

The Happiness Class

October 29, 2017

afternoon session: sexual sensations

Sunday Oct 29th

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

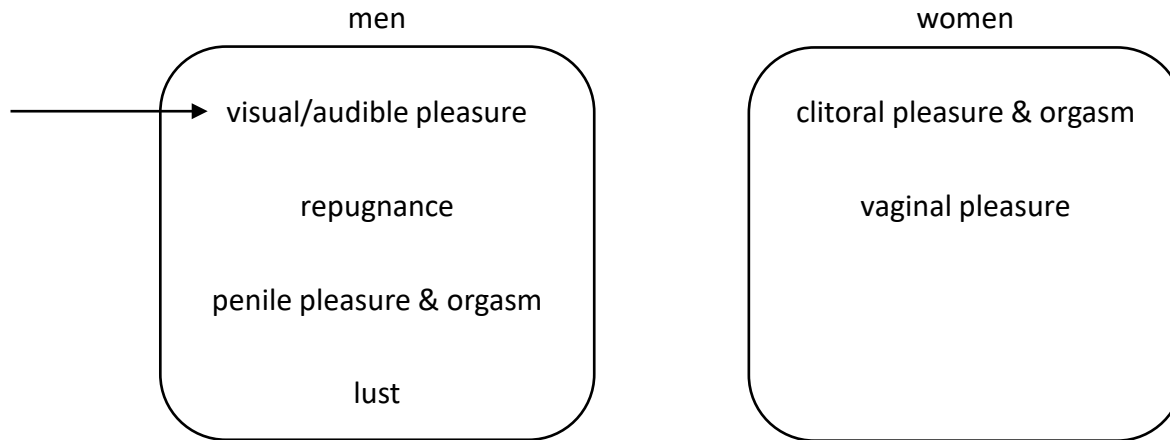
11:00am – 12:00pm jealousy, heartbreak

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.



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.

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

a checkmark means that type of human has that feature

the fewer humans have a feature, the better for separating fertile, non-pregnant women

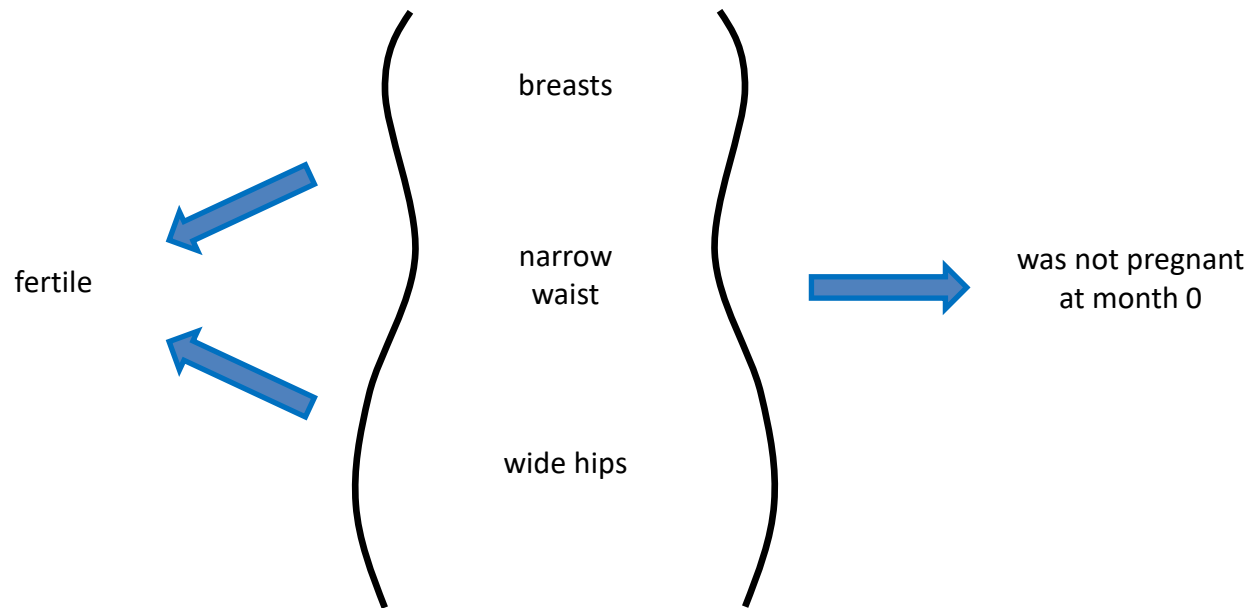
An hourglass figure is the only feature that is unique to fertile, non-pregnant women.

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

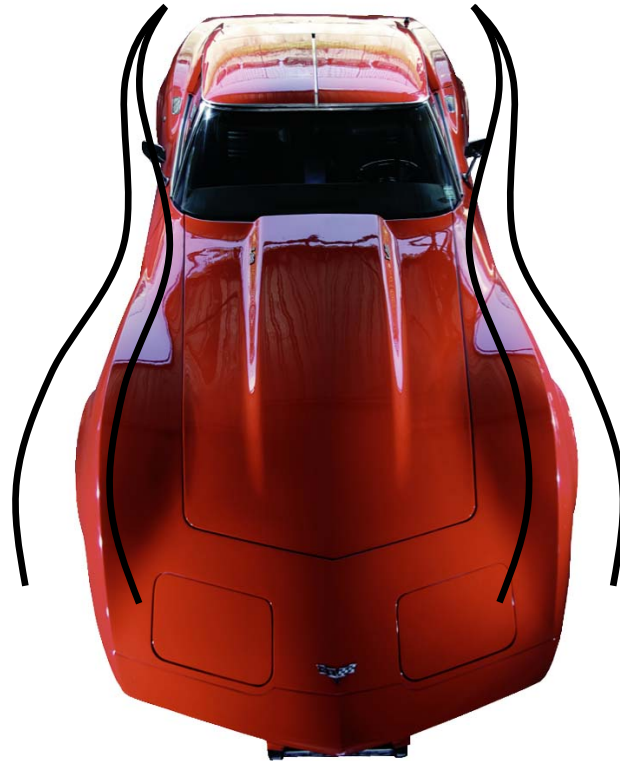
a checkmark means that type of human has that feature

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.



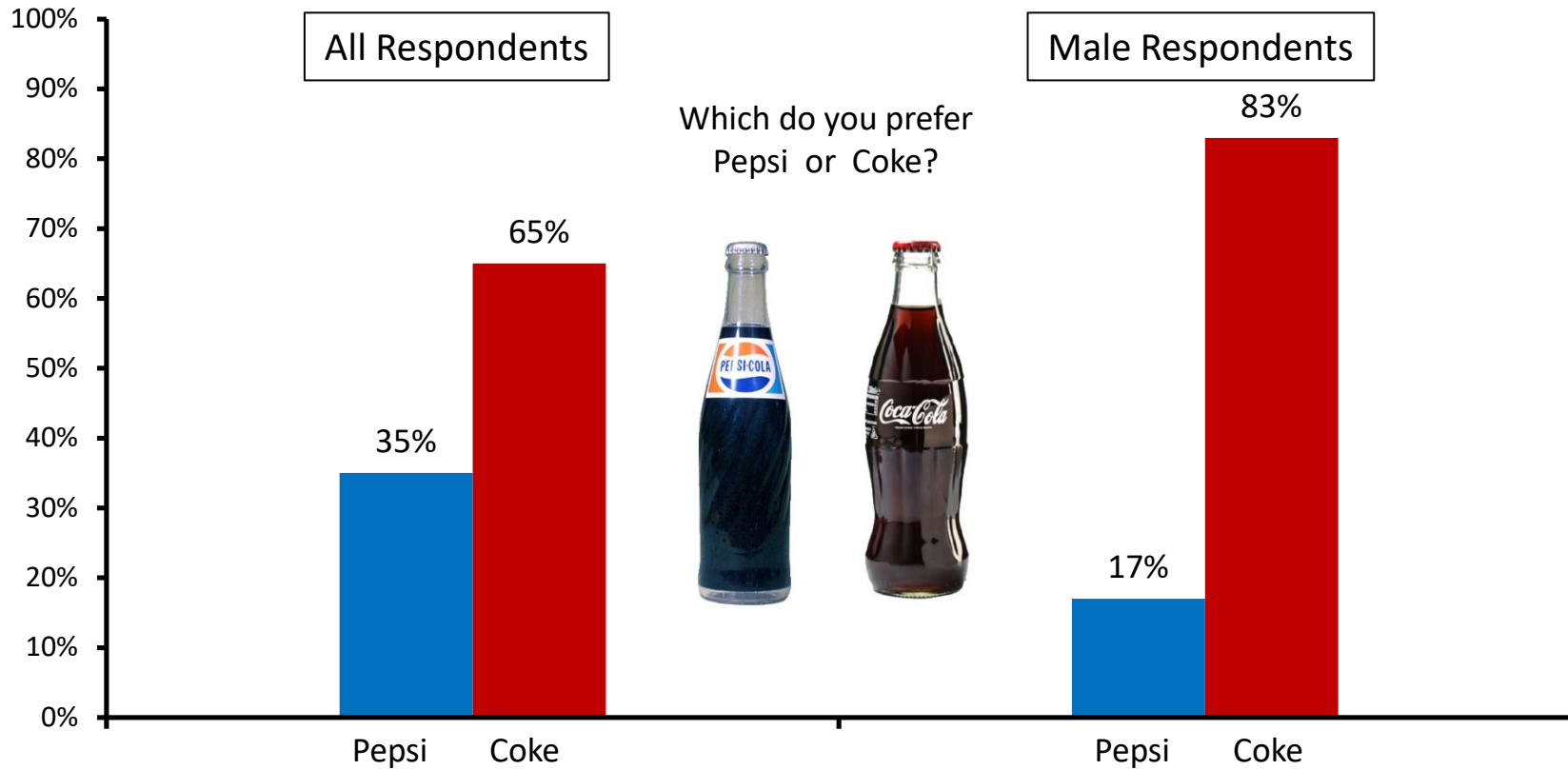
Just a silhouette makes men feel slight visual pleasure
... as General Motors knows.



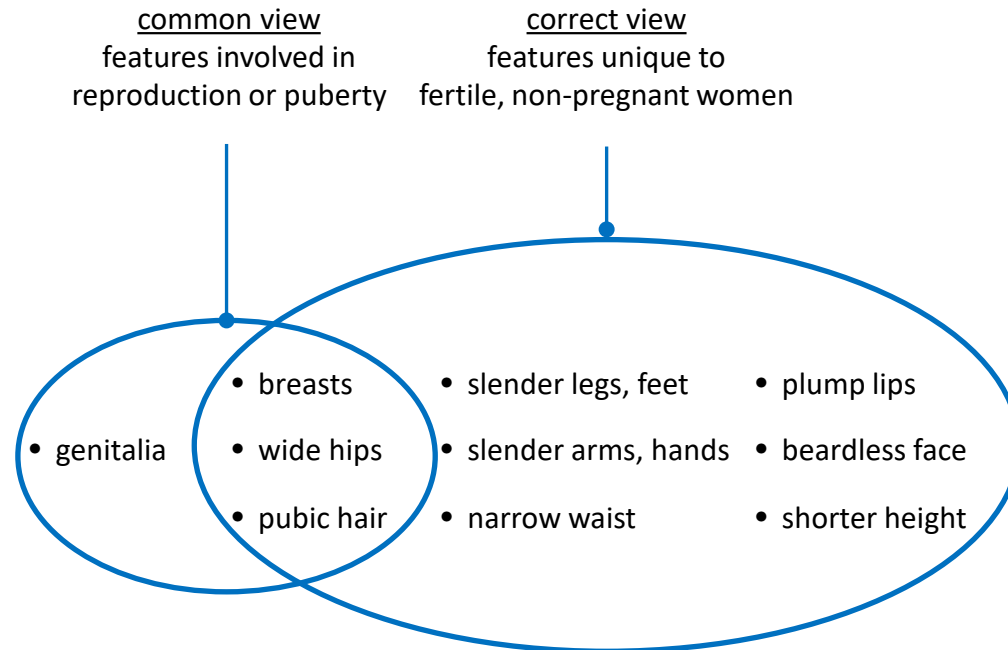
Just a silhouette makes men feel slight visual pleasure
... as Coca Cola knows .



The Contour bottle helped Coke beat Pepsi with men, but not women.



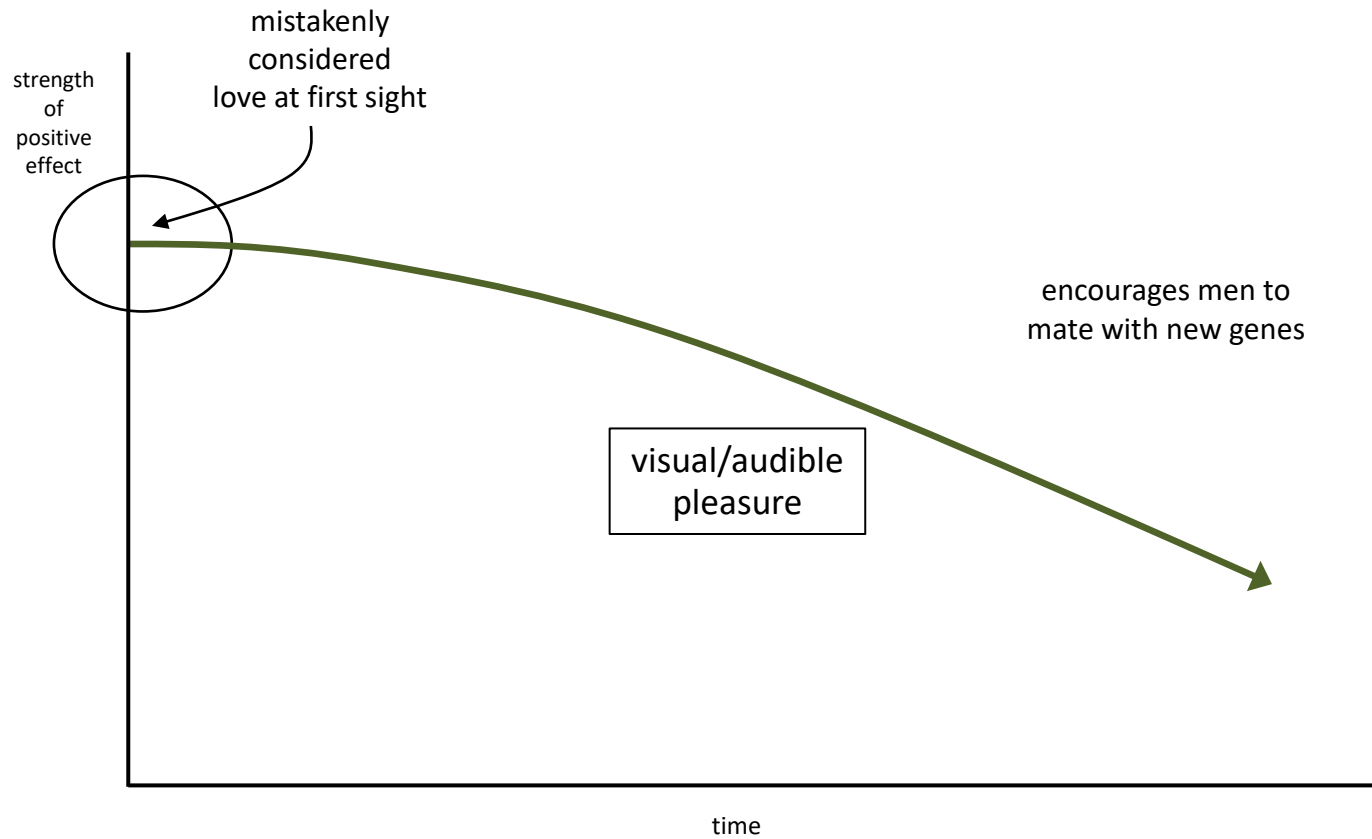
This corrects the common view
about what turns a man on visually.



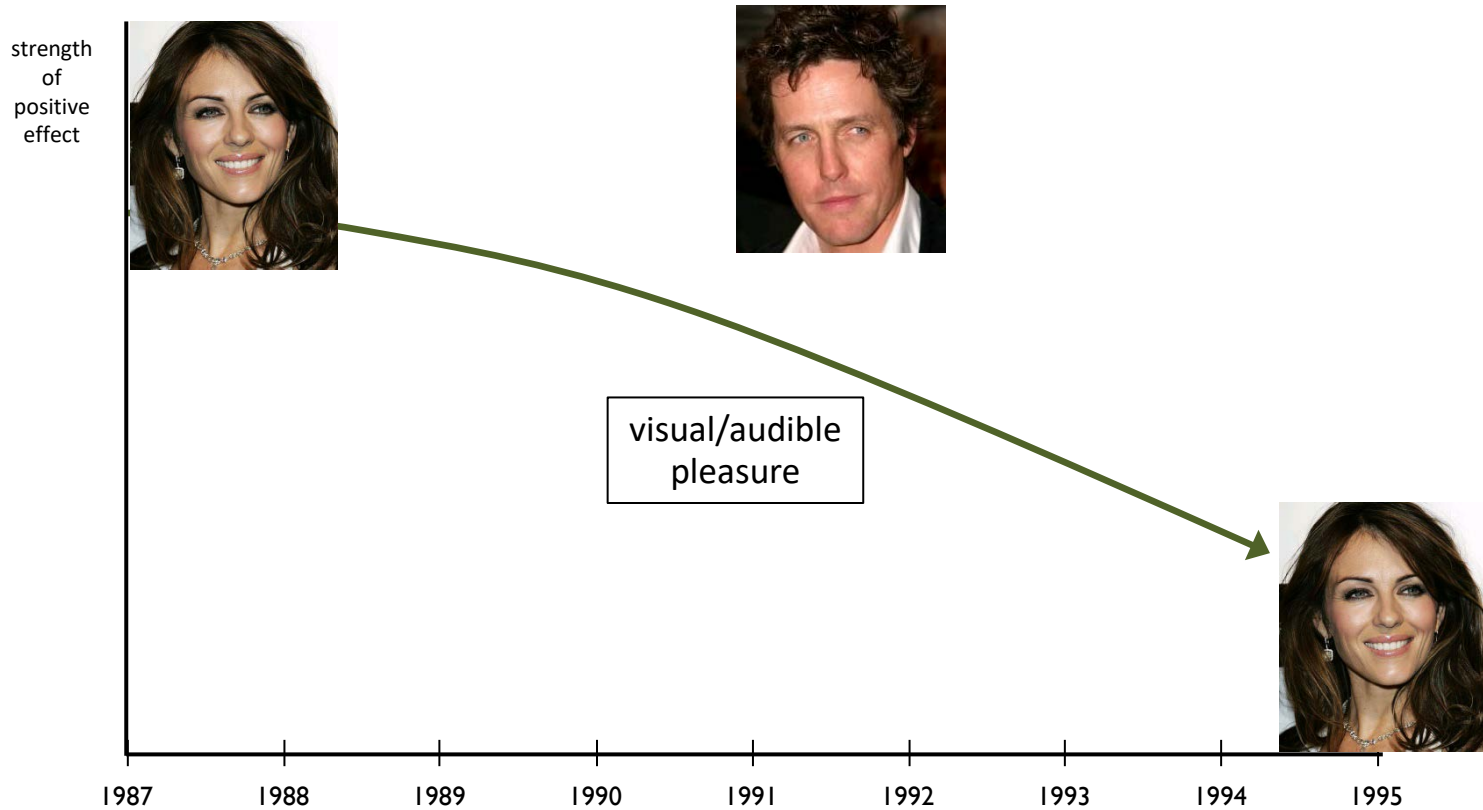
Beards evolved so men don't court men.

- 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 post-natal care
 - like the penis or breast
- that leaves one answer – gender marking to avoid for courtship
 - like many species of birds

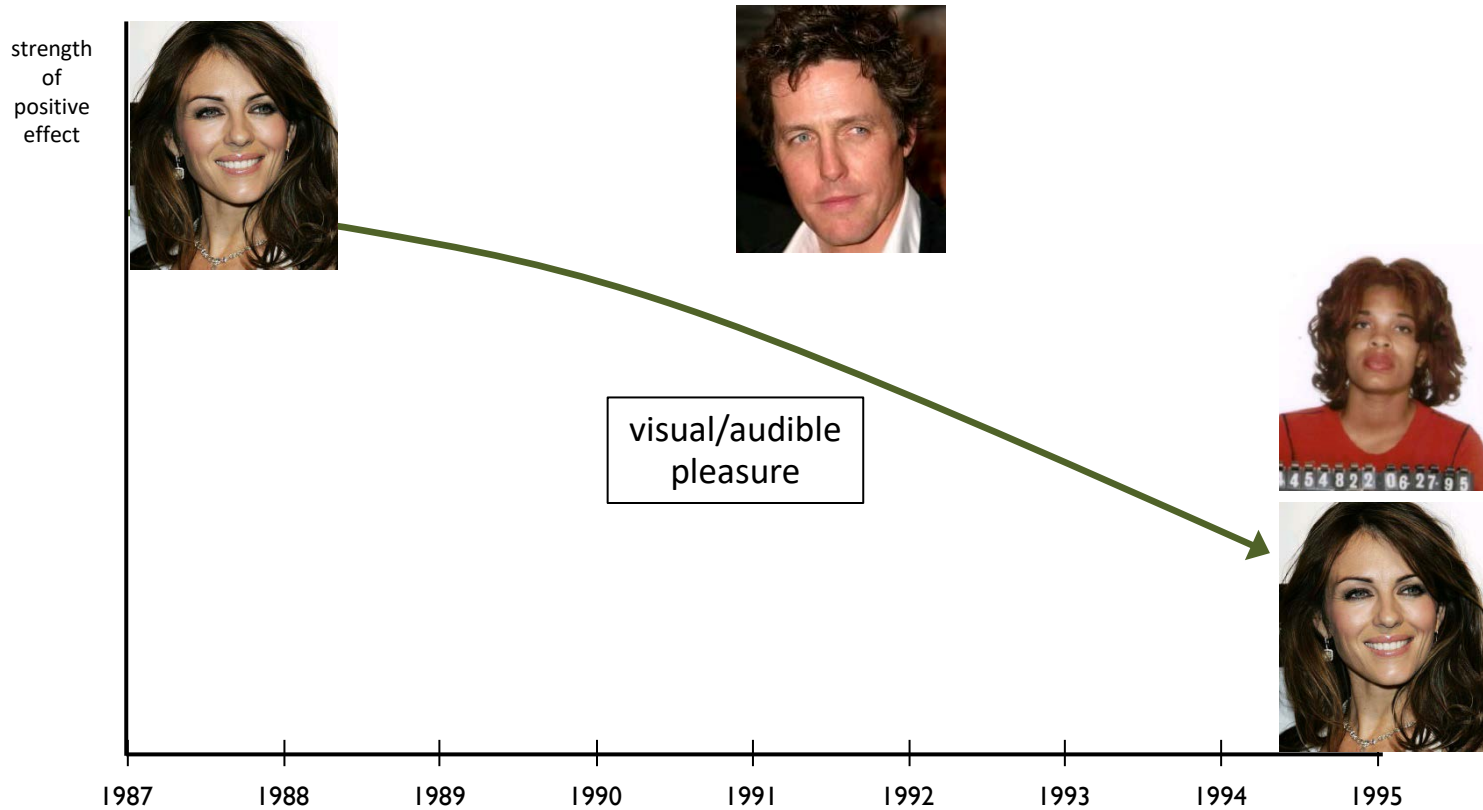
Strength of visual/audible pleasure declines with a woman's novelty.



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.



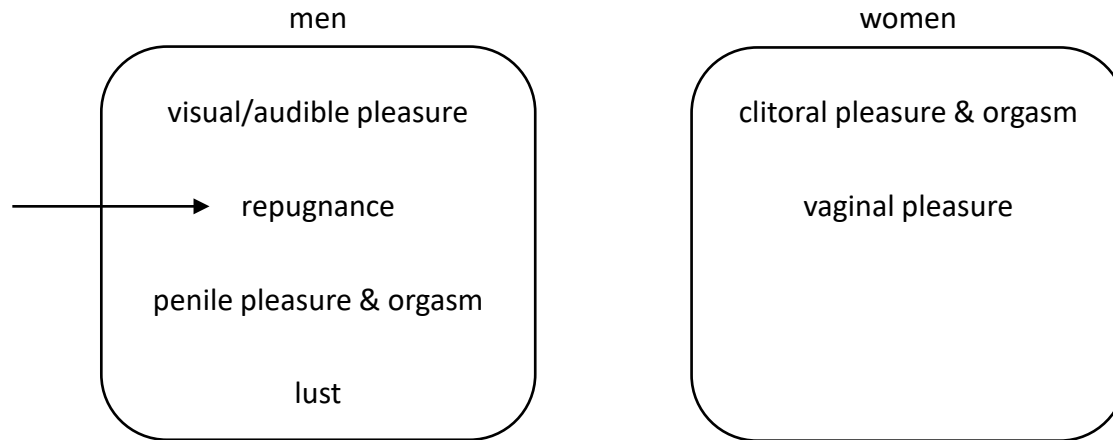
Counterintuitively, men feel visual pleasure when they see an erect penis.

- 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 if she is the cause
 - a tailless bum makes everybody feel affection – explained later

There are six sexual sensations.



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

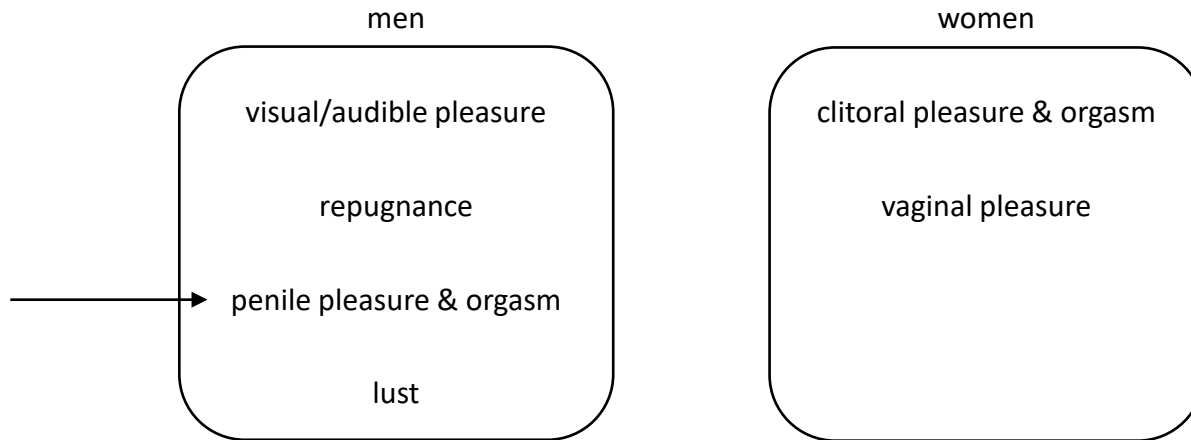
Men do not feel repugnance when looking at sisters more than 6 years younger.

- 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

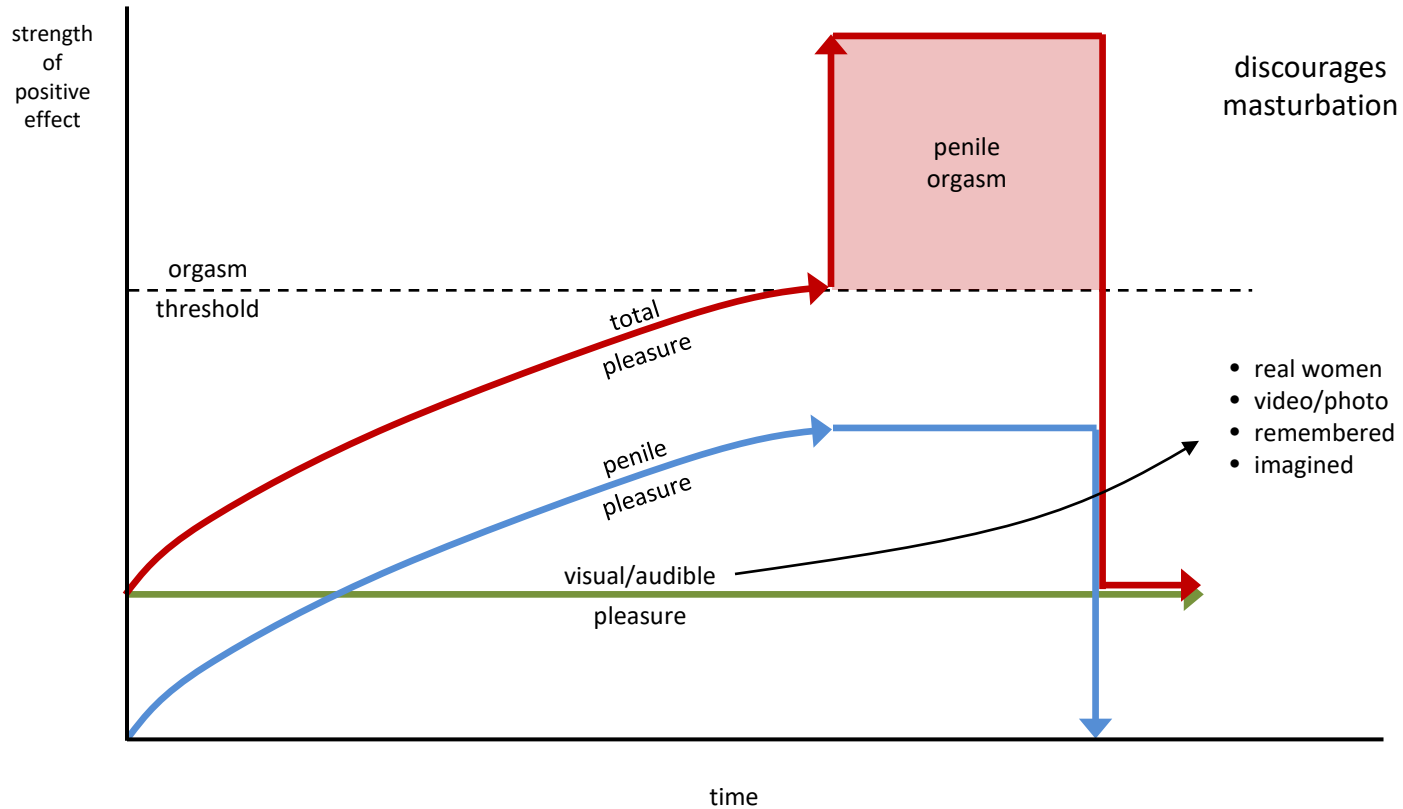
Women don't feel repugnance.

- 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 cannot reach the orgasm threshold without visual/audible pleasure.



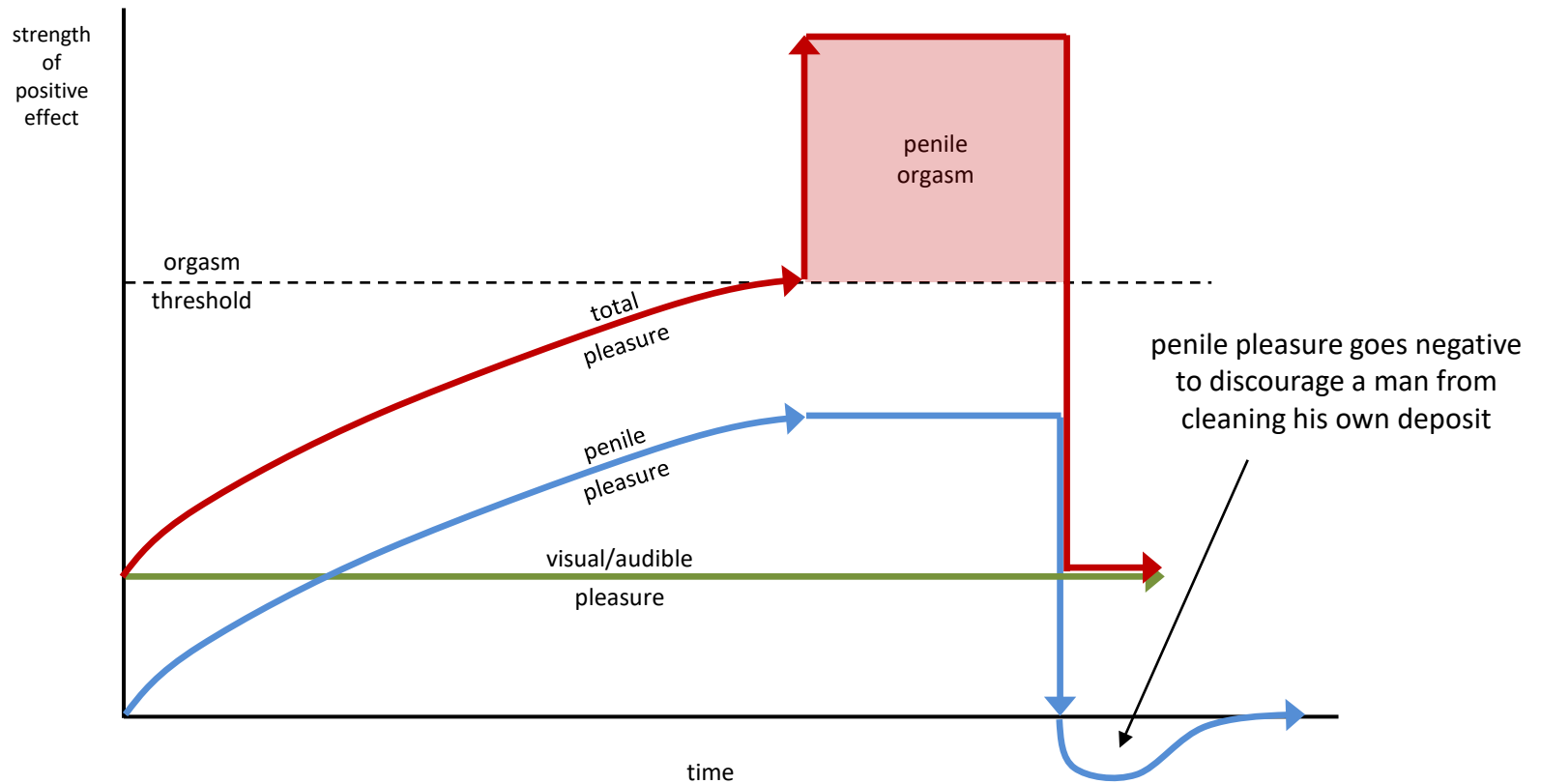
Orgasm motivates men like a bonus payment.

- 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

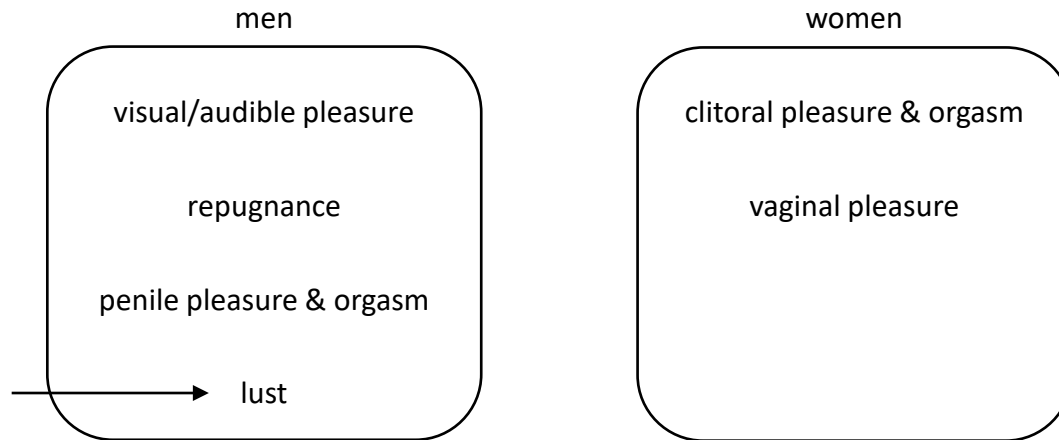
Only humans need to thrust back and forth for a few minutes.

- 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.

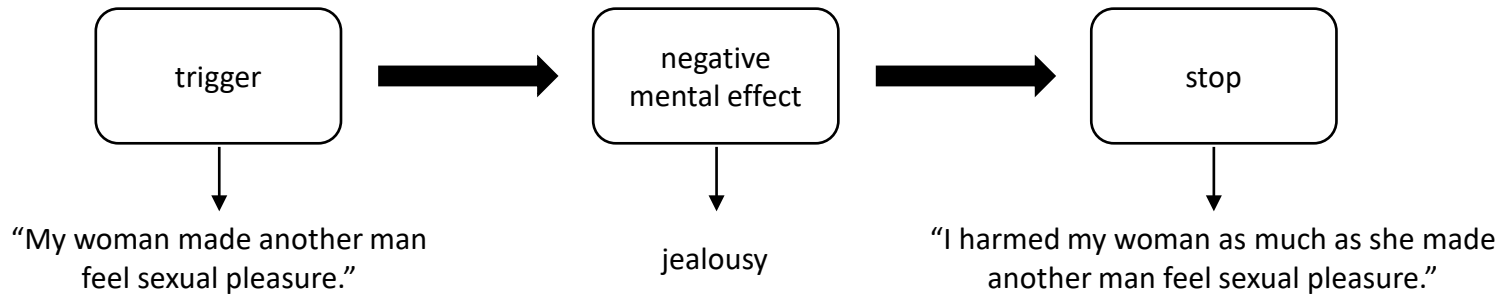


There are six sexual sensations.

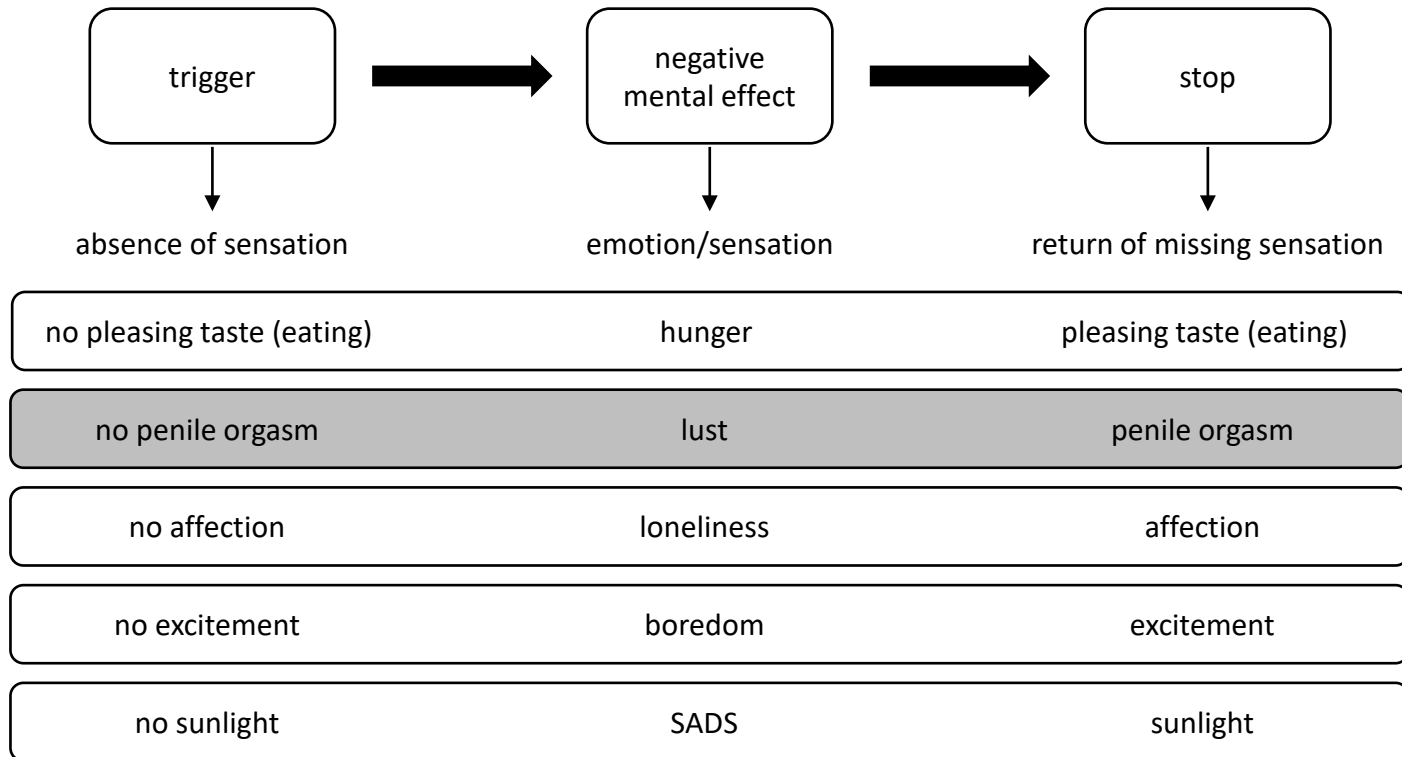


Although lust is associated with the positive of desire,
the sensation of lust is a negative effect.

Like jealousy, revenge, and compassion,
lust has trigger and a stop.

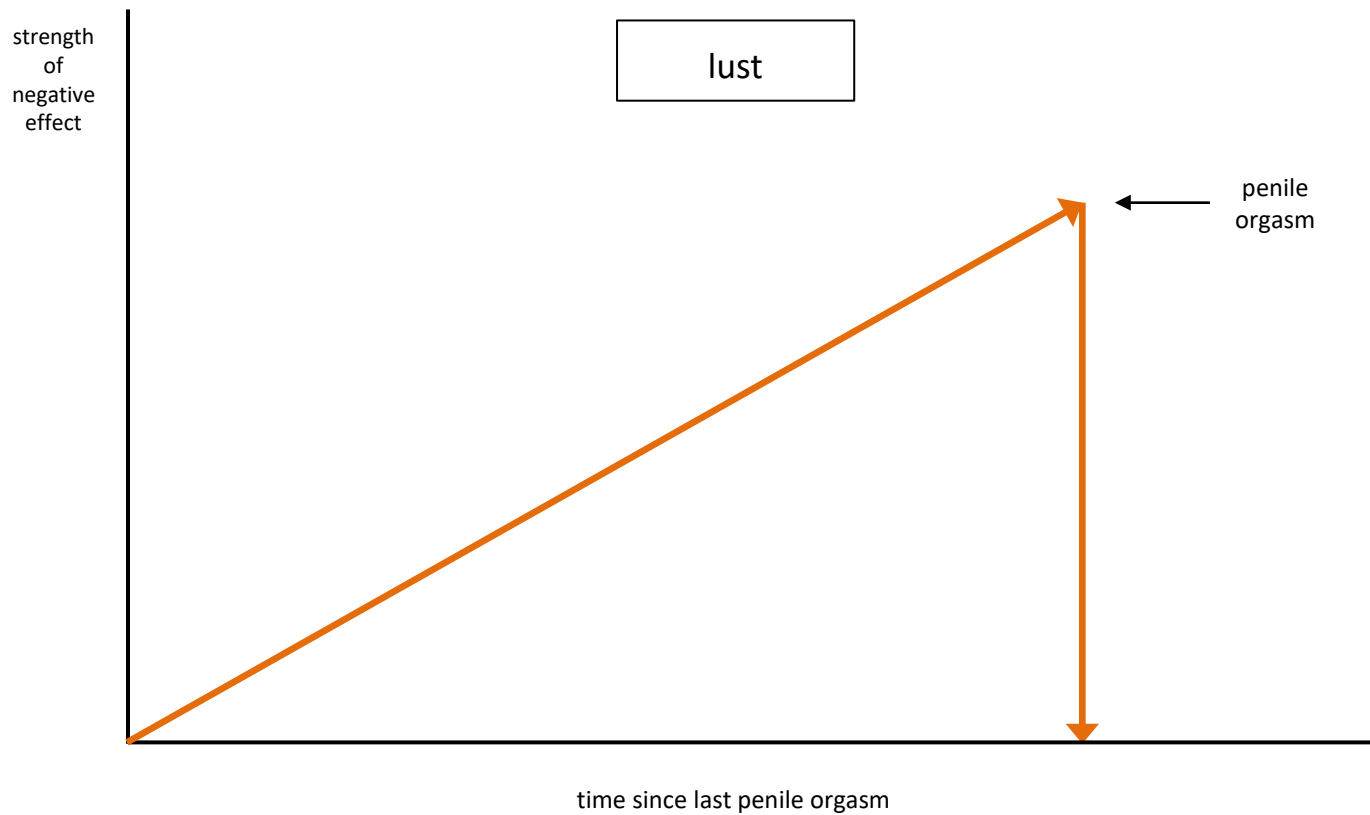


However, lust is triggered and stopped by sensations just like hunger, loneliness, boredom and SADS.



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.

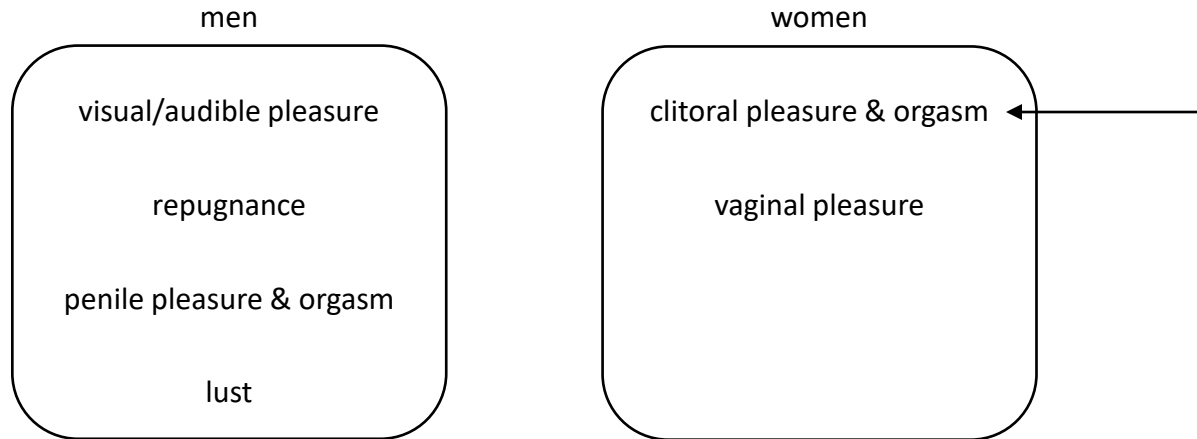
Like hunger, loneliness, boredom and SADS,
lust grows stronger until it is stopped.



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

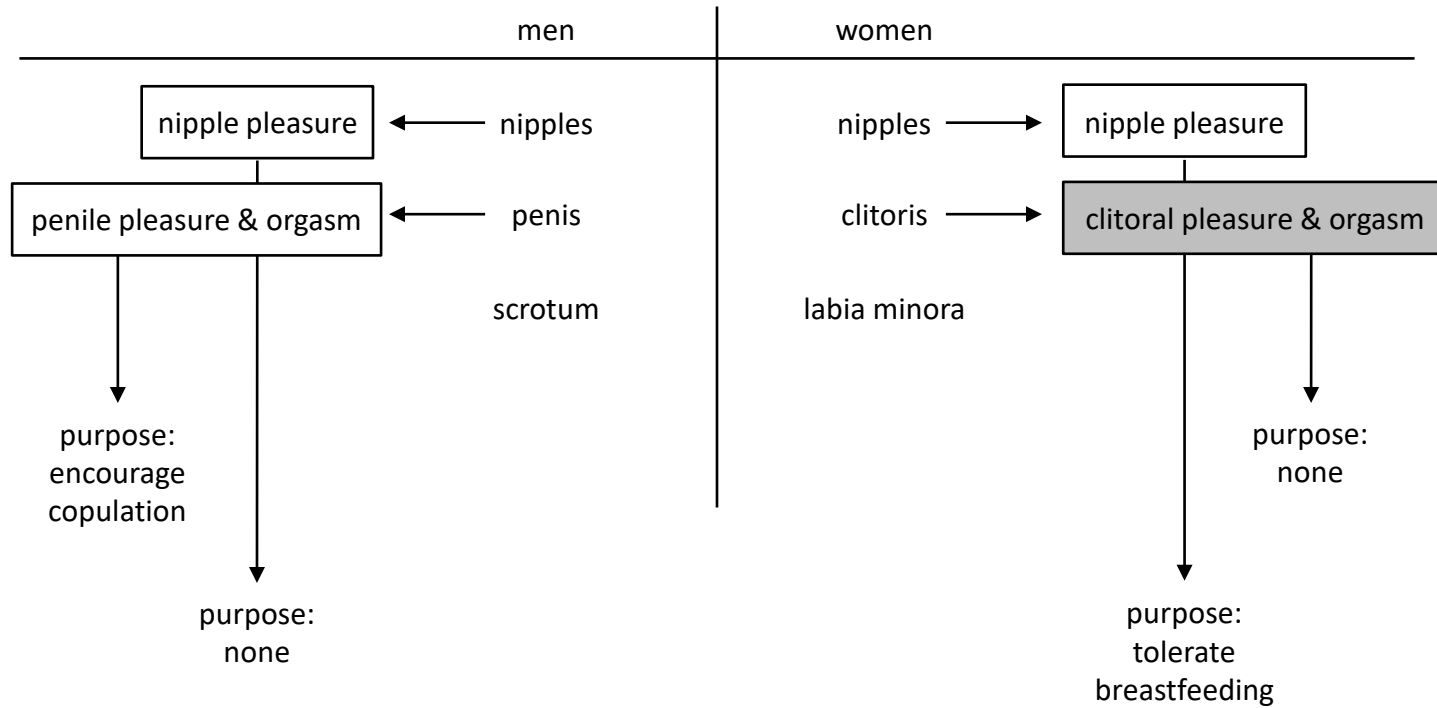
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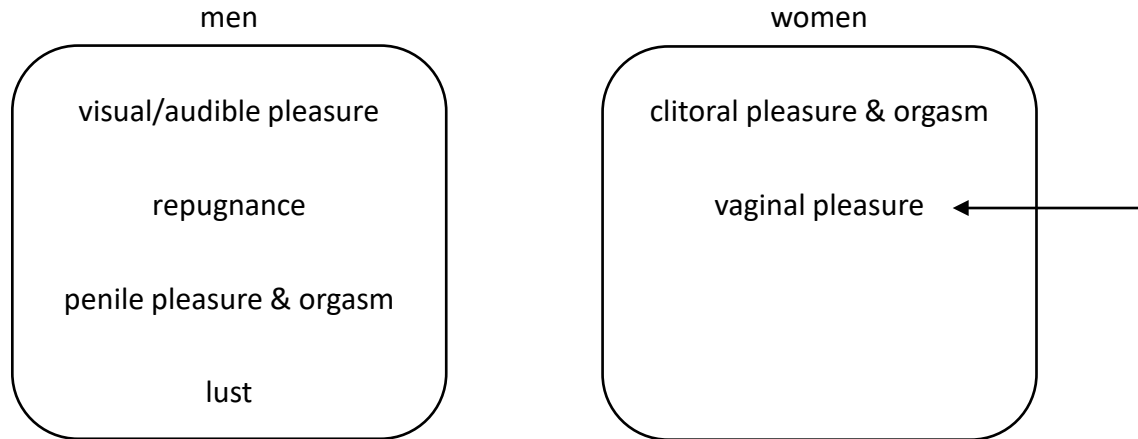
The embryos of both genders
develop the same external parts.

| men | | women | |
|----------------------------|-----------|--------------|----------------------|
| embryonic leftover | ← nipples | nipples | → breastfeeding |
| cleaning & insemination | ← penis | clitoris | → embryonic leftover |
| lower testicle temperature | ← scrotum | labia minora | → embryonic leftover |

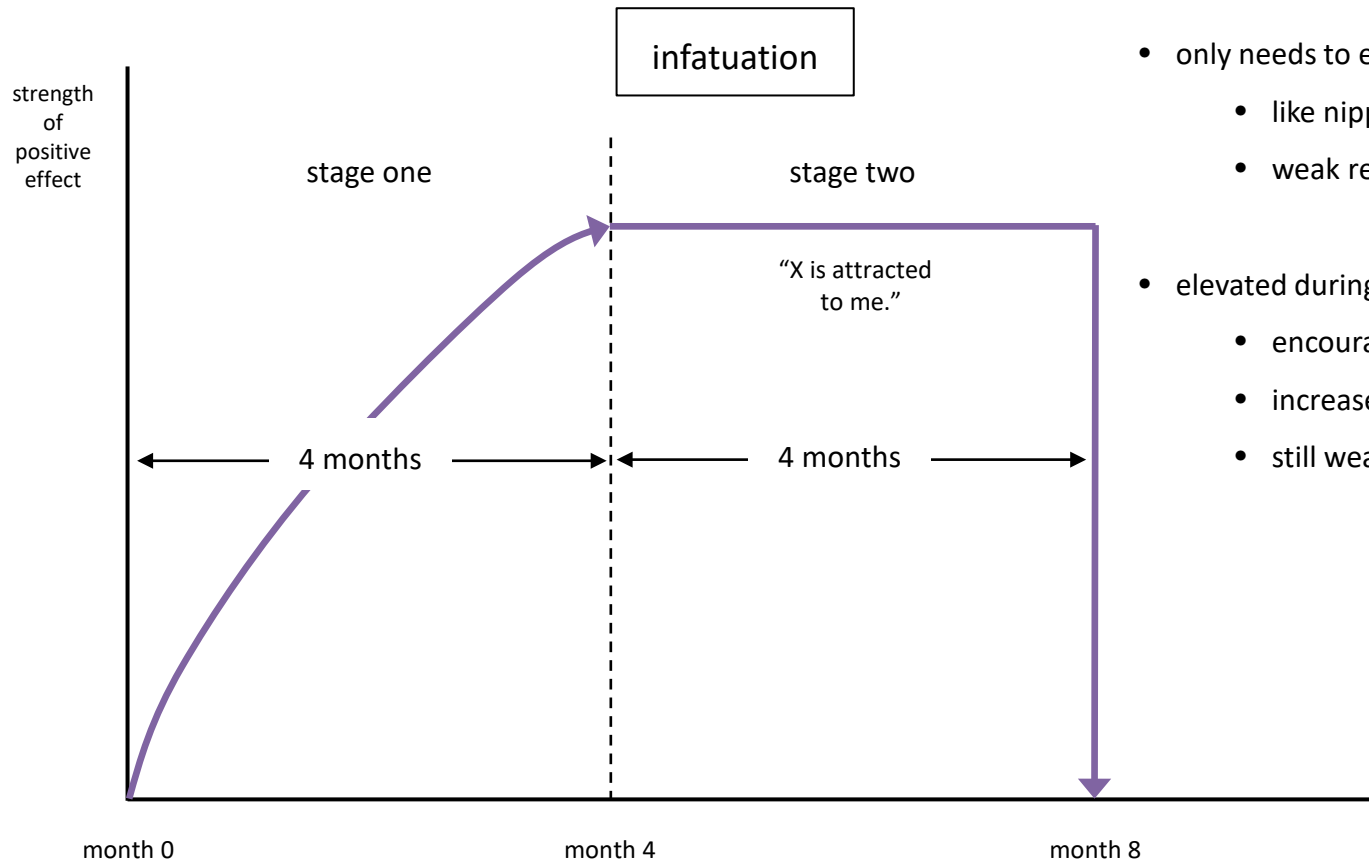
And both genders have
the same external pleasures.



There are six sexual sensations.



Vaginal pleasure exists, but it's relatively weak – most of the time.

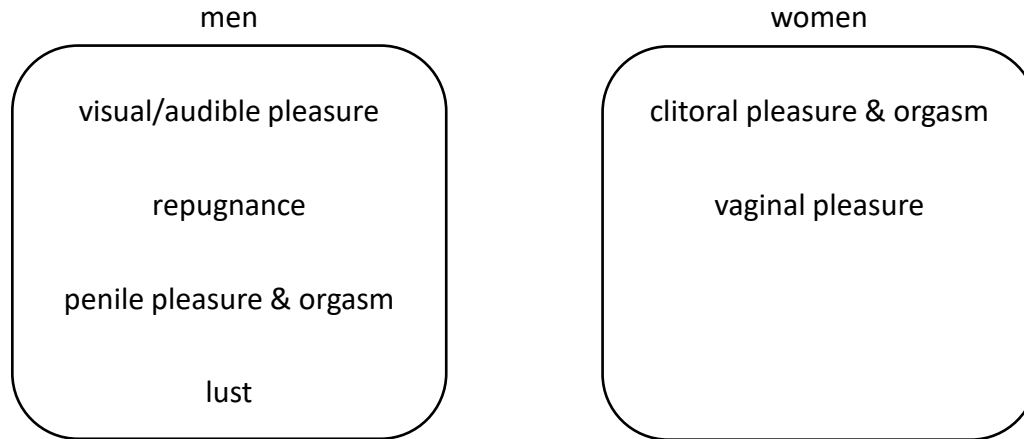


- only needs to encourage tolerate of penetration
 - like nipple pleasure and breastfeeding
 - weak relative to penile pleasure
- elevated during the second stage of infatuation
 - encourages mating when men are in love
 - increased vaginal lubrication also occurs
 - still weaker than penile pleasure

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:

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