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BY LEAH STAUFFER



We all want to know how to seduce our man better and longer than anyone else ever could. We don't want to compete for his attention with anyone—not women at clubs (especially when we are not around), not his co-workers, not his women "friends," and definitely not that ghost: the old girlfriend. We are also faced with all those daunting beauties on television and in magazines who are everywhere we turn. The hair, the makeup, the body—on and on it goes. With all that outside stimulus it can be a challenge to keep his focus where you want it, on you. So how do we compete? How do our men become so consumed with us that our concerns about other women literally disappear?

We've discovered the tools that any woman—no matter her age, weight or looks—can use so she does not have to worry about competition. She can discover her own gifts and gain the abilities to capture her man's attention and keep him coming back for more.

So how do we compete? We don't!

We're always trying to find some new way to compete—something to set us apart, to make us sexier than the next woman. Have you ever stopped to think, maybe you're just perfect the way you are? Just stop it! Stop the competition! Share with him who you are, not who you think you should be, (or even worse who you think he thinks you should be!) There are so many facets to us as women, that the sharing of ourselves can go on for as long as we choose to continue to share it. Hours, days, months or years, the choice is ours. We can create the mystery and intrigue about ourselves that men find so alluring in women. It is in the knowing there is more there that keeps men interested and coming back for more. Therefore, it is our job to keep the mystery and intrigue about ourselves going strong.

Our ability to keep things fresh holds true in every area of our relationship, but nowhere more than in the bedroom. Having the ability to get him in the mood without even touching him with a finger can come in many forms. The class and video, *The Art of Exotic Dancing for Everyday Women* (Philadelphia Films, 2000 avail on VHS & DVD) offers some great tools for building the self-confidence necessary to seduce your man without laying one finger on him. Exotic Dancing, as taught in the class and video, is much more than dancing sexy. It is also having the ability to reach deep within yourself to find your inner beauty and grace and combine these into sensual movements that only you can express. It is a journey of self-exploration that translates to new insights and confidence about yourself. It is then that you can express yourself through dance (and many other ways, in and out of the bedroom as well.)

Increase Your Allure To Him

HOW TO GET HIM IN THE MOOD WITHOUT SO MUCH AS TOUCHING HIM WITH A FINGER.

Where do I start?

Performing an exotic dance for him can be quite effective in getting him in the mood. Maybe you're shy or scared of what he might think. Maybe you're afraid you're not a good enough dancer or maybe you're thinking, "Of course I'll dance for him, after I get rid of these thunder thighs." It's important to know one thing before you start. What you think is what you feel and what you feel is what you project. While learning how to execute the actual moves of walking, hip rolls, floorwork and striptease are important, it is what's behind the moves that counts. The key elements required to pull off a great dance come from you.

Take control. Eye contact.

It all starts with the eyes. To implement "slow torture" effectively, you need to take control and take your time with great eye contact. The eyes tell the whole story. They reveal how we feel about ourselves and how we feel about another person. The eyes convey our intention; they can take charge or relinquish it. Powerful eye contact is important in every aspect of our lives, especially in the bedroom. Gaining the ability to seduce our man with eye contact alone can be a very powerful form of foreplay. The great thing about discovering your power through eye contact is you can begin to get him in the mood at the restaurant or party before you even get home. If you feel silly, practice eye contact with yourself in the mirror. While you're practicing, think of all the things you can say without speaking, just by a certain way of connecting through eye contact. Then, start practicing on him. See if he "gets the message."

Own it. Be confident.

Another trick to foreplay starts with the ability to take charge. Remember, men love a confident woman. Did you ever notice the prettiest girl in the room isn't always the most attractive? What does that woman have that has men taking that second look? It is usually the confident, comfortable-in-her-own-skin woman who draws all the attention. Well, the same holds true in the bedroom. If you want to do anything effectively in life, you have to believe in yourself, and that includes taking charge in the bedroom. Even if you don't feel completely sure of yourself in every aspect of your life, think of one aspect of your life where you are confident and draw from that. Once you start to see that special thing about yourself, everyone else will be able to see it, too.

Don't be afraid to go for it! Explore.

Discovering ways to capture his attention takes some time. As we women know, the longer the foreplay the better. So how do we prolong foreplay? A great way is to be willing to take the time and risks to share all different aspects of yourself. Some things you may already know, and some you may discover along the way yourself. It takes confidence to take the risk of authentically sharing who you are. We become vulnerable in that we could be laughed at or thought of as plain weird. The reality is that if we feel good, if we feel sexy and beautiful, then that is who we are and nothing else could be conveyed. No one can take that from you. You keep your power as the woman that you are. Feeling good about your body, your looks, your age all begins with discovering your inner beauty. Feeling truly good about who we are helps us see the superficial stuff very differently. Exploring and discovering our talents and gifts is a great start. On a daily basis, keep discovering new facets of who you are and learn to authentically share that person.

Try *The Art of Exotic Dancing* and not only will you learn some sexy dance moves, but you will also gain the confidence to feel sensual and sexy in your own skin. Remember, what you think is what you feel and what you feel is what you project. ■

Leah Stauffer is an entrepreneur and filmmaker. She owns The Learning Studio in Malvern, PA, where the Exotic Dance class originated. She also owns Philadelphia Films with her partner, Tim Kelly. Together they produced the instructional video, *The Art of Exotic Dancing for Everyday Women*.

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