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VERY IMPORTANT TIPS

Regarding The Key Sound Multiple Orgasm Trigger Protocol™

The Key Sound Multiple Orgasm Trigger Protocol™ is also referred to as Key Sound™, KSMO™, MMO™ (i.e., male multiple orgasm), The Multiple Orgasm Trigger™, MOT™, and The Protocol™

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Hi... Welcome to the Adventure!

PLEASE TAKE A MOMENT TO READ THIS ENTIRE DOCUMENT...

BEFORE BEGINNING PRACTICE

Also, especially for the first few months, experience has shown that you are likely to get the best results the soonest by limiting your practice sessions to a maximum of 20 minutes per day, with at least one or two days off between each practice session.

The reason is that this gives both your body and your emotions time to integrate and adjust to the new feelings you are beginning to experience.

Over a decade of teaching this method has clearly shown that paradoxically, trying to rush through the practice or “make” yourself have these kinds of orgasms will only slow down your progress.

By contrast, the fastest way to enjoy the most benefits is to slow down and indeed give yourself those days off so your body and emotions can have a little “breathing room” to adjust to these new experiences.

In doing so, you are likely to notice “Echoes” of those new feelings on your days off! That is a good sign that your body is beginning to awaken to this new lifelong skill.

Ok...

Here are the 7 simple steps of the Key Sound Multiple Orgasm Protocol™

Step 1: Get into a *private*, quiet place, preferably not just before bed, but earlier in the day when there is more energy available.

Step 2: I recommend that you start by lying on your back or on your side, but in either case with your knees bent and relaxed. After at least a minute or two of just slow, relaxed breathing, go on to Step 3.

Step 3: Begin with a *single* erotic touch or caress.

Step 4: As *soon* as you feel *even the slightest* pleasure in response to your *single* erotic touch or caress, **PAUSE the stimulation (i.e. the erotic touch or caress), and:**

Step 5: *With the stimulation on pause*, use a gentle, *unforced*, relaxed Key Sound (as demonstrated in the audio seminar) as you allow yourself to exhale naturally. The Key Sound *amplifies* the arousal experienced automatically in response to the minimal stimulation.

Step 6: With the stimulation **STILL on **PAUSE**, allow yourself a few regular breaths while tuning in to and enjoying the *automatic* pleasure responses (that we've nicknamed: "The Echo Effects").**

Step 7: Repeat The Protocol, beginning with Step 3.

Explanation of each of the Seven Steps appear in the following section

PLEASE READ THE FOLLOWING IMPORTANT TIPS

BEFORE BEGINNING PRACTICE

As with any new physical or emotional exploration (and this is both), I strongly recommend that ***before*** you begin to practice The Key Sound Multiple Orgasm Trigger Protocol, aka "KSMO" or simply "The Protocol," you discuss with your physician or duly trained and certified health care practitioner your plans for exploring this method.

This is *especially* important if you have *any* medical condition, including but not limited to respiratory difficulties such as asthma, COPD, etc., or Spinal Cord Injury, diabetes, cancer, or any other condition that your physician is monitoring. **Under such circumstances, this Protocol should only be explored in *continuing* consultation with your health care provider.**

S/he is quite welcome to contact me directly for more information or with any questions at 541.482.7433 (Oregon USA). Under these circumstances, it may be appropriate for us to modify your use of The Protocol somewhat.

VERY IMPORTANT...

If you feel ANY discomfort (physical *or* emotional) during practice, DO NOT CONTINUE THE SESSION.

Please DO NOT try to force your way past the discomfort by trying harder (e.g., by using more stimulation, an artificially-louder Key Sound, etc.).

Instead, *stop the practice for the time being and check in* with the extensive interactive resources at the www.multiples.com website to help you identify the difficulty.

In such a situation, I **also** recommend that you consult with your health care professional, and if it's an emotional issue, with a properly trained and

certified counselor as well.

You may find referral to excellent counselors specifically trained to assist you in addressing issues of sexuality in a frank, sensitive, open-minded, and supportive way by contacting the American Association of Sex Educators, Counselors, and Therapists (AASECT) at 804-644-3288 or www.aasect.org. Contact AASECT directly for referral suggestions outside the USA and Canada as well.

Very Important Note: This pausing of practice is also essential to remember as you begin to experience the higher states of arousal, including the more or less continuous waves of intensely pleasurable multi-orgasmic feelings.

For example, contrary to the sleepiness and low energy that is so typical for men after an orgasm accompanied by ejaculation, *these intense waves of pleasure tend to leave you **energized**.*

It is not unusual for these waves and high arousal states to continue or resume spontaneously... even for several hours after you have ceased all external stimulation. Therefore it is best NOT to practice The Protocol just before going to sleep.

Also, if you do begin experiencing unusually long-lasting pleasure waves, and/or find yourself in a persistent state of excitation, it is **essential** to cease all stimulation and practice of The Protocol while the effects persist, and to engage in some calming activities (which many people refer to as "grounding the energy"), such as a warm (but not extremely hot) bath, soothing *non-erotic* massage, deep slow relaxed breathing with no stimulation, calming music, quiet meditation, etc.

If you do experience this kind of persistence of the effects, it is also very important to give yourself a minimum of three days to a week of time off from practicing The Protocol before resuming.

Opportunity for personal feedback from me: Regarding assistance with the actual use of the Key Sound Multiple Orgasm Trigger Protocol™, you may receive one-to-one telephone assistance directly from me in "calibrating" (i.e., practicing) the Key Sound (without stimulation), and receiving direct feedback re: the accuracy of articulation.

For unprecedented enjoyable results, it is essential to articulate the "Key Sound" correctly, in combination with the other elements of The Protocol, in order to begin triggering the pleasurable "Echo Effects" that after a few weeks to a few months of practice may evolve into pleasure waves of indisputably orgasmic intensity.

Note: If you are not articulating the Key Sound correctly, even if you are following the rest of The Protocol, you simply may not experience the kinds of results that are truly possible, as evidenced by the stories of men and women

who have learned.

A brief individual phone consultation with me allows you to receive direct feedback regarding your correct practice of the other elements of The Protocol as well. For scheduling details, use this link:

<http://www.multiples.com/multiple-orgasm-coaching-info.html>

Regardless of gender, this method teaches you how to *trigger* progressively more pleasurable and intense “Echo Effects” (i.e., *automatic* pleasure waves of increasing intensity)...

Regardless of your gender identity and sexual orientation, the purpose of The Protocol and of the Key Sound on which it is based is to help you learn to *amplify* these automatic pleasure responses until (with practice) this increasing arousal will *automatically* trigger continuously pleasurable feeling waves or rushes of *unprecedented* orgasmic intensity.

Based on the experience of numerous others who have learned The Protocol, this is potentially true both physically and emotionally. Couples (again, regardless of sexual orientation) who share this experience consistently report a new sense of much greater rapport and intimacy.

Additional benefit: Men’s attitudes towards women’s sexual capacity changes for the better:

It is also noteworthy that men frequently report a beneficial change in their attitudes towards women and women’s orgasmic capacity.

These changes may range from a notable increase in empathy and sense of understanding of women’s experience to an often surprising realization of a release of heretofore (frequently unconscious) resentments and jealousy they had harbored towards women as a result of the cultural **myth** that women are genetically capable of enjoying multiple orgasms while men are genetically doomed to limitation in this regard.

The discovery of the arousal-pumping “Key Sound™” and development of the Multiple Orgasm Trigger Protocol™ lays to rest that destructive myth, at long last!

How long does it take to learn to enjoy multiple orgasms using this method?

For most people who practice and who receive “fine-tuning” help from the free Live Forum, the free Live Coaching Chats, the occasional one-to-one coaching when indicated, and the other resources via the www.multiples.com website, this process of opening all the way to multi-orgasmic intensity of these automatic responses (“Echo Effects”) typically takes from a few weeks to several months for healthy adults, regardless of gender.

Nevertheless, some learn the skill in less time, while others may require more time, especially if they are living with a disability and/or there remain

unresolved emotional issues which seem to be interfering with further opening to erotic pleasure. In these instances, the time-frame usually depends on the pace at which they are able to recover from the old emotional wounds by using appropriate counseling assistance.

PLEASE keep in mind...

Take your time and do **not force **any** thing.** This is *absolutely* the most important concept for you to understand in learning this.

You need to learn to ALLOW these new feelings to come *to* you through practice of The Protocol rather than trying to “make” yourself or your partner experience orgasm. That just does NOT work with this system.

Likewise, please note that *increasing stimulation trying to “make” the orgasms happen* usually does NOT work either. *If you lapse into this “trying to get there” pattern, learning this skill may take much longer.*

Andi and her husband “bilko” from the U.K. have learned to use The Protocol quite successfully both in solo practice and together. Andi advises: “It’s important not to chase the fawn away. You must let the fawn come to you.”

The approach that most frequently seems to lead to consistent success is to frame the practice as an exercise in self-exploration, for increasing self-awareness, or even as a very special, intensely pleasurable form of meditation.

Patience, diligent practice of The Protocol (**with rest days in between**), and getting additional help at the website are activities that DO work.

Enjoy every step of the Adventure...

Time and again as you read the progress- and success stories in the Forum, and in the 150+ Coaching Chat transcripts and other resources at the main website, you will see that it is when the practitioners learned to SLOW DOWN and ***released trying to get the “Big Ones”*** that they began experiencing *significantly* stronger and more satisfying results.

When you start practicing The Protocol correctly (and you frequently check in with us via posts to the website Forum and participation in the Live Chats), you will very likely begin feeling new and different feelings from the very beginning.

Instead of ignoring or “discounting” them because they’re “not yet” full orgasms, take some time to appreciate these new feelings *however faint or subtle they initially may be.*

Please Note: Experience has shown that people who ignore this step and hold the attitude of “Yes, but they are not full orgasms yet” may take *much* longer to learn to enjoy all of the benefits this method offers, including continuous multiple orgasms.

By contrast, people who *release their attachment to “getting there,”* who instead just begin enjoying the new feelings *in the moment,* and who really

take the time to *recognize and appreciate* how these feelings are different than they have *ever* experienced before, are pleasantly surprised when they *spontaneously* begin experiencing these new pleasure waves at multi-orgasmic levels of intensity after further correct practice of The Protocol.

Instead of just trying to “get there” (i.e., all the way to full orgasms), concentrate on learning to ALLOW these automatic new feelings to increase *even a little* at a time, from one session to the next, and: BE PATIENT.

[Yes, I am repeating myself. This issue is that important!]

Be sure to allow one or more days off between practice sessions, at least once or twice a week. *This is very important*, because it allows your body *and your emotions* to adjust to this new awakening of erotic feeling and capacity.

Now we'll do a step by step review of The Protocol, with additional explanation and suggestions.

PLEASE NOTE: There are more important tips just following The Protocol itself. Please review them as well.

Enjoy!
Jack

Step 1: Get into a *private*, quiet place, preferably not just before bed, but earlier in the day when there is more energy available.

The reason for this suggestion is that as you begin to open to the higher levels of arousal delivered by this practice, you may need that extra energy to be able to allow full-intensity multiple orgasms.

Also, it's VERY IMPORTANT to keep in mind that using the Key Sound is a *sexual act*. It is therefore *inappropriate* to practice the sound in public, or in the presence of children. “Informed, mutually consenting adults” is the key criterion for its use with- or in the presence of- others.

Step 2: I recommend that you start by lying on your back or on your side, but in either case with your knees bent and relaxed. After at least a minute or two of just slow, relaxed breathing, go on to Step 3.

NOTE: Behaviors that frequently trigger the ejaculation reflex in men AND the so-called “clitoral orgasm” reflex in women (i.e. a woman's sensation of orgasmic release felt mostly in the genital area) often include a relatively great deal of muscle tension (especially in the legs and abdomen), as well as some degree of shallow rapid breathing alternating with breath holding just prior to any orgasmic release.

Therefore all during this practice, we want to remind ourselves to *continue to breathe fully and slowly*.

At the same time, we want to use these slow, relaxed, full breaths to help our

muscles stay really relaxed, *even as arousal increases to multi-orgasmic levels.*

Throughout this practice, and even at the highest levels of arousal, the goal becomes: ***Relax as much as possible.***

Step 2b: Optionally at this early stage, you may begin practicing the Key Sound *without* any stimulation at all... just the relaxed breathing as described above.

A number of people report considerable benefit to this practice. It may help you get comfortable with the correct articulation of the Key Sound, and you may already begin notice a certain "resonance" or a sense of "awakening" when you make the sound correctly.

Step 3: Begin with a *single* erotic touch or caress.

Do NOT use continuous stimulation of any kind if you intend to follow this Protocol.

Continuous stimulation, at least until you're well along in this practice, will likely just lead to ejaculation for men, and less than dramatically satisfying results for both genders.

Step 4: As soon as you feel even the *slightest* pleasure in response to your *single* erotic touch or caress, *PAUSE the stimulation* (i.e. the erotic touch or caress).

Why should you pause after so little stimulation? Because doing so allows AROUSAL to build, while for men, the ejaculation reflex tends not to get triggered since that is frequently the result of increasing (more or less continuous) stimulation.

Please note carefully that I am NOT saying to men: "Stimulate until you get an erection," nor am I saying to you regardless of gender: "Stimulate until you start feeling turned on, or 'really' turned on."

I am saying that a *single* touch or caress in an erotically sensitive area of your body is all that is necessary to begin building the full-body arousal.

At this early stage, if you are using more than a *single* touch or caress, you are *off Protocol*.

I realize that that may seem very foreign and quite difficult to believe. When in doubt, go to the Success Stories page at the website, and read the results people are getting when they... "Follow directions." The link is:

[http://www.multiples.com/success/
key_sound_multiple_orgasm_adepts_testimonials.html](http://www.multiples.com/success/key_sound_multiple_orgasm_adepts_testimonials.html)

Step 5: *With the stimulation on pause*, use a gentle, *unforced*, relaxed Key Sound (as demonstrated in the audio seminar) as you allow yourself to exhale naturally. The Key Sound *amplifies* the arousal experienced automatically in response to the minimal stimulation.

Do not try to hold your breath or the Key Sound back, but *be very sure not to force* your breath or the Key Sound either.

NOTE: You probably will *not* be able to rush the process and “make” yourself come by using an artificially loud or extended Key Sound or breathing pattern, nor by using more stimulation.

NOTE ALSO: It is a very common TRAP to pronounce the Key Sound as “haaaaAAHHH” or even “heh-EHHHHH” but these are NOT CORRECT.

The correct pronunciation of the Key Sound is based on a fairly deep, husky “uh” sound that is done with a very relaxed throat.

Note that “ah” is a sound that is clearly just up in the throat with fairly tight vocal chords, as is “ehhhh,” “aieeee,” or “ohhh” and the like.

The Key Sound is a *very specific* discovery with notably different effects than other typical erotic sounds.

In print, the closest approximation to the correctly articulated Key Sound is: “huuuuuUUUUHHHH...” There are links to additional samples of this sound at the bottom of the main Downloads page.

If you have ANY doubts about the correctness of the way you are making the sound, I urge you to contact me directly for a brief one-to-one telephone coaching and feedback session.

People who take advantage of this service frequently report significant breakthroughs in the days following such a session. These coaching sessions average approximately 15 minutes if limited to Key Sound practice and feedback. For details, consult:

<http://www.multiples.com/multiple-orgasm-coaching-info.html>

Step 5B - Key Sound use during states of higher arousal.

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

At times, some people have abandoned that rolling quality altogether so the Key Sound degenerates to two segments of “huuuu....UUUHHHH”.

This is not correct. ***It is essential to preserve the smooth rolling quality at the higher arousal states.*** THAT is when the Echo Effects may really start achieving truly orgasmic intensity.

I recommend you listen again in the audio seminar to my interview of Ron, the first man in history to learn this method from me. He states quite specifically that as arousal reached higher levels, he experienced considerable inner prompting to “switch gears” i.e., abandon The Protocol and shift to continuous

stimulation, and “go for it” i.e., go for the *relief and dissipation of the accumulating arousal through ejaculation*.

But please note also that he reports making a *conscious decision to stay on Protocol* and instead to continue to channel the increasing arousal through expression of the Key Sound.

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

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

Step 6: With the stimulation STILL on PAUSE, allow yourself a few regular breaths while tuning in to and enjoying the *automatic* pleasure responses (that we’ve nicknamed: “The Echo Effects”).

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

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

We refer to these *automatic* responses to that slight erotic touch or caress *in concert with correct use of the arousal-pumping Key Sound* as “Echo Effects” because they are *automatic* responses of feeling and body movement. Hence these feelings automatically echo your correct use of the Key Sound.

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

It is this full-body arousal which you then learn to *amplify* using the Key Sound as demonstrated in the audio seminar and as its use is described in this simple 7-Step process and at www.multiples.com.

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

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

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

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

When the muscle tension or sense of energy congestion or blockage releases, then you may reintroduce the single-touch stimulation as described in Step 3. If the tension or blockage does not seem to resolve itself after ceasing stimulation and using the general light massage to help get the blocked energy moving again, then cease practice for that session.

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

Step 7: Repeat The Protocol, beginning with Step 3.

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

**THE FOLLOWING ARE MORE VERY IMPORTANT TIPS AND Q & A
for learning The Key Sound Multiple Orgasm Trigger Protocol
PLEASE TAKE A MOMENT TO REVIEW *BEFORE* BEGINNING PRACTICE**

If you are wanting to share this experience with a partner...

It's usually best to begin by practicing The Protocol solo, rather than introducing it immediately into lovemaking with a partner. Save that for a little later! You don't need the burden of trying to “perform” sexually while learning this.

In the audio seminar itself, I offer additional suggestions *and special exercises* for introducing the process to your partner, and there are further tips and discussions about this in the Live Forum and in the Archived Chats Q & A transcripts at www.multiples.com.

Will I *always* need to use the Key Sound whenever I make love or even as I practice solo?

Not at all! You won't need to use the Key Sound during lovemaking, etc. if you don't want to.

Remember that the Key Sound Multiple Orgasm Protocol™ is used as a *trigger* to ***teach your body how to open*** to this significantly more intensely pleasurable experience.

As you use the Key Sound and follow The Protocol correctly and these new “Gates of Erotic Pleasure” begin opening in you, you may soon discover that these new waves of pleasure may actually begin — and may even continue — without your need to always use the Key Sound to trigger them.

Time and again, reports posted to the Forum and the Chats by other practitioners of this method confirm that once you've learned how to use the

Key Sound Multiple Orgasm Trigger Protocol™ successfully, it may become possible to trigger these multi-orgasmic waves, in some cases just *at will*, without using the Key Sound. Not only that, but the posted reports also confirm that you may even learn to trigger these waves ***without any stimulation at all!***

I know that such an idea may seem inconceivable, but a review of the www.multiples.com Success Stories in the Live Forum, the archived Chat Transcripts, and of the recorded telephone interviews of men and women who have learned this method will confirm that this is possible...

Study these posts and interviews for more tips, inspiration, and motivation.

Remember that it is stimulation... especially relatively continuous and vigorous stimulation, that triggers the ejaculation reflex, or the more localized "clitoral orgasm."

That is why the Key Sound Multiple Orgasm Protocol™ is so successful, yet withOUT requiring ANY last-minute PC muscle squeezing, hovering near the so-called (ejaculatory) Point of No Return, etc.

This method is based on learning to use the Key Sound according to The Protocol to **pump arousal**, ultimately to multi-orgasmic levels, while using *very little* and eventually *no* stimulation, with no more need for men to practice last minute ejaculation control to delay ejaculation, and with no more need for women to have to rely on "reaching" (i.e. vigorous stimulation with tension) to enjoy full-body multiple orgasms.

That is why this method is such a breakthrough.

Enjoy!

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