

TANTRA TALK

"Top Gun Love Interview"

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Bringing every form of sexual and
relationship experience into the light.
Tonight's guests are relationship and sacred
sexuality experts Judith Claire and Frank
Wiegers, who explain how couples can create
Top Gun love.

First time we've had a couple on the show, so
this will be really groovy.

How are you?

Judith: We're great, because we're talking to you.

Rundy: Oh there you go, you're making me shy already. So, first of
all, thank you. Because I know that this is
your day of love as a couple. Thank you for
taking time out of your day of love to
enlighten our guests.

Frank: Well it's perfect, because it's a tantra day for us, so what
better than talking about tantra to your

friends and you? We did some tantra, which we did today.

Rundy: And you do it every Sunday, right? I mean it's a way of life for you, you are committed to every Sunday you do this together?

Frank: We talk about the fact that we think that relationship and sex are a sexually spiritual relationship, it's a spiritual practice. If you're in a religion, you go to church on Sunday, but for us having a sexual, spiritual practice means that we practice tantra on Sunday.

Judith: And the other pragmatic reason is because we work so hard during the week. By the time the evening comes we're toast, so we want to make sure that we have a deep connection at least once a week.

Rundy: But it also gives you both something to look forward to and it also makes it more ritualistic and therefore more reverent.

Frank: Absolutely.

Rundy: Before we get into this. Frank, we'd like you to share a little bit about your background. How you came to this, to become a relationship coach at this point in your life.

Frank: OK, great. I always start off by saying I'm a 77 year-old, ex-fighter pilot, veteran of the Vietnam War, and three-times divorced veteran of the relationship wars. And I decided I didn't want any more wars. So after my last divorce, you know what, I'm going to study about love, sex, and relationships.

Part of my career was a lot of education. I started out in business school, I got a degree, got commissioned, went in the Air Force. And the Air Force said, "hey, if you want to get an engineering degree, the Air Force will send you to engineering school." So I said, I'll take that. And I went and got an engineering degree in aeronautical and mechanical engineering. And then after that I went over to Vietnam and flew fighters over there, and continued to do that. And when I came back from Vietnam I taught other pilots how to be fighter pilots. I was an instructor pilot. I got out of the Air Force and a friend of mine suggested that I go to law school and do aviation accident law. Because I had also done air crash investigation in the Air Force. So, I did that. I went to law school and I

got a law degree, but I really didn't like the idea of practicing law.

So I got involved with a Science of Mind minister named Terry Cole-Whittaker in San Diego back in the late 70's, early 80's, and studied with her for a long time and she said the deepest wounds in our culture are sex and money. She would always talk about prosperity consciousness. So, I said, who's going to talk about sex? "Not me!" So, I said, I'll take that one. As I said, at that point I was really beginning my study just a little bit into tantra, and so that led me to get involved with it. People began to say, well you know a lot about this stuff, why aren't you teaching it? So, that's how I got to where I am.

Rundy: That's remarkable. And of course, you are a friend of mine. You say you're 77, but you look like you're 50. You're incredibly handsome man.

Judith: Yes! An incredibly handsome man.

Rundy: And you're heroic.

Judith: And very vital...

Rundy: You love good food, yeah... You know, Frank, it's just interesting hearing you. I know all these things about you. I've always just seen you as such a lover.

Frank: I am a lover, but I always had this warrior/adventurer in me that has to do all that other stuff.

Rundy: And so, Judith, would you share a little about your background?

Judith: I've been doing personal, career, and relationship counseling in Los Angeles since 1976. That's the part of my background that relates to this. The other part of my background is that I went to a ___ high school for the performing arts, and wrote song lyrics, wrote screenplays, did comedy improv. So, it's been like an artist, healer, teacher kind of thing.

Frank: Well, tell them about your early education.

Judith: Oh, you mean, the Orthodox Jewish...?

Frank: You were in Hebrew school at a very young age.

Judith: Well, yeah. I was a very, very serious student of Judaism, when I was a little girl, little Judy, before I had evolved into Judith.

Frank: And, today, Rundy, I have to tell you, this woman is such a scholar. I mean, when we start working on our book, she got involved in digging into the

endocrinology of how we operate as men and
women. I'm so proud of her.

Judith: Aw, thanks, sweetheart. Just so that you know what he's talking about, we're going to do a series of e-books, and also you can get them on demand, and our first one is called *So That's Why They Did That: Men and women, and their hormones*. That's the first book that's going to come out from Top Gun Love.

Rundy: Yeah, I remember Frank talking about that and those give people a real understanding into the way male and female really relate. That's great information.

Judith: I think it's vital information. Extraordinary. And it's going to be very, very accessible, the way we're writing it. We're writing it, as if it were from a Top Gun fighter pilot's point of view. But, everything that I've learned, and doing the research, I thought, wow, I wish I knew this forever. I wish I knew this when I was 20. I also wish I knew this when I was originally studying tantra, because even though tantra is really brilliant at noticing what's male and female, when you understand the science behind it and the hormones behind

it, it becomes very crystal clear. And again, makes it easier to appreciate your partner and also go through problems.

Rundy: Yeah, well, you two have created a wonderful relationship. And I lived with Frank, and I know this is really important to Frank, and you both put the work into it. It's not something that just, love can strike sure, but people need to put a lot of work into making a relationship flourish. Don't you think?

Judith: Absolutely. You know I had this list of what I was looking for in a man, and I put on the list that I was looking for a man who was a genius at creating relationships. And all my girlfriends laughed ha ha, you're going to be celibate for a long time, if not forever. But, Frank is that man. I'm so fortunate, I'm so blown away, by the consciousness he puts into the relationship, the understanding he puts into the relationship, and the just pure love and joy he puts into it every day. He does walk the walk.

Rundy: Well, Judith, I remember the list. And I remember, I was the one, when you told me about Frank -- I didn't

know Frank -- when you described him, I'm the one who said you need to go for this.

Judith: Yes, because you were smart to one of my wounded girlfriends.

Rundy: Well, the list... Okay, so we gotta stay focused, so that we get your message out, so that listeners can learn about you. Now, Top Gun Love. Frank, please speak more on that. What does that imply?

Frank: One of Judith's dear friends, Heidi Roberts and her husband Joel Roberts, the two of them teach a class in media relations, which is basically how to get on a talk show like yours, and what to do when you're on it. And so I was able to take that class with Judith, and he got me up in front of the room -- we had been to dinner with them and they knew me and knew my background -- and said "Get up here in front of the class, Frank, and tell everybody about who you are and what you do." And I said, OK, I'm Frank Wiegers, and I help people have better love/sex in relationships, and I do that through coaching and seminars. "Yeah, you and all the 50,000 other tantra teachers in California. But tell everybody what you used to do." And I said, I was a fighter pilot. And this little lady in the audience, I found

out later from Hawaii, said "Oh, you're the Top Gun of Love!" And the whole room went ohh. And Joel Roberts said, "My God, have you written a book?" I said, yeah, I did. It's kind of in draft form. Rewrite it in the vernacular of a fighter pilot and talk show hosts will seek you out because what's a fighter pilot doing talking about love, sex, and relationships. So, it became Top Gun Love, because "Top Gun of Love" makes me sound like the stud of the world, and I'm not. I might be good, but I'm not so presumptuous. So, the idea was, it was a fighter pilot's approach to sizzling sex and lasting relationships. So we started writing the book and we wrote it like a manual for fighters. Section one is Operations. Section two is Normal Procedures. Section three is Emergency Procedures. We have Crew Duties, and we have All Weather Operations, and Performance Factors. So it looks like a manual for a jet fighter. And that was the whole concept.

Judith: Yeah, I just wanted to comment on actually the name. Because the name actually represents what we're teaching. As you pointed out Rundy, to create

anything requires expertise. And we get expertise in part from our experience and trial and error, but that only goes so far. The next step is to study, and I know that you've studied tantra amazingly, and you teach it amazingly. So, in order to achieve what one actually wants, whether it's sex or a relationship, you have to study, and you have to work, and you have to learn. I am always brought back down to reality with my couples, who are clients, because they come in, a lot of times for couples counseling. It's really like ER by the time they get there, you know. They're bloody and damaged, you practically have to roll them in. There are only a certain number of those clients who are actually willing to learn what they need to do to make the relationship work. How they need to change to be the partner that they need to be.

Rundy: Oh, that's interesting, yes.

Judith: It's extraordinary to me, I'm just blown away.

Frank: And to carry the analogy a little bit further, Top Gun pilots are pilots who are not only courageous men dedicated to finding the best way to do what

they do. And that's why Top Gun Lovers, to use the basic comparison, are courageous men...

Judith: or women...

Frank: and women who are willing to do the very best they can at having a fulfilling, loving, sexual relationship.

Judith: So, it's a sign of excellence. What we're trying to do with Top Gun Lovers is have a standard...

Rundy: To create a standard, I see.

Judith: And to inspire people to aim toward that standard and achieve that standard.

Frank: I always laugh, Judith, when we teach, that this is not *Love and Sexual Relationships for Dummies*. This is love, sex, and relationships for smart people who want to be really good at it.

Rundy: But, it's also, Frank, you used to share a lot with me. I was always really impressed that it's very grounded information. It's not New Agey, esoteric stuff that you're going, what? You talk about and stress the importance of utilizing very important tools in a day to day relationship. And I really like that. I think all couples need that.

Frank: I think so, too. And I think that's one of the things that makes my relationship with Judith successful. We know the tools and we use them.

Judith: Yeah, and as you say, it has to be practical. Life is practical. A relationship is practical.

Frank: And life happens, you know? Things are always happening. Whether you get in a car accident or whatever happens, you get prostate cancer, or whatever. Life happens, but the relationship is first and foremost.

Judith: Also, when people fall in love, they get this like whirl of biochemicals that make them really really high. It's delicious, it's wonderful, it's ecstatic, it's exciting, but relationships go beyond that. And when that settles down, new hormones come in - oxytocin, the love and bonding hormone, for one - and the living of the relationship with the other person becomes practiced, the practical everyday practice of love. And, I've got to tell you, that is for me, a zillion times more satisfying, than that high of falling into love.

Rundy: So, I don't even know this. How did you two meet? Where did you meet?

Frank: Well, it's interesting, because I know you have conducted a lot of poojs. Did you go to the Robert Fry memorial? I don't think you did.

Rundy: I did not. No... I remember that.

Frank: Well, that's where I met Judith.

Rundy: Is that 2005 or 2006? Something like that?

Judith: 2004.

Frank: I had planned on going to that pooja in any case.

Judith: July 14...

Frank: July 14, exactly. I had planned on going to that pooja, but when Robert died, I knew Diane Volgas -- where he was living; there were a bunch of circles, sort of like grieving or memorial circles that met at her house and talked about Robert and about his life; how each of us were affected by that. So, by the time I got to the pooja, I had been listening to a recording he had, this thing he did, called *I Am Opening to Love*. I played it for you, I don't know if you remember it. It's just a simple... he just says "I am opening to love" over and over again to different chords on his guitar. So, I got there, and I'd been listening to that and I was really open to love. And who

was the first person I see? This cute,
little, slender woman bouncing around who runs
up to me and says hi!

Judith: Just in case there are people listening to this who haven't
done tantra, a pooj is a celebration. How
would you explain it, Rundy?

Rundy: Usually men will come, and men and women who don't know each
other; there will be 15 men or 20 men and 20
women. The men come in and set up little
blankets and a couple pillows, a little
temporary temple, and the women will come in
the room (they prepare separately). The women
come in and start. Wherever they walk, is
where they start. And then they go around the
room having energy, and intimacy, and
spiritual experiences with each person.

Judith: Yes, and actually, when he says intimacy, it's like with one
person you might just look into their eyes,
another person you might do a little dance
with...

Frank: Hold their hand...

Judith: Hold their hand. With one person you may put your hand over
their heart. That kind of thing, which is
very connecting and intimate in a kind of

emotional way. When I first saw Frank, I really had like a hit. I looked at him and I loved his energy. Oh, wow - that's what I've been looking for. And I didn't know him, but I knew he had the energy that was so bright and shiny and radiant.

Rundy: Well, I know he's always been crazy about you, Judith.

Frank: After we had that initial contact, the pooja began and we didn't see each other all throughout ceremony. Until the very end when it was all over. And I was out looking for her and I saw her looking around. She was surrounded by about 5 guys, and I just bulled my way in there and gave her my card. And she said, oh yes take my card. And then I called her the next week and set a date and that was it.

Rundy: That's really sweet.

Frank: Yeah, it was.

Rundy: That is very romantic. And you two, this is probably the most significant romantic relationship for both of you.

Judith: It is.

Rundy: It's like you spent your life learning who you are, and then
you're ready to really show up in a
relationship. It's very inspiring, actually.

Frank: Thanks.

Judith: Thanks. And that's really true. I was 60 when I met Frank.

I just never said die. I had something I
wanted, and I wanted this my whole lifetime.
But I was not able to create it, although I
did create other lovely relationships; co-
created other relationships. But this is the
one that I've been living for, really.

Frank: And this is the one that I was studying for.

Judith: I was studying for this, too! Processing...

Rundy: Well, Frank, did you have... at what point in your life did you
determine the significance of a sexual,
spiritual relationship?

Frank: I think it was back in the early 80's, when Terry Cole-
Whittaker said sex and money are the deepest
wounds, and I went yeah... I have both of
those. I have lack of money and I have lack
of sexual relationships. I wasn't having any
trouble meeting women, but having the right
connection, and looking for a woman who would
treat sex as a spiritual practice. I wasn't

really finding what I wanted. I did meet a woman who was very open sexually and actually was a great opportunity for me to try all kinds of sexual practices, I mean there really wasn't anything that we wanted to do that we didn't try.

But, the beautiful thing about that was - I realized that wasn't it. The thing missing in the relationship wasn't that she wasn't willing to do almost any sexual practice you could ask for. It was that she wasn't truly intimate. And I think you can swing from the rafters, have orgies, do bondage, do any of that stuff... but if there isn't a real intimate connection there, it's really shallow and almost meaningless. I could feel that relationship ending because I came to the realization that I wasn't getting that. So that's when my study really deepened. I said I gotta figure this out. By that time, it was the mid-90's.

Anyhow... where were we?

Rundy: Excuse me. I just want to say, Frank. You sound not only incredibly soft tonight, but also very eloquent. And you're just explaining things

so beautifully. You guys must have had a
really great day.

Frank: As a matter of fact...

Judith: You can't see us, but we're holding hands. We always hold
hands in our interviews so that we're
connected.

Rundy: Oh, that's so sweet. Well, Frank, I remember you coming home
all the time, or you'd just be getting off the
phone, and I remember you saying "I don't know
what it is about her, but she just makes me
crazy. She really turns me on." You had this
body language like no idea what was happening.
Now that you're married, you're a couple, can
you identify what it is that makes you so
crazy about Judith, just so that women can
hear from a man's perspective?

Frank: Yes. Thank you. I have figured it out. It's the connection.
Judith is probably the most open, honest,
fearless person I've ever met. She will call
it exactly the way it is. And boy, you can't
slide anything past her. I love that, because
that's living a life of integrity. That's
part of the Top Gun philosophy, I guess. The
thing about Judith - that openness, that level

of integrity, makes it safe for me to be open and expose myself and be vulnerable. She may not like what I have to say, but she's open and honest about what it is, and she allows me to be open and honest. That's the foundation - the trust is there. So, then, the connection is there.

In our study of the hormones, what I found was that when I establish that connection with her, I generate oxytocin. And oxytocin goes down the spinal, is generated in the brain mostly (well, it comes from the gut and the brain), but it goes down the spinal column and comes out the pelvic nerve. And, I'm telling you, Rundy, I have just incredible erections with Judith because. And I just can't figure out the connection - and it's the oxytocin connection.

So, women, if you want to get your man to sustain the erection, get him to sustain the connection.

Rundy: Frank, you know, you've always talked like this, and I have a strong tantric background. But you have this knowledge you can articulate and I don't know where you learn all this stuff, I'm always

amazed. So through your e-book, through your classes, they can... how do the listeners learn more about these things that you're saying?

Frank: Well, they can start on our website TopGunLove.com - all one word - that's the place to start. We're developing, Judith is still writing away on the first e-book. I did a webinar series in February, I did 4 one-hour classes. And in the webinar series, I would give people workbooks. And there would be text and exercises, and then they would do the text and exercises. When they enrolled in the webinar, I sent them out the first workbook, and then they had assignments to do before the very first class. And then when we got into the first class, I would do some introductory lecture stuff, but basically, then they would talk about their experience of the exercises that were assigned in the class. And then after that class was complete, I would send out the second workbook. And they would do the homework, and then in the following class we would talk about how they did the assignment. So I've developed that one webinar on sexuality and that's a 4-week

program. And I'm revising that a little bit, and I'm changing the technology... to have a smooth experience for everybody.

Judith: If you go on our website, which we'd love you to do, please sign up because that way we can tell you when the e-book is ready to be bought or if you wanted a hard copy when you can get it on demand. Also, we're building our Facebook world and our Facebook page. So if you just want to go like us on Facebook...

Frank: Yes, search Top Gun Love on Facebook.

Judith: Yeah, that's a great way also to connect. We're also on Twitter. It's @TopGunLove at Twitter. So we are wired in wherever you are in the world.

Rundy: And the webinar - people can go online and do that webinar from anywhere in the world.

Judith: Right.

Frank: Right. We probably won't be offering that again until summertime. Meanwhile though, in terms of information, we have blogs and videos, and we also have... we're going to start doing some...

Frank: one-hour classes...

Judith: No, the radio...

Frank: podcasts.

Judith: Podcasts! My mind went blank. So there are plenty of ways that we can be in communication, and especially if they are on Facebook, they can communicate to us. And ask us questions or give us their comments.

Rundy: How about private coaching? Do you do private coaching on the phone, both of you?

Frank: Both of us, yes. By phone or Skype.

Rundy: Okay, that's good. And Judith Claire is an incredible career coach. I think of you as a laser career coach, because someone comes to you with a goal, you're just not going to let them forget that goal until it's completely achieved. I know when we talk, you're just so helpful, so masterful at condensing things, refining things, and keeping someone really grounded on the goal. So, I really love that about you.

Judith: Oh, thanks. I've just got to say to people who are single, I have very, very, very good statistics.

Frank: Yes, she does.

Judith: Practically every single person that's ever come to me has found not just a mate, but the right mate.

Rundy: So, you're a yenta.

Judith: Yeah. Yeah. Actually, I don't connect anybody, I just clean them up, give them very focused understandings of what they need in a relationship.

Frank: Well, we were talking about that, what it takes to make a really good relationship is you have to be the partner you want. In other words, if you don't know what your purpose is and you don't know what your values are, how are you going to figure out what kind of person you want in your life? So, the place you start with is yourself, and you find out what it is you want, what your purpose is, what your values are, then you can go look for a partner who will match that.

Rundy: So you would consider this, I've heard you speak before, how one establishes the basics for a relationship, right? So, how do they do that, more specifically?

Judith: Well, of course, as you point out, you have to clean yourself up if you have all kinds of barriers and fixed ideas, but outside of that, just in terms of pragmatic beginning: you have to know what you require, what you need, and what you want. And a requirement is something that you're not going to negotiate.

Frank: A must-have, or a must-not-have.

Rundy: Right.

Frank: Those are deal-breakers. Some of the things that, for example

- I must have a person who is open and honest
and kind. And I must not have someone who is
addicted to any substance, for example.

Judith: Yes, and I had to have someone who is a genius at creating
relationships. I mean, I was done. I
couldn't stand it anymore. The person had to
be like brilliant at this. Right? And that
was a requirement, it wasn't negotiable.

Rundy: I just don't think, Judith, you could have ever foreseen that
you could attract a man who would put so much
work into a relationship, because I know a lot
of men. There are just not a lot of men who
know how to do that, are willing to do that,
or whatever. It's pretty amazing, really.

Frank: That's a great point, Rundy. And you know, I've been with some
trainers who say men don't know anything about
relationships, and they're never going to know
anything about relationships. And I say,
that's BS. To use the flying analogy, in
flying airplanes there's nothing instinctive
about flying an airplane. Everything is a

learned response. But we do learn how to fly airplanes, and we do learn how to do some amazing things with airplanes. Well, guess what, men can learn about relationships. It just takes a little training and practice. And what men have to understand is, if they want a really fulfilling life, a relationship is a major factor in having that.

Judith: Also, you know, what you get down to is the willingness. Is the person willing to learn this? That's the very basic fundamental. What are they willing to do and what are they willing to deal with in their own fixed ideas and their own pattern of behavior. How much are they willing to give? The willingness is very key. When you said there aren't a whole lot of men like this - it was a requirement. I didn't know who was going to come, who was a genius at creating relationships, but I knew that that's absolutely what I had to have. Absolutely. Which brings up the whole question of attracting what you want. And if you're really firm in it, and if you really know what you want, you do attract it. You just have to have trust that you will, but you have to be

clear in what you want. You have to be clear
in what you require.

Needs are negotiable. How would you talk
about needs, Frank?

Frank: Well, there are functional needs and then there are emotional needs. Functional needs are you either pick up your dirty socks on the floor, or if you're like Rundy you don't wear socks. But, you keep the place neat and orderly, or you don't leave dishes in the sink. Those are just kind of functional needs. And emotional needs would be things like, well, you let me know where you're gonna be, or if you're going to be home late, you tell me; if there's something out of whack, you let me know about it. And then there are the wants, sort of like icing on the cake. Well I want somebody who will go motorcycle riding with me. Well, that's negotiable. I would like somebody who would go sailing with me. Judith gets seasick. So we don't do that. Judith likes someone that goes hiking with her, and my knees hurt. So those are just nice things to have and if you don't have them, then so what.

Judith: A lot of people don't make those distinctions. It gets all mixed up in their list, so if the person goes hiking with them and has some of the other things, they think OK let's try it. But they don't make sure that they've clarified what they're not willing to negotiate.

Frank: And they may start to make everything rules, and once they make rules, then the more rules you have, the more difficult it is to have a harmonious relationship.

Judith: Well, the rules that you do have to have is what you require.

Frank: Absolutely.

Rundy: Well, it sounds like what you're saying is a real important foundation is intimacy, because if Frank likes to go for a hike; the problem with a lot of couples is, if a woman goes for a hike and that's where they get all their emotional intimacy with their girlfriends hiking. or whatever. And you two, have a real strong foundation in intimacy and emotional intimacy. How do you two typically generate that and sustain that?

Judith: We have the same goals and values, and trust.

Rundy: Great point.

Frank: I think that one of the things we have is that we tell each other everything that is going on in our lives and we don't leave anything out. One of our rituals is what we call the evening news report. When we sit down to have dinner together, she'll say "tell me about your day," and I give her blow by blow. I went to this hardware store, I did this. I don't leave anything out, who I'm working with, and what I've been doing. And then when I'm done, she tells me her day, and everything that went on in her day. Who she worked with and not necessarily what they said...

Judith: Never what they said...

Frank: But that she worked with this client...

Judith: Who are unnamed...

Frank: We visited Winston's for lunch, or whatever. We know where our successes are and where our trouble spots are. When Judith's having a hard time with something, she knows when I'm having a hard time with something. We're open books to each other - that develops intimacy. I was out having lunch with an old friend last week and I said, "so how are you doing?" "Oh, same

old, same old." I said, "Don't give me that crap. I don't want to hear that. If I ask you how you're doing, I want to know what you're doing; how you're spending your time. What you do during the day; how's your business, how's your love life?

Judith: How are you feeling? What's great, what's not great.

Rundy: So, here it is, 8 years into it. How have you kept your passion alive?

Judith: It's better.

Frank: Actually, yeah.

Judith: It's better.

Rundy: I know it is. Yeah, it is.

Judith: Yeah, because of everything that we've said. Because when you create a connection, and you create intimacy, your love deepens. We're talking about "deepens." You can't wait to make love to your partner, not necessarily because of desire, a sexual desire, I mean on my part; but it's more like a desire to be close, to be one, to feel, to smell, to touch. You know, to be with him, to breathe with him. To close my eyes and connect with him, as a spirit. To feel him completely, I really want that. So,

naturally, that makes for really good sex.

Especially, if you know what to do.

Frank: We always look at each other and say, "God, why don't we do this more often?" And the answer is, 'cause we're working, you know? We work hard, we're like everybody else. We have all these other things going on, we're trying to develop Top Gun Love and do all that stuff, and life is going on.

Judith: Plus, the age thing.

Rundy: Well, Judith, when you speak about Frank like that, it sounds like both of you are very ethical people, who try to be kind, loving human beings. And isn't that a part of your attraction, your respect for Frank?

Judith: Yes. You want to get close. What do you want to get close to? You want to get close to what's beautiful and good and kind and nurturing.

Rundy: Oh, that's so beautiful... I had no idea you were so poetic, that's so sweet.

Judith: It's true.

Rundy: So, Judith, you speak on this, and then Frank, what do you think is the biggest difference between how men and women approach sex?

Judith: Why are you looking at me?

Frank: He wanted you to talk first.

Judith: Did you want me to talk first or Frank?

Rundy: Yeah, you talk first and then Frank.

Judith: Well when you asked, when did you want to have a sexual, spiritual relationship, I think girls want that from the time they start hearing fairytales about Prince Charming, because girls want to have that kind of romantic, beautiful relationship, loving and being loved, and that's the kind of... and that's spiritual, romance is very spiritual. When you're old enough to know about sex, and have sex, you may or may not feel sensation - you may or may not come - but if you do come, and you don't have a real feeling of connection, it could be okay, but it could be kind of weird. It's not emotionally fulfilling. I guess maybe there are times when you don't care if it's emotionally fulfilling, if you're in the middle of your period, your cycle, and you're still getting your cycle, and you're just so horny you want to come. But, realistically, in terms of relationships, you

don't want to just have physical sensation and then feel like you're far away from the other being, that you're not connected. So, I think women generally want that, and try to get that, or don't know how to get that. But, I think women generally want that. That's one of the differences, and I think men as they mature, as they have values, I think many men want that, too. I think maybe when they're younger and that testosterone is just raging, they just want to have sex. But when they fall in love they want that connection. There are also, by the way, many young men who do want that right from the beginning. But, I think in general women want that. What do you think, Frank?

Frank: Well, Rundy, restate the question for me, would you please?

Rundy: What do you think is the biggest difference between the way men and women approach sexuality?

Frank: Great, I got it now, thank you. Judith alluded to the fact that it depends on how old the man is. If he's a teenager, he's a walking erection. And he doesn't really know anything about the woman, all he wants to do is to get his. As a guy gets older, falls in love with a woman,

then he's looking for something deeper - a deeper connection. So, I think he may approach sex a little differently; I think he's still, even into his 40's, he's still pretty much driven by the testosterone. But then, after that, the connection becomes more and more important. It's still, in his 40's... the guy is probably just really peaking out in his career now, guys are really caught up in their careers. Because if they were like me, everyone tells us you have to have certain success in business, and your career is the most important thing. Let me state that that is total BS. The most important thing is your relationship, your career is important but not nearly as important as the relationship. And if you develop a really good relationship, I think the career will follow, because the value that the woman behind, gives the man, really will act as an afterburner, to use the fighter analogy, to give him more thrust in his career. So, if a man pays more attention to his relationship, he's likely to be more successful in his career. And if he realizes that, then he'll pay more attention to the sex

and approach it that way. I can't say that I was that way, until after my late 40's, I think, is when I really began to see the difference, and really give consideration to the woman, and what she was experiencing and how it was for her. How we were as a partnership, and as lovers, teammates.

Judith: Also, of course, as everybody knows, women love foreplay, they love the sensuality, and for them when they become erect, their whole vaginal system, their whole clitoral system, is made up of erectile tissue. So, a woman just doesn't get erect immediately the way a man does. It takes various kinds of things like stroking, and kissing, and maybe sucking on her nipple, or stroking between her thighs, for the whole area of her clitoral system to become erect. And when it's erect, she's very sensitive, and that's when she's ready. It isn't just if she's wet, a woman could get wet and not be ready at all. So, it takes a longer time for a woman to become erect.

Rundy: Well, you two are just a wealth of information. Unfortunately, we just have a moment longer...

Judith: Oh, no!

Rundy: ... we have to say good-bye, but I need to have you two back some time, there's just so much we haven't covered. Would you be willing to come back some time?

Judith: Absolutely, are you kidding?

Frank: I haven't talked to you in some time and it's really wonderful to hear your voice.

Rundy: Likewise. My last question, Frank, because I was thinking about you today, what is it about you that makes your relationship so important to you?

Frank: Well, I think that relationship is one of the most important things that we have in our life. It fulfills us in so many ways and makes us so much bigger than our little self. It's a thing of one + one equals three. Because I've got me, I've got Judith, and I've got our relationship. So, there's three of us, three entities sitting at this table, where we are right now talking to you. And there's so much power in that. I've always believed that sexual energy is the source of all creativity, not just making babies but all the creative things we do in our lives, in our business, in our family, in our art, in everything that we do. And I think that sexual energy is really the

source of that. So, it's a very valuable thing to me. That kind of drives my life.

Rundy: Well, I know you personally, and you certainly walk your walk and talk the talk. Did I say that right?

Well, I meant it affirmatively. You're really an inspiration, Frank. Well, both of you are.

I love you both. Judith was just the perfect flower ready to blossom. And you are just really committed to putting in the work.

There are so many reasons for people to go to your website to study with you, to listen to your webinars, but just the way you love each other it's like you have the life of a romance novel. You two have created this. No truly. You live it.

Judith: I've got to tell you something. Before I was with Frank, I used to see films that were love stories or read books that were love stories, and the men were always men who I wish I could be with, that I could find a man like that. Now I read love stories and I see love stories and I say, oh I got it! I think I've got a better one.

Frank: Now I read the love stories and half the love stories are about couples quarreling; they fall apart, come together, fall apart, come together - we don't

do the fall apart stuff anymore, we just come together.

Rundy: Well, see these romance novels, there needs to be a little insertion there that says www.topgunlove.com.

Ok, you two, I gotta run. Thank you.

Judith: Before you run, I want to thank you, Rundy. And I also want to tell everyone that I studied with Rundy, and he was the most brilliant teacher and the most wonderful person to study with. I learned so much from him. And I really do feel like part of my success here with Frank is from what I learned with Rundy.

Frank: And I want to tell everybody that I lived with Rundy for 2 1/2, 3 years? Something like that.

Judith: As roommates.

Frank: Yeah, as roommates. And it was a really enjoyable experience because you are a man of integrity and total devotion and commitment to your work, and I love you and respect you for that, Rundy.

Rundy: Well, thank you, Frank, you're being very kind. We'll talk again, we'll do this again, because there's so much we didn't cover. But thank you both very much. And I just hope people have the good sense to contact your website and just sweep up

every drop of wisdom that they can from you two, because it's been really delightful for me. So, thank you.

Rundy: That was Frank Wiegers and Judith Claire, topgunlove.com. I know a lot of tantra teachers, relationship coaches, and stuff. But these two are just talking about things from a totally, totally different perspective, a very high perspective. I mean, these are two people who put the work into their relationship; and if you're around them, they're a joyful, happy, thriving couple who are crazy about each other. None of these little games and stuff. You're around them and you just end up shaking your head and saying, I'm so glad they found each other. That is Frank Wiegers and Judith Claire. Top Gun Love...