The Happiness Class

October 29, 2017

afternoon session: sexual sensations
Sunday Oct 29th

10:30am – 11:00am  questions about last week

11:00am – 12:00pm  jealousy, heartbreak

12:00pm – 1:00pm  lunch break

1:00pm – 2:30pm  sexual sensations
• subject is uncomfortable for me

• want to review all of The Happiness Menu

• and have particularly good insights here

• so bear with me as I tiptoe through this
There are six sexual sensations.

**Men**
- Visual/audible pleasure
- Repugnance
- Penile pleasure & orgasm
- Lust

**Women**
- Clitoral pleasure & orgasm
- Vaginal pleasure
Visual/audible pleasure draws men to women, but it’s not triggered by women.
Visual/audible pleasure is triggered by visual/audible differences between fertile, non-pregnant women and other humans.
There are numerous visual/audible differences between fertile, non-pregnant women and other humans.

- hourglass figure: combination of protruding breasts, wide hips, narrow waist
- protruding breasts
- plump lips
- wide hips: ideal hip-to-waist ratio is 0.7
- slender appendages: face, neck, arms, hands, fingers, legs, feet, toes
- 8% shorter height: 8% is ideal (about 5½" shorter than a 5'10" man)
- feminine voice: pitch and resonance midway between men and children
- beardless face
- pubic hair
- non-grey hair
- narrow waist
There more a feature separates fertile, non-pregnant women

the stronger the pleasure it triggers.

<table>
<thead>
<tr>
<th>strength of pleasure</th>
<th>children</th>
<th>men</th>
<th>post-menopausal women</th>
<th>fertile pregnant women</th>
<th>fertile non-pregnant women</th>
</tr>
</thead>
<tbody>
<tr>
<td>strong</td>
<td>hourglass figure</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>moderate</td>
<td>protruding breasts</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>plump lips</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>weak</td>
<td>wide hips</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td></td>
<td>slender appendages</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8% shorter height</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td></td>
<td>feminine voice</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>very weak</td>
<td>beardless face</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>pubic hair</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>non-grey hair</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>narrow waist</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

a checkmark means that type of human has that feature
the fewer humans have a feature, the better for separating fertile, non-pregnant women
An hourglass figure is the only feature that is unique to fertile, non-pregnant women.

<table>
<thead>
<tr>
<th>strength of pleasure</th>
<th>children</th>
<th>men</th>
<th>post-menopausal women</th>
<th>fertile pregnant women</th>
<th>fertile non-pregnant women</th>
</tr>
</thead>
<tbody>
<tr>
<td>strong</td>
<td>hourglass figure</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>moderate</td>
<td>protruding breasts</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td></td>
<td>plump lips</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>weak</td>
<td>wide hips</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td></td>
<td>slender appendages</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td></td>
<td>8% shorter height</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td></td>
<td>feminine voice</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>very weak</td>
<td>beardless face</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td></td>
<td>pubic hair</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td></td>
<td>non-grey hair</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td></td>
<td>narrow waist</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>

A checkmark means that type of human has that feature.

The fewer humans have a feature, the better for separating fertile, non-pregnant women.
To fall in love, men need to see an hourglass figure for 4 months.

- Fertile
- Narrow waist
- Wide hips
- Was not pregnant at month 0
Just a silhouette makes men feel slight visual pleasure . . . as General Motors knows.
Just a silhouette makes men feel slight visual pleasure

. . . as Coca Cola knows .
The Contour bottle helped Coke beat Pepsi with men, but not women.

Which do you prefer Pepsi or Coke?

<table>
<thead>
<tr>
<th></th>
<th>All Respondents</th>
<th>Male Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepsi</td>
<td>35%</td>
<td>17%</td>
</tr>
<tr>
<td>Coke</td>
<td>65%</td>
<td>83%</td>
</tr>
</tbody>
</table>

Which do you prefer Pepsi or Coke?

<table>
<thead>
<tr>
<th></th>
<th>Pepsi</th>
<th>Coke</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Respondents</td>
<td>35%</td>
<td>65%</td>
</tr>
<tr>
<td>Male Respondents</td>
<td>17%</td>
<td>83%</td>
</tr>
</tbody>
</table>
This corrects the common view about what turns a man on visually.

- **common view**
  - features involved in reproduction or puberty
  - breasts
  - genitalia
  - wide hips
  - pubic hair

- **correct view**
  - features unique to fertile, non-pregnant women
  - slender legs, feet
  - slender arms, hands
  - narrow waist
  - plump lips
  - beardless face
  - shorter height
  - narrower waist
  - slender arms, hands
  - plump lips
  - shorter height
Beards evolved
so men don’t court men.

• if they help survival they would appear on both genders
  • like head hair

• their appearance at puberty indicates a role in reproduction
  • like pubic hair

• beards do not play an obvious role in mating or postnatal care
  • like the penis or breast

• that leaves one answer – gender marking to avoid for courtship
  • like many species of birds
Strength of visual/audible pleasure declines with a woman’s novelty.
Over 8 years, the visual audible pleasure that Elizabeth Hurley triggered in Hugh Grant declined enough that . . .
... that Divine Brown, a street prostitute, became relatively more attractive to Hugh.
Counterintuitively, men feel visual pleasure when they see an erect penis.

- surprising because it seems to draw men to men
  - opposite of beards

- evolved to prepare men for multi-male/solo-female mating
  - occurred in our distant past
  - still occurs in some primate species

- proof is porn industry’s money shot
  - always includes an erect penis prominently displayed
  - if it did not trigger visual pleasure, it wouldn’t be there

- has probably led some men to conclude they are homosexual
Women don’t
feel visual/audible pleasure.

• women don’t need to feel visual/audible pleasure
  • men are drawn to women by their visual/audible pleasure

• evidence is widespread in porn and related industries
  • men are >95% of customers for porn, strip joints, sex lines

• evidence is seen in clothing choices
  • women wear skirts, high heels, low cut tops because it works
  • men don’t because it doesn’t – women don’t feel visual pleasure

• women can feel other positive emotions when looking at men
  • an erect penis triggers infatuation – but only is she is the cause
  • a tailless bum makes everybody feel affection – explained later
There are six sexual sensations.

Men:
- Visual/audible pleasure
- Repugnance
- Penile pleasure & orgasm
- Lust

Women:
- Clitoral pleasure & orgasm
- Vaginal pleasure
Repugnance prevents incest.
Men feel repugnance when they feel visual pleasure while looking kin they knew when they were 0-6 years old.

- men spend 0-6 with family members – sisters, mothers
  - men spend 6+ with non-family members – schoolmates

- well supported by research on kibbutz romance
  - children who grew up together never date or marry

- can be seen when other boys show up to date a sister
  - brother is very uncomfortable – he knows what other boy wants

- also seen when other boys talk lewdly about a mother or sister
  - son or brother is revolted by the comments
Men do not feel repugnance when looking at their daughters.

- the 0-6 year filter does not exclude daughters
  - just mothers and sisters

- in the past, fathers moved on before daughters reached puberty
  - moved on when children were 33 months old

- culture holds that men should feel repugnance towards daughters
  - except Trump

- obviously, a serious threat given that lifelong monogyny is common
  - biology is stronger than culture
  - fathers, daughters, mothers need to be aware
  - fortunately, daughters will not feel infatuation
Men do not feel repugnance when looking at sisters more than 6 years younger.

- the 0-6 year filter does not exclude much younger sisters
  - just older sisters and sisters less than 6 years younger

- in the past, brothers left home before much younger sisters reached puberty
  - brothers would leave home by late teens

- culture holds that brothers should feel repugnance towards sisters

- obviously, a serious threat given that many sons stay home into twenties
  - biology is stronger than culture
  - parents, older brothers and much younger sisters need to be aware
  - fortunately, sisters will not feel infatuation
Women don’t feel repugnance.

- women don’t need to feel repugnance
  - only need to stop one gender
  - only men feel visual pleasure

- gender difference seen when siblings date
  - boys are uncomfortable when other boys date sisters
  - girls are not uncomfortable when other girls date brothers
  - girls often enjoy being matchmaker for brothers
There are six sexual sensations.

- **Men**
  - visual/audible pleasure
  - repugnance
  - penile pleasure & orgasm
  - lust

- **Women**
  - clitoral pleasure & orgasm
  - vaginal pleasure
Men cannot reach the orgasm threshold without visual/audible pleasure.
Orgasm motivates men
like a bonus payment.

- other emotions reward or pay you when you do something
  - like love, affection, pride or humor

- orgasm makes a big payment after a completing a long process
  - finding women
  - winning a courtship competition
  - successfully courting a woman for 4 months

- similar to the way managers paid for achieving annual goals
  - like annual sales or profits
Only humans need to thrust back and forth for a few minutes.

- before orgasm, men thrust back and forth for > 2 minutes
  - most animals thrust back and forth a few times

- difference is usually explained as humans just like sex more
  - another example of our exceptionalism

- another explanation is our aquatic detour
  - we lived in shallow water for part of our past
  - the extended thrusting cleaned aquatic deposits
  - unique presence of a hymen supports explanation

- penis changes to match task
  - pre-orgasm: not fully erect state causes pulling of deposits
  - post-orgasm: fully erect state causes pushing of deposits
After orgasm, penile pleasure briefly becomes penile pain.
There are six sexual sensations.

- **men**
  - visual/audible pleasure
  - repugnance
  - penile pleasure & orgasm
  - lust

- **women**
  - clitoral pleasure & orgasm
  - vaginal pleasure
Although lust is associated with the positive of desire, the sensation of lust is a negative effect.
Like jealousy, revenge, and compassion, lust has trigger and a stop.

trigger ➔ negative mental effect ➔ stop

“My woman made another man feel sexual pleasure.” ➔ jealousy ➔ “I harmed my woman as much as she made another man feel sexual pleasure.”
However, lust is triggered and stopped by sensations just like hunger, loneliness, boredom and SADS.

Unlike rewards and punishment, these sensations allow biology to temporarily add motivation. The alternative of permanently increasing a reward would cause too much of the motivated behavior. For example, people would starve to have sex if penile pleasure was permanently more pleasurable.
Like hunger, loneliness, boredom and SADS, lust grows stronger until it is stopped.
Women don’t feel lust.

- women don’t need to feel lust
  - only need to encourage one gender

- ample behavioural evidence of gender difference
  - only men have stacks of porn or libraries of video
  - only men are regular customers of prostitutes
  - only men need to be told no
  - only men commit rape

- women do crave the emotion of infatuation
  - which may feel like lust
  - but it’s imagining a positive and lust is negative
There are six sexual sensations.

- men
  - visual/audible pleasure
  - repugnance
  - penile pleasure & orgasm
  - lust

- women
  - clitoral pleasure & orgasm
  - vaginal pleasure
The embryos of both genders develop the same external parts.

<table>
<thead>
<tr>
<th>men</th>
<th>women</th>
</tr>
</thead>
<tbody>
<tr>
<td>embryonic leftover ← nipples</td>
<td>nipples ← breastfeeding</td>
</tr>
<tr>
<td>cleaning &amp; insemination ← penis</td>
<td>clitoris ← embryonic leftover</td>
</tr>
<tr>
<td>lower testicle temperature ← scrotum</td>
<td>labia minora ← embryonic leftover</td>
</tr>
</tbody>
</table>
And both genders have

the same external pleasures.

Penile pleasure & Orgasm

- Nipples
- Penis
- Scrotum

Purpose: Encourage copulation

Purpose: None

Clitoral pleasure & Orgasm

- Nipples
- Clitoris
- Labia minora

Purpose: Tolerate breastfeeding

Purpose: None
There are six sexual sensations.

- **Men**
  - visual/audible pleasure
  - repugnance
  - penile pleasure & orgasm
  - lust

- **Women**
  - clitoral pleasure & orgasm
  - vaginal pleasure
Vaginal pleasure exists, but it’s relatively weak – most of the time.

- only needs to encourage tolerance of penetration
  - like nipple pleasure and breastfeeding
  - weak relative to penile pleasure

- elevated during the second stage of infatuation
  - encourages mating when men are in love
  - increased vaginal lubrication also occurs
  - still weaker than penile pleasure
Vaginal orgasm did not evolve.

- no need for bonus payment
  - women don’t need to achieve an outcome

- clitoral orgasm is mistakenly believed to be vaginal
  - particularly when men are on top

- proven clinically with other primates
  - routinely triggered clitoral, but not vaginal orgasm

- academia agrees
  - The Case of the Female Orgasm – Elisabeth Lloyd
There are no other types of sexual sensation.

- pleasure only needed for copulation or breastfeeding
  - only contact with penis, vagina, clitoris, nipples
- kissing or touching breasts does not trigger sexual pleasure
  - kissing is cultural universal from mothers and infants
  - touching breasts helps men feel visual pleasure – like the blind
Next week’s topics are:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
</table>
| Sun Oct 22 | Monogynic Love  
Infatuation  |
| Sun Oct 29 | Jealousy, Heartbreak  
Sexual Sensations  |
| Sun Nov 05 | Parental Love, Cute, Grief  
Affection, Loneliness, Crying  |
| Sun Nov 12 | Pride, Humiliation  
Humour, Laughter, Envy  |
| Sun Nov 19 | Revenge, Anger, Criminal Guilt  
Compassion, Selfish Guilt  |
| Sun Nov 26 | Minor Sensations, Startle, Fear  
Analyzing Happiness I  |
| Sun Dec 03 | Analyzing Happiness II  
Analyzing Happiness III  |