

The Art Of Female Ejaculation

***How Any Woman Can Achieve The
Best Orgasms Through Female Ejaculation***



Written by-

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Cara Croft Featured In The Art Of Female Ejaculation



Foreword~

● *A Note From Author Lisa S. Longhofer ~*

First I would like to say, thank you for ordering this book! I hope that you will enjoy it as much as the many satisfied customers of whom have written to me. It gives me such joy to hear customers express not only how much they have benefited and enjoyed this book, but whom have offered their stories and feedback.

My hope is to empower all women and their partners to enjoy the sexual ecstasy that we can all celebrate. As you read this book you will probably note my sense of humor trying to shine through. I sometimes will refer to women as chicks, and make attempts at making you laugh. I figure you have to have a bit of a sense of humor when talking about such cool things as female ejaculation! I also did not want this to be an overly “clinical” or “dry” book, as many of the medically correct explanations of female ejaculation are. Rather, I hope you find it to be a fun read as well as an informative one.



So please sit back, relax, have fun reading this book and practicing it's suggested techniques!

Much pleasure and joy to you,

Lisa S. Longhofer

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Introduction~

Female ejaculation is not only real, but any woman is capable. It is natural, normal, and simply awe-inspiring to do it!

As a psychotherapist, you may wonder why I would choose to write this book, and the answer is simple. I wish to provide sexually empowering information to all women and their partners. Our society is filled with messages that keep us from truly embracing the beauty of our sexuality. There are so many challenges that we have in our lives that we often forget to focus our energy into bringing out the pleasure of our own sensuality and sexuality. This book is just one-way that women and their partners can begin to experience sexual ecstasy and pleasure more often and more powerfully in their lives.



Cara Jade Croft

I have to laugh (with a bit of sadness behind it) that our overly extreme society worries so much about sexuality. Because we have not been able to be balanced about our sexuality, we have often seen it presented through two extreme lenses; the outrage of fear within individuals who cry out against sexuality and those who pursue “deviant” forms of sexuality that are unhealthy.

We often see people in our “fickle” society of ours, make violence more acceptable than sex! How warped and illogical that is to make a movie rated “R” for sexual content, but another rated “PG” when people are killing each other in it. Seems to me our values are a bit “off” when we see sex, which is natural, beautiful and pleasurable, as something we should hide or have shame about, and killing as socially acceptable in our entertainment! ☺

It is my opinion that as long as individual adults are consenting, and doing things that are ultimately empowering them to feel good about whom they are, while providing pleasure, then the sex they are having is healthy. It does not matter what sexual act it is... anal, oral, vaginal sex (and oh so much more). What matters is that it does not cause harm to anyone, and that all parties are able to experience the great pleasure of the sexual experience. **Female ejaculation, does not cause harm, and let me tell you my friend, it is sooo very delicious to do and see!** ☺

I have often had clients start out sexually oriented questions with such phrases as “Is this normal?” or “I know I am weird for liking this, but... am I crazy for feeling or wanting this?”

When I worked as a counselor for a group home whose primary patients were sexually abused girls, it was made known to me by the administration that open discussion with the girls, regarding masturbation, was not appropriate. I was truly shocked regarding this attitude, particularly in a therapeutic environment where healing sexual issues was supposed to take place. However, the administration at that facility is just one example of the many societal influences against open communication of something as natural, beautiful and healthy as sex. I believe this to be just another example of how our society is truly misguided and in need of some serious liberation around sexual issues!

My question to our society is: “Why aren’t we teaching both men and women about their bodies, and sexuality and how we can all truly embrace it as something healthy and enjoyable?”

I personally did not learn about female ejaculation until after my twenties. **Can we just pause there for a moment... why is it that an educated, sexually aware woman in this day and age, should be in the dark about the very existence of female ejaculation until she’s over thirty to know about it? What is going on here!?!**

I found out about female ejaculation after having a very open and enlightening discussion with a girlfriend, who told me that she did the “wildest thing” when she had an orgasm (and sometimes just when she was sexually aroused). I of course was very intrigued about this, and ended up asking her a lot of questions about how it happened for her. I then went to the Internet to find out more about it, and was met with a great deal of inaccurate, conflicting information about female ejaculation. What was a chick to do? I wanted to know more about it, and most importantly at the time, I wanted to know if I could do it too.



I decided that I simply **had** to try to see if I could do it. A short while later, while masturbating, low and behold... I did it! It was so simple! There were a few things that I learned and did in preparation that made it possible, and rest assured that I will share that information with you later in this book.

You see, after I had that enlightening chat with my girlfriend, and did some research on the Internet, I was able to get enough pieces of information to solve the puzzle, and came up with sure-fire techniques that allowed me to do it. I knew that I had to get this information to the public if positive change was going to occur in order to educate women and men in understanding it and how it works.

Let me just say, that the first time I did it, I was amazed at how intense my orgasm was, and more amazed at the waterfall of cum gushing out of me. I was elated! I was laughing and filled with the most amazing sense of sexual release. I was truly euphoric! Let me also say that when my husband came home that night, he was elated too! ☺

Once my elation calmed a bit, I began to reflect on this new found experience, and began to get incensed while thinking of all of the lost years of not knowing about this amazing way I could experience so much pleasure and have such an intense orgasm. I became outraged that our society, full of ridiculous fear around a women's sexuality, would keep me and many other women in the dark about something that all women are capable of doing.



Cara Jade Croft

Since then, I have become a “woman on a mission,” to ensure that women and their partners be awakened not only to the fact that female ejaculation exists, but exactly what it is, how it works, and how to do it!

When I would call my girlfriends up and tell them about it, they too were amazed at how such a basic sexual ability of a woman could remain so hidden and why there was so much confusion about it. Needless to say, all my girlfriends are happily gushing during the most intense orgasms of their lives now, and I am happy to share with you all that I have learned and experienced so that you and your partner(s) can practice this sexually exquisite experience as well.





Chapter One:

What Is Female Ejaculation? ~

What Your Mother Did Not Tell You Because She Did Not Know



Definition Of Female Ejaculation

Female ejaculation is a fluid that is pushed out of the urethra and theorized to originate from the bladder and the Paraurethral/Skenes glands (located under the g-spot) during sexual arousal. It is usually done during an orgasm, but not always.



There Are Two Types Of Female Sexual Response Fluids From The Vagina

The two types of female sexual response fluids (cum) are clinically termed as urethral and vaginal ejaculation fluids. The one most commonly seen in our culture is vaginal ejaculate, which lubricates the vaginal walls and oozes out during sexual arousal. It is generally milky in color, and thicker than the Urethral ejaculate. When it dries it tends to flake off.

Urethral ejaculate is what we are referring to when describing female ejaculate fluid and is less common. This is not because women are not capable; rather it is due to lack of understanding of women's sexual health issues in this culture.



What Is The Fluid?

When I first learned about female ejaculation one of my questions was... "What is the fluid?" When I first saw it come out of me, I noted that it appeared to be a clear liquid, sweet in scent. It gushed out of me with great force and a large quantity. It was just like I had seen on the Internet, during my research. The fact that there was so much of the fluid made me think that it **had** to be urine. However, it is **not urine**.

Upon testing the liquid, doctors have found that it contains higher levels of glucose (sugar) than urine, and an enzyme (prostatic acid phosphatase), which is characteristic of a major component of semen. It is similar to the prostate fluid within male ejaculate (semen which comes from prostate mixed with sperm and other components), but it is without the sperm as in male fluid.

There are also two other substances contained in the fluid, commonly found in urine (urea and creatinine), which were found at lower levels. It was interesting to me to note that these glands produced the same alkaline fluid as the male prostate. This is why most people compare the Paraurethral/Skenes glands to being like a male prostate. The fluid is a unique substance, as it is unlike the heavier fluid that the vaginal walls secrete during sexual arousal.

In my research, I found that in some cases, all of the fluid emitted from a woman's urethra is ejaculate, while in other cases; the liquid is likely a mixture of ejaculate and a little urine. There has not been sufficient research done to clarify exactly what levels of urine vs. ejaculate are in the fluid in every instance.

What is clear from the testing of this fluid is that most of, if not all women produce the alkaline fluid in at least small quantities. Basically meaning that all women can excrete this fluid and experience “female ejaculation” at some level. In some women it may seep out versus being expelled, but I have found in my studies of this that most women gush (especially during a climax). Later in this book I will explain techniques that will assist women in getting it to gush out, if that is the desired effect.



Worried About The Urine Content?

Honestly, I feel it should not matter what the exact contents of the fluid being expelled are, as the most important component here is that it is a pleasurable release for women to experience, and pretty sexy to see! It is of course completely natural to wonder what it is; I mean, I sure wanted to know what it was... admit it, it's intriguing! ☺

Also, remember it is not like a woman is simply urinating, although for those of you out there that like a nice golden shower this may be a minor point to make! For those of you that are concerned that this liquid may have a drop or two of pee in it... just remember that it is mostly ejaculate and keep it in perspective.

When I saw it come out of myself, I can tell you that it really does look a bit like water, and smells sweet. It reminded me of the embryonic fluid that came out of me when my son was being born and my water broke. When I first did it, I was really amazed at how much came out (about 2 cups worth), and from what I understand, most women can squirt as much as 1.5 – 2 cups of the fluid when ejaculating.



Cara Jade Croft

This liquid has been analyzed by far too few scientists, and by a whole lot of chicks in the bedroom curious about what just drenched their sheets! Just a thought about the lack of research... imagine if scientists said, "We don't know the specifics of what is in semen, but we're pretty sure it does something." Good grief!

Can we finally recognize that women's sexuality is important enough to study? Hey, as a woman it is obvious why I think it important, but here is a motivator for men who are a bit hesitant to get on the bandwagon here... think about it from a more selfish standpoint... the more information you can get on women's bodies and their sexuality, the better lover you will be, the more excited a woman (or women) will be to get in on with you! More sex and better sex! Yayyy!



What Does It Look, Taste, And Smell Like?

The women I interviewed as well as women in other studies, who expel fluid during an orgasm, report that the color, smell, consistency, and even taste, varies from one occurrence to the next. However, most of the women that I interviewed indicated that it was mild in smell and somewhat sweet. As with all bodily fluids there is variation from person to person and from time to time.



Safe Sex Note~

It is safe for a person to taste their own ejaculate, and for couples who already exchange body fluids, but not for couples needing to practice safe sex.



Some Factors That Will Influence The Characteristics Of The fluid

- Menstrual cycle
- Diet
- Liquid Intake

There are women who report that it is sometimes clear and odorless, other times thicker and stronger in odor. It is safe to say, most women's ejaculate will vary with time, even during a single sexual episode.



How Much Liquid Comes Out?

The amount of fluid that is expelled varies from woman to woman as well as from sexual experience to experience. It can be a mere dribble to as much as two cups! When you think about it, two cups is a lot of liquid, and you may be wondering as I did where it all comes from. Rest assured, we will explore that in great detail in just a few moments. ☺



How Many Times Can A Woman Do It?

That depends on the woman. What I can tell you from my interviews is that most chicks enjoy a break after doing it a few times, and need several hours to recuperate. However, there have been some women who report that they go on and on like the “Energizer Bunny.” One woman claimed to have done it fifteen times in an eight-hour period! On this note, I want to mention that drinking a lot of water is probably a good idea for preventing dehydration!

What a lot of women told me is that it takes a bit more effort to push out the more often you do it. This is of course for those times when you or your partner are feeling ambitious and are going for your personal record. ☺

Remember that much like some men can have sex a large number of times in a night, and others can't achieve orgasm again for at least several hours; women are similar in their ability to ejaculate. Age, physical shape, inhibitions, and other factors all play a part.



Where Does It Come From?

It comes out of the urethra opening, so it is easy to see why people might think it is urine. However, where it originates is still a debate, as opinions differ on whether the fluid originates in the bladder, in the urethral sponge (which holds the paraurethral/skenes glands), or a combination of both.

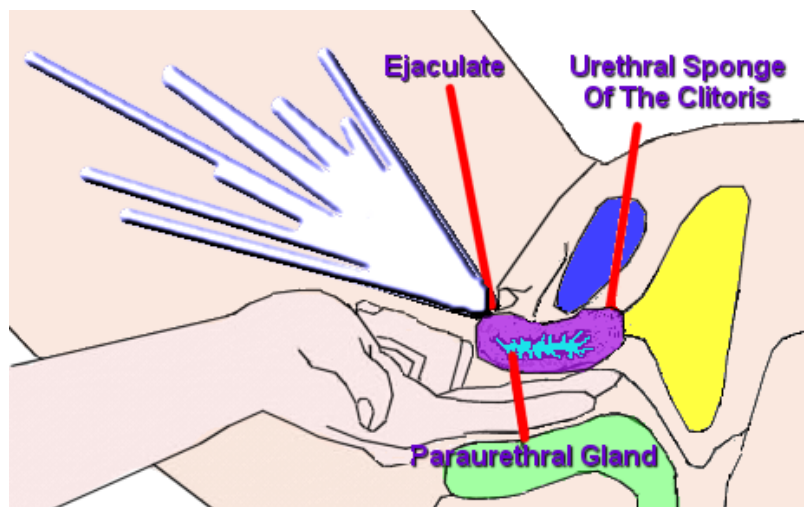


The Paraurethral/Skenes Glands vs. The Bladder

The paraurethral glands are about half an inch in diameter and 1.5 inches in length, so fitting two cups of ejaculate in that area seems improbable. However, the paraurethral glands may have the capacity to fill and empty at a rapid rate, and that would explain the large volumes of fluid measured by some investigators.

It would also mean the longer a woman's orgasm lasted, the more she would ejaculate, as is often the case. If this is all true, it is possible for a woman to ejaculate a considerable amount of fluid without it being urine or liquid from the bladder. Other researchers feel strongly that the liquid originates in the bladder. **What is known is that it is not urine.**

In the illustration shown below, the tissue surrounding the urethra is labeled as the "urethral sponge;" the paraurethral glands are imbedded in this tissue. This or the bladder (pending further research) is where all the juicy female ejaculation liquid is created when a woman is sexually aroused.

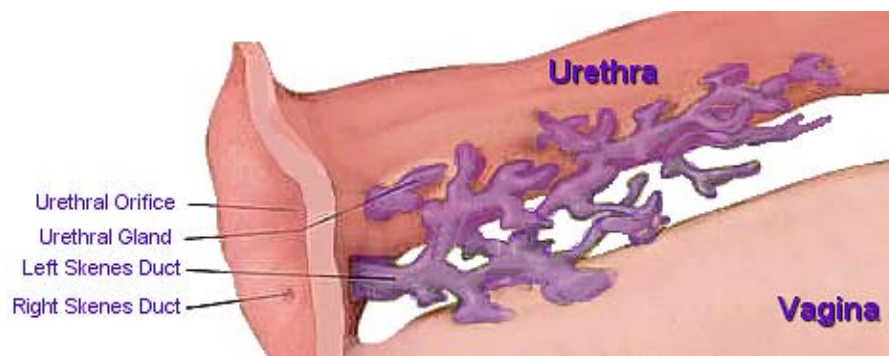


Stimulation of the Paraurethral/Skenes glands is done by simply stimulating the g-spot, and there are oh so many pleasurable ways to do that, which we will cover later.

The urethra fills with blood during sexual arousal, as is the case in a male. This results in the tissue becoming firm to the touch; kinda like a female hard-on, but on the inside.

There have been clinical tests where a woman's bladder is drained of urine before sexual stimulation and exists ejaculation. Even though the women's bladders had been drained, they were found to expel anywhere from 50 ml to 900 ml of fluid into a catheter bag. This has lead researchers to conclude that at least some of the liquid must come from the bladder.

This can all seem a bit confusing until you think of it this way... men have urine and cum exit out their urethra, and that is similar to female ejaculation for a woman.



The diagram above shows you a close up view of the urethra and it's paraurethral glands and ducts.



Cara Jade Croft



Chapter Two:

What Are The Myths & History Of Female Ejaculation ~

Why Your Mother Did Not Know



What Are The Myths Of Female Ejaculation?

1) It does not exist

Well, we have obviously shown that this myth is ridiculous. Unless, many other women, their partners, and all of the researchers, including myself, who believe it is a reality have taken on a wild mass delusion; I am pretty confident that we all can say that those who don't believe that it exists are the ones who need a reality check!

Why then are there people who still think it does not exist? The main reason is due to the major lack of societal interest in women's sexual health and pleasure over the last few centuries!

2) Only rare women can achieve it

Ummm, no. ALL women can achieve female ejaculation. I had to laugh while reviewing porn sites during my research for this book, when sexy porn chicks claimed to be "one of the few, the proud, the rare female ejaculators!" Reminds me of a line from the movie *As Good As It Gets*, when Jack Nicholson's character flippantly says "Sell crazy somewhere else, we're all stocked up here. "

3) Only women with g-spots can achieve it

All women have g-spots, and all women can achieve female ejaculation. As mentioned before, all women's g-spots are not as easy to find, and when a woman is not sexually excited, it seems "non" existent (that would be why many physicians do not feel them during medical evaluations). All women have the paraurethral/skenes glands, and are capable of female ejaculation. While some women have an easier time at achieving female ejaculation, that is no different than some women having more difficulty simply having an orgasm. Challenges to achieving orgasms as well as female ejaculation will also be covered later in this book.

4) It can only be achieved through g-spot orgasms

This is simply not true, but what is true is that g-spot **stimulation** is useful and sometimes helpful to achieve female ejaculation. The orgasm during female ejaculation can be clitoral, anal, oral, etc. Also, just to throw in another point of interest... **you don't have to even have an orgasm to do it!**

5) Gynecologists are educated about this issue and provide women with correct information



Lisa S. Longhofer

Unfortunately, many gynecologists do not know about female ejaculation, as it has not been thoroughly researched enough. Remember that medical professionals are only taught traditional philosophies and theories.

One reason this is not considered "main steam" is due to the fact that women's sexual health has not been important enough in our society to demand the type of attention that it deserves. This however, is changing and we are beginning to head on a more enlightened path.

One woman that I interviewed indicated that her gynecologist told her that it was a myth; another said that only 10% of women could do it, and yet another said that she did not know enough about it to comment. As you can see even doctors who should know about women's sexual health issues are confused about this matter.

6) Women can only excrete a drop or two of female ejaculate, and if it is more (especially in the amounts that some women claim 1-2 cups) then it would be urine.

Research has clearly shown that this ejaculatory liquid is NOT urine. While it is not clear if the fluid originates from the paraurethral/skenes glands, bladder, or both... it is not urine, nor is it a sign that anything is physically wrong, rather it is a sign that something is oh so right!

7) Female ejaculation is or becomes urinary incontinence

God only knows how many countless, unnecessary surgeries and counseling sessions were prescribed to women who experienced female ejaculation. Let me stress again that research has clearly shown that this ejaculatory liquid is NOT urine.

8) Women who have given birth are capable of this.

Some women discover they are capable of female ejaculation the first time that they masturbate or have sexual contact with a partner during adolescence so this rules out this myth right away. While some women don't begin to ejaculate until after they have child, it is not because of the birth. Rather, my theory is that it may be more commonly discovered because a woman is more accustomed to the idea of "bearing down" and pushing, which is part of what aides in it's occurrence.

Women who have had children describe the fluid as similar to embryonic fluid or that the sensation is like the 'bearing down' type of pushing that they did during vaginal deliveries, however, it is simply a myth to say that only women who have had children are able to achieve female ejaculation.



The Struggles Of Women & Men Regarding Female Ejaculation~

● Women's Struggles~

Due to the social stigma and confusing information that has been present in our culture, many women have struggled with various issues around female ejaculation. Listed below are a few of such examples-

● Examples of challenges with women who do it~

- 1) Holding back during sex and refraining from surrendering to her own sexual pleasure.
- 2) Clenching muscles during sex so as to keep any liquid from leaking.
- 3) Masturbating alone to experience sexual pleasure and feel the joy of truly releasing through female ejaculation.
- 4) Masturbating over a toilet or in a tub to avoid making a mess.
- 5) Feeling alone, ashamed, confused, humiliated, defective, embarrassed, and sexually abnormal.
- 6) Having partners who would emotionally, and physically reject them for this behavior.
- 7) Being accused of urinating on their partners.
- 8) Being accused of doing something malicious, sick or deviant.
- 9) Being told they require surgery for urinary complications.
- 10) Being told that they should seek psychotherapy.
- 11) Being made fun of and/or scrutinized from friends and/or lovers after divulging their "secret."
- 12) Being told that there is only one way to achieve this type of orgasm i.e.- g-spot stimulation and feeling odd for doing it other using other stimulation i.e-clitoral, etc.



Lisa S. Longhofer

● Examples of challenges with women who do not it~

- 1) Being pressured by a partner to achieve this without knowing how to do it.
- 2) Feeling inadequate sexually (as though a sexual disappointment to their partner).
- 3) Being confused about how this happens and wondering if they are even capable.
- 4) Becoming resentful of women who do it, saying critical statements of those who do.
- 5) Fearing that it will hurt or cause a problem with their physical functioning should they try it.
- 6) Feeling sexually uneducated naïve and confused about their own sexual functioning.



● Men's Struggles~

Like women, men have had to endure this negative social stigma that has been present in our culture. Listed below are a few of such examples-

● Examples of challenges for men when their female partner does it~

- 1) Feeling surprised when a woman experiences this, and being confused about what just occurred.
- 2) Thinking that their female partner has done something vindictive to them.
- 3) Feeling ashamed if their partner does it, as they may think that their partner is dysfunctional or unhealthy.
- 4) Feeling that they want to refrain from sexual activity for fear that it may occur and cause conflict.
- 5) Disliking the “deviant” association with it.
- 6) Thinking that their female partner urinated on them.

● Examples of challenges for men when their female partner does not do it~

- 1) Feeling ashamed for having fantasies about wanting this and thinking it deviant and unhealthy.
- 2) Being accused of “making up” female ejaculation.
- 3) Feeling inadequate if they are unable to make a woman gush cum.
- 4) Feelings of guilt for wishing that their partner could do this and are worried that their partner cannot (or that they won't be able to help their partner do it).
- 5) Feeling that a sexual desire of theirs is going unfulfilled.
- 6) Feeling sexually deviant and “immoral” for being attracted to female ejaculation.
- 7) Being worried about bringing it up with their partner for fear of insulting them or creating conflict.



Challenges With Exploring Women's Sexuality

Any woman can learn and enjoy ejaculating, as well as enjoy sex in general, however it is important that she accept (or learn how to accept) her body, and bodily fluids. The body's sexual fluids are beautiful, natural and should be embraced. In our "warped" society, sometimes it has been seen as unfeminine to do things as normal as sweating. I truly believe that it is time to understand that a truly beautiful and powerful woman gets messy! It is time that we all work on accepting that being feminine means embracing our sexuality, our bodies, and most certainly our bodily fluids.

We chicks are human, so okay... sometimes we don't always have the sweetest scent, or the most graceful natures, but isn't that part of letting ourselves be who we are? Sweat, vaginal lubrication, menses, ejaculate, saliva, urine and other bodily fluids are not only practical and serve a purpose, but are most definitely a part of the reality of our beautiful bodies.



Lots of men get the idea that they are sexually powerful when they can produce large quantities of semen or shoot cum a long distance. Men ejaculating on the face, in the mouth, and on and in the body of their partner are seen as sexy, and let me say that we chicks can indulge in all of the sexy stylings of such activity too!



When a woman or her lover cannot embrace her body or the fluids within (some just begging to be released!) ☺ she will most certainly have problems in allowing her self to ejaculate, let alone enjoy sexual activity fully. In order to experience those oh so wonderful earth-shattering orgasms, ya gotta give yourself permission to let the goddess inside "cum" out! So go... get wet, messy, and have some fun. ☺



Cara Jade Croft



The History~

The Enlightened Second Century~

At least three famous writers described female ejaculation in the second century: Aristotle, Galen and De Graaf. So we know that this is not a new understanding of women's sexuality, it is simply not provided in the form of education to the public, which is a shame considering how great it is!

De Graaf wrote in his "New Treatise Concerning the Generative Organs of Women," the following-
"... during the sexual act it discharges to lubricate the tract so copiously that it even flows outside the pudenda. This is the matter which may have been taken to be actual female semen." He describes the fluid as "rushing out" with "impetus" and "in one gush."

🟡 The 1800's

During this period, if a woman exhibited female ejaculation, it was thought of as a medical problem. Simply exhibiting an interest in sex could be diagnosed as "hysterical tension". A "prescription" of masturbation performed by a midwife or doctor, was provided to ease the symptoms of this "condition" which included irritability, a temperature and swollen pudenda (vulva). Hey masturbation always sounds like a good "prescription" to me! ☺

🟡 1976

In the book "The G Spot" by Alice Kahn Ladas, Beverly Whipple, and John D. Perry, there are letters from many women who describe their personal turmoil over ejaculating during lovemaking. The lack of understanding women's sexuality and their bodies has lead to many problems including needless surgeries, expensive counseling and in some cases divorce. God only knows how many uneducated doctors, gynecologists, and psychiatrists told women that they were urinating and needed either surgery or psychotherapy.

🟡 1980

Perry and Whipple's film and paper indicates that there is such a thing as female ejaculation and compares the fluid to being similar to prostate fluid from a man's body.

🟡 May of 1981~

Newsweek published an article entitled "Just How the Sexes Differ." In this article indications were made that a major difference between men and women was that men could ejaculate, and women could not. Guess they weren't into Aristotle's work? ☺



I mention the Newsweek article because it is just one of many sources that indicate that there is no such thing as female ejaculation, when there has been a long history of documentation that there is. There simply has not been enough interest in women's health and sexuality to provide a reasonable amount of attention from the medical community on a mass scale basis.

🕒 1982

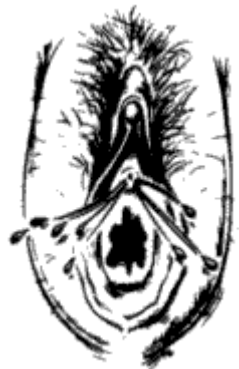
The publication of the explosive book "The G-spot" by Dell provided female ejaculation with increased recognition because he mentioned it as a real phenomenon.

🕒 Late 1990's & The Millennium

Slowly (and not as thorough as I believe it should be) mainstream media is starting to explore the vagina more, examples include~ "Sex And The City," and the "Vagina Monologues. " This type of movement will hopefully bring more awareness to such issues of female ejaculation.

🕒 *Other Cultures~*

The whole world is not uneducated about female ejaculation. Other cultures have long known about it and embrace it as a common sexual response. An example of this is in the African Country Rwanda, where they are taught to maximize their orgasms, and female ejaculation is considered the norm. In fact it is thought that a woman who does not ejaculate is not as sexually desirable.





Chapter Three:

Basic Female Anatomy Review ~

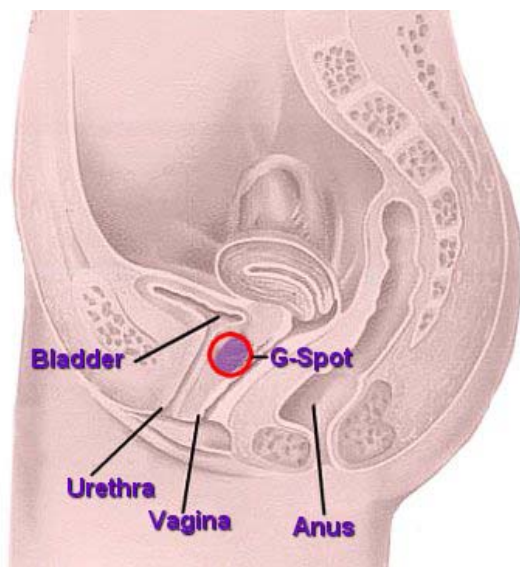
Getting Ready! Bring On The Towels!



Remembering That Male And Female Sex Organs Have A Common Origin

You might not think so from looking, but the male and female sex organs actually have a lot in common. Did you know that in the womb, we all start out as female? This is because we all start as the X chromosome. If another X is added we remain female, if a Y is added, our development changes to male and our female organs are transformed into male organs.

On the backside of a penis are the remnants of a man's "vagina" when his "male sex" was not yet determined and had female organs in early gestation. In addition, the highly sensitive spot on the back of a man's penis, where the foreskin attaches... was the female clitoris. The g-spot in women is much like that of the prostate in a man, with subtle differences.



The diagram to your right shows you where the g-spot is located.



How Do You Locate the Paraurethral/Skenes Glands?

First you will want to locate the urethra, which is located directly above the vaginal opening, and below the clitoris. You can actually see it by just getting a nice close look in between a chicks' legs; although it can be harder to find in some cases, be patient and get out the flashlight, you'll find it! While you can see the urethral opening, you

won't be able to see the Paraurethral/Skenes glands themselves. However, if you were to use a speculum, you might be able to see the Paraurethral/Skenes glands when they are swollen and pushing against the vaginal wall (g-spot). If you were to place a finger or two into a vagina while urination is occurring you can actually feel the urine passing through the urethra. This exercise can help you find its exact position. Once you have located the urethra, you have now accessed a very sweet spot that allows for hours of fun- the g-spot!



The Infamous G-Spot, And Yes, ALL Women Have One

Let me just take a second to explain some of the terms that are being used here so you are caught up to speed on how we chicks operate from the inside-

In the diagrams in previous pages you will notice various terms - "Paraurethral" simply means "near the urethra. The Paraurethral glands are also called "Skene's Glands." The quantity, size, and exact location of these glands varies within each woman, but generally it is found easily by inserting a finger into the vagina two inches in and on the top front wall, facing the pubic bone. During sexual arousal the paraurethral glands fill with fluid and may in most cases be felt through the vaginal wall as a more firm and puffy area. This is what people refer to as the g-spot.

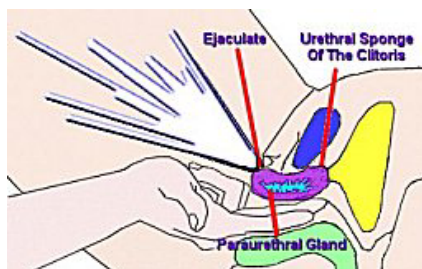


The Myth Of A Female Prostate-

We don't have one. When people refer to a female prostate, they are really referring to the Paraurethral/Skenes glands. Since the female Paraurethral/Skenes glands do not have the same structure as the male prostate, it is not really accurate to say women have a prostate gland, but if you say "Paraurethral/Skenes Glands," people usually have no idea as to what you are talking about, so that is why people often call it the female prostate.



Okay, back to the g-spot, yeah, right there, right back to the g-spot!



The vagina fills with blood during sexual arousal and this causes vaginal lubrication, sometimes in significant amounts. So when a chick says, "You are making me so wet..." this is the clinical explanation for what is going on. ☺ When the tissue surrounding the urethra is engorged with blood the Paraurethral/Skenes glands produce and fill with prostatic fluid. This becomes a highly sensitive spot... the g-spot.

This can be felt as a "hardening" of the tissue. (Chick's version of the "hard-on"). The g-spot is in different areas for women, but generally it is located about two inches in and up within the vaginal wall.

It may take some stimulation for a woman to really even begin to feel it, but after it is stimulated a bit, most women will be very happy, rosy-cheeked and ready to play!



Why Some People Think That Only Some Women Have G-spots~

The ability of the g-spot to get hard or stay soft depends on the level of sexual arousal. This actually explains why so many people think that some women have a g-spot, and others don't. If a woman is not aroused, the Paraurethral/Skenes glands are not filled with fluid and thus do not create a firm area on the vaginal wall. It may also be more of a prominent "bulge" in some women depending on how big their glands are, and how many they have. Think about it this way, like men's penises vary in shape, size, and angle, so do women's g-spots! ***Just a silly side note to chicks-*** don't make the mistake that so many men make and start getting all self conscious about how big your g-spot is! ☺



Cara Croft

Doctors and other researchers have made the error in assuming that because they cannot always feel that "firm" area in a woman, that the woman they are examining must not have a g-spot. In reality, she is just simply not aroused enough or have her glands filled and thus it is not as easy to detect... it doesn't mean it isn't there! Kinda makes one want to just say... "duh!" ☺



Clitoris Alert-

The clitoris surrounds the urethra on three sides, as does the vestibule glands and bulbocavernous muscles, along the outer third of the urethra. The clitoris and vestibule glands also swell with blood during sexual arousal. In other words, it's really pleasurable to have some playing with your clit!





Chapter Four:

The Female Orgasms ~

How Sweet It Is, And How Much Better It Will Get With Female Ejaculation!



A Bit Of History On Female Orgasms~

Can you believe that women were not believed capable of experiencing orgasm by mainstream society until some time after the turn of the twentieth century? Women were actually told that in order to be “proper” and “decent,” that they were not to have any pleasure from sex, and that it had more to do with procreation and marital duty. Can you imagine how much more men would have enjoyed sex if their wife had been hanging from the chandelier begging to be fucked? What were men thinking?



In the new millennium I see a great opportunity for women to continue to reclaim their sexual prowess, power and become the sex goddesses we chicks have always been inside. I am not suggesting women try to have power over men; I am suggesting that men and women celebrate our unique sexual powers to become a sexually evolved society and finally have some healthy pleasurable sex going on.

When I think of what women are finally expressing sexually today, I can't help but envision a picture of a woman standing with a vibrator in hand, a huge smile on her face and cum running down her legs with a caption that says “You’ve **cum** a long way baby!” ☺



Orgasms, Sexual Emancipation, Sexual Demons~

If you have not already heard by now, women are capable of multiple orgasms (several climaxes in quick succession). While some women are highly orgasmic and can have them whenever they desire without difficulty, others may have more of a challenge. This is not to suggest that those women who are not as “orgasmic,” cannot become that way, nor am I suggesting that this is somehow dysfunctional.

Some women (and men for that matter) may need various factors to be in place- the right mood, the right partner, the optimal position, the right environment, etc. It really is no different than some people needing to have their car clean or bills paid before they can relax. It is all about personality, preference, and there should be no judgment as to what makes someone more open to enjoying sex.

As a psychotherapist, what I do know is that there can be issues that need to be addressed such as poor body image, and low self-esteem that may inhibit us sexually. Quite frankly, I have not met anyone who did not have some demon they needed to face. The way I see it, is that if you are finding an issue arise around sex, then please know that it is the perfect opportunity to better get to know yourself, and work through any pain or insecurity that may be holding you back from truly embracing yourself and your sexuality. I know it is not always easy, as I myself have struggled with body image, and feeling sexually confident as often as I would like, but the more work I do around it, the better my sex life gets, and the more I am able to love myself in a healthy and nurturing way. This applies to anyone.

Remember that issues of any nature are usually “cyclical,” meaning that they continue to need our attention, much like anything in life. I mean, imagine cleaning your house once and thinking that you were done with that task for the rest of your life! Maintenance to our emotional issues is much like maintenance to anything we care about. It is ongoing... sometimes easy, sometimes challenging, but always creating a positive effect.

Having insecurities or issues around sex is nothing to be ashamed of. It sadly seems that we all have the greatest shame around our emotional struggles. Oh sure, when we get a cold, we don't run around feeling embarrassed to tell anyone about it. In fact most of the time we do tell people that we are physically sick and even go into detail about our symptoms. Why then are we so embarrassed to say that we are struggling with an emotional issue, especially around sex? You guessed it... there is a social stigma about those issues; I guess my question back to the world is why? Isn't it time we stopped acting like the dysfunctional, repressed sexual creatures we have become and accept that sexual issues are normal? We really need to be able to depend on one another to get us through such struggles.

Sharing our sexual issues and allowing healing to take place around them is no different than bringing our partner some chicken soup when they have a cold. We need to be able to talk about these things and ask for emotional support when we feel scared, insecure or confused. It is then that we find that we are really not so different and that it is possible to feel good about whom we are, and embrace our pain. We need to heal it rather than pushing it down deeper within us only to have it hurt all the more.



I cannot tell you how many patients would begin discussions about their sexual issues with questions as to whether it was even normal to have the feelings they had regarding them. Sometimes I wished I could just provide them with an endearing laugh, hug them and say, "You know, the guy in here before you is struggling with the same thing!" What people forget is that there is nothing that they have struggled with that someone else out there is struggling with too. There is no such thing as normal, only that which is healthy for us as individuals. Make sure that if you or your partner struggle with a sexual issue that keeps them from fully enjoying the pleasure and power of their sexuality that you ensure that attention and healing be provided.



Orgasmic Facts~

Did you know that most women experience three to fifteen muscular contractions, occurring less than one second apart during their orgasms? It's true! There are two types of vaginal contractions that occur during the female orgasm. The first involves the outer part of the vaginal muscles, while the other involves the deeper type of contraction of the uterus as well as the pelvis and anus. Both are fun! 😊



Premature Female Orgasms~

Also called "the incomplete orgasm." This is when an orgasm begins, is interrupted, and then fades away before the total release is achieved. Isn't this one a bummer?! I don't know many orgasmic women who haven't had this happen at least once. Usually it is an external or emotional distraction that keeps this from happening, and that is why it is often good to make sure that you have your environment conducive to your sexual experience so you don't have this disappointment to contend with. My feeling is that if this happens, when you can, get back on the horse (or your partner), relax and know that you'll get there when you are ready.



Empty Female Orgasms~

Referred to as "orgasmic anesthesia," which is an orgasm that has a vaginal contraction, but is absent of pleasurable or erotic sensations. Why this occurs is not certain. My theory is that often it is psychological, however physical causes should not be ruled out. The reason I think it highly psychological is that I have interviewed women who have experienced them (including myself) and it is something that only occurs on a rare occasion. It kinda feels like you are building to the orgasm then, when it happens, you know you just had one, but it just did not feel like much. I find that most women indicate that it is when you are "trying" a bit too hard to get the "task" accomplished, or the timing was too long or too short before cumming. This is not true in all cases, but worthy of noting.



Orgasms, Orgasms And Oh, Oh Yes... Orgasms~

Some women like to get in several orgasms to really get that feeling of being sated physically, and emotionally. I know that I really love having a clitoral orgasm and then a vaginal one to feel like one happy chick. Some women have told me that they also like having a specific series of climaxes to achieve an optimal feeling of fulfillment. For example, one woman I interviewed stated that she really liked a clitoral, a vaginal and an anal orgasm in the course of an evening with her lover.



Women And Quickie Orgasms~

There is a myth out there that women prefer to have longer sexual experiences in order to feel satisfied, and while everyone is different, this is not necessarily true. Some women can have an orgasm pretty quickly; especially when they have a technique that they have found really gets them there quickly. For me, using a vibrator to stimulate a clitoral orgasm can get me there in as short a time as 30 seconds. When I have told clients about a woman's ability to get there that quickly they are usually quite surprised. Remember that not all women can or would want to climax that quickly. However, if you can find a technique that will allow for a quicker climax, then getting a woman to truly enjoy an occasional short sexual interlude is not out of the question. If you are a partner to a woman and are not sure what her best technique is ask her and/or figure it out together!

This is not to say that hours of sexual play are not desirable... because believe me, there can be nothing finer! However, a nice quick moment to pause and take in some sexual ecstasy is pretty cool too. Most women I have spoken to agree that getting herself to cum first, and then finishing off her partner is always a bonus. 😊





Masturbation When Sex Is Not Fulfilling~

There are many women out there that have never had an orgasm other than through masturbation. They wait for their partner to leave and then “get off,” because they could not during sex. The old saying “There are no frigid women, only clumsy men,” is in my opinion a poor statement. It is ALWAYS the responsibility of both partners to communicate openly about their needs and to provide directives to their partner to aide the sexual evolvment in any relationship. Don’t let this type of behavior go on, take a risk, grow, and communicate your sexual needs.



The Eight Magical Female Orgasms~

1. The Clitoral Orgasm

This orgasm occurs at the peak of clitoral stimulation. It begins with intense sexual excitement within the clitoris and as the orgasm peaks it sends a surge of pleasure throughout the body. Only several years ago did Masters & Johnson dispel the myth that this was the only kind of orgasm that women could have, when they showed proof of the g-spot orgasm.

The clitoris is the most sexually sensitive part of a woman’s body and sexual arousal is always felt on some level in the clitoris no matter where the orgasm takes place. It is usually the case that sexual arousal first originates in the clit, and is considered an orgasmic starting point.

● What Is The Clitoris And Where Is It?

It is located below the mons veneris on the anterior portion of the vulva, or as my husband likes to call it... “The little man in the boat”). The inner vaginal lips, also called the labia minora when closed, tend to hide the clit, but it is interesting to note that those inner vaginal lips are attached to the underside of the clitoris and thus play an important role in the network of nerves, which transmit sexual stimulation.

The clitoral hood is formed by the connection of the inner vaginal lips. This small hood covers the clitoris in much the same manner as a foreskin covers a penis. When you pull the hood back you can see that the clit is USUALLY about the size of a pencil eraser, however the size does vary from woman to woman, much the same way penis size varies from man to man. The clitoris is abundantly supplied with nerves,

The part of the clitoris that you see is actually much like the head of a man's penis. A man has a shaft to his penis, a woman has a shaft to her clitoris. The shaft is located under the hood, and is more easily felt when a woman is aroused as it become more rigid as it fills with blood. (A clitoris "hard-on" of sorts).

🟡 **What Does It Feel Like?**

Clitoral orgasms can be very intense, but may not be as "deep" as others. These orgasms are no doubt very, very pleasurable and helpful in achieving female ejaculation. Stimulating the clitoris can be a very good place to start when trying to achieve female ejaculation, after providing stimulation to the g-spot.

🟡 **A Reminder-**

Remember that after an orgasm the clit may retract, and become even more sensitive to further stimulation; often to the point of being painful.

2. The Vaginal/ Cervical Orgasm

This orgasm may begin in the vagina and/or cervix, and expand from there, as well as can remain focused the entire time in those areas. This orgasm is demonstrated when the vagina remains snug and the uterus does not elevate. During the heightening of excitement, the vaginal opening becomes more lax and then bears down upon the arrival of an orgasm. The pelvic muscles and uterus, as well as the anus may begin to contract as well. At the peak of the orgasm, anything inside the vagina being used for stimulation may be forced out by the strength of the contractions.

Because the vaginal/cervical orgasm involves the cervix, which is located further up inside the vagina, a long object inserted into the vagina that can reach the cervix may be more successful in reaching this type of orgasm. It is interesting to note that during this type of orgasm there is evidence that the mouth of the cervix will actually widen to admit the head of a penis, and create a suction generated by uterine contractions for the uterus to take in semen.

🟡 **Vaginal vs. Clitoral Orgasm-**

The pleasure derived from a clitoral orgasm versus a vaginal orgasm will vary from woman to woman as the sensitivity of the vaginal walls and clitoris varies. Clitoral orgasms are usually more intense on a

surface level, while vaginal orgasms, are often “less intense” on the surface, and more deeply felt. Again, this will vary from woman to woman.

🟡 What Does It Feel Like?

This orgasm usually takes longer to build, and is best achieved with rhythmic thrusting. Even more helpful is thrusting after being clitorally stimulated. Many women describe it as a pressure that grows and then explodes deep with in the vagina, quickly spreading intense, euphoric energy throughout the entire body.

This orgasm can release an intense emotional response as it provides women with a sense of being penetrated more than just physically, but also in an emotionally vulnerable sense.

3. The Breast Orgasm



The breast orgasm occurs during a peak of stimulation to the breasts. Because breast stimulation often occurs earlier in a woman's life than vaginal contact, many women become acquainted with this type of

The nipples connect to the feminine genital nervous system, and many women feel a direct connection with their clitoris when their nipples are being stimulated. It is during this type of orgasm that many women feel uterine contractions that are not as noted during a clitoral orgasm.

Most women feel sexual excitement from having their nipples stimulated, however not all have a direct association with their genitals, as this depends on nipple sensitivity.

🟡 What Does It Feel Like?

Most women indicate that the orgasm brought about from breast stimulation is a full, slow building, and strong orgasm. Women who have pierced nipples have indicated that if the piercing has not damaged or interfered with the nerve endings in the nipples, that these types of orgasms are quite easily achieved and with great intensity.

4. The Oral Orgasm

This orgasm, while ignored by many researchers does exist. Usually this orgasm occurs in women who are more orally sensitive. Because the mouth is a primary human sensory organ, and is the main source of nurturing and pleasure during our early formative years, it plays a very important role in the sexual nervous system.



The mouth orgasm can occur during any sensual oral activity, from kissing, licking, sucking, to oral sex. The particular activity that will induce an oral orgasm is more dependent on the individual's psychological attraction to certain sexual activities, as well as the areas of the mouth that feel most sexually stimulated. This can be on the lips, tongue, and on the roof of the mouth to areas deep within the throat, and/or a combination of oral contacts.

🟡 What Does It Feel Like?

Most women have indicated that the sexual stimulation begins in the lips and can spread from the mouth to the genitals, and even the whole body. The intensity and sensations of this orgasm varies from person to person, although many women indicate that there is a tingling, erotic feeling, which builds in the roof of the mouth.

🟡 Myths Of Oral Orgasms

It was once thought that women who experienced oral orgasms were simply experiencing them because they were consciously, or unconsciously, rubbing their legs together, thus stimulating their genitals and inducing an orgasm. This argument holds little poignancy when many women have reported that their legs were separated leading up to and during the oral orgasm while receiving no genital stimulation.

5. The G-Spot Orgasm

This orgasm may begin at the g-spot and stay focused there throughout the building and final release of the orgasm, or may expand throughout the body. This orgasm is demonstrated when the g-spot is stimulated and becomes "puffy" and swollen as the tissue surrounding the female Paraurethral/Skenes glands fill with blood during sexual arousal. This results in the tissue becoming firm to the touch.

🟡 What Does It Feel Like?

Like the vaginal orgasm, this usually takes longer to build. Because the g-spot is not stimulated as much by friction as it is with pressure. Thus, using a rhythmic, “pushing” against the g-spot is more pleasurable than light rubbing. As discussed earlier, the stimulation of the g-spot increases the fluid build up in the Paraurethral/Skenes glands and thus easily enhances female ejaculation. This is why many researchers make the error of assuming that this is the only orgasm that will evoke female ejaculation.

Most women describe this type of orgasm as an intense, deeply sensual pressure that builds until it feels like the entire vagina explodes with ecstasy (often including cum) and usually followed by euphoric energy that spreads throughout entire body.

This orgasm, like the vaginal orgasm can release more of an emotional response as it provides women with a sense of being penetrated more than just physically, but in a more vulnerable sense.

6. The Anal Orgasm



This orgasm originates in the anus and is usually induced by rhythmic insertion of an object into the anus. Because women do not have a prostate it was thought that they would not enjoy anal sex as much as a man would, however, the Paraurethral/Skenes glands are stimulated through the pressure to the upper vaginal wall during this sexual activity. Therefore, those nerve endings provide a pleasurable sensation to the rectal and anal tissue.

🟡 What Does It Feel Like?

Most women have described the anal orgasm as feeling like a building of sensual pleasure from the nerve endings in the anus, and creating an erotic sensation in the vagina, g-spot, and/or clitoris. The simultaneous stimulation of the anus merges with the heightening arousal in the females' genitals and creates a deep and powerful orgasm that may even spread throughout the entire body.



7. The Mental Orgasm

This orgasm can be brought about by visual and auditory environmental stimulation (i.e.: sexual behavior exhibited in front of the individual via in-person, movies, or other). Women can become so turned on by this type of stimulation that they actually climax from the sheer excitement they are experiencing in their mind. It has been long said that desire is in the mind and this type of orgasm is a good example of that. Those skilled in such methods as meditation and deep mind focus are generally more skilled at achieving this type of orgasm.

🟡 What Does It Feel Like?

The sensation of this orgasm will vary from person to person, however most women indicate that this kind of orgasm is felt in the genitals, primarily the clitoris and g-spot, and thus produces a similar feeling to those types of orgasms.



8. The Whole Body Orgasm

This orgasm can be brought about by stimulation to any body part including the mind. In fact, many eastern cultures have long practiced whole body orgasms through techniques varying from karma sutra positions to meditation. It is most often achieved with overcoming inhibitions and completely surrendering oneself to the sexual experience. A technique that is found helpful in reaching this type of orgasm is using the breath as a tool. Breathing in short, sexually heighten breaths create a sense of euphoria and allows for the body to experience increased sensitivity.

🟡 *Important to note~*

Obviously when using breath techniques as mentioned above, one should take care not to hyperventilate or doing anything that would cause one to not be able to breathe, potentially causing brain damage or even death.

● What Does It Feel Like?

It is felt in waves throughout the entire body and a rush of vibrations tingle within and throughout the body. Many describe feeling almost transported to a spiritual place in which they are experience pure bliss.



Lisa S. Longhofer





Chapter Five:

Step-By-Step Instructions On How To Achieve Female Ejaculation~

Getting Ready! Bring On The Towels!



The One Secret Key That Will Make It Happen: The Feeling Of Having To Urinate~



This is truly the key to female ejaculation. Research has shown that generally, when sexually stimulated, the g-spot renders a strong feeling of having to urinate. This feeling usually lasts around a few seconds, and sometimes longer, before it changes into sexual enjoyment. If a woman feels as though she has to pee (especially at the height of an orgasm) and pushes outward using her vaginal muscles (as is the natural reflex), ignoring the fear of urinating, female ejaculation will most likely occur.

Most women when faced with this sensation hold back as their natural sexual response of releasing the vaginal muscles and pushing into the pleasure is avoided to keep from possibly urinating on their partners. This may explain why up to 25% of American women never experience an orgasm; as they fear really letting go for the physical and psychological reasons of not wanting to urinate during sexual activity.

A potential error is thinking that a woman cannot ejaculate due to only a psychological block. There are many physical reasons and orgasm or ejaculation may be challenging to experience. I will address these issues in more detail later in this book.



Why Some Women Have Discovered It Versus Some Women Having To Learn How~

You may be wondering why some women have “accidentally” discovered female ejaculation and others never do. It is often quite by chance that during a sexual experience a woman will begin pushing during the height of her orgasm, risking possibly urinating, passing gas, or defecating, as opposed to a woman that simply experiences the orgasm while maintaining control over their urethra by not pushing.

One could theorize that it is due to various reasons, i.e.: a woman’s personality, physical sensitivity, or even social and environmental factors. The reasons may often be different, from woman to woman, however the reason that most women in the U.S. are not aware that they are capable falls back onto the

lack of education to women around their sexuality and sexual health. If most women knew the content of this book, we would all be more empowered and sexually aware individuals in this country and female ejaculation would be a common occurrence. I strongly feel that it is important to educate and empower the women of the world so that we may all celebrate our beautiful sexuality and all of its pleasure.



My first female ejaculation experience, and how it can help you understand how to achieve female ejaculation-

For years I would often feel like I had to pee during sexual activity, and in fact, I often used to try not to go pee before sex, because I figured the full bladder was what was giving me that added pleasurable feeling. I was a bit off on that assumption to say the least.

In the beginning of this book I indicated that after learning of female ejaculation I decided that I simply **had** to try to see if I could do it. It was after having found out that a girlfriend of mine did it, and having seen it on the web. I felt so intrigued, that I began to learn all I could about it. The following is some detail of how I was able to first discover that it was not only possible for me, but for all women-

I am the curious type, as well as analytical...so when my girlfriend mentioned that she had the “oddy” of being able to squirt out cum, I had to know more. “How much are you talking about?” I asked. My friend paused and said... “...A lot!,” up to two cups -“Wow,” I said, “how long have you been doing this?” She said that it was around the time that she had her first child.

Now my mind was churning out reasons as to why it would only have started for her then. I had a child, and yet nothing of the like had happened to me. I wondered if it had a correlation of some sort, so I continued with my questions. I asked her if she thought she could be peeing due to some “freaky” incontinence that occurred during her pregnancy. She assured me that it was not urine. She explained that it was a sweet smelling watery cum, unlike the kind that oozes out of the vagina when we chicks get excited, which is thicker and milkier. This was a large amount (up to two cups of fluid) and it shot out of her with force.



My analytical mind was racing for a cause as I continued my probing... “How far does it shoot out?” She laughed, and explained that sometimes it seemed to shoot half way across the room. I was floored! That

was something I had never heard of, and it was certainly fascinating. “Do you do it every time you have an orgasm?” I asked. “No, in fact I don’t have to have an orgasm to do it” she said.

Now I was really confused. I was thinking that this had to be some odd medical condition and that she should make an appointment to see her Gynecologist. Yet, before I suggested something like that, I wanted to know more. We talked for about an hour, discussing everything from what it felt like to how it happened, and what we thought it was.



Now any one who knows me, knows that I cannot leave anything this “juicy” left to doubt... so I went to the almighty Internet to get my answers. What I found was some really confusing and contradicting information. No matter what article, journal, book or web site I found, nothing was telling me adequate or accurate information. I was starving for the truth, and felt I had nowhere to turn. How was I supposed to learn if I could do this if I could not find anything that said if it was a normal or a common female function? Even my own Gynecologist was not helpful and said that it only happened in some women, and nothing more.



My husband and I even rented some of the most “popular” female ejaculation educational/adult videos and let me say that they were ALL a complete let down. They all possessed one of two qualities (or both) they were inaccurate or boring! That is why we decided to produce the video “The Art Of Female Ejaculation,” which is not only accurate and chock full of all the information within this book, but has very erotic and “wet” scenes throughout! If you want to learn more about our video may read about it at the end of this book.

I was becoming more and more frustrated by the lack of information out there to provide me with answers. I wanted to know if all women could do it, or if only some women could. If only some women could do it, why? What was it about them that allowed them to do this intriguing sexual display? Was there something about their ability to produce fluid, was it the way they were put together that was different than the women who did not do it?

I wondered if I could do it, but also wondered why I had not. If I was a woman that was to later find out I could, then why hadn’t I? I went to several really elaborate sex education books for research and only found reassurance from them that if I were one of the rare women that could do it, that it was not a

dysfunctional thing and to not be embarrassed. That was it! How was I supposed to learn about female ejaculation and what it was all about if I could not get answers anywhere?

I called my girlfriend again, this time determined to talk it through until I figured out how to do it. From my research, I knew that I needed to be sexually stimulated for this to happen, and I had a feeling that I was going to need to stimulate my g-spot. Then my girlfriend said the magic words during our conversation that got me headed in the right direction. She said that before it happened that she always felt like she had to pee, and instead of holding back she would push, and push hard. All my memories of feeling like I had to pee during sex came rushing into my mind, and I thought that if I had simply pushed, rather than held back (what I thought would be urine) then I would have been doing this sexy release too!

I decided that if I were going to try doing this that I would first try it by myself to avoid feeling inhibited or concerned about what it was going to be like in front of my hubby. Then I decided that it would be best to masturbate in a place where I wouldn't be "psyching" myself out that I was going to get the entire bedroom soaked. Thus, I decided to do it in the bathtub without water, so that I would be sure to see it if I was able to do it, rather than have it disappear into water and not be sure.



I thought to myself why I would have held back before, and realized that most women hold back during sex feeling that if they were to push that they might have pee, poop, or have gas come out and how embarrassing that might be to our unsuspecting lover! So before I began my great adventure, I made sure to use the bathroom so that I was on "empty" in every category. I peed every drop I could squeeze so that there would be no left of urine that would come out. I wanted to be absolutely sure that if something gushed out, that it was this mysterious, sweet; watery cum I had heard about.

Stripped down, and laying on a towel in the bathtub, I began my masturbation session. Instead of turning to a fantasy, I simply tuned into my body, becoming very aware of all of the sensations that I was having. I used a g-spot toy of mine to stimulate my g-spot (Paraurethral/Skenes Glands) as well as my fingers over my clitoris. I wanted to make sure I was very sexually aroused so that if I was going to be able to do it that I would have a lot of cum gush out.

Self talk is important in building sexual excitement, so one thing I did say to myself was that if this did not happen, that I would just try again later so as not to put any unnecessary psychological pressure on myself. I did not want to give myself any performance anxiety. That was another reason I wanted to first try this alone.

I felt my body responding to the masturbation and a few times, I began to feel a slight hint that I might have to pee. I continued to stimulate myself and finally it was there... an overwhelming feeling of having to pee. Knowing that I had just urinated (a lot) I knew that I did not have to pee, and I also knew that this was my cue to push. Just as I began to have an orgasm and the feeling of having to urinate was at it's height, I pushed hard... low and behold a gush of sweet, watery cum came out. It came out fast and with force. There was about two cups worth just gushing out of me. I looked down and could not believe my eyes. My thighs were soaked, the towel was soaked, some was running down the drain, and all I kept thinking was "I did it!" Never mind that it was the most intense orgasm I had ever had in my life, I was victorious!



Just for a second, I began to second-guess myself and thought... "Well, maybe it was pee..." but I reminded myself that it was cum, and then took the towel and smelled it. Sure enough it was filled with the sweet watery fluid that my friend and research had been describing. I was ecstatic, giddy, and proud. I was really happy to think that I was able to do this sexy, powerful, sexual release and I was laughing out loud in elation. Yayyyy! ☺

My happiness soon turned to frustration. I was simply frustrated that I was in my early thirties, a sexually educated woman, mother, and psychotherapist and I did not know about female ejaculation, let alone know that I could do it? This was ridiculous! Why is any woman out there unaware that she can do this... what is wrong with our society that we have not researched this enough, or have it taught as basic sex education?

During my research for this book, I found an article regarding a ban in England of a movie that had female ejaculation in it because it was said to be "unnatural and lewd." The movie makers won the case as it was later determined that this was not a "freaky" act, rather it was no different than a man ejaculating in a adult movie, and thus it was deemed viewable by the adult population.



My goal in writing this book is to get the word out there. I spent many long days and nights researching and interviewing for this book so that I could empower women and their partners to be educated about this. I hope that you will talk about this, and spread the news so that we all can finally celebrate women's sexuality, and not deny it's very capacities.

Needless to say, I have found my own personal relationship with female ejaculation to be rewarding through its intense physical pleasure in addition to its empowering psychological effects. I love it, my husband loves it, and I am sure you and your partner will too!



John & Lisa Longhofer



Why Female Ejaculation Makes Any Orgasm More Intense And Pleasureful!

When a woman achieves female ejaculation, she is truly letting go on multiple levels. On the physical level she is letting go by pushing out ejaculate with a physical pleasure so intense that it can make other strong orgasms pale in comparison.

Other reasons however, are the mental and emotional releases that are being achieved. Letting go of inhibitions that have been held back is emancipating and there is truly a feeling of celebration when female ejaculation occurs.

Female ejaculation allows a woman to not only feel a freedom of release that is like no other, but the intensity of the orgasm combined with female ejaculation is one of the most intense feelings most woman could ever feel!



Preparation- towels, pads, etc.

As outlined in the earlier part of this book, there can be a lot of fluid expelled during female ejaculation, and it is best to make sure that you prepared as you are may experience a mini geyser! Here is a list of things that you may want to have on hand-



1) Towels

Make sure that they are thickly layered so as to absorb all of the liquid and not allow it to leak onto a nice bed, sofa, etc.)

2) Extra Large Underpads

You can find them in the drug store near the incontinence products, as they are intended for use by those suffering from incontinence.

3) Plastic Sheet

Spare shower curtain, garbage bags, or other plastic covering that can be placed under one towel or sheet.

4) Bath tubs Or Hot tubs

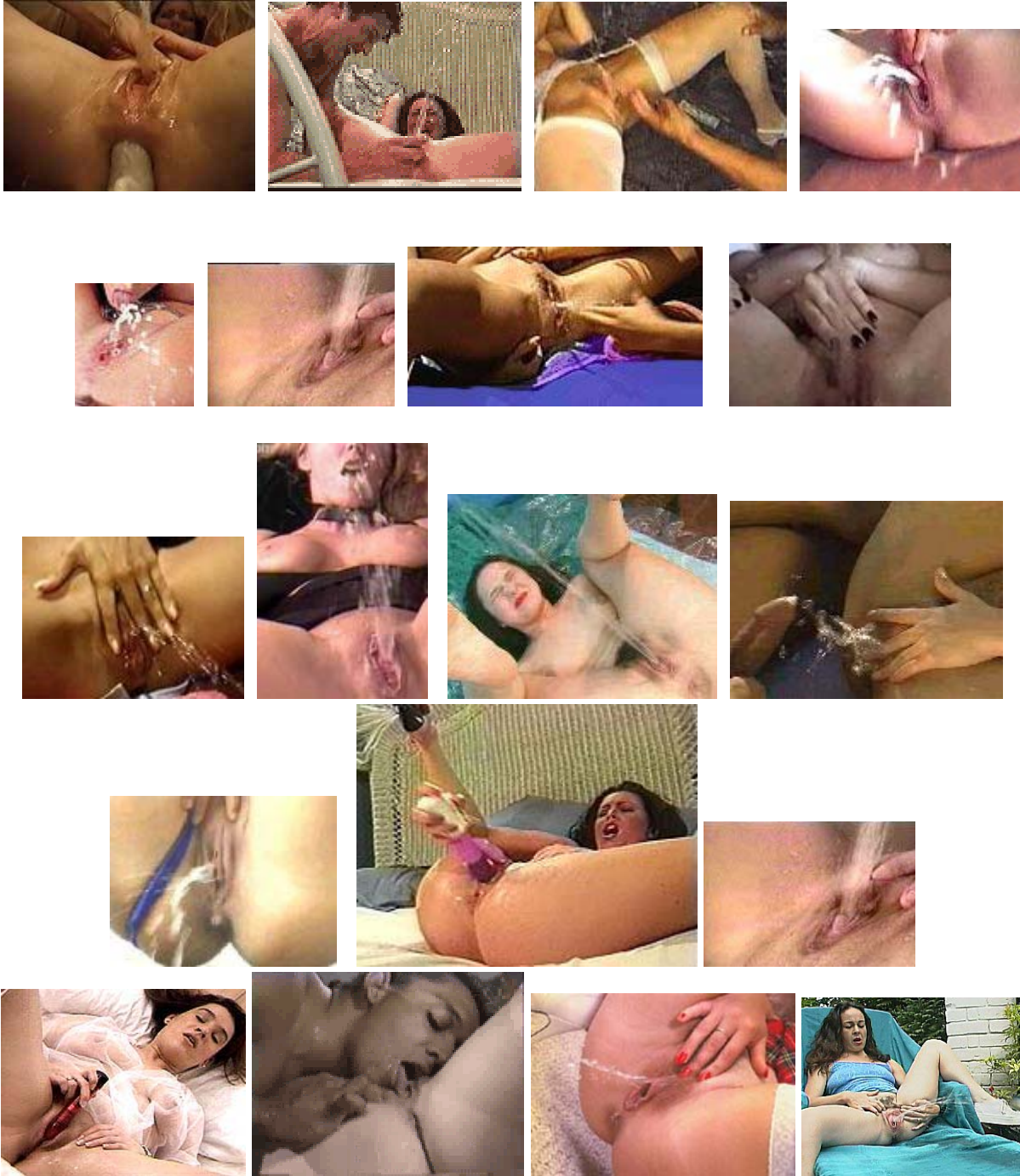
These make cleanup rather easy.

5) Waterproof Air Mattress

This, or any waterproof surface such as a linoleum floor will do.



Female Ejaculation Pictures~





Environmental Conditions~

Here are some suggestions to make the environment conducive to the erotic session of female ejaculation.

1) A Water Proof Environment-

Having a waterproof environment allows the psychological inhibition of thinking that you are going to make a mess, eliminated. It also allows for easy clean up.

2) Bathroom Time Before Hand-

Using the bathroom before hand to expel pee, poop, or gas will also ease the inhibition that some women may feel in thinking that they will do something that may be embarrassing to them.

3) Low Stress-

Especially during the experimental phase of trying female ejaculation, ensuring that a woman's stress levels are low is a good tip. When a woman is stressed and unable to relax and let go, she is often less likely to have an orgasm, let alone experience female ejaculation. Women generally have emotional associations with sex, and if they feel uncomfortable, a sexual release of any sort is less likely to occur.

4) Unlimited Time-

The key here is to lower a woman's stress levels. If a woman feels rushed, particularly around trying something new such as this, she may be less likely to relax and let herself get in tune with her sexual responses. If this is one of the first few times you are trying out female ejaculation, make sure to have a lot of time to get to that place of heightened sexual ecstasy. Most women need to get the mind, body and spirit aligned with their sexuality in order to really let go and enjoy all the pleasure their body can provide, and this can take some time. Spending extra time to work a woman into a sexual frenzy is well worth the investment!

5) Encouraging, Enthusiastic, Patient, And A Reassuring Partner -

A partner who can be all of those things mentioned above is a partner that any woman will appreciate, and not just sexually! Particularly during sexual penetration, a woman feels naturally vulnerable. If her partner puts too much pressure on her to perform then just as with anyone, it can back fire. A partner's role is important, and often crucial to a woman's sexual pleasure levels.

6) Soft Lighting-

This may or may not make a difference to some women, however due to the high percentage of women that struggle with self-esteem and body issues, having soft lightening may aide in her feeling more relaxed; especially when so much attention will be paid to her when she is gushing out cum like a waterfall! This may not be as important after feeling more comfortable in performing female ejaculation, but it is worth consideration when first experimenting with it.

7) Music-

Music is one of the most powerful influences in our environment that we have. Having sensual musical selections that promote a woman to feel erotic, relaxed, and uninhibited is definitely a good mood enhancer.

8) G-spot and other toys-

Having toys in any sexual encounter can be a wonderful treat! Particularly toys that do a wonderful job in making the effort less, and the sexual pleasure better (such as vibrators, g-spot stimulators and other fun equipment.) In just a moment, I will outline some toys on the next page that I recommend to make female ejaculation easier.

9) Wine, Water, And Other Beverages-

Alcohol~ I am not encouraging anyone to drink alcohol to have a good time sexually, in fact often I think that it inhibits full sexual pleasure by creating a numbing effect to the genitals thus, decreasing sensation. However, if you or your partner feel inhibited about performing female ejaculation, and you find that you can't talk yourself out of your fears, concerns, or other issues, then a little alcohol can be a nice way to get yourself relaxed and less inhibited to get you started.

Water~ You may be thinking... water!? Why would I need more fluid? Having this much fluid expelled from the body will easily dehydrate the lucky woman doing it, so water on hand is always a good idea.





Special Toys And Where To Get Them~

Female Ejaculation Sex Toys & Products~

We have compiled a wonderful selection of the products and toys that our customers and we feel are **the best tools in achieving female ejaculation.**

Important To Remember When Selecting Products-

As mentioned throughout our web sites, female ejaculation can be achieved by g-spot, clitoral, vaginal and other orgasms. That is why you will see a variety of different toys that stimulate different parts of the vagina featured.

Our Distributors~

We have contracted with only two on-line stores that sell these items, as we are only interested in referring our clients to reputable, high quality, and low cost merchants.

The stores that we recommend on line are~ [Adam & Eve](#) and [GameLink](#).

You may review our recommended toys below or visit the online stores directly. For your convenience we have linked each product we recommend directly to it's order page to save you the trouble of hunting for it. If you have had great success with a toy that you recommend, feel free to contact us and let us know about it so that we can share your success with others!

Female Ejaculation Toys

Our Recommended Products~

- ~ Glass Dildo/G-spot Stimulators
- ~ G-spot Stimulators
- ~ Clitoral Stimulators
- ~ Clitoral & G-spot Combination Stimulators
- ~ Dildos
- ~ Penis Extensions & Add-ons
- ~ Lubricants

Our Rating System~

Number Of Stars~	Rating~
★ ★ ★	The Best- A Must Have!
★ ★	A Very Good Product- Very Effective
★	Worth Considering- An Effective Toy

To View A Full Web Page Of Our Recommended Products

(with pictures, prices and reviews)
Visit The Link Below-

[CLICK HERE](http://www.holisticwisdom.com/female-ejaculation-sex-toys-descriptions.htm)

<http://www.holisticwisdom.com/female-ejaculation-sex-toys-descriptions.htm>

Those who still have to deal with a dial up connection...
be patient, as the page will take a moment to download.

Female Ejaculation Videos & DVDs~

We provide the *best* in female ejaculation products and services and that is why we not only provide FREE Female Ejaculation video clips through our web site, but also provide you with a list of Female Ejaculation Videos & Female Ejaculation DVD's through the online store with the *best prices!*

Also make sure to note that the Videos that say~
"Video On Demand" Can be watched online right now!

[CLICK HERE](http://www.holisticwisdom.com/female-ejaculation-videos.htm)

<http://www.holisticwisdom.com/female-ejaculation-videos.htm>



Getting Creative And Having Fun: Ideas & Techniques For Female Ejaculation~

👉 Finger & Hand Techniques~

Finger and hand techniques are quite effective for stimulating the female genitals in order to achieve female ejaculation. You will want to wash your hands well and make sure that you do not introduce harmful bacteria into the vagina... particularly the urethra. It is always a good idea to trim fingernails, so as to not cause pain if using finger play to sexually stimulate.

Also, no matter how "wet" a woman is from her own excitement, a generous amount of lubrication, is a great idea as it feels really good to have a lot of hot liquid to stimulate the nerve endings more easily. Any woman will tell you that dry or kinda dry, intense vaginal play HURTS!



🟡 **Lubricants~** When it comes straight out of the dispenser, it can be a tad bit cold and be uncomfortable when applied to the genitals. A good tip is to warm lubricant slightly before applying it. Try the flavored and scented brands for extra fun!

🟡 **A quick note to consider~** It may be difficult to stimulate the g-spot for the **solo** explorer as the fingers may not be long enough to adequately reach the most sensitive area. In addition, if one hand is stimulating your clitoris, it can limit access to your vaginal opening with your other hand. That is why toys are very helpful to the solo gusher. 😊



The Double Pleasure Clamp Techniques For A Woman's Partner~



The Clamp



The Two-fingered Clamp

The Clamp techniques are quite effective, especially for achieving female ejaculation. The following is step-by-step instructions on how to implement it~



- 1) **The Clamp~** Stimulates the clit using the thumb, while using one or more fingers to stimulate the g-spot. A good position is when you are able to be in front of a woman. Most women prefer one to two fingers; although some women like a lot of pressure and three to four can be used as well.
- 2) **The Two-fingered Clamp ~** is best used when a woman is on her knees or standing with her bottom outward such as shown in the picture to the left. Her partner then uses this technique from behind her. The thumb stimulates the g-spot, and the fingers make a “V” around her clit.

● The Pleasure Of The Penis, Dildos & G-spot Stimulators~



Whether you provide the vagina with the pleasure of a penis, dildo, or g-spot stimulator, the most effective stimulation from any of them is using rhythmic thrusting with pressure. These rhythmic movements create vibrations, which induce pleasure in the cervix and uterus as well as in the G-spot and vagina.

When a penis, dildo, G-spot stimulator, etc. is introduced into the vaginal opening, the initial pleasure is primarily from the feeling of distention or fullness. If the object inserted is thick in circumference increased pleasure from the distention of the vaginal walls may be heightened as the G-spot is provided with intensified pressure the more the vagina is filled. This sexual stimulation is due to the highly sensitive plethora of nerve endings in the g-spot. While discomfort may initially be felt, these sensations may gradually fade. I was hesitant to even mention this, as it may contribute to men out there having their insecurities about their penis size made worse... but please note that I am not finished with this point so please read on! ☺ A penis or object that is curved upward such as a g-spot stimulator places pressure on the g-spot and this can be just as stimulating, so while width is a positive pleasure inducer, it is not **as** important as **where** the penis stimulates a woman in her vagina and the pressure it provides to the g-spot.

● Choosing Your Dildos & G-spot Stimulators~

Dildos and g-spot stimulators that have a high success rate are those that are curved near the tip or those that are made in the image of a penis with a prominent ridge at the junction of the glans and shaft. Because all women are different, and some have different preferences for stimulation, you may find that while some women prefer hard plastic dildos, others prefer softer, flexible ones. Other preferences also include variations in the width and length. Some women enjoy a slim object that can be directed at a specific area, while others enjoy feeling completely filled, and/or deeply penetrated.

A long object in the vagina creates pleasure in the highly sensitive nerve endings in the uterine cervix, thus making a vaginal orgasm more likely. This area is so sensitive during sexual arousal that many women have reported being able to feel a man ejaculating his semen into the cervical opening!



There is of course always the makeshift dildo, which can work well: i.e.- cucumbers, brush handles, mirror handles, etc. No matter which toy you decide to try, just think of what it is that pleasures you or

your partner the most, and give a corresponding toy a try. You may have to experiment to find a favorite, but practice makes perfect! 😊

🟡 Clitoral Stimulation-



Women also vary according to how they enjoy clitoral stimulation, however there is a general consensus about some things and let me take a moment to review what most women will enjoy.

When accessing the clit remember that the clit has a hood over it, and that can also be stretched back to fully access the clit in order to fully stimulate it (opening the vaginal lips is helpful to access it).

When a woman who is masturbating uses clitoral stimulation as a means to achieve orgasm, it is generally more pleasurable to have a constant, repetitive motion. Many women have voiced that they are embarrassed to tell their partner that they would prefer less variety of motions over the clitoris, and would love a constant, quick, rhythmic stimulation because they do not want to offend their partners creative and varied efforts.

The technique of repetitive motion is simple when you think about it, I mean, if you had an itch and someone were doing a lot of scratching activity around and over it to relieve the itch, you might find it less satisfying than having them directly scratch the area that was itching using the most repetitive scratching focusing on the itch. This is a generalization of what most women want in clitoral stimulation. As with everything else, communicate with your partner to indicate what works best.

Another preference that women have regarding clitoral stimulation is to have it stimulated on the side of it as opposed to directly on top of it. The clitoris is the most highly sensitive area on a woman's body and activity (especially with force) directly on top of it can be a bit overwhelming, if not painful.

🟡 **A Tip~** Many women, although some are not aware of it, prefer one side of their clitoris to be stimulated over another. Make sure to take note of this to ensure the best side to approach when sexually stimulating this area.





Will Kegel Exercises Help With Female Ejaculation?

While Kegel exercises (the contracting of the vaginal walls) aides in offering more control of the vagina to grab and tighten; researchers have found that doing Kegel exercises does not necessarily aide a woman in achieving female ejaculation. It was troubling to me that in female ejaculation videos in the adult industry actually claim this is the key to female ejaculation. It seems they need to read this book!



Golden Showers (Urinating) Versus Female Ejaculation~

The visual effects of female ejaculation are different than urinating. First, female ejaculate is clear and comes out most often in a forceful gush or spray, as opposed to urine, which usually comes out in a stream and is varying shades of yellow. Second, the physical properties of the two liquids are very different. Female ejaculate is similar to that of semen prostate fluid in a male.

However, if a woman has not emptied her bladder before sexual activity, or if she has but the sexual activity is prolonged enough so that her bladder is refilled with urine, a woman may have **some** urine be expelled during ejaculation. That is why if you are put off by the idea of urine, you will want to make sure that the bladder is emptied prior to attempting it. If this is arousing to you, then it will not be a factor.

Regardless of your preferences here, a woman should **never** be made to feel that this normal, physical, sexual response is wrong, repulsive, or something that she should be ashamed of. It is a natural way for a woman to experience sexual pleasure. **It should be celebrated just as much a man's ejaculation process.**



Female Ejaculation Overview With Step-By-Step Suggestions~

There are many ways to experience female ejaculation. Some women are capable of doing it many times during one sexual session. Some women report ejaculating fifteen times in an evening. This is a bit more rare and certainly will dehydrate you if you are not making sure to drink plenty of fluid.

The specific way to achieve female ejaculation will really depend on the woman. Some women do not need to have an orgasm to do it, others do. Some need only clitoral stimulation, while others need g-spot stimulation. As you can see, there are infinite ways to achieve female ejaculation, and communication is truly the key.

Below are two outlines of step-by-step guides on how to achieve female ejaculation. Feel free to change the order, or even the areas suggested for stimulation depending on your preferences. Remember these are **merely suggestions** based on research and interviews of the more popular and effective techniques used to achieve female ejaculation.

🟡 Learning to Ejaculate Solo Step-by-step~

- 1) Make sure that you have an environment that will be relaxing and will allow for an erotic adventure to take place. This can include such things as lighting candles, playing sensual music, having your “play area” comfortable and private, wearing sensual clothing such as lingerie, and filling the air with an exotic fragrance.
- 2) Empty your bladder from all urine, expel gas, or defecate if you need to. This will ensure that when you go to push the fluid, you will not feel inhibited in anyway and can let go.
- 3) Creating a relaxing atmosphere can also include doing some sensual foreplay with your self. Often when people masturbate they forget to caress and seduce themselves. Get into the mood doing such activities as: lightly caressing your body, breathing deeply and allowing yourself to become especially aware of the pleasure that you are giving to yourself and how good it makes your body feel.
- 4) Make sure to have enough time to really let go, and not feel rushed.
- 5) You will want to wash hands well to make sure that you do not introduce harmful bacteria into your vagina or introduce it into the urethra. Trim fingernails, so as to not cause pain if using finger play to sexually stimulate.
- 6) Use a generous amount of lubrication, even if you are very lubricated already. Another good tip regarding this is to warm lubrication slightly before applying it. When it comes straight out of the dispenser, it can be a tad bit cold and seem uncomfortable when applied to the genitals.
- 7) **Positioning Tip~** It was interesting to note upon interviews that the majority of women found it easier to experience female ejaculation when having their thighs upward against their abdomen (knees against the rib cage) in order to maximize the opening of the vagina. Various positions will support this. This is most likely due to it's allowing the combination of the g-spot to be more easily

accessed, the urethra to be more easily opened (with pressure on the bladder, and paraurethral/skenes glands) and the full opening of the vagina.

- 8) Stimulate the clitoris to awaken arousal within the vagina by using a water-based lubricant, and anything from fingers to a vibrator.
- 9) Introduce a shaft like object such as a finger, dildo, or g-spot stimulator to stimulate the Skenes/Paraurethral glands within the g-spot. Use pressure to massage the g-spot (usually located 2-4 inches inside the vagina on the top).
- 10) Stimulating the g-spot may begin to cause you to feel the need to urinate. **Do not fight this urge if you want to ejaculate.** Let it continue to build, relax, taking deep breaths and allow the sexual excitement and feeling of needing to urinate to build.
- 11) If you find that there is a particular area that is most exciting to stimulate during this process, make sure to directly stimulate it to get yourself to the most heightened level of arousal that you can achieve.
- 12) Make sure to allow yourself time to enjoy this and do not try to rush to the female ejaculation goal. The more you build your sexual excitement, the more liquid will be expelled upon release.
- 13) Think positively; do not get caught up in pressuring yourself to do this. Assure yourself that this may take practice and time, and relax. Don't be afraid as this is all healthy, normal behavior, and the true goal is simply to embrace your sexuality and pleasure and nurture your self.
- 14) As you feel your orgasm building you will want to stay relaxed and go with it. Let it take you over the edge.
- 15) The fluid through the urethra will initially feel exactly like when you start to pee. The reflex to stop peeing will immediately stop the ejaculation, so it is important to relax, and allow the fluid to pass.
- 16) When you are at the height of your orgasm, relax your bladder and bear down and push hard as if you were moving a bowel movement with force or giving birth to a child. (Often during childbirth women urinate, pass gas, or defecate as they are pushing out with that same surrender).

- 17) Usually this is when the gush of fluid will pass out of you. Sometimes during this moment, you can get so caught up in the release that you may not even be aware of the fluid coming out of you, or to what degree it is coming out.
- 18) If you ejaculate you will most likely feel a more intense release than ever before, and if you do not have fluid come out, remember that nothing is lost. The pleasure that you just derived is the goal!
- 19) Being able to ejaculate may take practice, and patience.
- 20) Make sure to have a drink ready, because you will probably be very thirsty, and if the ejaculation occurs more than once, risk of becoming dehydrated will occur.
- 21) This does not have to be the end of the sexual experience... you may continue onward and have multiple orgasms and ejaculations with further sexual play.



Advantages To Having A Partner For Female Ejaculation~

One advantage to having a partner stimulate you to experience female ejaculation is that often times you may give up, whereas if before hand you make an agreement with your partner that you will have them continue to masturbate you until you reach orgasm, you will be more likely to reach a climax with female ejaculation. It may also be more arousing to have a partner stimulating you, especially when they are enjoying the sexual activity with you.





Learning to Ejaculate Instructions With A Partner Step-by-step~

- 1) Make sure that you and your partner have an environment that will be relaxing and will allow for an erotic adventure to take place. This can include such things as lighting candles, playing sensual music, having your “play area” comfortable and private, wearing sensual clothing such as lingerie, and filling the air with an exotic fragrance.
- 2) Have the necessary tools, and toys such as lubricant, STD protection (if needed), and towels or another source to catch the ejaculate.
- 3) Remember to be careful and think about safe sex. The fluid may spray around like a fountain and may spray as far as your partner's legs and a few feet high. While the fluid may contain the HIV-virus remember that it is killed within seconds after it has left the body and exposed to a temperature lower than the average body temperature. However, you will want to avoid accidentally getting it on your lips and in your eyes, for reasons regarding HIV-protection.
- 4) You will want to wash hands well to make sure that you do not introduce harmful bacteria into the vagina or introduce it into the urethra. Trim fingernails, so as to not cause pain if using finger play to sexually stimulate.
- 5) Have your partner empty their bladder from all urine, expel gas, or defecate if they need to. This will ensure that when they go to push out the fluid, they will not feel inhibited in anyway and can really let go.
- 6) Creating a relaxing atmosphere can also include doing some sensual foreplay. Get into the mood doing such activities as: massage, using sweet or spiced body lotions or oils, soft kissing, a bubble bath, and many other creative ventures.
- 7) Make sure to have enough time to allow your partner to really let go, and not feel rushed.
- 8) Use generous amounts of lubrication, even if she is very lubricated from her own juices already. A good tip is to warm lubrication slightly before applying it. When it comes straight out of the dispenser, it can be a tad bit cold and seem uncomfortable when applied to the genitals.
- 9) Positioning Tip~ It was interesting to note upon interviews that the majority of women found it easier to experience female ejaculation when having their thighs upward against their abdomen,

(knees against the rib cage) in order to maximize the opening of the vagina. Various positions will support this. This is most likely due to it's allowing the combination of the g-spot to be more easily accessed, the urethra to be more easily opened, with pressure on the bladder, and paraurethral/skenes glands, and the full opening of the vagina.

- 10) Stimulate the clitoris to awaken arousal within the vagina by using a water-based lubricant, using anything from fingers to a vibrator.
- 11) Introduce a shaft like object such as a finger, penis, dildo, or g-spot stimulator to stimulate the paraurethral/skenes glands within the g-spot. Use pressure to massage the g-spot (usually located 2-4 inches inside the vagina on the top).
- 12) Finger play from a partner is most effective when using an index finger. The best way to stimulate the inside of the vagina is along the upper wall. Create a "hook" with your index finger hand palm side up, and make the motion one makes to say, "Come here." You can do the same thing with one or two fingers inside the vagina. Massaging the upper wall of the vagina, press your fingers up and curl them forward toward the front. Use the urethral opening as a guide.
- 13) Stimulation to your partner using a dildo is a great way to achieve female ejaculation. Sometimes this may require more verbal communication as you cannot be sure that the dildo is stimulating the g-spot the way your partner will be most stimulated. She needs to let you know what feels the best. When using a dildo or long shaft like vibrator you should note that preference depends on the woman. Some women may prefer for the tip of a vibrator to be against their urethra, while others may prefer a full feeling from a dildo. The pressure created by large dildos or an entire hand (fisting) may stimulate the urethra enough to cause an ejaculation, even if that is not the intent.
- 14) Stimulating the g-spot may begin to cause your partner to feel the need to urinate. Explain to them that they should not fight this urge. Tell them to let it continue to build, relax, taking deep breaths and allow the sexual excitement and feeling of needing to urinate build.
- 15) If you find that there is a particular area that is most exciting to your partner during this process, make sure to directly stimulate that area to allow your partner the most heightened level of arousal that she achieve.

- 16) Make sure to allow your partner enough time to enjoy this and do not try to rush to the female ejaculation goal. The more you build your partner's sexual excitement the more liquid will be expelled upon release.
- 17) Encourage your partner by saying such things as: "your getting there, you're doing great, don't worry, relax and let it come" or other similar praise and reassurance. Your partner may need reassurance that if she get you all wet as she ejaculates that you will not be upset, and that you are excited about it. Let her know that you are comfortable with her ability to ejaculate and that you find it arousing.
- 18) As your partner feels their orgasm building they will want to stay relaxed and go with it. Encourage them to let it take them over the edge.
- 19) The fluid through the urethra will initially feel exactly like when she starts to pee. The reflex to stop peeing will immediately stop the ejaculation, so it is important to have her relax, and allow the fluid to pass.
- 20) When your partner is at the height of their orgasm, they will need to relax their bladder, bear down and push hard as if they were moving a bowel movement with force or giving birth to a child. (Often during childbirth women urinate, pass gas, or defecate as they are pushing out with that same surrender).
- 21) Usually this is when the gush of fluid will pass out of her. Sometimes during this moment, she can get so caught up in the release that you may not even be aware of the fluid coming out of her, or to what degree it is coming out.
- 22) When she ejaculates she will feel a stronger type of release than ever experienced before, and if your partner does not have fluid come out, remember that nothing is lost. The pleasure that she just derived is the ultimate goal!
- 23) Remember that being able to ejaculate may take practice, and patience.
- 24) When your lover has ejaculated, celebrate with her. Don't make fun of her or it may be the last time she will want to ejaculate, at least with you there!

- 25) Make sure to have a drink ready, because she probably will be very thirsty, and if the ejaculation occurs more than once, risk of becoming dehydrated will occur.
- 26) This does not have to be the end of the sexual experience... you may continue onward and have multiple orgasms and ejaculations with further sexual play.



Cara Croft Featured In "The Art Of Female Ejaculation Video."





Chapter Six:

Obstacles, Inhibitors & Solutions In Achieving Female Ejaculation ~

I Think I Can, I Think I Can...



Inhibitors

Things that can inhibit a woman from being able to achieve female ejaculation can vary. Here a few examples of myths, inhibiting factors and false belief systems, and physical challenges that women may find themselves struggling with...



Psychological Inhibitors~

- 1) A mindset that this is dirty, unnatural and immoral.
- 2) Body image issues of feeling less feminine because she may “squirt” and make a mess.
- 3) Thinking that she won’t be able to do it.
- 4) Feeling overly pressured to do it, and suffering from performance anxiety.
- 5) Feeling guilt for allowing her self to have sexual pleasure, by perceiving it as “wrong.”
- 6) Feeling selfish for receiving pleasure from a partner (Many women like to be the “pleasing type” and forget about their own sexual desires and needs).
- 7) Worrying that someone will find out that she did something that is not commonly spoken about and see it as a taboo activity.
- 8) Feeling that her own ejaculate fluid is repulsive.
- 9) Afraid that she will be “inadequate” if she tries and is unable to do it.
- 10) Feeling like she is doing something only porn actresses would do and feeling “dirty.”
- 11) Feeling embarrassed for not having known about it before and suddenly feeling naive about her own sexuality.
- 12) Worrying that it may hurt or cause damage to her genitals.
- 13) Worrying that she may never be able to control whether she wants to ejaculate in the future again, left with only being able to have an orgasm and gushing out fluid even when she does not desire to.
- 14) Making the error of trying too hard, and not allowing herself to relax enough to open the urethral tube to allow the fluid to come out.

- 15) Having sexual abuse issues that have not been resolved, or may be resurfacing and need attention.
- 16) Having relationship conflicts that do not allow her to feel uninhibited sexually, or creating a loss of sex drive.



Physical Inhibitors~

- 1) Not finding the right sexual stimulus or combination of sexual stimuli to aide her in reaching an orgasm.
- 2) Not having an environment that is conducive to relaxing her enough to reach that point of letting go.
- 3) Not having enough time to reach the level of arousal to achieve it.
- 4) Being in an awkward position that is not conducive to providing maximum sexual pleasure.
- 5) Having a medical condition or factor that would inhibit sexual responsiveness (such as a hysterectomy, c-section that may have damaged sensitive nerve endings responsible for sexual stimulation).
- 6) Having a side effect from medication or herbs that may be decreasing the blood flow to the genitals or decreasing libido.
- 7) Experiencing pain from a Urinary Tract Infection (UTI) or other medical condition.



Female Sexual Dysfunction~

It seems that until recently, women's sexual arousal issues have not been adequately addressed. There are different areas of female sexual dysfunction, so lets break it down into some of the major categories-

1) Unable To Have An Orgasm-

Female Orgasmic Disorder is defined as the delay or absence of orgasm after "normal" arousal.

2) Unable To Become Sexually Aroused-

Hypoactive Sexual Desire Disorder is characterized by an absence of libido. There is no interest in initiating sex and little desire to seek stimulation.

Sexual Aversion Disorder is characterized by an aversion to or avoidance or dismissal of sexual prompts or sexual contact. It may be acquired following sexual or physical abuse or trauma and may be life-long. The main feature of female sexual arousal disorder is an inability to achieve and progress through the stages of "normal" female arousal.

Female Sexual Arousal Disorder (FSAD) is a persistent or recurrent inability to attain, or to maintain (until completion of the sexual activity) an adequate lubrication-swelling response of sexual excitement.

3) Unable To Have Sex Without Pain-

Dyspareunia is marked by genital pain before, during, or after intercourse.

Vaginismus is the involuntary contraction of the perineal muscles around the vagina as a response to attempted penetration. Contraction makes vaginal penetration difficult or impossible.

Painful Sex: Potential Causes-

Pain From Deep Thrusting	Pain From Shallow Thrusting
Constipation Pelvic Inflammatory Disease Cervical Sensitivity	Constipation Episiotomy Scars Yeast Infections Herpes Sores Cuts, tears, or cysts

4) Unable To Have An Orgasm With A Partner-

A) Mental Causes-

1) Fear-

May stem from fear regarding a past trauma, and/or fear of being perceived badly or having an undesired result (i.e.: promiscuous, inadequate, submissive, pregnancy, insecurity, poor body image)

2) Anger-

May also stem from previous trauma(s) and/or anger of feeling objectified, submissive, or physically intimidated.

B) Physical Causes-

- 1) Physical Compatibility
 - a) Poor Sexual Anatomy Match
 - b) Chemistry
- 2) Technique
- 3) Vaginismus
- 4) Vulcodynia (Vaginal Pain Disorder)

Important To Note: Not Having An Orgasm During Sexual Intercourse For A Woman Is Very Common, And Is Not Considered Sexual Dysfunction.

These disorders cause personal distress in addition to physical complications that may be the cause or the symptom of the sexual challenges. It is just as important for a woman to see her health care provider should she experience ongoing sexual problems.

Some Helpful Solutions~



Kama Crème is a Female sexual enhancement lubricant and heightens the arousal phase of sexual pleasure when applied to the sensitive tissues of a woman.

Arousal is encouraged by the gentle warmth and tingling sensation of soothing menthol. As the experience continues, the pulsating and soft heat intensifies, which further enhances blood flow into the area. While the menthol stimulates, the essential amino acid L-Arginine initiates the nitric oxide pathway of sexual stimulation.

HerTurn enhances sexual responsiveness in the areas that matter most, and produces sexual arousal to increase and enhance the enjoyment of intercourse. In addition, the feeling and stimulation of the female sex organ is heightened dramatically as the result of using HerTurn. L-arginine stimulates the clitoral tissue, which results in increased blood flow and dilation of the blood vessels in the clitoral area, resulting in intense sexual arousal. L-Histidine, converted to histamine, is the chemical responsible for triggering an orgasm.



Progesterone works in tandem with estrogen and other hormones to create an overall hormonal balance. Damiana Leaf, known by its botanical name of Turner's Aphrodisiaca, is used for mood enhancement and as an aphrodisiac. Pregnelone, "the grandmother of all steroid hormones", and necessary to keep your hormones at youthful levels. HerTurn also contains Black Cohosh and Menthol USP for extraordinary special sensations to the vaginal walls and the genital tissues, respectively.

**For more sexual drugs and resources [click here](http://www.holisticwisdom.com/female-ejaculation--sexual-resources-sex-aides-sex-drugs.htm)
or use the link shown below-**

<http://www.holisticwisdom.com/female-ejaculation--sexual-resources-sex-aides-sex-drugs.htm>



Intimacy Issues~

- 1) Having a thoughtless or clumsy partner.
- 2) Not feeling safe with their partner.
- 3) Not feeling close to their partner.
- 4) Being overly concerned about their partner's needs or thoughts throughout sexual activity, instead of focusing on their own pleasure and letting go to receive.
- 5) Feeling criticized around doing this in the past or within the current relationship.

These are just some of the issues that may need to be explored should one find that after several attempts female ejaculation has not been able to be achieved.



Suggestions To Overcome Obstacles~

Psychological Inhibitions Concerning Morals & Femininity~

The basic idea is that this is normal, natural, and quite frankly a beautiful, sensual expression of a woman's sexuality. If you or your partner struggle with belief systems that are contrary to this, I truly hope that you can reevaluate what you have been taught, and find your own truth from the depths of your heart.

As a holistic psychotherapist, I have a strong personal and professional emphasis on spirituality. In my belief system, I honor the presence within each of us as having a soul. (If this is not within your belief system, that is certainly a view I respect and honor as your own, and you may read this knowing that it is important that we all honor what is true and right for us as individuals.) As my belief in the soul constitutes that we must find a way to evolve (being what I believe to be the whole purpose of our entire existence) on all levels~ of the mind, body and spirit. I see the acceptance and encouragement of female ejaculation in our society as a step for women to embrace and be empowered through their sexuality. It is time for our daughters to learn that their sexual feelings are normal, that they are in fact beautiful, and experiencing them in any situation that enables respect and integrity to themselves and a partner is ultimately a way for us all to evolve into more complete beings.

Important To Think About~

-  **Sex and one's sexuality is not wrong, shameful, or immoral.**
-  **Lying, judging, cheating, manipulating, violent behavior, intimidation, and not honoring others or ourselves is wrong and contradictive to our evolution.**

When you mix the two things listed above, sex begins to take on the flavor of being wrong or immoral. However, it is not sex or one's sexuality that is the problem, it is the ill intent behind it or any other behavior that carries with it the basis of dysfunction and where we need work.



Sex & Spirituality~

In our current time and within our western society, our sexuality and spirituality are often considered separate. However, throughout other cultures and times, it has been considered a spiritual act to engage in masturbation, intercourse, or other sexual behavior. My hope is that more people can begin to better understand the beauty of experiencing spirituality with sexuality.

It is my belief that love, integrity and spirituality can be found in all types of sexual relationships. While there are many types of sexual relationships that can be experienced in life, as long as they embody integrity, good communication and honesty it can be a healthy sexual relationship that allow for spirituality to be experienced within it.



Practicing these values can make any type of sexual relationship fulfilling, no matter what the "politically correct" doctrine of society dictates. No single type of relationship is better than another. A sexual relationship is simply a choice, and with that choice comes the opportunity to assume accountability, responsibility and to accept that in everything we do, including sex, there is an opportunity for spiritual growth and connection.

When we experience unhealthy sex, we are sure to find within us, emotional and mental wounds which our soul is urging us to heal. Our soul wants us to become more whole within ourselves, and sexual experiences provide an opportunity for us to reconnect with ourselves as well as experience the interconnectedness we have with others. Sexual experiences are actually a perfect opportunity to heal some of our inner wounds. When we seek out these spiritual, sexual experiences we can reconnect to our desires, our sense of empowerment, and the pleasure of being alive.

When we feed into our insecurities, fear, anger, and other challenging emotions then we may begin to seek sexual experiences that are not spiritually rewarding. Sometimes our inner dysfunction is so powerful that we not only numb ourselves to spiritually rewarding sexual experiences, but also to having physically, emotionally, and mentally rewarding sexual experiences.

If we allow ourselves to completely surrender our insecurities, and hang ups, we can truly see our interconnectedness, and sense spirituality within all things including something so beautiful as healthy sex. We are granted an opportunity to see a sexual partner (whether in fantasy or in reality) as a

reflection of aspects within ourselves. Sexuality is a quest for wholeness. Who we are sexually, mirrors who we are on many levels.

Psychologically and spiritually, whether we experience masturbation, sex with the opposite or same sexed partner we are being called to integrate the feminine and masculine aspects within us. In the feminine aspect of divinity we can see the ability to conceive, give birth, and transform. In the masculine aspect of divinity we can see the power to fertilize, impregnate, and generate.

Individuals who can speak openly and honestly about their sexual needs will find that they can be respected for their individuality and sexual choices. Couples can negotiate their differences, enabling their relationship to gain intimacy and passion. Good communication and personal agreements are facilitated, giving each partner a more clear understanding of the relationship.

When you experience sexual spirituality you have a wonderful opportunity to experience yourself in a renewed way. You are given the opportunity to heal shame, fear and repression as well as discover your natural, spiritual, sexual, healthy self. You can begin living your daily life in a more balanced, sensuous way, gaining spiritual, sexual knowledge while nurturing yourself and others with love and harmony. Your connection with yourself, your body, and others will deepen along with your sense of spirituality. You can create healthy boundaries with yourself and you lover(s). You can even reach higher levels of sexual intensity and sexual ecstasy. Enjoy!



Regarding Physical Inhibitions~

There are obviously some medical problems that can interfere with female ejaculation, and I encourage frank and open discussions about these concerns with a knowledgeable and open-minded Gynecologist. Should you or your partner have a Gynecologist that says your problems are because all women cannot achieve female ejaculation, that it is because it is a myth... find one that is a bit more up to speed with the times!



Female, Physical, Sexual Responsiveness Issues-

● Nerve damage caused by a hysterectomy or c-section~

This is a difficult situation for any woman to find herself in. Loosing one's ability to be sexually stimulated due to nerve damage (numbness) is sometimes very difficult to overcome. Again, I always recommend discussing options with a knowledgeable and open-minded Gynecologist to assist in such matters, but here are a couple of alternative suggestions as well~



Acupuncture-

Scars and nerve damage can be treated with acupuncture. To explain a bit of how it works here is a brief synopsis-

The basis of Acupuncture is that the body has an energy force running throughout it. This energy force is known as Chi (also spelled Qi, and roughly pronounced "Chee"). The Chi consists of the spiritual, emotional, mental and the physical aspects of life. A person's health is influenced by the flow of Chi in the body. If the flow of Chi in the body is insufficient, unbalanced or interrupted (such as an incision from surgery), the body's flow of energy becomes unbalanced, and in this scenario a lack of sex drive and other issues may occur.



Picture Source: World Of Pin-up

There are a few theories as to how acupuncture can assist-



The Augmentation of Immunity Theory-

By some unknown process, Acupuncture raises levels of triglycerides, specific hormones, prostaglandins, white blood counts, gamma globulins, opsonins, and overall anti-body levels.



The Endorphin Theory-

Acupuncture stimulates the secretions of endorphins in the body (specifically Enkephalins). The "Neurotransmitter" Theory states that certain neurotransmitter levels (such as Serotonin and Noradrenaline) are affected by Acupuncture.

● The Circulatory Theory-

Acupuncture has the effect of constricting or dilating blood vessels. This may be caused by the body's release of Vasodilators (such as Histamine), in response to Acupuncture.

● The Gate Control Theory-

According to this theory, the perception of pain is controlled by a part of the nervous system, which regulates the impulse, which will later be interpreted as pain. This part of the nervous system is called the "Gate." If the gate is hit with too many impulses, it becomes overwhelmed, and it closes. This prevents some of the impulses from getting through. The first gates to close would be the ones that are the smallest. The nerve fibers that carry the impulses of pain are rather small nerve fibers called "C" fibers. These are the gates that close during Acupuncture.

There are many Acupuncturists in the U.S. today. Acupuncturists are licensed independently in most states while some states require you to be a Medical Doctor to practice Acupuncture. If you do decide to receive the therapeutic effects of Acupuncture, I not only recommend finding out their credentials, but also make sure that they are compatible with your personality. Like a doctor or therapist, you should feel as though you have a good rapport and have trust with your Acupuncturist.



Massage –

Scars and nerve damage can also be treated with massage. To explain a bit of how it works here is a brief synopsis- People who have regular massage often report sleeping improvement, more regular bowel movements, larger handwriting, and increased effectiveness of medications. In addition to increasing blood flow and assisting in cell regeneration, massage also improves circulation and nutrition of the joints and can increase joint range of motion and flexibility. Massage therapists use a variety of passive motion exercises and resisted stretches, which allows for your body's rigidity and stiffness to be gently challenged as your body is reacquainted with healthy and normal movements. In addition to stretching the muscles, and assisting in cell regeneration, moving the body stimulates the production of synovial fluid in the joints (for healthy joint lubrication and pain-free movement) and re-sets the

Picture Source: World Of Pin-up



proprioceptors (neurons that sense where the joint is in space) in those joints that are stretched. So now you know that it not only feels good, but also it is really good for you. You and your partner can partake in some massage, or you can go to a professional and treat yourself to a massage, it's a great way to heal and have pleasure!

Sensual Massage

Beginning this month we are starting a series of seduction secrets that aid couples in becoming the best lovers that they can be. This edition we are focusing on the art of sensual massage.

Creating the mood with candles, music, and a comfortable area to relax and let go is of course the best way to begin. After preparing a space to be warm and pleasing, you can start with a sensual and relaxing general massage before shifting the focus to your partner's sex centers. The idea is to bring your partner to high levels of arousal, and keep him or her there for a while.



Picture Source: World Of Pin-up

~ For men~

This is best done through verbal or non-verbal communication which allows stimulation to be slowed down, changed, or stopped before ejaculation becomes inevitable (stimulation then continues in a few moments, after the urgency fades).

~ For women~

This is best done by using G-Spot and/or clitoral massage to bring her to multiple orgasms, which naturally tend to take place over an extended period of time.

Keep your lubricants, oils, and gloves (if needed or desired) within easy reach, and cover the massage table with a blanket and place a clean sheet over this blanket. You can let the sides of the blanket and sheet drape over the sides of the table so that they may be brought up to cover the receiving partner (keeping him or her warm) after the massage is finished.

~ Props~

Pieces of (possibly fake) fur or feathers can be used for additional sensual tantalization, and an eye pillow or blindfold can be helpful in blocking out any unwanted light for your partner.

We Recommend-

~ [G-spot Stimulators](#)

~ [General Massager Tools](#)

~ [Erotic Toy Kits](#)

~ [Various Sex Toys](#)

~ Music ~

Putting a CD (or prerecorded tape) of your favorite music on repeat play is a good idea. Some people are more comfortable with a pillow or rolled bath towel underneath their knees and/or head (when lying face up) or their ankles (when lying face down), and some women will be more comfortable with a pillow underneath their hips; if this is your first massage with your partner you might want to experiment a little or ask him or her.

If you're going to be giving the massage, take a look at your fingernails and clip them if necessary.

We Recommend-

~ [The Essence & Love Is Space- Deva Premal](#)

You will be totally in love with these CD's the second you play them. The music is beautiful, sensual, mystical, and simply wondrous. Any music from this artist is divine!

~ [The Sacred Fire- Nicholas Gunn](#)

Unforgettable spiritual rhythms, haunting flute and stirring vocals that burn with intensity, evoking his eternal reverence for the ancient peoples who once tread delicately upon the Southwestern desert landscape.

~ [Memory of Trees- Enya](#)

To many people, Enya has become synonymous with new age music. Her haunting voice, clear and crisp above richly woven musical arrangements and adaptations, represents some of the best in the genre. Her performances on The Memory of Trees justify the Celtic songster's reputation.

~ [Celtic Journey- Various Artists](#)

This wondrous CD opens up with "Nimue's Lament (Vocal Version)" by Alkaemy, and features beautifully themed vocals and a lush string arrangement. Backing vocals come courtesy of the great Miriam Stockley.

~ **Turning Point- David Wilcox**

Wilcox's handsome tenor bears an uncanny resemblance to James Taylor's and the younger man alternates intimate, acoustic ballads with electrified, jazz-pop midtempo numbers just like his hero. Turning Point is definitely easy on the ear.

~ **Reiki: The Light Touch Merlin's Magic**

Beautiful and empowering with simply haunting melodies. Great for meditation and revelation.

~ **Karma- Delirium**

Imagine ethnic beats, electronic sophistication, angelic lamentations, and ethereal landscapes, and you might get an idea of what this album sounds like. If you're at all a fan of Semantic Spaces, or Enigma's early work, you'll definitely enjoy Karma.

~ **Lubrication**

One similarity between men and women is that some sort of lubricant needs to be used when massaging their genitals: this will make the experience more pleasurable and prevent sore spots from developing.

One difference between men and women is that one may use oil-based, water-based, or silicone-based lubricants on men, while one should use only water-based lubricants on women to avoid encouraging vaginal infections.

Don'ts~

Also remember that condoms are weakened by oil so it is important to ensure a water based lubricant when using condoms. Please be sure any water-based lube you may be using DOESN'T contain Nonoxynol-9. In this context Nonoxynol-9 is unlikely to do anything but irritate.

For genital massage on men, or for massage elsewhere on a man or woman's body, you can purchase special massage oils at massage supply shops or else just use a light vegetable oil (such as Safflower, Sunflower, or grape seed) from the supermarket.

Lubricants and oils should be reapplied as necessary, so it's good to keep them handy.

We Recommend-

~ [Massage Creams & Oils](#)

~ [Water Based Lubricants](#)

~ [Flavored Lubricants](#)

~ Good Communication

During both the relaxation and genital phases of your erotic massage it's important for the person on the table to always feel comfortable making requests and comments. He or she should feel free to mention anything that is getting in the way of his or her comfort and pleasure.

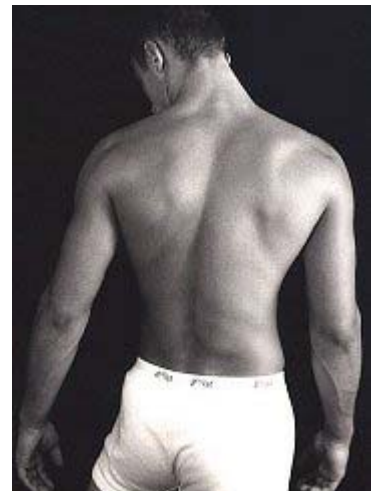
Start by quieting and focusing your mind while resting your hands on the receiving partner's upper and lower back. Then, perform a relaxing massage on the back, legs, and feet.

Basic principles of relaxing massage include keeping your hands in contact with your partner, taking your time, being rhythmic yet sensitive, and proceeding from long gliding strokes to deeper ones.

~ Techniques ~

When giving a massage be sure to use good body mechanics: use your body weight rather than arm strength for deep strokes, during gliding strokes keep your knees slightly bent and fluid, and don't lean over the table. After relaxing your partner's back, legs, and feet, have him or her turn over. Massage the chest, arms, and hands. Then glide down to the legs. It can feel good to brush the genitals when going down to the legs. After finishing the fronts of the legs and feet, glide back up and slowly brush over the genitals, teasing them.

This teasing process can be drawn out by brushing the inner thighs near the genitals, very lightly touching the pubic region, etc. At this point erotic energy is often building, making it a natural time to start shifting the focus to more explicitly sexual activities.



Especially if this is your first massage with this partner, it's a good idea to look into your partner's eyes while cradling his or her genitals, and somehow ask his or her permission to go further.

The rest of the massage will focus on the genitals, with periodic sweeps up and down the body to spread, balance, and integrate the sensations. One of the skills that comes with practice is being able to read the energy and arousal levels of your partner, and smoothly and gradually ramp up from relaxing massage to more arousing and sexual massage.

Pleasuring Your Partner's Sex Centers

~ For Men

The basic principle of male genital massage is that you should slow down, stop, or change what you are doing just before ejaculation becomes inevitable. The best way to accomplish this is for the man to give a signal just before this point is reached. Verbal cues, raising a hand, pulling away slightly, or even subtle body language cues can all work well. This repeated "peaking" process can sometimes help men learn to have multiple orgasms without ejaculating, and can also be practiced during solo masturbation. Although delaying ejaculation during the course of the massage is desirable from the perspective of maximizing pleasure, many partners do like to finish the massage with one.

Ejaculation provides a considerable spark of pleasure, but can leave men too fatigued to enjoy the rest of the evening or do a good job massaging their partner; opposite-sex partners who like to finish male genital massage with ejaculation should have the woman receive her massage first. It's also fun to encourage your partner with hot talk (possibly weaving together a verbal fantasy based on your partner's desires). Letting your partner know verbally and non-verbally that you're actively enjoying his pleasure can be a powerful aphrodisiac. As an aside, it should be noted that a nice feature of male genital massage is that an erection is not required for it to feel good; some massage strokes actually feel BETTER when the penis is soft.

~ Suggested Genital Massage Strokes

There are many different massage strokes that feel good on male genitals. Unless he indicates otherwise, it's usually safe to assume that firm and consistent stroking will feel best.

One approach that some people favor is selecting two favorite strokes, and for a period of time alternating between them every once in a while.

Sliding Stroke -

With the penis resting on the belly, cup the balls with one hand. The heel of the palm of the other hand glides up and down the underside of the penis all the way to the tip.

Double Slide Stroke -

Bring one hand down, letting it stroke the penis from the top all the way to the bottom. When it hits the bottom, release it. Meanwhile bring your other hand to the top of the penis and repeat the stroke, creating an alternating motion.

Teaser Stroke -

Take the penis in one hand and gently, sensuously caress it for about ten seconds, then give it one quick up-and-down stroke. Repeat the sensuous caressing for about ten seconds (perhaps using slow up-and-down strokes), and then give the penis two quick up-and-down strokes. Repeat the caressing, and then give three quick strokes, etc. Continue until ejaculation approaches inevitability.

It's up to the two of you whether to finish with an ejaculation. If you do, then pleasuring can continue all the way through ejaculation and until your partner asks you to stop.

At the end of the massage (whether or not there is an ejaculation), the sheet/blanket combination can be folded up over the person on the table to provide a warm cocoon. This can be a time of profound peace and contentment together.

~ For Women

Female sexual response is often significantly different from male sexual response, in the following ways:

- ~ Female arousal tends to be more closely tied to emotional states, and feelings of warmth towards her partner.
- ~ Many women can come in two distinctly different ways: through G-Spot stimulation and through clitoral stimulation.
- ~ Many women characterize the clitoral orgasms as "sharper" and the G-Spot orgasms as "deeper".

- ~ Women often vary considerably in what type of sexual stimulation they like, and how they like it done.
- ~ Female arousal usually takes longer to build, but can often last longer and be more intense than that which men commonly experience.
- ~ Women can often have multiple orgasms, if stimulation continues following the first (especially with G-Spot stimulation).

It's because of latter that the basic approach to erotic massage differs between women and men. Since women can sometimes enjoy stimulation all the way through one orgasm and into the next, there is little or no need for them to hold back in any way. Having orgasms in a series can cause arousal levels to float for a long time at a very high level.

~ Suggested Genital Massage Strokes

Women vary in their tastes concerning G-Spot and clitoral stimulation, so you need to be attentive and listen. A common preference is for their partners to begin with gentle rubbing over the entire vulva, to follow this with clitoral stimulation, and to finish with G-Spot stimulation or G-Spot AND clitoral stimulation.

Please be aware that neither clitoral stimulation nor any sort of vaginal penetration usually feels good unless a woman is already in a fairly high state of arousal. When performing genital massage on women one often has a "free hand" which may be used to glide over the rest of her body, tease her nipples, massage her perineum, caress her face, form "connections" with other parts of her body (by stimulating some other part of her body at the same time as you are pleasuring her genitals), etc. Although the genital massage styles presented below are some of the most commonly favored among women, there are many more.

Clitoral

When massaging her clitoris, learn what part of it feels best to her. Going in circles around it softly and rhythmically with a lubricated finger is a good way to proceed, at least until you get more specific feedback or until you uncover something that obviously feels better. Once you find something that feels great, consistency with it is often the key to further pleasure.

Some women find that clitoral orgasms feel better if their vaginas are pleasantly filled: more fingers or an appropriately-sized dildo are good ways to accomplish this, though penetration of any kind usually

doesn't feel good to someone who isn't aroused, so it probably isn't what she would want you to start right out with.

G-Spot

The G-Spot is an area on the forward wall of the vagina, just behind the pubic bone about two inches in. A woman can often tell you when you've found her G-Spot, and it often feels more "ridged" than the surrounding tissue. Pressing into it can be intensely pleasurable, but may cause a sensation of needing to urinate. **Female ejaculation** is *sometimes*, not always a result of G-Spot stimulation; female ejaculate is NOT urine, but IS expelled through the urethra.

One easy way to stimulate the G-Spot is with your (lubricated) first and second fingers together (possibly starting with just your first finger). Make rhythmic gestures inside the vagina that look like the signal to "come here". Alternatively, one can rub the G-Spot in a circular fashion.

Generally, it's the pads of your fingers, which are pressing into her G-Spot. Another approach is to rotate your fingers inside her vaginal barrel with even pressure against all areas of it. Be aware that the shape of the vagina changes as a woman's arousal level increases.

You'll probably notice the inner portion ballooning outwards during extreme arousal, which means that your fingers will need to rotate a little farther from center in order to maintain the same pressure on the vaginal walls. G-spot stimulation usually only feels good when the woman is aroused.

Vibrator

Vibrators generally work best on or near the clitoris. If the vibration is too intense, switch to a lower speed or put a cloth between the vibrator and her clitoris. It's OK to let your partner hold the vibrator. It's also fun for a vibrator to be used clitoral at the same time vaginal penetration is being performed.



We Recommend-

~ [G-spot Stimulators](#)

~ [Vibrators](#)

Many sexual difficulties (especially for women, it seems) stem from worries: worrying that her partner is getting tired of pleasuring her, that she isn't coming fast enough, etc. Letting your receiving partner know verbally and non-verbally that you're actively enjoying giving her pleasure can be a powerful aphrodisiac for her.

Cocooning

It's nice to fold the sheet/blanket combination over your partner when you two are finished. This can be a time of profound peace and contentment together.

Variations and Enhancements

~ Conscious Breathing-

Conscious breathing is a powerful way to enhance both relaxation massage and erotic massage. If the receiving partner forgets to breathe, the massaging partner can remind him or her by breathing rhythmically and audibly. Some partners find that synchronizing the breathing between the two of them leads to wonderful sensations. Just don't hyperventilate...

~ The Spiritual Breath Work Exercise-

This technique for completing a massage was developed by the Body Electric School. In the minutes preceding it the massage work should be becoming more and more energetic, building and building.

At a certain point (counted down to verbally, so both partners know when it's coming) massage and any other touch ceases, the person on the table takes seven very deep breaths, and while holding the seventh breath clenches every muscle in his or her body and rolls his or her eyes back in his or her head (possibly assuming a tense position with torso and legs a bit off the table, as in a "crunch") for about 10 seconds. He or she then completely relaxes, resumes regular breathing, and the standing person gently folds the sheets/blanket over his or her body.

For maximum effect the music should be quite "cosmic" at this point, and the person performing the massage shouldn't touch the person on the table (who has his or her eyes closed, or who has a blindfold on) for at least five minutes or until the person on the table requests otherwise.

This practice can provoke profound emotional release, and often hallucinations. Afterwards, the standing partner opens the cocooned sheets, gently towels off any oil, helps his or her partner to sit up, and then both partners either keep silence or say what is in their heart. It's fun to follow this with a hot tub or a warm bath.

It's helpful to use a prearranged and timed music tape. Ideally, there should be five seconds of silence immediately following this, and possibly during it. Music should have been building to that point, and should resume with something really beautiful after the silence following it.

~ Incorporating PC Muscle Contractions ("Kegels")

Contractions of the PC (pubococcygeus) muscle are associated with increased sexual pleasure for both men and women. This muscle may be identified by noticing what muscles you use to stop the flow of urine when you are urinating (without moving your torso or legs); it's the same one.

The PC muscle can be exercised by contracting and releasing it; one approach is to rhythmically contract when inhaling and relax when exhaling. Generally, the stronger the PC muscle is, the more intense one's orgasms can be. The PC muscle can also be repeatedly contracted and relaxed at various times during sex (such as during G-Spot stimulation, or during male ejaculation) to increase pleasure.

Men can use the PC muscle to prevent ejaculation; this is done by holding the breath while either strongly bearing down ("pushing out") or tightly squeezing ("holding in") using the pelvic muscles.

Prostate Stimulation an advanced technique in male genital massage is to stimulate the man's prostate gland at the same time one is stimulating the penis. This can be done with a finger an inch or two inside his anus, pressing on the dome shape found in the direction of the penis.

When stimulating the prostate, you should wear latex gloves, have short fingernails (or else pack cotton balls around your fingernails and then put gloves on), and use lots of lube.

Part of what some beginners find novel about anal penetration is that it makes one feel as if one has to go to the bathroom. By going to the bathroom pretty thoroughly before beginning play, one may have an easier time not interpreting this new sensation in the old context.

Pressing on the prostate gland during ejaculation, or when a man is close to ejaculation, can feel wonderful. It is also possible for some men to have ejaculatory orgasms through prostate stimulation alone.

Simultaneous Pleasuring

Once each partner has sufficient experience with his or her own sexual response, they may wish to try mutual stimulation. This is best done on a bed, rather than on a massage table. Simply lie down facing each other, heads close together, and pleasure each other with your hands. Again, for men slightly pulling away or giving some other cue when ejaculation is imminent will allow play to continue.



Picture Source: World Of Pin-up

Enjoy!



Loss Of Blood Flow To The Genitals Causing A Decrease In Sex Drive~

This is a common occurrence in women, especially when there is lack of physical activity, and hormonal imbalances within the body. Yet again, I always recommend discussing options with a knowledgeable and open-minded Gynecologist to assist in such matters, but here are a couple of alternative suggestions as well~



Exercise-

Getting the body's energy, endorphins, and other vital life enhancing bodily functions going via exercise is always a great idea.



Eating A Balanced Diet~

Believe it or not your diet affects you tremendously and eating healthy is a great way to ensure that you sex drive is at a healthy level for you and your partner. As a psychotherapist and a spiritually natured person, I have not always paid as much attention to my physical health. Like many Americans, I get that internal nagging to take better care of myself, but I have often gone for that quick microwave dinner or passed on working out.

My physical struggle has often come from feeling like I was always starving, even though I have struggled with keeping excess weight off. The truth was that I was starving... starving for nutrients that I was depriving my body. I was eating too much sugar, and processed foods, and my body was saying, "Yeah, where is what I really need?" So my body kept sending signals that it was hungry.

Don't get me started on the sugar highs and lows I was experiencing, talk about a roller coaster. My favorite way to describe myself when I would walk around like this was to say, "I am wired and tired." Rich grains such as millet, spelt, brown rice, vegetables, soy, legumes, and fruits have replaced my daily ritual of sugar, bleached flour, meat, and dairy.

Let me say, that I have read many an article, book and heard the testimonials of the physically healthy whom have preached these eating practices for years, but it never really motivated me. I tasted a few vegetarian meals, and thought them horrible. Being the food lover that I am, I have to have food that tastes good! It has to be quick too...as I live such a busy life.

During an Asian cooking class I took, I realized that it is not as hard to eat healthy and have it taste good, as I had once thought. Incredible dishes were taught in this class, they took very little time to make, they

were very healthy, low in calories, and tasted wonderful. Not only will your sex drive improve if you begin to eat healthy, you will simply feel better all of the time. Definitely worth looking at! 😊



Weight Loss Drugs

A Short-term Way To Get Through The Hardest Period Of Weight Loss

Like many women, I gained a lot of weight after my pregnancy with my son, and I was really struggling to get off those horrible 40 lbs I had gained beyond the baby weight. I tried reducing my calories, eating balanced meals, and exercising 45-60 minutes a day on my exercise bike. Yet, I found that my body had really become used to the larger number of calories that I had been consuming to put the excess weight on in the first place. Now, not only was I taking away those calories that my body was so accustomed to, but I was working them off to lose weight and feeling my body get pretty pissed off with me for trying to make this change. I struggled with hunger pain, and felt emotionally raw because I wanted to do this so badly, but was having such a hard time getting through this transitional phase.

Two weeks into my weight loss program, I found I was unable to sleep because I was fighting back hunger pains, and becoming preoccupied with food. This was my fifth attempt at losing weight since the pregnancy, my son was 1 year old and I was really becoming discouraged.

At the time, I worked for a psychiatric hospital and found myself one morning sharing my plight with a co-worker who had shed 80 pounds. I began to cry as I told her how upset with myself I felt that I could not get past a month without slipping back into old habits. I explained to her that I was eating enough calories for my BMI (Body Mass Index) and had studied nutrition enough to know that I was not making it harder for myself by eating such things as "white carbs;" those carbohydrates that cause you to want more food because you providing it with no significant nutritional value (i.e.: pop corn, pasta, white bread; unlike the good carbs found in brown rice, wheat bread and whole grains).

I told my co-worker that if I could just get past the first two months so that I could allow my body to get used to all the exercise, water intake and smaller intake of calories that I knew I would be able to handle it. She smiled a knowing smile as she had gone through the exact same struggle after the birth of her child and put on 80lbs. She asked me if I had ever considered taking a diet drug (amphetamine) such as Phentermine or Merida. I know I must of given her a horrified look of shock because she started to laugh and told me that it was not as bad as I thought.

She explained to me that these types of amphetamines had been around for a long time (since around the 1950's and before) and that the long term side effects had been shown to be minimal if any. Now, she had my attention because I was skeptical that something like this was safe or could help me.

I began my research. I was not about to take something like this without really knowing what I was getting myself into. I acknowledge that there is also a stigma to taking an amphetamine as being unhealthy and unsafe and being that I am in the field of holistic health... I was not about to jump into this lightly.

The key here is to be educated about using these types of drugs. Before I took this weight loss medication I spent hours researching them and even interviewed two pharmacists and two physicians from different backgrounds.

After my research assured me that these drugs were safe and effective, I looked into how I could get a prescription (I will refer you to a place online at the end of the article if you are interested). My friend referred me to a clinic that she had gone to that specialized in weight loss to be evaluated for the prescription. At the time Phen/Fen was popular and easy to get. The doctor that I received the prescription from was actually encouraging me to take both (Phentermine and Fenfluramine). You may think what kind of Doctor would encourage that!? Well, this was before Fenfluramine was banned in the Doctor's defense, but still... why push two drugs when a patient is only requesting one?

What you should know about doctors is that they are not trained well in medications. They are trained primarily in diagnosis and treatment. Pharmaceuticals is a huge money driven business and they love giving doctors samples and kick backs to peddle their medications. Doctors who do not know any thing more about the drugs than what the drug companies are telling them are just as ignorant at times as to what these drugs negative side effects are as a random person off the street.

I mean, haven't you ever wondered why Doctors aren't the ones that distribute medications? There is a good reason for this! Pharmacists are trained in medications. Often they are quite serious when you come to the counter and they are carefully reviewing your prescriptions because they know all too well that Doctors are often careless in writing prescriptions and prescribe medications that can be harmful when mixed with another prescription the patient may already be on. That is why I interviewed the pharmacists first in my research because I trust their understanding of medications much more than a medical physician.

So, when the Doctor at the weight loss clinic thought it a good idea that I took both drugs in the infamous Phen/Fen cocktail... I told her that I felt very strongly that NO ONE should be taking Fenfluramine after what I had found about it. Having read damning information about Fenfluramine which was known to cause health problems cardiovascularly well before they the FDA banned it, I ended up educating the

weight loss Doctor about her own specialty (Scary huh?). This is why I teach empowerment in all that I do through my writing, consults, workshops, etc., because ultimately it is up to us to make the right choices for ourselves and giving our "power" away to anyone including physicians can be dangerous.

I ended up taking a medication called Bontril. This is similar to Merida, Phentermine and other amphetamines and their side effects are minor and short-term if you are healthy. I lost 40 lbs that I have kept off for three years.

You should speak with a doctor to determine if you are generally healthy if you have concerns and you should definitely monitor your blood pressure once or twice every two weeks if you do decide to try these medications as they are known to make it temporarily go up. Personally, the only side effect I ever had was "dry mouth," meaning I just needed to drink water or suck on a hard candy from time to time as my mouth felt like it was as dry as a cotton ball.

What I can say is that using one of these medications is that it may be safer than using Ephedra and Ma Hang found in products like Dexatrim and Metabolife. Some studies are now showing that this drug/herb can be quite dangerous. My opinion is to stay away from things that have not been well documented to not cause harmful side effects, and while this drug may be all right, it is too controversial at this time to really know for certain.

While some find it contradicting for me to say that I promote holistic approaches and still say that I took an appetite suppressant... I disagree. Coming from a holistic viewpoint means coming from a place that allows you to view ALL options and to acknowledge when getting assistance may be what you need. Just as there is no shame in a smoker who is trying to quit using Zyban or Nicotine gum to help take the edge of during the withdrawal period, I do not feel there should be any shame in someone who is struggling to lose weight to use aides that will assist them.

Ultimately it should be understood that to lose weight and keep it off you must change your lifestyle, not go on a temporary diet. That is why I stress in the title of this article that using a weight loss medication is short term.

If you are interested in taking an amphetamine I will tell you an online pharmacy that is reputable where you can have your choice of several types at the end of this article. However, before I give you that information I want to say that if you begin taking them, you do need to take the time to go to a local grocery store or other place where you can check your blood pressure at least once every week or two. If it gets high you should get off the medication. That is a problem with online pharmacy/clinics is that they do not monitor you in this way and that is fine if you are willing to do it yourself.

Amphetamines can be addictive in that they give you a slight feeling of euphoria (feeling good) and cut back your appetite significantly. Remember to keep eating small amounts throughout the day to keep your metabolism going (don't want to starve yourself or you will screw yourself by having your metabolism slow down) and make sure to get off the drugs after no more than four months. You should have adjusted to the new life style that you have been working hard at getting adapted to and you do not want to get into a situation where you feel you can not stay thin without taking these drugs all the time.

I would like say that there is a lot more to nutrition and exercise that I will cover in later articles on our web site, but for now, I wanted to touch base on weight loss medication as it can be a great help to those you are struggling as I had.

The online pharmacy/clinic that I am going to refer you to will have you fill out an online medical evaluation form and if your BMI meets their qualifications (as outlined in detail on their site) and you have a clean bill of health, then you can get your prescription at a competitive price within minutes of going to their site.

Okay, with all that said... here is the best place online to get a prescription for the drugs and get them delivered to your house within a couple days!

eScripts is the site I highly recommend as I have ordered from them myself and I can vouch that they are prompt, responsible, have good customer service and have really good prices compared to other sites. As you may have figured out by now... I ALWAYS research things before I jump in and from all my research on such web sites, this is the best place to go online. Good luck and may you achieve all your goals this new year!

Visit Them Online-

[**CLICK HERE**](#) - To Visit Their Site



Over The Counter Sexual Aides- There are herbs and medications in pill form as well as crèmes that can really help increasing sexual arousal. Some that I have heard from clients are effective are shown on the next page.



Over The Counter Sexual Aides And Where To Get Them~

Sexual Drugs & Aides~

For your convenience, we have listed some of the most effective and popular sexual enhancement drugs available to you online. You may read more about them, or simply choose to order them online right now by using the link below.

<http://www.holisticwisdom.com/female-ejaculation--sexual-resources-sex-aides-sex-drugs.htm>

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Avoiding A Urinary Tract Infection (UTI)~

Unfortunately, there can be some negative side affects to making contact with the urethra. The urethra is sensitive and is easily irritated. It is fairly easy to expose the urethra to bacteria, which is harmful, and have it result in a UTI.

The activity that can cause a UTI can be sexual or non sexual. A woman who wipes her genitals after urinating back to forward (dragging harmful bacteria from the anal region to the urethra) can begin the makings of a UTI.

Any sexual activity that provides contact with the urethra whether it is from fingers, a sex toy, the mouth, the penis, etc. can result in painful urination and infection. To help prevent infections and reduce the chances of irritation, a woman should drink lots of water and urinate just before and right after urethral stimulation, as this assists in cleansing the urethra.

Taking precautions such as washing whatever is to come into contact with the urethra beforehand may assist in preventing such an infection. If an infection occurs it is easily treated with antibiotics. If left untreated the infection can become more serious and spread into the kidneys. However, if you ask most women who have had a UTI, they will tell you that it is terribly painful and something that you would go to a medical facility at 3am so that you could get some relief!

👉👉👉 Some of the most common symptoms include a feeling of needing to urinate, even when you don't have to, painful urination, and pain of the urethra.

Warning for women who have pain with g-spot stimulation-

In May 1996, the Journal of Western Medicine suggested that Female Urethral Syndrome is really like a prostatitis diagnosis in men, and thus treatable in the same way. This is important as it may keep a simple medical infection from being treated by antibiotics rather than some more extreme medical treatment such a surgery.

The paraurethral glands that surround the urethra are positioned just behind and on both sides of the urethra. To determine the problem, these glands can be examined using the tests conducted on men that evaluate for cancer. If these glands remained untreated, and stayed infected they can get clogged up and chronically inflamed causing much pain in the whole pudendal area.

●●● If you are a woman or have a female partner who has a painful g-spot area, then it would be wise to share this information with the treating health professional, as this information is not as commonly known in the medical profession.



Picture Source: World Of Pin-up



Chapter Seven:

Erotic Female Ejaculation Story ~

The New Definition To "Slippery When Wet!"

All stories were submitted by real couples (including ourselves ☺) about their experiences and fantasies, however the names have been changed to allow the couples' their anonymity.



Story One~ Erotic Revolution

It seemed like a lifetime ago that they had known each other, but within the last few weeks through eMail's they had reconnected after years of being apart. Graduation from high school had sent them on their separate life paths, but now, sixteen years later, they had reconnected through the Internet. They were instantly attracted to one another; they shared a connection that seemed almost magical.

The airport was busy this time of year; Wyl hoped that he would find her quickly in the crowd. He was eager to see her after all the years, and the little time they would spend together was too precious to waste. He was eager to see her and once again feel the excitement he had felt as a teen being around her. As the passengers went their separate ways with the people who had come to greet them, Wyl got his first glimpse at Brandy. She was stunning. As their eyes met for the first time in over 16 years the attraction was instantly apparent. Wyl felt his heart begin to race as she looked at him. He wondered if she felt the same excitement too. Even as a teenager Wyl had been drawn to Brandy's infinite beauty and charismatic personality. She was a striking young woman, the type that you look at as you pass her by and end up almost walking backwards in hopes of getting another look.

When she would smile you'd swear it was proof that God did in fact love you. In all the years she hadn't changed at all. At 31 years she was the perfect example of poetry in motion. Long blonde hair, and emerald green eyes, the kind you'd be thankful to drown in. She had a perfectly shaped mouth, painted fire engine red, and just as Wyl had remembered. The pictures of herself she had sent Wyl did little justice for her. As she strode toward him and Wyl moved to embrace her, finally allowing himself to feel her body against his for the first time and it truly felt like a dream. However, really holding her far surpassed any dream he had ever had. The spark he had imagined was there, he hoped she felt it too.

The car ride back to Brandy's home was filled with deep conversation and a general feeling of contentment. They felt comfortable with one another and it was apparent in the conversation they had.

Wyl reached for Brandy's hand, and felt a security holding it. Her skin was warm and smooth, and she was pleased with the feeling of closeness his holding her hand instilled in her.

They pulled up to Brandy's house and parked the car. Wyl grabbed his bags and followed her inside. It was bright and warm inside; so different from the cold Colorado night they had just stepped out of. Her home smelled of perfume and scented candles. It was a welcoming scent that made you feel at ease. Brandy's home making skills had done a wonderful job, and everything had a warm renaissance feel to it.

Brandy led Wyl to her bedroom and showed him where he could put his bags. The room was as richly decorated, as was the rest of the house and whispered promises of an erotic connection. Brandy stopped and stood inches from Wyl, they looked deeply into each other's eyes as if searching for a hidden clue as to what the other was thinking. Wyl reached out his hand and slid his it behind Brandy's neck, twining his fingers in her soft, long, blonde hair. Pulling her close he kissed her lips for the first time, and instantly felt a sorrow for what they had missed in their youth. Her lips were soft as rose petals; they parted as her tongue found his. Never had he experienced a kiss that felt as pure as this. He pulled back and was delighted in the desire emanating from deep within in her eyes.

Brandy had put together a wonderful meal for them, as with everything else she did, her cooking was magical. They talked and laughed over a wonderful meal. Wyl had brought Brandy a gift of wine from a local California winery, which they shared over dinner.

After dinner, Brandy suggested a fire, and Wyl agreed that it would be a great way to enjoy the evening together; connecting while watching the flames do a slow dance as the consumed the logs. Wyl had one request before the fire was built, and that was to take a quick shower. He had to rush from work in order to catch the plane, and hadn't been able to take one before he left to come to her. Brandy said that it was fine, and that she would bring him a towel.

The warm water felt wonderful on his skin. The bathroom quickly filled with billowing steam. The shower doors were glass and beaded with water droplets obscuring the rest of the bathroom. Wyl felt rather pleased when saw Brandy enter the bathroom. He had left the door unlocked in hopes that her curiosity and the desire he had seen in her eyes when they kissed earlier would compel her to join him.

A slightly cooler breeze flowed across Wyl's skin as Brandy slid back the shower door. She was wearing an open robe that did little to hide the beautiful body it covered. Brandy let the robe fall to the floor and stood nude before him in the rolling clouds of steam. Her body was something to behold. Every bit as stunning as he had dreamed it would be. Her breasts were perfectly shaped and topped by pink erect

nipples. Her blonde hair spilt over her delicate shoulders and down her back. There was a soft golden tuft of pubic hair between her legs, well trimmed.

Wyl was awe struck by her pure physical beauty. She was a Goddess, and no painting or sculpture by the masters would ever be able to capture the beautiful woman that now stood nude before him. Reaching out Wyl took Brandy's hand and drew her into the shower with him. She eagerly stepped to him, his excitement apparent as his erect cock brushed against her stomach as she stepped even closer.

As the water ran over her he kissed her again passionately. There indeed was a fire here, they both felt it, and no amount of water would put it out. Wyl's hands wandered down Brandy's well shaped back until they rested on her rounded ass. He squeezed her little cheeks and felt himself throb where he was pressed against her. Brandy could feel him throbbing too; she took his hard cock in her hand and slowly slid up and down him. She was pleased to see had this effect on him. The feeling of his cock in her hand was pleasing to her. She had wondered what it would feel like, and now as she felt him she was delighted in exploring his wonderful, hard, thick, cock.

She soaped her hand and gently clutched his balls in her hand. A soft moan escaped him as she lightly tightened her grip on his balls and once again started to stroke his cock up and down. She could tell this was a great turn-on for him by the way his breathing quickened. She pulled his cock down and rubbed the swollen head against her pussy lips. The feeling excited her and he could feel the wet heat radiating from her cunt.

Wyl leaned forward and started kissing and biting Brandy's neck. His tongue danced over her skin and she imagined how it would feel to have him eating her pussy. She was on fire. Down his head went as he sucked Brandy's erect nipple into his mouth. She tingled with excitement at the feeling of his warm tongue dancing over her nipple. She was lost in her ecstasy, finally experiencing all of the things she wanted this man to do to her body, and how she was to love each and every thing he did.

Brandy stood back to let the water wash the soap from his cock and lowered herself to her knees. As she knelt before him, her eyes locked with his. Her hand running lazily up and down his cock. She moved her face close to him and touched the head of his cock with her tongue. The precum was present in copious amounts; she had excited him without a doubt. She knew he was under her control as she worked her tongue around the straining tip. His eyes looking into hers allowed him to see the desire she felt to have him in her mouth and under her control. Wyl loved it. She took her hand from the shaft of Wyl's cock and reached around to his ass, pushing his dick into her mouth while holding his balls still tightly in her other hand. She enjoyed the taste of him, and how he felt in her mouth.

Brandy controlled Wyl's thrusting motions with her hand on his ass. Wyl's hands were moving through Brandy's hair. He was in ecstasy! It was so erotic to have such a beautiful woman, a woman he had dreamt of for years and years sucking his cock.

Wyl let Brandy control the tempo of his motions in and out of her hot wet mouth. She was very skilled at this, and it was apparent this was the best blowjob Wyl had ever received. Brandy moved her hand from his ass, and got a firm hold of Wyl's smooth, swollen cock. She loved the way the pre-cum tasted, salty and good. Sucking his cock had her pussy-dripping wet, she felt the fire between her legs growing hotter. Holding his dick in her hand, Brandy bent and sucked one of Wyl's balls into her mouth. Wyl gasped and his hazel eyes seemed to glaze over in pleasure. It was nice, Brandy thought, to be able to do this without the problems loose hair presented, as his balls were smoothly shaved, perfect for mouth play.

Wyl moaned Brandy's name as she worked him. Slowly alternating from one ball to the other, with her mouth while keeping up the rhythm on his cock with her hand. Wyl was in ecstasy; never had he experienced a living dream like this. For to him, that was exactly what Brandy was. The embodiment of every male fantasy- loving, smart, beautiful, with an exquisite body.

Brandy released Wyl's balls from her mouth and grabbed his cock forcefully drawing Wyl out of the far away look of pleasure he had. She slowly rubbed his cock against her flawless face, over her cheeks and around her lips. She knew she had this man exactly where she wanted him, as they looked into one another's eyes, Brandy knew he was hers to hold on to.

Brandy slid her breasts up Wyl's body; he shivered as he felt her erect nipples caressing him. She was now standing with one foot standing upon the side of the shower opening her pink, swollen pussy to him. Wyl ran his hands over her breasts, down her soft body to her dripping wet blonde pubic hair. He slid his fingers in between her pussy lips causing her to gasp with sexual arousal. His fingers toyed with her swollen clit as she ran her hands up and down his back moaning pleasurably. Cum oozed from her excited pussy, teasing his fingers to come further inside her. Wyl slid his fingers to her opening, and pushing past it's tight, softness his fingers slid deep inside her. Brandy's eyes widened and her head fell back in sexual surrender. Wyl fucked her aroused, swollen, pink cunt with slow rhythmic motions. His fingers arching upward pressed hard against her fleshy g-spot making her feel as though she was going to explode cum when she orgasmed. Brandy's body tingled with hot, electric current running through it as Wyl brought her quickly to the height of her orgasm. Brandy let out screams of passionate ecstasy as she pushed into the powerful orgasm. Her vaginal muscles pushed Wyl's fingers from deep inside her, and

now cum was spraying out of her, gushing all over Wyl's fingers, up to his forearm. Her orgasmic release sent a spray cum gushing out like an erotic waterfall drenching them both in her pussy's juices.

Wyl was delighted and lifted his fingers to his mouth to taste her still dripping from their bodies. Brandy fell back in sexual delight as a most intense orgasm had just been released from her now quivering, and overwhelmed body. Wyl smiled with a knowing smile that this was just the beginning of a long, erotic, and very wet evening.



Picture Source: World Of Pin-up



Story Two~ Vaginal Waterfall

Our eyes met as my newlywed hubby came back from the restroom and I could feel the excitement exploding within me as the day had been sweetly passionate and was reflecting on it as our dinner came to an end. We were now left with the fun of going back home to be with one another. My heart was overflowing with passion as the man of my dreams came walking closer to me. I could feel the electrical pull toward him as I stood up to embrace him. The moment our bodies came inches apart, I felt the heat consuming our bodies. We embraced holding one another in a tight, loving rapture. I could smell his sweet skin; feel the warmth of his body. His hands wrapped around my waist pulling me snug into him. My hands running over his back and up his neck to his hair sent chills down my spine. My senses were overwhelmed, I felt faint from such intensity. We pulled back enough to gaze excitedly into one another's eyes, our hearts pounding; we embraced again oblivious to anything or anyone around us. Our world was one.

I slid my hand into his, as I could not stop touching his body. We walked to the door of the restaurant with smiles beaming from our faces. We found it impossible to stop caressing one another. I touched his face with my fingertips, and already I could feel my pussy was dripping with cum. I had been anticipating this all day. I was on fire and my body was shaking with little shivers from the overwhelming emotions pouring out of me.

His hand ran through my long, soft, light blonde hair and softly grabbing the back of my neck I found my body rise a couple degrees in temperature. My pussy was contracting sending hotter, wet cum into my panties. I felt my mind lost in his touch, I could not find words easily as I was consumed with his presence. Everything I had felt, the love, the passion, the desire, was now intensified to a point of enormous flow and I found myself half closing my eyes as I took in his energy, and his body and I was consumed with craving every inch of him.

Our hands played together only leaving to run through each other's hair or down each other's backs. We came to the underground parking lot full of cars, but with only the occasional person passing by.

I felt desire pushing its way through me and I stopped to gently push him to a stop against a huge, round support beam made of concrete. My back to the beam, I pulled him by his shirt closer to me looking deeply into his beautiful hazel eyes. I ran my soft, wet, pink tongue over my crimson red lips making them wet and hot with my saliva. He moved his sexy, full lips to mine with them slightly parted to taste me. The moment his lips caressed mine I felt my pussy contract with a surge of heat and hot cum. My heart was racing; my body was softly quivering at his touch.

The car ride home seemed to take forever, despite it only being ten minutes. We walked into the door, and barely closing it behind us, his soft, wet tongue glided into my longing mouth meeting with mine. Our tongues slid into and around one another; our lips opened wider as we slowly fucked each other's mouths. Soft little moans escaped me as he pulled me closer to him. I could feel his cock growing harder through his jeans pushing with force against the denim. He began to grind his cock against my pubic bone. A small gasp of pleasure came from my mouth as I let my head fall back against the wall. I felt his hot breath and tongue slide down my chin and onto my neck. I was caught in sexual rapture that I had never experienced. My scarlet painted nails dragged down his back as he thrust up against me pushing his still restrained cock harder against my pussy.

I felt his hand run down my neck, and over my breasts. My soft pink nipples became erect and pushed against my lace bra with yearning. His hand slid down my skirt onto my thigh, only to come back up and under to get to my cum soaked panties underneath. As his fingers ran up my creamy white thigh, I opened my legs and rest one foot on the arm of the couch next to us. His fingers pushed up against my dripping panties, he slid his fingers against the red satin that was holding my soft, blonde pubic hair now hot and cum laden. I heard him moan as he felt how hot and wet he had made my cunt.

My breathing was quick and heavy, and he was taking me quickly to the edge. I ran my hand down his waist to his hard, engorged cock now ripping at the seams of his jeans. I moaned through my heavy breathing at the feel of his cock pushing against my hand. I ran my nails along the outline of his shaft, teasing him with what is to come.

He pushed me down on the couch with his fingertips pulling my soaked panties to the side exposing my hungry, wet cunt. Drops of cum were dripping from the tufts of soft pubic hair surrounding my pussy and covering his fingers with the scent of my arousal. His finger slid effortlessly against the outside of my pussy lips. My pink folds beckoned him to come deeper as he teased me with his soft gliding motions over them and my swollen clit. My pelvis thrust uncontrollably forward to take him in. Our tongues returned to each other's mouths, moaning and sighing as we explored each other's bodies.

My hand softly cupped his balls and then slid up his rock hard shaft to his head. I pulled apart his button down jeans. With force his huge, swollen cock escaped it's confines and pushed forward with an enthusiastic release. The feel of him through his boxers was more intense as I could now feel the beautiful shape of his head, and blood encouraged veins bulging up his cock. My fingers lightly pulled down his boxers and jeans as he helped by squirming out of them. I shivered as I could finally feel his cock's silky skin with my fingers tips. I slid my fingers around the tip of his cock, running them around the

edges of his engorged, purple head. My mouth watered wanting to taste his head, but he pulled down my panties and slid into me now slowly parting my pink, pussy lips. As his cock was drenched with hot cum oozing out of me, he slid it deeper and deeper into my contracting cunt, now feeling the soft wet walls pushing against him. His cock slid back and he pushed it into me harder this time causing me to moan louder as I lost myself in total surrender.

The head of his cock fucking my g-spot was making it hard not to cum. I began to scream in ecstasy as hot wet juice gushed from my pussy running over his cock and abdomen and all over my thighs. His face showed some surprise at the almost two cups worth of cum squirting hard from my pussy. He seemed to get even more aroused and smiled as he quickly returned to fucking me, only harder as his excitement began to heighten.

The tip of his cock found my cervix, and the pleasurable pain I felt as he pushed deep inside me pushed me again to the edge of ecstasy. As he pulled his cock back through my wet pussy walls, my pink lips pulled at him to keep him inside me. My calves wrapped around his ass pulling him deeper into me with every thrust and I screamed with delight as the sensation within my pussy became even hotter. I felt the rush of milky cum gushing over and around his cock. The walls of my cunt squeezed him really hard over and over again.

His cock continued to fuck my eager, wet cunt and my tight, soft pussy walls pushed and contracted against his hard, silky cock. The pressure of my pussy clenching around his cock seemed to send him into frenzy and as he fucked me harder and harder. I could feel another wave of arousal start to lead me to climax again. As he saw my reaction to the hard thrusting of his cock, and could see that I was about to cum, he gazed at my pussy as I shot out another burst of cum, drenching his cock, abdomen, and legs. The sight of this drove him wild and before I could finish gushing a wave of orgasm came washing over him with great force. Cum exploded deep inside my hot, wet cunt, as he released his white, creamy load inside me.

His cock still throbbing in my wet contracting pussy, I held him tightly, while feeling his heart beating hard and quickly against my chest. I slowly ran my legs down his body, only to hold onto him tightly as my legs felt weak and shaky from the intense orgasms still electrifying my body. I remember a smile crossing my face as I looked back at him he smiled and he whispered... "Un-fucking believable!"



Story Three~ It Was A Night To Remember

A story written by John Longhofer Based On His Experiences With His Wife Lisa

Lisa

John again whispered to Lisa saying, "if you're a dream, then I want to sleep forever." Their lips met at the end of his sentence, tongues passionately exploring each other's mouth. Lisa turned around and sat on Johns lap, wrapping her legs around his waist. She could feel his hardened dick as it set perfectly in the little valley of her pussy lips.



She moved herself up and down and could feel his cock throb with excitement. They were looking deeply into each other's eyes, and she was able to read how intensely this man cared for her. She knew not every woman would find a man who had remembered her from a brief friendship in a distant past. She knew she had inspired many fantasies in him in his teenage years, and he had carried her in his memory all this time. She felt dizzy while she calculated the odds of something like this happening. Without words they felt all the lonely moments the other had faced.

John



Lisa wondered where John had been during the darker moments in her life, wondered if maybe she had to have passed a test before he was led to her. John kissed away a tear that slowly rolled down her cheek, and she noticed for the first time the tears in his eyes. "What's wrong?" she whispered. And John said, "I have never felt something like this. A connection with someone where it feels like they touch my soul as well as my flesh.

Please don't misunderstand, I'm so totally happy right now. I guess I just feel sorrow for all the years that passed that I didn't have the benefit of your presence in my life. You easily wipe away the fear within me. I'm grateful we have come together."

Lisa's heart swelled at John's confession of happiness and love. She leaned forward and kissed John tenderly. She knew this was a love of a lifetime. The thing romance novels and stories that ended happily were modeled after. It was real; it was so strong a feeling that it seemed to hang in the air between them. John slid his hands down to Lisa's hips and gently lifted her up and closer to him. She felt his hot breath on her neck as he kissed the hollow at the base of her throat.

Lisa felt the head of his swollen dick press against her wet slit and wanted nothing more than to set herself down on him, but he wouldn't let her. He wanted nothing more than to make sure this night was everything to Lisa. A moment in time she could always remember with a rush of excitement and a feeling of a complete surrender to her desires with a man who's love for her was boundless as the universe and as endless as time. With Lisa still raised and close to him, John got up and gently laid Lisa on her back. His hands were a little rough; the feeling of them on her skin was heavenly.

Lisa looked into John's eyes as he propped himself up over her and saw the wonder of a young man in the midst of sexual discovery. She knew this newfound purity in love was new to him, a new experience. Lisa turned her head to the side and kissed his arm. She loved the feeling of his skin against her lips. Sitting back on his knees John looked lovingly at Lisa's body. His interest was evident by his erect member jutting from his crotch. Lisa watched how it swayed as he moved, like a tree in the wind. John put his hands on Lisa's legs and pushed them apart. Her pussy was wet, and willing to be explored.

John trailed his hand down her chest touching her breast and lightly pinching her erect nipple. Lisa was thrilled by the gentle pinch, the slight pain it brought made her pussy tingle. His hands continued down her body, drawing slow patterns on her stomach. Using both hands John traced patterns on her stomach and sides. The sensation was enough to quicken her heart as she waited for them to find her longing cunt. She gasped as she felt him lightly trail his fingers over her soft blonde patch of pubic hair. "I love the way your pussy looks, it's beautiful with your soft, light blonde hair and pink lips."

Lisa spread her legs a little wider as an invitation for John to explore the soft wet folds of her. She wanted his fingers in her badly, and he was torturing her by delaying the touch she desperately craved. John's finger slid up and down Lisa's slippery wet slit. He licked his finger and commented on how good her pussy tasted. Once again he traced the cleft of her pussy with his finger and this time offered it to Lisa. She sucked his dripping finger into her mouth, loving the taste of her on him and knowing that he was responsible for the wetness of which he was giving her a taste. Pulling his finger from Lisa's mouth, John returned to playing with her pussy.

Lying down beside her on his side, John laid Lisa's leg over him and slowly slipped a finger into her as he looked into her beautiful eyes. Lisa felt the second finger work its way into her and sighed heavily. His fingers felt so good as they slowly fucked her pussy. John pulled his hand away from Lisa's wet box and rubbed her nipples with the wet cum that coated his fingers. Leaning over, he greedily licked the wetness from Lisa's delicate pink nipples. His hand went straight back down and started working again on her pussy. Shifting her position slightly by sliding herself up and pushing her ass back against John, Lisa was able to feel the head of his cock rest in the little junction between her leg and pussy as his fingers still worked their magic. He spoke softly of her beauty and how being with her made him feel.

The words were so soft and tender that Lisa would remember them and his voice forever. She never wanted this to end. The muscles in his forearms rippled as his fingers worked. Lisa watched them move in the corner of her eye and placed her hand on his arm so she could feel them move under his skin. His fingers seemed to know just how she liked to be touched. This man was definitely meant to be her lover on so many levels. The firelight flickered and danced as light and dark danced across their naked bodies. They were a perfect fit in every way; there wasn't any doubt in either of their minds. They held each other's gaze and shared a silent connection that was stronger than anything either of them had ever felt. Lisa reached down and played with the tip of John's cock. She could feel the slippery pre-cum on his head and slowly dragged her finger through it, making it slick and wet feeling. She loved how silky the skin of his cock felt. The firmness excited her, she had waited a long time to feel him inside her and tonight was the night she would. It felt stiff and hot nestled in the little hollow between her pussy and leg; her desire for it to be inside her was most overwhelming.

Lisa lifted her ass a little higher and shifted up a little more. With her fingers she guided him to the opening of her pussy and teased herself with his swollen head. The mixture of John's pre-cum and Lisa's already dripping pussy allowed her to easily slide just his head inside her. John withdrew his hand and pulled Lisa closer. Lisa gasped as his cock thrust a little deeper into her waiting pussy.

John's cock was hard as steel, and it felt like heaven in Lisa's cunt. She reached down and grasped John's balls in her hand. They were pulled up tight against his body; Lisa knew this was an indication of how excited she made him. The feeling of his shaved balls in her hand made her squirm, she was dripping wet and her pussy juice had already made John's balls wet and slippery.

John moved Lisa around so that he was now on top of her, grasping her leg, he pulled it further over him. He thrust himself deep and hard into Lisa's cunt, and for a moment Lisa felt as if she could pass out from the overwhelming sexual intensity. This was the closest they could possibly be. They were one in body as well as spirit. The connection they now shared reached beyond the physical plane. Time and space no

longer existed in either of their minds. Lisa felt as if he would never reach the end as he slid his cock into hot wet pussy. It felt like he reached so deep into her, and was a satisfying feeling; the feeling of being filled by a love she knew was predetermined just for them.

John whispered "I love you Lisa, I want you with me forever," in her soft, white ear. He kissed her warm neck as he slid his hard cock in and out of her. Lisa started to sigh and breathe quickly, signaling the coming of an enormous, orgasmic wave. John felt the walls of her pussy gripping his pulsing cock still thrusting so deeply inside of her. He sweet cunt felt like a soft hand tightly holding him. The snugness of Lisa's cunt was like a vise. It felt unbelievably good encompassing him.

Lisa moaned, "Fuck me John, fuck my pussy". John's thrusts became quicker and more forceful. Lisa was rushing headlong toward the edge of an incredible orgasm. Lisa could feel the sweat running down John's chest as he thrust into her. She knew he was working hard to please her. His only goal was to make her feel loved, desired, cherished. She knew instinctively he believed with all his heart that he was sent here to please her, to protect her and to help her grow.

He would do what ever it took to make sure she was satisfied. Lisa felt herself pushed over the edge. Her orgasm had reached the proportions of a tsunami, and she rode the tidal wave of pleasure with gritting teeth and a wild, convulsing, clenching pussy, now gushing cum.

Lisa moaned as her body shook. Her pussy was sopping wet, and the pussy juice made Johns cock very wet and slick. Lisa wanted to please John now, to return the ecstasy she had just received. Reaching down Lisa gripped John's rigid member with her hand. She slid his cock out of her pussy and slapped it against her wet lips a few times. She loved the way their sensitive skin felt when it came together.

Never taking her eyes from his, Lisa slid down John's body until her hot, hungry mouth was level with John's cock. It was dripping in Lisa's cum. Lisa could smell her soft scent of arousal on John. The sweet scent of her pussy on his cock drove Lisa insane with desire. Seductively, she flicked her tongue over his head and tasted her juices. It was intoxicating, the taste of all of their juices- pussy, sweat and John's pre-cum all mixed together.

John's cock was the perfect shape, a good thickness for the length, absolutely impressive. Lisa enjoyed gazing at it as she slid her hand up and down the shaft. She loved the way the head would swell when she gripped it harder. Her eyes told John when she licked the tip of his head while starring into his that she never wanted anything more than to me fucking him with her mouth at this very moment. Bending slightly forward Lisa took John in deeply as he moaned letting his body surrender to her. Her pussy

always tasted so good to her and she knows why John spent a long time eating her pussy earlier. When she feels John getting close to orgasm, she simply goes to a teasing technique as she wants him to hold out, building to a most intense orgasm. John began to convulse, moaning and building toward orgasm, Lisa pulls softly back with an out stretched tongue she traces the separation between shaft and helmet. She takes her time tracing the large veins running down the sides of his cock.

John moans Lisa's name, and it makes Lisa feel good to know she's pleasing him. His cock swells in her hands and mouth as she slips her lips over it in teasing, building motions. She feels as if she can't get enough of John's cock, and this is evident by her surrender as she rubs his wet cock all over her face. Wild thoughts race through her mind "I never want to stop fucking his cock with my mouth," and the moans escaping John seem to be a pretty good indication that he is in full agreement with Lisa's thoughts.

With her free hand Lisa softly pulls and plays with his wet balls. His balls feel good to her as they soft and smooth. She loves the warmth of his skin and the way it gives to her touch. Moving from his balls to his stomach, Lisa runs her nails through his pubic hair, and gently scratches John's lower stomach. This seems to excite John even more. Lisa's wet mouth is working his cock; she is fucking him intensely now with her mouth. John can see Lisa is enjoying giving, as much as he is enjoying receiving. Lisa's beauty is amazing, and there are no words to describe what John feels watching this Goddess he loves suck his cock, and do it while providing him with more sexual pleasure than he has ever known. The thrill is almost too intense.

John can feel his balls tightening up, getting ready to unleash. His quickened breathing and hips rising lets Lisa know he is close. With her hand Lisa speeds up the rhythm working his cock up and down with her hand as her mouth works John's Purplish head. John has reached the point of no return as Lisa whips his cock in and out of her mouth as she keeps jerking it at an intense pace. John's back arches as he releases a gush of cum that splashes against Lisa's Lips and neck. Hips bucking wildly as Lisa milks his cock for every last drop. Lisa licks it off her lips while looking into John's eyes, she know this drives him wild.

She loves the taste of his cum and the power she has over him at this minute. There is no doubt in her mind that if she suggested he go out and take over the world in her name, he would. Rubbing the tip of his cock against her cum covered lips and chin makes her pussy start to flow again. She reaches down and fingers her pussy while her hand continues to work John's cock. Lisa wants to fuck again, and again tonight, and she knows John won't let her down.

Rolling onto her stomach Lisa presents her beautiful ass to John, her legs spread slightly, allowing John to see the pink wet slit of her pussy and her delicate ass. John wastes no time in moving toward Lisa. With firm hands he massages her ass. Lisa loves the forceful motions and the way his hands grip her cheeks and separate them. The cool air running against her hot wet pussy adds another exciting sensation to this wonderful experience.

Lisa loves feeling so exposed to this man. She wants John to enjoy every inch of her body, and in him doing so, knows she will reach levels of ecstasy she has never experienced. John puts a little more weight on Lisa's ass and she knows he is lowering himself down to her. His breath comes hot and heavy, and makes the skin on her bottom tingle. Lisa squirms with anticipation as she waits to see what John will do. Will he bite her? Will he drag his tongue along her slit and up her ass cleaning her as he goes?

Lisa feels a shock of electricity shoot through her as John's tongue comes in contact with the tiny rosebud between her cheeks. Lisa involuntarily spreads her legs wider to expose herself all the more. Never has she wanted a man to stick his tongue in her ass, as she does now. Lifting her butt slightly, offering herself, pleadingly showing John she wants him to tease her with his tongue. John slowly circles her little star with his tongue. First to the right, then to the left. Stopping occasionally to press directly into the center. Lisa feels her asshole relax and start to open as John's tongue gently presses.

Before now the thought of ass play hadn't really been that exciting to her, but tonight the thought of it was driving her crazy. She wondered what his intentions were. She was frightened, yet at the same time so highly aroused she craved the feeling of his head pushing into the most delicate opening on her body. Lisa wondered nervously how long it would be before he tried to enter her with his cock. Again the spark of electricity went through her as John's tongue found its way back to her pussy. With lightning quick flicks he teased her clit from behind. He snaked his way into the opening of Lisa's pussy, it felt so good, soft, yet firm and wet. Lisa was in heaven. She could hear John licking and sucking at her pussy greedily. She knew he loved the way her pussy tasted and smelled.

There was no doubt that John was in love with her, and that she indeed loved him. John slid his hand under Lisa's hip and gently turned her over. Lisa now on her back was looking up at John as he knelt beside her. His cock had risen once again, and looked harder than ever. Lisa relished the idea that she was able to turn him on like this. Reaching out she took his cock in her hand and squeezed.

He was hard, rock hard. This made Lisa's pussy expel more of her juice, and she felt it run down the crack of her ass. John really had no idea how turned on he made her. John placed his arms under Lisa's back and legs and lifted her from the bed. Picking her up he swiftly took her into the bathroom.

Lisa then knew what he hoped, what he craved, and she was more than willing to do anything to please him. John set her down on the edge of the tub, and started the water so she would have something beside body heat to keep them warm. He also poured a little bit of rose oil into the water and lit some candles. Lisa sat on the edge of the tub and watched John move about the bathroom preparing things for them. Lisa turned and sat gazing into the steaming water. Coming up behind her, Lisa could feel his cock touch her back before any other part of him had reached her. John placed his hands on Lisa's shoulders and rubbed gently.

Leaning down he whispered in her ear, "I will be right back my love." Sitting on the edge of the tub, swirling her feet in the hot rising water, Lisa wondered what John had gone to do. She didn't have to wait long as she heard him step into the bathroom and close the door. The "tink" of the glasses told her what she needed to know. He had gone to get them a fresh bottle of wine. They massaged and caressed one another in the hot bath, then to take a break from the hot water, they grabbed a soft, fluffy towel and proceeded back to the bedroom.

Taking Lisa by the hand John led her to the bed. Lisa placed a shower curtain over the bed and a thick comforter over that. Lisa tingled with anticipation. John's cock was already rising again at the thought of what was in store. Climbing onto the large bed John laid down as Lisa straddled him. Her soft smooth thighs felt good on his sides, and John loved being able to look up at Lisa above him. Her soft fair skin was breathtaking. Her beauty made him blind to all other women in John's mind.

Lisa felt hot and excited knowing she would release her warm stream of female ejaculate on John's once again rigid cock. John placed his hands on Lisa's breasts and started to kneel, and pinch her nipples. Lisa laughed in delight. She was fired up as never before. The thought of doing something that seemed so naughty was burning her up inside.

Only in her most private fantasies did she dare to dream of doing these things. Somehow John had brought Lisa to a place where this was something that seemed natural and playful in a wonderfully sexual way. Lisa wanted to live on this sexual playground for the rest of her life now. Feeling his cock press against her pussy, Lisa started to move slightly back and forth relishing the feeling of John's swollen member slide against her velvety opening. John fingered her g-spot and clit with vigor, throwing her into a building wave of intensity. Her moans and gyrations sent a smile over his face. Seconds later, Lisa opened the floodgates; the hot liquid gushing out of her cunt splashed and squirted all over John's cock and abdomen.

Lisa smiled as John moaned in ecstasy at this site. Still gushing, John's hands urged her to move up his body as she came on him. John wanted nothing more than to taste Lisa's cunt as she let go on his face. Lisa loved the thought of her lover wanting to taste this naughty pleasure she was willing to give him. Moving over his face she watched in pleasure as the shower of her cum flowed over John's face. His hungry tongue darting up and enveloping her swollen, pink, little clit. His face is covered in her steaming, liquid flow and opening his mouth, he eats her gushing cunt.

Lisa starts to grind her sweet pussy into his face as she pushes out the last drops, literally scrubbing John's face with her sopping wet pussy. Lisa can't believe how excited this has gotten her. Lisa repositions herself in the 69 position and takes John's cum laden wet cock in her mouth as John clamps his mouth to her pussy and starts to tongue fuck her.

Lisa is thrilled by the taste of her newly liberated juice on John's cock; this is so naughty and it makes her so aroused. She feels the wetness between their bodies; her cum is slick and hot. It feels so good to both of them. John's hands hold Lisa's ass as he works her box with his quick tongue. He drives it deep into the waiting folds of her pussy and Lisa moans around John's cock. John is so worked up by Lisa's cock sucking skills that he begins to cum hard and deep into her mouth. Slowly, they both move into the hot bath again. Embracing one another they sip their wine and bathe in the candlelight whispering to one another only those things that they share with one another.





Frequently Asked Questions~

After writing the first draft of this book, I received questions from customers that I thought were good questions and wanted to include in my revised version of the book to assist anyone who may have the same questions. Here is what was asked and my replies-

1) Once you learn how to ejaculate is it something that you choose to do or does it just randomly happen?

For most women it is something that you choose to do, however it can be more difficult at times than others and can occur without trying. A common problem that women have is being concerned that they will expel urine, gas, or feces as it does require a big push and letting go. That is why I recommend using the bathroom before hand. The other main inhibitor is performance anxiety or simple mind chatter that may psychologically keep her from doing it.

2) Is it more intense and does it feel better to you than orgasms without ejaculation?

Most women report that it is more intense in a particular way. The level of intensity of an orgasm is not contingent upon ejaculating... however, the release of the fluid adds a new sensation of "really letting go" sexually and it provides increased pleasure (like a bonus to any orgasm). Afterward there is a deeper sense of really having a full release. Often after sexual activity if there has not been ejaculation a woman may not feel as sated and have a desire to just keep going and going because the fluid is making her "puffy" inside and is arousing. When it is released you have a better sense of completion and feeling sated.

3) Can you have multiple orgasms with ejaculation fluid?

It is possible, however it is more difficult to do as a woman will eventually run out of fluid (and may even become dehydrated). I would say that most women need a refractory period to recuperate and allow the fluid to build up again to get a big "gush," however smaller gushes or leaking of fluid (after her first orgasm) with multiple orgasms is possible. It depends on the woman, as well as the situation.

4) My wife says she does not feel the sensation to pee that would indicate the fluid is ready to be expelled. What must I do to help stimulate that?

In regard to your question regarding your wife's sensations. Let me suggest the following-

One of the first suggestions that I can make is for her to try to expel everything before hand. Making sure that she use the bathroom and push everything she can out of her so that she KNOWS that there is nothing that is going to come out other than ejaculate.

Also, if she has not already tried it alone, I would start that way. Personally, the psychological pressure I can put on myself to perform sexually can really inhibit me from fully letting go sometimes, and it may be good for her to explore her own sensations without the "distraction" of a partner. It is easy to lose touch with our own sensations when we are with our partner and so I highly recommend women that struggle to ejaculate or even have an orgasm try it first by masturbating.

Perhaps she can try what I did my first time, which is trying it in the tub (empty) with just a towel underneath her and have her use two stimuli... clitoral (preferably a vibrator) and a g-spot wand (or substitute... dildo, even a hair brush end...) anything that will reach her g-spot and put pressure on it. I suggest taking turns between clitoral and g-spot stimulation in the following order... clitoral to get herself aroused, then g-spot to get the g-spot glands filled by stimulating them, and then just before she really begins to feel like she is going to have an orgasm, she should switch to the vibrator again and give herself a clitoral orgasm. When she feels the wave of orgasm reaching to the climax (feeling like she has to urinate or not) she should push hard as though she were going to bear down to have a child.

The key thing to remember here is to give herself time, and not to pressure herself. While she may appreciate your excitement, the pressure to have results can be a psychological obstacle. She should tell herself before she begins masturbating that if she doesn't do it this time.. that is fine, and that she will get it eventually. The very worst that she can achieve is a really good orgasm! Not a bad deal if you ask me!☺

You may also want to tell her to think of what she would do to relax herself in general... maybe a hot bath prior with candles, sensual music, etc. Tell her to really allow herself to get creative and pamper herself. Tell her to allow herself one month to practice that way she is telling her mind to back off and let herself relax to further explore her sensations and understand how her body responds to sexual stimulation. She may not feel the need to urinate... but that does not mean that it cannot happen.

It may be that she is in a minority and won't feel the need to urinate, but can still do it, or it may be that she has not located her g-spot. You can help by having her use a clitoral vibrator to first get herself stimulated and then have you finger her to feel for the puffy g-spot. It may be higher in her, or to a side. Just allow yourselves to have fun as though you are looking for that treasure in an adventure together.

Also, I can say that while I am not really into alcohol myself (Maybe a glass of wine or two every six months or so) the one night that I had three glasses of wine.... I could not stop gushing because I was so relaxed! This may also be a good idea.

The last bit of advise is that once she does it on her own, practice your fingering techniques because that is a really good way to get it to happen. Remember to use pressure upward into her vaginal lining against the g-spot, and allow a lot of time. You may even want to work out your forearms and fingers to be able to go for a long time as some women can require over an hour of stimulation. Remember that you can use toys too! :-). Take breaks if you need to, and again, remember to keep it about fun... not about pressuring to achieve a goal. Having her use a clitoral vibrator while you finger her is also a VERY good way to work together on this.





A Few Articles From Our Web Site That Are Relevant To Female Ejaculation~

The Art Of Fingering

Techniques On Pleasuring The Vagina

Many inexperience lovers out there take the term "finger fucking" too literally and believe that jamming their fingers into the soft folds of a woman's vagina is the way to go. Can we say "Ouch!"

The ultimate tip of this article is to suggest that you have a woman masturbate to show you what she likes first. We will say this many times... communication in any sexual experience is the key, and a visual display to show personal preference is not only arousing, but also helpful!

Let's start with preparation-

~ Clean Hands-

You will want to wash hands well to make sure that you do not introduce harmful bacteria into the vagina or introduce it into the urethra.

~ Avoiding A Urinary Tract Infection (UTI)~

Unfortunately, there can be some negative side affects to making contact with the urethra. The urethra is sensitive and is easily irritated. It is fairly easy to expose the urethral to bacteria that is harmful when introduced and thus often results in a UTI. The activity that can cause a UTI can be sexual or non sexual.

A woman who wipes her genitals after urinating from the back (dragging harmful bacteria from the anal region to the urethra) can introduce the makings of a UTI. Any sexual activity that makes contact with the urethra whether it is from fingers, a sex toy, the mouth, the penis, etc. can result in painful urination and infection. To help prevent infections and reduce the chances of irritation, a woman should drink lots of water and urinate just before and right after urethral stimulation.

Taking precautions such as washing whatever is going to come into contact with the urethra beforehand may assist in preventing such an infection. If an infection occurs it is easily treated with antibiotics. If left untreated the infection can become more serious and spread into the kidneys.

If you ask most women who have had a UTI, they will tell you that it is pretty painful and something that you would go to a medical facility at 3am if you had to so that you could get some relief!

~ Shorten Finger Nails-

Trim fingernails, so as to not cause pain or tears.

~ Lubricant-

Have the necessary tools, and toys such as lubricant, STD protection (if needed). Using lubricant is always welcome, as no matter how excited and wet a woman gets, that moisture is easily taken away and rubbed onto the fingers and hand leaving her feeling a bit tender.

~ Atmosphere-

Creating a relaxing atmosphere can also include doing some sensual foreplay. Get into the mood doing such activities as: massage, using sweet or spiced body lotions or oils, soft kissing, a bubble bath, and many other creative ventures.

Finger tips that tease and play with the clitoris in the beginning of a fingerings session will create a nice introduction to getting a woman ready for penetration clitoral stimulation will provide a nice opening, so let's start by discussing the clitoral orgasm.

The Clitoral Orgasm

This orgasm occurs at the peak of clitoral stimulation. It begins with an intense sexual excitement within the clit and then as the orgasm peaks it surges waves of pleasure throughout the body. Only several years ago did Masters & Johnson break the myth that this was the only kind of orgasm that women could have, when they showed proof of the g-spot orgasm.

The clitoris is the most sensitive part of a woman's body and sexual arousal is always felt in the clitoris no matter where the orgasm takes place. It is usually that the sexual arousal first originates in the clit, and is considered an orgasmic starting point.

~ What Is The Clitoris And Where Is It?

It is located below the mons veneris on the anterior portion of the vulva. The inner vaginal lips, also called the labia minora when closed, tend to hide the clit, but it is interesting to note that those inner vaginal lips are attached to the underside of the clitoris and thus play an important role in the network of nerves, which transmit sexual stimulation.

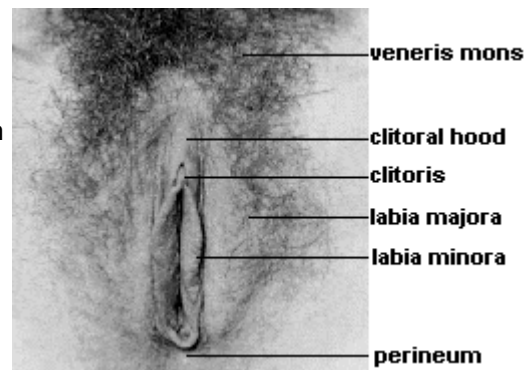
The clitoral hood is formed by the connection of the inner vaginal lips. This small hood covers the clitoris in much the same manner as a foreskin covers a penis. When you pull the hood back you can see that the clit is USUALLY about the size of a pencil eraser, however the size does vary from woman to woman, much the same way penis size varies from man to man.

The clitoris is abundantly supplied with nerves. The part of the clitoris that you see is actually much like the head of a man's penis, and as a man has a shaft to his penis, a woman has a shaft to her clitoris. The shaft is located above the hood, and is more easily felt when a woman is aroused as it become more rigid as it fills with blood.

~ What Does It Feel Like?

Clitoral orgasms can be very intense, but may not be as "deep" as others. These orgasms are no doubt very, very pleasurable and helpful in achieving female ejaculation. Stimulating the clitoris can be a very good place to start when trying to achieve female ejaculation, after providing stimulation to the g-spot.

A Reminder- Remember that after an orgasm the clit can retract, and becomes highly sensitive to any further stimulation, often to the point of being painful.



~ Fingering The Clitoris~

A woman's lover will want to respect that the clitoris is the most sensitive part of a woman's body. Rough rubbing directly on it (especially with rough skin) is not usually the ideal. Another area that is often misunderstood, is that most women want to have constant, repetitive motion to one or both sides of her clit. Many women have a favorite side, so it is always good to ask which side your baby likes, or if you are the receiver of such divine fun, to tell your lover. Communication is always key during GOOD sex.

Variation of speed and moving all around the clit is not generally preferred. Most women need a constant, repetitive, stimulation with little to no variation just as a vibrator would offer. That is one reason why women love those beautiful toys so much!

Pulling back the hood-

This is going to depend on a woman's clitoral sensitivity and how aroused she is. The more aroused a woman is, the more she may want or not want her clitoris directly stimulated.

For those women who are particularly sensitive, pulling back the hood and receiving direct clitoral stimulation is not going to be a pleasurable experience.

If a woman likes her hood pulled back, the best way to do so is by spreading her lips apart, or pulling up on the mons.

Range Of Motion-

When women masturbate, they often rotate around their clit in a circular motion, while other women prefer a side-to-side or up and down motion. Another technique is rolling the clitoris with the thumb and pointer finger. This should be done gently.

In part one of this article, we reviewed clitoral fingering techniques as well as the clitoral orgasm. In this article we will begin by reviewing the G-spot orgasm and then discuss some very effective fingering techniques.

~ The G-Spot Orgasm

This orgasm may begin at the g-spot and stay focused there throughout the building and final release of the orgasm, or may expand throughout the body. This orgasm is demonstrated when the g-spot is stimulated and becomes "puffy" and swollen as the tissue surrounding the female Skenes/Skenes glands fill with blood during sexual arousal. This results in the tissue becoming firm to the touch.

~ What Does It Feel Like?

Like the vaginal orgasm, this usually takes longer to build. Because the g-spot is not stimulated as much by friction as much as pressure, using a rhythmic pushing against the g-spot is more pleasurable than light rubbing.

Most women describe this type of orgasm as an intense, deeply sensual pressure that builds until it feels like the entire vaginal explodes with ecstasy and is usually followed by euphoric energy that spreads

throughout entire body. This orgasm, like the vaginal orgasm can release an emotional response as it provides women with a sense of being penetrated more than just physically, but also in a more emotionally vulnerable sense.

The most effective stimulation is using rhythmic thrusting. These rhythmic movements create vibrations, which induce pleasure in the cervix and uterus as well as in the G-spot and vagina. When fingers are introduced into the vaginal opening, the initial pleasure is primarily from the feeling of distention or fullness.

Using more than one finger may increase pleasure felt in some women as it stimulates the vaginal walls, which may also stimulate the G-spot as pressure increases and the vagina is filled.

This sexual stimulation is due to the highly sensitive and many nerve endings in the g-spot. While discomfort may initially be felt, these sensations may gradually fade. Fingers that curve upward place pressure on the g-spot and this can be very stimulating. While width is a positive pleasure inducer, it is not as important as where the fingers are stimulating a woman in her vagina.

Because all women are different, and some have different preferences for stimulation, you may find that while some women prefer hard thrusting, others prefer softer, strokes. As in all sexual techniques, the best is good communication. Enjoy!

The Truth On Penis Size & Enlargement

I know writing this, indicating that penis size matters may seem cold or shocking, but why avoid talking about the reality of this. Women and men talk about it all the time in their separate corners, and I think it's time to get this out in the open. How else do we work through our insecurities, and take measures to improve ourselves mentally, emotionally and physically, but to get it all out there? I feel strongly that this ultimately allows us to create a better reality.

It seems that as a society we have slammed men for worrying about their penis size and their ability to become "rock hard," telling them not to be concerned with it. Yet, we have social messages that emphasize penis size all the time. I believe that men have a right to voice their concerns... it is a legitimate issue and I think it deserves more than some pat answer like "it isn't the size... it's the motion of the ocean!"

This article will review why penis size matters, how it affects women, and techniques and solutions to address these concerns. I will also touch on a woman's need to contribute in keeping her "equipment" in good condition, as well as how all of this relates to female sexual arousal.

Penis Size, Shape And Girth Affect Sex-



People who think that men are insecure or even egocentric to think about the size of their penis are not sensitive to this legitimate concern. In fantasyland we are all perfect lovers, in reality we can ALL use improvement. My goal in all of my work is to empower people and provide realistic suggestions.

I like being up front with my clients and provide them with empowering solutions to their challenges. Hence, if there are things they can improve in their lives to feel happier, healthier and more at peace... then that path should be explored. If your overweight... let's look at how to work on that, if your marriage is not going well, let's explore techniques to not only save it, but make it something fulfilling and beautiful, and so on and so forth.

I believe you get what you settle for in life, and if you are settling for a mediocre sex life, than listen up... you can make it better, you can do things that will not only improve it, but you can make it better than a fantasy, because it will be real!!!!

Men & Penis Size-

Men are not egocentric for being concerned with their penis size. Generally, men who are concerned about it are concerned for two reasons-

- 1) **They want to be thought of as a virile lover who offers their lover something really pleasurable through their penis. They want to be adored and have their penis appreciated.**
- 2) **They want to please their partner sexually with a thick, long, hard member.**

What I have found in my interviews is that the opinions expressed publicly are different from opinions held in private. The truth is that penis size, parameters, shape, and angle... do matter to both men and women. I would have to say that in general, men are concerned about size, rigidity and staying power for good reason. Let's face it women simply do not have fantasies about men with small, flaccid, penis.

I am not saying we women need something HUGE to feel sexually satisfied, but a nice penis can be nice for a few reasons (discussed in more detail below).

Penis Size & Making A Woman Orgasm

It is good to know how to give a woman not just a clitoral orgasm, but also the deeper, more fulfilling orgasms- the vaginal/cervix and g-spot orgasms. These are achieved by specific techniques due to the physical layout of the vagina.

The Vaginal/Cervical Orgasm-

Because the vaginal/cervical orgasms involves the cervix, which is located further up inside the vagina, a long object (or penis) thrusting into the vagina will better reach the cervix and be more successful in aiding a woman to reach this type of orgasm. ***Hence a longer penis is going to feel more arousing inside a woman.***

The G-spot Orgasm-

(A Great Orgasm In Aiding In Female Ejaculation!)

Like the vaginal orgasm, this orgasm usually takes longer to build. Because the g-spot is not stimulated by friction as much as through pressure, using a rhythmic "pushing" against the g-spot is more pleasurable than a light rubbing. ***Hence, a wider penis is going to feel more arousing inside a woman.***

Does this all mean that a woman can not be satisfied with a man who is not well endowed or is able to get a raging hard-on?

No, a woman can be satisfied without her lover having a large penis by them using some specific sexual techniques. A perfect sized dildo, g-spot stimulator, penis extension toy or method can be used effectively when her partner is or is not well endowed.

Women Have A Role Too-

Let's not forget that women are part of the picture and can aide in solutions as well. Doing Kegel exercises to keep her vagina muscles toned can be one of her contributions as well as using other toys and products I will discuss in upcoming articles.

Open communication is the key, and women should discuss what will most pleasure them in detail with their lovers as that will provide their lover with a guide, rather than leaving them in the dark as to what will make them sexually pleased. All women are different, and while there are certain techniques that will pleasure a woman more... to what extent one prefers one technique over another will vary from woman to woman.

Penis Enlargement Techniques-

The size of your penis doesn't have a relationship with anything else on a man's body. For example a man with big feet does NOT necessarily have a 9-inch penis. Whether you have above or below the average penis size, ask yourself does it really matter to you. If you feel comfortable with the way your penis looks then it is not an issue. If not, then you can do what many of our clients did and take a look at our suggestions listed later in this section.

While Viagra works well at allowing increased erectile rigidity (a better hard-on), size is a different matter. There are a lot of gimmicky programs out there that are a waste of time and money and that is why we list only the best.

It is true that there are some herbal supplements that are effective, however, most are not. There are some other prescription drugs as well, and we review them in detail on our website. For this article we are going to focus on easy exercise regimens that not only work, but also work really well.

Why penis enlargement is possible, and can take just a few weeks~

The skin of a penis is very flexible, and can be enlarged to triple its size in less than 30 seconds when an erection occurs. The cells within the penis also consist of flexible tissue. They are what fill with blood to create an erection.

An effective penis enlargement exercise program will provide stretching techniques that are similar to the stretching that occurs during an erection, however they create a larger sized penis and are long lasting. Using techniques that will stretch the penile tissue within those cells are what will provide a larger penis, both length and width while the penis is soft and during an aroused state.

Think of it like the way that weight gain occurs. When a person eats a lot they extend the stomach lining. If they continue to do it the stomach actually gets bigger and can hold more food. It is kind of like you are shooting for penis "weight gain," except you are stretching the cells so that more blood can fill them. When this happens it actually makes the cells bigger thus, making the penis larger.

Because the cells in the penis are alive, and have a regenerative capability, they respond to more blood being filling them by enlarging themselves, hence, making your penis larger (whether you are soft or hard). Penis enlargement information is available in books, however due to the sensitive (and sometimes embarrassing nature) of this topic, I have found male clients to be relieved when I suggest they try an online site that offers such information and products. The cool thing that sites offer in addition to information is videos with instruction.

Proper penis enlargement exercises have statistically shown up to 20% increase in size in as little as two weeks. Of course if you want to add up to 30-50% in size, you are going to need to do these exercises for a few months. It may take time, but the good news is that there are fantastic results!

The programs out there are not free, but I can say that they are much cheaper than the prescriptions out there. They are also safer, and have no side effects. Typically these programs range from \$30.00 - \$50.00. This is not bad when you consider that the results are permanent and allow a man to make his fantasy of having a big, thick penis a reality.

There are two programs, which I highly recommend, although one is better in my opinion.

The one I most recommend is Big-Penis.com. This program is a thorough and professional program, and they have been around for the longest amount of time. They have the most extensive information, and include many photos as well as videos on the several enlargement techniques they teach.

The other program is through Penile Secrets.com. They don't have as much teaching material, and their e-mail support could use some help, but their program is effective and has shown clients I have referred great results and thus, I recommend them as well.

Condoms: What You May Not Know~

TIPS ON USING CONDOMS

- ~ Put a condom on after the penis is erect (hard).
- ~ If using a spermicide, put some inside the condom tip.
- ~ After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw from your partner.
- ~ If the condom does not have a reservoir tip, pinch the tip enough to leave a half-inch space for the semen to collect.
- ~ Extreme temperatures-especially heat - can make latex brittle or gummy (like an old balloon). So, don't store condoms in hot places like a glove compartment, your wallet or back pocket for any length of time.
- ~ If you do carry it around for more than a few weeks without using it, throw it out and store a new one.

DO'S AND DON'TS FOR CONDOMS

THE DO'S:

- ~ Use only water based lubricants both inside and outside the condom.
- ~ Use a new condom for every act of intercourse.
- ~ Put a condom on before any contact is made between the penis and any part of the partners body.
- ~ Wrap a used condom in a tissue and throw it in the trash.

THE DON'TS:

- ~ Don't use your teeth, scissors or sharp nails when opening a condom wrapper and make sure you can see what your doing!
- ~ Never use lubricants that contain oils, fat or greases such as petroleum jelly (like Vaseline) baby oils or lotion, hand or body lotions, cooking oils or oily cosmetics like cold cream. They can seriously weaken latex causing a condom to form tin holes and tear easily.
- ~ Don't flush them down the toilet they will come back to haunt you!

NONOXYNOL-9

Is a mild chemical detergent that kills sperm and has been found to also kill some STD causing organisms. Some experts believe nonoxynol-9 may kill the AIDS virus. How ever some men and woman have a sensitivity or allergic reaction to nonoxynol-9 that may irritate the delicate tissues of the vagina or the male urethra. If irritation occurs, you should discontinue use.



When A Condom Is Too Small:

Condoms that are too tight may cause a numbing sensation that decreases feeling, thus make staying aroused or cumming more difficult. True, it can prolong sex, as it can act as a cock ring, but if you are struggling with [Erectile Dysfunction](#), then you should get a loose condom. We recommend trying one like these-

Magnum XL-

Is now the widest latex condom available. For those familiar with the original Magnum, XL is nearly 15% wider and about the same length. The XL is also about 15% wider than Trojan Large, 30% larger than average sized condoms, and is clearly the best choice for men who need protection with extra closet space.



To Order Some Use The Following Link-

[CLICK HERE](#) To Order Some

Trojan Very Sensitive Condoms-

Talk about a funky looking condom! This new condom by Trojan employs a unique design and shape to offer maximum sensitivity. While the bottom portion of the condom is more tapered, the rest of the condom features an extra wide shape to allow for a looser, more comfortable fit. Available with or without spermicide.



To Order Some Use The Following
Link-

[CLICK HERE](#) To Order Some



Cara Croft- Featured In The Art Of Female Ejaculation Video

Sex Drugs: Do They Work~

Did you ever wonder about those sex herbs you see advertised all over the place? Ever wonder if they actually worked? Sure they promise to turn any one into a raging sex machine and at the same time cure every sexual problem in the book including [female sexual dysfunction](#), [erectile dysfunction](#) and premature ejaculation. But can they really deliver - or are they all just a rip-off?

To be honest, most are a rip off. When you use herbs you will need to note that most are going to have a mild side effect, while long-term attention to your physical health through exercise, healthy diet, and a physical check up are going to be your best bet.

However, we will review with you what we feel to be your best options for herbs, drugs, and other solutions below-

Sex herbs & drugs claim to do many things.

Examples include, but are not limited to~

- ~ Trigger fuller, firmer longer-lasting erections
- ~ Experience mind-blowing orgasms
- ~ Restore sexual desire no matter your age
- ~ Increase sexual "staying power"
- ~ Increase spontaneous erections
- ~ Increase orgasms in women
- ~ Restore youthful sexual confidence
- ~ Boost lagging Testosterone level
- ~ Increase blood flow to the penis
- ~ Increase blood flow to the vagina
- ~ Increase genital sensitivity
- ~ Eliminate performance anxiety
- ~ Increase erotic dreams

Female Sexual Aide Suggestions-

As with any drug or herb you should always read the warning labels and consult your physician before taking.

~ Aromatherapy-

- ~ Lavender & marjoram are relaxing and can help you get over emotional trauma regarding sex. Also trying a full body massage using these essential oils before sex can be helpful.
- ~ To read more about aromatherapy- go to the following link- [CLICK HERE](#)

~ Vitamins & Minerals-

- ~ Take plenty of vitamin A and E, which will help restore the health of the reproductive system.
- ~ Vitamin E capsules can be placed inside the vagina to ease pain or dryness.
- ~ Acidophilus will help to maintain the balance of healthy flora (good bacteria) in the body.

~ Flower Essences-

- ~ Mimulus, for fear of pain during sex.
- ~ Rescue Remedy or Emergency Essence can be taken before making love to calm and reduce feelings of panic and anxiety.
- ~ To read more about Flower Essences go to the following link-
- ~ To read more about Flower Essences [CLICK HERE](#)

- ~ **Acupuncture-** To read more about acupuncture [CLICK HERE](#).

Female Sex Drugs~



Kama Crème is a Female sexual enhancement lubricant and heightens the arousal phase of sexual pleasure when applied to the sensitive tissues of a woman.

Arousal is encouraged by the gentle warmth and tingling sensation of soothing menthol. As the experience continues, the pulsating and soft heat intensifies, which further enhances blood flow into the area. While the menthol stimulates, the essential amino acid L-Arginine initiates the nitric oxide pathway of sexual stimulation.

HerTurn enhances sexual responsiveness in the areas that matters, and produces sexual arousal to increase and enhance the enjoyment of intercourse.



In addition, the feeling and stimulation of the female sex organ is heightened dramatically as the result of using HerTurn. L-arginine stimulates the clitoral tissue, which results in increased blood flow and dilation of the blood vessels in the clitoral area, resulting in intense sexual arousal. L-Histidine, converted to histimine, is the chemical responsible for triggering an orgasm.



Progesterone works in tandem with estrogen and other hormones to create an overall hormonal balance. Damiana Leaf, known by its botanical name of Turner's Aphrodisiaca, is used for mood enhancement and as an aphrodisiac. Pregnelone, "the grandmother of all steroid hormones", and necessary to keep your hormones at youthful levels. HerTurn also contains Black Cohosh and Menthol USP for extraordinary special sensations to the vaginal walls and the genital tissues, respectively.

Stamina-Rx for Women~

~Desire and Arousal:

Dramatically increases sexual desire and arousal by stimulating the release of powerful neurotransmitters (dopamine and norepinephrine) that energizes the hypothalamus (the body's sex center).



~ Climax and Orgasm:

Stamina-Rx initiates the physical orgasm by releasing oxytocin into the body, which can dramatically improve the duration and strength of an orgasm as well as facilitate multiple-orgasms. By elevating the levels of dopamine and norepinephrine, the mental/psychological self is aroused and ripe for climax.

~ Heightened Sensitivity

Stamina-Rx increases and maintains the flow of blood by as much as ten times in the sexual organs, while blocking enzymes that can ultimately breakdown the storage of blood. Women can remain physically aroused and respondent throughout the sexual experience.

Male Sexual Aide Suggestions-

Important to note~ Avoid alcohol, illicit drugs, and caffeine as they constrict the blood vessels and inhibit the flow of blood needed to achieve an erection.

~ Vitamins & Minerals-

- ~ Vitamin B for the nervous system.
- ~ Molybdenum can prevent impotence and sexual difficulties.
- ~ Zinc is required for healthy functioning of the reproductive organs.
- ~ L-tryptophan may help to prevent feelings of anxiety from sexual difficulties.

~ Chinese Herbs-

- ~ Ginseng can improve vitality and help to reduce feelings of anxiety.
- ~ Impotence is believed to be caused by weakness of the kidneys and Liver, with liver chi stagnation, and cibot root may be useful
- ~ Chinese angelica, white peony root, and thorowax will aid feelings of anxiety.

~ Aromatherapy-

- ~ Clary Sage, Sandlewood, Ylang Ylang are natural aphrodisiacs.
- ~ To read more about aromatherapy go to the following link-
- ~ To read more about aromatherapy- [CLICK HERE](#)

- ~ **Acupuncture-** To read more about acupuncture [CLICK HERE](#).

Male Sex Drugs~

~ Viagra

For rock hard erections, Viagra is the obvious choice. Viagra is not just for 60-year-old diabetics. Even 20-year-old men can benefit from Viagra. Because this may be a sensitive issue for men, just as penis enlargement, we recommend our clients use a U.S. based, online pharmacy.

Make sure you do not use unknown retailers who may be selling phony Viagra after attracting orders with retail prices lower than Pfizer's wholesale prices. We have found **eScripts-**

Viagra to be the most reliable supplier, with realistic, low prices. Your prescription will be issued after you fill in an online questionnaire, and the Viagra will be sent to you overnight and anonymously.

Stamina-Rx for Men~

~Increases the production of nitric oxide and inhibits phosphodiesterase-V
(the principle agent responsible for causing erections to fail).

~Increase Blood Flow to the Genitals Causing Increased Rigidity and Extended
Duration of Erections.

~Increase Libido and Sexual Stamina. Increase Strength of Orgasms.



Viagra~

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Faster Than Viagra?

Sildenafil Citrate soft tabs-

Sildenafil Citrate is better than Viagra because they work faster 15 minutes as opposed to Viagra, which takes an hour to an hour and a half). Viagra is actually Sildenafil Citrate in pill form. However recently they have put it in a dissolving soft tab, which dissolves under the tongue allowing for it to be absorbed into the blood stream that much faster!

About Viagra~

Viagra® is a phosphodiesterase inhibitor used to treat erectile dysfunction (ED) or impotence by improving a man's response to sexual stimulation. This drug is taken by mouth as needed between four hours and one-half hour before sexual activity (about one hour before is most effective).

Stamina-Rx is a revolutionary sexual stimulant engineered to increase sexual stamina and arousal. Stamina-Rx contains only the highest grade extracts and nutraceuticals. These key components work to make Stamina-Rx unlike any sexual aid or stimulant you have ever tried!

Frequently Asked Questions About Viagra

~ What is Viagra?

Viagra is a breakthrough treatment for male erectile dysfunction or ED, often called impotence. It is a convenient, discreet pill you take only when you want to have sex. Viagra can help many men who have ED get and keep an erection when they become sexually stimulated, either physically or visually. So with VIAGRA, a touch or a glance from your partner can again lead to something more.



~ What is ED?

Erectile dysfunction, or ED, is the medical term for impotence - the inability to get and/or keep an erection sufficient for satisfactory sexual activity. About 30 million men in the United States suffer from some degree of ED, including about half of all men aged 40 to 70 years.

~ How does Viagra work?

Viagra enables many men with ED to respond to sexual stimulation. When a man is sexually aroused, the arteries in the penis relax and widen, allowing more blood to flow into the penis. As the arteries in the penis expand and harden, the veins that normally carry blood away from the penis become compressed, restricting the blood flow out of the penis. With more blood flowing in and less flowing out, the penis enlarges, resulting in an erection. If the nerves or blood vessels associated with this process aren't working properly, a man may not be able to get an erection. Viagra increases blood flow to the penis, so that when a man is sexually aroused, he can get and keep an erection. When the sexual encounter is over, the erection goes away.

~ How well does Viagra work?

Viagra improves erections in up to 4 of 5 men who take it; regardless of how long they have had ED, what caused it, or how old they are. Will Viagra work as soon as I take it? Take Viagra about 1 hour before engaging in sexual activity. For most patients, beginning in about 30 minutes and lasting up to 4 hours, Viagra can help you get an erection if you are sexually excited.

~ Does Viagra automatically cause an erection?

No. With Viagra, you must be sexually aroused to get an erection. If you take Viagra and are not sexually stimulated, nothing will happen-you won't get an erection just by taking the pill. Viagra is not a hormone. It is not an aphrodisiac. It's a prescription medication that can improve the erectile function of most men with erection problems.

~ How much Viagra can I take?

Viagra comes in different doses (25 mg, 50 mg, and 100 mg). Like many medications, you may have to adjust your initial Viagra dose if it doesn't produce the desired results or you're bothered by side effects. Do not take Viagra more than once a day. If you are older than 65 years, have a serious liver or kidney

problem, or are taking protease inhibitors, such as for the treatment of HIV, you may want to start you at the lowest (25 mg) dose of Viagra.

~ How often can I take Viagra?

For most patients, Viagra should not be taken more than once a day. In patients taking certain protease inhibitors (such as for the treatment of HIV), it is recommended to not exceed a maximum single dose of VIAGRA in a 48-hour period

~ Who should not take Viagra?

Viagra is only for patients with ED. Viagra is not for newborns, children, or women, although it is being examined for women to take it in the future, but the testing is not finished, and so it is not encouraged.

If you're a man who uses nitrate drugs, like nitroglycerine, never take Viagra. The combination of Viagra and nitrates can make your blood pressure suddenly drop to unsafe levels. You could get dizzy, faint, or even have a heart attack or stroke. Nitrates are found in many prescription medications that are used to treat angina (chest pain due to heart disease) such as: Nitroglycerin (sprays, ointments, skin patches or pastes, and tablets that are swallowed or dissolved in the mouth) Isosorbide mononitrate and isosorbide dinitrate (tablets that are swallowed, chewed, or dissolved in the mouth) Nitrates are also found in recreational drugs such as amyl nitrate or nitrite ("poppers"). If you are not sure if any of your medications contain nitrates, or if you do not understand what nitrates are, ask your health care provider or pharmacist.

~ What if Viagra doesn't work?

While Viagra is effective in up to 4 of 5 men, it's not effective for everyone. If it doesn't work for you, see our [August 15th, 2002 Newsletter Edition](#) for other alternatives.

~ Can I take Viagra with alcohol?

Drinking alcohol can temporarily impair the ability to get an erection. To get the maximum benefit from your medication, you are advised not to drink large amounts of alcohol before taking VIAGRA.

~ Can I take Viagra after eating?

Yes, but taking Viagra after a high-fat meal (such as a cheeseburger and french fries) may cause the medication to take a little longer to start working.

~ What are the side effects of Viagra?

Like all medications, Viagra can cause some side effects. These are usually mild and don't last longer than a few hours. Some of these side effects are more likely to occur with higher doses of VIAGRA. With VIAGRA, the most common side effects are headache, facial flushing, and upset stomach. VIAGRA may also briefly cause bluish or blurred vision, or sensitivity to light. In the rare event of an erection lasting more than 4 hours, seek immediate medical help.

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Vagina Facts ~

Things You May Not Have Known About The Furry Alter!

A woman's vagina is often a mystery to even the woman who it belongs to! Because it is not as easily viewable without an awkward position and a handheld mirror, most women haven't a clue as to what their vagina's look like and consist of. The whole area, surrounded in folds of flesh and mounds of hair, may seem confusing as to what is what! Ending the mystery is an excellent way to warm up genuinely to the landscape and the beauty of this territory and that is my hope in writing this.

~ Vulva

The external female genitals are collectively referred to as the vulva.

~ Mons Veneris

The mons veneris, Latin for "hill of Venus" (Roman Goddess of love) is the pad of fatty tissue that covers the pubic bone below the abdomen but above the labia.

~ The Mons

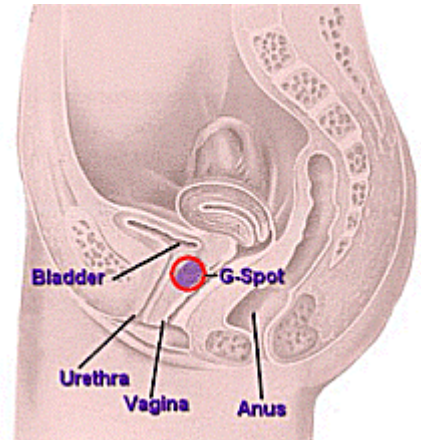
Is sexually sensitive in some women and protects the pubic bone from the impact of sexual intercourse.

~ Labia Majora

The labia majora are the outer lips of the vulva, pads of fatty tissue that wrap around the vulva from the mons to the perineum. These labia are usually covered with pubic hair, and contain numerous sweat and oil glands.

~ Labia Minora

The labia minora are the inner lips of the vulva, thin stretches of tissue within the labia majora that fold and protect the vagina, urethra, and clitoris. The appearance of labia minora can vary widely, from tiny lips that hide between the labia majora to large lips



that protrude. The most common metaphor for the labia minora is that of a flower. Both the inner and outer labia are quite sensitive to touch and pressure.

~ Clitoris

The clitoris is a small body of spongy tissue that is highly sexually sensitive. The clitoris is protected by the prepuce, or clitoral hood, a covering of tissue similar to the labia minora. During sexual excitement, the clitoris may extend and the hood retracts to make the clitoris more accessible. Some clitori are very small; other women may have large clitori that the hood does not completely cover.



~ Urethra

The opening to the urethra is just below the clitoris. It is where urine comes out. It is below the clitoris, and is small and hidden away under smaller folds of skin (called the inner lips or labia minora). It connects to the bladder and eventually to the kidneys (where urine is produced.) Because the urethra is so close to the anus, women should always wipe themselves from front to back to avoid infecting the vagina and urethra with bacteria.

~ The Hymen

- ~ It is a thin stretch of skin covering the vagina.
- ~ Some women never have a hymen at all.
- ~ The hymen can be stretched or torn by using tampons or exercising. It can also tear naturally in childhood or during puberty.
- ~ Hymens can have one hole or several.
- ~ A hymen is not an indicator of virginity at all.



Fun Facts~

- ~ Average Depth of a Vagina: between 3 to 6 inches.
- ~ Largest Vagina: the female blue whale with a normal length of 6 to 8 feet.
- ~ Largest Human Vagina: belonged to a woman who was 7'8" tall.
- ~ Smallest Vagina: 2 or 3 centimeters - surgery is required for correction.

- ~ Longest Clitoris: recorded at 4½ inches long and 1½ inches diameter.
- ~ Longest Labia Minora: some African tribes enlarge their labia to 7 inches in length.
- ~ Most Orgasms: 134 in one hour for a woman - 16 for a man.
- ~ Longest Recorded Orgasm: 43-seconds with 25 consecutive contractions.
- ~ Longest Recorded Pubic Hair: 28" (71.12 cm) long.
- ~ According The Solitary Vice (a book for doctors in the 1890s) women who masturbate tend to eat a lot of foods containing mustard and vinegar.
- ~ Women were discouraged from having orgasms during the Middle Ages because it was thought that they made women less capable of getting pregnant.
- ~ The modern IUD invented was invented in 1909.
- ~ The vagina and the eye are self-cleaning organs.
- ~ An orgasm relieves menstrual cramps because the vigorous muscle action moves blood and other fluids away from congested organs, and provides a release in the muscle fibers relieving tension.
- ~ The G-spot is named for Dr. Ernest Grafenberg.
- ~ The modern psychiatric definition of nymphomaniac is a woman who cannot experience sexual satisfaction regardless of the number of orgasms or partners she has.
- ~ In a recent survey of women who use vibrators for sexual relief, 8 out 10 stated they do not insert the vibrator inside them, they use it on the outside of the clitoris to achieve orgasm.
- ~ A female orgasm is a powerful painkiller (because of the release of endorphins), so headaches are in fact a bad excuse not to have sex. .
- ~ It is ancient legend that Cleopatra of the Nile had 2 orgasms a day and manufactured her diaphragm out of cow dung.

Questions~

~ Can you increase pleasure to the vagina during sexual play?

Yes, and there are several options.

[CLICK HERE](#) to read more about vaginal sex aides.

~ Is it normal to have one fold of skin larger than the other?

The size of the inner and outer lips varies a lot – those on one side might be bigger than those on the other, and the inner ones might hang below the outer ones. No woman is alike, just as no female genitals are alike. Just as the penis has many variations so does a vagina.



For more pictures of variations- [CLICK HERE](#)

~ Do Only Some Women Have G-spots?

The ability of the g-spot to get hard or stay soft depends on the level of sexual arousal. This actually explains why so many people think that some women have a g-spot, and others don't. If a woman is not aroused, the Paraurethral/Skenes glands are not filled with fluid and thus do not create a firm area on the vaginal wall. It may also be more of a prominent "bulge" in some women depending on how big their glands are, and how many they have. Think about it this way, like men's penises vary in shape, size, and angle, so do women's g-spots!

Female Ejaculation Fluid Note-

Important to note... this is NOT where the fluid for female ejaculation comes from... there is NO way that two cups of fluid can fit into these small glands. However, during sexual arousal these glands to excrete fluid and that fluid often mixes with the female ejaculate.

Paraurethral/Skenes Glands & G-spot

The Paraurethral/Skenes glands are also called "Skene's Glands." The quantity, size, and exact location of these glands varies within each woman, but generally it is found easily by inserting a finger into the vagina two inches in and on the top front wall, facing the pubic bone. During sexual arousal the Paraurethral glands fill with fluid and may in most cases can be felt through the vaginal wall as a more firm and puffy area. This is what people refer to as the g-spot.

~ What Happens To A Vagina When A Woman Is Sexually Aroused?

Engorgement

When a woman becomes aroused, her pelvic and genital areas fill with blood. This is called engorgement. This is the same phenomenon that makes a man's penis hard, and we all know how much men enjoy having a firm penis. For both sexes, engorged genitals are capable of feeling more. An engorged clitoris can be three times larger than an unengorged clitoris. Since an unengorged clitoris is often quite small, it can be hard to pleasure. Thus, by engorging the clitoris first a man makes it easier to find the clitoris, and the woman feels more pleasure.

Lubrication

When a woman becomes aroused, her vagina also become lubricated however, how much depends on her hydration, how long she has been aroused, and her diet.





Summary:

I want to take this opportunity to thank you for purchasing and reading this book. I hope that it has provided you with wisdom, empowerment, and pleasure.

I also would like to extend thanks to my husband John for all of the work he provided in making this book a reality, and to the many women and men whom contributed to this book through their honest and open stories.

I wish you all the best!

Lisa



John & Lisa Longhofer
Founders Of HolisticWisdom.com





The Art Of Female Ejaculation Video~



With Lisa Longhofer & Cara Croft

This exceptional video will not only provide you with all the incredible information found in the this book but also provides you with the most stunning visual displays of female ejaculation ever offered to the public! This is a stunning and beautifully directed video and sure to please any viewer!



Picture Sources:

Throughout this book pictures are provided courtesy of a great online companies that provides many more of them. We found them to be outstanding and highly recommend you check out their sites.

[**Erotic Art Network**](#)

[**World Of Pinup**](#)

You may find more of our resources used in this book and our web sites on our [**Resources Page**](#)

Thank You & Blessings To You



The End 😊



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If you think it is urine you're mistaken!

Learn The Facts

If you have seen web sites or videos with female ejaculation that looks like watery or thick milk in large amounts (1 cup), they are faking it. Female ejaculation comes from the Paraurethral Glands (that make up the g-spot) and the fluid is CLEAR and similar to prostate fluid in males in it's chemical make up. Find out about real female ejaculation-



- **ALL Women Can Female Ejaculate, This Is Real.** Once You Learn How It Works You Will Be Amazed At How Simple It Is To Do!
- **It Is Not Urine.** Female Ejaculate Is **Similar To Prostate Fluid** In Men. Learn Exactly What It Is Through Our Site & Resources.
- **Learn Step-by-step Techniques** How To Do It And Control It And The Psychological Inhibitors That Can Also Influence It Through Our [Movie](#) & [Book](#) *The Art of Female Ejaculation*.
- It Does Not Come From The Bladder, It Comes From The **Paraurethral/Skenes Glands** Also Known As The Glands That Create The G-spot.
- As Much As **Two Cups** Can Spray Or Gush Out!
- This Information Is Clinically Accurate And Scientifically **Proven**.



Lisa S. Lawless, PhD, CEO
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- Female Ejaculation **Intensifies Orgasms** In Women. Women Can Ejaculate Multiple Times Within A Short Period, Which We Teach In Our Our Site & Resources.
- There Are **Porn Actresses** That **Fake** It Via Douches Or Urinating; Learn How To Identify The Real Thing!
- Women Often Do Not Realize That They Can Ejaculate Because They Are Not Aware Of The **Simple Cues** Of When They Can Do It, Which We Teach Through Our Movie & Book.
- It Is **Not Urinary Incontinence** Because It Is Not Urine. It Is **Clear In Color**, And Usually Smells Like Nothing Or Has A Slight Sweet Scent.
- Female Ejaculation Is **Not** Contingent Upon **G-Spot Orgasms**; It Can Be Achieved Through Clitoral And Other Stimulation. Learn How Through Our Site & Resources.
- The General Public Often Does Not Fully Understand Female Ejaculation As Women's Sexuality Is Often Neglected In Our Society.

All women have the same equipment, it is simply learning the best way to use it through techniques and working through any inhibitions that hold us back with awareness and empowerment. - **Lisa S. Lawless, Ph.D., CEO**



It Can Spray In Long Bursts



Or It Can Gush Or Drizzle Out

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Not urine, this often squirting fluid is similar to prostate fluid found in the g-spot and expelled through the urethra. Learn how ALL women can achieve it today!

I can't tell you how many times web site visitors call and ask the same question... **"Is this for real?"**

Yes, it is! Having been a psychotherapist for years I decided to teach what I knew of female ejaculation to the public as I was shocked to find that most people are not educated about it, including physicians. It was incredible to me that in this day and age people still think it is urine or fake!

It was during my research for my book and video ***The Art of Female Ejaculation***, that I developed unique theories as to how **ALL women** could easily achieve it through **specific techniques** alone or with a partner.

My book and video are the **ONLY** places you will find everything about it- from what it is, how it works, as well as techniques to achieve it. The reason is that not only do we provide the physical aspects of this beautiful sexual experience, but we also review the psychological aspects of inhibitors that can keep a women from fully exploring her sexuality as well as experiencing female ejaculation.

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You will not find this amount of accurate female ejaculation information and erotic demonstrations anywhere else!



Lisa S. Lawless, Ph.D., CEO
Author & Sexologist
Psychotherapist
Founder Of Holistic Wisdom

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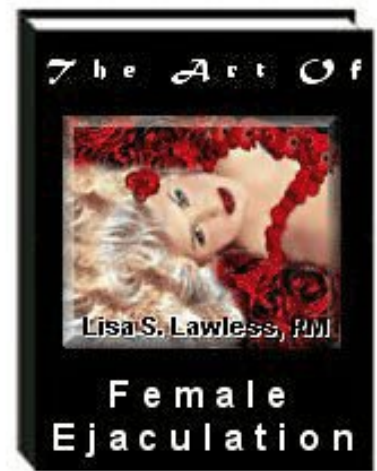
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When you are in that place in you, and I am in that place in me, we are One.

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Vagina Variation Pictures

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The Holistic Wisdom Journal

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Make Your Own Dildo Kit (Vibrating Or Non-Vibrating)

The Art Of Fingering Part Two

Techniques On Pleasuring The Vagina

By Lisa & John Lawless

Holistic Wisdom Founders

For **Part One** of this article, please see our [8-15-02 Newsletter Issue](#)

In part one of this article, we reviewed clitoral fingering techniques as well as the clitoral orgasm. In this article we will begin by reviewing the G-spot orgasm and then discuss some very effective fingering techniques.

~ The G-Spot Orgasm

This orgasm may begin at the g-spot and stay focused there throughout the building and final release of the orgasm, or may expand throughout the body. This orgasm is

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Lisa S. Lawless, PhD
CEO & Founder

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demonstrated when the g-spot is stimulated and becomes "puffy" and swollen as the tissue surrounding the female Parurethral/Skenes glands fill with blood during sexual arousal. This results in the tissue becoming firm to the touch.

~ What Does It Feel Like?

Like the vaginal orgasm, this usually takes longer to build. Because the g-spot is not stimulated as much by friction as much as pressure, using a rhythmic pushing against the g-spot is more pleasurable than light rubbing.

Most women describe this type of orgasm as an intense, deeply sensual pressure that builds until it feels like the entire vaginal explodes with ecstasy and is usually followed by euphoric energy that spreads throughout entire body. This orgasm, like the vaginal orgasm can release an emotional response as it provides women with a sense of being penetrated more than just physically, but also in a more emotionally vulnerable sense.

~ The Double Pleasure Clamp Techniques~

These Clamp techniques are quite effective pleasure techniques. The following is step-by-step instructions on how to implement it~

1) The Clamp~ Stimulates the clit using the thumb, while using one or more fingers to stimulate the g-spot. A good technique when you are able to be in front of a woman. Most women prefer one to two fingers, although some women like a lot of pressure and three to four can be used as well.



2) The Two-fingered Clamp ~ is best used when a woman is on her knees or standing with her bottom outward. Her partner then uses this technique from behind her. The thumb stimulates the g-spot, and the fingers make a "V" around her clit.



The most effective stimulation is using rhythmic thrusting. These rhythmic movements create vibrations, which induce pleasure in the cervix and uterus as well as in the G-spot and vagina. When fingers are introduced into the vaginal opening, the initial pleasure is primarily from the feeling of distention or fullness.

Using more than one finger may increase pleasure felt in some women as it stimulates the vaginal walls which may also stimulate the G-spot as pressure increases and the vagina is filled.

This sexual stimulation is due to the highly sensitive and many nerve endings in the g-spot. While discomfort may initially be felt, these sensations may gradually fade. Fingers that curve upward place pressure on the g-spot and this can be very stimulating. While width is a positive pleasure inducer, it is not as important as where the fingers are stimulating a woman in her vagina.

Because all women are different, and some have different preferences for stimulation, you may find that while some women prefer hard thrusting, others prefer softer, strokes. As in

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all sexual techniques, the best is good communication. Enjoy!

Penis Facts ~

Things You May Not Have Known About The One Eyed Snake!

*By Lisa S. Lawless, C.E.O.
Holistic Wisdom Founder*

Men have the advantage of getting pretty familiar with their "friend" as their genitals are right out in the open. Unlike women who need a mirror and a yoga position, the penis is a very accessible organ to the men whom they belong to.

You might not think so from looking, but the male and female sex organs actually have a lot in common. Did you know that in the womb, we all start out as female? This is because we all start as the X chromosome. If another X is added we remain female, if a Y is added, our development changes to male and our female organs are transformed into male.

On the backside of a penis are the remnants of a man's "vagina" when his "male sex" was not yet determined and had female organs in early gestation. In addition, the highly sensitive spot on the back of a man's penis, where the foreskin attaches... was the female clitoris. Let's find out more about the beautiful cock-

~ The Corona

The ridge of flesh demarcating where the head of the penis and the shaft join.

~ The Frenum

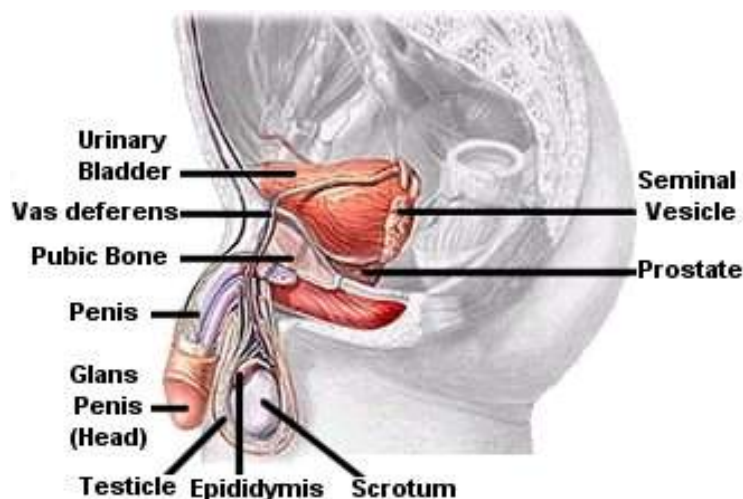
Frenulum A thin strip of flesh on the underside of the penis that connects the shaft to the head.

~ The Foreskin

Prepuce A roll of skin which covers the head of the penis in uncircumcised men.

~ The Urethra

Meatus Opening at the tip of the penis to allow the passage of both urine and semen. The Shaft Area from the corona to the scrotum.

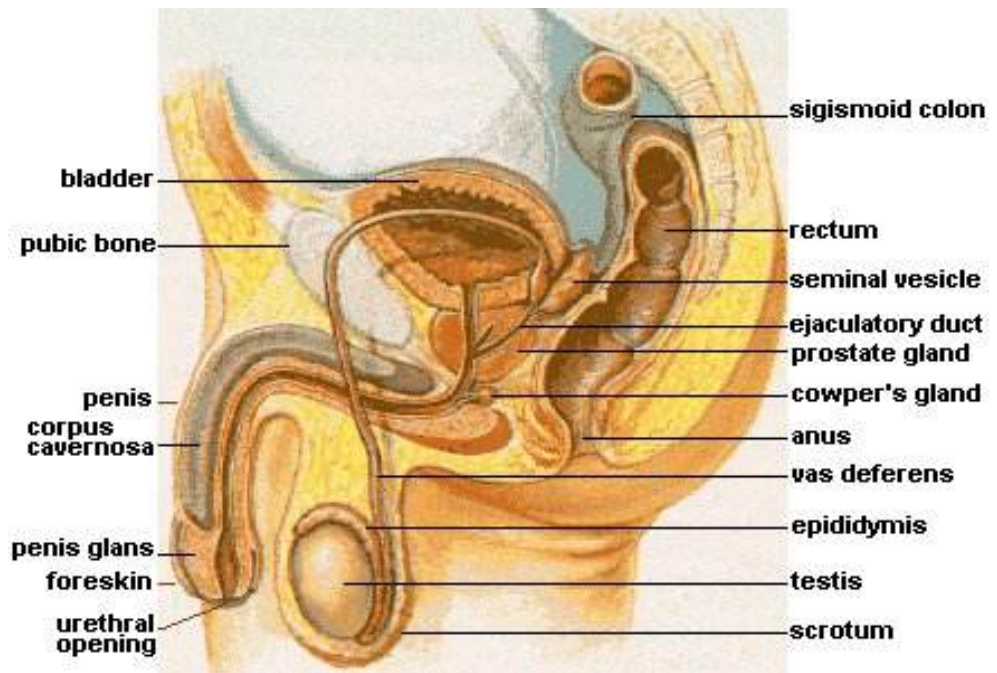


~ The Scrotum

A sac that hangs behind and below the penis, and contains the testes, the male sexual glands. The scrotum's primary function is to maintain the testes at approximately 34 C, the temperature at which the testes most effectively produce sperm.

~ The Prostate

Produces a fluid that makes up the semen. The prostate gland also squeezes shut the urethra duct to the bladder, thus preventing urine from mixing with the semen.



Fun Facts

- ~ Average length of penis when not erect: 3.5 inches
- ~ Average length when erect: 5.2 - 6.4 inches
- ~ The Longest: 13 inches
- ~ The Smallest: 5/8 of an inch
- ~ Largest penis in the animal kingdom: 11 feet (blue whale)
- ~ Actual amount of semen per ejaculation: 1-2 teaspoons
- ~ Average number of times a man will ejaculate in his lifetime: 7,200
- ~ Average # of times he will ejaculate from masturbation: 2,000
- ~ Average total amount of lifetime ejaculate: 14 gallons
- ~ Average speed of ejaculation: 28 miles per hour
- ~ Average # of calories in a teaspoon of semen: 7
- ~ Most arousing time of day/season for a man: early morning/fall
- ~ Best ways to improve sexual function: quit smoking, start exercising, lose weight
- ~ Percent of men who say they masturbate: 60%
- ~ Percent of men who say they masturbate at least once a day: 54%
- ~ Percent of men who say they feel guilty masturbating that often: 41%
- ~ Amount of time needed for a man to regain erection: from 2 min to 2 weeks
- ~ Average # of erections per day for a man: 11
- ~ Average # of erections during the night: 9

- ~ Sperm life: 2 1/2 months (from development to ejaculation)
- ~ Thickness of the average condom: .07 mm
- ~ Thickness of super-thin condoms: .05 mm
- ~ Speed at which erotic sensations travel from skin to brain: 156 miles per hour
- ~ Calories in a teaspoon of semen: 5
- ~ Penis Bend: all penises bend slightly to the left or right.
- ~ Odors that increase blood flow to the penis: lavender, licorice, chocolate, doughnuts and pumpkin pie!
- ~ Penis Weight Lifting- The Caramoja tribe of northern Uganda tie a weight on the end of their penises to elongate them - sometimes to such a degree that the men literally have to knot them up - while the Mambas of New Hebrides wrap theirs in yards and yards of cloth, making them look up to 17 inches long. There are many other cultures that do this, in fact
- ~ More Than One? In 1609, a doctor named Wecker found a corpse in Bologna with two penises. Since then, there have been eighty documented cases of men similarly endowed.
- ~ An Interesting Way To Greet! When men of the Walibri tribe of central Australia greet each other, they shake penises instead of hands.
- ~ Do You Know Where Your Foreskin Is? In America hundreds of thousands of circumcised foreskins have been sold to bio-research laboratories.

Questions~

~ How Do I Measure My Penis?

After obtaining an erection, angle your penis down until it is parallel to the floor. Set your ruler against your pubic bone just above the base of the penis, and measure to the tip.

~ Can Penis Size Be Increased?

Yes, and there are several options.

[CLICK HERE](#) to read more about penis enlargement.



For more pictures of penis variations- [CLICK HERE](#)

Vagina Facts ~

Things You May Not Have Known About The Furry Alter!

*By Lisa S. Lawless, C.E.O.
Holistic Wisdom Founder*

A woman's vagina is often a mystery to even the woman who it belongs to! Because it is not as easily viewable without an awkward position and a handheld mirror, most women haven't a clue as to what their vagina's look like and consist of. The whole area, surrounded in folds of flesh and mounds of hair, may seem confusing as to what is what! Ending the mystery is an excellent way to warm up genuinely to the landscape and the beauty of this territory and that is my hope in writing this article.

~ Vulva

The external female genitals are collectively referred to as the vulva.



~ Mons Veneris

The mons veneris, Latin for "hill of Venus" (Roman Goddess of love) is the pad of fatty tissue that covers the pubic bone below the abdomen but above the labia.

~ The Mons

Is sexually sensitive in some women and protects the pubic bone from the impact of sexual intercourse.

~ Labia Majora

The labia majora are the outer lips of the vulva, pads of fatty tissue that wrap around the vulva from the mons to the perineum. These labia are usually covered with pubic hair, and contain numerous sweat and oil glands.

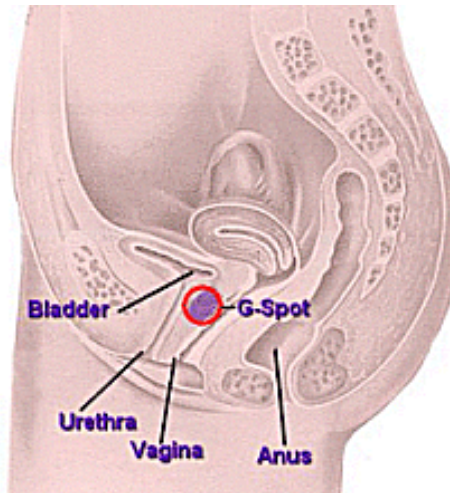
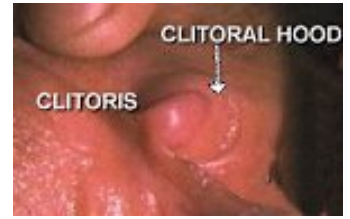
~ Labia Minora

The labia minora are the inner lips of the vulva, thin stretches of tissue within the labia majora that fold and protect the vagina, urethra, and clitoris. The appearance of labia minora can vary widely, from tiny lips that hide between the labia majora to large lips that

protrude. The most common metaphor for the labia minora is that of a flower. Both the inner and outer labia are quite sensitive to touch and pressure.

~ Clitoris

The clitoris is a small body of spongy tissue that is highly sexually sensitive. The clitoris is protected by the prepuce, or clitoral hood, a covering of tissue similar to the labia minora. During sexual excitement, the clitoris may extend and the hood retract to make the clitoris more accessible. Some clitori are very small; other women may have large clitori that the hood does not completely cover.



~ Urethra

The opening to the urethra is just below the clitoris. It is where urine comes out. It is below the clitoris, and is small and hidden away under smaller folds of skin (called the inner lips or labia minora). It connects to the bladder and eventually to the kidneys (where urine is produced.) Because the urethra is so close to the anus, women should always wipe themselves from front to back to avoid infecting the vagina and urethra with bacteria.

~ The Hymen

- ~ It is a thin stretch of skin covering the vagina.
- ~ Some women never have a hymen at all.
- ~ The hymen can be stretched or torn by using tampons or exercising. It can also tear naturally in childhood or during puberty.
- ~ Hymens can have one hole or several.
- ~ A hymen is not an indicator of virginity at all.



Fun Facts~

- ~ Average Depth of a Vagina: between 3 to 6 inches.
- ~ Largest Vagina: the female blue whale with a normal length of 6 to 8 feet.
- ~ Largest Human Vagina: belonged to a woman who was 7'8" tall.
- ~ Smallest Vagina: 2 or 3 centimeters - surgery is required for correction.
- ~ Longest Clitoris: recorded at 4½ inches long and 1½ inches diameter.
- ~ Longest Labia Minora: some African tribes enlarge their labia to 7 inches in length.
- ~ Most Orgasms: 134 in one hour for a woman - 16 for a man.
- ~ Longest Recorded Orgasm: 43-seconds with 25 consecutive contractions.
- ~ Longest Recorded Pubic Hair: 28" (71.12 cm) long.
- ~ According The Solitary Vice (a book for doctors in the 1890s) women who masturbate tend to eat a lot of foods containing mustard and vinegar.
- ~ Women were discouraged from having orgasms during the Middle Ages because it was thought that they made women less capable of getting pregnant.
- ~ The modern IUD invented was invented in 1909.

- ~ The vagina and the eye are self-cleaning organs.
- ~ An orgasm relieves menstrual cramps because the vigorous muscle action moves blood and other fluids away from congested organs, and provides a release in the muscle fibers relieving tension.
- ~ The G-spot is named for Dr. Ernest Grafenberg.
- ~ The modern psychiatric definition of nymphomaniac is a woman who cannot experience sexual satisfaction regardless of the number of orgasms or partners she has.
- ~ In a recent survey of women who use vibrators for sexual relief, 8 out 10 stated they do not insert the vibrator inside them, they use it on the outside of the clitoris to achieve orgasm.
- ~ A female orgasm is a powerful painkiller (because of the release of endorphins), so headaches are in fact a bad excuse not to have sex. .
- ~ It is ancient legend that Cleopatra of the Nile had 2 orgasms a day and manufactured her diaphragm out of cow dung.

Questions~

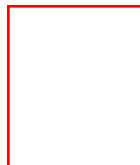
~ Can you increase pleasure to the vagina during sexual play?

Yes, and there are several options.

[CLICK HERE](#) to read more about vaginal sex aides.

~ Is it normal to have one fold of skin larger than the other?

The size of the inner and outer lips varies a lot – those on one side might be bigger than those on the other, and the inner ones might hang below the outer ones. No woman is alike, just as no female genitals are alike. Just as the penis has many variations so does a vagina.



For more pictures of variations- **[CLICK HERE](#)**

~ Do Only Some Women Have G-spots?

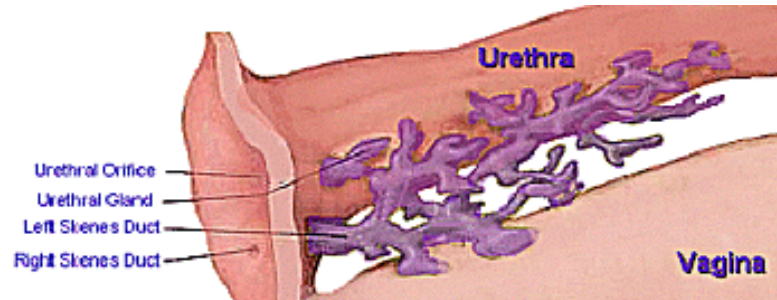
The ability of the g-spot to get hard or stay soft depends on the level of sexual arousal. This actually explains why so many people think that some women have a g-spot, and others don't. If a woman is not aroused, the Paraurethral/Skenes glands are not filled with fluid and thus do not create a firm area on the vaginal wall. It may also be more of a prominent "bulge" in some women depending on how big their glands are, and how many they have. Think about it this way, like men's penises vary in shape, size, and angle, so do women's g-spots!

Female Ejaculation Fluid Note-

Important to note... this is NOT where the fluid for female ejaculation comes from... there is NO way that two cups of fluid can fit into these small glands. However, during sexual arousal these glands to excrete fluid and that fluid often mixes with the female ejaculate.

Paraurethral/Skenes Glands & G-spot

The Paraurethral/Skenes glands are also called "Skene's Glands." The quantity, size, and exact location of these glands varies within each woman, but generally it is found easily by inserting a finger into the vagina two inches in and on the top front wall, facing the pubic bone. During sexual arousal the Paraurethral glands fill with fluid and may in most cases can be felt through the vaginal wall as a more firm and puffy area. This is what people refer to as the g-spot.



~ What Happens To A Vagina When A Woman Is Sexually Aroused?

Engorgement

When a woman becomes aroused, her pelvic and genital areas fill with blood. This is called engorgement. This is the same phenomenon that makes a man's penis hard, and we all know how much men enjoy having a firm penis. For both sexes, engorged genitals are capable of feeling more. An engorged clitoris can be three times larger than an unengorged clitoris. Since an unengorged clitoris is often quite small, it can be hard to pleasure. Thus, by engorging the clitoris first a man makes it easier to find the clitoris, and the woman feels more pleasure.

Lubrication

When a woman becomes aroused, her vagina also become lubricated however, how much depends on her hydration, how long she has been aroused, and her diet.

Seduction Secrets

Sensual Massage

Sensual Massage

Creating the mood with candles, music, a comfortable area to relax and let go is of course the best way to begin. After preparing a space to be warm and pleasing, you can start with a sensual and relaxing general massage before shifting the focus to your partner's sex centers. The idea is to bring your partner to high levels of arousal, and keep him or her there for a while.

~ For men~

This is best done through verbal or non-verbal communication which allows stimulation to be slowed down, changed, or stopped before ejaculation becomes inevitable (stimulation then continues in a few moments, after the urgency fades).

~ For women~

This is best done by using G-Spot and/or clitoral massage to bring her to multiple orgasms, which naturally tend to take place over an extended period of time.

Keep your lubricants, oils, and gloves (if needed or desired) within easy reach, and cover the massage table with a blanket and place a clean sheet over this blanket. You can let the sides of the blanket and sheet drape over the sides of the table so that they may be brought up to cover the receiving partner (keeping him or her warm) after the massage is finished.



~ Props~

Pieces of (possibly fake) fur or feathers can be used for additional sensual tantalization, and an eye pillow or blindfold can be helpful in blocking out any unwanted light for your partner.

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~ Music~

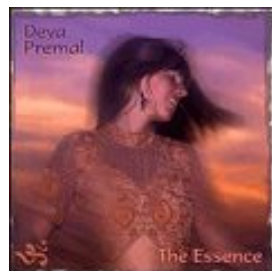
Putting a CD (or prerecorded tape) of your favorite music on repeat play is a good idea. Some people are more comfortable with a pillow or rolled bath towel underneath their knees and/or head (when lying face up) or their ankles (when lying face down), and some women will be more comfortable with a pillow underneath their hips; if this is your first massage with your partner you might want to experiment a little or ask him or her.

If you're going to be giving the massage, take a look at your fingernails and clip them if necessary.

Product~

Description~

[Deva Premal](#) [The Essence](#)



Our Low Price- \$15.99

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competitors who charge

I will never forget my first exposure to "The Essence" CD. I was at a holistic health convention and as it was playing. I crossed the entire room (which was the size of a football field) trying to figure out where this mystical, erotic music was coming from. I had to find out whose beautiful and sensual voice that was and was delighted to find that the CD was for sale! I had never heard anything so provocative and stirring and I could not stop listening to it.

A couple of months later when my hubby and I first began dating and I was planning for a romantic night in which we would make love for the first time, I made sure this was playing in the background. It made our night together more beautiful and sensual! Both of us to this day feel

\$17.98!

ready to whisk one another into the bedroom every time we hear it!!! This is the perfect CD to make the mood erotic, sensual, mysterious, spiritual, and downright spicy!
- Lisa S. Lawless, Ph.D., CEO (Holistic Wisdom Founder)

To listen to a sample of this CD
[CLICK HERE](#)

Deva Premal
Love Is Space



Our Low Price- \$15.99
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Graced by ancient mantras and mult-level harmonies, LOVE IS SPACE glows with an inspiring, heart-centered passion. Deva Premal's voice, like silk, like liquid bliss, is accompanied by Jai Uttal, Miten and Kit Walker's amazing keyboard and rhythm tracks. LOVE IS SPACE, as the title suggests, is a journey into the spacious golden land of chant.

Deva Premal and her partner Miten are gifted musicians who travel the world opening people's hearts. Deva Premal is a native of Germany. Miten, who accompanies and produces all the CDs, is from England. They met and fell in love in India, where each had gone on spiritual pilgrimage and to study the rich musical heritage of this mystic land. They now spend their lives touring the globe, giving concert and workshops in Europe, Australia, Japan, India, Canada and the USA. They offer much more than music, they offer a doorway to the heart and a journey into bliss through song and mantra.

Deva Premal
Embrace



Our Low Price- \$15.99
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EMBRACE, the long awaited new album from Deva Premal, finds this best-selling singer at the height of her art, expressing the ancient wisdom of mantra through a contemporary musical vision. Her radiant voice, richer and more assured than ever before, floats above a cool, sensual groove provided by some of today's finest world fusion artists and producers Miten and Kit Walker (Walela, Kitaro, Neal Schon).

Deva ("Deva" is a Hindu title for divine) Premal has attracted a following by framing ancient Hindu mantras within atmospheric, contemporary settings. The result on Embrace, her third release, is at times flavorful, at other times undistinguished, but it produces more intriguing moments than duds. On occasion, Premal aspires to Enya-like reverence (e.g., tracks 2 and 4), then elsewhere coos her ancient text atop gentle grooves and jazzy flutes (tracks 3 and 6) in a manner suggestive of Deep Forest. Some might describe it as "smooth chant." Highlights include "Shree Ram Jai Ram," a beautifully

realized cross-pollination of East and West (highlighted by Kit Walker's free-floating piano and Premal's resonant choir of voices) that hints at what Joni Mitchell might create if she tried her hand at Eastern music. --Terry Wood

**Miten & Deva
Premal
Songs For The
Inner Lover**

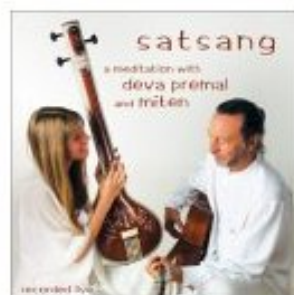


Our Low Price- \$15.99
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On his first release in six years, Miten delivers a heartfelt musical testament to the redeeming power of self-acceptance. Graced by Deva Premal's vocal harmonies, Miten's songs take flight, seamlessly blending male/female energy to reveal the healing balance that comes through true connection with the self. Miten created Songs for the Inner Lover as a soundtrack for the love and life experiences we all share. Insightful lyrics and refreshingly simple, melodic arrangements examine the many faces of love: from its manifestation on the physical plane and the master-disciple relationship to longing for meaningful companionship and the inner dialogues we conduct with ourselves.

Through their long and storied musical and life partnership together, Miten and best-selling mantra singer Deva Premal have created a true heart connection with each other and thousands of adoring fans worldwide. On Songs for the Inner Lover, Miten draws from that nourishing experience to offer a truthful and universal sentiment sure to provide healing comfort to all who are touched by love--or long to be. Sensual, mysterious, spiritual, and downright spicy!

**Miten & Deva
Premal
Satsang:
A Meditation in
Song and Silence**



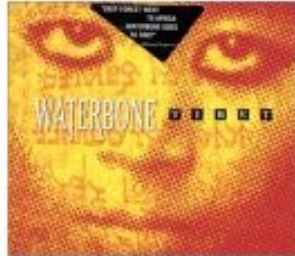
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Recorded live in Australia, America, Germany and Denmark, this beautiful recording conveys the power and intimacy of Deva Premal and Miten's live performances. As it is with actual Satsang meditation, Deva Premal and Miten share their music without applause, inviting the audience to participate by joining with the chant, and to luxuriate in the collective silence between songs. SATSANG features "unplugged" versions of some of the most popular chants from Deva Premal's best-selling THE ESSENCE and LOVE IS SPACE (including "Gayatri Mantra", "Chidananda" and "Yemaya Assesu"), plus songs by Miten, Deva Premal's partner in music and life.

A bonus studio recording of "All is Welcome Here" is also included. SATSANG is a simple yet precious recording celebrating the sacred space of silence and song. Joining Deva Premal (keyboards) and Miten (guitar), are their special musical friends, Kit Walker, Maneesh de Moor, Praful, and others.

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**Waterbone
Tibet**



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Tibet is unlike anything you have heard before. It is a mesmerizing combination of eleven unique soundscapes of sublime Asian ambient/techno set that is moving, as well as haunting. Tibet is honest and undressed and vulnerable to interpretation. It is not meant to provide answers or elicit questions. It is only meant to fill the silence you might hear, while the mountain dreams..." There is a lot of energy behind the propulsive yet haunting music on this disc. And a great deal of sheer beauty too.

**Various Artists
Tantra Lounge**



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The hottest lounge in Hollywood has just become the most talked about Asian-Electronic album of the year. Experience exotic India like never before with tracks from Nitin Sawhney, Natacha, Atlas, Dj Cheb I Sabbah, Govinda and more.

A New Age, Jazzy CD-
Cool, and very unique!

Various Artists Song of Songs



Our Low Price- \$15.99
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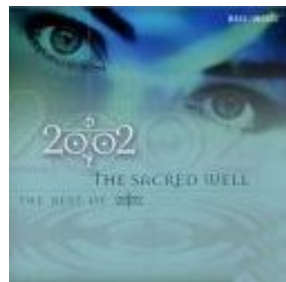
A Classic CD-
Romantic, Passionate,
Incredible Violin!

From the duo of violinist Lorenza Ponce (Imago, Mystic Fiddler) and pianist Ben Zebelman (Kol Nidre Variations, Suite Noah's Ark), Song Of Songs is a uniquely powerful interpretation of one of Western culture's formative works - the biblical love poem Song of Songs, also known as the Song of Solomon. Based on a new translation of the text, Song Of Songs alternates the spoken sections with musical interludes composed by Ponce and Zebelman for a uniquely powerful result.

Song of Songs is beautiful, romantic, and moving. The combination of compelling music and meaningful narration makes for an incredible experience. Highly recommended!

Classically trained violinist Lorenza Ponce has made her mark both as a live and studio accompanist for artists including Kitaro, John Tesh, Sheryl Crow and Sarah McLachlan, and as a solo artist. Her most recent solo album, Mystic Fiddler, reached #9 on the NAV radio chart. Ponce brings a stunning range to all her work, including Song of Songs. Pianist and composer Ben Zebelman, winner of the prestigious Miles Davis Jazz Award, has made his mark with an unusual set of recordings, all based on Old Testament texts or traditional Jewish prayers. A resident of New York City, and with a Bachelor of Music degree from Ithaca College, Zebelman brings a mix of contemporary, jazz, and classical influences to bear on works entirely focused on these traditional sources.

2002 Sacred Well: Best of 2002



Our Low Price- \$15.99
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Let 2002's collection of their finest music to date immerse you in the resonance of that eternal source. Delicate strings and piano cascade over graceful acoustic guitars, flutes and harps, with sublime vocals soothing and uplifting every beat of your heart. This compilation includes two new tracks composed especially for this CD!

"The Sacred Well" is a "best of" collection with eight selections from four of 2002's previous albums as well as two new tracks and two from recent Real Music compilations. As with their earlier releases, the music is sweet, optimistic, and expertly crafted.

1. Stardust
2. City of Peace
3. Lovers' Bridge
4. Summer of 300 Years
5. Lady of the Moon
6. The Sea of the Night

A New Age CD-
Similar to Enya

7. Stella Maris
8. Kindred Spirit
9. To Touch the Sky
10. The Calling
11. The Ocean Dreams
12. Full Circle

~ Lubrication

One similarity between men and women is that some sort of lubricant needs to be used when massaging their genitals: this will make the experience more pleasurable and prevent sore spots from developing.

One difference between men and women is that one may use oil-based, water-based, or silicone-based lubricants on men, while one should use only water-based lubricants on women to avoid encouraging vaginal infections.

Don'ts~

Also remember that condoms are weakened by oil so it is important to ensure a waterbased lubricant when using condoms. Please be sure any water-based lube you may be using DOESN'T contain Nonoxynol-9. In this context Nonoxynol-9 is unlikely to do anything but irritate.

For genital massage on men, or for massage elsewhere on a man or woman's body, you can purchase special massage oils at massage supply shops or else just use a light vegetable oil (such as Safflower, Sunflower, or grapeseed) from the supermarket.

Lubricants and oils should be reapplied as necessary, so it's good to keep them handy.

Product~

Description~

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Rub a few drops of this magical potion wherever desire leads you. Slippery to the touch, warm to the skin and irresistible to the tongue, these delicately scented oils arouse your lover with a tingly glow. Each edible water based oil washes away easily, leaving only the sweet memory of a...

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Maintain For Men



\$6.99

1 oz

Use Maintain® to stay longer! Maintain® desensitizing lubricant provides greater staying power and prolongs the sexual pleasure of both partners. The lubricant is clear and odorless. DIRECTIONS: Apply a small amount to head and shaft of penis before intercourse, or as directed by a physician. Wash off after intercourse. ACTIVE INGREDIENT: Benzocaine, 7.5% in a water washable base. Also contains Carbomer, Polyethylene Glycol.

Anal Eze For Men & Women



1.5 oz tube

\$7.99

Anal-Eze is one of the best know anal desensitizing cream available! Anal Eze is highly recommended for both men and women; and if you are just starting to explore the fantastic joys of anal play, you definitely owe it to yourself to use Anal-Eze!

Vibrafem For Women

Vibrafem is a topical gel containing L-Arginine and Menthol that facilitates sexual arousal when applied to the clitoris. Vibrafem is intended to aid in stimulating the clitoris to increase the duration and intensity of your orgasm. Vibrafem may also aid women who have difficulty experiencing orgasm.

The tissue of the vagina is highly sensitive. Vibrafem blends small concentrations of its active ingredients to achieve the highest sensation possible without discomfort. Start with a small amount at first and apply to the clitoral area. Be sure to cover thoroughly, especially the area on the underside of the clitoris. Massage gently for a couple of



\$29.99

minutes. Apply more if necessary.

Vibrafem contains two main active ingredients L-Arginine and Menthol. L-Arginine is an amino acid that stimulates blood flow and increases dilation of the blood vessels in the clitoris. Menthol provides a fresh, clean erotic sensation. Ingredients: Purified Water, Propylene Glycol, Hydroxyethyl Cellulose, L-Arginine, Menthol, Methylparaben, Propylparaben.

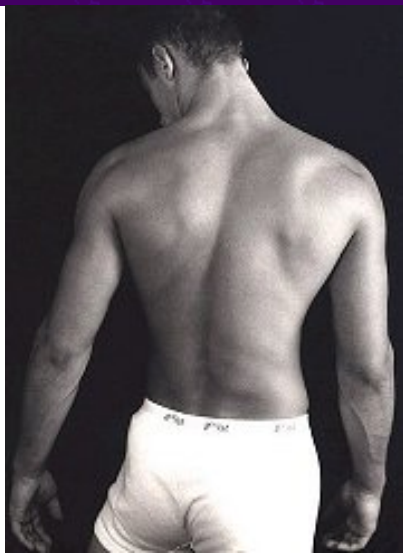
Yohimbe For Men



5 oz tube

\$6.99

Yohimbe is a popular herb coming originally from South Africa and known worldwide as an excellent aphrodisiac. In fact it is the inner bark of the tropical West African tree *Corynanthe Yohimbe*. For centuries, folks from these regions have used the crude bark as a tonic to enhance sexual prowess and pleasure. Yohimbe does not only improve sexual functioning, it has also shown to elevate mood, reduce anxiety and depression, prevent heart attacks, helps building muscles, and has many other positive effect on overall health.



~ Good Communication

During both the relaxation and genital phases of your erotic massage it's important for the person on the table to always feel comfortable making requests and comments. He or she should feel free to mention anything that is getting in the way of his or her comfort and pleasure.

Start by quieting and focusing your mind while resting your hands on the receiving partner's upper and lower back. Then, perform a relaxing massage on the back, legs, and feet.

Basic principles of relaxing massage include keeping your hands in contact with your partner, taking your time, being rhythmic yet sensitive, and proceeding from long gliding strokes to deeper ones.

~ Techniques~

When giving a massage be sure to use good body mechanics: use your body weight rather than arm strength for deep strokes, during gliding strokes keep your knees slightly bent and fluid, and don't lean over the table. After relaxing your partner's back, legs, and feet, have him or her turn over. Massage the chest, arms, and hands. Then glide down to the legs. It can feel good to brush the genitals when going down to the legs. After finishing the fronts of the legs and feet, glide back up and slowly brush over the genitals, teasing them.

This teasing process can be drawn out by brushing the inner thighs near the genitals, very lightly touching the pubic region, etc. At this point erotic energy is often building, making it a natural time to start shifting the focus to more explicitly sexual activities.

Especially if this is your first massage with this partner, it's a good idea to look into your partner's eyes while cradling his or her genitals, and somehow ask his or her permission to go further.

The rest of the massage will focus on the genitals, with periodic sweeps up and down the body to spread, balance, and integrate the sensations. One of the skills that comes with practice is being able to read the energy and arousal levels of your partner, and smoothly and gradually ramp up from relaxing massage to more arousing and sexual massage.

Pleasuring Your Partner's Sex Centers

~ For Men

The basic principle of male genital massage is that you should slow down, stop, or change what you are doing just before ejaculation becomes inevitable. The best way to accomplish this is for the man to give a signal just before this point is reached. Verbal cues, raising a hand, pulling away slightly, or even subtle body language cues can all work well. This repeated "peaking" process can sometimes help men learn to have multiple orgasms without ejaculating, and can also be practiced during solo masturbation. Although delaying ejaculation during the course of the massage is desirable from the perspective of maximizing pleasure, many partners do like to finish the massage with one.



Ejaculation provides a considerable spark of pleasure, but can leave men too fatigued to enjoy the rest of the evening or do a good job massaging their partner; opposite-sex partners who like to finish male genital massage with ejaculation should have the woman receive her massage first. It's also fun to encourage your partner with hot talk (possibly weaving together a verbal fantasy based on your partner's desires). Letting your partner know verbally and non-verbally that you're actively enjoying his pleasure can be a powerful aphrodisiac. As an aside, it should be noted that a nice feature of male genital massage is that an erection is not required for it to feel good; some massage strokes actually feel BETTER when the penis is soft.

~ Suggested Genital Massage Strokes

There are many different massage strokes that feel good on male genitals. Unless he indicates otherwise, it's usually safe to assume that firm and consistent stroking will feel best.

One approach that some people favor is selecting two favorite strokes, and for a period of time alternating between them every once in a while.

Sliding Stroke -

With the penis resting on the belly, cup the balls with one hand. The heel of the palm of the other hand glides up and down the underside of the penis all the way to the tip.

Double Slide Stroke -

Bring one hand down, letting it stroke the penis from the top all the way to the bottom. When it hits the bottom, release it. Meanwhile bring your other hand to the top of the penis and repeat the stroke, creating an alternating motion.

Teaser Stroke -

Take the penis in one hand and gently, sensuously caress it for about ten seconds, then give it one quick up-and-down stroke. Repeat the sensuous caressing for about ten seconds (perhaps using slow up-and-down strokes), and then give the penis two quick up-and-down strokes. Repeat the caressing, then give three quick strokes, etc. Continue until ejaculation approaches inevitability.

It's up to the two of you whether to finish with an ejaculation. If you do, then pleasuring can

continue all the way through ejaculation and until your partner asks you to stop.

At the end of the massage (whether or not there is an ejaculation), the sheet/blanket combination can be folded up over the person on the table to provide a warm cocoon. This can be a time of profound peace and contentment together.

~ For Women



Female sexual response is often significantly different from male sexual response, in the following ways:

- ~ Female arousal tends to be more closely tied to emotional states, and feelings of warmth towards her partner.
- ~ Many women can come in two distinctly different ways: through G-Spot stimulation and through clitoral stimulation.
- ~ Many women characterize the clitoral orgasms as "sharper" and the G-Spot orgasms as "deeper".
- ~ Women often vary considerably in what type of sexual stimulation they like, and how they like it done.
- ~ Female arousal usually takes longer to build, but can often last longer and be more intense than that which men commonly experience.
- ~ Women can often have multiple orgasms, if stimulation continues following the first (especially with G-Spot stimulation).

It's because of latter that the basic approach to erotic massage differs between women and men. Since women can sometimes enjoy stimulation all the way through one orgasm and into the next, there is little or no need for them to hold back in any way. Having orgasms in a series can cause arousal levels to float for a long time at a very high level.

~ Suggested Genital Massage Strokes

Women vary in their tastes concerning G-Spot and clitoral stimulation, so you need to be attentive and listen. A common preference is for their partners to begin with gentle rubbing over the entire vulva, to follow this with clitoral stimulation, and to finish with G-Spot stimulation or G-Spot AND clitoral stimulation.

Please be aware that neither clitoral stimulation nor any sort of vaginal penetration usually feels good unless a woman is already in a fairly high state of arousal. When performing genital massage on women one often has a "free hand" which may be used to glide over the rest of her body, tease her nipples, massage her perineum, caress her face, form "connections" with other parts of her body (by stimulating some other part of her body at the same time as you are pleasuring her genitals), etc. Although the genital massage styles presented below are some of the most commonly favored among women, there are many more.

Clitoral

When massaging her clitoris, learn what part of it feels best to her. Going in circles around

it softly and rhythmically with a lubricated finger is a good way to proceed, at least until you get more specific feedback or until you uncover something that obviously feels better. Once you find something that feels great, consistency with it is often the key to further pleasure.

Some women find that clitoral orgasms feel better if their vaginas are pleasantly filled: more fingers or an appropriately-sized dildo are good ways to accomplish this, though penetration of any kind usually doesn't feel good to someone who isn't aroused, so it probably isn't what she would want you to start right out with.

G-Spot

The G-Spot is an area on the forward wall of the vagina, just behind the pubic bone about two inches in. A woman can often tell you when you've found her G-Spot, and it often feels more "ridged" than the surrounding tissue. Pressing into it can be intensely pleasurable, but may cause a sensation of needing to urinate. **Female ejaculation** is *sometimes*, not always a result of G-Spot stimulation; female ejaculate is NOT urine, but IS expelled through the urethra.

One easy way to stimulate the G-Spot is with your (lubricated) first and second fingers together (possibly starting with just your first finger). Make rhythmic gestures inside the vagina that look like the signal to "come here". Alternatively, one can rub the G-Spot in a circular fashion.

Generally, it's the pads of your fingers which are pressing into her G-Spot. Another approach is to rotate your fingers inside her vaginal barrel with even pressure against all areas of it. Be aware that the shape of the vagina changes as a woman's arousal level increases.

You'll probably notice the inner portion ballooning outwards during extreme arousal, which means that your fingers will need to rotate a little farther from center in order to maintain the same pressure on the vaginal walls. G-spot stimulation usually only feels good when the woman is aroused.

Vibrator

Vibrators generally work best on or near the clitoris. If the vibration is too intense, switch to a lower speed or put a cloth between the vibrator and her clitoris. It's OK to let your partner hold the vibrator. It's also fun for a vibrator to be used clitoral at the same time vaginal penetration is being performed.

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[Dildos](#)

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Show Me All

Many sexual difficulties (especially for women, it seems) stem from worries: worrying that her partner is getting tired of pleasuring her, that she isn't coming fast enough, etc. Letting your receiving partner know verbally and non-verbally that you're actively enjoying giving her pleasure can be a powerful aphrodisiac for her.

Cocooning

It's nice to fold the sheet/blanket combination over your partner when you two are finished. This can be a time of profound peace and contentment together.

Variations and Enhancements

~ Conscious Breathing-

Conscious breathing is a powerful way to enhance both relaxation massage and erotic massage. If the receiving partner forgets to breathe, the massaging partner can remind him or her by breathing rhythmically and audibly. Some partners find that synchronizing the breathing between the two of them leads to wonderful sensations. Just don't hyperventilate...

~ The Spiritual Breath Work Exercise-

This technique for completing a massage was developed by the Body Electric School. In the minutes preceding it the massage work should be becoming more and more energetic, building and building.

At a certain point (counted down to verbally, so both partners know when it's coming) massage and any other touch ceases, the person on the table takes seven very deep breaths, and while holding the seventh breath clenches every muscle in his or her body and rolls his or her eyes back in his or her head (possibly assuming a tense position with torso and legs a bit off the table, as in a "crunch") for about 10 seconds. He or she then completely relaxes, resumes regular breathing, and the standing person gently folds the sheets/blanket over his or her body.



For maximum effect the music should be quite "cosmic" at this point, and the person performing the massage shouldn't touch the person on the table (who has his or her eyes closed, or who has a blindfold on) for at least five minutes or until the person on the table requests otherwise.

This practice can provoke profound emotional release, and often hallucinations. Afterwards, the standing partner opens the cocooned sheets, gently towels off any oil, helps his or her partner to sit up, and then both partners either keep silence or say what is in their heart. It's fun to follow this with a hot tub or a warm bath.

It's helpful to use a prearranged and timed music tape. Ideally, there should be five seconds of silence immediately following this, and possibly during it. Music should have been building to that point, and should resume with something really beautiful after the silence following it.

~ Incorporating PC Muscle Contractions ("Kegels")

Contractions of the PC (pubococcygeus) muscle are associated with increased sexual pleasure for both men and women. This muscle may be identified by noticing what muscles you use to stop the flow of urine when you are urinating (without moving your torso or legs); it's the same one.

The PC muscle can be exercised by contracting and releasing it; one approach is to rhythmically contract when inhaling and relax when exhaling. Generally, the stronger the PC muscle is, the more intense one's orgasms can be. The PC muscle can also be repeatedly contracted and relaxed at various times during sex (such as during G-Spot stimulation, or during male ejaculation) to increase pleasure.

Men can use the PC muscle to prevent ejaculation; this is done by holding the breath while either strongly bearing down ("pushing out") or tightly squeezing ("holding in") using the pelvic muscles.

Prostate Stimulation An advanced technique in male genital massage is to stimulate the man's prostate gland at the same time one is stimulating the penis. This can be done with a finger an inch or two inside his anus, pressing on the dome shape found in the direction of the penis.

When stimulating the prostate, you should wear latex gloves, have short fingernails (or else pack cotton balls around your fingernails and then put gloves on), and use lots of lube.

Part of what some beginners find novel about anal penetration is that it makes one feel as if one has to go to the bathroom. By going to the bathroom pretty thoroughly before beginning play, one may have an easier time not interpreting this new sensation in the old context.

Pressing on the prostate gland during ejaculation, or when a man is close to ejaculation, can feel wonderful. It is also possible for some men to have ejaculatory orgasms through prostate stimulation alone.

Simultaneous Pleasuring

Once each partner has sufficient experience with his or her own sexual response, they may wish to try mutual stimulation. This is best done on a bed, rather than on a massage table. Simply lie down facing each other, heads close together, and pleasure each other with your hands. Again, for men slightly pulling away or giving some other cue when ejaculation is imminent will allow play to continue.



Enjoy!

Frequently Asked Questions About Viagra

~ What is Viagra?

Viagra is a breakthrough treatment for male erectile dysfunction or ED, often called impotence. It is a convenient, discreet pill you take only when you want to have sex. Viagra can help many men who have ED get and keep an erection when they become sexually stimulated, either physically or visually. So with VIAGRA, a touch or a glance from your partner can again lead to something more.

~ What is ED?

Erectile dysfunction, or ED, is the medical term for impotence - the inability to get and/or keep an erection sufficient for satisfactory sexual activity. About 30 million men in the United States suffer from some degree of ED, including about half of all men aged 40 to 70 years.

~ How does Viagra work?

Viagra enables many men with ED to respond to sexual stimulation. When a man is sexually aroused, the arteries in the penis relax and widen, allowing more blood to flow into the penis. As the arteries in the penis expand and harden, the veins that normally carry blood away from the penis become compressed, restricting the blood flow out of the penis.

With more blood flowing in and less flowing out, the penis enlarges, resulting in an erection. If the nerves or blood vessels associated with this process aren't working properly, a man may not be able to get an erection. Viagra increases blood flow to the penis, so that when a man is sexually aroused, he can get and keep an erection. When the sexual encounter is over, the erection goes away.

~ How well does Viagra work?

Viagra improves erections in up to 4 of 5 men who take it; regardless of how long they have had ED, what caused it, or how old they are. Will Viagra work as soon as I take it? Take Viagra about 1 hour before engaging in sexual activity. For most patients, beginning in about 30 minutes and lasting up to 4 hours, Viagra can help you get an erection if you are sexually excited.

~ Does Viagra automatically cause an erection?

No. With Viagra, you must be sexually aroused to get an erection. If you take Viagra and are not sexually stimulated, nothing will happen-you won't get an erection just by taking the pill. Viagra is not a hormone. It is not an aphrodisiac. It's a prescription medication that can improve the erectile function of most men with erection problems.

~ How much Viagra can I take?

Viagra comes in different doses (25 mg, 50 mg, and 100 mg). Like many medications, you may have to adjust your initial Viagra dose if it doesn't produce the desired results or you're bothered by side effects. Do not take Viagra more than once a day. If you are older than 65 years, have a serious liver or kidney problem, or are taking protease inhibitors, such as for the treatment of HIV, you may want to start you at the lowest (25 mg) dose of Viagra.

~ How often can I take Viagra?

For most patients, Viagra should not be taken more than once a day. In patients taking certain protease inhibitors (such as for the treatment of HIV), it is recommended to not exceed a maximum single dose of VIAGRA in a 48-hour period

~ Who should not take Viagra?

Viagra is only for patients with ED. Viagra is not for newborns, children, or women, although it is being examined for women to take it in the future, but the testing is not finished, and so it is not encouraged.

If you're a man who uses nitrate drugs, like nitroglycerine, never take Viagra. The combination of Viagra and nitrates can make your blood pressure suddenly drop to unsafe levels. You could get dizzy, faint, or even have a heart attack or stroke. Nitrates are found in many prescription medications that are used to treat angina (chest pain due to heart disease) such as: Nitroglycerin (sprays, ointments, skin patches or pastes, and tablets that are swallowed or dissolved in the mouth) Isosorbide mononitrate and isosorbide dinitrate (tablets that are swallowed, chewed, or dissolved in the mouth) Nitrates are also found in recreational drugs such as amyl nitrate or nitrite ("poppers"). If you are not sure if any of your medications contain nitrates, or if you do not understand what nitrates are, ask your health care provider or pharmacist.

~ What if Viagra doesn't work?

While Viagra is effective in up to 4 of 5 men, it's not effective for everyone.

~ Can I take Viagra with alcohol?

Drinking alcohol can temporarily impair the ability to get an erection. To get the maximum benefit from your medication, you are advised not to drink large amounts of alcohol before taking VIAGRA.

~ Can I take Viagra after eating?

Yes, but taking Viagra after a high-fat meal (such as a cheeseburger and french fries) may cause the medication to take a little longer to start working.

~ What are the side effects of Viagra?

Like all medications, Viagra can cause some side effects. These are usually mild and don't last longer than a few hours. Some of these side effects are more likely to occur with higher doses of VIAGRA. With VIAGRA, the most common side effects are headache, facial flushing, and upset stomach. VIAGRA may also briefly cause bluish or blurred vision, or sensitivity to light. In the rare event of an erection lasting more than 4 hours, seek immediate medical help.



Make Your Own Dildo Kit

Vibrating Or Non-Vibrating

Now you can finally make a very personal vibrating dildo! This one-of-a-kind kit will create an "identical twin" of your penis and scrotum, using the same patented replication technology employed by special effects houses in Hollywood!

Your dildo will include even the smallest anatomical details like veins and ridges in your flesh. Include the optional vibrating device in your creation for additional flair (and pleasure!)

The Make Your Own Vibrating Dildo Kit is safe and easy to use. The materials are 100% natural and non-toxic. An accurate replica only requires 60 seconds of erection, as opposed to imitation kits which can require up to six minutes! Just follow a few simple instructions and you have a beautiful, fun and completely unique gift for your lover! This way, your lover can always be with you, even if you can't be together. Or, you can double your fun by having



twice as much of you to go around!

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Order The Make Your Own Dildo Kit

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How does the kit work?

The first step is to create a "negative" mold of your entire penis & balls with the enclosed molding material and specifically designed container. You then fill that mold with a specially formulated 'liquid rubber' that's designed to look and feel just like real skin! Let it cure to reveal your very own professional grade dildo of *yourself*.



What materials are used in the process? Are they all completely safe?

Absolutely. The only material that comes in contact with your skin during the molding process is a seaweed based molding material that's commonly used by dentists to produce detailed impressions of teeth. Your finished dildo is made from a proprietary skin-like substance that is not latex or silicone, but a completely safe, non porous rubber-like material that is non-allergenic & non-toxic. It's currently being used throughout Hollywood to create incredibly lifelike special effects. Unlike silicone, it WILL NOT break down when used with water-based OR silicone-based lubricants.

How big of a penis can be made with the kit?

The kit is designed to make a perfect copy of ANY size penis and balls (up to 11 inches). Straight or crooked, long or short, thick or thin, the kit will perfectly copy anyone.

What if my penis is crooked?

No Problem. The directions contain a simple additional step to accommodate any 'curve'.

How much detail can I expect from my replica?

Your replica will be INCREDIBLY DETAILED! All tiny lines and bumps will reproduce perfectly.

Will I have to shave my pubic hair to make the mold?

No. Typically hair is not a problem. If your pubic hair is very long, you *may* want to rub in a dab of petroleum jelly or other lubricant before molding.

How long will my finished dildo last?

Your replica will probably outlast YOU! The high grade rubber skin compound is extremely durable. You can bend it, crush it, soak it... WHATEVER, it can take it!

Can I change the color of my dildo?

YES. Before you pour in the liquid rubber, simply mix in a tiny dab of any oil-based color. A very small amount will completely change the color, giving you unlimited color options. You can even make your dildo multiple colors!

What if I don't mold it the way I want it on the first try?

Although you probably won't need it, each penis kit comes with enough molding material for 2 attempts. Each mold can be used to make up to 5 dildos (additional liquid rubber is necessary to make more than 1 finished dildo).

Can I mold my penis fully erect?

A: Yes. Almost everyone wants a mold of their penis erect. The easy to follow directions allow you to mix the molding material and then relax for a few minutes before making the mold. During these few minutes you can make sure you're fully 'ready'.

While making the mold, will I have to wait until my penis gets 'soft' again

before I can remove it?

No. The impression-forming gel is extremely flexible, allowing you to pull out your penis immediately without affecting your mold.

What's the difference between the standard and the vibrating kit?

The vibrating Make Your Own Dildo Kit comes with a tiny, high-powered vibrating egg that you simply drop into the rubber before it cures. It adds a whole new dimension to your dildo!

Can I buy extra materials separately if I want to make more dildos?

Yes. A refill order form is included in each kit.

Directions~



Mix molding Powder with water.



To make the mold insert your penis and hold for a few seconds.



Easily remove your penis and
pour in the 'Liquid Rubber'.



Simply slide out
your permanent replica.

Order The Make Your Own *Vibrating* Dildo Kit
\$69.99

Order The Make Your Own Dildo Kit
\$59.99

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Title 18 U.S.C. § 2257

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Namaste- I honor the place in you in which the entire Universe dwells. I honor the place in you which is of Love, of Truth, of Light and of Peace. When you are in that place in you, and I am in that place in me, we are One.

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Success ~ Endurance ~ Enlightenment ~ Protection ~ Health ~ Peace ~ Integrity ~ Wisdom ~ Love ~ Freedom



The Symbols On Our Logo Stand For-
Love ~ Loyalty ~ Honesty