

ANEROS



Slightest
TOUCH



and

the

SUPER





Introduction

Greetings fellow explorers! Your desire for a new and intense experience in the world of sexual gratification has brought you to this place...the world of the Super Orgasm! Most of you who are reading this will undoubtedly have had some familiarity with this subject matter from your experimentation with the Aneros, while others may have experimented with the Slightest Touch alone. This PDF concerns the simultaneous use of both of these devices in order to magnify the intensity of your Super O explorations. We believe that this "charged environment" makes for a much better platform for success in achieving one's goals of the Super O, and beyond. This method offers a boost to the newbie still trying to *crossover* and an aid to advanced users who are looking to sustain their *multiple orgasm* performance.

This PDF was made possible by the contributions of users, who have no affiliation with the manufacturers of either device. The material contained herein is intended for educational purposes only. This guide has been designed as a *supplement* to the Slightest Touch Instruction Manual and Quick Start Guide that came with your unit to provide techniques that may optimize its use by men. Be certain to read the enclosed Manual and Guide thoroughly before using the Slightest Touch, paying particular attention to all safety, care and troubleshooting cautions. **This document contains frank and graphic descriptions of a sexual nature. If such material offends you, read no further!**

What is the Super Orgasm?

The Super Orgasm is really another name for a non-ejaculatory orgasmic event. Men who enjoy Super O's report feeling intense waves of pleasure originating deep within their pelvis. These sensations are very often felt in the prostate, anus, perineum and penis and may also extend more globally branching into a *whole body* experience! These orgasms are generally characterized by a longer duration than *traditional orgasms* and can occur in rapid succession with very little time in between them (no downtime). It must be said that this type of orgasm is **not** some kind of a new fad, but a phenomenon that was well documented many centuries ago in the writings of the Taoist in China and Tantra in India.

To understand the Super O a bit better it's helpful to contrast it with the *traditional* ejaculatory orgasm. Masters and Johnson in their writings on the *Human Sexual Response* detailed four distinct phases of the male sexual arousal: **Excitement, Plateau, Orgasm and Resolution**.

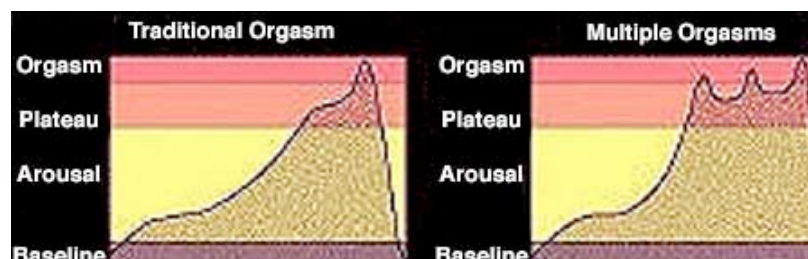
- Excitement phase is characterized by an increased pulse (heart rate), vasocongestion (engorgement of the blood vessels in and around the pelvic area), erection of the penis and testicular elevation.
- Plateau phase there is a further increase in the size of the penis as it becomes fully engorged, particularly noticeable in the tip and the corona. Hyperventilation is often seen, and secretions of some fluids (Cowper's) may be in evidence as well. The testicles become fully elevated at this time.
- The Orgasm phase is split into two parts: Emission and Ejaculation.

With *emission*, sperm and seminal fluids are expelled from the vas deferens, seminal vesicles and prostate and collect at the urethral bulb at the base of the prostate. Muscular rigidity is observed and respiration and blood pressure increase.

With *ejaculation* the bladder sphincter closes shut, and rhythmic contractions of the prostate, perineum and within the penis propel semen outward.

- Resolution Phase is the process where total loss of erection occurs, heart rate and blood pressure return to normal and muscular tension and vasocongestion are reversed. This resolution phase also signals the beginning of what is known as the **refractory period** or recovery period, during which further arousal is not possible. The refractory period may range between minutes and hours depending on the individual.

What this model does not make clear is that ejaculation and orgasm (the pleasurable and euphoric sensations that we recognize as a climax) are two related yet distinct processes. Of course, normally they occur in such close succession that we assume they are one. The truth is that ejaculation and orgasm *can be* experienced as separate events. Why is this important? Because it is ejaculation that gives us our "time-out" (refractory period). When one learns to separate these events, there is no ejaculation, and as there is no ejaculation hence there is no refractory period. Consequently, there is no loss of arousal such that one is able to experience multiple orgasms! (See diagram below)



The Slightest Touch[®]



The Slightest Touch is a device that provides gentle pulsating and tingling stimulation that is subtle yet immensely powerful in its effect. This unit itself is a dual pole module with leads (wires) that connect to electrode pads delivering electrical stimulation transcutaneously (electrical signals through the skin). The device is operated with an ON/OFF dial, doubling as the intensity control. It is powered by one 9-volt alkaline battery (included), utilizing electronic frequencies that are similar to the electrical signals that the body uses to communicate sexual arousal to the pelvic region. In this way, the Slightest Touch can actually trigger and maintain arousal...all on its own! The Slightest Touch is designed to take you to the stage of **pre-orgasmic arousal**, (that excited, *fullness in your pelvis sensation* that one gets prior to orgasm) and hold you there for as long as you like.

Originally developed for use by women as a device for treating sexual dysfunction, (enabling previously inorgasmic women to reach climax), it was coincidentally found to be effective in generating *multiple orgasms* of staggering intensity. With over ten thousand units sold for this purpose, its application for men has only recently come to light. How can it work for men too? Because the neural pathways that encourage arousal and lead to pelvic engorgement are essentially the same in both men and women. (Although, as you will learn later the manner of accessing these pathways is different for men.) Furthermore, as we, as men, **learn to separate ejaculation from orgasm** we find that this *alternate pathway* for us (to the non-ejaculatory orgasm or Super O) is strikingly similar to the primary pathway for women.

The Slightest Touch can be used in a variety of ways: by itself, for more introspective yet more intensely focused sexual exploration, to **supercharge** exploration with the Aneros, and finally to maximize a traditional (ejaculatory) orgasmic experience, alone or with a partner.

Alone

When used by itself, the Slightest Touch's gentle but constant stimulation provides a subtle *center of sensation*. In combination with the proper "**hands off**" or "**hands on**" **techniques**, this *center* may be expanded all the way to the Super O and beyond. What's beyond the Super O...multiple Super O's! Since the Slightest Touch produces ongoing stimulation, it holds you at the *pre-orgasmic plateau*; so one is able to access multiple orgasms.

With the Aneros

Adding the Slightest Touch to an Aneros session can produce explosive results! If you are an Aneros newbie who has been looking for that little extra push to get you over the edge...the ST is a shove! For the *Aneros veteran* the ST offers an expanding universe of possibilities. For such individuals the ST may be used as a tool to magnify and increase the duration of Super O's enabling one to move toward an almost **continuous orgasmic state** (multiple orgasms occurring with less and less distance between them).

Maximizing traditional activities

The Slightest Touch may be used *right out of the box* to increase the intensity and duration of a traditional orgasm (with ejaculation). Whether alone or with a partner, when using the ST you'll notice a more intense and heightened state of arousal. And when your climax arrives, the insistent "nudging" generated by the ST produces an orgasm of far greater quality. So don't be surprised if you notice a more productive ejaculation as well (with several extra spasms)!

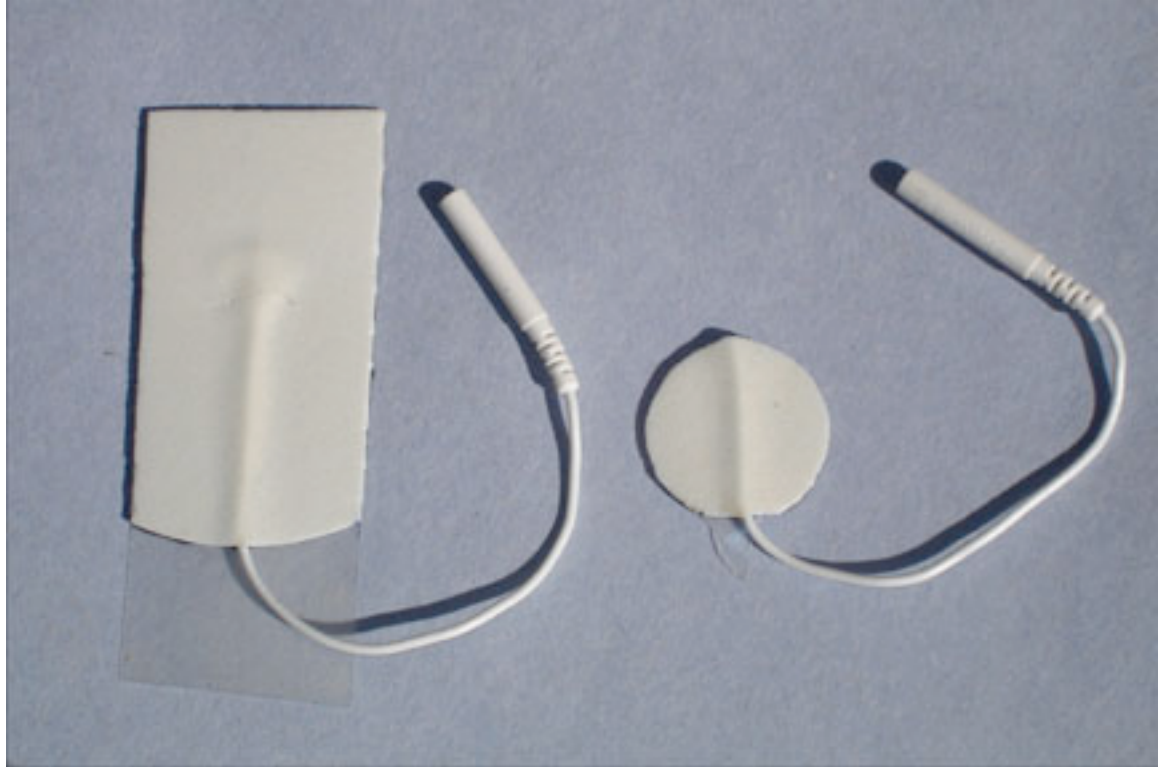
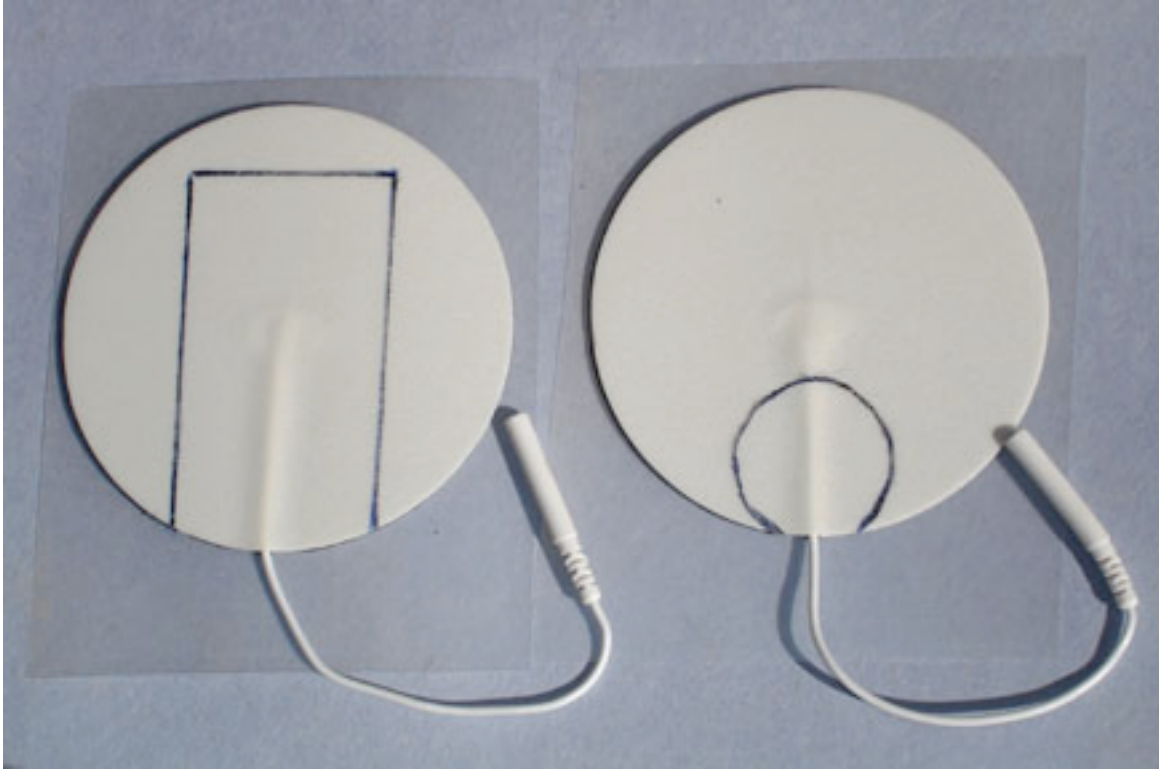
Pad Modification

Although the *electrode pads* may be used as is, right out of the box, most men have found that they operate more effectively when reduced in size. Reducing the size of the pad increases the output of current over a given area and makes it easier to position, particularly in *tight spaces*.

The pads provided by the manufacturer are approximately 3 inches in diameter. We recommend trimming them into rectangles approximately 1.25 wide by 2.5 inches long for the back of the knee location. (Measure approx. 5/8" from the centerline (electrode) on either side. Measure 2.5" along the centerline for the length (See below). Marking and cutting the pads should preferably be done with the clear plastic backing attached. As they're more rigid with the backing on, it makes them much easier to hold and it generally avoids the problem of the adhesive sticking to your fingers!

Be very careful to avoid cutting through the electrode anywhere near the bottom, the only place that it is cut is near the top. For the perineal and penile placements the pads are best cut into small circles or ovals approximately 1 inch in diameter. (See diagram) This is most easily accomplished by placing a quarter (or a coin of similar size) at the very base of the pad, carefully centering it over the electrode. Once again, when cutting near the base **be extremely careful to avoid cutting through the electrode!** The electrode should only be cut through near the top of the circle. (See below).

Pull the remnant pieces of pad off of their clear plastic backing and discard. Keep the remnant clear plastic backing for your modified pads, when not in use. (Placing the pads onto the backing that was cut to their precise size is difficult, ...use the larger left over pieces instead.)



Pad Placement


Pad placement is the key difference between women and men using the Slightest Touch. Where the Instruction Manual and Quick Start Guide show pad placements on the inside of the leg above the ankles, this location has proven to be fairly *ineffective* in men. The men's sites for Super O sessions are:

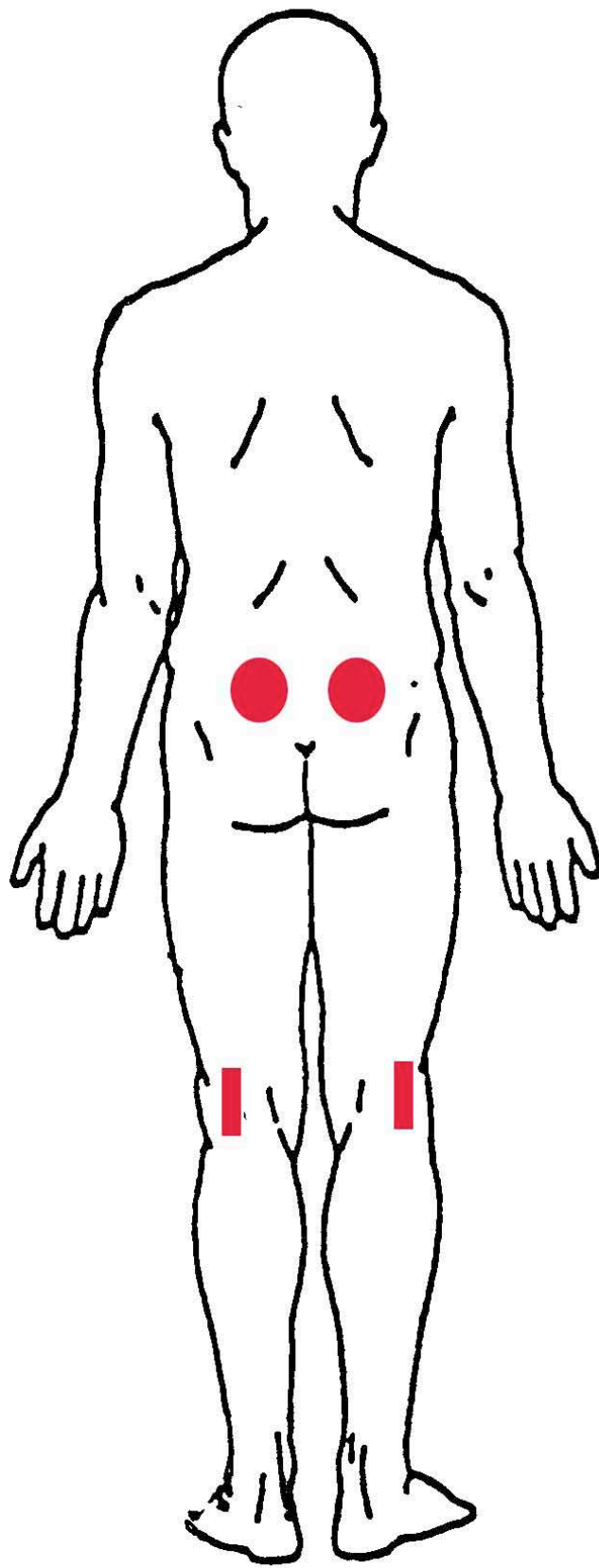
- 1) The back (inside) of the knees slightly to the right of the midline on the right leg, and slightly to left of the midline on the left (see diagram). The density of hair in this area is generally more sparse, making pad removal more comfortable as well.
- 2) The perineum: the area between the anus and scrotum. Placement closer to the anus normally works better, but adjust according to taste.
- 3) The lower back, 4 to 5 inches above the tailbone on either side of the spine.
- 4) On the penis (for traditional orgasm enhancement)
***The perineal location is normally combined with one pad remaining on the back of the knee as in (1) or the lower back as in (3)**

These placements may also be used for *traditional* (ejaculatory) orgasm enhancement as well. For such sessions, higher intensity settings may also be used. Pad placement may be made directly on the penis. (See *Traditional Sessions* below) Penile placement is not recommended for Super O sessions.

With all pad placements, the skin must be free and clear of dirt, oil and lotions. Surface contamination will prevent the pad from properly adhering to the skin and will cause premature aging of the pad itself. (See item 4 in *Getting Started* below.)

Those individuals having excessive amounts of hair in these locations may want to consider shaving these areas or thinning them out with an electric razor prior to pad placement. Such precautions will make pad removal a great deal easier at the end of the session.

 **CAUTION: once your session is in progress, the Slightest Touch MUST be turned off before moving any of the pads to a different location. Failure to do so will result in a VERY unpleasant sensation in ones fingertips!**



Electrode pad placement

Getting Started

Preparation

1) Build up some sexual tension. Abstaining from sex for one or two days (longer if you can) is a great way to *condition* yourself for this kind of session. That *need for release* can make the neural pathways more energetic and responsive.

2) Make certain that you've set aside at least several hours where you can proceed undisturbed. As with any sexual encounter providing the proper setting is a must. This is a valuable time for some self-discovery; if you wish consider it an appointment or even a *date* with yourself!

3) Be sure to set the scene ahead of time. Provide yourself with a comfortable place for your session. If you are so inclined, have some erotic videos at the ready (they can be very helpful in generating arousal).

4) Avoid the use of alcohol or other substances. While such things may be *relaxing* to some, they invariably mask nerve conduction, making results more difficult to obtain. REMEMBER the sensations that we're looking for start VERY subtly, so being sharp and aware are essential prerequisites.

5) Drink 6-8 ounces of an electrolyte sports drink approximately 20 minutes before using the Slightest Touch to optimize the body's nerve pathways.

6) Take a warm (not too hot) shower or bath. Doing so serves two purposes; first, it is important to clean all of the contact areas where the electrode pads may be placed. For the pads to make good contact, the skin must be free and clear of any and all oils (natural or applied). Pay particular attention to the back (inside) of your knees, your perineum, and your lower back. If you intend to engage in more *traditional* activities you may also want to wash your penis. Secondly washing in warm water is itself relaxing. So enjoy!

Type of Session

It's helpful to decide what kind of session that you're going to have prior to beginning. The reason is that the type of session will determine pad placement and the way that you set the Slightest Touch intensity. Once you have done so, it's important to commit to a given session in one mode for a predetermined time before changing to another. That is, if you've decided that you want to experience the Super O, stay with the *hands off* techniques for at least an hour before transitioning to the *hands on* techniques of a *traditional* ejaculatory orgasm. Jumping back and forth can cause some confusion on a sensory level that will inevitably slow your progress.

The Slightest Touch and the Super O

With regard to Super O sessions the best pad locations are either both on the back of the knees or with one on the back of the knee or one on the perineum. The perineal placement has the effect of providing direct stimulation to the *perineal acupressure point*.

When turning on the Slightest Touch gradually increase the intensity until you start to feel a tingling at either pad site. You may notice that you feel intensity at one location more than the other, this is entirely normal, particularly if you are using the back of the knee and perineal placement at the same time. The important thing to remember is that you should use the stronger of the two pads as your reference point. Again, once you feel the tingling very slowly dial the intensity back down until it is just *sub-threshold* (just under the point where you can feel it). Dial it up to threshold and down to sub-threshold one or two times to fine-tune. Keep this in mind; **it is not necessary to feel localized stimulation (at the site where the pad is placed) for the Slightest Touch to be functioning properly.** The Slightest Touch works by gently stimulating the nerve pathways, not by generating sensation at the pad site per se. So more (intensity) isn't necessarily better.

That said we are fairly certain that most of you will ignore this warning and turn the dial up much higher! We (the authors of this guide) did this also. Just understand that this is a Super O *non-starter*. If you are aware of the writings of BF Mayfield from the Aneros forum, you know that he speaks of a process of gradually ramping up sexual tension in a phasic manner. He gives an example of the playground swing, where small amounts of force must be applied in phase to make the swing go higher. Larger amounts of force applied out of phase will bring the swing to a stop. With the Slightest Touch we are using small amounts of stimulation that will work in phase with your body in order to magnify your arousal.

Hopefully by this point you've stopped playing with the dial. It's time to move on!

Slightest Touch Super O Session

- **Set the intensity of the Slightest Touch to sub-threshold (as per the above).**
- **From here on in, no direct or indirect penile stimulation!** This is a concept that most Aneros users are already familiar with. Penile contact of any form has a tendency to derail the path to the Super O, stay away from it, at least for this time that you've set aside.
- **Now sit back relax for 20 to 30 minutes. If you are so disposed, now is a good time to tune into to some good erotica. If this isn't to your taste, sit back and do some visualization.** The idea here is to work on ramping up your arousal. Most of us guys are visually stimulated...our brains are wired for it, so take advantage of this to get yourself wound up.

After 20 to 30 minutes of the above you should be feeling more aroused. With respect to the Slightest Touch, you may notice no sensation at this point or you may have an awareness of a feeling in your lower abdomen/pelvic region. This may be experienced as a *vague tickling* or that imminent *something's about to happen sensation*.

Re-adjust the Slightest Touch once again, going from threshold to sub-threshold. You may notice that there is an effective increase of intensity that is required to do this.

Again, this is normal. You are ready for the Aneros now.

Tips for using the Aneros with the Slightest Touch

As most users are familiar with the preparatory steps for using the Aneros (cleansing, lubricating etc.), it will be skipped here. If you should have any questions regarding this you may check with the Aneros website at www.malegspot.com.

The area surrounding an electrode pad should always be kept dry from moisture of any kind (including water based lubricants). Water based lubricants are conductive and can act to disperse the current from the pad over a wider area, diffusing its effect. In some instances this can be felt as a *prickly* and somewhat unpleasant sensation on the surface of the skin around the periphery of the pad. Since the perineal pad will be placed in fairly close proximity to ones anus the potential for lubricant making it onto the contact area exists.

Therefore, if there is a great deal of lubricant on or around your anus that remains from the initial insertion, it's a good idea to remove it with a tissue (do not remove any lubrication from the Aneros itself). Removing the excess lubricant will have little effect on the Aneros' performance.

Be advised that if perineal placement is being utilized it is possible that the Aneros' abutment tab may contact the surface of the pad. In such cases abutment tab pressure can actually be translated into an increase of pad intensity as the pad is pressed onto the skin. Several users have really enjoyed this. If you do not enjoy this or prefer that the abutment tab contact your skin directly you must move the pad either underneath or above the location where the tab touches your perineum. (Remember to turn off the Slightest Touch first)



Introducing the Aneros

The best body positions for simultaneous use of the Slightest Touch and the Aneros are, in order:

- 1) On your back with knees bent,
- 2) Kneeling beside a bed (torso perpendicular to ones knees)
- 3) On all fours.
- 4) Side lying (positions that cause the pad site to be uneven or folded, as in a bent knee, may result in a reduction of pad performance).

Upon insertion of the Aneros you may notice some different sensations right away. Comments have ranged from feeling *more anally receptive* to having experienced *involuntaries* and even Super O's almost immediately.

Once the Aneros is fully inserted, take stock of where you're at, that is, mentally focus on the sensations that you are feeling. If you are feeling a tickling in your pelvic region or fullness in your prostate or twitching in your anus, focus on it with your *mind's eye* and slowly introduce a PC contraction and hold it. A **PC contraction** is a muscular contraction associated with stopping the flow of urine. This is contrasted to an **anal contraction** that closes the anus tightly. With a PC contraction you will notice some movement of the Aneros as well, but on a much subtler level.

🌈 If you are not already aware of the different types of contractions, take some time to familiarize yourself with them. In a sitting position begin a contraction as if you were stopping the flow of urine (PC). Gently increase tension **WITHOUT** contracting your anus. At certain point you will be able to go no farther. Now contract your anus, this should feel like a *drawing in* and closing sensation at the same time (ANAL). Now try *bearing down* as in a bowel movement (RECTAL). What you'll discover is that as this contraction pushes outward it works *antagonistically* with the anal contraction. This relationship may be used to your advantage during your session, remember it.

While you contract be sure to breathe in (expanding into your lower abdomen). Be aware of any or all sensations that may present themselves. Start with a set of 10 to 12 PC contractions of low intensity holding each for 30 to 45 seconds. As you hold the contractions, your lower abdomen should be expanded with air. Avoid a complete release of the contraction instead going back to *basal* or very low level contraction. (In general always be aware of the sensations generated from the contraction and the release as well.)

Follow this with another set of 10 at the same level of intensity. If at any time during these exercises you experience a pleasure wave (*P wave*), no matter how small, immediately follow it with another contraction of similar or slightly greater size. **P waves can be encouraged and magnified in 3 ways:** by contractions (PC, anal and rectal), rhythmic breathing and mental focus. So be prepared to use any and all of these techniques. If a *P wave* comes your way, gently push back with a contraction. With any luck when it comes back again it will be larger and so you respond with yet another slightly larger contraction... and so on and so on until a Super O is upon you! This maneuver is the essence of working in phase with your body, so be open to it. If a *P wave* comes to you while in contraction, do not release the contraction, but rather intensify it slightly...*pushing back* and holding and seeing what happens.

When you first experience these kinds of waves, be careful not to get too carried away. Many people are tempted to *slam* them with huge contractions hoping for success. Remember more is not necessarily better here. Much as in *harmonic motion* (the playground swing) where *complementary* force is used to create a higher order of magnitude, one should be following *P waves* with contractions of *supportive* levels of intensity. Naturally as the pleasure waves become stronger, so will your contractions, but the idea is that they should never be of greater power than the pleasure waves themselves. If a contraction is larger in magnitude than the pleasure wave, it will likely extinguish the pleasure wave. Again, the concept here is to utilize *complementary* contractions that build arousal higher and higher until a critical mass is reached and orgasm is inevitable.

At this point try substituting anal contractions for the PC contractions and work through the same sets of exercises. Depending on where you are after completing these, now would be the time to go *free form*, combining PC with anal. What you'll notice when you do this is that you produce a subtle movement of the Aneros with the PC, followed by a much larger movement with the anal. Rectal contractions may also be included, but keep in mind that they should be used much more sparingly on account of their intensity. No matter what type of contraction is used it is essential to stay with the concept of *complementary contraction* to increase the magnitude of *P waves*.

Shifting pad placement

If you have been contracting away for 20 to 30 minutes without any pleasant sensations, it may be time to shift the placement of the electrode pads. Generally we recommend that users start with the pads in back of both knees. If you've done this, and have been unable to produce any pleasurable sensations from the methods above, consider keeping one pad where it is, and breaking out a perineal pad (see pad modifications). Be certain to turn the Slightest Touch completely off during this

process. Make sure that your perineum is clean and dry (free of any stray lubricant) before proceeding.

Perineal pad placement can produce some very interesting sensations almost immediately. As the pad is near the *perineal acupressure point* it is highly likely that you may experience a tingling sensation in your the penis, prostate, anus, and perineum, simultaneously. The perineal pad may be positioned high, low or in the middle of the perineum. The middle position will likely put it under the tip of the abutment tab and will involve stimulation of all areas, whereas a higher placement (just above the tip of the abutment tab) will engage more of the penile component. Placing the pad nearer to the anus will more directly involve the anus and the prostate. It is possible with this last position to get the pad very close to the anus, but you **MUST avoid placing the pad on your anus directly!** Most users have described the perineal placement as *kicking it into high gear!*

Although the Slightest Touch is capable of producing sensation on its own, it is important to remember that it is being used to support sensation that we create with the Aneros. So, even though it may be tempting, don't overload yourself! Instead, ***tune in the*** Slightest Touch to the sub-threshold level (as described before). Now return to some contractions, starting very subtly and working from there.

The Super O...what to expect

When the Slightest Touch and the Aneros are used together, they are capable of generating Super O's of greater intensity and longer duration. In addition, advanced users have reported experiencing a heightened level of arousal following the event, which makes for a very easy route back to another Super O. Or as one user commented "*all I did was to start thinking about the orgasm that I had just had...and within in a several seconds I could feel another one coming!*" Another user stated "*the Slightest Touch seems to keep your motor in idle position, allowing you to shift into high gear with very little effort*".

Using the Slightest Touch Alone

The Slightest Touch may also be used without the Aneros to generate Super O's. This method involves breathing, mental focus, contractions and the Slightest Touch. The techniques are virtually identical to Aneros sessions; except that there is no Aneros involved and that there is a much greater reliance on mental focus. The fact is, that PC, anal and rectal contractions produce sensations all by themselves, albeit on a much subtler level. One's mental focus magnifies these sensations. Once again the Slightest Touch helps generate a greater level of arousal, facilitating this alternate experience. Although anyone may try this, it is generally regarded as having more potential for intermediate and advanced users who have a *sense memory* of P waves and the Super O firmly established. Yes, memory of sensation can generate a sensation! Visual stimulation (erotica) or visualization may be very helpful as well and can be used on an ongoing basis with this type of exploration.

Slightest Touch and the Super T

The Slightest Touch can be used to add a whole new dimension to more *traditional* (ejaculatory) sexual encounters as well. For such activities the unit may be used at either sub-threshold or threshold levels, or both over the course of a session. For “hands on” sessions there are various electrode pad placements that may be used:

- Both pads on the back of the knees
- One on the back of the knee, one on the perineum (high, center or low)
- One on the perineum and one on the penis (underside of penis just below the tip)
- One on the back of the knee one on the penis (underside of penis just below the tip)

A Super T Sample Session

As with the Super O encounters, placing pads on the backside of the knees is a great way to generate arousal. Start at sub-threshold and gently increase the intensity into threshold level over time. Gently manipulate your penis being careful to avoid too much stimulation all at once. (For convenience, keep the Slightest Touch close by so you can dial the intensity up or down quickly.)

Now turn the Slightest Touch off, and attach a perineal pad to one of the leads. Place the pad at a center of your perineum (between your scrotum and anus). Turn on the unit, slowly increasing the intensity until you can feel a tickling sensation on your perineum. Resume gentle penile stimulation. Now discontinue penile contact and gently increase the intensity of the Slightest Touch. Enjoy the tingling sensations. Now start up a little more penile stimulation. The concept here is to gradually ramp up your arousal as you gradually add stimulation, while avoiding a premature climax.

After a while, turn the unit off once again and shift the perineal pad closer to your anus. Turn the unit back on slowly increasing the intensity. At certain point you may become aware of a *wonderful* tingling in your anus and perhaps in your prostate as well. Resume some light penile contact. If you increase the intensity of the Slightest Touch further you may find that your anus actually begins some subtle involuntary contractions. Try some voluntary contractions of your own, just for grins and feel how it intensifies the tingling!

If you feel yourself near the point of no return, discontinue penile contact and try adding a little more intensity on the Slightest Touch. Now add one or two strokes on your penis. This is sometimes called *edging* where you use one type of stimulation to bring you to the edge, and another to push you over. In this instance, you're using direct penile stimulation coupled with electrical stimulation to bring you to the edge. By discontinuing penile contact at a certain point you allow the electrical stim to push you

over the edge. Once the orgasm begins you may wish to make it a “hands free” ejaculation with a little extra nudge from the Slightest Touch or stroke yourself home, ...both are worth exploring!

Alternatively you may wish to shift a pad onto your penis leaving one pad on your perineum. (To use penile and perineal placements simultaneously you will need to have cut two small circular pads ahead of time.) Be advised that this configuration makes for very powerful stimulation, so start with very subtle intensity on the Slightest Touch. Gently ramp up the intensity adding penile manipulation to taste.

With a partner

The Slightest Touch can enhance any number of activities with a partner. Although being *hooked up* may reduce ones mobility a bit, it's a natural for receiving oral pleasure and intercourse (best positions are partner on top, and on all fours), and it's even terrific for giving oral pleasure (keeping **you idling** while administering to the needs of others). For such applications the unit may be used at threshold or sub-threshold levels. Be sure to keep the control module nearby for any fine-tuning.

Don't be surprised if partners beg you for a test drive of their own!

Conclusion

As with anything new, be sure not to overdo it at first. Any electrical stimulation device takes some getting used to. With regard to your Super O encounters, stay open and focused, realizing that it may take a few sessions for you to become accustomed to using the Slightest Touch. Always replace the pads on the clear plastic backing at the end of each session. This will protect the adhesive from picking up dirt and debris and extend pad life. Remember that the Aneros and Slightest Touch are there to facilitate and help you develop a natural response within your own body. Neither device will **make** this response occur without your involvement.

With the addition of the Slightest Touch to your repertoire, we're certain that you'll discover a much-expanded realm of sensations, so take your time, and don't rush it.

Enjoy yourself, learn and explore.

The **A** Team