

# WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

## Sex Talk:

Super-Boost the Male-Female Connection



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WOMENS  
*Pleasure*  
POWER



# Welcome to Women's Pleasure Power

I'm Ella Hall Transformational Life Coach & TANTRIC Practitioner

and my mother is Clinical Psychologist and Sex Therapist Dr Janet Hall

Together we are Australia's first mother daughter *SEXPERTS!*

Dr Jan comes from a clinical/ psychological viewpoint and

Ella, from a Tantric/ wholistic one.

## DR JANET HALL

- Success Coach.  
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Both of us are dedicated and passionate about educating and empowering women to claim their inner *sex goddess*.

Today we are talking about-

***TURN ON WITH SEX TALK***

How to Talk About Sex + Understand Male Female Differences,  
To Super-boost The Male Female Connection

We are so grateful you're here and honored to share our magic with you...

Dr Jan says:

- If the BRAIN is the most important sex organ.
- The TONGUE is the most important sex tool, we need to talk about it!

Men really are from Mars and women from Venus.

- Learning more about what makes us wonderfully different is the only way we can have heaven on earth!

- Knowing the words to use when it comes to talking about sex makes communicating much easier.

Also knowing ...

- When and Where to talk about sex.
- How to talk about it.
- What sex to talk about.

A man and a woman are seated at a table in a restaurant. The man, on the left, has a beard and is wearing a dark blue sweater over a checkered shirt. He is resting his chin on his hand and looking towards the woman. The woman, on the right, has her hair pulled back and is wearing a light-colored sweater. She is also resting her chin on her hands and looking towards the man. On the table in front of them are two white mugs and a lit candle in a glass holder. The background is softly blurred, showing warm lights and the interior of the restaurant.

"LET'S TALK ABOUT SEX!"



- Some of the words Jan recommends are:

- Handjob

- Headjob (Fellatio and Cunnilingus)

- Intercourse is called *“Penis in Pussy”*

Ella is inspired by the Tantric Sanskrit words!

- Vagina / Vulva > Yoni = meaning *Sacred Temple*
- Penis > Lingam = meaning *Wand of Light*

Ella says:

I love the word Yoni,

- But I also use words such as: *pussy, diamond, flower*

Dr Jan says:

My pet hate is about the words used for the position where the man enters from behind the woman.

- My Hot Tip is to NOT call it “doggie” style.
- I like to call it - The “Cheeky” Position

## Dr Jan says:

- I have three ways of talking about the quality and quantity of sex.
  1. The Quickie –this is quick (under ten minutes).
  - 2. The Goodie – Sex (under thirty minutes), includes foreplay and both partners can climax.
- The Longie – Sex as long as you like.

# Dr Jan says:

There Are TWO Must Tell Total Truths About Your Sex Life!

- 1. Your safe-sex status: have you had any sexually transmitted diseases, have you had unsafe sex with anyone?
- 2. Your pregnancy risk status.  
Are you on the pill? Should we use condoms?

# What are the Best Times to Talk About Sex?

Ella says – Be BRAVE!

- You need to have a real honest conversation in INTEGRITY and talk BEFORE anything has ever happened sexually!

Talk when  
you can  
really listen  
and can feel  
close.



# What are the Definite 'No, No' times to Talk?

DON'T talk about it –

- In the bedroom just before or during sex (it's the perfect turn-off)
- AND Not straight after sex!



AND Do NOT  
Bring  
Devices into  
the  
bedroom!



# Dr Jan Has A Golden Rule for Couples Communication

- ‘Never have “ a deep and meaningful at night!’
- I just don't agree with the old saying –”Never Go To Bed Angry”.
- You might be up talking till 3am and still not feel better about whatever upset you!

Ella says:

- So often it's the LACK of Communication in relationships leads to assumptions and ultimately BAD sex !
- If you don't know what makes you feel good or your partner feel good...

make it your job to find out!

# Stop Fighting About Sex

A Couple's Guide to Mismatched Sex Drives

By Dr Janet Hall



Dr Jan says:

BUT Whatever you do – when giving feedback  
Never Tell the Tactless Truth

Ella says:

- Use positive words like these:
- "I *desire* you to touch me here – I *love it* when you touch me there"!
- "*Don't stop!*"
- *Slowwwwww down* baby I want to savor this" "Nice and slowwwwww!"
- **Give positive feedback!**
- "Yes Yes YESSSSSSSS!!!!" :D

## Dr Jan's Bad Sex Talk Examples:

- Dean, aged 38, says Judy “is like a log in bed. She just lies there”.
- Martine, aged 43, says she “is sick of Fred’s sloppy kisses and lack of foreplay”.

# What if The Man Wants More Sex Than The Woman?

- **When the woman has never had a healthy sexual interest**
- Stan, aged 52, says Heather has never initiated sex.
- Michael , aged 38, says Freda would rather renovate than root.



## Ella's Great Ideas Include:

- Practice asking for more sex or more of what they like during sex:
- BUT If you ask... "What do you want?!" = Creates feelings of stress go into your head and think "I don't know what I want?!"

VS

- "What do you Desire?" Allows you to drop out of your head and drop into and feel into your body .

# Dr Jan Warns You To Ask For What You Want Early

- Geoff, aged fifty-eight, came for sex therapy.
- His wife was shocked and very resentful because at 58 he was suddenly asking her to masturbate him.
- She said: “Why wasn’t he happy?  
He should have spoken up years ago!”

# What if The Woman Wants Sex More Than The Man?

- Jane, aged 27, wants to have a baby but Stan is too tired to have sex.
- Heather , aged 35, cries herself to sleep because Sergio won't make love.
- Anna, aged 42, is furious with James because he hasn't had sex with her in six months.
- So what would you suggest these women to do in these circumstances?

# Indirect Feedback – 1. Tell a story

- you tell your partner what's going wrong sexually but use the Story Technique: ie: like 'A friend told me about ...'

# Indirect Feedback 2

## **1. Appreciation:**

- I'd love to make love with you because you are so sexy and desirable.

## **2. Request:**

- 'AND it would be wonderful if you would have a shower now

## **3. Affirm:**

- 'So that I can absolutely devour your squeaky clean body and taste how gorgeous you are.'

Undress  
and  
"EXPRESS"  
what  
TURNS you  
ON!!!



So for now, from our hearts to yours,

We wish you all the MORE you deeply desire...

**BE the powerful pleasure filled *Sex Goddess* you are!**



But wait... want MORE?!?!?

**The gift that keeps giving...**

**Discover Tantra & *Claim Your  
Pleasure Power* with Ella**

**[www.ellahallcoach.com](http://www.ellahallcoach.com)**



# Want to take your journey even deeper?!

Do you want to get better educated - feel empowered - and dip your toe in the waters to have your own personal experience of orgasmic awakening?

Let Ella be your guide as she takes you by the hand and lovingly walks you through her introductory and super powerful *Claim Your Pleasure Power with Tantra* Audio Mini-series.

**A must have for beginners** and a perfect partner to the **Women's Pleasure Power GOLD Course!**

Here is what another beautiful client shared:



*“This audio Series is just amazing!! I love each one! It’s so refreshing go back to the beginning and be reminded of the basics. Ella’s voice is like honey and listening to her makes me feel so safe and held. It’s so beautiful not only for people getting their first taste of tantra. Yet, also for people who have immersed themselves in that world and need to be reminded of the simplicity of intention, slowing down and coming back to being in the body and feeling everything. Honestly, I’m just so grateful for the reminder!”. J.L U.S.A*

For a limited time **ONLY** as part of this course you can add Ella’s Tantric Audio miniseries: ***Claim Your Pleasure Power with Tantra*** for only \$29USD

**[CLICK HERE](#) to Claim Your Pleasure Power With Tantra NOW!**