposed to be in protection mode when it's absolutely necessary. We're actually supposed to spend most of our time over here which contributes to sexual arousal and orgasm. This area over here is supposed to be engaged in moderately and only when absolutely necessary for survival.

But what's happened, as Robert Sapolsky says -- the Stanford Professor who studies stress and is the author of “Why Zebras Don't Get Ulcers” -- is he made the statement that humans have become so -- we've become smart enough to kill ourselves. And what he means by that is one of the things that makes us uniquely human is that we have an imagination and so we can project into the future. That makes us create all kinds of wonderful inventions. And we also have a memory which makes us remember the past, and that's great because we can learn from our mistakes. But it's a double-edged sword, because we can also remember events that traumatized ourselves, and when we're remembering traumatizing events, our brain and our body cannot distinguish between that, so we go into a sympathetic state of stress. When we're imagining the future and some bad things that might happen, same thing happens.
And when you chronically arouse your sympathetic nervous system through your brain, you actually extend this out to a point of chronic arousal which in low levels contributes to aggression, anxiety, depression, and addictions and in its extreme form, it's PTSD. Hyper-vigilence, loss of appetite, insomnia, and sexual dysfunction.
So here’s what happened. We associated growth with females and protection with males. That’s what the gender symbols are. But what happened is we reached a state of evolution. We evolved where women could control their fertility, and also where women sometimes needed protection skills of their own. So starting, you know, relatively recently in history and culminating the 1960’s, women said, “You know, we want access to protection skills. We want access to fighting. We want access to weapons.” And so they moved more towards the center.

And what happened is the men kind of looked and said, "Okay, but we have to maintain this polarity, right?" And so masculinity in the last 50 years or so has become hyper-masculinity where we see really extreme protection images associated with maleness and masculinity, and the problem with that is, if you arouse that chronically and consistently through your media, your video games, your pornography, what you do is you create a state of hyper-vigilance and PTSD in men.
Now of course this -- this is not all men. Some men actually saw the good in moving toward the center and actually combining -- because what we now know is the most balanced and strongest person, male or female, is someone that's able to move back and forth through their sympathetic and parasympathetic skills. So this state of chronic arousal and PTSD leads to self-destruction and other destruction. So if that happens on a societal level, we're talking about extinction of the species. If we can blend this -- our nervous systems together and become strong individuals, that's what's going to bring our society to evolve to the next level.

Now because we are in such flux right now -- let me go back actually for a second. There are some people that still think of the world -- world back here, right? Women are feminine, men are masculine, and never shall the two mix. And then we have some people who are already mixing these ideas of growth and protection and don't have a problem with it. And so this -- I developed these terms so we could kind of talk about where we are now, how we're in such flux.
So we have people who are -- they see the world in pink and blue; I call it pink-and-blue thinking. Right, there's men and there's women, and they're kind of the enemy; that's the battle of the sexes. You know, that's the guys that are like, "Go make me a sandwich," or you know feminazis. And the women are kind of like you know, "Oh, I'm -- I've given up all men; all men are terrible." You know so there's this thinking of the world in pink and blue and thinking of the other side as the enemy, right?

And then you have what I call gender menders. These are people that still think of the world in pink and blue, but the men honor the women; the women honor the men. But still you're kind of trapped in your gender role; you can't get out of your gender role. This would be like men that go to Take Back the Night marches and support women in their empowerment, but they still sort of see women as a separate gender, and they see the world in dualities.

Gender blenders are people that really adopt both masculine and feminine characteristics within themselves as individuals, and in that sense you -- you've -- we're eventually moving to a place of gender transcendence, a gender -- gender transcender. I am a gender transcender, and you might look at me and say, "Well how could you possibly call yourself a gender transcender? I mean, you've got this long hair; you're wearing makeup; you're in a skirt; you've got the high-heeled boots." Would it interest you to know that each of these things that I just mentioned at different times in history in different places were associated with masculine strength and stature?
So here's an example of warrior cultures that used facial adornment to appear more fierce, to create an effect.
Samson is an iconic story from the Bible. This is Crazy Horse below. Yeah, when the United States wanted to dominate the Native Americans one of the things they did is they cut off their hair when they brought them into the schools to reeducate them.
This is -- some of the fiercest warriors in history wore skirts; the Roman army, the Celts, the Mongolian army. And perhaps this is a picture of the most fierce warrior of all, Genghis Kahn.
And did you know that the origin of high heels was for men who fought and hunted on horseback so they could stand up in the stirrups and shoot? Okay, so that's where high heels come from.
Historically it is a recent phenomenon that men do not express themselves with physical adornment, and I think it’s one of the results of masculinity going more toward the PTSD hyper-vigilant state because there’s -- there -- when that happens you lose creativity. Remember, growth is the state of creativity and expression. When you are not allowed to be in that state you’re going to be more likely to sort of have a very somber, very monochromatic way of dressing and expressing yourself.
So great sex is a team sport. Okay, it's a muscular erectile penis, muscular erectile clitoris. And to have great sports you need great athletes.
This is from a human anatomy textbook, and it's adjusted for height. Women are about 85% of the mass of men on the whole, of course that's an average; there are plenty of tall women and short men. But you can see from looking at this that the human animal, males and females, have much more in common than we have difference.
So here you see an ad where the woman is comfortable appreciating the eroticism of the male body, and he's the object for her gaze.
We're starting to see this more and more [laughter] in -- yes, right, okay [laughter].
And also women are becoming more comfortable with appreciating men's eroticism, which I've never really had a problem with even from an early age [laughter]. You know, I grew up with Blue Lagoon, right? You know I -- Brooke Shields is my age, and that was like our movie when we were growing up, Blue Lagoon, because you know they're naked, and they're exploring sex. And there's one scene where she's like looking at him, and he's like, "What are you looking at?" And she's like, "Your muscles." And I'm like, "That's how I grew up," you know, so I've been appreciating men's eroticism for a long time.
So this is how “cavemath” ruins sex, okay. If the masculine partner has to be the active predator, and the feminine partner is the passive prey, well then if you're a sexually active female, that makes you a masculine predator and unnatural.
Which brings me to the subject of cougars, okay [laughter]. As she mentioned in the introduction, I am Miss Cougar International. This is a screen shot from an eHow video called "How to Survive a Cougar Attack." [Laughter]